



fitness studio

2019: Q3

WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● 3 Breaths ● Side Bend Stretch (L/R) ● Sumo squat for Cat/Cow ● Plie Squat twist stretch <p>Aerobics</p> <ul style="list-style-type: none"> ● Side Lunge R <ul style="list-style-type: none"> ○ Challenge to add Knee Drive ● Step Backs with Low Row ● Side Lunge L <ul style="list-style-type: none"> ○ Challenge to add Knee Drive ● Chair Squat <ul style="list-style-type: none"> ○ Challenge to plio lift / hop <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Wide Stance Plank <ul style="list-style-type: none"> ○ Challenge to Downward Dog with diagonal reach ● Downward Dog stretch/ barre back fold ● Rollup 	<p>Hip/Knee - stay in Side Lunge Back/ Prenatal - work higher in flexion</p> <p>Hip/Knee/Low Back - work smaller/higher Challenge - take bounce out</p> <p>Hip/Knee - stay in Side Lunge Back/Prenatal - work higher in flexion</p> <p>Hip/Knee - work higher in flexion Shoulder - arms at shoulder height</p> <p>Shoulder/Wrist - come to barre in Wide Stance Plank</p>	<p><i>What's Up Suckaz</i> TJR 4:15</p> <p><i>Hunter - Mike Williams Remix</i> Galantis, Mike Williams 3:50</p> <p><i>Guerilla</i> BROHUG 2:49</p>

LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Power Diamond Skier <ul style="list-style-type: none"> ○ Pulses ○ 2-Count LRM ○ Inward Knee Presses ○ GFH ● TRX Incline Chair Squat <ul style="list-style-type: none"> ○ 1 inch ○ LRM - Side Steps ○ Toe Lifts ○ GFH <ul style="list-style-type: none"> ▪ Lift toes ● Reverse Power Diamond <ul style="list-style-type: none"> ○ 1 inch ○ Soften/Reach R and L ○ GFH 	<p>Heels - come to flat foot, still pulling from barre</p> <p>Knee - work higher</p> <p>Shoulder - underhand grip</p> <p>Neck - work upright in Power Diamond</p> <p>Shoulder - come to barre</p> <p>Low Back - overgrip barre; work up higher</p> <p>Knee - work higher</p> <p>Foot/Ankle - Lower/hover heels</p> <p>Knee/Hip - work higher</p> <p>Shoulder/Low Back/Instability - use arms on barre for balance</p>	<p><i>Shakira (feat. Marty)</i> Nobidyl, Marty 3:06</p> <p><i>Turn Around (5,4,3,2,1)</i> Flo Rida 3:21</p> <p><i>They Just Don't Know (Clean)</i> Gyft 4:38</p>
<p><i>*Finish song early to start stretch*</i></p> <p>Stretch:</p> <ul style="list-style-type: none"> ● Heel to Seat R/L ● Bracket Stretch with IT Band Stretch R/L ● Hip Opener in Plie 		

COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><u>Gliders/Weights</u></p> <ul style="list-style-type: none"> ● Reverse Lunge with Glider → Warrior III Leg Lifts <ul style="list-style-type: none"> ○ Lat Pulls in Reverse Lunge → Low Rows in Warrior III ● Reverse Lunge with Glider → Warrior III Leg Lifts <ul style="list-style-type: none"> ○ Goal Posts in Reverse Lunge → Low Rows in Warrior III 	<p>Shoulder - lower arms for Lat Pulls / Goal Posts</p> <p>Knee / Hips - stay in crescent for Warrior III; lose glider for Reverse Lunge; work higher in flexion</p> <p>Low Back - shorten range for leg lifts</p> <p>Chest - work with body resistance/lose weights</p>	<p><i>Medicine - Kaskade Remix</i> Jennifer Lopez, Kaskade 2:50</p> <p><i>Never Really Over - R3HAB Remix</i> Katy Perry, R3HAB 3:07</p>
<p><u>TRX</u></p> <ul style="list-style-type: none"> ● TRX Alternating Bicep Curls ● TRX Overhead Tricep Press 	<p>Shoulder - use weights; lower working elbow</p> <p>Shoulder - use weights; go to barre for tricep pushups</p>	<p><i>Antisocial (with Travis Scoot)</i> Ed Sheeran, Travis Scott 2:41</p> <p><i>Who's Got Your Love - Mike Williams Remix</i> Cheat Codes, Daniel Blume, Michael Williams 3:04</p>
<p><i>*Finish song early to start stretch*</i></p> <p><u>Stretch with TRX Straps:</u></p> <ul style="list-style-type: none"> ● TRX Fold ● Side Body Stretch ● Chest Opener <p><u>Without Straps:</u></p> <ul style="list-style-type: none"> ● Shoulder Stretch R/L ● Tricep Stretch R/L 		<p><i>*mats to stations*</i></p>

GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<p><i>*mats at stations*</i></p> <ul style="list-style-type: none"> ● TRX Glute Abductors (R and L) <ul style="list-style-type: none"> ○ LRM Hamstring Curls ● Piriformis Glute Bridge side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Heel Lifts ○ GFH ● Piriformis Glute Bridge Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Heel Lifts ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Single Leg Stretch with Spinal Twist R/L 	<p>Knee - soften knees; find Sumo glute bridge Hips - work smaller</p> <p>Knee/Hip - find Traditional Glute Bridge or come to ball of foot on working leg Back - lower hips</p> <p>Knee/Hip - find Traditional Glute Bridge or come to ball of foot on working leg Back - lower hips</p>	<p><i>Higher Love</i> Kygo, Whitney Houston 3:48</p> <p><i>Let You Down</i> NF 3:32</p> <p><i>Woman Like Me (feat. Ms. Banks)</i> Little Mix, Ms Banks 3:22</p> <p><i>Love Her Anyways</i> Hearts & Colors 3:06 (Starts stretch)</p>



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CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
Core Blast <ul style="list-style-type: none">● Rocking Boat (set up at top of mat, face center of room)	Instability - shorten range/stay in a modified boat pose position Challenge - extend range	<i>***continued***</i> <i>Love Her Anyways</i> Hearts & Colors 3:06
<ul style="list-style-type: none">● Extended Scoop with Gliders<ul style="list-style-type: none">○ Start in Modified scoops	Hip - lengthen legs away from body Low Back - work higher Challenge - lean back with body/extend range	<i>Dancing in the Moonlight</i> Jubel, NEIMY 2:44
<ul style="list-style-type: none">● Smileys with Ball	Hips - lose ball from between shins Back - place ball under tailbone	<i>Runaway Train (with Skylar Grey feat. Gallantis)</i> Jamie N Commons, Skylar Grey, Gallantis 3:49
<ul style="list-style-type: none">● Hip Dips<ul style="list-style-type: none">○ Challenge to come to toes/high plank	Shoulder/back - take hip dips to the barre	



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YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Plank <ul style="list-style-type: none"> ○ Hold for 60 seconds ● Child's Pose ● Side Body/Shoulder Stretch Using Ball R/L ● DD → Three Legged Dog → Crescent → Pyramid → (side 1) ● Chair Squat with Spinal Twist R/L ● DD → Three Legged Dog → Crescent → Pyramid (side 2) ● Chair Squat with Spinal Twist R/L ● Garland Pose ● Sun Salutations (around 5 sets) ● Rock Head Side to Side ● 3 Closing Breaths 	<p>Shoulder/wrist - move to forearms or go to barre</p> <p>Back - drop knees or move to barre</p> <p>Balance - lower back knee in Crescent</p> <p>Balance - work higher in Pyramid</p> <p>Hip/Knee - Come to butterfly stretch or to low crouch</p> <p style="text-align: center;"><i>“Thank yourself for honoring your body today and being true to you”</i></p>	<p style="text-align: center;"><i>Africa (Acoustic)</i> Tyler Ward, Lisa Cimorelli 3:18</p> <p style="text-align: center;"><i>Fullness - Acoustic Elevation Worship</i> 4:26</p> <p style="text-align: center;"><i>Sanctuary</i> Nashville Cas, Charles Esten, Lennon & Maisy 3:25 (back up track)</p>