

CARDIO CLASS PROGRAM 1
WARM UP: ENERGY, 8.5 minutes

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <p>Opening Stretch <i>*done quickly, to beat*</i></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 + Plank/Pushup Hamstring leg swings to jacks</p> <ul style="list-style-type: none"> • 4 of each <p>Plank: mountain climbers to plank jacks</p> <p>Chair squat with kick twist (each side), layer in two chair squat plyo jumps</p>	<p>Shoulders: keep arms in front of chest</p> <p>Low impact/knees: toe taps instead of full jacks</p> <p>Back/Shoulders/Wrists/ pre- and postpartum: take plank on knees or at the barre</p> <p>Low impact: step out</p> <p>Knees: work higher to decrease flexion</p> <p>Back: work more upright/lift chest</p> <p>Low impact: rise to toes instead of hop</p> <p>Ankles/feet: keep feet flat instead of rising to toes or hopping</p>	<p>Quads, Hamstrings Glutes, Calves, Shoulders, Back</p> <p>Abdominals, shoulders</p> <p>Quads, Hamstrings Glutes, Hips, Obliques, Calves</p>	<p><i>Done - R3hab Remix</i> Nikki Vienna, R3hab 2:56 BPM 127</p> <p><i>Feel Me - Workout Remix 132</i> BPM Workout Remix TX 4:13 BPM 132</p> <p><i>Body - Dzeko Remix</i> Loud Luxury, Brando, Dzeko 2:46 BPM 126 *end warmup before song ends*</p>

CARDIO CLASS PROGRAM 1
LEG WORK: POWER, 8 minutes

Posture/Movement	Modification	Muscles Used	Music
<p>Power Split Diamond to Sumo</p> <ul style="list-style-type: none"> ● 1 inch in Power Split Diamond ● LRM step out to Sumo ● Chair to Sumo Plyo to as finale challenge <p>Power Split Diamond Side Two</p> <ul style="list-style-type: none"> ● 1 inch in Power Split Diamond ● LRM step out to Sumo ● Chair to Sumo Plyo to as finale challenge 	<p>Knees/hips: remove turnout</p> <p>Instability: click heels together for Power Diamond</p> <p>Ankle/feet: Stay in Sumo</p> <p>Knees/hips: remove turnout</p> <p>Instability: click heels together for Power Diamond</p> <p>Ankle/feet: Stay in Sumo</p>	<p>Inner and Outer Thighs, Quads, Hamstrings, Calves</p> <p>Inner and Outer Thighs, Quads, Hamstrings, Calves</p>	<p><i>Dirt Off Your Shoulder</i> JAY-Z 4:06 BPM 164</p> <p><i>Over Now</i> Post Malone 4:07 BPM 164</p>

CARDIO CLASS PROGRAM 1
COMBO WORK: FIRE, 12 minutes

Posture/Movement	Modification	Muscles Worked	Music
Walking Lunge with Lat Pull	Knees/Hips: work higher in lunge, stay in reverse lunge Shoulders: work in High Row or drop weights	Back, Shoulders, Quads, Hamstrings, Abdominals	<i>False Alarm - Hook N Sling Remix</i> Matoma, Becky Hill, Hook N Sling 4:25 BPM 124
Split Squats w/ weights in front of chest	Knees: work higher Low impact: step back	Quads, Hamstrings, Calves	
Walking Lunge with Bicep Tray	Knees/Hips: work higher in lunge, stay in reverse lunge Shoulders: work in Bicep Curl or drop weights	Biceps, Back, Quads, Hamstrings, Abdominals	
Split Squats w/ weights in front of chest	Knees: work higher Low impact: step back	Quads, Hamstrings, Calves	
Half Sumo Burpee w/ weights	Low impact: step back instead of hop Shoulders/Back: take at barre	Shoulders, Quads, Hamstrings, Glutes	<i>Hurricane - ARTY Remix</i> Halsey, ARTY 3:45 BPM 128
Sumo with Deadlift to Squat with Frontal Raise	Knees: work higher Back: work more upright Shoulders: work below shoulder height or drop weights	Shoulders (deltoids and trapezius), Quads, Hamstrings, Glutes	
TRX Mountain Climbers to Tricep Pushup	Low impact: stay slow and step instead of hop Shoulders/instability: Tricep Pushups at barre	Triceps, Abdominals, Calves	<i>Feel Good (feat. Daya) - Crankdat Remix</i> Gryffin, ILLENIUM, Daya, Crankdat 4:26 BPM 128
mats			
Walking Wide Pushups with Gliders	Back: lower to knees or take at barre Instability: remove gliders	Chest, Wrists, Abdominals	

CARDIO CLASS PROGRAM 1
GLUTE WORK: CONTROL, 8 minutes

Posture/Movement	Modification	Muscles Worked	Music
<p>All Fours</p> <ul style="list-style-type: none"> ● Bend and reach ● Pushup with knee drive ● Hamstring curl ● GFH <ul style="list-style-type: none"> ○ Hover opposite knee <p>All Fours Side 2</p> <ul style="list-style-type: none"> ● Bend and reach ● Pushup with knee drive ● Hamstring curl ● GFH <ul style="list-style-type: none"> ○ Hover opposite knee 	<p>Shoulder/Neck/Wrist: Drop to forearms or take Standing Glutes at barre</p> <p>Knees: double up mat, take at barre</p> <p>Shoulder/Neck/Wrist: Drop to forearms or take Standing Glutes at barre</p> <p>Knees: double up mat, take at barre</p>	<p>Gluteus Maximus, Chest, Triceps, Abdominals</p> <p>Gluteus Maximus, Chest, Triceps, Abdominals</p>	<p><i>Lollipop - Album Version</i> Lil Wayne, Static Major 4:07 BPM 148</p> <p><i>Whatever You Like</i> T.I. 4:10 BPM 150</p>

CARDIO CLASS PROGRAM 1
CORE WORK: CONNECT, 5 minutes

Posture/Movement	Modification	Muscles Worked	Music
Side Plank <ul style="list-style-type: none"> ● Dips ● Thread the needle 	Elbows/Shoulders: Take Side Plank at barre	Internal and External Obliques, Transverse Abdominis, Rectus Abdominis	<i>Ghost - Remix</i> hitrr 3:38 BPM 153
Forearm Plank	Elbows/Pre/Postnatal: Take at barre	Erector Spinae, Rectus Abdominis, Transverse Abdominis	
Side Plank, Side 2 <ul style="list-style-type: none"> ● Dips ● Thread the needle 	Elbows/Shoulders: Take Side Plank at barre	Internal and External Obliques, Transverse Abdominis, Rectus Abdominis	<i>Time After Time</i> Paratone 2:41 BPM 116
Forearm Plank	Elbows/Pre/Postnatal: Take at barre	Erector Spinae, Rectus Abdominis, Transverse Abdominis	

CARDIO CLASS PROGRAM 1
YOGA FLOW: BREATHE, 4-5 minutes

Posture/Movement	Modification	Muscles Worked	Music
<p>Spinal Flow</p> <ul style="list-style-type: none"> ● Child’s pose to up dog for spinal flow ● Down dog to modified runner’s lunge with delt and tricep stretch ● Pyramid stretch ● Wide forward fold with overhead chest opener ● Down dog to modified runner’s lunge with delt and tricep stretch, side 2 ● Triangle stretch ● Low crouch to roll up and neck stretch ● Three closing breaths <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>Spinal flexion and extension</p> <p>Psoas (hips), Quads, Shoulders, Triceps</p> <p>Hamstrings, Calves</p> <p>Hamstrings, Chest</p> <p>Psoas (hips), Quads, Shoulders, Triceps</p> <p>Back Extensors, Neck</p>	<p>*song continues from core*</p> <p><i>Time After Time</i> Paratone 2:41 BPM 116</p> <p><i>Day ‘N’ Nite - Spotify Singles</i> Coldplay 4:19 BPM 116</p>