

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><i>Pony (Jump On It) - Sick Individuals</i> Tough Love, Ginuwine, Sick Individuals 5:07</p>
<p>Aerobics</p> <ul style="list-style-type: none"> • Knee Pull w/ Crossbody Jab (R) 	<p>Knees / Hips / Back: Work smaller in posture</p>	<p>Quads, Hamstrings Glutes, Hips, Obliques, Abdominals, Shoulders</p>	
<ul style="list-style-type: none"> • Sumo Squat w/ Reverse Crescent <ul style="list-style-type: none"> ○ Alternate (R/L) ○ Press palms back 	<p>Knees / Hips: Work higher & smaller in Plie Low Back: decrease hinge forward angle - work more upright</p>	<p>Quads, Glutes, Hamstrings, Hips, Triceps</p>	
<ul style="list-style-type: none"> • Knee Pull w/ Crossbody Jab (L) 	<p>Knees / Hips / Back: Work smaller in posture</p>	<p>Quads, Hamstrings Glutes, Hips, Obliques, Abdominals, Shoulders</p>	<p><i>Came to Get Funky</i> Cazztek 4:10</p>
<ul style="list-style-type: none"> • Sumo Squat Pulses <ul style="list-style-type: none"> ○ 4 pulses low ○ Press up to toes ○ Challenge: add plyo jump 	<p>Knees / Hips: Work higher & smaller in Plie Low Back: decrease hinge forward angle - work more upright Low impact: don't jump</p>	<p>Quads, Glutes, Hamstrings, Hips, Calves, Triceps</p>	
<p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> • Supine Plank w/ leg lifts <ul style="list-style-type: none"> ○ Challenge - straight legs 	<p>Shoulders: Take traditional plank or plank at the barre</p>	<p>Shoulders, Back, Abdominals</p>	<p><i>Upside Down</i> JVKE 1:55</p>
<p>Stretch</p> <ul style="list-style-type: none"> • Low Crouch→Forward Fold→Roll up 			

LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
Profile Incline Chair (side one) <ul style="list-style-type: none"> ● 1 inch ● Leg lifts ● Squat Pulses with leg lifted ● GFH 	Knees: work higher in posture Back: work more upright instead of incline Shoulders/Arms: option to turn and face barre Challenge: Keep leg straight Mod: Bend knee on leg lift / tap toe to ground	Quads, Glutes, Hamstrings, Hips, Back, Shoulders, Biceps, Abdominals	<i>Work</i> Lil Jon 3:34
TRX Power Diamond Skier <ul style="list-style-type: none"> ● Pulses ● Knee presses out / in ● Pulses ● GFH 	Foot/Ankle: lower heels Knees/Hips: work higher or turn into parallel skier Low Back: take power diamond upright instead of skier	Quads, Glutes, Inner / Outer Thighs, Hips, Calves, Back, Biceps	<i>Till Ya Legs Hurt</i> 99 Percent 3:15
Profile Incline Chair (side two) <ul style="list-style-type: none"> ● 1 inch ● Leg lifts ● Squat Pulses with leg lifted ● GFH 	Knees: work higher in posture Back: work more upright instead of incline Shoulders/Arms: option to turn and face barre Challenge: Keep leg straight Mod: Bend knee on leg lift / tap toe to ground	Quads, Glutes, Hamstrings, Hips, Back, Shoulders, Biceps, Abdominals	<i>Sweat - Feat. Lil jon & Machel Montano</i> Casely 3:40
Stretch <ul style="list-style-type: none"> ● Heel to Seat in Profile (R/L) ● Single Leg Hamstring Stretch → place leg on barre for deeper stretch (R/L) <ul style="list-style-type: none"> ○ Rotate torso toward barre for inner thigh stretch 			<i>Selfish</i> Nick Jonas, Jonas Brothers 3:08 <i>*continues into Combo*</i>

COMBO WORK: FIRE

Posture/Movement	Modification	Muscles Worked	Music
<p>Weights:</p> <p>Plie Heel Click slide→ Horse Pose w/ Glider</p> <ul style="list-style-type: none"> ○ Side 1: Upright Row ○ Side 2: Goal Post <p>Single Leg Deadlift</p> <ul style="list-style-type: none"> ● Side 1: Tricep Kickback to Hammer Curl ● GFH - Tricep presses in ● Side 2: Tricep→ Shoulder Sweeps ● GFH - Tricep presses up <p>Power Diamond w/ Ballerina Biceps</p> <ul style="list-style-type: none"> ○ Single arm→ single arm→ bicep chest squeeze forward <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch (thumb up→ thumb down) ● Overhead Tricep stretch ● Chest opener 	<p>Knees / Hips: work smaller and higher in posture; ditch glider</p> <p>Shoulder: drop weights or work upper body in low rows</p> <p>Low Back: Work higher / smaller</p> <p>Instability / Core: keep both feet flat</p> <p>Balance Challenge: Lift single leg → knee drive</p> <p>Shoulder: keep arms shoulder height in chest squeezes</p> <p>Hip: unclick heels and work in power base</p> <p>Ankle/feet: work flat foot</p>	<p>Shoulders: Deltoids, Trapezius, Glutes: medius / minimus / maximus, Quads, Hips, Inner / Outer Thighs, Calves</p> <p>Calves, Glutes, Hamstrings, Back, Abdominals, Triceps, Biceps, Shoulders</p> <p>Calves, Quads, Glutes, Biceps, Deltoids, Traps, Rhomboids, Lats, Chest, Abdominals</p>	<p><i>**song continues from leg work stretch**</i></p> <p><i>Selfish</i> Nick Jonas, Jonas Brothers 3:08</p> <p><i>Rhythm Is A Dancer (feat. Kaleena Zanders)</i> Breathe Carolina, Droppgun, Kaleena Zanders 2:51</p> <p><i>PARTY (feat. Snoop Dogg)</i> Highup, Aryue, Snoop Dogg 3:32</p> <p><i>Gettin' Jiggy Wit It</i> Will Smith 3:48</p>

GLUTE WORK: CONTROL

Posture/Movement	Modification	Muscles Worked	Music
<p>Power Head to Barre (side one)</p> <ul style="list-style-type: none"> ● Weight behind raised knee ● 1 inch Press Heel to ceiling ● LRM 2-count ● Pulses ● GFH 	<p>Hips/Low Back: Move closer to the barre, work more upright Knee/Calf/Ankle: remove weight behind knee, lower heel to ground working flat foot</p>	<p>Gluteus Maximus, Hamstrings, Back, Calves, Abdominals</p>	<p><i>Wolves (feat. Post Malone)</i> Big Sean, Post Malone 3:20</p>
<p>Power Head to Barre (side two)</p> <ul style="list-style-type: none"> ● Weight behind raised knee ● 1 inch Press Heel to ceiling ● LRM 2-count ● Pulses ● GFH 	<p>Hips/Low Back: Move closer to the barre, work more upright Knee/Calf/Ankle: remove weight behind knee, lower heel to ground working flat foot</p>	<p>Gluteus Maximus, Hamstrings, Back, Calves, Abdominals</p>	<p><i>Booty - Vice Remix</i> Jennifer Lopez, Iggy Azalea 3:31</p>
<p>Diamond Glute Bridge w/ Ball</p> <ul style="list-style-type: none"> ● Pulses ● Press Knees out <ul style="list-style-type: none"> ○ Alternate between pulse up → pulse knees out ● Press Right / Left for smiley presses ● GFH 	<p>Knees: Remove ball, move to sumo glute bridge Hips: pull knees closer, decreasing the turnout Low Back: lower hips closer to mat Instability / Ankle / Calves: remove ball</p>	<p>Gluteus Maximus, Minimus, Medius, Pelvic Floor, Inner / Outer Thighs</p>	<p><i>Don't Stop 'Til You Get Enough - 2003 Edit</i> Michael Jackson 3:56</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Single Knee Hug → Spinal Rotation (R/L) 			<p><i>Child Of Love (feat. Bear Rinehart of NEEDTOBREATHE)</i> We The Kingdon, Bear Rinehart, NEEDTOBREATHE 4:11</p>

CORE WORK: CONNECT

Posture/Movement	Modification	Muscles Worked	Music
<p>Core Blast: All Fours Oblique Dips</p> <ul style="list-style-type: none"> ○ Ball between thighs ○ Challenge: Rotate open (R/L) reaching arm overhead 	<p>Wrist/Shoulders: Take plank oblique hip dips on forearms or at the barre Low Back: Plank at barre</p>	<p>Back Extensors: Erector Spinae & Multifidus, Shoulders, Obliques, Rectus Abdominis, Transverse Abdominis</p>	<p>*song continues from stretch*</p> <p><i>Child Of Love (feat. Bear Rinehart of NEEDTOBREATHE)</i> We The Kingdom, Bear Rinehart, NEEDTOBREATHE 4:11</p>
<p>TRX Cross Body Pulls</p>	<p>Low Back: place ball behind back for support Hips: Straighten legs or criss cross legs</p>	<p>Lats, Transverse Abdominis, Rectus Abdominis, Internal and External Obliques, Psoas</p>	<p><i>As I Am (feat. Khalid)</i> Justin Bieber, Khalid 2:54</p>
<p>Table Top Dead Bugs</p>	<p>Neck: Rest head on ball or work with head /neck/shoulders on the mat Low Back: Keep knees bent to take weight out of the core</p>	<p>Transverse Abdominis, Rectus Abdominis, Psoas</p>	<p><i>Around You</i> Lvly 3:40</p>
<p>Glider Pike Ups</p> <ul style="list-style-type: none"> ● Plank on forearms, feet on gliders ● Challenge: Straight leg pike 	<p>Low Back: drop knees to floor or plank at barre; option to take mountain climbers instead of pike ups</p>	<p>Transverse Abdominis, Rectus Abdominis, Back Extensors, Shoulders</p>	

YOGA FLOW: BREATHE

Posture/Movement	Modification	Muscles Worked	Music
<p>Plank</p> <ul style="list-style-type: none"> ● 60 second hold ● Challenge: go straight from Glider Pike Ups into Plank hold ● Child's Pose <p>Spinal Flow:</p> <ul style="list-style-type: none"> ● Downward Dog→ Cobra→ Upward Facing dog→ Repeat ● 3-Legged Dog→ Runners Lunge w/ goal post arms Chest Opener→ rotate, reach back and grab back leg with the opposite arm→ Hip Opener: Warrior 2 / side angle pose→ option to bind ● Repeat side 2 ● Low Crouch→ Forward fold ● IT Band stretch R/L→ Roll up ● Neck Stretch ● 3 Closing Breathes <p><i>"Thank you for honoring your body, and being true to you"</i></p>	<p>Wrist: work on forearms</p> <p>Shoulders/Back/ Prenatal: Lower knees or take plank standing at the barre</p> <p>Option: Stay in child's pose or take spinal flow at the barre</p> <p>Hips, Glutes, Thighs, Abdominals</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders</p> <p>Chest, Hips, Shoulders, Upper and Lower back</p> <p>Calves, Hamstrings, Back, Chest, Abdominals</p> <p>Hamstrings, Quads, Hips, Chest</p> <p>Low back, Hamstrings, Calf muscles, IT Band, Neck extensors</p>	<p><i>Wonder</i> Shawn Mendes 2:53</p> <p><i>Will Follow You Into the Dark</i> Jasmine Thompson 3:24</p> <p><i>Cherry Wine - Live</i> Hozier 4:00</p>