

2016 Q2

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 ○ Side stretch ○ step wide for cat/cows ○ sumo squat twist (R/L) <p>Aerobics</p> <ul style="list-style-type: none"> ● Marches <ul style="list-style-type: none"> ○ Add lat pull ○ Add twist ● Standing oblique twist side one ● Marches <ul style="list-style-type: none"> ○ Add lat pull ○ Add twist ● Standing oblique twist side two ● Chair squat <ul style="list-style-type: none"> ○ Add arm lift ○ Add alternating reverse leg lift <p>Core Blast</p> <ul style="list-style-type: none"> ● Wide arm 4-count negative push-up ● Pulses at lowest catching point <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Roll up 	<p>Shoulder - find a high row Hip - work smaller and lower</p> <p>Low back - no twist just face forward</p> <p>Shoulders - hands in front Hips/knees/low back - not sitting as low Low back - not lifting leg as high</p> <p>Can take it to barre or lower knees to floor</p>	<p><i>Rock Your Body - Sander Kleinenberg's Just In The Club Mix</i> Justin Timerlake, Sander Kleinenberg 9:43</p>

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LEG WORK
FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Crescent lunge (side one) <ul style="list-style-type: none"> ○ 1-inch movement of knee (soften and reach) ○ Large range knee drives ○ Warrior 2 <ul style="list-style-type: none"> ■ Pulse w/ lifted front heel ● Crescent lunge (side two) <ul style="list-style-type: none"> ○ 1-inch movement of knee (soften and reach) ○ Large range knee drives ○ Warrior 2 <ul style="list-style-type: none"> ■ Pulse w/ lifted front heel ● Power Diamond Skiers <ul style="list-style-type: none"> ○ 1 inch movement ○ Knee Pulses out ○ Grand Finale: HOLD ● Stretch <ul style="list-style-type: none"> ○ Heel to seat ○ Triangle 	<p>Low back/knees - hinge forward or stand tall Hip - scoot back foot in and work higher</p> <p>Hips - unclick heels/go to power base Ankles - lower heels</p>	<p><i>Where Have You Been</i> Rihanna 4:03</p> <p><i>Danza Kuduro (Original Mix)</i> Don Lore V, Lucenzo 3:14</p> <p><i>Black Widow</i> Iggy Azalea, Rita Ora 3:29</p> <p><i>L.A.Love (lala)</i> Fergie 3:13</p>

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CORE WORK
FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Core Blast: Boat pose ● Mini crunches w/ straps <ul style="list-style-type: none"> ○ Quick stretch: Hug knees into stretch or pike stretch ● Reverse Marches <ul style="list-style-type: none"> ○ Start with feet on ground (traditional marches) <p>**quick full body stretch**</p> <ul style="list-style-type: none"> ● Oblique Hip Dips 	<p>Low back - tap toes down to the mat</p> <p>Low back - place ball behind back Neck discomfort/strain - remove ball and do scoops</p> <p>Low back - traditional marches</p> <p>Low back/knees/elbows - take it to the barre</p>	<p><i>Fight Song</i> Rachel Platten (3:24)</p> <p><i>Should've Been Us - Lost Kings Remix</i> Tori Kelly (3:13)</p> <p><i>Ghost- Lost kings remix</i> Halsey (3:09)</p>

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