

### WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p>Opening Stretch</p> <ul style="list-style-type: none"> <li>● 3 Breaths</li> <li>● Side Bend Stretch (L/R)</li> <li>● Sumo squat for Cat/Cow</li> <li>● Plie Squat twist stretch</li> </ul> <p>Aerobics</p> <ul style="list-style-type: none"> <li>● Plie Squat Hold with Oblique reaches               <ul style="list-style-type: none"> <li>○ LRM plie squat with overhead reaches</li> </ul> </li> <li>● Side step chair squat plyos</li> <li>● Stepbacks (alternating legs)</li> </ul> <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> <li>● Plank tap feet side to side</li> <li>● Downward dog to plank OR push/pulls at the barre               <ul style="list-style-type: none"> <li>○ Add tricep pushup</li> </ul> </li> </ul>	<p>Hip/Knee - work higher in plie squat / step feet closer Shoulder - lower arms</p> <p>Hip/Knee - work smaller/higher Shoulder - lower arms</p> <p>Wrist/Shoulder: take plank at the barre</p>	<p><i>Awela hey- Christopher Vitale Radio Remix</i> By: Geo Da Silva, Jack Mazzoni (3:36)</p> <p><i>One That I Want</i> By: Marvelous Flame (3:34)</p> <p><i>Freaks</i> By: Timmy Trumpet and Savage (2:49)</p>

### LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Plie Squats               <ul style="list-style-type: none"> <li>○ 1 -Inch</li> <li>○ Heel lift pulses (R/L)</li> <li>○ Alternating heel lifts</li> <li>○ Grand Finale HOLD</li> </ul> </li> </ul>	<p>Hip / knee - work higher; turn feet into sumo and hinge forward</p>	<p><i>New Rules</i> By: Dua Lipa (3:29)</p>
<ul style="list-style-type: none"> <li>● TRX Power Diamond               <ul style="list-style-type: none"> <li>○ 1- inch</li> <li>○ LRM 2-count</li> <li>○ Knee presses out</li> <li>○ Grand finale HOLD</li> </ul> </li> </ul>	<p>Ankles - lower heels Knees - work smaller/higher Hips - unclick heels and work in parallel base posture</p>	<p><i>Jungle</i> Pitbull, Stereotypes, E-40, Abraham Mateo (3:29)</p>
<ul style="list-style-type: none"> <li>● Incline Chair w/ ball               <ul style="list-style-type: none"> <li>○ 1 -Inch</li> <li>○ LRM</li> <li>○ Ball squeezes (option to lift both heels)</li> <li>○ Grand finale HOLD</li> </ul> </li> </ul>	<p>Hip / knee - work higher Low back - work more upright</p>	<p><i>You Can't Stop Me</i> Andy Mineo (4:00)</p>
<p>Stretch:</p> <ul style="list-style-type: none"> <li>● Heel to seat</li> <li>● Triangle</li> <li>● Calf Stretch</li> </ul>		

### COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><b>TRX</b></p> <ul style="list-style-type: none"> <li>● Chest press</li> <li>● Mountain Climbers</li>   <li>● Horse Pose / Rows (R/L)               <ul style="list-style-type: none"> <li>○ Add forward kick</li> </ul> </li> </ul> <p><b>Weights (at station)</b></p> <ul style="list-style-type: none"> <li>● Tricep rotations in base posture               <ul style="list-style-type: none"> <li>○ LRM chair squat: Hammer curl to tricep extension</li> <li>○ Grand Finale HOLD</li> </ul> </li> <li>● Shoulder press (palms face each other) in base posture               <ul style="list-style-type: none"> <li>○ Add heel lift/lower</li> </ul> </li> </ul> <p>Stretch</p> <ul style="list-style-type: none"> <li>● Shoulder stretch</li> <li>● Chest opener</li> <li>● Tricep stretch in prayer at barre</li> </ul> <p><b>**grab mats during stretch**</b></p>	<p><b>Difficulty</b> - Step forward / back</p> <p>Wrist/Elbow/Shoulders - use kickstand or go to barre</p> <p>Knee - work smaller/higher</p> <p><b>Challenge</b> - rise on your toes <b>Modification</b> - lower weights</p> <p>Shoulder - reach arms forward / lower weights</p>	<p><i>Love So Soft</i> Kelly Clarkson (2:52)</p> <p><i>Body Ache</i> Britney Spears (3:26)</p> <p><i>Hello</i> Will.i.am, Afrojack (4:45)</p>

**GLUTE WORK: CONTROL**

Posture/Movement	Modifications/Challenge	Music
<p><b>***MATS IN ISLANDS***</b></p> <ul style="list-style-type: none"> <li>● Side Diamond (side one)               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Reach and pull</li> </ul> </li>   <li>● Side Diamond (side two)               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Reach and pull</li> </ul> </li>   <li>● Glute Bridge               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Peel one heel up / reach leg (R/L)</li> <li>○ Grand Finale HOLD</li> </ul> </li>   <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Hug knees rock side to side</li> <li>● Figure four/ piriformis stretch</li> </ul> </ul>	<p>Shoulder - place ball under head and lay flat Hip/Knee - lower feet down to mat / work smaller in movement</p> <p>Shoulder - place ball under head and lay flat Hip/Knee - lower feet down to mat / work smaller in movement</p> <p>Knees - walk feet wider or turn out toes Low back - work smaller (with seat closer to mat)</p>	<p><i>How Long</i> Charlie Puth (3:18)</p> <p><i>Little of you Love - Blood Pop Remix</i> HAIM, Bloodpop (3:25)</p> <p><i>Booty Bounce</i> Tujamo, Taio Cruz (3:15)</p> <p><i>Wait</i> By Maroon 5 (3:11)</p>

**CORE WORK: CONNECT**

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Core Blast: Side Plank (L/R)</li> </ul>	Shoulder - go to barre	<p><b>**Continued**</b>  <i>Wait</i>            By Maroon 5            (3:11)</p>
<ul style="list-style-type: none"> <li>● Single leg bicycles (R/L)               <ul style="list-style-type: none"> <li>○ Pulses with ball</li> </ul> </li> </ul>	Neck/Back - lower shoulders to mat	<p><i>Good Ole Days Featuring Kesha</i>            By Macklemore, Kesha            (4:01)</p>
<ul style="list-style-type: none"> <li>● Leg Lowers w/ ball</li> </ul>	Low back - place ball under hips Hips - stay in traditional marches	<p><i>Almost Famous</i>            Noah Cyrus            (3:32)</p>
Stretch <ul style="list-style-type: none"> <li>● Reach overhead / stretch through your toes</li> </ul>		

YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Plank: 60 sec</li>   <li>● Vinyasa               <ul style="list-style-type: none"> <li>○ Child's pose / Downward dog</li> </ul> </li>   <li>● Crescent Lunge → Warrior II → Triangle               <ul style="list-style-type: none"> <li>○ Walk hands through center</li> <li>○ Press back into Downward dog</li> <li>○ Repeat side 2</li> </ul> </li>   <li>● Step feet together → low crouch</li>   <li>● Forward fold → Ragdoll               <ul style="list-style-type: none"> <li>○ Roll up</li> <li>○ Neck stretch</li> </ul> </li>   <li>● 3 Closing Breaths</li>   <p style="text-align: center;"><i>"Thank yourself for honoring your body today and being true to you"</i></p> </ul>	<p>Wrist- lower to forearms Shoulders-take at the barre</p> <p><b>Modification</b> - take at barre</p> <p><b>Modification</b> - work higher in stance</p>	<p style="text-align: center;"><i>Palace</i> By Sam Smith (3:07)</p> <p style="text-align: center;"><i>Divine / Sailing / Time / Hymn - Acoustic</i> By Phil Wickham (7:44)</p>