

2016: Q1

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 steps<ul style="list-style-type: none">○ 3 levels (low/middle/high) - 30 seconds each• side squats<ul style="list-style-type: none">○ press palms back (1 minute)○ reach arms overhead (1 minute)• Running man (R/L) 1 minute each side<ul style="list-style-type: none">○ Challenge: hip opener knee circle <p>Core Blast</p> <ul style="list-style-type: none">• Wide push-up 1 inch• Spiderman lifts• Downward dog <p>Stretch</p> <ul style="list-style-type: none">• Barre back fold/downward dog• Roll up	<p>Work higher and at shoulder height</p> <p>Take a plank</p>	<p><i>Move for Me (Santiago & Bushido Dub)</i> Kaskade & DeadMaud5 (5:16)</p> <p><i>Things Can Only Get Better-Landis Remix</i> Cedric Gervais & Howard Jones (4:58)</p>

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LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plie Squats (profile right side) <ul style="list-style-type: none"> ○ 1-inch ○ Large range <ul style="list-style-type: none"> ■ Add arms ○ Alternating heel raises ○ Grand finale: HOLD ● Powerbase <ul style="list-style-type: none"> ○ 1-inch ○ Hold <ul style="list-style-type: none"> ■ Add ham curls 10-15 each side ○ Grand finale: HOLD ● Plie Squats (profile left side) <ul style="list-style-type: none"> ○ 1-inch ○ Large range <ul style="list-style-type: none"> ■ Add arms ○ Alternating heel raises ○ Grand finale: HOLD ● Stretch: <ul style="list-style-type: none"> ○ Heel to seat ○ Triangle ○ Calf stretch 	<p>hip/knee: higher squat</p> <p>Ankle discomfort: lower heels and work in chair squat</p> <p>Hip: underhand grip and pull bodyweight away from standing leg, lift out of hip</p>	<p><i>Problem</i> Ariana Grande & Iggy Azalea (3:13)</p> <p><i>GDFR (feat. Sage the Gemini & Lookas)</i> Flo Rida, Lookas, Sage the Gemini (3:10)</p> <p><i>Cheerleader Felix Jaehn Remix Radio Edit</i> OMI (3:00)</p> <p><i>Let Me Think About It</i> Ida Corr, Fedde Le Grand (2:31)</p>

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COMBO WORK

FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX:</p> <ul style="list-style-type: none"> ● Chest press w/ mountain climbers ● Tricep Extension ● Horse pose to reverse leg lift <ul style="list-style-type: none"> ○ Grand finale: Warrior III - pulses (R/L) ● Low rows ● Side punch oblique twist (R/L) <ul style="list-style-type: none"> ○ Option to combine 	<p>Difficulty: step toward/away from wall</p> <p>Knees: work higher</p> <p>Balance: too difficult with TRX? Take it to the barre</p> <p>Low back: lower lifted leg towards the ground</p>	<p><i>Run the World (Girls)</i> Beyonce (3:56)</p> <p><i>Get Dirty (feat. Wyclef Jean)</i> Xenia Ghall, Wyclef Jean (4:34)</p> <p><i>Release</i> Timberland & Justin Timberlake (3:25)</p>

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CORE WORK
FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast Tabletop hold</p> <ul style="list-style-type: none"> ● Knee windmills <ul style="list-style-type: none"> ○ Challenge: pilates bikes ● Single leg drops <ul style="list-style-type: none"> ○ Add arms above ○ Option: drop opposite arm as leg lowers ● Modified scoops to pilates full body rolls 	<p>Hip: relax lower leg</p> <p>Neck (for pilates bikes): go back to windmills</p> <p>Low back: place ball under hips</p> <p>Pregnant or back: stay in modified scoops</p>	<p><i>Royals</i> Lorde (3:10)</p> <p><i>Sorry</i> Justin Bieber (3:20)</p> <p><i>Hello</i> Adele (4:55)</p> <p>****SONG CONTINUES TO YOGA FLOW SECTION****</p>

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**YOGA FLOW
FEEL: BREATHE**

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank (60 seconds) ● Downward dog/childs pose ● Vinyasa flow (3-5) <ul style="list-style-type: none"> ○ cobra ○ updog ● Pigeon (R/L) ● Corpse Pose (relax 1 minute w/ eyes closed) <ul style="list-style-type: none"> ○ Roll over to fetal ● Low crouch <ul style="list-style-type: none"> ○ Forward fold/rag doll ○ IT band stretch ● Roll up ● 3 closing breaths 	<p>Shoulder: Plank at the barre</p> <p>Low back: stay in low cobra</p> <p>Hold yourself up with hands pressing into the ground. Place ball under hip to keep them level.</p>	<p style="text-align: center;">****Hello Adele (4:55)</p> <p style="text-align: center;">City Sara Barielles (4:33)</p> <p style="text-align: center;">A Thousand Years Christina Perri (4:45) ***extra song***</p>