

## 2018 Q4

### WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● base posture               <ul style="list-style-type: none"> <li>○ three opening breaths</li> <li>○ step wide for cat/cows</li> <li>○ Plie squat twist (R/L)</li> </ul> </li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Plie sweeps, right to left               <ul style="list-style-type: none"> <li>○ Start w/ ballet arms, add on lat pull</li> </ul> </li> <li>● Chair Squat w/ twisting reach               <ul style="list-style-type: none"> <li>○ Option to add alternating kick</li> </ul> </li> <li>● Modified Jumping Jacks               <ul style="list-style-type: none"> <li>○ Add chest press</li> <li>○ Challenge to normal jumping jacks</li> </ul> </li> </ul> <p><b>Plank/Push-up Series</b></p> <ul style="list-style-type: none"> <li>● Wide-arm push-up, roll to side plank</li> <li>● End with wide-arm pulses</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre back fold/downward dog</li> <li>● Roll up</li> </ul>	<p><b>Knees/Hips</b> - work higher <b>Shoulder</b> - keep arms at shoulder height</p> <p><b>Knees/Hips/Back</b> - Work higher in flexion</p> <p><b>Knees</b> - dont add jump <b>Shoulders</b> - stay with arms at shoulder height in chest press</p> <p><b>Shoulder/Wrist/Back</b> - take to the barre or drop knees to the ground</p>	<p><i>Don't - Don Diablo Remix</i> Ed Sheeran (4:09)</p> <p><i>Awela Hey - Christopher Vitale Radio Remix</i> Geo Da Silva, Jack Mazzoni, Christopher Vitale (3:36)</p> <p><i>Supreme</i> Joey Rumble (2:46)</p>

## 2018 Q4

### LEG WORK

### FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Power Diamond w/ TRX               <ul style="list-style-type: none"> <li>○ One inch</li> <li>○ Knee presses out</li> <li>○ Knee presses in</li> <li>○ GFH</li> </ul> </li>   <li>● Incline Sumo at barre               <ul style="list-style-type: none"> <li>○ One inch</li> <li>○ LRM (8-16 count)</li> <li>○ Side steps</li> <li>○ Pulse to GFH (option to rise onto toes)</li> </ul> </li>   <li>● Power Base Skier w/ ball               <ul style="list-style-type: none"> <li>○ One inch</li> <li>○ Ball squeezes</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Ankles</b> - lower heels  <b>Knees</b> - Work higher  <b>Hips / Back</b> - Unclick heels and work in power base with parallel feet (no turnout)  <b>Core instability</b> - work at the barre for more support / balance</p> <p><b>Knees</b> - Work higher  <b>Hips / Back</b> - Work higher or more upright</p> <p><b>Knees</b> - Work higher or remove ball  <b>Back</b> - Work upright in power base posture  <b>Shoulder</b> - underhand grip barre</p>	<p><i>I Can Only Imagine (feat. Chris Brown and Lil Wayne)</i>            David Guetta, Chris Brown, Lil Wayne            (3:30)</p> <p><i>God's Plan</i>            Drake            (3:19)</p> <p><i>Jackie Chan</i>            Tiesto, Dzecko, Preme, Post Malone            (3:36)</p>
<p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Heel to seat</li> <li>● Triangle</li> <li>● Runners lunge</li> </ul>		<p><i>Balenciaga</i>            Cheat Codes            (2:54)  <i>*song only for stretch*</i></p>

## 2018 Q4 COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><b><u>Weights:</u></b></p> <ul style="list-style-type: none"> <li>● Delt Fly in Horse Pose (side 1)               <ul style="list-style-type: none"> <li>○ Add LRM with with legs                   <ul style="list-style-type: none"> <li>■ Challenge to add knee drive</li> </ul> </li> </ul> </li> <li>● Goal Post in Horse Pose (side 2)               <ul style="list-style-type: none"> <li>○ Add LRM with with legs                   <ul style="list-style-type: none"> <li>■ Challenge to add knee drive</li> </ul> </li> </ul> </li> </ul> <p><b><u>TRX:</u></b></p> <ul style="list-style-type: none"> <li>● Low Row to Bicep curl (alternating)</li> </ul> <p>***GET MATS***</p> <ul style="list-style-type: none"> <li>● Tricep Press (knees on mat at station)</li> </ul> <p><b>Stretch on mat</b></p> <ul style="list-style-type: none"> <li>● TRX fold (reach R/L)</li> <li>● Shoulder Stretch</li> <li>● Chest opener - option to fold forward in child's pose</li> </ul>	<p><b>Knees</b> - Work higher/smaller or come to base posture <b>Shoulders</b> - drop weights</p> <p><b>Knees</b> - Work higher/smaller or come to base posture <b>Shoulders</b> - lower arms to high row/low row or drop weights</p> <p><b>Back</b> - step to kickstand, or step away from barre <b>Shoulder / Neck</b>- use weights</p> <p><b>Knee</b> - Double up mat or work standing <b>Elbow / Shoulder</b> - release straps and work in tricep pushup or at the barre</p>	<p><i>*Change song to start combo work*</i></p> <p><i>Reverse - James Hype Remix Sage The Gemini, James Hype (4:24)</i></p> <p><i>Don't Leave Me Alone (feat. Anne-Marie) David Guetta, Anne-Marie (3:04)</i></p> <p><i>It Ain't Me (with Selena Gomez) - Tiesto's AFTR:HRS Remix Kygo, Selena Gomez, Tiesto (3:12)</i></p>

## 2018 Q4

### GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● All Fours Glute Dives (side 1)               <ul style="list-style-type: none"> <li>○ Glute dives</li> <li>○ Rotate hips open to mermaid pulses</li> <li>○ GFH</li> </ul> </li>   <li>● All Fours Glute Dives (side 2)               <ul style="list-style-type: none"> <li>○ Glute dives</li> <li>○ Rotate hips open to mermaid pulses</li> <li>○ GFH</li> </ul> </li>   <li>● Parallel Glute Bridge               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Single heel lift pulses (R/L)</li> <li>○ GFH                   <ul style="list-style-type: none"> <li>■ Challenge to lift both heels</li> </ul> </li> </ul> </li> </ul> <p><b>Stretch:</b></p> <ul style="list-style-type: none"> <li>● Hug knees</li> <li>● Pull one knee in and across body for spinal rotation / glute stretch</li> </ul>	<p><b>Shoulder/wrist</b> - come to forearms, go to barre</p> <p><b>Knee / Hip</b>- Take standing at barre</p> <p><b>Hip / Back</b> - evenly distribute body weight by putting more weight in your opposite arm</p> <p><b>Shoulder/wrist</b> - come to forearms, go to barre</p> <p><b>Knee / Hip</b>- Take standing at barre</p> <p><b>Hip / Back</b> - evenly distribute body weight by putting more weight in your opposite arm</p> <p><b>Knees</b> - walk feet wider</p> <p><b>Back</b> - work with booty closer to the mat</p>	<p><i>Get Me Bodied</i> Beyonce (3:26)</p> <p><i>Rise</i> Jonas Blue, Jack and Jack (3:14)</p> <p><i>Bacon</i> Nick Jonas, Ty Dolla \$ign (3:03)</p> <p><i>Nevermind</i> Dennis Lloyd 2:37 <i>*continue song into core blast*</i></p>

## 2018 Q4

### CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p><b>CORE BLAST:</b></p> <ul style="list-style-type: none"> <li>● Modified Boat Pose with TRX               <ul style="list-style-type: none"> <li>○ Option to lift head/neck/shoulders</li> </ul> </li>   <li>● Scissors w/ ball at base of shoulder blades               <ul style="list-style-type: none"> <li>○ Challenge to straighten legs</li> <li>○ GFH</li> </ul> </li>   <li>● Smileys with ball</li>   <li>● Alternating shoulder slaps</li> </ul>	<p><b>Neck</b> - keep head on mat</p> <p><b>Neck / Back</b> - remove ball to flat back <b>Back / Core instability</b> - work in marches</p> <p><b>Core instability</b> - remove ball <b>Low back</b> - use the ball</p> <p><b>Hips</b> - keep feet flat on mat <b>Shoulder</b> - drop weights <b>Neck</b> - keep head / neck / shoulders flat on mat</p>	<p><i>*song continues*</i></p> <p><i>Nevermind</i> Dennis Lloyd 2:37</p> <p>Happy Now Zedd, Leeley Duhe (3:27)</p> <p><i>ILYSB</i> Lany (3:31)</p> <p><i>*may go into the next song*</i></p>

## 2018 Q4

### YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Plank (60 sec)</li> <li>● Spinal Flow               <ul style="list-style-type: none"> <li>○ Cat / Cows</li> </ul> </li> <li>● (Side one) Downward Dog → Hip Opener → Runners Lunge               <ul style="list-style-type: none"> <li>○ Rise to Warrior II</li> <li>○ Side Angle pose, arm on knee                   <ul style="list-style-type: none"> <li>■ Option to extend bottom arm</li> </ul> </li> <li>○ Reverse Warrior</li> <li>○ Windmill down to Twisting Runners Lunge with IT band stretch</li> </ul> </li> <li>● (Side two) Downward Dog → Hip Opener → Runners Lunge               <ul style="list-style-type: none"> <li>○ Rise to Warrior II</li> <li>○ Side Angle pose, arm on knee                   <ul style="list-style-type: none"> <li>■ Option to extend bottom arm</li> </ul> </li> <li>○ Reverse Warrior</li> <li>○ Windmill down to Twisting Runners Lunge with IT band stretch</li> </ul> </li> <li>● Downward Dog → Step to Low Crouch → Forward fold / ragdoll stretch → Roll up</li> <li>● Neck stretch</li> <li>● 3 Closing Breaths</li> </ul>	<p><b>Wrist / Shoulder / Back</b> - take plank on forearms, knees or at the barre  <b>Challenge</b> - place feet in straps</p> <p><b>Shoulders / Neck</b> - find child's pose or take the flow to the barre</p> <p><b>Shoulders / Neck</b> - find child's pose or take the flow to the barre</p>	<p><i>You are the Reason</i>            Calum Scott            (3:24)</p> <p><i>Born Again</i>            Cory Asbury            (4:13)</p> <p>Wonderfully Made            Ellie Holcomb            (5:20)</p>

# TRUE40<sup>®</sup>

**2018 Q4**

<p><i>“Thank you for honoring your body today and being true to you”</i></p>		
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