



# BLOCK 1

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## SIDE TAPS

Tap one foot to the side. Return in and repeat with the other foot. As the feet tap out and in the upper body rotates and the arms sweep front and back.

**Cue:** This is a warmup so just move and have fun!

**Reps:** 1x8

## JAZZY TAPS

Tap the same foot in and out. When the toe taps in the same side shoulder shrugs up. When the toe taps out the opposite shoulder shrugs up.

**Cue:** Stay in plie

**Reps:** 1x8

**REPEAT SIDE TAPS AND JAZZY TAPS 4 X**

## SIDE CONTRACTION W/ PLIE REACH

Begin in 2nd position. Pivot on the right ball of the foot to turn the body to the left. Perform a pelvic tilt and round the upper back to create a C curve/contraction. Return to 2nd position. Repeat other side and return to 2nd position plie. Straighten the legs and reach arms over head. Plie and repeat.

**Cue:** Engage the abdominals to create the contraction

**Reps:** 4 sets

## 1ST POSITION PLIE PULSES

Start in a small 1st position in releve. Squeeze the heels together. Shoulders are over the hips with neutral pelvis. Plie and pulse.

**Cue:** Keep the releve small "kitten heel" to emphasize the hamstring glute connection and to keep the knee joint supported. Knees point diagonally to corners and not the side. Engage the pelvic floor and transverse abdominis to maintain core stability.

**Reps:** 1 x 16

**Modification:** For knee or foot discomfort keep the heels on the floor.

## 1ST TO 2ND POSITION TRANSFERS

Transfer the right foot from 1st to 2nd position. Maintain stability in the ankles. Left arm reaches overhead. Return to 1st position and repeat other side.

**Cue:** Maintain the shoulders over the hips and neutral pelvis. Keep the releve small "kitten heel" to emphasize the hamstring glute connection and to keep the knee joint supported. Knees point diagonally to corners and not the side. Engage the pelvic floor and transverse abdominis to maintain core stability.

**Reps:** 1 set 4 pulses, 2 sets 2 pulses, 4 sets single pulse.

**Modification:** For knee or foot discomfort keep the heels on the floor.

## OPEN CURTSEY GRANDE BATTEMENT SIDE

Legs are externally rotated in plie with the back toes in line with the front heel. The opposite arm is overhead. Brush from the open curtsey to diagonal side and open arm to side. For the 2nd set brush the leg off the floor in a grand battement.

**Cue:** Brush through and return through 1st position. Hips and shoulders are square. Grand battement is diagonally side with the heel forward. Keep the shoulders over the hips throughout the exercise.

**Reps:** 1x8 Point to floor, 1 x 8 with grand battement.

**Modification:** Hands stay on the hips. Foot stays pointing to floor instead of progressing to grande battement.

## SIDE CRUNCH CURTSEY W/ ARM CIRCLE

Step the left foot out to 2nd position. Point the right foot to the side. Progress this to a side crunch with the right knee lifting and the body bending to the right. The arms circle down, over to the left, overhead and to the right to the lifted knee.

**Cue:** Bring the knee up diagonally side to maintain external rotation with the heel forward. Engage the obliques to bring the hip and ribs towards each other. Draw the shoulder blades down to maintain shoulder girdle stabilization.

**Reps:** 1x8, 1x8 double time

## TAP LUNGE W/ FORWARD REACH

The left ball of the foot is behind the right heel with the legs externally rotated and in plie. Extend the left leg back in a lunge and reach the arms forward. Return back in and repeat.

**Cue:** Maintain the right leg in plie and external rotation in both legs. Lift up through the abdominals. Engage the lower traps to stabilize the shoulders as the arms reach forward.

**Reps:** 1x8

## SLIDING LUNGES

Begin in an externally rotated lunge. Slide the foot in a few inches and then back out. Hands are placed on the mid-thigh.

**Cue:** Maintain the weight over the supporting leg so the back leg is free to slide. Keep the range of motion small and maintain external rotation. Lift up through the pelvic floor and abdominals to create stability.

**Reps:** 1 x 8

**REPEAT 1ST POSITION PLIE PULSES TO SLIDING LUNGES ON THE OTHER LEG**

## HEEL DIGS W/ SEXY HIP ROLLS

Alternating legs, dig the heel forward 4x then hip roll 2x. Start the next set of heel digs with the foot that is still in front.

**Cue:** Circle the hip away from the leg that is in front. Use the abdominals and glutes to roll the hips.

**Reps:** 1 x 8

**Beginner Modification:** 2 count heel digs and 4 count hip rolls. Only 4 reps.

**Advanced Modification:** Travel side on the heel digs and circle the body around to the other side during the hip rolls.

## SPEED SKATE W/ JAZZY TAP

Step wide to the side and transfer weight from the right to the left 3x. On the 3rd transfer tap the foot in and out.

**Cue:** The Jazzy Tap is a quick in/out. Keep the abdominals engaged and shoulders relaxed.

**Reps:** 1 x 8 w/ Jazzy Tap, 1 x 8 single speed skates.



# BLOCK 2 W/ WEIGHTS

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## OPPOSITION OUT AND IN

Begin in 1st position. Left hand on the hip. Right arm long by side. Brush and point the left foot out to the side and lift the right arm side to shoulder height. Return back to first and arm down. Repeat same side.

**Cue:** Maintain external rotation from the hips and brush the foot off the floor. The foot points diagonally side and the hips stay square. Emphasize pressing away from the floor through the supporting foot to help create stability. Keep the back straight and shoulders down.

**Reps:** 1 x 8 Point to floor, 1 x 8 brush off floor, repeat left leg.

## EXTERNAL ROTATION IN PLIE

Releve and squeeze the heels together in a small 1st position plie. Shoulders and hips square with a neutral pelvis. The arms are bent, palms up, with the elbows connecting to the waist. Rotate the arms out to the side and return in.

**Cue:** Use a “kitten heel” releve. Keep the heels squeezed together to emphasize the adductors and posterior leg muscles to support and protect the knees and ligaments of the feet. Engage the pelvic floor and transverse abdominis to activate core stability. The rotation is from the external rotators of the shoulders. Imagine the elbows pivoting.

**Reps:** 1 x 8

**Modification:** Heels down

## PLIE W/ BICEPS CURL

Releve and squeeze the heels together in a small 1st position. Arms are externally rotated, elbows connected to the waist. Plie and biceps curl the arms maintaining the external rotation. Straighten the arms and legs and repeat.

**Cue:** Keep the collar bones wide and the shoulder blades drawn together and down. Use a “kitten heel” releve. Keep the heels squeezed together to emphasize the adductors and posterior leg muscles to support and protect the knees and ligaments of the feet. Engage the pelvic floor and transverse abdominis to activate core stability.

**Reps:** 1 x 8



## BICEPS CURL TO OVERHEAD REACH

Biceps curl then reach arms overhead with the palms facing in. Bend the arms and return the elbows to the waist then straighten back down. The plie is an isometric hold throughout the exercise.

**Cue:** Glide the scapula down the back to maintain shoulder stability. Use a “kitten heel” releve. Keep the heels squeezed together to emphasize the adductors and posterior leg muscles to support and protect the knees and ligaments of the feet. Engage the pelvic floor and transverse abdominis to activate core stability. Maintain neutral pelvis.

**Reps:** 1 x 8

## OVERHEAD REACH WITH BOOTY HIPS

In a 1st position plie bend the right arm and bring the elbow to the waist as the hips swing to the right. Reach the arm back up. Swing the hips to the left as the left arm bends down.

**Cue:** Create a small side bend to emphasize the obliques. Keep the collar bones wide and the shoulder blades drawn together and down. Use a “kitten heel” releve. Keep the heels squeezed together to emphasize the adductors and posterior leg muscles to support and protect the knees and ligaments of the feet. Engage the pelvic floor and transverse abdominis to activate core stability.

**Reps:** 1 x 16

## TRICEPS PRESS W/ RELEVÉ

Begin in 1st position relevé. Reach both arms overhead. Plie and bend the arms behind the head. Straighten the arms and legs and repeat.

**Cue:** Think of the elbows pointing forward and “looking ” at the same spot as the arms bend and straighten. Keep the collar bones wide and the shoulder blades drawn together and down. Use a “kitten heel” relevé. Keep the heels squeezed together to emphasize the adductors and posterior leg muscles to support and protect the knees and ligaments of the feet. Engage the pelvic floor and transverse abdominis to activate core stability.

**Reps:** 1 x 8

## DIAGONAL REACH IN 2ND POSITION

Start in 2nd position. Plie and bring the arms together in a small 1st position in front of the body with a slight side bend to the right. Straighten the legs and reach the right arm diagonally down on the side and the left diagonally up on the side. The palms face out and the gaze is to the lower arm. Return to 1st position with a side bend left and repeat the diagonal reach to the left.

**Cue:** Engage the mid back muscles to stabilize the shoulders. Keep the knees over the toes and thighs pressing back in the plie. Activate the pelvic floor and transverse abdominis to create core stability. Exhale on the diagonal reaches.

**Reps:** 1 x 8

## HIGH V

Start in 2nd position. Cross the wrists in front of the body. Gaze is down to the hands. Straighten the legs, stand tall and open the arms to a high V position. Gaze is high where the wall meets the ceiling. Plie and return the arms down crossing the other wrist over. Repeat.

**Cue:** Engage the mid back muscles to create a very small extension and to stabilize the shoulders. Keep the knees over the toes and thighs pressing back in the plie. Activate the pelvic floor and transverse abdominis to create core stability. Exhale on the high V.

**Reps:** 1 x 8

**THEN ALTERNATE DIAGONAL REACH AND HIGH V 2 SETS OF 4 EACH**

## FLY PALMS BACK

Start in 2nd position with the body pitched forwards. The spine is in a slight imprint with the abdominals drawing in and up. The arms open out in a fly with the palms facing back. Return in and repeat.

**Cue:** Glide the shoulder blades down the back. Mid back and lower traps work to stabilize the shoulders. Keep the knees over the toes and maintain external rotation of the legs.

**Reps:** 1 x 8

## TRANSFER ROW

Start in 2nd position with the wrists crossed in front. The torso is pitched forwards. Transfer to the right and point the right foot side. The arms bend into a row position with the torso staying pitched forwards and the elbows up. Return to 2nd position and repeat on the other side.

**Cue:** Maintain the forward pitch of the torso to maintain the same muscle focus of the mid back and mid/posterior deltoids. Activate the pelvic floor and transverse abdominis to create core stability. Exhale on the row.

**Reps:** 1 x 8

**REPEAT BOTH THE FLY PALMS BACK AND THE TRANSFER ROW**

## CRISS CROSS RELEVE

Start in 2nd position with the wrists crossed in front. The torso is pitched forwards. Plie heels down for 2 counts then plie heels up for 2 counts. Repeat sequence 3x then open and close arms switching front arm. Repeat the sequence again.

**Cue:** Engage the mid back muscles to stabilize the shoulders. Keep the knees over the toes and thighs pressing back in the plie. Activate the pelvic floor and transverse abdominis to create core stability.

**Reps:** 3 sets heels down 2 counts, heels up 2 counts. Switch arms and repeat. 1 x 8 heels down arms open, heels up arms criss cross.

**Modification:** Keep the heels down.

## SKIING

Legs are parallel and adducted. Pitch the body forward with a slight imprint of the spine. Palms face in. Sweep the arms back and forward in a skiing motion.

**Cue:** Engage the mid back muscles to stabilize the shoulders. Keep the chest lifted in the pitched position with the collar bones wide. Squeeze the inner thigh's together.

**Reps:** 1 x 8 , 1 x 8 with releve as the arms sweep back.

## MONKEY

Legs are parallel and adducted. Pitch the body forward with a slight imprint of the spine. Palms face in. Sweep one arm forward and the other back creating a small rotation in the midback . Keep alternating in a controlled swing.

**Cue:** Engage the mid back muscles to stabilize the shoulders. Keep the chest lifted in the pitched position with the collar bones wide. Squeeze the inner thigh's together.

**Reps:** 1 x 8 single count, 1 x 16 reciprocal (not stopping in the center).

## TRICEPS ROW W/ RELEVÉ

Legs are parallel and adducted. Pitch the body forward with a slight imprint of the spine. Draw the elbows back to the sides of the waist and lift the heels into a small relevé. Straighten the arms directly back. Lower the heels and the arms return forward straight.

**Cue:** Think of the arm movement like a “choo choo” train action. Engage the mid back muscles to stabilize the shoulders. Keep the chest lifted in the pitched position with the collar bones wide. Squeeze the inner thigh’s together.

**Reps:** 1 x 8

## WINDMILL

Start in 2nd position with arms reaching in front and palms facing in. The torso is pitched forwards. As the legs extend reach the right arm open and rotate the upper body to the right. Return back to plie and repeat to the left.

**Cue:** During the rotation keep the head and tail in line to avoid side bending. Engage the mid-back muscles to stabilize the shoulders. Keep the knees over the toes and thighs pressing back in the plie. Activate the pelvic floor and transverse abdominis to create core stability.

**Reps:** 1 x 8 single count, 1 x 8 keep the arms open (The movement is smaller, reciprocal and up to tempo.)

## WINDSHIELD WIPERS W/ BOOTY HIPS

Start in 2nd position with the shoulders over the hips. Extend the arms out and back in and shift the hips side to side.

**Cue:** Activate the obliques for the hip movement. Maintain the height of the arms and external rotation from the hips.

**Reps:** 1 x 16

**FINISH THIS BLOCK WITH 2 ROLL DOWNS**



# BLOCK 3

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## SIDELINE STAR

Begin kneeling with the knees toward the end of the band. Slide the foot into the band. Choke up on the end and bring the arms to 2nd position. Tip the hips side. Reach the band overhead as the other arm reaches to the floor and the band leg lifts. Return back to start position and repeat.

**Cue:** During the transfers keep the band taut. The hand on the floor is directly underneath the shoulder. The reaching leg is parallel and the reaching arm stays in line with the when reaching overhead. Press away from the floor to maintain hip and shoulder stability. Hips and shoulders are squared to the front. Think of have sticks between the ribs and hips to maintain long sides.

**Reps:** 1 x 4 slow, 1 x4 tempo



## SIDELINE MINI CIRCLES

Stay in the sideline position. Circle the leg 4x then in reverse 4x. Keep the circles small and consistent.

**Cue:** Press the foot into the band and maintain the reach of the arm overhead to stabilize the band. . Press away from the floor to maintain hip and shoulder stability. Hips and shoulders are squared to the front. Think of have sticks between the ribs and hips to maintain long sides.

**Reps:** 4 sets

## LOWER LIFT SIDE KICK

In the sideline position flex the leg forward and down to the front corner. Lift and extend the leg back.

**Cue:** Press away from the floor to maintain hip and shoulder stability. Hips and shoulders are squared to the front. Think of have sticks between the ribs and hips to maintain long sides. Engage the abdominals to help stabilize the lower back. Glutes and hamstrings extend the leg back.

**Reps:** 1 x 4 2 counts, 1 x8 singles.

## ARABESQUE ROTATION W/ PULSES

Pulse the leg in sideline 4x. On the next 4 pulses rotate the pelvis square to the mat. In the arabesque position pulse 4x then return back to the sideline on the next 4 pulses.

**Cue:** Maintain the height of the leg when transitioning through the pulses. Press away from the floor to maintain hip and shoulder stability.

**Reps:** 2 sets

## FROGGY KICKS

Stay in the arabesque position. Transition to the forearm on the opposite side of the arabesque leg. Bend the knee then press back to arabesque.

**Cue:** During the bend phase bring the knee out towards the side to maintain control of the band on the foot. Resist the bend to activate the hamstrings and engage the glutes to press back. . Press away from the floor to maintain hip and shoulder stability.

**Reps:** 1 x 8

## SIDE LYING LIFT AND LOWER

Transition to laying sideline and hold both end of the band in the top hand. Lift and lower the top leg.

**Cue:** Stay in one long line with the hips and shoulders stacked. Activate the obliques to stabilize through the sides of the waist.

**Reps:** 1 x 8

## SIDE LYING ADDUCTION

Maintain the sideline position and lift the top leg to hip height. Engage the adductors and lift the bottom leg to meet the top leg lower and repeat.

**Cue:** Stay in one long line with the hips and shoulders stacked. Activate the obliques to stabilize through the sides of the waist. Activate the quads and glutes to keep the legs straight.

**Reps:** 1 x 8

## SIDE LYING SCISSORS

In the sideline position lift both legs up. Switch the legs back and front maintaining the same height and distance.

**Cue:** Stay in one long line with the hips and shoulders stacked. Activate the obliques to stabilize through the sides of the waist. Activate the quads and glutes to keep the legs straight.

**Reps:** 1 x 8

## PRAYER LEG EXTENSION

Pike the bottom leg forward. Holding the band together in both hands rotate the torso forward toward the floor. Bring the arms in front of the head clasping the hands together and elbows to the floor in a prayer position. Bend and straighten the leg in the arabesque position.

**Cue:** Activate the obliques to keep the torso rotated towards the floor. Depress the shoulders and press the elbows down to activate the lats. Engage the hamstrings and resist bending the leg.

**Reps:** 1 x 8

## HAMSTRING EXTENSION

Transition from Prayer Leg Extension by rolling onto the side then back bring the band leg to the ceiling. The other leg is straight and in line with the hip. Stretch the hamstring and breath.

**Cue:** Keep the hips square. If the hamstrings are very tight bend the the leg on the floor.

**Reps:** Hold for 4 breath cycles.

**REPEAT THE ENTIRE BLOCK ON THE OTHER LEG**



# BLOCK 4

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## HOVERING ROND DE JAMBE

Begin seated with one leg crossed underneath and the other extended in front. Hold the leg at the calf or for tighter hamstrings hold under the thigh. Release the leg and circle it back to arabesque. Pitch the body forward and place the hands on the floor, fingers pointing in elbows out to the side. The body is in line with the front knee. Rond de Jambe the leg back to the front.

**Cue:** Maintain the height of the leg. The glutes extend the leg and the obliques rotate the body. Keep the chest lifted as the body pitches forward. Press away with the hands and stabilize the shoulders. Lengthen from the head to the tail.

**Reps:** 1 x 4: 4 counts each direction, 1 x 8: 2 counts each direction, 1 x 8 attitude pulses.

## TEASER TRANSITION

Begin in a V sit then roll back just off the sitz bones. Hold at the calves. Extend the legs up and keep the chest lifted. Bend the legs and repeat.

**Cue:** The spine is in a J shape. The abs draw in and up to maintain the slight posterior tilt of the pelvis. The back muscles extend the upper back. For tight hamstrings only extend to where spinal stability can be maintained.

**Reps:** 1 x 4

**REPEAT HOVERING ROND DE JAMBE AND TEASER TRANSITION  
ON THE OTHER SIDE**

## ½ ROLL BACK W/ BALLET ARMS

Sit tall with the legs bent and adducted. The arms are in 2nd position. Roll the pelvis back to create a C curve and bring the arms to 1st position. Hold the curve and lift the arms to 5th position. Roll back up and open the arms to 2nd position.

**Cue:** Focus on the lower portion of the abdominals to create the C curve. The hip bones roll away from the thighs. Only roll down to where abdominal stability can be maintained. Shoulders are stable and relaxed throughout the exercise.

**Reps:** 1 x 8

## ½ ROLL BACK W/ BALLET ARMS AND KNEE LIFT

Add a knee lift as the arms lift to 5th position. Return the foot and roll up. Repeat alternating knees.

**Cue:** Think of the abdominals lifting the knee towards the body to avoid the hip flexors over working and pulling the spine out of the C curve.

**Reps:** 1 x 8

## REACH ROTATION

The legs are bent and adducted. Roll back to where abdominal stability can be maintained. The arms are reaching forward at chest height with the palms up. Rotate the upper body to the right and left.

**Cue:** Squeeze the inner thighs together to create stability in the lower body. Arms stay in front of the body during the rotation. The obliques rotate the ribcage.

**Reps:** 1 x 8

## PULSING ROTATION

Remain in the ½ roll back position. Rotate to the right reaching the arms in front of the chest with the palms up. Pulse by reaching forward and back. Rotate to the center and pulse. Repeat left.

**Cue:** Squeeze the inner thighs together to create stability in the lower body. Arms stay in front of the body during the rotation. The obliques rotate the ribcage.

**Reps:** 4 pulses right, center, left , center.

## DIAMOND ROLL BACKS W/ BALLET ARMS

Sit tall with the legs bent in a diamond position. The toes and heels are connected with the heels lifting off the floor. The arms are in 2nd position. Roll the pelvis back to create a C curve and bring the arms to 1st position. Hold the curve and lift the arms to 5th position. Roll back up and open the arms to 2nd position.

**Cue:** Squeeze the heels together to create stability up through the pelvic floor to the abdominals. Focus on the lower portion of the abdominals to create the C curve. The hip bones roll away from the thighs. Only roll down to where abdominal stability can be maintained. Shoulders are stable and relaxed throughout the exercise.

**Reps:** 1 x 8



## DIAMOND ROLL BACK W/ BALLET ARM AND KNEE LIFT

Add an externally rotated knee lift as the arms lift to 5th position. Return the foot and roll up. Repeat alternating knees.

**Cue:** Think of the abdominals lifting the knee towards the body to avoid the hip flexors over working and pulling the spine out of the C curve. Keep the leg inside the mat as it lifts and lowers.

**Reps:** 1 x 8

## DIAMOND REACH ROTATION

Sit tall with the legs bent in a diamond position. The toes and heels are connected with the heels lifting off the floor. Roll back to where abdominal stability can be maintained. The arms are reaching forward at chest height with the palms up. Rotate the upper body to the right and left.

**Cue:** Squeeze the inner thighs together to create stability in the lower body. Arms stay in front of the body during the rotation. The obliques rotate the ribcage.

**Reps:** 1 x 8

## DIAMOND PULSING ROTATION

Remain in the diamond roll back position. Rotate to the right reaching the arms in front of the chest with the palms up. Pulse by reaching forward and back. Rotate to the center and pulse. Repeat left.

**Cue:** Squeeze the heels together to create stability in the lower body. Arms stay in front of the body during the rotation. The obliques rotate the ribcage.

**Reps:** 4 pulses right, center, left, center.

## DIAMOND V AB CURL

Roll down and bring legs to tabletop and hands behind the head. Keep the toes together and open the leg to a diamond. Extend the legs out to a V. Return back to table top through the diamond position then perform 2 abdominal curls.

**Cue:** Rotate the knees out from the hips. Pull the abdominals in and up and exhale to ab curl up.

**Reps:** 1 x 4 sets

## ROLL UP EXTENSION

Starting with the legs in tabletop slowly roll up. With the hands behind the thighs extend the spine as the feet come to the floor. Roll back down bring the legs back to tabletop.

**Cue:** Engage the abdominals to roll up. Avoid using momentum. When seated with the feet on the floor gently pull the thighs towards the body to assist in thoracic extension.

**Reps:** 1 x 4

## SINGLE LEG STRETCH

Bring the legs to table top and curl the head and shoulders up. Bring one knee to the chest with both hands around the shin and reach the other out. Switch legs maintaining the upper body curl.

**Cue:** Consistently engage the deep abdominals so the upper body is stable throughout the exercise as well as the pelvis and low back. Reach the leg out to a diagonal in line with the hip. If the neck feels strained do the exercise with the head down.

**Reps:** 10 sets

## CRISS CROSS

Bring the legs to table top. Hands are behind the head with the elbows wide. Curl the head and shoulders up. Bring one knee towards the chest and reach the other out. Rotate the upper body towards the knee. Switch legs and rotate towards that knee maintaining the upper body curl.

**Cue:** Consistently engage the deep abdominals so the upper body is stable throughout the exercise as well as the pelvis and low back. Reach the leg out to a diagonal line. Cue shoulder to knee not elbow.

**Reps:** 10 sets

## PELVIC TILTS/ V LEGS

Extend the legs up and flex the upper body up. Initiating from the lower abs curl the pelvis up off the floor and return down 4x. Externally rotate the legs and open and close 4x.

**Cue:** Consistently engage the deep abdominals so the upper body is stable throughout the exercise as well as the pelvis and low back. If the neck feels strained do the exercise with the head down.

**Reps:** 1 x 4 sets

## ROLL UPS

Reach the arms overhead and extend the legs out on the floor to create one long line. Lift the arms up in line with chest and slowly roll up and sit tall. Initiate the roll down from the pelvis and roll down slowly.

**Cue:** Roll up and down with control. If needed bend the knees and assist the rollup or roll down by holding behind the thighs. Do not use momentum.

**Reps:** 1 x 4

## CONTRACT PRESENT

Sit in a straddle. Bend the knees and flex the feet. Roll off the sitz bones, contract/ C curve the spine and draw the arms in. Return to sit tall. Straighten the legs and open the arms presenting them to the sides.

**Cue:** Focus on drawing in the arms and legs during the contraction and then reaching out for the presentation. Engage the pelvic floor and transverse abdominis to prevent any anterior tilt.

**Reps:** 1 x 8



# BLOCK 5

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Stand with the legs in a wide 2nd position and arms in 2nd position. Side bend the body to the left. Round the body forward engaging the abdominals to create a C curve. Roll up and reach the arms back out to 2nd position. Repeat to the other side and continue alternating sides.

**Cue:** Maintain the knees over the toes. Engage the obliques to side bend. Link one movement to the next to create flow.

**Reps:** 1 x 4 right and left.

## YOGA FLOW SEQUENCE

Lunge forward with right leg. Transition to Downward Dog then to arabesque. Draw the arabesque knee to the chest, rotate the body and transition to Z sit. Sweep the right arm over and side bend to the left then right 2x. Transition back to arabesque. Square the hips for 3 Legged Dog. Return to Downward Dog and walk the feet to the hands. Clasp the hands behind the back and lift arms up away from the back for a shoulder stretch. Roll up.

**REPEAT REACH CONTRACT RELEASE AND YOGA FLOW  
SEQUENCE WITH LEFT LEG**

## CARDIO 1

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### STEP TOUCH PELVIC TILT

Cross step touch right over left, left over right, right over left then shift back and forward for pelvic tilt. Repeat starting with the left crossing over. Arms reach forward and back.

**Cue:** Keep the weight on the balls of the feet then shift into heel for pelvic tilt. Can make the movement bigger to increase the cardio component.

**Reps:** 1 x 8

### HIP TAPS

Step tap side right, left, and double tap right. Arms windmill side to side. Repeat starting left.

**Cue:** Keep the weight on the balls of the feet. Can make the movement bigger to increase the cardio intensity.

**Reps:** 1 x 8.

### REPEAT SEQUENCE

## CARDIO 2

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Shift weight to the left and lift the right knee up as the arms circle over. The front arm taps the knee. Repeat left. On the 3rd high knee send the leg back into a crossed lunge. Step back leg out and repeat the sequence on the other side.

**Cue:** Bring the high knee slightly forward to rotate the heel forward. This creates a deeper engagement of the obliques. Increase the energy of the step to increase the cardio intensity.

**Reps:** 1 x 8

## FLASHDANCE FEET

Rise up onto the balls of the feet and bouree with quick small steps. The arms sweep overhead. Add a circle turn in both directions.

**Cue:** Move the feet quickly and consistently. Imagine you've got your leg warmers and off the shoulder sweatshirt on! What a Feeling! She's a Maniac! Calling Gloria!

**Reps:** 16 counts then circle right and circle left.