



fitness studio

2019 Q4

**WARM UP: ENERGY**

Posture/Movement	Modification/Challenge	Music
<p><b>Opening Stretch</b></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><b>Aerobics</b></p> <ul style="list-style-type: none"><li>• Alternating Sumo Squat Reach<ul style="list-style-type: none"><li>◦ Add Lateral Leg Lift</li></ul></li><li>• Curtsy → Side lunge R with Arm Sweeps</li><li>• Alternating Reverse Lunge<ul style="list-style-type: none"><li>◦ Add Plio "Split Squat"</li></ul></li><li>• Curtsy → Side lunge L with Low Row</li></ul> <p><b>Plank/Push-up Combo</b></p> <ul style="list-style-type: none"><li>• Plank Jacks with Tuck Combo with Gliders</li></ul>	<p><b>Hip/Knee</b> - work higher <b>Back/ Prenatal</b> - Stay grounded/don't add leg lift <b>Challenge</b> - sink lower; take hands overhead</p> <p><b>Shoulder</b> - lower arms <b>Hip/Knee/Low Back</b> - work higher/smaller range</p> <p><b>Hip/Knee/Back</b> - work higher</p> <p><b>Hip/Knee/Low Back</b> - work higher/smaller range</p> <p><b>Shoulder/Wrist</b> - take barre variation <b>Low Back</b> - stay in alternating toe taps/mountain climbers; lose gliders</p>	<p><i>Saturday Nights - Workout Remix 128 BPM Power Music Workout 4:30</i></p> <p><i>Trap It Out (Walk It Out Remix Mix) Unk 3:39</i></p> <p><i>Hypebeat Dzeko, Kris Kaiden 2:12</i></p>

**LEG WORK: POWER**

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Plie Squat with TRX (side 1)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses</li> <li>○ GFH</li> </ul> </li>   <li>● Reverse Power Base               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ Single Leg Marches R/L</li> <li>○ GFH</li> </ul> </li>   <li>● Plie Squat with TRX (side 2)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Shoulder/Instability</b> - lose straps  <b>Knee/Hip</b> - work higher/more narrow stance  <b>Challenge</b> - meet hands together for GFH</p> <p><b>Low Back/Knee</b> - work smaller/higher with less flexion  <b>Ankle/Heels</b> - come to half toe/flat foot  <b>Challenge</b> - hands to heart center or overhead for GFH</p> <p><b>Shoulder/Instability</b> - lose straps  <b>Knee/Hip</b> - work higher/more narrow stance</p>	<p><i>Lola</i>            Iggy Azalea, Alice Chater            3:53</p> <p><i>All the Time</i>            Swoope            3:43</p> <p><i>Sugar (feat. Wynter)</i>            Flo Rida, Wynter            4:12  <i>*finish slightly early to account for leg song time difference and start stretch*</i></p>
<p><b>Stretch:</b></p> <ul style="list-style-type: none"> <li>● S1 Heel to seat → Lunge → Warrior II               <ul style="list-style-type: none"> <li>○ Option for Deep Side Lunge</li> </ul> </li> <li>● S2 Heel to seat → Lunge → Warrior II               <ul style="list-style-type: none"> <li>○ Option for Deep Side Lunge</li> </ul> </li> </ul>		<p><i>Faith in Me</i>            (Finishes stretch, continues into combo)</p>



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**COMBO WORK: FIRE**

Posture/Movement	Modification/Challenge	Music
<p><b>TRX</b></p> <ul style="list-style-type: none"> <li>Sumo Squat with W Row</li> </ul> <p><i>(Get mats as you're finishing this exercise)</i></p> <p><b>Mats (at Islands)</b></p> <ul style="list-style-type: none"> <li>Lat Pulls kneeling, ball between ankles</li> <li>LRM Alternating Bicep Curl               <ul style="list-style-type: none"> <li>Lower Body Pulses → Alternating Bicep Curls at "pulse pace"</li> </ul> </li> <li>Tricep Dips               <ul style="list-style-type: none"> <li>1 inch</li> <li>Pulses</li> </ul> </li> <li>Wide Arm Pushups               <ul style="list-style-type: none"> <li>Option to put ball between thighs</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>Vinyasa               <ul style="list-style-type: none"> <li>Down dog → chaturanga (pushup) → Up dog</li> </ul> </li> <li>Updog → Shoulder stretch R/L → Prayer</li> </ul>	<p><b>Shoulder</b> - work with weights or low rows in straps</p> <p><b>Knee / Hips /Low Back</b> - come to kickstand; shorten sumo range</p> <p><b>Knee/Hips/Low Back</b> - stand in base posture/chair squat</p> <p><b>Shoulder</b> - lose weights/work with own body resistance</p> <p><b>Wrist/Shoulder</b> - start on seat; turnover for tricep push-ups; use weights for overhead tricep press</p> <p><b>Wrist</b> - come to barre</p> <p><b>Low Back</b> - come to knees</p> <p><b>Challenge</b> - extend legs</p> <p><b>Shoulder/Back</b> - do sequence at the barre</p>	<p><i>Faith in Me (with Dolly Parton) [feat. Mr. Probz]</i> Galantis, Dolly Parton, Mr. Probz 3:06</p> <p><i>I Love it When You Cry (Moxoki) - Club Killers Remix</i> Steve Aoki, Moxie Raia, Club Killers 4:04</p> <p><i>All Star - Breathe Carolina Remix</i> Smash Mouth, Breathe Carolina 3:37</p> <p><i>Panini - DaBaby Remix</i> Lil Nas X, DaBaby 2:31</p>

## GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> <li>● All 4s (side 1)               <ul style="list-style-type: none"> <li>○ Bend/Press</li> <li>○ Side to Side Taps</li> <li>○ Ham Curls in Mod side plank</li> <li>○ Bent Leg Pulses</li> <li>○ GFH</li> </ul> </li>   <li>● All 4s (side 2)               <ul style="list-style-type: none"> <li>○ Bend/Press</li> <li>○ Side to Side Taps</li> <li>○ Ham Curls in Mod side plank</li> <li>○ Bent Leg PulseS</li> <li>○ GFH</li> </ul> </li>   <p>Stretch</p> <ul style="list-style-type: none"> <li>● Child's Pose</li> <li>● Seated Spinal Twist R/L</li> </ul> </ul>	<p><b>Shoulder/Wrist</b> - come to forearms</p> <p><b>Knee</b> - stand at barre</p> <p><b>Knee/Hamstring</b> - lengthen leg for bent leg pulses</p> <p><b>Shoulder/Wrist</b> - come to forearms</p> <p><b>Knee</b> - come to barre</p> <p><b>Knee/Hamstring</b> - lengthen leg for bent leg pulses</p>	<p><i>Imma Put it On Her (feat. P. Diddy &amp; Yung Joc)</i> DAY26 4:24</p> <p><i>Drip (feat. Migos)</i> Cardi B, Migos 4:22</p>



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### CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<b>Core Blast</b> <ul style="list-style-type: none"><li>• Tabletop Press with Ball Under Head</li></ul>	<b>Prenatal</b> - Hold modified Scoop	<i>Burning</i> Maggie Rogers 3:33
<ul style="list-style-type: none"><li>• Scissor Presses</li></ul>	<b>Instability</b> - move to Marches <b>Low Back</b> - shorten range; keep legs higher to ceiling <b>Challenge</b> - lower legs <b>Prenatal</b> - Marches resting on forearms, ball at shoulder blades	
<ul style="list-style-type: none"><li>• Diagonal Reaches with Weights</li></ul>	<b>Hips</b> - bend knees <b>Challenge</b> - place ball between shins <b>Prenatal</b> - seated twists, reaching arms across	<i>To Zion</i> Trevor Hall 4:01
<ul style="list-style-type: none"><li>• Side Plank Pulls R/L</li></ul>	<b>Hips/Back</b> - shorten range <b>Prenatal</b> - stay on side, do not suspend your hips <b>Challenge</b> - rise to side plank	<i>10,000 Hours (with Justin Bieber) - Piano</i> Dan + Shay, Justin Bieber 2:52



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**YOGA FLOW: BREATHE**

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Plank               <ul style="list-style-type: none"> <li>○ Hold for 60 seconds</li> </ul> </li> <li>● Child's Pose</li> <li>● Side Body Stretch with Ball</li> <li>● Forward Fold Flows</li> <li>● Seated Stretch Side 1:               <ul style="list-style-type: none"> <li>○ Spinal twist</li> <li>○ Thigh stretch</li> </ul> </li> <li>● Butterfly</li> <li>● Seated Stretch Side 2:               <ul style="list-style-type: none"> <li>○ Spinal twist</li> <li>○ Thigh stretch</li> </ul> </li> <li>● Figure 4 Stretch R/L</li> <li>● Corpse Pose               <ul style="list-style-type: none"> <li>○ Guided breathing</li> </ul> </li> <li>● Low Crouch</li> <li>● Forward Fold</li> <li>● Side to Side Neck Stretch</li> <li>● 3 Closing Breaths</li> </ul> <p style="text-align: center;"><i>"Thank you for honoring your body and being true to you"</i></p>	<p><b>Shoulder/wrist</b> - move to forearms or go to barre  <b>Back</b> - drop knees or move to barre</p> <p><b>Balance/Prenatal</b> - work with body's range of movement</p> <p><b>Balance/Prenatal</b> - work with body's range of movement</p> <p><b>Challenge</b> - add spinal twist  <b>Prenatal</b> - stay seated in figure 4 or butterfly stretch</p> <p><b>Prenatal</b> - can lay on side in later trimester, can rest in child's pose or whatever is comfortable</p> <p><b>Prenatal</b> - stay in a half lift if cannot fold forward</p>	<p style="text-align: center;"><i>10,000 Hours (continued)</i></p> <p style="text-align: center;"><i>Gavin's Song</i>            Marc Broussard, Lauren Daigle            3:41</p> <p style="text-align: center;"><i>New Wine</i>            Hillsong Worship            4:02</p> <p style="text-align: center;"><i>Come Thou Fount</i>            Penny and Sparrow            3:47  <i>(will only use the beginning of this song)</i></p>