



## THE QUICKIE

When you've got to get up and go with no time to waste, The Quickie is for you. Give your participants maximum burn in minimal time and keep their heart rates up while doing it!

WARMUP

STANDING CORE/BALANCE

UPPER

UPPER

LOWER

UPPER

PEAK

PEAK\*

BALANCE or LOWER

BARRE or LOWER

FLOOR - Bridge

FLOOR - Plank

FLOOR - Abs

COOLDOWN



upbeat  
BARRE

### THE QUICKIE SCULPT:

Pull out the cardio peaks and put one deep upper body and one deep lower body in their place. Your class will love the extra muscular burn!

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