

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><i>Werk</i> CID (2:52)</p>
<p>Aerobics</p> <ul style="list-style-type: none"> • Plie Squat Reaches <ul style="list-style-type: none"> ○ Add twist ○ Work to slower beat • Running Lunge Side 1 <ul style="list-style-type: none"> ○ Add low row • Sumo Squat <ul style="list-style-type: none"> ○ LRM ○ Double Pulse ○ Challenge raise to toes • Running Lunge Side 2 <ul style="list-style-type: none"> ○ add Lat Pull ○ Challenge to add knee drive 	<p>Hip / Knee - work higher Back / Prenatal - smaller twist Knee - work smaller / higher in flexion</p> <p>Hip / Knee - work smaller/higher Challenge - add knee drive</p> <p>Knee - work smaller / higher in flexion Shoulder - keep arms by your side or reach out in front Challenge - raise to toes, arms overhead</p> <p>Hip / Knee - work smaller / higher Shoulder - lower arms to high row Challenge - add knee drive</p>	<p><i>Feel It - Steve Aoki Remix</i> Max Styler, Steve Aoki (3:56)</p> <p><i>Grapevine - Tujamo Remix</i> Tiesto, Tujamo (3:22)</p>
<p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> • Plank Sumo Steps • Downward Dog stretch/ barre back fold • Rollup 	<p>Shoulder/Wrist - take to the barre, do Spiderman lifts</p>	

LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Pistol Squats w/ Glider Side 1 <ul style="list-style-type: none"> ○ 1-inch ○ Single Leg LRM ○ Hamstring Curl ○ GFH ● Power Diamond with Ball <ul style="list-style-type: none"> ○ 1-Inch ○ Ball Squeezes ○ GFH ● Pistol Squats with Glider Side 2 <ul style="list-style-type: none"> ○ 1-inch ○ LRM ○ Hamstring curl ○ GFH <p><i>*Finish song early to start stretch*</i></p> <p>Stretch:</p> <ul style="list-style-type: none"> ● Heel to Seat ● Triangle ● Calf Stretch 	<p>Knee - work higher Low Back / Knee - sit taller; lose glider and work into single heel chair squat</p> <p>Foot/Ankle - lower into sumo (lose the ball) Knee / Hip - work higher; lose the ball Challenge - Hands to heart center, or hands pressing under the barre</p> <p>Low Back / Knee - sit taller; lose glider and work into single heel chair squat</p>	<p><i>Coming in Hot</i> Andy Mineo, Lecrae (3:20)</p> <p><i>She Knows How to Love Me (feat. Jess Glynn & Stefflon Don)</i> David Guetta, Jess Glynn, Stefflon Don (3:01)</p> <p><i>Work - DJ Reflex Remix</i> Iggy Azalea, DJ Reflex (3:45)</p>

COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><i>*Finish stretch at the start of this song*</i></p> <p>Weights</p> <ul style="list-style-type: none"> ● Curtsy Squats → Side Lunge <ul style="list-style-type: none"> ○ Rhomboid Press → High Rows ● Curtsy Squats → Side Lunge <ul style="list-style-type: none"> ○ Add Lateral Raise → Frontal Raise <p>TRX</p> <ul style="list-style-type: none"> ● Hip Dips Side 1 ● Bicep Curl ● Hip Dips Side 2 <p>**Grab Mats during Side 2**</p> <p>Gliders</p> <ul style="list-style-type: none"> ● Modified (on your knees) Wide arm push-ups w/ gliders on the mats ● Tricep Pulses <p><i>*Finish song early to start stretch*</i></p> <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder Stretch ● Tricep Stretch ● Chest Opener 	<p>Shoulder - lower arms, lose the weights</p> <p>Knee / Hips - work in reverse lunge; come to base posture</p> <p>Shoulder - arms to shoulder height or use weights (for both hip dips and bicep curls)</p> <p>Neck/Shoulder - stay at the barre for push-ups</p> <p>Challenge - work with extended legs for push-ups</p>	<p><i>New York, What's Happenin'?</i> (feat. Kool Keith) Black Caviar, Kool Keith (3:46)</p> <p><i>Responsibility</i> 116, Sho Baraka, Trip Lee (3:55)</p> <p><i>Think About You (feat. Valerie Broussard)</i> Kygo, Valerie Broussard (3:29)</p>

GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● All Fours with Weight Side 1 <ul style="list-style-type: none"> ○ 1 Inch Lift ○ LRM Knee Drive ○ Pulses 	<p>Shoulder / Knee - work standing at the barre</p> <p>Wrist / Shoulder/Back - drop to forearms</p> <p>Knee / Hips - lose the weight</p>	<p><i>Trippin</i> Conro (3:32)</p>
<ul style="list-style-type: none"> ● All Fours with Weight Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM Knee Drive ○ Pulses 	<p>Shoulder / Knee - work standing at the barre</p> <p>Wrist / Shoulder/Back - drop to forearms</p> <p>Knee / Hips - lose the weight</p>	<p><i>Like I Love You</i> Lost Frequencies, The NGHBRs (3:10)</p>
<ul style="list-style-type: none"> ● Prone Diamond with Ball <ul style="list-style-type: none"> ○ Ball Squeeze ○ 1 inch lift ○ Pulses ○ GFH 	<p>Prenatal / Back - work on back in sumo bridge or in sumo squat at the barre</p> <p>Hips / Knees - lose the ball</p> <p>Low Back - keep thighs on the mat</p>	<p>NASA Ariana Grande (3:02)</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Child's Pose ● Single Leg Stretch 		<p><i>Dancing With A Stranger (with Normani)</i> Sam Smith, Normani (2:51)</p> <p><i>*Starts the stretch, continue into core work with this song*</i></p>



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CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
Core Blast <ul style="list-style-type: none">● Supine Plank● Core Push-pulls<ul style="list-style-type: none">○ Start with forward/back movement○ add Criss Crosses w/ ball● Corkscrew Leg Lowerers<ul style="list-style-type: none">○ Start Single Leg○ Challenge to double leg● Forearm Plank with Single Knee Taps <p><i>**Move right into 60 Second Traditional Plank**</i></p>	<p>Wrist / Shoulder - go to forearm plank, or take to barre Challenge - extend legs</p> <p>Hip - work higher Low Back - work smaller; go to Marches Challenge - lift head/neck/shoulders off of mat</p> <p>Hip - work into windmills Back - work small</p> <p>Low Back - take to barre Shoulder - press up to hand Challenge - reverse movement</p>	<p><i>(continued)</i></p> <p><i>Dancing With A Stranger (with Normani)</i> Sam Smith, Normani (2:51)</p> <p><i>Bridges</i> Johnnyswim (3:36)</p> <p><i>Preach</i> John Legend (3:57)</p>

YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Plank <ul style="list-style-type: none"> ○ Hold for 60 seconds **Change the song at the end of plank** ● Child's Pose ● Downward Facing Dog <ul style="list-style-type: none"> ○ Side 1: Three Legged Dog → Runner's Lunge → Side Body Stretch → Hip Opener → Back to Three Legged Dog ● Downward Facing Dog <ul style="list-style-type: none"> ○ Side 2: Three Legged Dog → Runner's Lunge → Side Body Stretch → Hip Opener → Back to Three Legged Dog ● Half Lift Chair Series <ul style="list-style-type: none"> ○ Side 1: Chair with Arms Overhead → Forward Fold → Half Lift → Chair → Forward Fold (repeat 3 x) ● Low Crouch → Forward fold → Rag Doll ● Roll up (turn to face mirrors) ● Neck stretch (longer; support with hand) ● 3 Closing Breaths 	<p>Shoulder/wrist - move to forearms or go to barre</p> <p>Back - drop knees or move to barre</p> <p>Back - stay at barre</p> <p>Balance - sequence can be done at the barre</p> <p>Balance - can lower back knee in runner's lunge</p> <p>Balance - sequence can be done at the barre</p> <p>Balance - can lower back knee in runner's lunge</p> <p>Knees / Back - work smaller, higher in flexion</p> <p style="text-align: center;"><i>"Thank yourself for honoring your body today and being true to you"</i></p>	<p style="text-align: center;"><i>(continued)</i> <i>Preach</i> John Legend (3:57)</p> <p style="text-align: center;"><i>Little Giant</i> Roo Panes (3:57)</p> <p style="text-align: center;"><i>Captain</i> Hillsong United (5:31)</p>