

## 2017: Q4

### WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● base posture               <ul style="list-style-type: none"> <li>○ three opening breaths</li> <li>○ step wide for cat/cows</li> <li>○ sumo squat twist (R/L)</li> </ul> </li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Side lunge to overhead reach side one               <ul style="list-style-type: none"> <li>○ Option: side leg lift</li> </ul> </li> <li>● Chair Squat w/ rear leg lift               <ul style="list-style-type: none"> <li>○ Press arms back</li> </ul> </li> <li>● Side lunge to overhead reach side two               <ul style="list-style-type: none"> <li>○ Option: side leg lift</li> </ul> </li> <li>● Chair Squat with kick forward               <ul style="list-style-type: none"> <li>○ Press arms back</li> </ul> </li> </ul> <p><b>Core Blast</b></p> <ul style="list-style-type: none"> <li>● Burpees</li> <li>● Plank               <ul style="list-style-type: none"> <li>○ Tricep pulses</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre back fold/downward dog</li> <li>● Roll up</li> </ul>	<p><b>Shoulders</b> - reach arms across body <b>hips/knees/low back</b> - working higher and smaller</p> <p><b>Low back</b> - tap toe to floor <b>Knees</b> - work higher</p> <p><b>Shoulders</b> - reach arms across body <b>hips/knees/low back</b> - working higher and smaller</p> <p><b>Low back</b> - smaller/lower kick <b>Knees</b> - work higher</p> <p>Can take it to the barre</p>	<p><i>Team- Workout Mix</i> Power Music Workout 4:25</p> <p><i>The Hills- Workout Mix</i> Power Music Workout 4:36</p>

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### LEG WORK

### FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Power Four w/ ball side one               <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● Ball Squeezes</li> <li>● Grand Finale Hold:                   <ul style="list-style-type: none"> <li>Turn facing center, feet parallel, hands to heart center or overhead for challenge</li> </ul> </li> </ul> </li>   <li>● Incline Sumo Squats               <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● Full range</li> <li>● Pulses                   <ul style="list-style-type: none"> <li>○ Challenge: lift heels</li> </ul> </li> <li>● Grand Finale Hold</li> </ul> </li>   <li>● Power Four w/ ball side two               <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● Ball Squeezes</li> <li>● Grand Finale Hold:                   <ul style="list-style-type: none"> <li>Turn facing center, feet parallel, hands to heart center or overhead for challenge</li> </ul> </li> </ul> </li> </ul> <p>Stretch:</p> <ul style="list-style-type: none"> <li>● Heel to Seat Quad</li> <li>● Triangle</li> </ul>	<p><b>Knees</b> - feet side by side  <b>Feet/Ankles</b> - lower heels or hinge forward to chair squat</p> <p><b>Low back</b> - hinge forward or lift chest  <b>knees/hips</b> - work higher</p> <p><b>Knees</b> - feet side by side  <b>Ankles</b> - lower heels or hinge forward to chair squat</p>	<p><i>Starships</i>            Nicki Minaj            3:32</p> <p><i>Hula Hoop</i>            OMI            3:25</p> <p><i>By Your Side</i>            Jonas Blue, Raye            3:21</p> <p><i>Summer Nights</i>            Tiesto, John Legend            (3:10)</p>

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### COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><b>TRX:</b></p> <ul style="list-style-type: none"> <li>● Superman row               <ul style="list-style-type: none"> <li>○ Add on pull apart</li> </ul> </li>   <li>● Curtsey squat side one               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Knee drive</li> <li>○ Challenge: skiers</li> </ul> </li>   <li>● Curtsey squat side two               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Knee drive</li> <li>○ Challenge: skiers</li> </ul> </li>   <li>● Froggers                **Old program, can add a little hop at the top**</li>   <li>● Tricep Presses</li> </ul> <p>Stretch:</p> <ul style="list-style-type: none"> <li>● Shoulder Reach</li> <li>● Overhead Tricep</li> </ul>	<p><b>Shoulders</b> - work in low rows  <b>Back</b>-work in kickstand, or step away</p> <p><b>knee/hips</b> - turn feet parallel and work in horse pose  <b>Shoulder</b>-can do at the barre</p> <p><b>knees</b> - work smaller and higher  <b>Ankles</b> - turn and do a chair squat facing the barre</p> <p><b>elbows/shoulders</b> - take tricep push-ups to the barre  <b>Back</b> - step away from the barre or work in kickstand</p>	<p><i>*continue song into first combo*</i></p> <p><i>Summer Nights</i>            Tiesto, John Legend            3:10</p> <p><i>Stranger- Blanke Remix</i>            Peking Duk, Blanke, Elliphant            4:23</p> <p><i>Fun</i>            Pitbull, Chris Brown            3:22</p> <p><i>That's My Girl</i>            Fifth Harmony            (3:24)</p>

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### GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Head to Barre standing glutes side one               <ul style="list-style-type: none"> <li>○ 1 inch (bend and extend)</li> <li>○ Knee drives</li> <li>○ Pulses</li> </ul> </li>   <li>● Head to Barre standing glutes side two               <ul style="list-style-type: none"> <li>○ 1 inch (bend and extend)</li> <li>○ Knee drives</li> <li>○ Pulses</li> </ul> </li>   <p>*Quick standing figure 4 stretch or pigeon stretch*</p>   <p style="text-align: center;">**GO GET MATS**</p>   <li>● Sumo Glute Bridge w/ weights               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Add chest fly</li> <li>○ Pulses w/ arms</li> <li>○ Grand Finale Hold                   <ul style="list-style-type: none"> <li>■ Peel up heels or toes</li> </ul> </li> </ul> </li>   <li>● Stretch:               <ul style="list-style-type: none"> <li>○ Knees to chest</li> <li>○ Happy baby</li> </ul> </li> </ul>	<p><b>Low back</b> - engage core; lower leg and stand upright  <b>Hip</b> - lift out of the hip (make sure they aren't pressing their hip to the side)</p> <p><b>Low back</b> - engage core; lower leg and stand upright  <b>Hip</b> - lift out of the hip (make sure they aren't pressing their hip to the side)</p> <p><b>Knees</b> - walk feet to parallel</p> <p><b>Low back</b> - lower booty closer to the mat</p>	<p>(continued)</p> <p style="text-align: center;"><i>That's My Girl</i> Fifth Harmony 3:24</p> <p style="text-align: center;"><i>Some Kind of Wonderful</i> Betty WHO 3:13</p> <p>*restart song before sumo glute bridge*</p> <p style="text-align: center;"><i>Move Shake Drop Remix</i> DJ LAZ (3:11)</p> <p style="text-align: center;"><i>Fire- Paris Blohm Remix</i> 3LAU, NEONHEART, Paris Bloom (3:14)</p>

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### CORE WORK

### FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p><b>Core Blast:</b></p> <ul style="list-style-type: none"> <li>● Rocking Boat Pose (5-10)               <ul style="list-style-type: none"> <li>○ Start in scoops</li> <li>○ Challenge: release hands</li> </ul> </li>   <li>● Russian Twist with Weights               <ul style="list-style-type: none"> <li>○ Challenge: lift feet to boat pose</li>   <li>○ Shoulder presses</li> </ul> </li>   <li>● Bird dog side one               <ul style="list-style-type: none"> <li>○ Challenge: add opposite arm</li> <li>○ Grand Finale Hold</li> </ul> </li>   <li>● Bird dog side two               <ul style="list-style-type: none"> <li>○ Challenge: add opposite arm</li> <li>○ Grand Finale Hold</li> </ul> </li> </ul> <p><b>STRETCH</b></p> <ul style="list-style-type: none"> <li>● Child's pose               <ul style="list-style-type: none"> <li>○ Shoulder stretch</li> </ul> </li> </ul> <p>*Get yoga straps if using them*</p>	<p><b>Core Instability / Prenatal</b> - Stay in scoops</p> <p><b>Low back</b> - place ball behind tailbone  <b>Hips/Prenatal</b> - straighten legs or sit criss cross  <b>Shoulders</b> - drop weights</p> <p><b>Shoulder</b>-reach forward</p> <p><b>Wrists</b> - come onto forearms  <b>Shoulder</b>- go to the barre</p> <p><b>Wrists</b> - come onto forearms  <b>Shoulder</b>- go to the barre</p>	<p><i>*continue into core*</i>  <i>Fire- Paris Blohm Remix</i>            3LAU, NEONHEART, Paris Bloom            (3:14)</p> <p><i>Beast of Burden- Remastered</i>            The Rolling Stones            (3:28)</p> <p><i>I Don't Wanna Live Forever</i>            ZAYN, Taylor Swift            4:06</p>

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### YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Side Plank (45 sec each side)               <ul style="list-style-type: none"> <li>○ Challenge: extend bottom leg</li> </ul> </li> </ul> <p><i>*Continue to get yoga straps*</i></p> <ul style="list-style-type: none"> <li>● Cat/Cows</li> <li>● Tail Wags</li> </ul> <p><b>Yoga Straps</b></p> <p>On Knees:</p> <ul style="list-style-type: none"> <li>● Overhead shoulder/chest opener               <ul style="list-style-type: none"> <li>○ Lean to each side</li> </ul> </li> <li>● Reverse shoulder/chest opener               <ul style="list-style-type: none"> <li>○ Fold forward</li> </ul> </li> </ul> <p>On Back (R/L side):</p> <ul style="list-style-type: none"> <li>● Hamstrings               <ul style="list-style-type: none"> <li>○ Leg above hip, rolling ankle in strap</li> </ul> </li> <li>● IT band               <ul style="list-style-type: none"> <li>○ Lower leg across body</li> </ul> </li> <li>● Hip Opener               <ul style="list-style-type: none"> <li>○ Lower leg to side</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>● Corpse Pose (at least 1-2 minutes)</li> <li>● Pull knees in and sweep them R/L→reach arms overhead</li> <li>● Roll onto side in fetal position→push up slow</li> <li>● Low crouch→ forward fold, shake head around→roll up</li> <li>● Neck stretch</li> <li>● 3 Closing breaths</li> </ul> <p><i>"Thank you for honoring your body today and being true to you"</i></p>	<p><b>Shoulders</b> - take at the barre  <b>Back</b>-lower knee  <b>Wrist</b> - lower to forearms</p> <p><b>Shoulder</b>-take a wider grip  <b>Knees</b>-come to a seated position</p> <p><b>Low back/Prenatal</b> - find pigeon pose, and seated stretches</p>	<p><i>Melt (Acoustic Version)</i>            JONES            (3:41)</p> <p><i>Believe</i>            Mumford &amp; Sons            (3:41)</p> <p>Oh My Soul            Casting Crowns            (4:15)</p>