

## 2018 Q3

## WARM-UP

## FEEL: ENERGY

| POSTURE  | MODIFICATION   | MUSIC   |
|--|--|---|
| <b>Opening Stretch</b> <ul style="list-style-type: none"> <li>base posture               <ul style="list-style-type: none"> <li>three opening breaths</li> <li>step wide for cat/cows</li> <li>Plie squat twist (R/L)</li> </ul> </li> </ul>   |  | <i>Sweet Dreams (feat. Kaleena Zanders)</i><br>Breathe Carolina, Dropgun, Kaleena Zanders<br>(2:39) |
| <b>Aerobics</b> <ul style="list-style-type: none"> <li>Sumo squat               <ul style="list-style-type: none"> <li>Arm sweep forward/back</li> <li>Challenge: arms sweep overhead</li> <li>Add on reverse leg lift</li> </ul> </li> <li>Reverse Lunge with Knee drive &amp; Oblique Twist (Side 1)               <ul style="list-style-type: none"> <li>Challenge: Raise up on toes/Add Hop</li> </ul> </li> <li>Sliders               <ul style="list-style-type: none"> <li>Challenge: Add Hop</li> </ul> </li> <li>Reverse Lunge with Knee drive &amp; Oblique Twist (Side 2)               <ul style="list-style-type: none"> <li>Challenge: Raise up on toes/Add Hop</li> </ul> </li> </ul> | <b>Knees</b> - Work higher in squat<br><b>Back</b> - Work higher, don't do leg lift<br><b>Shoulder</b> - Arms to shoulder height<br><br><b>Knees</b> - Work higher<br><b>Hips</b> - Don't lift knee<br><br><b>Knees/Hips</b> - Work Smaller<br><br><b>Knees</b> - Work higher<br><b>Hips</b> - Don't lift knee | <i>Breakin a Sweat - Zedd Remix</i><br>Skrillex, The Doors, Zedd<br>(5:31)                          |
| <b>Plank/Push-up Series</b> <ul style="list-style-type: none"> <li>Plank Spiderman Knees</li> <li>Wide Arm Push-up Pulses</li> </ul>   | <b>Wrist/Shoulder/Back</b> - work at the barre   | <i>Drop that Low (When I Dip)</i><br>Tujamo<br>(2:40)   |
| <b>Stretch</b> <ul style="list-style-type: none"> <li>Barre back fold/downward dog</li> <li>Roll up</li> </ul>   |  | <i>*end before song is over and transition to next song for glutes*</i>                             |

## 2018 Q3

### LEG WORK FEEL: POWER

| POSTURE   | MODIFICATION   | MUSIC  |
|---|--|--|
| <ul style="list-style-type: none"> <li>● Plie Squat (L) <ul style="list-style-type: none"> <li>○ 1-inch</li> <li>○ LRM w/ heel drag</li> <li>○ Knee pulses out</li> <li>○ Grand Finale Hold on toes</li> </ul> </li> <li>● Reverse Power Base <ul style="list-style-type: none"> <li>○ 1-inch</li> <li>○ Single Leg Lift w/ heel press (side1)</li> <li>○ Single Leg Lift w/ heel press (side2)</li> <li>○ GFH</li> </ul> </li> <li>● Plie Squat (R) <ul style="list-style-type: none"> <li>○ 1-inch</li> <li>○ LRM Drag Heel</li> <li>○ Pulse down</li> <li>○ Grand Finale Hold on toes</li> </ul> </li> <li>● <u>Stretch:</u> <ul style="list-style-type: none"> <li>○ Dancer Stretch</li> <li>○ Side Lunge Stretch</li> <li>○ Forward fold <ul style="list-style-type: none"> <li>▪ Rock hips side to side</li> <li>▪ Roll up</li> </ul> </li> </ul> </li> </ul> | <p><b>Knees</b> - Work higher<br/> <b>Back/Hips</b> - Work higher or walk fee closer then hinge into a sumo squat</p> <p><b>Knees</b> - work higher<br/> <b>Ankle</b> - lower heel<br/> <b>Hips</b> - Lower leg for heel press</p> <p><b>Knees</b> - Work higher<br/> <b>Back/Hips</b> - Work higher or walk fee closer then hinge into a sumo squat</p> | <p><i>Perm</i><br/> Bruno Mars<br/> (3:30)</p> <p><i>Get Back Right</i><br/> Lecrae, Zaytoven<br/> (3:06)</p> <p><i>Free Free Free</i><br/> Pitbull, Theron Theron<br/> (3:54)</p> <p>*Stretch for the last minute of <i>Free Free Free</i>, into the beginning of <i>Workout*</i></p> |



## 2018 Q3

## COMBO WORK

## FEEL: FIRE

| POSTURE  | MODIFICATION   | MUSIC   |
|--|--|---|
| <p><b>TRX:</b></p> <ul style="list-style-type: none"><li>● TRX Reverse Fly</li><li>● A Row<ul style="list-style-type: none"><li>○ Alternate between the two</li></ul></li><br/><li>● Pistol Squat (Side 1)<ul style="list-style-type: none"><li>○ Arms Bicep Row</li><li>○ Add on Horse Pose</li></ul></li><li>● Pistol Squat (Side 2)<ul style="list-style-type: none"><li>○ Arms Bicep Curl</li><li>○ Add on Horse Pose</li></ul></li><br/><li>● Chair Squat (stay low) Bicep Curl</li><li>● Tricep Press<ul style="list-style-type: none"><li>○ TRX Negative tricep pushup (3 count down, 1 count up)</li></ul></li></ul> <p><b>Stretch:</b></p> <ul style="list-style-type: none"><li>● TRX Fold (lean to both sides)</li><li>● TRX lunge<ul style="list-style-type: none"><li>○ Chest opener and tricep stretch</li></ul></li><li>● Bicep Stretch</li></ul> | <p><b>Back/Core</b> - Kickstand Position</p> <p><b>Shoulder</b> - Low row</p><br><br><br><br><br><br><br><br><br><br><p><b>Knee</b> - work higher, keep toe on the ground</p> <p><b>Hip</b> - Keep lifted leg bent</p> <p><b>Core</b> - Take to the barre</p> <p><b>Shoulder</b> - stay in bicep Row</p><br><br><br><br><br><br><br><br><br><br><p><b>Knee</b> - work higher / base posture</p> <p><b>Shoulder</b> - lower arms in front of chest</p><br><br><p><b>Shoulder/Elbow</b> - Tricep Pushup at the barre</p> <p><b>Low Back</b> - step into kickstand position; step away from barre</p> | <p><i>Workout</i></p> <p>Kes, Nailah Blackman</p> <p>3:58</p><br><br><br><br><br><br><br><br><br><br><p><i>Trap Life</i></p> <p>Tomsie</p> <p>(3:48)</p><br><br><br><br><br><br><br><br><br><br><p><i>I Cry</i></p> <p>Flo Rida</p> <p>(3:44)</p><br><br><br><br><br><br><br><br><br><br><p><i>*Pull mats out while stretching*</i></p> |

## 2018 Q3

### GLUTE WORK FEEL: CONTROL

| POSTURE  | MODIFICATION  | MUSIC  |
|--|---|--|
| <p><i>*Mats should be in islands in the center of the room, you should be at the very front center of the room*</i></p> <ul style="list-style-type: none"> <li>● Glute Snappers (R) <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ LRM</li> <li>○ Mermaid Pulses</li> <li>○ GFH</li> </ul> </li> <li>● Glute Snappers (L) <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ LRM</li> <li>○ Mermaid Pulses</li> <li>○ GFH</li> </ul> </li> <li>● Parallel Glute Bridge w/ ball <ul style="list-style-type: none"> <li>○ LRM <ul style="list-style-type: none"> <li>■ Add Chest Fly with weights</li> </ul> </li> <li>○ Ball squeezes <ul style="list-style-type: none"> <li>■ Weights to hips</li> </ul> </li> <li>○ Grand Finale Hold</li> </ul> </li> </ul> <p><b>Stretch:</b></p> <ul style="list-style-type: none"> <li>● Hug Knees</li> <li>● Happy Baby Stretch</li> </ul> | <p><b>Low Back/Hip</b> - Standing at the barre<br/> <b>Shoulder</b> - transition all weight to right hand or perform standing at the barre<br/> <b>Hip</b> - come down on your side for mermaid pulses</p> <p><b>Low Back/Hip</b> - Standing at the barre<br/> <b>Shoulder</b> - transition all weight to left hand or perform standing at the barre<br/> <b>Hip</b> - come down on your side for mermaid pulses</p> <p><b>Knee</b> - remove ball, walk feet wider<br/> <b>Back</b> - lower hips closer to mat<br/> <b>Shoulder</b> - lose weights<br/> <b>Pre-natal</b> - stand at the barre, work in incline chair squeezing glutes</p> | <p><i>River</i><br/> Bishop Briggs<br/> (3:34)</p> <p><i>Good For you- Yellow Claw &amp; Cesqeaux Remix</i><br/> Selena Gomez, A\$AP Rocky, Yellow Claw, Cesqeaux<br/> (3:02)</p> <p><i>Bubblegum (feat. Tyga)</i><br/> Jason Derulo, Tyga<br/> (3:26)</p> |

## 2018 Q3

### CORE WORK FEEL: CONNECT

| POSTURE  | MODIFICATION   | MUSIC   |
|--|--|---|
| <b>Core Blast:</b> <ul style="list-style-type: none"> <li>Supine Plank</li> <li>Body Saws</li> <li>Cross Leg March <ul style="list-style-type: none"> <li>R Side <ul style="list-style-type: none"> <li>Add Hands behind Head</li> </ul> </li> <li>L Side <ul style="list-style-type: none"> <li>Add Hands behind Head</li> </ul> </li> </ul> </li> <li>Forearm Plank Hip Dips <ul style="list-style-type: none"> <li>Start in modified forearms/knees down</li> <li>Challenge: lift knees up</li> <li>These lead directly into Plank in Yoga Section</li> </ul> </li> </ul> | <p><b>Wrist/shoulder</b> - turn over into a modified traditional plank</p> <p><b>Back</b> - Ball behind back<br/><b>Hips</b> - Sit legs criss cross</p> <p><b>Low Back / Hip</b> - stay in traditional march, work smaller<br/><b>Neck</b> - keep head on mat</p> <p><b>Shoulder/Back</b> - go to barre, or leaving knees on mat press up onto hands</p> | <p><i>Born to Be Yours</i><br/>Kygo, Imagine Dragons<br/>(3:13)</p> <p><i>Summertime Magic</i><br/>Childish Gambino<br/>(3:34)</p> <p><i>Millionaire</i><br/>Chris Stapleton<br/>(3:30)</p> |

## 2018 Q3

### YOGA FLOW

### FEEL: BREATHE

| POSTURE   | MODIFICATION  | MUSIC  |
|---|---|--|
| <ul style="list-style-type: none"> <li>Plank (60 sec)</li> <li>Child's Pose/Downward Dog</li> <li>Cat/Cows <ul style="list-style-type: none"> <li>Option to go into Vinyasa Flow (Downdog to Updog flow)</li> </ul> </li> <li>Downward Dog → Hip Opener → Runners Lunge <ul style="list-style-type: none"> <li>Rise into Crescent Lunge <ul style="list-style-type: none"> <li>Side body Reach</li> </ul> </li> <li>Runners Lunge twist with IT Band stretch</li> <li>Piramid</li> <li>Wide leg forward fold</li> </ul> </li> </ul> <p>*walk hands to opposite leg facing the other way on the mat*</p> <ul style="list-style-type: none"> <li>Downward Dog → Hip Opener → Runners Lunge <ul style="list-style-type: none"> <li>Rise into Crescent Lunge <ul style="list-style-type: none"> <li>Side body Reach</li> </ul> </li> <li>Runners Lunge twist with IT Band stretch</li> <li>Piramid</li> <li>Wide leg forward fold</li> </ul> </li> <li>Ninja Side lunge (R/L)</li> <li>Wide Leg Forward Fold <ul style="list-style-type: none"> <li>Step into Low Crouch</li> </ul> </li> <li>Low Crouch → Forward fold → Roll up</li> <li>Neck stretch</li> <li>3 Closing Breaths</li> </ul> <p>"Thank you for honoring your body today and being true to you"</p> | <p><b>Shoulder</b> - Forearms or at the barre<br/> <b>Back</b> - lower knees or at the barre</p> <p><b>Back/Prenatal</b> - cat/cow stretch, flow sequence can all be done at the barre</p> <p><b>Shoulders / Back</b> - Stay in child's pose or take stretches/sequence at barre</p> <p><b>Modification:</b> Stay with back knee on the mat<br/> <b>Modification:</b> Take Child's Pose at any time</p> | <p><i>*Continued*</i></p> <p>Annie<br/> Johnnyswim<br/> (4:31)</p> <p>Miracle<br/> Mosaic MSC<br/> (4:56)</p> <p><i>*Will end closing breathes before song finishes*</i></p> |

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