

# TRUE40<sup>®</sup>

## WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"><li>● 3 Breaths</li><li>● Side Bend Stretch (L/R)</li><li>● Sumo squat for Cat/Cow</li><li>● Plie Squat twist stretch</li></ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"><li>● Side Lunge to Knee Drive Side 1<ul style="list-style-type: none"><li>○ Add Arms</li></ul></li><li>● Step Backs w/ Low Row</li> <li>● Side Lunge to Knee Drive Side 2<ul style="list-style-type: none"><li>○ Add Arms</li></ul></li><li>● Chair Squat w/ Arm Lift<ul style="list-style-type: none"><li>○ Add Heel Raise</li><li>○ Challenge: Add Hop</li></ul></li></ul> <p><b>Plank/Push-up Combo</b></p> <ul style="list-style-type: none"><li>● Wide Plank to Downdog, Opposite ankle tap</li></ul>		<p><i>What's Up Suckaz</i> TJR (4:14)</p>         <p><i>Hunter - Mike Williams Remix</i> Galantis, Mike Williams 3:49</p>         <p><i>Guerilla</i> BROHUG 2:49</p>

## LEG WORK: POWER

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Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Power Diamond Skier               <ul style="list-style-type: none"> <li>○ Pulses</li> <li>○ LRM *not full range* 2 count</li> <li>○ Knee squeezes</li> <li>○ GFH</li> </ul> </li>   <li>● TRX Chair Squats               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ Side Steps</li> <li>○ Pulses Toes Up</li> <li>○ GFH</li> </ul> </li>   <li>● Reverse Power Diamond               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ Lifted Bend/Press Side 1</li> <li>○ Lifted Bend/Press Side 2</li> <li>○ GFH</li> </ul> </li>   <li>● Stretch               <ul style="list-style-type: none"> <li>○ Heel to Seat, side 1 and 2</li> <li>○ Wide Barre Back Fold, IT Band Stretch</li> <li>○ Low Plie Stretch</li> </ul> </li> </ul>		<p data-bbox="1101 430 1349 531"><i>Shakira (feat. Marty)</i> Nobigdyl., Marty 3:06</p> <p data-bbox="1089 825 1360 926"><i>Turn Around (5,4,3,2,1)</i> Flo Rida 3:21</p> <p data-bbox="1057 1108 1393 1209"><i>They Just Dont Know (Clean)</i> Gyft 4:38</p>

## COMBO WORK: FIRE

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Posture/Movement	Modification/Challenge	Music
<p><b>Weights</b></p> <ul style="list-style-type: none"> <li>● Reverse Lunge w/ Glider Side 1 + Lat Pull</li> <li>● Hinge Forward to Crescent w/ Low Row               <ul style="list-style-type: none"> <li>○ Challenge to Warrior III lift</li> </ul> </li> <li>● Reverse Lunge w/ Glider Side 2 + Goal Post</li> <li>● Hinge Forward to Crescent w/ Low Row               <ul style="list-style-type: none"> <li>○ Challenge to Warrior III lift</li> </ul> </li> </ul> <p><b>TRX</b></p> <ul style="list-style-type: none"> <li>● Alternating Bicep Curls</li> <li>● Overhead Tricep Press</li> </ul> <p>Stretch</p> <ul style="list-style-type: none"> <li>● TRX forward fold stretch &gt; Side Stretch</li> <li>● TRX chest opener</li> <li>● Shoulder Stretch</li> <li>● Tricep Stretch</li> </ul> <p>Grab mats for glutes at stations</p>		<p><i>Medicine - Kaskade Remix</i> Jennifer Lopez, Kaskade (2:49)</p> <p><i>Never Really Over - R3HAB Remix</i> Katy Perry, R3HAB (3:07)</p> <p><i>Antisocial (with Travis Scott)</i> Ed Sheeran, Travis Scott (2:41)</p> <p><i>Who's Got Your Love - Mike Williams Remix</i> Cheat Codes, Daniel Blume, Mike Williams (3:04)</p>

## GLUTE WORK: CONTROL

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Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> <li>● TRX Abductors** No Longer a True40 Posture**</li>   <li>● Piriformis Glute Bridge S1               <ul style="list-style-type: none"> <li>○ 1 Inch</li> <li>○ LRM</li> <li>○ GFH</li> </ul> </li>   <li>● Piriformis Glute Bridge S2               <ul style="list-style-type: none"> <li>○ 1 Inch</li> <li>○ LRM</li> <li>○ GFH</li> </ul> </li>   <li>Stretch               <ul style="list-style-type: none"> <li>● Single leg Knee In &gt;Press Across Body Side 1 and 2</li> </ul> </li> </ul>		<p style="text-align: center;"><i>Higher Love</i> Kygo, Whitney Houston (3:48)</p> <p style="text-align: center;"><i>Let You Down</i> NF (3:32)</p> <p style="text-align: center;"><i>Woman Like Me (feat. Ms Banks)</i> Little Mix, Ms Banks (3:21)</p> <p style="text-align: center;"><i>Love Her Anyways</i> Hearts &amp; Colors (3:06)</p>

**CORE WORK: CONNECT**

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Posture/Movement	Modification/Challenge	Music
<p><b>Core Blast</b></p> <ul style="list-style-type: none"> <li>● Rocking Boat Pose               <ul style="list-style-type: none"> <li>○ Final 10 s Hold</li> </ul> </li>   <li>● Glider V-Ups (Extended Scoops)</li>   <li>● Smileys w/ Ball at Shins</li>   <li>● Forearm Plank Oblique Dips</li> </ul> <p><b>Go right into final plank to start Yoga</b></p>		<p><i>(Continues)</i>  <i>Love Her Anyways</i>            Hearts &amp; Colors            (3:06)</p> <p><i>Dancing in the Moonlight (feat. NEIMY)</i>            Jubel, NEIMY            (2:44)</p> <p><i>Runaway Train (with Skylar Grey feat. Gallant)</i>            Jamie N Commons, Skylar Grey, Gallant            (3:49)</p>

**YOGA FLOW: BREATHE**

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Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● 60 Second Plank Hold</li>   <li>● Child’s Pose w/ Ball <ul style="list-style-type: none"> <li>○ Side Body Stretch with Ball (s1 and s2)</li> </ul> </li> </ul> <p><b>Yoga Flow</b></p> <ul style="list-style-type: none"> <li>● Downward Facing Dog <ul style="list-style-type: none"> <li>○ Pedal Heels</li> </ul> </li>   <li>● (Side One) 3 Leg Dog → Runners Lunge → Pyramid →Chair Pose w/ Twist to both sides →Downward Dog</li>   <li>● (Side Two) 3 Leg Dog → Runners Lunge → Pyramid →Chair Pose w/ Twist to both sides →Downward Dog</li>   <li>● Garland Pose</li> <li>● Sun A 5x’s</li> <li>● Neck stretch</li> <li>● 3 Closing Breaths</li> </ul> <p><i>“Thank you for honoring your body today and being true to you”</i></p>		<p><i>Africa</i> Tyler Ward, Lisa Cimorelli (3:18))</p> <p><i>Fullness (Acoustic)</i> Elevation Worship (4:25)</p> <p><i>Sanctuary</i> Nashville Cast, Charles Esten, Lennon &amp; Maisy (3:24)</p>