

### WARM-UP FEEL: ENERGY

PEEL: ENERGY		
POSTURE	MODIFICATION	MUSIC
Opening Stretch  • base posture  o three opening breaths  o Side stretch o step wide for cat/cows o sumo squat twist (R/L)		Rock Your Body - Sander Kleinenberg's  Just In The Club Mix  Justin Timerlake, Sander Kleinenberg 9:43
Aerobics	Shoulder - find a high row	
<ul> <li>Marches</li> <li>Add lat pull</li> <li>Add twist</li> <li>Standing oblique twist side</li> </ul>	Hip - work smaller and lower	
one  Marches  Add lat pull  Add twist  Standing oblique twist side two  Chair squat  Add arm lift  Add alternating reverse leg lift	Shoulders - hands in front Hips/knees/low back - not sitting as low Low back - not lifting leg as high	
<ul> <li>Core Blast</li> <li>Wide arm 4-count negative push-up</li> <li>Pulses at lowest catching point</li> </ul>	Can take it to barre or lower knees to floor	
Stretch      Barre back fold/downward dog     Roll up		



### LEG WORK FEEL: POWER

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POSTURE	MODIFICATION	MUSIC
<ul> <li>Crescent lunge (side one)</li> <li>1-inch movement of knee (soften and reach)</li> <li>Large range knee drives</li> </ul>	Low back/knees - hinge forward or stand tall Hip - scoot back foot in and work higher	Where Have You Been Rihanna 4:03
<ul><li>○ Warrior 2</li><li>■ Pulse w/</li><li>lifted front</li><li>heel</li></ul>		<i>Danza Kuduro (Original Mix)</i> Don Lore V, Lucenzo
<ul> <li>Crescent lunge (side two)</li> <li>1-inch movement of knee (soften and reach)</li> <li>Large range knee</li> </ul>		3:14
drives ○ Warrior 2 ■ Pulse w/ lifted front heel		
<ul> <li>Power Diamond Skiers         <ul> <li>o 1 inch movement</li> <li>o Knee Pulses out</li> <li>o Grand Finale: HOLD</li> </ul> </li> </ul>	Hips - unclick heels/go to power base Ankles - lower heels	Black Widow Iggy Azalea, Rita Ora 3:29
<ul><li>Stretch</li><li>o Heel to seat</li><li>o Triangle</li></ul>		<i>L.A.Love (lala)</i> Fergie 3:13



#### **COMBO WORK**

**FEEL: FIRE** 

POSTURE		MODIFICATION	MUSIC
POSTORE		MODIFICATION	WOSIC
TRX:  • Low row (8-10)  • Start in I  • "W"row (8-10)  • Combine exercis  • Alternat  and "W"	es ing low row	Difficulty - step toward/away from wall or use kickstand Shoulders - stay at low row	<i>L.A.Love (lala)</i> Fergie (3:12)
<ul><li>Warrior</li><li>Pistol Squat side</li><li>Single Leg Deadl</li></ul>	ift side one e exercises III Hold one(4-6) ift side one e exercises	Hip flexor/balance - tap toe to floor during pistol Low back - don't lift leg as high or work up higher	<i>Uptown Funk</i> Mark Ronson, Bruno Mars (4:29)
** GO GET MATS ***			
Triceps rotations	n ankles range seat to ball s s w/ ball	Shoulder - lower arms/weights Knee - work standing Low back - work more upright; engage core	Something Just Like This - Don Diablo Remix The Chainsmokers, Coldplay, Don Diablo (3:51)
Stretch: Shoulder stretch Tricep overhead stretch Chest opener stretch (lace *stretch into glute song. Streeded*	· .		



## GLUTE WORK FEEL: CONTROL

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POSTURE	MODIFICATION	MUSIC
<ul> <li>All Fours side one</li> <li>Leg extended - soften and reach</li> <li>Ham curl w/ foot flexed</li> <li>Heel presses w/ foot flexed</li> <li>Grand Finale Hold</li> </ul>	Shoulders - come to forearms or work at the barre/prone	Don't Wake Me Up Chris Brown (3:42)
*Quick stretch in child's pose*  • All Fours side two  • Leg extended - soften and reach  • Ham curl w/ foot flexed  • Heel presses w/ foot flexed  • Grand Finale Hold	Shoulders - come to forearms or work at the barre/prone	Dark Horse Katy Perry, Juicy J (3:35)
*Quick stretch in child's pose*		
<ul> <li>Diamond Glute Bridge</li> <li>Full range lift</li> <li>Pulses</li> <li>Full range knees - in and out</li> <li>Grand Finale Hold</li> </ul>	Low back - lower hips down Knees/hips - working smaller and knees higher	<i>Booty</i> Jennifer Lopez, Pitbull (3:23)
Stretch:  • Happy Baby Stretch • Hug Knees  **stretch into core work song**		



# CORE WORK FEEL: CONNECT

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POSTURE	MODIFICATION	MUSIC
Core Blast: Boat pose	Low back - tap toes down to the mat	Fight Song Rachel Platten (3:24)
<ul> <li>Mini crunches w/ straps</li> <li>Quick stretch: Hug knees into stretch or pike stretch</li> </ul>	Low back - place ball behind back Neck discomfort/strain - remove ball and do scoops	
<ul> <li>Reverse Marches         <ul> <li>Start with feet on ground (traditional marches)</li> </ul> </li> <li>**quick full body stretch**</li> </ul>	Low back - traditional marches	Should've Been Us - Lost Kings Remix Tori Kelly (3:13)
Oblique Hip Dips	Low back/knees/elbows - take it to the barre	Ghost- Lost kings remix Halsey (3:09)



### YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
• Plank (60 sec)	Forearms or at the barre	Monster/Wake Me up Acoustic Megan Davies
<ul> <li>Child's pose/barre back fold</li> </ul>		(3:26)
<ul> <li>Arm reaching under</li> </ul>		
shoulder (R/L)		
Cat/Cows     Downward dag/barra back		
<ul> <li>Downward dog/barre back fold</li> </ul>		
<ul><li>Runner's Lunge side</li></ul>		
one		
<ul><li>Pigeon stretch side</li></ul>		
one	Lower back knee to mat	
Downward dog/barre back	Lower back kines to mat	Your Song
fold		Ellie Goulding
<ul> <li>Runner's lunge side</li> </ul>		(3:10)
two		, ,
<ul> <li>Pigeon stretch side</li> </ul>		
two	Lower back knee to mat	
<ul> <li>Rolling onto seat keeping</li> </ul>		
right leg extended		
<ul> <li>Reaching towards</li> </ul>		
right foot w/ heart		
lifted towards ceiling	If at barre, come down to the mat	
<ul> <li>Squaring up to leg</li> </ul>		
and holding foot		
Butterfly stretch		
Extend left leg		
Reaching towards left  fact w/ boart lifted		Bloom-Bonus Track
foot w/ heart lifted towards ceiling	   Work higher	The Paper Kites
<ul><li>Squaring up to leg</li></ul>	Workingher	(3:30)
and holding foot		(3.30)
Low Crouch		
<ul><li>Forward Fold/Rag</li></ul>		
Doll		
Neck Stretch		
<ul> <li>Drop shoulder to ear</li> </ul>		
flexing opposite wrist		
(R/L)		
<ul> <li>3 closing breaths</li> </ul>		
"Thank you for honoring your body		
today and being true to you"		

