

CARDIO CLASS PROGRAM 2
WARM UP: ENERGY, 8.5 minutes

Posture/Movement	Modification	Muscles Used	Music
Welcome / Introduction / Announcements Opening Stretch *done quickly, to beat* <ul style="list-style-type: none"> 3 Breaths Side Bend Stretch (L/R) Sumo squat for Cat/Cow Plie Squat twist stretch 			<i>The Way I Are - Steve Aoki Pimpin Remix</i> Timbaland, Keri Hilson, D.O.E., Steve Aoki 4:11 BPM 128
Aerobics + Plank/Pushup Sliders to Side Step Chair <ul style="list-style-type: none"> 4 Sliders 2 Side Step Chair (one to each side) 	Shoulders: keep arms in front of chest Knees: work higher Back: work more upright Low impact: no hops	Quads, Hamstrings, Outer Thighs, Calves, Shoulders	
Sumo Squat with Twist, Add Jacks <ul style="list-style-type: none"> 2 Sumo w/ twist 2 Sumo Jacks 	Knees: work higher Back: work more upright Low impact: rise to toes instead of hop Ankles/feet: keep feet flat instead of rising to toes or hopping Prenatal: lessen twist	Quads, Hamstrings Glutes, Hips, Obliques, Calves	<i>Do It To It - Tiesto Remix</i> ACRAZE, Tiesto, Cherish 2:05 BPM 125
Burpees with Wide Pushups <ul style="list-style-type: none"> Pulse to finish 	Back/Shoulders/Wrists/ pre- and postpartum: take at the barre Low impact: step up, remove hop	Chest, Abdominals, Calves	<i>All I Need</i> Breathe Carolina, Jordan Jay 2:14 BPM 126



CARDIO CLASS PROGRAM 2
LEG WORK: POWER, 8 minutes

Posture/Movement	Modification	Muscles Used	Music
Crescent Lunge <ul style="list-style-type: none">Bend and reachAerobic knee driveChair squat plyo	Knees: work higher Back: work more upright Low impact/ankles/feet: keep feet flat during plyo	Quads, Hamstrings, Calves, Glutes	<i>BOSS</i> The Carters 4:04 BPM 140
Side Two <ul style="list-style-type: none">Bend and reachAerobic knee driveChair squat plyo	Knees: work higher Back: work more upright Low impact/ankles/feet: keep feet flat during plyo	Quads, Hamstrings, Calves, Glutes	<i>T-Shirt</i> Migos 4:02 BPM 139

CARDIO CLASS PROGRAM 2

COMBO WORK: FIRE, 12 minutes

Posture/Movement	Modification	Muscles Worked	Music
Single Leg Deadlift w/ Reverse Lunges, Reverse Fly to W Row <ul style="list-style-type: none"> 2-count Deadlift w/ Reverse Fly 2 Reverse Lunges w/ W Row 	Low back/instability: work smaller or bring both feet down for more stability in Deadlift Knees: work higher in Lunge *can drop weights or take base posture*	Back, Quads, Hamstrings, Abdominals	<i>Red Handed - Extended Mix</i> Loud Luxury, Thutmose 3:54 BPM 120
Side Steps w/ Weights	Knees: work higher Shoulders: avoid level changes, drop weights Low impact: no hop	Shoulders, Full Body	
Single Leg Deadlift w/ Reverse Lunges, Bicep Curl to Alt. Hammer Curls <ul style="list-style-type: none"> 2-count Deadlift w/ Bicep Curl 2 Reverse Lunges w/ Alt. Hammer Curl 	Low back/instability: work smaller or bring both feet down for more stability in Deadlift Knees: work higher in Lunge *can drop weights or take base posture*	Biceps, Quads, Hamstrings, Abdominals	<i>Take Me (feat. Gloria Kim)</i> Will Sparks, Gloria Kim 4:00 BPM 128
Power Diamond w/ Overhead Triceps <ul style="list-style-type: none"> LRM in legs 	Knees/Hips: remove turnout Ankles/Feet: base posture Shoulders: Kickbacks or drop weights	Triceps, Shoulders, Inner/Outer Thighs, Calves	
TRX Chest Press w/ Squat	Knees/Hips: remove squat Shoulders/Instability: take at barre	Chest, Full Body	<i>Who Gon Stop Me - Album Version (Edited)</i> JAY-Z, Kanye West 4:17 BPM 134
TRX Skaters	Knees: work higher Back: work more upright Low impact: no hop	Back, Full Body	

CARDIO CLASS PROGRAM 2
GLUTE WORK: CONTROL, 8 minutes

Posture/Movement	Modification	Muscles Worked	Music
Standing Pretzel <ul style="list-style-type: none"> One inch movements LRM: Curtsy to knee drive GFH in Curtsy with back foot lifted 	Low Back: Tap toes on floor Instability: Tap toe instead of add knee drive in Curtsy	Gluteus Minimus & Medius, Obliques, Quads, Hamstrings	<i>Tap In (feat. Post Malone, DaBaby & Jack Harlow)</i> Saweetie, Post Malone, Dababy, Jack Harlow 4:14 BPM 100
Standing Pretzel Side Two <ul style="list-style-type: none"> One inch movements LRM: Curtsy to knee drive GFH in Curtsy with back foot lifted 	Low Back: Tap toes on floor Instability: Tap toe instead of add knee drive in Curtsy	Gluteus Minimus & Medius, Obliques, Quads, Hamstrings	<i>Hold Up, Wait A Minute</i> ZHU, Bone Thugs-N-Harmony, Trombone Shorty 4:09 BPM 116

CARDIO CLASS PROGRAM 2
CORE WORK: CONNECT, 5 minutes

Posture/Movement	Modification	Muscles Worked	Music
<p>**mats at stations**</p> <p>TRX Plank w/ Oblique Knee Drives</p> <p>Rocking Boat Pose</p>	<p>Wrist/Shoulders/Neck: Take Side Plank on mat or at barre</p> <p>Low Back/Pre/Postnatal: Hold Boat Pose with ball behind back and toes tapped on floor for more support</p>	<p>Internal and External Obliques, Transverse Abdominis, Rectus Abdominis, Wrists</p> <p>Erector Spinae, Rectus Abdominis, Transverse Abdominis</p>	<p><i>you were good to me - shallou remix</i> Jeremy Zucker, Chelsea Cutler, Shallou 3:49 BPM 156</p> <p><i>All Around Me</i> Justin Bieber 2:17 BPM 117</p>

CARDIO CLASS PROGRAM 2
YOGA FLOW: BREATHE, 4-5 minutes

Posture/Movement	Modification	Muscles Worked	Music
Spinal Flow <ul style="list-style-type: none"> Down dog to Vinyasa Flows Down dog to crescent lunge w/ delt and tricep stretch Warrior 2, reverse warrior Triangle stretch <p>*Side 2*</p> <ul style="list-style-type: none"> Wide forward fold w/ overhead chest 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>	Shoulders/Back/ Prenatal: Take at barre	<p>Spinal flexion and extension</p> <p>Psoas (hips), Quads, Shoulders, Triceps</p> <p>Side Body</p> <p>Hamstrings</p> <p>Chest, Hamstrings</p> <p>Back Extensors, Neck</p>	<p>*song continues from core*</p> <p><i>All Around Me</i> Justin Bieber 2:17 BPM 117</p> <p><i>Crew Love</i> Conor Maynard 2:41 BPM 110</p> <p><i>So, Soo Pretty</i> LANY 1:42 BPM 80</p>