

2017: Q4

WARM-UP FEEL: 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"> ● Side lunge to overhead reach side one <ul style="list-style-type: none"> ○ Option: side leg lift ● Chair Squat w/ rear leg lift <ul style="list-style-type: none"> ○ Press arms back ● Side lunge to overhead reach side two <ul style="list-style-type: none"> ○ Option: side leg lift ● Chair Squat with kick forward <ul style="list-style-type: none"> ○ Press arms back <p>Core Blast</p> <ul style="list-style-type: none"> ● Burpees ● Plank <ul style="list-style-type: none"> ○ Tricep pulses <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Roll up 	<p>Shoulders - reach arms across body hips/knees/low back - working higher and smaller</p> <p>Low back - tap toe to floor Knees - work higher</p> <p>Shoulders - reach arms across body hips/knees/low back - working higher and smaller</p> <p>Low back - smaller/lower kick Knees - work higher</p> <p>Can take it to the barre</p>	<p><i>Team- Workout Mix</i> Power Music Workout 4:25</p> <p><i>The Hills- Workout Mix</i> Power Music Workout 4:36</p>

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LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Power Four w/ ball side one <ul style="list-style-type: none"> ● 1 inch ● Ball Squeezes ● Grand Finale Hold: <ul style="list-style-type: none"> Turn facing center, feet parallel, hands to heart center or overhead for challenge ● Incline Sumo Squats <ul style="list-style-type: none"> ● 1 inch ● Full range ● Pulses <ul style="list-style-type: none"> ○ Challenge: lift heels ● Grand Finale Hold ● Power Four w/ ball side two <ul style="list-style-type: none"> ● 1 inch ● Ball Squeezes ● Grand Finale Hold: <ul style="list-style-type: none"> Turn facing center, feet parallel, hands to heart center or overhead for challenge <p>Stretch:</p> <ul style="list-style-type: none"> ● Heel to Seat Quad ● Triangle 	<p>Knees - feet side by side Feet/Ankles - lower heels or hinge forward to chair squat</p> <p>Low back - hinge forward or lift chest knees/hips - work higher</p> <p>Knees - feet side by side Ankles - lower heels or hinge forward to chair squat</p>	<p><i>Starships</i> Nicki Minaj 3:32</p> <p><i>Hula Hoop</i> OMI 3:25</p> <p><i>By Your Side</i> Jonas Blue, Raye 3:21</p> <p><i>Summer Nights</i> Tiesto, John Legend (3:10)</p>

2017: Q4
COMBO WORK
FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX:</p> <ul style="list-style-type: none"> ● Superman row <ul style="list-style-type: none"> ○ Add on pull apart ● Curtsey squat side one <ul style="list-style-type: none"> ○ LRM ○ Knee drive ○ Challenge: skiers ● Curtsey squat side two <ul style="list-style-type: none"> ○ LRM ○ Knee drive ○ Challenge: skiers ● Froggers **Old program, can add a little hop at the top** ● Tricep Presses <p>Stretch:</p> <ul style="list-style-type: none"> ● Shoulder Reach ● Overhead Tricep 	<p>Shoulders - work in low rows Back-work in kickstand, or step away</p> <p>knee/hips - turn feet parallel and work in horse pose Shoulder-can do at the barre</p> <p>knees - work smaller and higher Ankles - turn and do a chair squat facing the barre</p> <p>elbows/shoulders - take tricep push-ups to the barre Back - step away from the barre or work in kickstand</p>	<p><i>*continue song into first combo*</i></p> <p><i>Summer Nights</i> Tiesto, John Legend 3:10</p> <p><i>Stranger- Blanke Remix</i> Peking Duk, Blanke, Elliphant 4:23</p> <p><i>Fun</i> Pitbull, Chris Brown 3:22</p> <p><i>That's My Girl</i> Fifth Harmony (3:24)</p>

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GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Head to Barre standing glutes side one <ul style="list-style-type: none"> ○ 1 inch (bend and extend) ○ Knee drives ○ Pulses ● Head to Barre standing glutes side two <ul style="list-style-type: none"> ○ 1 inch (bend and extend) ○ Knee drives ○ Pulses <p>*Quick standing figure 4 stretch or pigeon stretch*</p> <p style="text-align: center;">**GO GET MATS**</p> <ul style="list-style-type: none"> ● Sumo Glute Bridge w/ weights <ul style="list-style-type: none"> ○ LRM ○ Add chest fly ○ Pulses w/ arms ○ Grand Finale Hold <ul style="list-style-type: none"> ■ Peel up heels or toes ● Stretch: <ul style="list-style-type: none"> ○ Knees to chest ○ Happy baby 	<p>Low back - engage core; lower leg and stand upright Hip - lift out of the hip (make sure they aren't pressing their hip to the side)</p> <p>Low back - engage core; lower leg and stand upright Hip - lift out of the hip (make sure they aren't pressing their hip to the side)</p> <p>Knees - walk feet to parallel</p> <p>Low back - lower booty closer to the mat</p>	<p>(continued)</p> <p><i>That's My Girl</i> Fifth Harmony 3:24</p> <p><i>Some Kind of Wonderful</i> Betty WHO 3:13</p> <p>*restart song before sumo glute bridge* <i>Move Shake Drop Remix</i> DJ LAZ (3:11)</p> <p><i>Fire- Paris Blohm Remix</i> 3LAU, NEONHEART, Paris Bloom (3:14)</p>

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CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast:</p> <ul style="list-style-type: none"> ● Rocking Boat Pose (5-10) <ul style="list-style-type: none"> ○ Start in scoops ○ Challenge: release hands ● Russian Twist with Weights <ul style="list-style-type: none"> ○ Challenge: lift feet to boat pose ○ Shoulder presses ● Bird dog side one <ul style="list-style-type: none"> ○ Challenge: add opposite arm ○ Grand Finale Hold ● Bird dog side two <ul style="list-style-type: none"> ○ Challenge: add opposite arm ○ Grand Finale Hold <p>STRETCH</p> <ul style="list-style-type: none"> ● Child's pose <ul style="list-style-type: none"> ○ Shoulder stretch <p>*Get yoga straps if using them*</p>	<p>Core Instability / Prenatal - Stay in scoops</p> <p>Low back - place ball behind tailbone Hips/Prenatal - straighten legs or sit criss cross Shoulders - drop weights</p> <p>Shoulder-reach forward</p> <p>Wrists - come onto forearms Shoulder- go to the barre</p> <p>Wrists - come onto forearms Shoulder- go to the barre</p>	<p><i>*continue into core*</i> <i>Fire- Paris Blohm Remix</i> 3LAU, NEONHEART, Paris Bloom (3:14)</p> <p><i>Beast of Burden- Remastered</i> The Rolling Stones (3:28)</p> <p><i>I Don't Wanna Live Forever</i> ZAYN, Taylor Swift 4:06</p>

2017: Q4
YOGA FLOW
FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Side Plank (45 sec each side) <ul style="list-style-type: none"> ○ Challenge: extend bottom leg <p><i>*Continue to get yoga straps*</i></p> <ul style="list-style-type: none"> ● Cat/Cows ● Tail Wags <p>Yoga Straps</p> <p>On Knees:</p> <ul style="list-style-type: none"> ● Overhead shoulder/chest opener <ul style="list-style-type: none"> ○ Lean to each side ● Reverse shoulder/chest opener <ul style="list-style-type: none"> ○ Fold forward <p>On Back (R/L side):</p> <ul style="list-style-type: none"> ● Hamstrings <ul style="list-style-type: none"> ○ Leg above hip, rolling ankle in strap ● IT band <ul style="list-style-type: none"> ○ Lower leg across body ● Hip Opener <ul style="list-style-type: none"> ○ Lower leg to side <ul style="list-style-type: none"> ● Corpse Pose (at least 1-2 minutes) ● Pull knees in and sweep them R/L→reach arms overhead ● Roll onto side in fetal position→push up slow ● Low crouch→ forward fold, shake head around→roll up ● Neck stretch ● 3 Closing breaths <p><i>"Thank you for honoring your body today and being true to you"</i></p>	<p>Shoulders - take at the barre Back-lower knee Wrist - lower to forearms</p> <p>Shoulder-take a wider grip Knees-come to a seated position</p> <p>Low back/Prenatal - find pigeon pose, and seated stretches</p>	<p><i>Melt (Acoustic Version)</i> JONES (3:41)</p> <p><i>Believe</i> Mumford & Sons (3:41)</p> <p>Oh My Soul Casting Crowns (4:15)</p>