

2018 Q3

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 ○ Plie squat twist (R/L) <p>Aerobics</p> <ul style="list-style-type: none"> ● Sumo squat <ul style="list-style-type: none"> ○ Arm sweep forward/back ○ Challenge: arms sweep overhead ○ Add on reverse leg lift ● Reverse Lunge with Knee drive & Oblique Twist (Side 1) <ul style="list-style-type: none"> ○ Challenge: Raise up on toes/Add Hop ● Sliders <ul style="list-style-type: none"> ○ Challenge: Add Hop ● Reverse Lunge with Knee drive & Oblique Twist (Side 2) <ul style="list-style-type: none"> ○ Challenge: Raise up on toes/Add Hop <p>Plank/Push-up Series</p> <ul style="list-style-type: none"> ● Plank Spiderman Knees ● Wide Arm Push-up Pulses <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Roll up 	<p>Knees - Work higher in squat Back - Work higher, don't do leg lift Shoulder - Arms to shoulder height</p> <p>Knees - Work higher Hips - Don't lift knee</p> <p>Knees/Hips - Work Smaller</p> <p>Knees - Work higher Hips - Don't lift knee</p> <p>Wrist/Shoulder/Back - work at the barre</p>	<p><i>Sweet Dreams (feat. Kaleena Zanders)</i> Breathe Carolina, Dropgun, Kaleena Zanders (2:39)</p> <p><i>Breakin a Sweat - Zedd Remix</i> Skrillex, The Doors, Zedd (5:31)</p> <p><i>Drop that Low (When I Dip)</i> Tujamo (2:40)</p> <p><i>*end before song is over and transition to next song for glutes*</i></p>

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LEG WORK

FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plie Squat (L) <ul style="list-style-type: none"> ○ 1-inch ○ LRM w/ heel drag ○ Knee pulses out ○ Grand Finale Hold on toes ● Reverse Power Base <ul style="list-style-type: none"> ○ 1-inch ○ Single Leg Lift w/ heel press (side1) ○ Single Leg Lift w/ heel press (side2) ○ GFH ● Plie Squat (R) <ul style="list-style-type: none"> ○ 1-inch ○ LRM Drag Heel ○ Pulse down ○ Grand Finale Hold on toes ● Stretch: <ul style="list-style-type: none"> ○ Dancer Stretch ○ Side Lunge Stretch ○ Forward fold <ul style="list-style-type: none"> ▪ Rock hips side to side ▪ Roll up 	<p>Knees - Work higher Back/Hips - Work higher or walk fee closer then hinge into a sumo squat</p> <p>Knees - work higher Ankle - lower heel Hips - Lower leg for heel press</p> <p>Knees - Work higher Back/Hips - Work higher or walk fee closer then hinge into a sumo squat</p>	<p style="text-align: center;"><i>Perm</i> Bruno Mars (3:30)</p> <p style="text-align: center;"><i>Get Back Right</i> Lecrae, Zaytoven (3:06)</p> <p style="text-align: center;"><i>Free Free Free</i> Pitbull, Theron Theron (3:54)</p> <p style="text-align: center;">*Stretch for the last minute of <i>Free Free Free</i>, into the beginning of <i>Workout</i>*</p>

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COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><u>TRX:</u></p> <ul style="list-style-type: none"> ● TRX Reverse Fly ● A Row <ul style="list-style-type: none"> ○ Alternate between the two ● Pistol Squat (Side 1) <ul style="list-style-type: none"> ○ Arms Bicep Row ○ Add on Horse Pose ● Pistol Squat (Side 2) <ul style="list-style-type: none"> ○ Arms Bicep Curl ○ Add on Horse Pose ● Chair Squat (stay low) Bicep Curl ● Tricep Press <ul style="list-style-type: none"> ○ TRX Negative tricep pushup (3 count down, 1 count up) <p><u>Stretch:</u></p> <ul style="list-style-type: none"> ● TRX Fold (lean to both sides) ● TRX lunge <ul style="list-style-type: none"> ○ Chest opener and tricep stretch ● Bicep Stretch 	<p>Back/Core - Kickstand Position Shoulder - Low row</p> <p>Knee - work higher, keep toe on the ground Hip - Keep lifted leg bent Core - Take to the barre Shoulder - stay in bicep Row</p> <p>Knee - work higher / base posture Shoulder - lower arms in front of chest</p> <p>Shoulder/Elbow - Tricep Pushup at the barre Low Back - step into kickstand position; step away from barre</p>	<p style="text-align: center;"><i>Workout</i> Kes, Nailah Blackman 3:58</p> <p style="text-align: center;"><i>Trap Life</i> Tomsiz (3:48)</p> <p style="text-align: center;"><i>I Cry</i> Flo Rida (3:44)</p> <p style="text-align: center;"><i>*Pull mats out while stretching*</i></p>

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GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<p><i>*Mats should be in islands in the center of the room, you should be at the very front center of the room*</i></p> <ul style="list-style-type: none"> ● Glute Snappers (R) <ul style="list-style-type: none"> ○ 1-inch movement ○ LRM ○ Mermaid Pulses ○ GFH ● Glute Snappers (L) <ul style="list-style-type: none"> ○ 1-inch movement ○ LRM ○ Mermaid Pulses ○ GFH ● Parallel Glute Bridge w/ ball <ul style="list-style-type: none"> ○ LRM <ul style="list-style-type: none"> ■ Add Chest Fly with weights ○ Ball squeezes <ul style="list-style-type: none"> ■ Weights to hips ○ Grand Finale Hold <p>Stretch:</p> <ul style="list-style-type: none"> ● Hug Knees ● Happy Baby Stretch 	<p>Low Back/Hip - Standing at the barre Shoulder - transition all weight to right hand or perform standing at the barre Hip - come down on your side for mermaid pulses</p> <p>Low Back/Hip - Standing at the barre Shoulder - transition all weight to left hand or perform standing at the barre Hip - come down on your side for mermaid pulses</p> <p>Knee - remove ball, walk feet wider Back - lower hips closer to mat Shoulder - lose weights Pre-natal - stand at the barre, work in incline chair squeezing glutes</p>	<p style="text-align: center;"><i>River</i> Bishop Briggs (3:34)</p> <p style="text-align: center;"><i>Good For you- Yellow Claw & Cesqeaux Remix</i> Selena Gomez, A\$AP Rocky, Yellow Claw, Cesqeaux (3:02)</p> <p style="text-align: center;"><i>Bubblegum (feat. Tyga)</i> Jason Derulo, Tyga (3:26)</p>

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CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast:</p> <ul style="list-style-type: none"> ● Supine Plank ● Body Saws ● Cross Leg March <ul style="list-style-type: none"> ○ R Side <ul style="list-style-type: none"> ■ Add Hands behind Head ○ L Side <ul style="list-style-type: none"> ■ Add Hands behind Head ● Forearm Plank Hip Dips <ul style="list-style-type: none"> ○ Start in modified forearms/knees down ○ Challenge: lift knees up ○ These lead directly into Plank in Yoga Section 	<p>Wrist/shoulder - turn over into a modified traditional plank</p> <p>Back - Ball behind back Hips - Sit legs criss cross</p> <p>Low Back / Hip - stay in traditional march, work smaller Neck - keep head on mat</p> <p>Shoulder/Back - go to barre, or leaving knees on mat press up onto hands</p>	<p style="text-align: center;"><i>Born to Be Yours</i> Kygo, Imagine Dragons (3:13)</p> <p style="text-align: center;"><i>Summertime Magic</i> Childish Gambino (3:34)</p> <p style="text-align: center;"><i>Millionaire</i> Chris Stapleton (3:30)</p>

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YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank (60 sec) ● Child's Pose/Downward Dog ● Cat/Cows <ul style="list-style-type: none"> ○ Option to go into Vinyasa Flow (Downdog to Updog flow) ● Downward Dog → Hip Opener → Runners Lunge <ul style="list-style-type: none"> ○ Rise into Crescent Lunge <ul style="list-style-type: none"> ■ Side body Reach ○ Runners Lunge twist with IT Band stretch ○ Pyramid ○ Wide leg forward fold <p>*walk hands to opposite leg facing the other way on the mat*</p> <ul style="list-style-type: none"> ● Downward Dog → Hip Opener → Runners Lunge <ul style="list-style-type: none"> ○ Rise into Crescent Lunge <ul style="list-style-type: none"> ■ Side body Reach ○ Runners Lunge twist with IT Band stretch ○ Pyramid ○ Wide leg forward fold ● Ninja Side lunge (R/L) ● Wide Leg Forward Fold <ul style="list-style-type: none"> ○ Step into Low Crouch ● Low Crouch → Forward fold → Roll up ● Neck stretch ● 3 Closing Breaths <p><i>"Thank you for honoring your body today and being true to you"</i></p>	<p>Shoulder - Forearms or at the barre Back - lower knees or at the barre</p> <p>Back/Prenatal - cat/cow stretch, flow sequence can all be done at the barre</p> <p>Shoulders / Back - Stay in child's pose or take stretches/sequence at barre</p> <p>Modification: Stay with back knee on the mat Modification: Take Child's Pose at any time</p>	<p style="text-align: center;"><i>*Continued*</i></p> <p style="text-align: center;">Annie Johnnyswim (4:31)</p> <p style="text-align: center;">Miracle Mosaic MSC (4:56)</p> <p style="text-align: center;"><i>*Will end closing breathes before song finishes*</i></p>

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