

Q3 Release: “Move that Body” 2015

Sequence Block	Posture	Modification	Talking Points	Music
<p>Warm-Up</p> <p>10 mins</p> <p>Tip: Keep your Primary Through Cat/Cows twist short and efficient. Focus on warm eye contact and bright energy!</p>	<ul style="list-style-type: none"> ● Primary Posture ● 3 Opening Breaths ● Cat/Cow ● Simple Toe Taps: 1:30 mins <ul style="list-style-type: none"> ○ Windmill Arms ○ Lift arms for hamstring curls ○ Marches with a quarter turn to profile ● Crescent Lunge ● Simple Toe Taps: 1:30 mins <ul style="list-style-type: none"> ○ Flat Palm Twist ○ Lift arms for hamstring curls ○ Marches with a quarter turn to profile ● Crescent Lunge side 2 ● Sumo LROM- 1 min ● Flat Back Forward Fold <ul style="list-style-type: none"> ○ knee pedals 	<ul style="list-style-type: none"> ● For low back and knees: Work higher and smaller. ● For shoulders: lower arms ● For knees/back , work higher and smaller 	<ul style="list-style-type: none"> ● <i>Focus on action cues that heat the body quickly “Drop, LIFT”</i> ● <i>Crescent Lunge. “Press up through your back thigh to activate the gluts”</i> ● <i>Sumo: “chest high, seat back and low”</i> 	<p>“Sun Goes Down”</p> <p>3:00 mins</p> <p>Slow Down 7:09 mins</p>

	<ul style="list-style-type: none"> ● Core Blast: Plank: 1 min <ul style="list-style-type: none"> ○ Option to add Slow Mountain Climbers ● Chest Opener 	<ul style="list-style-type: none"> ● For Shoulders/ Pre/Post Natal: High Plank at the barre 	<ul style="list-style-type: none"> ● <i>Plank: “as you pull one leg in, keep your hips level and still.”</i> 	
<p>Leg Work</p> <p>8 mins (note that for this class, stretch is after Combo Work)</p> <p>Tip: Focus on tight, efficient, to the point transitions to keep the energy high and clients working. .</p>	<ul style="list-style-type: none"> ● Reverse Seated Chair: Sumo stance(3 mins) <ul style="list-style-type: none"> ○ SROM ○ Lift Heels HOLD ● Incline Sumo Chair (3 mins) <ul style="list-style-type: none"> ○ LROM ○ 2 count for 1:30 and to the beat for 1:30 ○ HOLD at the top to transition to Power Leg ● Power Leg: (2 mins) <ul style="list-style-type: none"> ○ SROM down an inch, up an inch. (1 ½ min) ○ Grand Finale HOLD <p>STRETCH IS AFTER COMBO WORK!</p>	<ul style="list-style-type: none"> ● For Low back: Incline Sumo facing the barre ● For knees and back: work higher and smaller ● For feet and knees: Lower heels, lift higher and work smaller.” 	<ul style="list-style-type: none"> ● <i>“pull your hips back so they are directly underneath your hips like a weighted bucket at the end of a rope.”</i> ● <i>“The lift UP is just as important as the down. This lights up your gluts and gets your back body revving.”</i> ● <i>Cue your favorite “push” cue. Example. “you only have 30 seconds, so go deep and see what your body can do!”</i> 	<p>Five More Hours</p> <p>3:32 min</p> <p>Livein for Love</p> <p>3:39 min</p> <p>212</p> <p>3:25 min (you will use about 1 min of this song)</p>

<p>Combo Work</p> <p>12 mins (2 minutes for stretch)</p> <p>Tip: Watch how Candace goes right into Incline Chair from Leg Work. This lifts the energy, flushes out the body, and flows..</p>	<ul style="list-style-type: none"> ● Incline Chair: 1 1/2 mins <ul style="list-style-type: none"> ○ LROM Beach Ball pulls ● Horse Pose <ul style="list-style-type: none"> ○ SROM T Arm press backs. palms face the back (1 min) ○ LROM Lat Pull with side body lean (2 mins. 1 min for 2 count, 1 minute for “to the beat.”) ● Incline Chair: <ul style="list-style-type: none"> ○ Triceps Rotations (1 min) ○ “Drinking Bird” Grand Finale (30 secs) ● Core Blast: Sumo Chair: Rows with the band (2min) <ul style="list-style-type: none"> ○ 2 count into “to the beat” ● Stretch: (2 mins) <ul style="list-style-type: none"> ○ Flat Back Folder Over: Knee pedals (slow) ○ Heel to Seat R&L 	<ul style="list-style-type: none"> ● For knees: Stay higher in stance or Primary Posture. ● For shoulders, lower range of motion and/or drop weights. ● For low back/hips: Primary Posture ● For Low Back.Knees: stand tall. For Shoulders/hands: ditch band 	<ul style="list-style-type: none"> ● ● <i>“Combo work pulls it all in to strengthen the entire body.”</i> ● <i>“focus on the reach of the elbow to light up the triceps.”</i> ● <i>Take your time with your set up and be a clear visual to set clients up for success.</i> 	<p>“212” continues</p> <p>Don’t Tell ‘Em</p> <p>6:10 mins</p> <p>Masterpiece</p> <p>3:39 mins</p>
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<p>Seat Work</p> <p>10 mins</p> <p>Tip: During the LROM Lunges, watch for moving hips. They should be a stable table top the entire time.</p>	<ul style="list-style-type: none"> ● Standing Seat Work (Side 1) with the ball (3 mins) <ul style="list-style-type: none"> ○ SROM tap backs (1 min) ○ LROM lunges 1 1/2 min ○ Grand Finale: Hold back with 20 final SROM tap backs. ● Repeat on side 2 ● Flat Back Folder Knee Pedals (add ONLY if you forget the mats) ● Bridge Lifts: Sumo (2 mins) <ul style="list-style-type: none"> ○ LROM ○ option to add weights on the hips ● Stretch: <ul style="list-style-type: none"> ○ Reverse Butterfly R&L 	<ul style="list-style-type: none"> ● For low back: work higher and smaller. For hips: option to do All Fours <p>GET MATS</p> <ul style="list-style-type: none"> ● For knees: adjust feet until they find a place there they are free of pain 	<ul style="list-style-type: none"> ● <i>“Standing Seat Work is a great way to strengthen your glutes and improve your balance.”</i> ● <i>Bridge Lifts: “your glutes can handle a lot of resistance, so adding weights is a way to get them to turn on and work.”</i> 	<p>Say Something</p> <p>4:48 mins</p> <p>Rockstar 101</p> <p>4:27 mins</p> <p>Falling</p> <p>5:34 mins (will use about 1 minute of this song)</p>
<p>Core Work</p> <p>10 mins</p> <p>Tip: Keep your energy bright by getting up and working the room in this section. Continue to push your clients to go</p>	<ul style="list-style-type: none"> ● Flat Back Core (3 mins) <ul style="list-style-type: none"> ○ Knee Catches ○ Add head ○ Add Twist ○ HOLD to side 1 and 2 ● Transition: Bridge Lift <ul style="list-style-type: none"> ○ 30 secs hold. 	<ul style="list-style-type: none"> ● For low back: place ball behind the seat. ● Post Natal/ Hip Flexors/Low Back: stay with layer 1. ● Pre Natal- can come to All Fours and or Upright Scoops 	<ul style="list-style-type: none"> ● <i>“keep your movement steady and controlled so you can connect to your breath and core.”</i> 	<p>Falling continues</p> <p>Stuck on a Feeling</p> <p>3:30 mins</p>

<p>deep</p>	<ul style="list-style-type: none"> ● Boat Pose (30 secs to a minute) ● Upright Core (1 1/2 mins) <ul style="list-style-type: none"> ○ Lift and Twist ○ Option to use weights and ditch ball ○ Prep for Kickstands (option to stay) ● Kickstands (2 mins) <ul style="list-style-type: none"> ○ SR0M lifts ○ Option to hold weights. 	<ul style="list-style-type: none"> ● For Pre/Post Natal,low back: stay higher and smaller ● For Pre/Post Natal,low back: stay upright 	<ul style="list-style-type: none"> ● <i>“key is to keep your hips and knees still as you lift and twist. This will require your obliques to work even more“</i> ● <i>“as you try to lift your elbows, draw your core down and in. Don’t care if your elbows ever leave the floor.”</i> 	<p>Liberate</p> <p>5:15 mins (will use half of this song)</p>
<p>Core Restore</p> <p>10 mins</p> <p>Tip:Keep energy bright through Side Plank.</p> <p>Then make sure to dim lights and soften the music when they enter into Child Pose.</p>	<ul style="list-style-type: none"> ● All Fours: Cat/Cows (option to stay for more restorative option) <ul style="list-style-type: none"> ○ 3 reps ● Side Plank R&L ● Childs Pose with side reaches ● Runner’s Lunge <ul style="list-style-type: none"> ○ Option to grab back foot ● Hamstring Stretch ● Repeat on side 2. ● Low Crouch ● Forward Fold Wide Stance, move hips 	<ul style="list-style-type: none"> ● For Pre-Post Natal: All Fours Cat/Cows 	<ul style="list-style-type: none"> ● <i>“make sure you are on the bottom of your thigh to protect your knee.”</i> 	<p>Liberate continues until Child's Pose.</p> <p><i>If ahead of music, switch to next song</i></p> <p>Mine</p> <p>3:47 mins</p> <p>Superwoman</p> <p>4:34 mins/Walk Out</p> <p>When the Beat Drops Out</p>

	side to side <ul style="list-style-type: none">• Neck Stretch• 3 Closing breaths			3:24 mins (extra song if needed)
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