

2016 Q4

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"> ● Knee Drives - Side 1 ● Charlestons -Side 1 <ul style="list-style-type: none"> ○ Challenge - add arm reach down ● Knee Drives - Side 2 ● Charlestons - side two <ul style="list-style-type: none"> ○ Challenge - add arm reach down <p>Plank Series</p> <ul style="list-style-type: none"> ● Tricep pushup <ul style="list-style-type: none"> ○ 1-inch ○ Large Range Movement <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Roll up 	<p>Back - lift chest Hips - lower knee Shoulder - lower arms</p> <p>Back / Knees - work smaller</p> <p>Back - lift chest Hips - lower knee Shoulder - lower arms</p> <p>Back / Knees - work smaller and higher</p> <p>Wrist / Shoulder / Back - do pushups at the barre</p>	<p><i>Heads will Roll - A-Trak remix</i> Yeah Yeah Yeahs 6:23</p> <p><i>It's You - Original Mix</i> Duck Sauce 2:59</p>

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LEG WORK

FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Power Plie Squat - Side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM w/ overhead oblique pull ○ Challenge to add side knee drive (lower heels) ○ GFH ● Upright Chair Squat w/ Ball <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ High Row ○ GFH ● Power Plie Squat - Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM w/ overhead oblique pull ○ Challenge to add side knee drive (lower heels) ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat Stretch (side 1 & 2) ● Triangle Stretch (side 1 & 2) 	<p>Hips / Knees - work up higher Back / Hips - hinge forward and move feet in into sumo squat Feet / Ankle - lower to flat foot</p> <p>Hips / Knees - Work Up Higher Back / Shoulder - hinge forward at waist into Incline Chair Squat Knees / Hips - remove ball</p> <p>Hips / Knees - work up higher Back / Hips - hinge forward and move feet in into sumo squat Feet / Ankle - lower to flat foot</p>	<p><i>My Songs Know What You Did In the Dark</i> Fall Out Boy 3:09</p> <p><i>Hula Hoop</i> OMI 3:25</p> <p><i>Whistle (While You Work It)</i> Katy Tiz 3:35</p> <p><i>Intoxicated - Radio Edit</i> Martin Solveig, Good Times Ahead 2:41</p> <p>(Finish Song Early, only use 1:00 - 1:30 minutes to stretch)</p>

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COMBO WORK

FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX</p> <ul style="list-style-type: none"> ● TRX Chest Press ● Overhead Sumo Squat <i>(grab mats and bring them to stations)</i> ● Bicep Curls on Mats <p>Weights</p> <ul style="list-style-type: none"> ● Renegade Rows <ul style="list-style-type: none"> ○ Challenge to lift to full plank ● Tricep Kickback on Mats ● Hammer Curl to Tricep Kickback <ul style="list-style-type: none"> ○ Add LRM with lower half ○ Finish with Pulses <p>Stretch</p> <ul style="list-style-type: none"> ● Overhead Tricep Stretch ● Shoulder Stretch 	<p>Shoulder / Back - step foot into kickstand position; step away from the barre for smaller ROM; take push-up to the barre</p> <p>Shoulder - Lower arms to low rows</p> <p>Shoulder - Lower elbows and hands</p> <p>Shoulder / Wrist - low rows on knees Knees - stand in chair squat</p> <p>Shoulder - lower arms Knees - stand in chair squat Back - work more upright</p>	<p><i>Play That Sax</i> Dj Rehan 3:54</p> <p><i>Lose Control (feat. Ciara & Fat Man Scoop)</i> Missy Elliot, Ciara, Fatman Scoop 3:48</p> <p><i>Hey Baby (Drop it to the Floor)</i> Pitbull, T-Pain 3:48</p>

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GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● TRX Glute Work <ul style="list-style-type: none"> ○ Hamstring Curls ○ TRX Abductors (side 1 and 2) ○ GFH in glute bridge ● Prone Glutes Side 1 <ul style="list-style-type: none"> ○ Turn Out Circles (both directions) ○ GFH ● Prone Glutes Side 2 <ul style="list-style-type: none"> ○ Turn Out Circles (both directions) ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Child's Pose <ul style="list-style-type: none"> ○ Reach from side to side <p><i>**Turn lights Down**</i></p> 	<p>Back / Hips- Lower back to mat, take feet out of the straps</p> <p>Back - lower thigh closer to mat Prenatal - Take standing at the barre</p> <p>Back - lower thigh closer to mat Prenatal - Take standing at the barre</p>	<p><i>Work From Home</i> Fifth Harmony, Ty Dolla \$ign 3:48</p> <p><i>Real Love - Henry Krinkle Remix</i> Clean Bandit, Jess Glynne 4:59</p> <p>*use for both sides of Prone Glutes, can rewind song back if needed*</p> <p><i>Bluebirds</i> Life of Dillon 3:23</p> <p>(starts stretch, continue into core work)</p>

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CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Pilates 100's <ul style="list-style-type: none"> ○ 2 rounds ○ Challenge to straighten legs 	Neck - keep head on the mat Back - bend knees	<i>(continued)</i> <i>Bluebirds</i> Life of Dillon 3:23
<ul style="list-style-type: none"> ● TRX Double Leg Lowers <ul style="list-style-type: none"> ○ LRM ○ GFH 	Hips - soften knees Back / Hips - work in single leg lowers, or work up higher	<i>FourFiveSeconds</i> Rihanna, Kayne West, Paul McCartney 3:08
<ul style="list-style-type: none"> ● Shoulder Slaps <ul style="list-style-type: none"> ○ Challenge to lift head/neck/shoulders 	Neck - keep head on the mat Shoulder - lose the weights	
<ul style="list-style-type: none"> ● Oblique Low Rows <ul style="list-style-type: none"> ○ Pulses on each side 	Back - Place ball at base for support Shoulder - lose the weights Hips - Extend Legs or Criss Cross legs	<i>Love Yourself</i> Justin Bieber 3:54
Stretch <ul style="list-style-type: none"> ● Forward Fold 		

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YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank - 60s Hold <ul style="list-style-type: none"> ○ Challenge feet into TRX straps ● Downward Facing Dog ● Cat / Cows ● Vinyasa <ul style="list-style-type: none"> ○ Downward Facing Dog → Plank → Chaturanga → Upward Facing Dog (Repeat 3-5 times) ● (Side 1) Three-legged Dog → Knee to chest (repeat 3 times) ● Runner's Lunge ● Lizard Pose <ul style="list-style-type: none"> ○ Challenge to forearms ● (Side 2) Three-legged Dog → Knee to chest (repeat 3 times) ● Runner's Lunge ● Lizard Pose <ul style="list-style-type: none"> ○ Challenge to forearms ● Low Crouch ● Forward Fold <ul style="list-style-type: none"> ○ Add Rag Doll ● Half Lift → Forward Fold → Full Lift Up → Swan Dive (repeat 3-5 times) ● Neck Stretch ● Closing Breaths <p>“Thank you for honoring your body and being true to you.”</p>	<p>Shoulder/ Back - take to barre</p> <p>Back - Barre Back fold or Child's Pose</p> <p>Back - Barre Back fold or Child's Pose Back / prenatal - Stay in Cat / Cows</p> <p>Instability - Leave knee on the mat *can take sequence to the barre* *figure 4 stretch if at the barre*</p> <p>Instability - Leave knee on the mat *can take sequence to the barre* *figure 4 stretch if at the barre*</p>	<p><i>Only Love</i> Ben Howard 4:09</p> <p><i>Touch The Sky</i> Hillsong United 4:22</p> <p><i>Almost Lover</i> A Fine Frenzy 4:29</p>