



THE SCULPT

The Sculpt gives your participants the opportunity to feel the burn at every turn, with extra focus on upper body and heavier weights with fewer reps. They'll find their strength from within and feel it for days afterward. The perfect format to throw at the crowd who points a finger and says "Oh, but barre isn't hard!"

WARMUP

STANDING CORE/BALANCE

UPPER

UPPER

LOWER

UPPER

LOWER*

UPPER*

UPPER or LOWER

BARRE

BARRE

FLOOR- Bridge

FLOOR- Side Lying*

FLOOR- Plank

FLOOR- Abs

COOLDOWN

FOCUS SCULPT : Double up on two Ab or booty tracks on the floor! See "**THE QUICKIE SCULPT**" for a fast and fiery option.

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

