

## WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <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>● Curtsey Lunge → Oblique Knee Drive → Straight Leg Kick (Side one) <ul style="list-style-type: none"> <li>○ Alternate</li> </ul> </li> <li>● Plie Jacks w/ Arm Swings <ul style="list-style-type: none"> <li>○ Start w/ plie heel drags → add on Jacks</li> </ul> </li> <li>● Curtsey Lunge → Oblique Knee Drive → Straight Leg Kick (Side two) <ul style="list-style-type: none"> <li>○ Alternate</li> </ul> </li> </ul> <p><b>Plank/Push-up Combo</b></p> <ul style="list-style-type: none"> <li>● Side Plank w/ thread the needle (R) → Plank → Side plank w/ thread the needle (L)</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Downdog → Forward Fold → Roll up</li> </ul>	<p><b>Knees / Hips:</b> Work smaller &amp; higher up in posture <b>Instability:</b> Do not take knee drive / kick option</p> <p><b>Knees / Hips:</b> Work higher &amp; smaller in Plie <b>Low Impact:</b> do not take the jump option</p> <p><b>Knees / Hips:</b> Work smaller &amp; higher up in posture <b>Instability:</b> Do not take knee drive / kick option</p> <p><b>Back/Shoulders/Wrist:</b> take plank to the barre</p>	<p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Quads, Glutes, Hips, Shoulders, Calves (plyometric)</p> <p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Shoulders, Back, Obliques, Abdominals</p>	<p>Mask MEDIKAL 3:12</p> <p><i>The Squat Song (with MOTi)</i> BODYWORX, MOTi 2:27</p> <p><i>Destination Calabria</i> MEDIKAL 3:56</p>

**LEG WORK: POWER**

Posture/Movement	Modification	Muscles Used	Music
<ul style="list-style-type: none"> <li>● Single Leg Chair Squat w/ Ball (side one)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ Pistol Extensions</li> <li>○ Heel presses into ball</li> <li>○ GFH</li> </ul> </li>   <li>● Power Plie               <ul style="list-style-type: none"> <li>○ Facing Barre</li> <li>○ 1 inch</li> <li>○ 2-count LRM</li> <li>○ Pulses w/ alternating heel drops</li> <li>○ GFH</li> </ul> </li>   <li>● Single Leg Chair Squat w/ Ball (side two)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ Pistol Extensions</li> <li>○ Heel presses into ball</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Foot/Ankle:</b> remove ball  <b>Knees:</b> work higher in posture  <b>Back:</b> work more upright instead of incline</p> <p><b>Foot/Ankle:</b> lower heels  <b>Knees/Hips:</b> work higher or turn into sumo squat</p> <p><b>Foot/Ankle:</b> remove ball  <b>Knees:</b> work higher in posture  <b>Back:</b> work more upright instead of incline</p>	<p>Quads, Glutes, Hamstrings, Claves, Biceps, Back</p> <p>Quads, Inner / Outer Thighs, Glutes, Hips, Calves</p> <p>Quads, Glutes, Hamstrings, Claves, Biceps, Back</p>	<p style="text-align: center;"><i>Looking at Me</i>            Sabrina Carpenter            3:01</p> <p style="text-align: center;"><i>Ice Cream (with Selena Gomez)</i>            BLACKPINK, Selena Gomez            2:56</p> <p style="text-align: center;"><i>Take you Dancing - R3HAB Remix</i>            Jason Derulo, R3HAB            2:56</p>
<p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Heel to Seat (R/L)</li> <li>● Single Leg Hamstring Stretch → place leg on barre for deeper stretch (R/L)</li> </ul>			<p style="text-align: center;"><i>Loco</i>            Anitta            2:37  <i>*stretch for one minute of the song*</i></p>

## COMBO WORK: FIRE

Posture/Movement	Modification	Muscles Worked	Music
<p><b>TRX:</b></p> <ul style="list-style-type: none"> <li>● TRX Shoulder Press               <ul style="list-style-type: none"> <li>○ <b>Challenge:</b> add froggers</li> </ul> </li> </ul> <p><i>**Put TRX straps into single arm mode</i></p> <ul style="list-style-type: none"> <li>● Single Arm Tricep / Forearm Press w/ Reverse Lunge (R/L)</li> <li>● Single Arm Bicep Curl to Single Arm Bicep Row (R/L)               <ul style="list-style-type: none"> <li>○ Alternate between them</li> </ul> </li> </ul> <p><b>Barre:</b></p> <ul style="list-style-type: none"> <li>● Barre Wide Push-ups               <ul style="list-style-type: none"> <li>○ Pulses</li> <li>○ LRM → add reverse leg extension (alternating)</li> <li>○ Pulses</li> <li>○ GFH</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre Back Fold Chest/Shoulder stretch</li> <li>● Elbows to barre, hands in prayer Tricep stretch</li> <li>● Wrist/Forearm stretch</li> </ul>	<p><b>Shoulder:</b> Use weights</p> <p><b>Hip/Knee:</b> Work higher in lunge <b>Instability:</b> use weight, hold onto the barre</p> <p><b>Low Back:</b> work in TRX kickstand posture <b>Shoulder:</b> stay in bicep rows (working lower with arm) <b>Instability:</b> use weights</p>	<p>Abdominals, Back, Shoulders: Deltoids, Trapezius, Lats; Glutes / Quads / Calves (with froggers)</p> <p>Triceps, forearms, Quads, Glutes, Hamstrings, Abdominals</p> <p>Biceps, Deltoids, Traps, Rhomboids, Abdominals</p> <p>Chest, Back, Abdominals</p>	<p><i>**song continues from leg work stretch**</i></p> <p><i>Loco</i> Anitta 2:37</p> <p><i>Let You Go</i> RudeLies, Facading 2:54</p> <p><i>Rhythm of the Night</i> metr, Jacob Tillberg 2:39</p> <p><i>Lose You</i> Tiesto, ILIRA 2:28</p>

**GLUTE WORK: CONTROL**

Posture/Movement	Modification	Muscles Worked	Music
<ul style="list-style-type: none"> <li>● Standing Pretzel with TRX (side one)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses - press heel at angle across body</li> <li>○ GFP</li> </ul> </li> </ul>	<p><b>Hips/Low Back:</b> bring foot in closer to body (work smaller) or do posture without TRX</p>	<p>Gluteus Medius, Minimus, Maximus, Hips, Low Back</p>	<p><i>Rhythm Nation</i> Janet Jackson 5:31</p>
<ul style="list-style-type: none"> <li>● Standing Pretzel with TRX (side two)               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses - press heel at angle across body</li> <li>○ GFP</li> </ul> </li> </ul>	<p><b>Hips/Low Back:</b> bring foot in closer to body (work smaller) or do posture without TRX</p>	<p>Gluteus Medius, Minimus, Maximus, Hips, Low Back</p>	
<ul style="list-style-type: none"> <li>● Parallel Glute Bridge w/ Gliders               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Alternating Hamstring Curls</li> <li>○ <b>Challenge:</b> both legs together</li> <li>○ Pulses w/ toes lifted</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Knees:</b> Walk feet wider; do not use gliders for hamstring curls <b>Low Back:</b> lower hips closer to mat</p>	<p>Gluteus Maximus, Hamstrings, Pelvic Floor, Low Back</p>	<p><i>Enemies (feat. DaBaby)</i> Post Malone, DaBaby 3:17</p>
<p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Hug Knees → Reverse Butterfly stretch</li> </ul>			<p><i>Falling in Love</i> Dennis Kruissen, Drew Love 2:55</p>

## CORE WORK: CONNECT

Posture/Movement	Modification	Muscles Worked	Music
<p><b>Core Blast:</b></p> <ul style="list-style-type: none"> <li>• Supermans</li> </ul>	<p><b>Prone Discomfort / prenatal:</b> Take a plank on mat or at the barre</p>	<p>Back Extensors: Erector Spinae &amp; Multifidus, Shoulders and Glutes</p>	<p>**song continued from stretch**  <i>Falling in Love</i>                      Dennis Kruissen, Drew Love                      2:55</p>
<ul style="list-style-type: none"> <li>• Weighted Table Top Extension</li> </ul>	<p><b>Neck:</b> keep head, neck &amp; shoulders on the mat  <b>Low Back/Hips:</b> work higher, not lowering legs towards ground as much; place ball under hips</p>	<p>Transverse Abdominis, Rectus Abdominis, Psoas, Shoulders</p>	<p><i>DJ</i>                      Sam Dew                      3:17</p>
<ul style="list-style-type: none"> <li>• Oblique V-ups</li> </ul>	<p><b>Prenatal:</b> work smaller or find small seated twists</p>	<p>Transverse Abdominis, Rectus Abdominis, Internal and External Obliques, Psoas</p>	<p><i>Girls Like Us</i>                      Zoe Wees                      3:09</p>
<ul style="list-style-type: none"> <li>• All Fours Bird Dog variation                             <ul style="list-style-type: none"> <li>○ Keep leg / arm straight. Tap slowly to ground and lift w/ control</li> <li>○ <b>Challenge:</b> Add ball under one knee</li> </ul> </li> </ul>	<p><b>Wrist/Shoulder:</b> make a fist, go to forearms, or take bird-dogs at the barre  <b>Instability:</b> remove the ball</p>	<p>Transverse Abdominis, Back Extensors</p>	<p><i>Grey</i>                      Why Don't We                      4:38</p>

**YOGA FLOW: BREATHE**

Posture/Movement	Modification	Muscles Worked	Music
<p><b>Plank</b></p> <ul style="list-style-type: none"> <li>60 second hold</li> </ul> <p><i>**Place yoga straps at each station</i></p> <ul style="list-style-type: none"> <li>Child's Pose→Thread the needle shoulder stretch (L/R)</li> </ul> <p><b>Yoga Straps:</b></p> <ul style="list-style-type: none"> <li>On knees, straps overhead for side body stretch</li> <li>Seated Hamstring stretch → IT band (pull straps / leg up across body)</li> <li>Straps thread overhead to spinal twist / chest opener</li> <li>Repeat side two</li> </ul> <p><b>Spinal Flow:</b> seated w/ legs forward, straps around feet. Fold forward, round spine and stretch, then sit tall, root into sitz bones and lengthen spine. Repeat several times.</p> <ul style="list-style-type: none"> <li><b>Hip Opener:</b> Butterfly stretch</li> <li>Low Crouch→ Forward fold→Roll up</li> <li>Neck Stretch → hands on head to manually stretch forward, right, back, left</li> <li>3 Closing Breathes</li> </ul> <p><i>"Thank you for honoring your body, and being true to you"</i></p>	<p><b>Wrist:</b> work on forearms</p> <p><b>Shoulders/Back/ Prenatal:</b> Lower knees or take plank standing at the barre</p> <p><b>Option:</b> do not use the yoga strap</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders</p> <p>Chest, Hips, Shoulders, Upper and Lower back</p> <p>Hamstrings, Inner Thigh / Groin, Outer Thigh /IT band, Back, Chest, Abdominals</p> <p>Hamstrings, Back Extensors, Abdominals</p> <p>Hips, Inner Thighs, Low back, Hamstrings, Calf muscles, Neck extensors</p>	<p><i>**song continued from core*</i></p> <p><i>Grey</i> Why Don't We 4:38</p> <p><i>this is how you fall in love</i> Jeremy Zucker, Chelsea Cutler 2:55</p> <p><i>Pachamama</i> Beautiful Chorus 2:18</p> <p><i>Another In The Fire - Studio</i> Hillsong UNITED, TAYA 4:26</p>