

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 Kleinberg's Just In The Club Mix</i> Justin Timerlake, Sander Kleinberg 9:43</p>

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COMBO WORK

FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX:</p> <ul style="list-style-type: none"> ● Low row (8-10) <ul style="list-style-type: none"> ○ Start in kickstand ● “W”row (8-10) ● Combine exercises <ul style="list-style-type: none"> ○ Alternating low row and “W” row ● Pistol Squat side one(4-6) ● Single Leg Deadlift side one <ul style="list-style-type: none"> ○ Combine exercises ○ Warrior III Hold ● Pistol Squat side one(4-6) ● Single Leg Deadlift side one <ul style="list-style-type: none"> ○ Combine exercises ○ Warrior III Hold <p>** GO GET MATS ***</p> <p>Weights</p> <ul style="list-style-type: none"> ● Biceps Trays <ul style="list-style-type: none"> ○ On knees w/ ball between ankles ○ Add full range tapping seat to ball ● Triceps rotations <ul style="list-style-type: none"> ○ On knees w/ ball between ankles <p>Stretch: Shoulder stretch Tricep overhead stretch Chest opener stretch (lace hands) *stretch into glute song. Start song over if needed*</p>	<p>Difficulty - step toward/away from wall or use kickstand</p> <p>Shoulders - stay at low row</p> <p>Hip flexor/balance - tap toe to floor during pistol</p> <p>Low back - don’t lift leg as high or work up higher</p> <p>Shoulder - lower arms/weights</p> <p>Knee - work standing</p> <p>Low back - work more upright; engage core</p>	<p><i>L.A.Love (lala)</i> Fergie (3:12)</p> <p><i>Uptown Funk</i> Mark Ronson, Bruno Mars (4:29)</p> <p><i>Something Just Like This - Don Diablo Remix</i> The Chainsmokers, Coldplay, Don Diablo (3:51)</p>

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GLUTE WORK
FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● All Fours side one <ul style="list-style-type: none"> ○ Leg extended - soften and reach ○ Ham curl w/ foot flexed ○ Heel presses w/ foot flexed ○ Grand Finale Hold 	<p>Shoulders - come to forearms or work at the barre/prone</p>	<p><i>Don't Wake Me Up</i> Chris Brown (3:42)</p>
<p>*Quick stretch in child's pose*</p> <ul style="list-style-type: none"> ● All Fours side two <ul style="list-style-type: none"> ○ Leg extended - soften and reach ○ Ham curl w/ foot flexed ○ Heel presses w/ foot flexed ○ Grand Finale Hold 	<p>Shoulders - come to forearms or work at the barre/prone</p>	<p><i>Dark Horse</i> Katy Perry, Juicy J (3:35)</p>
<ul style="list-style-type: none"> ● Diamond Glute Bridge <ul style="list-style-type: none"> ○ Full range lift ○ Pulses ○ Full range knees - in and out ○ Grand Finale Hold 	<p>Low back - lower hips down Knees/hips - working smaller and knees higher</p>	<p><i>Booty</i> Jennifer Lopez, Pitbull (3:23)</p>
<p>Stretch:</p> <ul style="list-style-type: none"> ● Happy Baby Stretch ● Hug Knees <p>**stretch into core work song**</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>

