

WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● 3 Breaths ● Side Bend Stretch (L/R) ● Sumo squat for Cat/Cow ● Plie Squat twist stretch <p>Aerobics</p> <ul style="list-style-type: none"> ● Alternating Side lunges <ul style="list-style-type: none"> ○ Add chest opener ● Reverse lunge to Plyo Knee Drive - Side 1 <ul style="list-style-type: none"> ○ Challenge to add Hop ● Reverse lunge to plyo Knee Drive - Side 2 <ul style="list-style-type: none"> ○ Challenge to add Hop ● Box Squat <ul style="list-style-type: none"> ○ Add adductor leg lift, alternating legs <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● 60 sec plank <ul style="list-style-type: none"> ○ Challenge to walk hands forward 	<p>Hip: Work Higher in flexion Shoulder: keep arms at low row</p> <p>Knees: Work higher and smaller Hips: Lower knee on the drive</p> <p>Knees/Back: Work higher and smaller Hips: lose the leg lift and work in box squat Shoulders: Lower arms</p> <p>Shoulders/Wrist/Back: Take to the Barre</p>	<p><i>Get Low - The Rebirth in Paris Remix (3:05)</i></p> <p><i>Rich Boy - Quinto remix Galantis, Quintino 3:38</i></p> <p><i>Jungle Bae (feat. Bunji Garlin & MX Prime) 3:28</i></p>

LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Curtseys Side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM <ul style="list-style-type: none"> ▪ Add knee lift ○ Pulses ○ GFH 	<p>Knees / Hips: Work smaller and Higher, don't turn out feet as far</p>	<p><i>The Sweet Escape - Knovict Remix</i> Gwen Stefani, Akon 4:02</p>
<ul style="list-style-type: none"> ● TRX Power Base <ul style="list-style-type: none"> ○ 1 Inch ○ LRM ○ Heel Lowers ○ GFH 	<p>Knees: Work Higher Balance: Take to the barre Ankles: Lower / Hover heels</p>	<p><i>Plain Jane REMIX</i> A\$AP Ferg 3:23</p>
<ul style="list-style-type: none"> ● Curtseys Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM <ul style="list-style-type: none"> ▪ Add Knee Lift ○ Pulses ○ GFH 	<p>Knees / Hips: Work smaller and Higher, don't turn out feet as far</p>	<p><i>Dinero</i> Jennifer Lopez 3:34</p>
<ul style="list-style-type: none"> ● Stretch <ul style="list-style-type: none"> ○ Dancer Stretch side 1 ○ Piriformis ○ Dancer side 2 ○ Piriformis 		<p><i>Soy Yo</i> Bomba Estereo 2:40</p>

COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p>Glider s at Stations</p> <ul style="list-style-type: none"> ● Burpees <ul style="list-style-type: none"> ○ Add on Wide-Arm pushup ○ Challenge to add hop ● Wide push-up pulses <p>Weights</p> <ul style="list-style-type: none"> ● Plié to horse pose with bicep curls ● Plié to horse pose with delt fly ● Single Arm Tricep Kickback in Warrior II - side 1 ● Low Row with LRM chair squat ● Single Arm Tricep kickback in Warrior II- side 2 <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Tricep Stretch ● Chest opener 	<p>Back / Shoulder / Wrist: Take at the barre</p> <p>Knees / Hips: Work up Higher and smaller Shoulders: lose the weights</p> <p>Shoulder: Lower arm or drop the weight Back / Hips: Work more upright</p> <p>Knees: Work smaller and Higher Back: Work more upright, lose the LRM squat</p> <p><i>Same as side 1</i></p>	<p>Soy Yo Bomba Estereo (2:40)</p> <p><i>TTU (Too Turnt Up) (feat. Waka Flocka Flame) Flosstradamus (4:02)</i></p> <p><i>Go DJ - Album Version (edited) Lil Wayne (4:42)</i></p> <p><i>Freak On Charming Horses (2:43)</i></p>

GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● Standing Angle with Glider - side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Pulses 	<p>Hamstring / Hip: move to bend/press movement</p> <p>LRM Hip: Work smaller</p>	<p><i>Spray (feat. Tyga & YG)</i> Sneakk (3:40)</p>
<ul style="list-style-type: none"> ● Standing Angle with Glider - side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Pulses 	<p>Hamstring / Hip: move to bend/press movement</p> <p>LRM Hip: Work smaller</p>	<p><i>Jumpshot</i> Dawin (3:29)</p>
<ul style="list-style-type: none"> ● Glute Bridge w/ Ball <ul style="list-style-type: none"> ○ LRM ○ Ball Squeezes ○ GFH 	<p>Knee: Lose the Ball, Lower Hips</p>	<p><i>REMEDY</i> Alesso (3:10)</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Hug knees rock side to side ● Spinal twist 		<p><i>Radio Silence (with Jovelyn Alice)</i> R3HAB (2:19)</p>

CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<p>Core Blast</p> <ul style="list-style-type: none"> ● Boat pose w/ feet in TRX <ul style="list-style-type: none"> ○ Challenge: add v-up ● Full body roll up w/ hands in TRX <ul style="list-style-type: none"> ○ Challenge: remove hands from straps ● Russian twists <ul style="list-style-type: none"> ○ Challenge: squeeze ball between shins <p>Stretch: Hug knees in</p>	<p>Back: place ball behind back</p> <p>Hips: take feet out of straps and place on mat</p> <p>Prenatal/Postnatal / Back: do modified scoops</p> <p>Back: Place ball behind back</p> <p>Hips: Extend legs or sit cross-legged</p> <p>Shoulders: Drop Weights</p>	<p><i>Radio Silence (with Jovelyn Alice)</i> R3HAB (2:19)</p> <p><i>There You Are</i> ZAYN (3:19)</p> <p><i>Please</i> Noah Kahan (4:12)</p>

YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● 60 Second Plank Hold <ul style="list-style-type: none"> ○ Challenge: Feet In Straps ● Child's Pose <p>Yoga Flow</p> <ul style="list-style-type: none"> ● Spinal Flow <ul style="list-style-type: none"> ○ Cat / Cows ● (Side One) Downward Dog → 3 Leg Dog → Pigeon Stretch ● (Side Two) Downward Dog → 3 Leg Dog → Pigeon Stretch ● (Side One) Seated Side Body Stretch <ul style="list-style-type: none"> ○ Reach for Hamstring Stretch ○ Lean back for Quad Stretch ● (Side Two) Seated Side Body Stretch <ul style="list-style-type: none"> ○ Reach for Hamstring Stretch ○ Lean back for Quad Stretch ● Low Crouch → Forward fold / IT Band Stretch → Roll up ● Neck stretch ● 3 Closing Breaths <p><i>“Thank you for honoring your body today and being true to you”</i></p>	<p>Back / Prenatal / Postnatal: Drop to knees or Take plank to barre</p> <p>Wrist / Shoulder: Drop to forearms</p> <p>*Can do standing at the barre*</p> <p>Hips: Can place ball under one hip in pigeon stretch</p> <p>Back: Work smaller and higher</p>	<p><i>Please</i> Noah Kahan (4:12) <i>Continued</i></p> <p><i>Kin</i> Penny and Sparrow (3:25)</p> <p><i>Open Space</i> Housefires (7:36) <i>*Will end song early*</i></p>