

WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <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"> ● Reverse Lunge w/ Leg Extension (side 1) ● Drop Squats <ul style="list-style-type: none"> ○ Add arm sweep back ○ Challenge: add a hop ● Reverse lunge w/ Leg Extension (side 2) ● Marches <ul style="list-style-type: none"> ○ Shoulder Rotations ○ Rhomboid Press <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Inchworms <ul style="list-style-type: none"> ○ Add wide-arm pushup ● Wide-Arm pushups w/ shoulder tap <p>Stretch</p> <ul style="list-style-type: none"> ● Downward Dog 	<p>Knees: Work Smaller Back / Instability: Do not lift back leg</p> <p>Knees: Work Smaller Back: Work higher</p> <p>Knees: Work Smaller Back / Instability: Do not lift back leg</p> <p>Hips: lower knees Shoulders: Lower arms</p> <p>Back/Shoulders: Do push/Pulls at the barre</p> <p>Wrist/Shoulders: Do pushups at the barre</p>	<p>Quads, Hamstrings, Back Extensors</p> <p>Quads, Glutes, outer thighs, plyometrics</p> <p>Quads, Hamstrings, Back Extensors</p> <p>Hip Flexors, Abdominals, Deltoids, Rhomboids, Glutes, Calves</p> <p>Abdominals, Deltoids, Hamstrings</p> <p>Pectorals, Deltoids, Abdominals</p>	<p><i>Secrets - Radio Edit</i> Tiësto, KSHMR, VASSY 3:37</p> <p><i>Crank It (Feat. Nadia Rose & Sweetie Irie)</i> Kideko, George Kwali, Nadia Rose, Sweetie Irie 2:48</p> <p><i>Higher</i> Breathe Carolina, Jordan Jay 2:23</p> <p><i>Tomorrow (feat. 433)</i> Tiësto, 433 2:45</p> <p>***Finish this song 1 minute early***</p>

LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
<ul style="list-style-type: none"> ● Chair to Horse Pose w/ Glider (side 1) <ul style="list-style-type: none"> ○ Alternate 1 inch Chair to 1 inch Horse (4 of each) ○ Chair →Horse Combo ○ GFH ● Power Diamond w/ TRX <ul style="list-style-type: none"> ○ 1 inch ○ LRM (4 count) ○ Hip Rocks ○ GFH ● Chair to Horse Pose w/ Glider, Side 1 <ul style="list-style-type: none"> ○ Alternate 1 inch Chair to 1 inch Horse (4 of each) ○ Chair →Horse Combo ○ GFH 	<p>Knee/Instability/Foot: Lose the glider, lower the heel Back/Knee: Hinge at the waist</p> <p>Shoulder/Instability: Take posture to the barre Foot/Ankle: Lower heels Hips/Knees: work parallel</p> <p>Knee/Instability/Foot: Lose the glider, lower the heel Back/Knee: Hinge at the waist</p>	<p>Quads, Hamstrings, Calves</p> <p>Inner and outer thighs, Calves</p> <p>Quads, Hamstrings, Calves</p>	<p><i>Rain On Me(with Ariana Grande)</i> Lady Gaga, Ariana Grande 3:02</p> <p><i>Banana(feat. Shaggy) - DJ Fle - Minisiren Remix</i> Conkarah, Shaggy, DJ Fle 3:30</p> <p><i>i</i> Kendrick Lamar 3:52</p> <p>***Finish this posture at 3:00 min to stretch until the end of the song***</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat <ul style="list-style-type: none"> ○ Challenge: Extend to Dancer's stretch ● Standing Hamstring Stretch 			

<ul style="list-style-type: none"> ● Forward Fold, pedal legs 			
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COMBO WORK: FIRE

Posture/Movement	Modification	Muscles Worked	Music
<p><i>*Continue Leg stretches if needed</i></p> <p>TRX</p> <ul style="list-style-type: none"> ● Tricep Knee Drive, Straps under arms(side 1 lunge) ● Tricep Knee Drive, Straps over shoulders(side 2 lunge) <p><i>*Put TRX straps into single arm mode*</i></p> <ul style="list-style-type: none"> ● Single arm Bicep Crossover, Side 2 <ul style="list-style-type: none"> ○ Challenge: Lift back leg off the ground ● Single arm Bicep Crossover, Side 2 <ul style="list-style-type: none"> ○ Challenge: Lift back foot off the ground <p><i>*Get mats into Islands*</i></p> <ul style="list-style-type: none"> ● Reverse Fly in Side Plank, Side 1 ● Reverse Fly in Side Plank, Side 2 ● Kneeling Frontal Raise→Lat Pull <ul style="list-style-type: none"> ○ Challenge: Work in Prone Superman <p>Stretch</p> <ul style="list-style-type: none"> ● Prone Chest stretch ● Child's pose, prayer stretch 	<p>Elbow, Shoulder: Work smaller or move the the barre</p> <p>Elbow, Wrist: Only perform knee drive</p> <p>Shoulder/Elbow/Instability: Keep foot in kickstand, step away from the barre or use weights</p> <p>Shoulder: Keep hip on the ground</p> <p>Back/Shoulder: work in a kneeling posture</p>	<p>Triceps, Biceps, Abdominals,Quads</p> <p>Biceps, Brachialis, Forearms</p> <p>Rear Delt, Traps, Rhomboids</p> <p>Anterior delt, Traps, Lats, back extensors</p>	<p><i>Work - BURNS' Late Night Rollin Remix</i> Rihanna, Drake 3:43</p> <p><i>All the Way</i> Timeflies 3:00</p> <p><i>Revolution</i> Diplo, Faustix, Imanos, kai 4:24</p> <p><i>**Perform each exercise for roughly 1 minute each, use the rest of the song to stretch**</i></p>

<ul style="list-style-type: none"> Child's pose, shoulder stretch 			
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GLUTE WORK: CONTROL

Posture/Movement	Modification	Muscles Worked	Music
<ul style="list-style-type: none"> All 4's Glutes (side 1) <ul style="list-style-type: none"> Rainbow Taps Mermaid Hamstring Curls Pulses GFH 	<p>Shoulder/Wrist/Back: Work on forearms or move to the barre</p>	Gluteus Medius, Minimus, Maximus and hamstrings	<p><i>Wild Wild Love(feat. G.R.L.)</i> Pitbull, G.R.L. 3:23</p>
<ul style="list-style-type: none"> All 4's Glutes (side 2) <ul style="list-style-type: none"> Rainbow Taps Mermaid Hamstring Curls Pulses GFH 	<p>Shoulder/Wrist/Back: Work on forearms or move to the barre</p>	Gluteus Medius, Minimus, Maximus and hamstrings	<p><i>Water Me</i> Lizzo 3:06</p>
<ul style="list-style-type: none"> Heel Press Glute Bridges, w/ weights on hips <ul style="list-style-type: none"> LRM Pulses LRM GFH 	<p>Feet/Ankles: Lower toes Knees: Widen your stance Prenatal: Work in a chair squat at the barre</p>	Gluteus Maximus, Hamstrings, Abdominals	<p><i>Gimme Dat</i> Ciara 4:11</p> <p><i>**Finish Bridges with 1 minute left in song to stretch**</i></p>
Stretch			

<ul style="list-style-type: none"> • Lying Hamstring stretch • Lying IT Band stretch 			
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CORE WORK: CONNECT

<p><i>*Finish stretching for glutes if needed</i></p> <p>Core Blast: All 4's hold w/ ball → Pike</p> <ul style="list-style-type: none"> • Smiley Taps w/ ball behind knees • Half Body Roll Ups w/ weights • Tuck-in → V-up w/ ball b/w shins <p>Stretch</p>	<p>Shoulder/Wrist/Back: Keep knees on the mat, do not lift into pike Knees/Hips: remove the ball</p> <p>Hips/Back: Perform normal windmills Prenatal: Perform seated twists</p> <p>Instability, Prenatal: perform modified scoops Shoulders: Drop the weights</p> <p>Back/Hips/Prenatal: place ball under back for support</p>	<p>Abdominals, Erector Spinae and Multifidus, Shoulders, Adductors</p> <p>Internal/External Obliques, Transverse Abdominis, Psoas</p> <p>Rectus Abdominis, Erector Spinae,</p> <p>Rectus Abdominis, Obliques, Hip Flexors, Inner Thighs</p>	<p><i>Smoke Clears</i> Andy Grammar 2:58</p> <p><i>(will start smiley taps towards the end of Smoke Clears)</i></p> <p><i>Trampoline(with ZAYN)</i> SHAED, ZAYN 3:04</p> <p><i>Wildflowers</i> Tom Petty 3:10</p> <p>**Finish this song early to stretch, can start the plank**</p>
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<ul style="list-style-type: none"> ● Corpse Pose w/ ball under back 			
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YOGA FLOW: BREATHE

<p>Plank</p> <ul style="list-style-type: none"> ● 60 second hold ● Child's Pose <ul style="list-style-type: none"> ○ Challenge: Downward Dog ● Downward Dog→3-legged dog→Pigeon stretch (side 1) <p><i>*perform outside leg first*</i></p> <ul style="list-style-type: none"> ● Downward Dog→3-legged dog→Pigeon stretch (side 2) ● Mermaid Side stretch→Wild thing knee pose (side 1) ● Mermaid Side stretch→Wild thing knee pose (side 2) ● Spinal Flow Pike Stretch ● Corpse Pose w/ feet together ● Windmill knees→Fetal pose→Low Crouch→Roll Up 	<p>Wrist: work on forearms Shoulders/Back/Prenatal: Lower knees or do standing at the barre</p>	<p>Erector spinae, Rectus abdominis, Transverse abdominis, Shoulders</p> <p>Hips, hamstrings, calves, chest and shoulders→ Glutes, hip rotators and hip flexors</p> <p>Obliques, shoulders, and inner thighs→upper back, chest and psoas.</p> <p>lower back, hamstrings, calf muscles.</p> <p>Inner thighs, groin, hips</p>	<p><i>*Wildflowers may be continued</i></p> <p><i>Blackbird</i> James Smith 3:04</p> <p><i>Softly and Tenderly</i> Daniel Martin Moore 3:27</p> <p><i>One Moment</i> Highlands Worship 6:21</p> <p><i>**will only use about half of this song**</i></p>
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<ul style="list-style-type: none">• Neck Stretch• 3 Close Breathes (arms reaching wide)• <p><i>“Thank you for honoring your body, and being true to you”</i></p>			
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