

WARM-UP: 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"> ● Oblique Reaches in Plie <ul style="list-style-type: none"> ○ Add on Reach overhead ● Charleston side one <ul style="list-style-type: none"> ○ Add on reach down ● Chair Squats <ul style="list-style-type: none"> ○ Add arms up ○ Add plyometric lift ● Charleston side two <ul style="list-style-type: none"> ○ Add on reach down <p>Plank Series</p> <ul style="list-style-type: none"> ● Plank taps ● Barre Back fold/Downward dog ● Push / Pulls or Downward dog / Plank <ul style="list-style-type: none"> ○ Add pushup <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Roll up 	<p>Hip/knee - work higher Shoulder - lower arms</p> <p>Hip/Knee - work higher and smaller</p> <p>Hip/knee - Work higher Shoulder - lower arms</p> <p>Hip/Knee - work higher and smaller</p> <p>Back/Shoulder - take standing at the barre</p>	<p><i>Voltage</i> Maddix, Jayden Jaxx 3:04</p> <p><i>Boneless</i> Steve Aoki, Chris Lake, Tujamo 4:30</p> <p><i>Nobody Does it Better</i> Michael Calfan 2:28</p>

2017 Q3

LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plie squats w/ ball (side one) <ul style="list-style-type: none"> ○ 1-inch movement <ul style="list-style-type: none"> ■ Add Ball Squeezes ○ Full range movement <ul style="list-style-type: none"> ■ Add ball over head ○ Side lunge pulses 	<p>Hip / knee - work higher; turn feet into sumo and hinge forward</p> <p>SHoulder-keep ball at chest</p> <p>Ankle - lower heel</p>	<p><i>Five More Hours - Deorro X Chris Brown</i> Deorro, Chris Brown 3:32</p>
<ul style="list-style-type: none"> ● Power Base w/ ball <ul style="list-style-type: none"> ○ 1-inch movement ○ Full range movement <ul style="list-style-type: none"> ■ 2-count ○ Ball squeezes 	<p>Ankles - lower heels, hinge forward to chair squat</p> <p>Knees - work higher or lose the ball</p>	<p><i>Hey Mama (feat. Nicki Minaj, Bebe Rexha & Afrojack)</i> David Guetta 3:12</p>
<ul style="list-style-type: none"> ● Plie squats w/ ball (side two) <ul style="list-style-type: none"> ○ 1-inch movement <ul style="list-style-type: none"> ▪ Add ball squeeze ○ Full range movement <ul style="list-style-type: none"> ▪ Add ball over head ○ Side Lunge Pulses ○ Grand finale hold 	<p>Hip / knee - work higher; turn feet into sumo and hinge forward</p> <p>SHoulder-keep ball at chest</p> <p>Ankle - lower heel</p>	<p><i>Fist Pump, Jump Jump</i> Ying Yang Twins, Greg Tecoz 3:55</p>
<p>Stretch</p> <ul style="list-style-type: none"> ○ Heal to seat ○ Wide stance w/ hands at barre or to floor <ul style="list-style-type: none"> ■ Lift one arm and rotate upper body ■ Lift opposite arm and rotate upper body 		<p><i>The Mack</i> Nevada, Mark Morrison, Fetty Wap 2:47</p>

2017 Q3

COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX</p> <ul style="list-style-type: none"> ● Tricep Presses ● Roll-outs ● Single leg deadlift (side one) ● Single leg deadlift (side two) **Old program, make sure you hold onto both straps, not just one!** (can hold at the stirrups) <ul style="list-style-type: none"> ● Single arm row (side one) ● Single arm row (side two) <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Tricep stretch ● Chest opener <p>**GRAB MATS DURING STRETCH**</p> 	<p>Difficulty - Step toward / away from wall or use kickstand Shoulder/Elbow - work in tricep push-up at barre</p> <p>Shoulders - don't reach arms as high</p> <p>Instability - work smaller and higher / do at the barre</p> <p>Elbow - work smaller / higher; grab both straps and do low rows</p> <p>Elbow - work smaller / higher; grab both straps and do bicep curls</p>	<p><i>The Mack</i> Nevada, Mark Morrison, Fetty Wap 2:47 <i>(continued)</i></p> <p><i>Ritual (feat. Wrabel)</i> Marshmello, Wrabel 3:57</p> <p><i>Be Right There</i> Diplo, Sleepy Tom 3:57</p> <p><i>Try Me (feat. Jennifer Lopez and Matoma)</i></p>

2017 Q3

GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<p>***MATS IN ISLANDS***</p> <ul style="list-style-type: none"> ● Side diamond (side one) <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Reach and pull w/ ball in hand ● Side diamond (side two) <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Reach and pull w/ ball in hand ● Figure four/ piriformis stretch ● Glute Bridge <ul style="list-style-type: none"> ○ LRM ○ Pulses ○ Single Leg GFH (side 1) ○ Single Leg GFH (side 2) <p>Stretch</p> <ul style="list-style-type: none"> ● Hug knees rock side to side 	<p>Shoulder - place ball under head and lay flat Hip / Knee - lower feet down to mat, work smaller with the top leg</p> <p>Shoulder - place ball under head and lay flat Hip / Knee - lower feet down to mat, work smaller with the top leg</p> <p>Low back - work with seat closer to mat Knees - walk feet wider or away from seat GFH-only lift heel</p>	<p><i>Try Me (feat. Jennifer Lopez and Matoma)</i> Jason Derulo, Jennifer Lopez, Matoma 3:20 (start song over if needed)</p> <p><i>Let Me Love You</i> SJUR, Chris Crone 3:29</p> <p><i>Booty Bounce</i> Tujamo, Taio Cruz 3:15</p>

2017 Q3

CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast</p> <ul style="list-style-type: none"> ● Pilates 100's (2x) <ul style="list-style-type: none"> ○ Second time, extend legs for challenge ● Bicycles <ul style="list-style-type: none"> ○ LRM alternating sides ○ Mini ball pulses (side one) <ul style="list-style-type: none"> ■ Challenge: extend bottom leg ○ Mini ball pulses (side two) <ul style="list-style-type: none"> ■ Challenge: extend bottom leg ● Weighted exchanges ● Mini crunches ● Modified Scoops <ul style="list-style-type: none"> ○ Add-on twist w/ arm ○ Challenge - Pilates full body rolls <p>Stretch</p> <ul style="list-style-type: none"> ● Fold forward and reach for toes 	<p>Neck - lower head / neck down to mat Prenatal - seated with ball at back for support</p> <p>Neck - place ball under head Back - twisting marches Prenatal - seated twists</p> <p>Shoulders - lower weight Low back - place ball under low back Hips-extend legs</p> <p>Back/core instability - return to scoops</p>	<p><i>Alaska</i> Maggie Rogers 3:15</p> <p><i>Difference Maker - Easy Coast Version</i> NEEDTOBREATHE 4:08</p> <p><i>Ophelia</i> The Lumineers 2:40</p> <p><i>Cool Kids/Riptide (Originally Performed by echosmith and Vance Joy)</i></p>

2017 Q3

YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank (60 sec) ● Child's pose / downward dog / barre back fold ● Cat/Cows ● Tail wags ● Downward dog/barre back fold ● 3 legged-dog side 1 ->runner's lunge->Crescent lunge ->Warrior II ->Reverse warrior->Triangle ● Wide stance forward fold, walk hands through to opposite side ● Downward dog/barre back fold ● 3 legged-dog side 2 ->runner's lunge->Crescent lunge ->Warrior II ->Reverse warrior->Triangle ● Wide stance Forward fold ● Low Crouch ● Forward Fold rag doll ● Roll-up ● Neck Stretch <ul style="list-style-type: none"> ○ Drop shoulder to ear flexing opposite wrist (R/L) ● 3 closing breaths <p>“Thank you for honoring your body today and being true to you”</p>	<p>Shoulders - lower knees, take at the barre</p> <p>Wrist - lower to forearms</p> <p>Can take any of this to the barre</p>	<p style="text-align: center;"><i>Winter Song</i> Sara Bareilles, Ingrid Michaelson 4:27</p> <p style="text-align: center;"><i>Run to You</i> Pentatonix 4:26</p>