

2018 Q1

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"> ● Plie Squat Hold with Oblique reaches <ul style="list-style-type: none"> ○ LRM plie squat with overhead reaches ● Side step chair squat plyos ● Stepbacks <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Plank tap feet side to side ● Downward dog to plank OR push/pulls at the barre <ul style="list-style-type: none"> ○ Add tricep pushup 	<p>Hip/Knee - work higher in plie squat / step feet closer Shoulder - lower arms</p> <p>Hip/Knee - work smaller/higher Shoulder - lower arms</p> <p>Wrist/Shoulder: take plank at the barre</p>	<p><i>Awela hey- Christopher Vitale Radio Remix</i> By: Geo Da Silva, Jack Mazzoni (3:36)</p> <p><i>One That I Want</i> By: Marvelous Flame (3:34)</p> <p><i>Freaks</i> By: Timmy Trumpet and Savage (2:49)</p>

2018 Q1

LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Plie Squats <ul style="list-style-type: none"> ○ 1 -Inch ○ Heel lift pulses (R/L) ○ Alternating heel lifts ○ Grand Finale HOLD ● TRX Power Diamond <ul style="list-style-type: none"> ○ 1- inch ○ LRM 2-count ○ Knee presses out ○ Grand finale HOLD ● Incline Chair w/ ball <ul style="list-style-type: none"> ○ 1 -Inch ○ LRM ○ Ball squeezes (option to lift both heels) ○ Grand finale HOLD <p>Stretch:</p> <ul style="list-style-type: none"> ● Heel to seat ● Triangle ● Calf Stretch 	<p>Hip / knee - work higher; turn feet into sumo and hinge forward</p> <p>Ankles - lower heels Knees - work smaller/higher Hips - unclick heels and work in parallel base posture</p> <p>Hip / knee - work higher Low back - work more upright</p>	<p><i>New Rules</i> By: Dua Lipa (3:29)</p> <p><i>Jungle</i> Pitbull, Stereotypes, E-40, Abraham Mateo (3:29)</p> <p><i>You Can't Stop Me</i> Andy Mineo (4:00)</p>

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COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><u>TRX</u></p> <ul style="list-style-type: none"> ● Chest press ● Mountain Climbers ● Horse Pose / Rows (R/L) <ul style="list-style-type: none"> ○ Add forward kick <p><u>Weights (at station)</u></p> <ul style="list-style-type: none"> ● Tricep rotations in base posture <ul style="list-style-type: none"> ○ LRM chair squat: Hammer curl to tricep extension ○ Grand Finale HOLD ● Shoulder press (palms face each other) in base posture <ul style="list-style-type: none"> ○ Add heel lift/lower <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Chest opener ● Tricep stretch in prayer at barre <p>**grab mats during stretch**</p>	<p>Difficulty - Step forward / back</p> <p>Wrist/Elbow/Shoulders - use kickstand or go to barre</p> <p>Knee - work smaller/higher</p> <p>Challenge - rise on your toes Modification - lower weights</p> <p>Shoulder - reach arms forward / lower weights</p>	<p><i>Love So Soft</i> Kelly Clarkson (2:52)</p> <p><i>Body Ache</i> Britney Spears (3:26)</p> <p><i>Hello</i> Will.i.am, Afrojack (4:45)</p>

2018 Q1

GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<p>***MATS IN ISLANDS***</p> <ul style="list-style-type: none"> ● Side Diamond (side one) <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Reach and pull ● Side Diamond (side two) <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Reach and pull ● Glute Bridge <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Peel one heel up / reach leg (R/L) ○ Grand Finale HOLD <p>Stretch</p> <ul style="list-style-type: none"> ● Hug knees rock side to side ● Figure four/ piriformis stretch 	<p>Shoulder - place ball under head and lay flat Hip/Knee - lower feet down to mat / work smaller in movement</p> <p>Shoulder - place ball under head and lay flat Hip/Knee - lower feet down to mat / work smaller in movement</p> <p>Knees - walk feet wider or turn out toes Low back - work smaller (with seat closer to mat)</p>	<p><i>How Long</i> Charlie Puth (3:18)</p> <p><i>Little of you Love - Blood Pop Remix</i> HAIM, Bloodpop (3:25)</p> <p><i>Booty Bounce</i> Tujamo, Taio Cruz (3:15)</p> <p><i>Wait</i> By Maroon 5 (3:11)</p>

CORE WORK: CONNECT

TRUE40[®]

2018 Q1

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> Core Blast: Side Plank (L/R) 	Shoulder - go to barre	<p>**Continued** <i>Wait</i> By Maroon 5 (3:11)</p>
<ul style="list-style-type: none"> Single leg bicycles (R/L) <ul style="list-style-type: none"> Pulses with ball 	Neck/Back - lower shoulders to mat	<p><i>Good Ole Days Featuring Kesha</i> By Macklemore, Kesha (4:01)</p>
<ul style="list-style-type: none"> Leg Lowers w/ ball 	Low back - place ball under hips Hips - stay in traditional marches	<p><i>Almost Famous</i> Noah Cyrus (3:32)</p>
Stretch <ul style="list-style-type: none"> Reach overhead / stretch through your toes 		

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YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Plank: 60 sec ● Vinyasa <ul style="list-style-type: none"> ○ Child's pose / Downward dog ● Crescent Lunge → Warrior II → Triangle <ul style="list-style-type: none"> ○ Walk hands through center ○ Press back into Downward dog ○ Repeat side 2 ● Step feet together → low crouch ● Forward fold → Ragdoll <ul style="list-style-type: none"> ○ Roll up ○ Neck stretch ● 3 Closing Breaths <p style="text-align: center;"><i>“Thank yourself for honoring your body today and being true to you”</i></p> 	<p>Wrist- lower to forearms Shoulders-take at the barre</p> <p>Modification - take at barre</p> <p>Modification - work higher in stance</p>	<p style="text-align: center;"><i>Palace</i> By Sam Smith (3:07)</p> <p style="text-align: center;"><i>Divine / Sailing / Time / Hymn - Acoustic</i> By Phil Wickham (7:44)</p>