

FOUNDATIONS (BEGINNER/INTERMEDIATE CLASS)*WARM UP PHASE*

Kneel sitting glutes on heels dip right hand in and circle arm 3x, left side repeat

Hinge forward belly on quads paddle slow 30secs, fast 30secs

Repeat 2x

In plank position slow motion mt. Climber for 30 secs, fast for 30 secs

Tabletop core stretch

Back to plank for plank jacks, slow for 30secs, fast for 30secs

Tabletop shoulder stretch forehead to float

Repeat 2x

Plank to dog 10x

Squats 10x

Widen stance 1 hand plank to dog 10x right side

Adjust stance right leg lunges 10x

Repeat left side

Burpees 10x

Belly surfer paddle 30 secs

Elbow out pushups 10x

Belly surfer paddle 30secs

Elbow in pushups 10x

Repeat 2x

Side plank leg lifts 10x

Toes dip front 10x, heel stir back 10x repeat 2x

Seated soles of feet on float bent knees

In/out boats fingertips at hip on float 30secs, russian twists 1min, in/out boats with arms 30 secs

Flutter kicks 30secs high, 30secs low

Starfish to boat 10x

COOL DOWN PHASE

On back cobbler hip presses 20x

Figure 4 bridge presses 10x both sides

Supine twist

Happy baby

Savasana