

TRUE40[®]

2020: Q4 WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <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"> ● Reverse Lunge w/ twist (R) <ul style="list-style-type: none"> ○ Challenge: Knee drive to arms overhead ● Leg Swings Hamstring dynamic stretch ● Reverse Lunge w/ twist (L) <ul style="list-style-type: none"> ○ Challenge: Knee drive to arms overhead ● Sumo Squat Rotation w/ Leg Extension <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Alternating Wide Push-up w/ gliders <ul style="list-style-type: none"> ○ Challenge: add Pike w/ gliders in between push-ups <p>Stretch</p> <ul style="list-style-type: none"> ● Downdog→Forward Fold 	<p>Knees / Hips: Work smaller & higher up in posture Back / Instability: Do not twist; do not take knee drive option</p> <p>Shoulders: Lower arms</p> <p>Knees / Hips: Work smaller & higher up in posture Back / Instability: Do not twist, do not take knee drive option</p> <p>Knees / Hips: Work Smaller & Higher up in squat</p> <p>Back/Shoulders: take posture to the barre</p>	<p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Hamstrings, Back, Shoulders, Calves (plyometric)</p> <p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Quads, Hamstrings, Glutes, Back Extensors, Triceps (press)</p> <p>Chest, Back, Abdominals</p>	<p><i>Hakuna Matata - Hardwell Radio Edit</i> R3HAB, Hardwell 2:45</p> <p><i>Treasured Soul - Chocolate Puma Remix</i> Michael Calfan, Chocolate Puma 5:30</p> <p><i>Fuego (R3HAB Remix)</i> Steven Malcolm, Shaggy, R3HAB 2:53</p>

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LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
<ul style="list-style-type: none"> ● TRX Curtsey Lunge (R) <ul style="list-style-type: none"> ○ 1" ○ LRM→ Point Toe to side ○ Challenge: Left back leg ○ Pulses ○ GFH ● Reverse Power Base <ul style="list-style-type: none"> ○ 1 inch ○ Marches ○ Pulses ○ Challenge: Hands to heart for balance ○ GFH ● TRX Curtsey Lunge (L) <ul style="list-style-type: none"> ○ 1" ○ LRM→ Point Toe to side ○ Challenge: Left back leg ○ Pulses ○ GFH 	<p>Knees/Hips: turn parallel into Horse Pose Shoulder: Take posture to the barre</p> <p>Foot/Ankle: Lower heels or turn into incline chair at barre</p> <p>Knee: Work higher in posture</p> <p>Knees/Hips: turn parallel into Horse Pose Shoulder: Take posture to the barre</p>	<p>Quads, Inner / Outer Thighs, Glutes, Hips, Biceps, Back</p> <p>Quads, Hamstrings, Claves</p> <p>Quads, Inner / Outer Thighs, Glutes, Hips, Biceps, Back</p>	<p><i>Switch</i> Will Smith 3:17</p> <p><i>You Broke Up with Me - Remix</i> Walker Hayes 3:09</p> <p><i>Tap In (feat. Post Malone, DaBaby, Jack Harlow)</i> Post Malone, DaBaby, Jack Harlow 4:14</p> <p><i>*stretch for the last minute of the song*</i></p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat w/ foot in TRX (R/L) ● Wide leg barre back fold→push hips R/L for IT band stretch ● Plie hip opener 			

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<p>Weights:</p> <ul style="list-style-type: none"> ● Good Mornings w/ arms in goal post <ul style="list-style-type: none"> ○ Add oblique twist w/ knee drive ● Good Mornings→ hinge forward shoulder press→ stand tall shoulder press overhead ● Burpee Lunges w/ Hammer Curl→ Overhead Press <ul style="list-style-type: none"> ○ Challenge: Take hands to ground ○ Add jump ● Chair Squat w/ Bicep Curl ● Plie Squat w/ Overhead Tricep Extension ● Plie Side Lunges w/ Single Arm Lat Pulls R/L <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Wrist/Forearm stretch ● Tricep overhead ● Dynamic chest / shoulder arm swings 	<p>Hips/Low Back: Work higher in posture, not hinging forward as much Shoulder: Lose the weights</p> <p>Hip/Knee: Work higher in lunge Shoulder: Lower weights to shoulder height or ditch weights</p> <p>Knee/Hip/Low Back: Work higher and/or more upright</p> <p>Shoulders/Neck: do tricep work in tricep kickbacks; Lower weights in Lat Pulls Hips/Knees: Work higher in Plie or go to base posture</p>	<p>Hamstrings, Glutes, Back, Deltoids, Trapezius, Obliques</p> <p>Quads, Hamstrings Rhomboids, Lats, Traps Triceps, Biceps, Abdominals</p> <p>Quads, Glutes, Biceps</p> <p>Quads, Glutes, Hips, Triceps, Lats, Shoulders, Obliques</p>	<p><i>Face Up To The Sun</i> Mike Williams, Justin Mylo, Sara Sangfelt 3:15</p> <p><i>Raise Em Up - Dance Remix</i> Alonestar, Rick Live, Ed Sheeran 2:53</p> <p><i>Taki Taki (feat, Cardi B)</i> DJ Snake, Selena Gomez, Ozuna, Cardi B 3:31</p> <p><i>The Banjo Beat, Pt. 1</i> Ricky Desktop 1:12</p>

2020: Q4
GLUTE WORK: CONTROL

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Posture/Movement	Modification	Muscles Worked	Music
<ul style="list-style-type: none"> ● Inverted Glute Bridge <ul style="list-style-type: none"> ○ 1" ○ Pulses w/ Right Leg Lifted ○ Pulses w/ Left Leg Lifted ○ GFH 	<p>Knee/Hamstring/Low Back: place feet against wood panel on wall OR take posture in traditional Glute Bridge</p>	<p>Gluteus Maximus, Hamstrings, Low Back</p>	<p><i>Blend</i> Netsky, Rudimental, Afronaut Zu 3:26</p>
<ul style="list-style-type: none"> ● Sumo Glute Bridge <ul style="list-style-type: none"> ○ 1" ○ Smiley hip presses (R/L) ○ Knee presses out ○ GFH 	<p>Knees/Hips: Walk feet closer together Low Back: lower hips closer to mat</p>	<p>Gluteus Medius, Minimus, Maximus, Low Back</p>	<p><i>Levitating (feat. DaBaby)</i> Dua Lipa, DaBaby 3:23</p>
<ul style="list-style-type: none"> ● Narrow Glute Bridge <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ LRM ○ Pulses ○ GFP (Grand Finale Pulse) 	<p>Knees: Walk feet wider Low Back: lower hips closer to mat</p>	<p>Gluteus Maximus, Inner/Outer Thigh, Pelvic Floor, Low Back</p>	<p><i>Alright (feat. Trippie Redd & Preme)</i> Wiz Khalifa, Preme, Triple Red 2:58</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Happy Baby →Karate Baby Hamstring stretch 			<p><i>All About You</i> Leon Bridges, Lucky Daye 3:00</p>

**2020: Q4
CORE WORK: CONNECT**

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Posture/Movement	Modification	Muscles Worked	Music
<p>Core Blast: Plank w/ Weighted Cross Body Pulls; ball between thighs</p>	<p>Shoulder/Wrist/Back: Keep knees on the mat or take Plank at Barre</p>	<p>Transverse Abdominis, Rectus Abdominis, Obliques, Erector Spinae & Multifidus, Shoulders</p>	<p>**song continued from stretch** <i>All About You</i> Leon Bridges, Lucky Daye 3:00</p>
<ul style="list-style-type: none"> ● TRX Leg Lower Combo <ul style="list-style-type: none"> ○ Alternate R/L leg lower → Double Leg Lower 	<p>Prenatal: seated scoops Low Back/Hips: work higher, not lowering legs towards ground as much; place ball under hips</p>	<p>Transverse Abdominis, Rectus Abdominis, Psoas</p>	<p><i>Where Are U Now</i> Vidya Vox 4:09</p>
<ul style="list-style-type: none"> ● TRX Forearm Roll out → Chest Fly 	<p>Shoulder: work smaller; plank at barre</p>	<p>Transverse Abdominis, Rectus Abdominis, Erector Spinae, Back, Chest, Shoulders</p>	<p><i>Who Am I (feat. Elle King)</i> NEEDTOBREATHE, Elle King 3:22</p>
<ul style="list-style-type: none"> ● Russian Twist w/ Marches <ul style="list-style-type: none"> ○ Challenge: lift legs in boat pose marches to add more weight to core 	<p>Low Back: place ball behind back for support Hip: ditch marches and sit criss cross or extend legs straight</p>	<p>Rectus Abdominis, Transverse Abdominis, Internal & External Obliques, Hip Flexors</p>	

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<p>Plank</p> <ul style="list-style-type: none"> ● 60 second hold ● Child's Pose→Thread the needle shoulder stretch (L/R) ● Puppy pose chest stretch <p>Spinal Flow: Cat/cows→Tail wags side body stretch</p> <ul style="list-style-type: none"> ● Downdog→3-legged dog→Hip Opener: Pigeon (repeat sequence R/L) ● Low Crouch→ Garland Pose (hip opener)→ Forward fold→Pop heel and walk hands R/L for IT band stretch→ Roll up ● Neck Stretch ● 3 Closing Breathes <p><i>"Thank you for honoring your body, and being true to you"</i></p>	<p>Wrist: work on forearms</p> <p>Shoulders/Back/Prenatal: Lower knees or take plank standing at the barre</p> <p>Hip: use ball under hip in pigeon stretch</p>	<p>Erector spinae, Rectus abdominis, Transverse abdominis, Shoulders</p> <p>Chest, hips, shoulders, upper and lower back</p> <p>Quads, Hamstrings, Hips, shoulders, obliques, inner thighs, groin</p> <p>lower back, hamstrings, calf muscles</p>	<p><i>Exile (feat. Bon Iver)</i> Taylor Swift, Bon Iver 4:46</p> <p><i>Dreams</i> Pentatonix 2:58</p> <p><i>July</i> Noah Cyrus 2:36</p>