



THE STANDARD

The Standard is a great starting place for your first class, but don't be afraid to branch out, switching up the order and formatting of your class can breathe new life to your class and choreo!

WARMUP- Warmup

STANDING CORE/BALANCE

UPPER

UPPER

LOWER

PEAK- Cardio Peak

BALANCE/LOWER*

UPPER

UPPER*

BARRE/LOWER*

BARRE

BARRE

FLOOR - Plank

FLOOR - Bridge

FLOOR - Supine Abs

COOLDOWN



THE FOCUS: Use The Standard, but decide on a specific focus for the class and burn them out! (Triceps! Calves! Quads!) Providing your class with a focus will have them knocking down your door for more (if they can raise their arm to knock).

***Indicates songs you can pull out in a shortened class environment without disrupting the flow of the class format.**