

FOUNDATIONS PROGRAM 3
WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome/Intro/Announcements Opening Stretch</p> <ul style="list-style-type: none"> • 3 Breaths • Side Bend Stretch (L/R) • Sumo for Cat/Cow • Plie Squat twist stretch <p>Aerobics Side lunge w/ oblique knee drive</p>	<p>Knees: work higher to decrease flexion Back: work more upright; make twist smaller Lower intensity: keep toe tapped</p>		<p><i>Takeaway (ft. Lennon Stella) - Andrew Rayel Remix</i> The Chainsmokers, Illenium, Lennon Stella, Andrew Rayel 3:00 BPM 127</p>
Slider to jack combo	<p>Knees: work higher Back: decrease hinge and work more upright Low impact: don't jump</p>	Outer Thighs, Quads, Hamstrings Glutes, Hips, Obliques, Abdominals	<p><i>Congratulations - Workout Mix</i> Power Music Workout 4:45 BPM 128</p>
Side lunge w/ oblique knee drive	<p>Knees: work higher to decrease flexion Back: work more upright; make twist smaller Lower intensity: keep toe tapped</p>	Quads, Hamstrings Glutes, Hips, Obliques, Abdominals	
<p>Sumo Squat Pulses</p> <ul style="list-style-type: none"> • Three pulses low and on fourth rise to toes <ul style="list-style-type: none"> ○ Challenge: add plyo 	<p>Knees/Hips: work higher Back: work more upright Low impact: don't jump</p>	Quads, Glutes, Hamstrings, Hips, Calves	<p><i>Feel the Lemonade</i> SeeEyeGee 3:36 BPM 126</p>
<p>Plank/Push-up Combo Plank to inchworms</p> <ul style="list-style-type: none"> • Challenge: add tricep pushup <p>Mountain climbers</p>	<p>Back/Shoulders/Wrists/ pre- and postpartum: take plank on knees or at the barre</p>	Shoulders, Back, Triceps, Abdominals	
<p>Stretch Down dog→Forward Fold→Roll up</p>			

FOUNDATIONS PROGRAM 3
LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
Power Four w/ Glider <ul style="list-style-type: none"> ● One inch ● Slide back foot in ● Pulses ● Grand Finale Hold (GFH) 	Knees: work higher to decrease flexion Ankles/Feet: half toe, then incline chair (flat foot option) Stability: Work without glider or bring feet into Power Base	Quads, Hamstrings, Calves	<i>Hot Shit (ft. Ye & Lil Durk)</i> Cardi B, Kanye West, Lil Durk 3:32 BPM 157
Plie in center of the room w/ ball <ul style="list-style-type: none"> ● 1 inch ● Oblique Reaches ● Large range movement (LRM) ● Pulses ● GFH *song is long, end before song ends*	Shoulders/Traps/Back: work w/ ball in front of chest Hips: narrow turnout and hinge forward to sumo Knees: work higher	Inner and Outer Thighs, Chest, Obliques	<i>BREAK MY SOUL</i> Beyonce 4:38 BPM 115
Power Four w/ Glider <ul style="list-style-type: none"> ● One inch ● Slide back foot in ● Pulses ● Grand Finale Hold (GFH) 	Knees: work higher to decrease flexion Ankles/Feet: half toe, then incline chair (flat foot option) Stability: Work without glider or bring feet into Power Base	Quads, Hamstrings, Calves	<i>BedRock</i> Young Money, Lloyd 4:48 BPM 148 *stretch during this song*
Stretch <ul style="list-style-type: none"> ● Heel to Seat (R/L), balance challenge ● Pyramid stretch, Lift front toes and bend back knee for deeper stretch (R/L) 			

**FOUNDATIONS PROGRAM 3
COMBO WORK: FIRE**

Posture/Movement	Modification	Muscles Worked	Music
<p><u>Weights:</u></p> <p>Reverse Lunge with Toe Tap/Lift, add Weighted Sweeps</p> <ul style="list-style-type: none"> Challenge: lift toe 	<p>Knees: work higher Back/Instability: leave toe on ground Shoulders: drop weights</p>	<p>Quads, Hamstrings, Glutes, Back Extensors, Biceps, Triceps</p>	<p><i>You Were Loved (w/ OneRepublic) - The Him Remix</i> Gryffin, OneRepublic, The Him 3:39 BPM 125</p>
<p>Oblique Reaches to Shoulder Press</p>	<p>Shoulders: drop weights Knees/Hips: base posture</p>	<p>Shoulders (deltoids and trapezius), Inner & Outer Thighs</p>	
<p>Reverse Lunge with Toe Tap/Lift, add Weighted Hammer Curl to Tricep Extension</p> <ul style="list-style-type: none"> Challenge: lift toes 	<p>Knees: work higher Back/Instability: leave toe on ground Shoulders: drop weights</p>	<p>Quads, Hamstrings, Glutes, Back Extensors, Biceps, Triceps</p>	<p><i>When I'm Gone (w/ Katy Perry)</i> Alesso, Katy Perry 2:41 BPM 125</p>
<p>Half Burpees w/ wide pushup</p> <ul style="list-style-type: none"> Hold for wide pushup pulses 	<p>Lower intensity: take at barre</p>	<p>Full Body, Chest (pectoralis minor & major)</p>	
<p><u>TRX:</u> Lat Pull w/ Chair Squat</p>	<p>Knees/Hips: work higher or stand Back: work more upright Shoulders: work in high or low row Stability: work w/ weights</p>	<p>Quads, Glutes, Deltoids, Traps, Rhomboids, Lats, Abdominals</p>	<p><i>How Deep Is Your Love - Chris Lake Remix</i> Calvin Harris, Disciples, Chris Lake 5:06 BPM 122</p>
<p>Chair Squat Skaters</p> <p><i>*Alternate between these*</i></p>	<p>Knees/Hips: work higher Back: work more upright Stability: Work at barre</p>	<p>Full body</p>	
<p>Stretch</p> <ul style="list-style-type: none"> Shoulder stretch Overhead Tricep stretch Chest opener 			<p><i>Edamame (ft. Rich Brian)</i> bbno\$, Rich Brian 2:14 BPM 106</p>

FOUNDATIONS PROGRAM 3
GLUTE WORK: CONTROL

Posture/Movement	Modification	Muscles Worked	Music
<p>**put TRX in single arm mode during the end of the stretch song**</p> <p>TRX Standing Pretzel</p> <ul style="list-style-type: none"> ● One inch ● LRM ● Pulses (to diagonal) ● GFH <ul style="list-style-type: none"> ○ Challenge: lift standing heel <p>TRX Standing Pretzel, side 2</p> <ul style="list-style-type: none"> ● One inch ● LRM ● Pulses (to diagonal) ● GFH <ul style="list-style-type: none"> ○ Challenge: lift standing heel 	<p>Low Back: Work without straps or tap toe on the ground Hips: work in Parallel Glutes</p> <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 Minimus & Medius, Inner / Outer Thighs</p> <p>Gluteus Minimus & Medius, Inner / Outer Thighs</p>	<p><i>Can't Feel My Face</i> Kiana Lede 3:22 BPM 108</p> <p><i>What's Luv? (ft. Ashanti)</i> Fat Joe, Ashanti 3:50 BPM 94</p>
<p>*stations*</p> <p>Parallel Glute Bridge w/ Chest Press</p> <ul style="list-style-type: none"> ● LRM w/ Chest Press ● One inch w/ matching Chest Press ● Heel lifts w/ Chest work ● GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Happy baby ● Piriformis stretch: Figure Four 	<p>Knees: walk feet out Hips: remove ball Low Back: lower hips closer to mat</p>	<p>Gluteus Maximus, Quads, Hamstrings, Back, Abdominals, Chest (pectoralis minor & major),</p>	<p><i>Booty - Vice Remix</i> Jennifer Lopez, Iggy Azalea 3:30 BPM 82</p>

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FOUNDATIONS PROGRAM 3
CORE WORK: CONNECT

Posture/Movement	Modification	Muscles Worked	Music
<p>Core Blast: TRX Resistance Plank</p>	<p>Neck/Shoulders/Back: Plank at the barre Lower Intensity: Remove TRX</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders</p>	<p><i>Lost Without You (w Dean Lewis)</i> Kygo, Dean Lewis 3:23 BPM 118</p>
<p>Swimmers</p> <ul style="list-style-type: none"> Challenge: lift head, Superman hold 	<p>Back: return head to mat</p>	<p>Back Extensors: Erector Spinae & Multifidus, Shoulders</p>	
<p>TRX V-Ups</p> <ul style="list-style-type: none"> Challenge: lift head, full V-ups 	<p>Neck: leave head on the ground or work without TRX Low Back: Work w/ legs closer to barre</p>	<p>Transverse Abdominis, Rectus Abdominis, Psoas</p>	<p><i>Rise Up - MSTR ROGERS Remix</i> Andra Day, MSTR ROGERS 3:21 BPM 130</p>
<p>TRX Roll Up w/ Oblique Punch</p>	<p>Hips: straighten legs Pre/Postnatal: Make twist smaller</p>	<p>Obliques, Transverse Abdominis, Rectus Abdominis,</p>	<p><i>I'm so gone</i> Tate McRae 2:26 BPM 92</p>

FOUNDATIONS PROGRAM 3
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"> Vinyasa flows: Downward Dog→ Plank→ Cobra→ 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: Lizard→kneeling hamstring stretch Repeat side 2 Low Crouch→ Forward fold, stack forearms and shake head 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 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>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>I'm so gone</i> Tate McRae 2:26 BPM 92</p> <p><i>Lifetime</i> Justin Bieber 3:27 BPM 180</p> <p><i>Blinding Lights</i> loi 3:27 BPM 180</p> <p><i>How Do I Thank You</i> Mosaic MSC 2:49 BPM 69</p>