

FOUNDATIONS PROGRAM 2
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>Nights Like This - PBH & Jack Remix</i> Loud Luxury, CID, PBH & Jack 2:53 BPM 126</p>
<p>Aerobics</p> <p>Side Steps</p>	<p>Knees: work higher to decrease flexion, avoid level changes Back/Shoulders: avoid level changes</p>	<p>Quads, Hamstrings Glutes, Hips, Calves, Abdominals, Shoulders</p>	<p><i>Hunter - Mike Williams Remix</i> Galantis, Mike Williams 3:50 BPM 126</p>
<p>Jumping Jacks to Jab</p>	<p>Shoulders: press in front of chest Low impact: step out</p>	<p>Quads, Calves, Shoulders</p>	
<p>Sliders</p>	<p>Knees: work higher to decrease flexion Back: work more upright/lift chest</p>	<p>Quads, Hamstrings Glutes, Hips, Obliques</p>	
<p>Alternating Reverse Lunge</p> <ul style="list-style-type: none"> • Challenge: add plyo "split squat" 	<p>Knees/Hips: work higher Low impact: don't jump</p>	<p>Quads, Glutes, Hamstrings, Hips, Calves</p>	<p><i>Be Like That - Workout Remix</i> Power Music Workout 4:07 BPM 126</p>
<p>Plank/Push-up Combo</p> <p>Plank to froggers</p> <ul style="list-style-type: none"> • Challenge: add tricep pushup, pulses at the end 	<p>Back/Shoulders/Wrists/ pre- and postpartum: take plank on knees or at the barre</p>	<p>Shoulders, Back, Glutes, Triceps, Abdominals</p>	
<p>Stretch</p> <p>Down dog→Forward Fold→Roll up</p>			

FOUNDATIONS PROGRAM 2
LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
<p>Horse Pose with Glider</p> <ul style="list-style-type: none"> ● 1 inch ● LRM - stay low and glide foot in and out ● Pulses <ul style="list-style-type: none"> ○ Challenge: balance challenge + lift front heel ● GFH 	<p>Knees/hips: work higher to decrease flexion or hinge forward to take weight out of back knee Instability: remove glider</p>	<p>Quads, Hamstrings, Calves</p>	<p><i>INDUSTRY BABY (feat. Jack Harlow)</i> Lil Nas X, Jack Harlow 3:32 BPM 150</p>
<p>TRX Power Diamond Skier</p> <ul style="list-style-type: none"> ● 1 inch ● Alternating knee presses (out and in) ● Pulses ● GFH 	<p>Shoulders/Traps/Back: work upright Instability: work at barre Hips: remove turnout Ankles/Feet: half toe, then incline sumo (flat foot option)</p>	<p>Inner and Outer Thighs, Calves, Biceps, Abdominals</p>	<p><i>Better Not (feat. Wafia)</i> Louis the Child, Wafia 3:43 BPM 114</p>
<p>Horse Pose with Glider, Side 2</p> <ul style="list-style-type: none"> ● 1 inch ● LRM - stay low and glide foot in and out ● Pulses <ul style="list-style-type: none"> ○ Challenge: balance challenge + lift front heel ● GFH 	<p>Knees/hips: work higher to decrease flexion or hinge forward to take weight out of back knee Instability: remove glider</p>	<p>Quads, Hamstrings, Calves</p>	<p><i>GROceries</i> Chance the Rapper, TisaKorean, Murda Beatz 3:47 BPM 144 *skip to stretch song*</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat, balance challenge ● Barre Stretch: hamstring (bend back knee for deeper stretch) then hip opener 			<p><i>Get Into It (Yuh)</i> Doja Cat 2:18 BPM 92</p>

**FOUNDATIONS PROGRAM 2
COMBO WORK: FIRE**

Posture/Movement	Modification	Muscles Worked	Music
<p>Weights: Plie Reaches to Running Man, Side 1 and 2</p> <p>Plie with Chest Taps</p> <ul style="list-style-type: none"> Challenge: add LRM, finish with rotations, add pulses <p>Side to Side Sumo Squat with Narrow Shoulder Squat to Overhead Tricep Extension</p> <ul style="list-style-type: none"> Challenge: finish with overhead tricep pulses in Power Base 	<p>Knees/Hips: work higher, walk feet in Back/Instability: work more upright in running man Shoulders: drop weights</p> <p>Knees/Hips: work higher, walk feet in Shoulders: lower weights, work without weights</p> <p>Shoulders: drop weights, take tricep kickbacks during challenge Knees/Hips: work higher, base posture Back: work more upright</p>	<p>Shoulders, Inner & Outer Thighs, Quads, Hamstrings, Biceps</p> <p>Chest (pectorals), Shoulders, Inner & Outer Thighs</p> <p>Shoulders (deltoids and trapezius), Triceps, Quads, Hamstrings, Glutes</p>	<p><i>Rise - TV Noise Ibiza Remix</i> Jonas Blue, Jack & Jack, TV Noise 3:40 BPM 125</p> <p><i>you broke me first - GRYFFIN Remix</i> Tate McRae, Gryffin 3:36 BPM 124</p> <p><i>You Da One - Dave Aude Radio</i> Rihanna, Dave Aude, Dave Dwiggins, Christian Dwiggins 3:51 BPM 105</p> <p>RAPSTAR Polo G 2:46 BPM 81</p>
<p>TRX: TRX High Row to Bicep Row</p> <ul style="list-style-type: none"> Challenge: add squat, finish in low squat with bicep curls <p>TRX Chair to Sumo Squat</p> <ul style="list-style-type: none"> Challenge: add plyo 	<p>While Building Strength: take kickstand, step further from anchor Shoulders/Back/Instability: work upright with weights</p> <p>Impact: continue step out option Knees: work higher (lessen bend) Back: work more upright Instability: work at barre</p>	<p>Back, Shoulders, Biceps, Abdominals</p>	
<p>Stretch</p> <ul style="list-style-type: none"> TRX forward fold, reach Delt, tricep stretch Chest opener 			

FOUNDATIONS PROGRAM 2
GLUTE WORK: CONTROL

Posture/Movement	Modification	Muscles Worked	Music
<p>Side Diamond</p> <ul style="list-style-type: none"> ● LRM ● Pulses <ul style="list-style-type: none"> ○ Challenge: side plank with straight leg pulses ● GFH <p>*flush out with reach and pulls*</p>	<p>Shoulder: Place ball under head and work flat</p> <p>Hips: lower feet to mat and work smaller with top leg</p>	<p>Gluteus Minimus, Medius, Inner & Outer Thighs</p>	<p><i>Tap In (feat. Post Malone, Dababy, & Jack Harlow)</i> Saweetie, Post Malone, Dababy, Jack Harlow 4:14 BPM 100 *will end song early*</p>
<p>Side Diamond Side 2</p> <ul style="list-style-type: none"> ● LRM ● Pulses <ul style="list-style-type: none"> ○ Challenge: side plank with straight leg pulses ● GFH <p>*flush out with reach and pulls*</p>	<p>Shoulder: Place ball under head and work flat</p> <p>Hips: lower feet to mat and work smaller with top leg</p>	<p>Gluteus Minimus, Medius, Inner & Outer Thighs</p>	<p><i>Call On Me - Ryan Riback Remix</i> Starley, Ryan Riback 3:42 BPM 105</p>
<p>Parallel Glute Bridge with Gliders</p> <ul style="list-style-type: none"> ● 1 inch ● Single leg hamstring curls ● Pulses ● GFH 	<p>Knees: Walk feet forward; do not use gliders for hamstring curls</p> <p>Low Back: lower hips closer to mat</p>	<p>Gluteus Maximus, Hamstrings, Pelvic Floor, Low Back</p>	<p><i>There She Go (feat. Lil Uzi Vert)</i> Justin Bieber, Lil Uzi Vert 3:35 BPM 150</p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Happy Baby ● Piriformis Stretch: Reverse Pretzel 			<p><i>I'm With You</i> LEFT. 3:04 BPM 82</p>

FOUNDATIONS PROGRAM 1
CORE WORK: CONNECT

Posture/Movement	Modification	Muscles Worked	Music
<p>Core Blast: Up Down to Side Plank</p>	<p>Elbows/Shoulders: Take straight arm plank to side plank at the barre</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders, Obliques</p>	<p>*song continues from stretch*</p> <p><i>I'm With You</i> LEFT. 3:04 BPM 82</p>
<p>Core Weight Exchanges</p>	<p>Shoulders: work with one weight 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>Say You Will</i> Kygo, Patrick Droney, Petey Martin 3:28 BPM 122</p>
<p>Half-Body Roll Ups with Weights</p> <ul style="list-style-type: none"> ● Challenge: transition to full body roll ups ● End with mini ball crunches as an add on <ul style="list-style-type: none"> ○ Challenge: arms to goal post 	<p>Instability, Prenatal: perform modified scoops Shoulders: Drop the weights</p>	<p>Transverse Abdominus, Rectus Abdominus, Erector Spinae, Shoulders</p>	<p><i>dancing in the kitchen</i> LANY 3:29 BPM 94</p>

FOUNDATIONS PROGRAM 1
YOGA FLOW: BREATHE

Posture/Movement	Modification	Muscles Worked	Music
<p>Plank</p> <ul style="list-style-type: none"> ● 60 second hold ● Child's Pose <p>Spinal Flow:</p> <ul style="list-style-type: none"> ● All Fours Cat/Cows ● 3-Legged Dog→ Hip Opener → Modified Runner's Lunge → Pigeon → Rotate to Mirror for Side Body Stretch → Chest to Thigh → Straddle Stretch in the middle ● Repeat side 2 ● Low Crouch→ Forward fold ● Roll up ● Neck Stretch ● 3 Closing Breathes <p><i>"Thank you for honoring your body, and staying true to you."</i></p>	<p>Wrist: work on forearms 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 Hips (Pigeon): tuck ball under hips for more support</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders, Lower Body</p> <p>Chest, Hips, Shoulders, Upper and Lower back, Calves, Quads, Hamstrings, Inner Thighs, Back, Chest, Abdominals</p> <p>Low back, Hamstrings, Calf muscles, Neck extensors</p>	<p>*song continues from core*</p> <p><i>dancing in the kitchen</i> LANY 3:29 BPM 94</p> <p><i>Devastating</i> Johnnyswim 4:23 BPM 98</p> <p><i>Sure Thing</i> Hillsong UNITED 5:48 BPM 120</p>