

# TRUE40®

## CARDIO CLASS PROGRAM 1

### WARM UP: ENERGY, 8.5 minutes

Posture/Movement	Modification	Muscles Used	Music
<p><b>Welcome / Introduction / Announcements</b></p> <p><b>Opening Stretch *done quickly, to beat*</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 + Plank/Pushup</b> Hamstring leg swings to jacks</p> <ul style="list-style-type: none"> <li>• 4 of each</li> </ul>	<p><b>Shoulders:</b> keep arms in front of chest</p> <p><b>Low impact/knees:</b> toe taps instead of full jacks</p>	<p>Quads, Hamstrings Glutes, Calves, Shoulders, Back</p>	<p><i>Done - R3hab Remix</i> Nikki Vienna, R3hab 2:56 BPM 127</p>
<p>Plank: mountain climbers to plank jacks</p>	<p><b>Back/Shoulders/Wrists/pre- and postpartum:</b> take plank on knees or at the barre</p> <p><b>Low impact:</b> step out</p>	<p>Abdominals, shoulders</p>	<p><i>Feel Me - Workout Remix 132 BPM</i> Workout Remix TX 4:13 BPM 132</p>
<p>Chair squat with kick twist (each side), layer in two chair squat plyo jumps</p>	<p><b>Knees:</b> work higher to decrease flexion</p> <p><b>Back:</b> work more upright/lift chest</p> <p><b>Low impact:</b> rise to toes instead of hop</p> <p><b>Ankles/feet:</b> keep feet flat instead of rising to toes or hopping</p>	<p>Quads, Hamstrings Glutes, Hips, Obliques, Calves</p>	<p><i>Body - Dzeko Remix</i> Loud Luxury, Brando, Dzeko 2:46 BPM 126 *end warmup before song ends*</p>



**CARDIO CLASS PROGRAM 1**  
**LEG WORK: POWER, 8 minutes**

<b>Posture/Movement</b>	<b>Modification</b>	<b>Muscles Used</b>	<b>Music</b>
<p>Power Split Diamond to Sumo</p> <ul style="list-style-type: none"><li>● 1 inch in Power Split Diamond</li><li>● LRM step out to Sumo</li><li>● Chair to Sumo Plyo to as finale challenge</li></ul>	<p><b>Knees/hips:</b> remove turnout</p> <p><b>Instability:</b> click heels together for Power Diamond</p> <p><b>Ankle/feet:</b> Stay in Sumo</p>	<p>Inner and Outer Thighs, Quads, Hamstrings, Calves</p>	<p><i>Dirt Off Your Shoulder</i> JAY-Z 4:06 BPM 164</p>
<p>Power Split Diamond Side Two</p> <ul style="list-style-type: none"><li>● 1 inch in Power Split Diamond</li><li>● LRM step out to Sumo</li><li>● Chair to Sumo Plyo to as finale challenge</li></ul>	<p><b>Knees/hips:</b> remove turnout</p> <p><b>Instability:</b> click heels together for Power Diamond</p> <p><b>Ankle/feet:</b> Stay in Sumo</p>	<p>Inner and Outer Thighs, Quads, Hamstrings, Calves</p>	<p><i>Over Now</i> Post Malone 4:07 BPM 164</p>

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## CARDIO CLASS PROGRAM 1 COMBO WORK: FIRE, 12 minutes

Posture/Movement	Modification	Muscles Worked	Music
Walking Lunge with Lat Pull	<b>Knees/Hips:</b> work higher in lunge, stay in reverse lunge <b>Shoulders:</b> work in High Row or drop weights	Back, Shoulders, Quads, Hamstrings, Abdominals	<i>False Alarm - Hook N Sling Remix</i> Matoma, Becky Hill, Hook N Sling 4:25 BPM 124
Split Squats w/ weights in front of chest	<b>Knees:</b> work higher <b>Low impact:</b> step back	Quads, Hamstrings, Calves	
Walking Lunge with Bicep Tray	<b>Knees/Hips:</b> work higher in lunge, stay in reverse lunge <b>Shoulders:</b> work in Bicep Curl or drop weights	Biceps, Back, Quads, Hamstrings, Abdominals	
Split Squats w/ weights in front of chest	<b>Knees:</b> work higher <b>Low impact:</b> step back	Quads, Hamstrings, Calves	
Half Sumo Burpee w/ weights	<b>Low impact:</b> step back instead of hop <b>Shoulders/Back:</b> take at barre	Shoulders, Quads, Hamstrings, Glutes	<i>Hurricane - ARTY Remix</i> Halsey, ARTY 3:45 BPM 128
Sumo with Deadlift to Squat with Frontal Raise	<b>Knees:</b> work higher <b>Back:</b> work more upright <b>Shoulders:</b> work below shoulder height or drop weights	Shoulders (deltoids and trapezius), Quads, Hamstrings, Glutes	
TRX Mountain Climbers to Tricep Pushup	<b>Low impact:</b> stay slow and step instead of hop <b>Shoulders/instability:</b> Tricep Pushups at barre	Triceps, Abdominals, Calves	<i>Feel Good (feat. Daya) - Crankdat Remix</i> Gryffin, ILLENIUM, Daya, Crankdat 4:26 BPM 128
**mats**			

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Walking Wide Pushups with Gliders	<b>Back:</b> lower to knees or take at barre <b>Instability:</b> remove gliders	Chest, Wrists, Abdominals	
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## CARDIO CLASS PROGRAM 1 GLUTE WORK: CONTROL, 8 minutes

Posture/Movement	Modification	Muscles Worked	Music
<p>All Fours</p> <ul style="list-style-type: none"> <li>● Bend and reach</li> <li>● Pushup with knee drive</li> <li>● Hamstring curl</li> <li>● GFH               <ul style="list-style-type: none"> <li>○ Hover opposite knee</li> </ul> </li> </ul>	<p><b>Shoulder/Neck/Wrist:</b> Drop to forearms or take Standing Glutes at barre</p> <p><b>Knees:</b> double up mat, take at barre</p>	<p>Gluteus Maximus, Chest, Triceps, Abdominals</p>	<p><i>Lollipop - Album Version</i> Lil Wayne, Static Major 4:07 BPM 148</p>
<p>All Fours Side 2</p> <ul style="list-style-type: none"> <li>● Bend and reach</li> <li>● Pushup with knee drive</li> <li>● Hamstring curl</li> <li>● GFH               <ul style="list-style-type: none"> <li>○ Hover opposite knee</li> </ul> </li> </ul>	<p><b>Shoulder/Neck/Wrist:</b> Drop to forearms or take Standing Glutes at barre</p> <p><b>Knees:</b> double up mat, take at barre</p>	<p>Gluteus Maximus, Chest, Triceps, Abdominals</p>	<p><i>Whatever You Like</i> T.I. 4:10 BPM 150</p>

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## CARDIO CLASS PROGRAM 1 CORE WORK: CONNECT, 5 minutes

Posture/Movement	Modification	Muscles Worked	Music
Side Plank <ul style="list-style-type: none"> <li>• Dips</li> <li>• Thread the needle</li> </ul>	<b>Elbows/Shoulders:</b> Take Side Plank at barre	Internal and External Obliques, Transverse Abdominis, Rectus Abdominis	<i>Ghost - Remix</i> hitrr 3:38 BPM 153
Forearm Plank	<b>Elbows/Pre/Postnatal:</b> Take at barre	Erector Spinae, Rectus Abdominis, Transverse Abdominis	
Side Plank, Side 2 <ul style="list-style-type: none"> <li>• Dips</li> <li>• Thread the needle</li> </ul>	<b>Elbows/Shoulders:</b> Take Side Plank at barre	Internal and External Obliques, Transverse Abdominis, Rectus Abdominis	<i>Time After Time</i> Paratone 2:41 BPM 116
Forearm Plank	<b>Elbows/Pre/Postnatal:</b> Take at barre	Erector Spinae, Rectus Abdominis, Transverse Abdominis	

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## CARDIO CLASS PROGRAM 1 YOGA FLOW: BREATHE, 4-5 minutes

Posture/Movement	Modification	Muscles Worked	Music
<p><b>Spinal Flow</b></p> <ul style="list-style-type: none"> <li>Child's pose to up dog for spinal flow</li> <li>Down dog to modified runner's lunge with delt and tricep stretch</li> <li>Pyramid stretch</li> <li>Wide forward fold with overhead chest opener</li> <li>Down dog to modified runner's lunge with delt and tricep stretch, side 2</li> <li>Triangle stretch</li> <li>Low crouch to roll up and neck stretch</li> <li>Three closing breaths</li> </ul> <p><i>"Thank you for honoring your body, and staying true to you."</i></p>	<p><b>Wrist:</b> work on forearms <b>Shoulders/Back/ Prenatal:</b> Lower knees or take plank standing at the barre</p> <p><b>Option:</b> Stay in child's pose or take spinal flow at the barre</p> <p><b>Hips (Pigeon):</b> tuck ball under hips for more support</p>	<p>Spinal flexion and extension</p> <p>Psoas (hips), Quads, Shoulders, Triceps</p> <p>Hamstrings, Calves</p> <p>Hamstrings, Chest</p> <p>Psoas (hips), Quads, Shoulders, Triceps</p> <p>Back Extensors, Neck</p>	<p>*song continues from core*</p> <p><i>Time After Time</i> Paratone 2:41 BPM 116</p> <p><i>Day 'N' Nite - Spotify Singles</i> Coldplay 4:19 BPM 116</p>