



fitness studio

2020: Q1

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">● March → Side Kick (side 1)<ul style="list-style-type: none">○ Option to add hop with the march● Skaters with Jacks Combo<ul style="list-style-type: none">○ Challenge: Add hop to skater and work in Full Jacks● March → Side Kick (side 2)<ul style="list-style-type: none">○ Option to add hop <p>Plank/Push-up Combo</p> <ul style="list-style-type: none">● Wide-arm pushup pulses● Forearm Plank Ups (alternate arm you pushup with)	<p>Hip/Knee - Work smaller / lower;ditch the side kick and stick with marches</p> <p>Hip/Knee/Low Back - work smaller; stay modified</p> <p>Hip/Knee - Work smaller / lower;ditch the side kick and stick with marches</p> <p>Shoulder/Wrist - take to barre</p> <p>Back-Hold plank in stead of plank ups</p>	<p><i>Sos - Workout Remix 128 BPM Power Music Workout 3:04</i></p> <p><i>Turbulence (Feat. Lil Jon) - Radio Edit Steve Akoki, Laidback Luke, Lil Jon 3:48</i></p> <p><i>Scrub the Ground (feat DJ Funk) Chocolate Puma, Tommie Sunshine, DJ Funk 2:48</i></p>

LEG WORK: POWER

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Curtsy with Glider Side 1 <ul style="list-style-type: none"> ○ 1 inch ○ Semi (¼) Circle (option to go far forward as able) Stay at 2-count ○ Hinge forward for Curtsy Drives ○ Lift chest, GFH ● Reverse Power Chair <ul style="list-style-type: none"> ○ 1 inch ○ Heel drops ○ GFH ○ ● Curtsy with Glider Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ Semi (¼) Circle (option to go far forward as able) Stay at 2-count ○ Hinge forward for Curtsy Drives ○ Lift chest, GFH <p>Stretch:</p> <ul style="list-style-type: none"> ● Side 1 Heel to Seat->Figure 4 or pigeon to barre ● Side 2 (repeat) ● Forward fold, pedal knees 	<p>Knee/Hips - turn feet parallel to horse pose Knee/Instability - lose the glider</p> <p>Low Back - adjust pelvis, engage core Knee - work up higher, use back barre for support Ankle/Foot - lower heels</p> <p>Knee/Hips - turn feet parallel to horse pose Knee/Instability - lose the glider</p>	<p><i>Here It Is (feat. Chris Brown) Flor Rida, Chris Brown 3:13</i></p> <p><i>Big Rings Drake, Future 3:38</i></p> <p><i>Right Above it - Edited Lil Wayne, Drake 4:40 Finish early to stretch</i></p> <p><i>*Continue through end of song for stretch*</i></p>

COMBO WORK: FIRE

Posture/Movement	Modification/Challenge	Music
<p><u>Weights</u></p> <ul style="list-style-type: none"> • Side Lunge (R/L) w/ Low Row • Box Squat with Hammer curl to Shoulder Press • Return to Side Lunge (R/L) w/ Low Row 	<p>Shoulder - lose the weights Knee / Hips - work up higher Low Back - lift the chest</p>	<p><i>Swag Surfin'</i> F.L.Y. (Fast Life Yungstaz) 4:10</p>
<p><u>Weights @ Barre</u></p> <ul style="list-style-type: none"> • Power Base with ball between forearms bent 90 degrees <ul style="list-style-type: none"> ○ 1 inch Lifts ○ Hammer curl to Shoulder Press Up 	<p>Shoulder - lose the ball and/or weights</p>	<p><i>Hold My Hand - Feenixpawl Remix; Radio Edit</i> Jess Glynne, Feenixpawl 3:36</p>
<p><u>TRX</u></p> <ul style="list-style-type: none"> • Row w/ Oblique Shoulder Reach • Tricep Press with Alternating Lunge 	<p>Shoulder - lower arms to chest Back- Step back, work smaller</p> <p>Shoulder - step forward, work smaller Elbow/Shoulder - Tricep pushup at the barre</p>	<p><i>GUD VIBRATIONS</i> NGHTMRE, SLANDER 3:44</p>
<p><u>Stretch</u></p> <ul style="list-style-type: none"> • TRX Fold <ul style="list-style-type: none"> ○ Reach R/L • TRX W Chest Stretch • Shoulder Stretch, arms across 		

GLUTE WORK: CONTROL

Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● Standing Glute Snappers Side 1 <ul style="list-style-type: none"> ○ Pulses ○ LRM, extend leg ○ Circles (10 each direction) 	<p>Hips - push weight into hand on the barre; lower foot down and lift chest -move closer to the barre and work more upright</p>	<p><i>I'mma Shine</i> Youngbloodz 3:44</p>
<ul style="list-style-type: none"> ● Standing Glute Snappers Side 2 <ul style="list-style-type: none"> ○ Pulses ○ LRM, extend leg ○ Circles (10 each direction) 	<p>Hips - push weight into hand on the barre; lower foot down and lift chest -move closer to the barre and work more upright</p>	<p><i>Don't Start Now</i> Dua Lipa 3:03</p>
<ul style="list-style-type: none"> ● TRX Glute Bridge Marches <ul style="list-style-type: none"> ○ Alternate marches in bridge ○ Extended leg pulses (R/L) 	<p>Shoulder - Remove hands from straps Hips - lower hips, work smaller in the marches Hip/Back - keep toes rested for pulses</p>	<p><i>Stayin' Alive (from Happy Death Day 20)</i> Lizzo 3:17</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Knee Hug ● Reverse Butterfly Stretch (R/L) 		<p><i>Family</i> The Chainsmokers, Kygo 3:15</p>



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CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<p>Core Blast</p> <ul style="list-style-type: none"> ● Supine Plank w/ Gliders <ul style="list-style-type: none"> ○ Add alternating single leg extensions ● TRX Oblique High Rows <ul style="list-style-type: none"> ○ (Facing center of room) ● TRX Rocking Boat ● Windmill Stretch ● Cobra w/ glider <ul style="list-style-type: none"> ○ Hold cobra, add flutter kicks ● Child's Pose 	<p>Instability - Lose the gliders Wrist - Take a forearm plank</p> <p>Hip - Extend legs or sit criss cross Low Back / Prenatal - Place Ball at base of back Shoulder - work without the straps</p> <p>Back/Prenatal - work in modified scoops</p> <p>Shoulder - lose the gliders, do supermans Back / Prenatal- birddogs on all fours</p>	<p><i>(continued)</i> <i>Family</i> The Chainsmokers, Kygo 3:15</p> <p><i>The Story Never Ends</i> Lauv 3:49</p> <p><i>Sign of the Times</i> Harry Styles 5:41</p>

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 / Downward facing Dog ● Side body stretch (walk hands R/L) ● Spinal flow: Upward Dog -> Child's pose ● Doward Facing Dog -> step/hop forward to forward fold -> rise to chair squat - prayer hands twist (<i>side 1</i>) -> rounded back stretch (fingers pulling under toes) ->chair squat - > prayer hands twist (<i>side 2</i>) -> forward fold -> step back to doward dog/child's pose ● 3 deep breaths ● Hip Opener: Reverse butterfly (knees stacked) side 1 ● Hip Opener: Reverse butterfly (knees stacked) side 2 ● Seated Meditation <ul style="list-style-type: none"> ○ Hand to heart, hand to belly ○ Guided breathing ● Low Crouch ->Forward Fold -> Slow roll up ● Neck Stretch ● 3 closing breaths <p><i>"Thank yourself for honoring your body today and being true to you."</i></p>	<p>Wrist - drop to forearms Shoulder - plank at the barre Back - drop knees or move to barre Challenge: feet in straps</p> <p>Prenatal - do cat/cows</p> <p>Balance - work up higher *always an option to stay or move back to child's pose*</p> <p>Hip/Knee - work in a normal butterfly stretch</p>	<p><i>(continued)</i> <i>Sign of the Times</i> Harry Styles 5:41</p> <p><i>I Get to Love You</i> Ruelle 3:59</p> <p><i>Come Thou Fount of Every Blessing</i> Sufjan Stevens 4:43</p>