



THE SANDWICH

Want a little bit of everything? THE SANDWICH delivers a killer floor work section, but aims to get the HR up (and brought back down) first. The meat in this sandwich is all about the core and booty, while standing work becomes the bread. Participants will leave feeling fully worked top to bottom!

WARMUP

UPPER - Standing Core/Arms

BALANCE

PEAK*

LOWER

UPPER - Transitional Abs or UPPER on knees

FLOOR - Side Lying

FLOOR - Choice*

FLOOR - Bridge

FLOOR - Supine Abs

FLOOR -Prone Abs/Plank

FLOOR - Supine Abs*

UPPER - Biceps

UPPER - Triceps

LOWER/UPPER COMBO or FLOW*

COOLDOWN



upbeat
BARRE

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