

**FOUNDATIONS PROGRAM 1**  
**WARM UP: ENERGY**

Posture/Movement	Modification	Muscles Used	Music
<p><b>Welcome / Introduction / Announcements</b></p> <p><b>Opening Stretch</b> 3 Breaths Side Bend Stretch (L/R) Sumo squat for Cat/Cow Plie Squat twist stretch</p> <p><b>Aerobics</b> Knee Drive (R)</p> <p>Oblique reaches</p> <ul style="list-style-type: none"> <li>Challenge: arms overhead</li> <li>Alternate high then low</li> </ul> <p>Knee Drive (L)</p> <p>Sumo with a twist</p> <ul style="list-style-type: none"> <li>Challenge: rise to toes</li> <li>Final challenge: add a jumping jack</li> </ul> <p><b>Plank/Push-up Combo</b> Plank with glider under feet, toe taps</p> <ul style="list-style-type: none"> <li>Challenge: plank jacks</li> </ul> <p>Triangle pushup</p> <p><b>Stretch</b> Down dog→Forward Fold→Roll up</p>	<p><b>Knees:</b> work higher to decrease flexion <b>Back:</b> work more upright/lift chest</p> <p><b>Knees / Hips:</b> work higher &amp; smaller in plie (step feet in) <b>Shoulder:</b> lower arms</p> <p><b>Knees:</b> work higher to decrease flexion <b>Back:</b> work more upright/lift chest</p> <p><b>Knees:</b> work higher <b>Back/hips:</b> decrease hinge, work more upright <b>Shoulder:</b> lower arms <b>Low impact:</b> don't jump</p> <p><b>Instability:</b> remove gliders <b>Back/Shoulders/Wrists/ pre- and postpartum:</b> take plank on knees or at the barre</p>	<p>Quads, Hamstrings Glutes, Hips, Abdominals, Shoulders</p> <p>Quads, Glutes, Hamstrings, Hips, Obliques, Abdominals, Shoulders</p> <p>Quads, Hamstrings Glutes, Hips, Abdominals, Shoulders</p> <p>Quads, Glutes, Hamstrings, Hips, Obliques, Abdominals, Shoulders, Calves (plyometric)</p> <p>Shoulders, Back, Chest, Abdominals, Triceps, Chest</p>	<p><i>Gummy - Cheyenne Giles Remix</i> Loud Luxury, Brando, Cheyenne Giles 3:26 BPM 126</p> <p><i>Location - Workout Mix 128 BPM</i> Power Music Workout 3:45 BPM 128</p> <p>(start during the end of <i>Location</i>) <i>Coming in Hot - Workout Remix 132 BPM</i> Power Music Workout 4:15 BPM 132</p>

**FOUNDATIONS PROGRAM 1**  
**LEG WORK: POWER**

Posture/Movement	Modification	Muscles Used	Music
<p>TRX Power Diamond</p> <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● LRM</li> <li>● Knee presses out</li> <li>● GFH</li> </ul>	<p><b>Ankles:</b> lower heels or come to barre for plie</p> <p><b>Knees/hips:</b> unclick heels and turn toes in for power base</p> <p><b>Shoulders/Arms:</b> work at barre without TRX</p>	<p>Quads, Inner/Outer Thighs, Glutes, Hips, Calves</p>	<p><i>Ritual (feat. Wrabel)</i> Marshmallow, Wrabel 3:57 BPM 110</p>
<p>Reverse Sumo Squat</p> <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● Alternating heel lifts <ul style="list-style-type: none"> <li>○ Challenge: lift both together</li> </ul> </li> <li>● Pulses</li> <li>● GFH</li> </ul>	<p><b>Knees/Hips:</b> work higher</p> <p><b>Back:</b> keep elbows on the barre for more support</p>	<p>Quads, Glutes, Hamstrings, Hips, Calves</p>	<p><i>Ball For Me</i> Post Malone 3:26 BPM 134</p>
<p>Power Base Skier</p> <ul style="list-style-type: none"> <li>● 1 inch</li> <li>● LRM to chair squat</li> <li>● Pulses</li> <li>● GFH</li> </ul>	<p><b>Knees:</b> work higher in posture</p> <p><b>Low Back:</b> work upright in Power Base</p> <p><b>Shoulders/Neck:</b> try an underhand grip</p>	<p>Quads, Glutes, Hamstrings, Hips, Back, Shoulders, Biceps, Abdominals</p>	<p><i>pick up the phone</i> Young Thug, Travis Scott 4:12 BPM 137</p> <p>*stop working by around 3:30, and start your stretch, which will go into the next song</p>
<p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Heel to Seat in Profile (R/L), balance challenge</li> <li>● Wide leg forward fold, rotate over to right side for triangle stretch, then through center to left side</li> <li>● Lift front toes and bend back knee for deeper stretch</li> </ul>			<p><i>Pretty Please</i> Jackson Wang, Galantis 2:26 BPM 126</p> <p>*click to next song to begin Combo*</p>

**FOUNDATIONS PROGRAM 1**  
**COMBO WORK: FIRE**

Posture/Movement	Modification	Muscles Worked	Music
<p><b>TRX:</b></p> <p>Chest press</p> <ul style="list-style-type: none"> <li>Challenge: add squat between reps</li> </ul> <p>Negative tricep extensions (down for 3 counts, up for 1 count)</p> <ul style="list-style-type: none"> <li>Challenge: pulse to finish</li> </ul> <p>Pistol squat to deadlift, side 1 and 2</p> <ul style="list-style-type: none"> <li>Challenge: extend leg for Pistol, then float foot through to deadlift</li> </ul>	<p><b>Shoulder/instability:</b> take wide pushups at barre</p> <p><b>Shoulder/instability:</b> take tricep pushups at barre</p> <p><b>Hips:</b> keep foot down in pistol <b>Instability:</b> work at barre <b>Knees:</b> work higher in squat</p>	<p>Chest (primary), abs, calves, forearms, quads, glutes, middle back, shoulders, triceps</p> <p>Triceps (primary), shoulders (deltoids, trapezius), abdominals, chest, lats, forearms</p> <p>Glutes, quads, hamstrings, hip adductors, back, calves, abdominals</p>	<p><i>All My Love (feat. Conor Maynard) - Shaun Frank Remix</i> Cash, Cash, Conor Maynard, Shaun Frank 3:56 BPM 126</p> <p><i>True Feeling</i> Galantis 3:58 BPM 128</p>
<p><b>Weights:</b></p> <p>Walking curtsy with bicep trays to rhomboid squeezes</p> <ul style="list-style-type: none"> <li>Hold center for sumo with side to side lat pull</li> </ul> <p>Side step chair with weights</p> <ul style="list-style-type: none"> <li>Add delt raise for shoulder work</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>Shoulder stretch</li> <li>Overhead tricep stretch</li> <li>Chest opener</li> </ul>	<p><b>Shoulder:</b> drop weights <b>Knees:</b> work higher or come to base posture <b>Hips:</b> Remove turnout and take horse pose instead <b>Low back:</b> work more upright</p> <p><b>Knees:</b> work higher <b>Shoulders:</b> lower arms or drop weights <b>Ankles:</b> keep feet flat, don't hop <b>Low Back:</b> work more upright</p>	<p>Biceps, back (rhomboids and lats), quads, glutes, hip abductors, abdominals, low back</p> <p>Shoulders, quads, glutes, hips, back, abdominals</p>	<p><i>If I Can't Have You - Gryffin Remix</i> Shawn Mendes, Gryffin 4:13 BPM 125</p> <p>Stretch: <i>Drive</i> Syn Cole 2:33 BPM 122</p>

**FOUNDATIONS PROGRAM 1**  
**GLUTE WORK: CONTROL**

Posture/Movement	Modification	Muscles Worked	Music
<p><b>*mats in islands*</b> All fours with the ball behind the knee, side 1</p> <ul style="list-style-type: none"> <li>● Bent knee presses</li> <li>● LRM knee drive</li> <li>● Ball squeezes</li> <li>● GFH</li> </ul> <p>All fours with the ball, side 2</p> <ul style="list-style-type: none"> <li>● Bent knee presses</li> <li>● LRM knee drive</li> <li>● Ball squeezes</li> <li>● GFH</li> </ul> <p>Sumo glute bridge with weights on hips</p> <ul style="list-style-type: none"> <li>● One inch</li> <li>● Smiley presses</li> <li>● LRM</li> <li>● Pulses</li> <li>● GFH</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Happy baby</li> <li>● Piriformis stretch → reverse butterfly</li> </ul>	<p><b>Wrist:</b> Drop to forearms <b>Knee:</b> remove ball, if it's the bottom knee on the mat, take it standing at the barre <b>Back/Neck:</b> stand at the barre</p> <p><b>Knees:</b> Walk feet forward <b>Hips:</b> decrease the turnout, remove weights <b>Low Back:</b> lower hips closer to mat</p>	<p>Gluteus maximus, hamstrings, back, shoulders, forearms, abdominals</p> <p>Gluteus maximus, hamstrings, back, shoulders, forearms, abdominals</p> <p>Gluteus minimus, medius, and maximus, inner/outer thighs, hips, low back, abdominals</p>	<p><i>Get Low</i> Dillon Francis 3:33 BPM 101</p> <p><i>ZEZE (feat. Travis Scott &amp; Offset)</i> Kodak Black, Offset, Travis Scott 3:49 BPM 98</p> <p><i>Mind (feat. Kai)</i> Jack U, Skrillex, Siplo, kai 4:02 BPM 174</p> <p><i>Habitual</i> Justin Bieber 2:48 BPM 139</p>

**FOUNDATIONS PROGRAM 1**  
**CORE WORK: CONNECT**

Posture/Movement	Modification	Muscles Worked	Music
<p><b>Core Blast:</b> Boat pose</p> <ul style="list-style-type: none"> <li>Challenge: tap toes, add scoop</li> <li>Go straight into rocking boat for an additional</li> </ul> <p>Core lat pulls</p> <ul style="list-style-type: none"> <li>Challenge: finale pulses on each side</li> </ul> <p>March series</p> <ul style="list-style-type: none"> <li>Challenge: reverse marches, add scoop</li> </ul>	<p><b>Low Back/Hips:</b> Keep toes tapped on the floor or tuck ball behind back</p> <p><b>Weak Core:</b> Keep arms behind thighs</p> <p><b>Low Back:</b> place ball behind back for support</p> <p><b>Hips:</b> Straighten legs or criss cross legs</p> <p><b>Neck:</b> Rest head on ball or work with head /neck/shoulders on the mat</p> <p><b>Low Back:</b> Keep knees bent to take weight out of the core</p>	<p>Transverse abdominis, rectus abdominis, psoas</p> <p>Lats, transverse abdominis, rectus abdominis, internal and external obliques, psoas</p> <p>Transverse abdominis, rectus abdominis, psoas</p>	<p>*song continues from stretch*</p> <p><i>Habitual</i> Justin Bieber 2:48 BPM 139</p> <p><i>Younger - Kygo Remix</i> Seinabo Sey, Kygo 5:52 BPM 114</p> <p><i>Thinking 'Bout Love</i> Wild Rivers 3:19 BPM 114</p>

**FOUNDATIONS PROGRAM 1**  
**YOGA FLOW: BREATHE**

Posture/Movement	Modification	Muscles Worked	Music
<p><b>*grab yoga straps*</b></p> <p><b>Plank</b></p> <ul style="list-style-type: none"> <li>60 second hold</li> </ul> <p>Child's Pose</p> <p><b>Spinal Flow:</b> cat/cows on the mat</p> <p><b>Yoga Straps (kneel on mat facing the mirror), side 1 and 2:</b></p> <ul style="list-style-type: none"> <li>Overhead shoulder stretch, right and left</li> <li>Chest opener</li> <li>Lay down on mat, loop strap around right foot, left leg long on the ground               <ul style="list-style-type: none"> <li>Circle toes</li> <li>IT band stretch</li> <li>Hip opener</li> </ul> </li> </ul> <p><i>Repeat on side 2</i></p> <p><b>Hip Opener:</b> bridge stretch</p> <ul style="list-style-type: none"> <li>Challenge: back bend</li> <li>Low Crouch→ Forward fold</li> <li>Neck Stretch (head to shoulder)</li> <li>3 Closing Breaths</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> Stay in child's pose or take spinal flow at the barre</p> <p><b>Knees:</b> stand instead of kneel</p> <p><b>Option:</b> Bend leg on the floor</p>	<p>Erector Spinae, rectus abdominis, transverse abdominis, shoulders</p> <p>chest, hips, shoulders, upper and lower back</p> <p>Chest, hips, shoulders, back, abdominals calves, hamstrings</p> <p>Full body</p>	<p>*song continues from march series*</p> <p><i>Thinking 'Bout Love</i> Wild Rivers 3:19 BPM 114</p> <p><i>So, Soo Pretty</i> LANY 1:42 BPM 80</p> <p><i>There's No Running - Live</i> United Pursuit 4:16 BPM 82</p>