

2018 Q2

WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● 3 Breaths ● Side Bend Stretch (L/R) ● Sumo squat for Cat/Cow ● Plie Squat twist stretch <p>Aerobics</p> <ul style="list-style-type: none"> ● Side Lunges <ul style="list-style-type: none"> ○ LRM low, add on single arm row ○ LRM middle, hold plie and add double time jabs ○ LRM high, overhead reach ○ Work back down ● Reverse Lunge side one <ul style="list-style-type: none"> ○ Add bicep hammer curl/ tricep kickbacks ○ Add Knee drive/kick ● Reverse Lunge side two <ul style="list-style-type: none"> ○ Add bicep hammer curl/ tricep kickbacks ○ Add Knee drive/kick <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Plank Pulses ● Burpees <ul style="list-style-type: none"> ○ Add wide arm pushup ● Downward Dog stretch/ barre back fold ● Rollup 	<p>Hip/Knee - work higher in plie Shoulder - lower arms</p> <p>Challenge - bounce/move side to side with jabs</p> <p>Hip/Knee - work smaller/higher Shoulder - lower arms</p> <p>Hip/Knee - work smaller/higher</p> <p>Shoulder - take to the barre</p>	<p><i>Finesse (Remix) - Workout Remix</i> Power Music Workout (4:30)</p> <p><i>I Want You - Radio Edit</i> Elephante, RUMORS (3:19)</p> <p><i>Turn Up The Speakers</i> Afrojack, Martin Garrix (3:04)</p> <p><i>**Finish before the song is over**</i></p>

LEG WORK: POWER

2018 Q2

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Power Skier w/ Ball <ul style="list-style-type: none"> ○ 1 -Inch ○ LRM ○ Grand finale HOLD ● TRX Incline Sumo Squat <ul style="list-style-type: none"> ○ 1- inch ○ LRM ○ Alternating Heel Lifts ○ Grand finale HOLD ● Reverse Chair Squat <ul style="list-style-type: none"> ○ 1 -Inch ○ Single Heel Pulse (R/L) ○ Grand Finale HOLD (R/L) <p>Stretch:</p> <ul style="list-style-type: none"> ● Heel to Seat ● Triangle ● Calf Stretch 	<p>Hip / knee - work higher Back - work upright in power base posture Ankle - lower heels</p> <p>Challenge - squeeze ball, sink lower in thighs and lift hips higher</p> <p>Knees - work higher Back - work upright Shoulder/Neck - go to the barre</p> <p>Hip / knee - work higher Low back - check core engagement and take elbows to barre</p> <p>Challenge - single leg pulse</p>	<p><i>HUMBLE.</i> Kendrick Lamar (2:57)</p> <p><i>Walked In</i> Bankroll Fresh, Street Money Boochie, Travis Porter (3:18)</p> <p><i>Wait a Minute</i> The Pussycat Dolls, Timbaland (3:42)</p> <p><i>No Excuses</i> Meghan Trainor (2:33)</p> <p><i>**Only use a little of this song to stretch**</i></p>

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COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><u>Weights</u></p> <ul style="list-style-type: none"> ● Chest Press in Plie Squat <ul style="list-style-type: none"> ○ Add on Overhead Shoulder Press ○ Combo both of these ● Chest Pulses 	<p>Shoulders - drop weights / work in high rows Knee - work smaller/higher Hips - work smaller/higher OR come into base posture</p> <p>Challenge - add a heels lifted in Plie</p>	<p>17 MK (3:16)</p>
<ul style="list-style-type: none"> ● Bicep Trays in Power Diamond <ul style="list-style-type: none"> ○ Option: add LRM (2-count) ● Alternating Bicep Curls 	<p>Shoulders - drop weights Hips/Knees - unclick heels and work in base posture Ankle - Lower Heels</p>	<p><i>DYSYLM</i> Breath Carolina, Sunstars (2:23)</p>
<ul style="list-style-type: none"> ● Reverse Flys in Incline Base Posture (Hinge Forward) ● Overhead Tricep Press <ul style="list-style-type: none"> ○ Add on Heel Lifts ○ End with Tricep Pulses 	<p>Shoulder - drop weights</p> <p>Shoulder - lower arms and work in tricep kickbacks</p>	<p><i>Better On Me - Wideboys</i> <i>Screwface VIP MIX</i> Pitbull, Ty Dolla \$ign, Wideboys (3:47)</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Prayer stretch ● Shoulder Stretch ● Chest opener 		<p><i>House Work</i> Jax Jones, Mike Dunn, MNEK (2:37)</p>

GLUTE WORK: CONTROL

2018 Q2

Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● Standing Head to Barre (side 1) <ul style="list-style-type: none"> ○ Soften/Reach ○ LRM Knee Drive ○ Mermaid pulses ● Standing Head to Barre (side 2) <ul style="list-style-type: none"> ○ Soften/Reach ○ LRM Knee Drive ○ Mermaid pulses <p>**Standing Figure Four piriformis stretch or Pigeon Stretch at the barre while you get the mats**</p> <p>**MATS AT STATIONS**</p> <ul style="list-style-type: none"> ● TRX Diamond Glute Bridge <ul style="list-style-type: none"> ○ LRM ○ Open/Close ○ Pulses ○ Grand Finale Hold <p>Stretch</p> <ul style="list-style-type: none"> ● Hug knees rock side to side ● Happy Baby 	<p>Back/Hip - lower leg and work upright</p> <p>Back/Hip - lower leg and work upright</p> <p>Back - Lower seat</p> <p>Knees/Hips - separate feet into Sumo Bridge</p>	<p><i>Colors</i> Jason Derulo (3:08)</p> <p><i>Say You Won't Let Go - Luca Schreiner Remix</i> James Arthur (3:25)</p> <p><i>Tipsy - Radio Mix</i> J-Kwon (4:03)</p>

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CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Core Blast: TRX Boat pose (facing the barre) <ul style="list-style-type: none"> ○ Add on TRX V-ups ● TRX Sit-Up Oblique Twist 	<p>Back - Tap toes to mat</p> <p>Back/Neck - work in windmills with head flat on mat</p>	<p><i>Pineapple Skies</i> Miguel (4:41)</p>
<ul style="list-style-type: none"> ● TRX Reverse Roll Ups (facing center of room) ● Superman Lifts 	<p>Option: release TRX straps and press hands against the mat</p> <p>Neck - keep forehead on mat Back - work smaller Prenatal/discomfort in Prone - work on All-4's in birdogs</p>	<p><i>Remind Me to Forget</i> Kygo (3:37)</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Child's Pose ● Walk hands R/L 		<p><i>Stay Warm</i> George Taylor (4:32)</p>

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YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Plank ● Child's Pose <ul style="list-style-type: none"> ○ "Thread the Needle" shoulder stretch ● Downward Dog → Hip Opener → Runner's Lunge <ul style="list-style-type: none"> ○ Chest Opener ○ IT Band twist ○ Pigeon stretch ○ Press back into Downward dog ○ Repeat side 2 ● Roll to seat to single leg stretch <ul style="list-style-type: none"> ○ Side Body Stretch ○ Head to knee stretch ● Butterfly Stretch ● Repeat Single leg stretch side 2 ● Quad stretch on mat (R/L) ● Low Crouch → Forward fold → Tabletop Spinal flow (repeat 3-5 times) ● Roll up ● Neck stretch ● 3 Closing Breaths 	<p>Wrist/Shoulders/Back - lower to forearms, knees or take at the barre</p> <p>Challenge - Feet in TRX</p> <p>Modification - take at barre</p> <p>Modification - drop back knee in Runner's Lunge</p>	<p><i>*continued*</i></p> <p><i>Stay Warm</i></p> <p>George Taylor (4:32)</p> <p><i>Be Still</i></p> <p>Steffany Gretzinger (6:38)</p> <p><i>**Will not use the entire song**</i></p>

TRUE40[®]

2018 Q2

	<p><i>“Thank yourself for honoring your body today and being true to you”</i></p>	
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