

2016 Q3

WARM-UP: ENERGY

POSTURE	MODIFICATION	MUSIC
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● base posture <ul style="list-style-type: none"> ○ three opening breaths ○ step wide for cat/cows ○ sumo squat twist (R/L) <p>Aerobics</p> <ul style="list-style-type: none"> ● Marches w/ Lat Pulls ● Sumo squat <ul style="list-style-type: none"> ○ LRM squat <ul style="list-style-type: none"> ■ arms over head ■ come to toes ■ balance hold ● Skaters > Curtsy w/ Knee Drive <ul style="list-style-type: none"> ○ Start w/ alternating Skaters ○ Pulses on Curtsy side one ○ LRM > Add on Knee Drive ○ Alternating Skaters ○ Pulses on Curtsy side two ○ LRM > Add on Knee Drive <p>Plank Series</p> <ul style="list-style-type: none"> ● Barre back fold to plank knee drives (R/L) <ul style="list-style-type: none"> ○ Challenge: raise up on toes ○ Challenge: take it to the floor 	<p>Shoulders - lower arms / reach forward</p> <p>knees/hips - don't lift legs as high, work smaller/higher in squats</p> <p>knees/hips - work higher</p> <p>Ankles - leave heel on floor</p>	<p><i>Balada-Tche Tcherere Tche Tcherere</i> <i>Los Latinos</i> (4:25)</p> <p><i>Sweet Lovin' (Radio Edit)</i> Sigala, Bryn Christopher (3:22)</p> <p><i>212 (Azalea Banks feat.Lazy Jay) Vs. Bust a move(Young MC)</i> The Outfit (1:27)</p>

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LEG WORK: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Power Split Diamond side one <ul style="list-style-type: none"> ○ 1 inch movement ○ Full Range Passe ○ Grand Finale Hold 	<p>knees/hips - work higher or bring ankles together in power diamond or turn feet parallel and work in powerbase</p> <p>Ankles - lower heels</p>	<p><i>Mr. Saxobeat-Radio Edit</i> Alexandra Stan (3:15)</p>
<ul style="list-style-type: none"> ● TRX Chair Squats <ul style="list-style-type: none"> ○ 1 inch ○ Full Range ○ Heel Lifts ○ Grand Finale Hold 	<p>biceps/low back - release arms to straight position or take it to barre</p> <p>hips/knees - work higher</p> <p>Ankles - lower heels and work in pulses</p>	<p><i>Bang Bang</i> Jessie J, Ariana Grande, Nicki Minaj (3:19)</p>
<ul style="list-style-type: none"> ● Power Split Diamond side two <ul style="list-style-type: none"> ○ 1 inch movement ○ Full Range Passe ○ Grand Finale Hold 	<p>knees/hips - work higher or bring ankles together in power diamond or turn feet parallel and work in powerbase</p> <p>Ankles - lower heels</p>	<p><i>Dare (La La La)</i> Shakira (3:06)</p>
<ul style="list-style-type: none"> ● Stretch: <ul style="list-style-type: none"> ○ Heal to seat ○ Wide stance w/ hands at barre or to floor <ul style="list-style-type: none"> ■ Lift one arm and rotate upper body ■ Lift opposite arm and rotate upper body 		<p><i>Cups (Pitch Perfect When I am Gone)</i> Anna Kendrick (2:06)</p>

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COMBO WORK: FIRE

POSTURE	MODIFICATION	MUSIC
<p>Weights</p> <ul style="list-style-type: none"> ● Plie Squat with Low Rows <ul style="list-style-type: none"> ○ Challenge: add squat ● Plie Squat w/ T-Arm rotations <ul style="list-style-type: none"> ○ Challenge: add leg pulses ● Crescent Lunge side one w/ triceps <ul style="list-style-type: none"> ○ Extensions (bend and reach) ○ LRM with hammer curls to kickbacks ● Sumo squat w/ individual arm Lat Pulls <ul style="list-style-type: none"> ○ LRM ● Crescent lunge side two w/ reverse flys <ul style="list-style-type: none"> ○ LRM <p>TRX</p> <ul style="list-style-type: none"> ● Chest Press <ul style="list-style-type: none"> ○ Add on Mountain Climber <p>** Get the mats during stretch**</p> <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder Stretch (R/L) ● Tricep stretch (R/L) ● Chest opener 	<p>hips/knees - work higher Shoulders - drop weights</p> <p>knees/hips - work higher Shoulders - drop weights</p> <p>knees/hips - work higher Shoulders - drop weights</p> <p>knees/hips - work higher Shoulders - drop weights</p> <p>knees/hips - work higher Shoulders - drop weights</p> <p>Shoulder - take it to the barre hips/knees/shoulder - stay in regular chest press</p>	<p><i>Scream and Shout</i> Will.i. am & Britney Spears (4:12)</p> <p><i>Timber-R.P. Remix</i> Mcboy (4:48)</p> <p><i>The Hanging Tree Rebel Remix</i> Jennifer Lawrence, James newton Howard (2:27)</p>

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GLUTE WORK: CONTROL

POSTURE	MODIFICATION	MUSIC
<p>**mats in islands**</p> <ul style="list-style-type: none"> ● Glute Dive side one <ul style="list-style-type: none"> ○ LRM ○ Press up to forearm mermaid pulses ● Glute Dive side two <ul style="list-style-type: none"> ○ LRM ○ Press up to forearm mermaid pulses ● Single Leg Glute Bridge w/ ball side one <ul style="list-style-type: none"> ○ LRM ○ pulses ● Single Leg Glute Bridge w/ ball side two <ul style="list-style-type: none"> ○ LRM ○ Pulses ● Grand Finale Hold <ul style="list-style-type: none"> ○ Both feet on ball or both heels raised <p>STRETCH</p> <ul style="list-style-type: none"> ● Knees to chest rocking side to side ● Piriformis Stretch 	<p>Hips/knees - click heels together finding side diamond; lower feet Low back - lower hips closer to mat</p> <p>Knee - remove ball and just pop up to toe Low back/hips - don't lift hips and high</p>	<p><i>Gold Digger</i> Kanye West (3:28)</p> <p><i>My House</i> Flo Rida (3:12)</p> <p>Booty Wurk (one Cheek at a time) T-Pain (3:56)</p> <p><i>A Sky Full of Stars</i> Coldplay (4:28)</p> <p>**continue into core work**</p>

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CORE WORK: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>CORE BLAST</p> <ul style="list-style-type: none"> ● Tabletop hold w/ ball between thighs <p>**quick child's pose stretch**</p> <ul style="list-style-type: none"> ● Bird-dogs side one <ul style="list-style-type: none"> ○ Start with leg only ○ Challenge: add opposite arm ● Bird-dogs side two <ul style="list-style-type: none"> ○ Start with leg only ○ Challenge: add opposite arm ● Lat pulls with oblique twist <ul style="list-style-type: none"> ○ Pulses side one ○ Pulses side two <p>**quick pike stretch**</p> <ul style="list-style-type: none"> ● Ball passes <ul style="list-style-type: none"> ○ start on back w/ ball between ankles; leg drops ○ add hand off ○ Grand Finale Hold <p>STRETCH</p> <ul style="list-style-type: none"> ● Full body stretching out 	<p>Modification - knees stay on mat</p> <p>knees/elbows/low back - take it to the barre</p> <p>Shoulders - drop weights Low back - place ball behind back Hips - straighten legs</p> <p>neck/shoulders - Leave head/neck/shoulders on mat</p>	<p><i>A Sky Full of Stars</i> Coldplay (4:28) **continued from glute work**</p> <p><i>Battle Scars</i> Lupe Fiasco, Guy Sebastian (4:10)</p> <p><i>Ho Hey</i> Lumineers (2:43)</p>

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YOGA FLOW: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank (60 sec) ● Child's pose/barre back fold ● Cat/Cows 3-5 each direction ● Prone stretch <ul style="list-style-type: none"> ○ Bring one leg over the other ○ Opposite leg over the other ● Low cobra/full updog to downward dog ● 3 Legged Dog to Hip Opener side one <ul style="list-style-type: none"> ○ Runner's lunge (keep back knee lifted) ○ Warrior II ○ Crescent lunge to triangle pose ● 3 Legged Dog to Hip Opener side two <ul style="list-style-type: none"> ○ Runner's lunge (keep back knee lifted) ○ Warrior II ○ Crescent lunge to triangle pose ● Forward fold/rag doll stretch ● Roll up ● Neck Stretch ● 3 closing breaths <p>“ thank you for honoring your body and remember to be true to you”</p>	<p>shoulders/low back - lower knees or come to forearms or take to barre</p>	<p><i>Nothing Without love</i> Nate Ruess (3:56)</p> <p><i>Lay Me Down</i> sam Smith & john Legend (3:39)</p> <p><i>I'm Gonna Be (500 Miles)</i> Sleeping at last (3:32)</p> <p><i>My Heart is Open</i> Maroon 5, Gwen Stefani (3:57) ***extra song***</p>