

30 MINUTE CLASS TEMPLATE

	TIME
WARM UP	3 TOTAL MINUTES
THIGH BOUNCE	5 TOTAL MINUTES
Parallel	1 Minute
Bounce	30 Seconds
V Position	1 Minute
Bounce	30 Seconds
High V	1 Minute
High V Lean	30 Seconds
Bounce	30 Seconds
SEAT BOUNCE	6 TOTAL MINUTES
Standing Right	1 Minute
Bounce	30 Seconds
Standing Left	1 Minute
Bounce	30 Seconds
See Saw	1 Minute
Bounce	30 Seconds
See Saw Left	1 Minute
Bounce	30 Seconds
LIGHT WEIGHTS	4.5 TOTAL MINUTES
Lateral	1 Minute
Front	1 Minute
Biceps	30 Seconds
Back Shoulder	1 Minute
Triceps	1 Minute
PULL UP 1.5 Minutes Bounce 30 Seconds	2 TOTAL MINUTES
CORE	4 TOTAL MINUTES
Breathwork Balls of Feet Down	30 Seconds
Curl-Neutral-Extension	30 Seconds
Neutral Taps of Bent Legs	1 Minute

30 MINUTE CLASS TEMPLATE

	TIME
Neutral Tabletop Holds	1 Minute
Bounce	1 Minute
STRETCH	5 TOTAL MINUTES
Quads	20, 20, 20, 20
Hamstrings Right to Inner Thigh Twist Up	1 Minute
Hamstrings Left to Inner Thigh Twist Up	1 Minute
Figure Four	20, 20, 20, 20
Triceps Side Bend	20, 20
Chest Opener	1 Minute
TOTAL TIME	30 MINUTES

45 MINUTE CLASS TEMPLATE

	TIME
WARM UP	3 TOTAL MINUTES
CARDIO BOUNCE	3 TOTAL MINUTES
THIGH BOUNCE	10 TOTAL MINUTES
Parallel	1 Minute
Bounce	1 Minute
High V	1 Minute
Bounce	1 Minutes
Parallel	1 Minute
Bounce	1 Minute
Leg Lifts Right	1 Minute
Bounce	1 Minute
Leg Lifts Left	1 Minute
Bounce	1 Minute
SEAT BOUNCE	10 TOTAL MINUTES
See Saw Right	1 Minute
See Saw Left	1 Minute
Bounce	1 Minute
Hinge Turnout Right	1 Minute
Hinge Turnout Left	1 Minute
Bounce	1 Minute
See Saw Right	30 Seconds
Hinge Bent Knee Turnout	30 Seconds
Bounce	1 Minute
See Saw Left	30 Minutes
Hinge Bent Knee Turnout	30 Minutes
Bounce	1 Minutes
ARMS	4 TOTAL MINUTES
Front Shoulder (see two below)	1 Minute
Alternate Arms	30 Seconds

45 MINUTE CLASS TEMPLATE

	TIME
Bicep at Shoulder Height	30 Seconds
Middle Shoulder (see two below)	1 Minute
Full ROM	30 Seconds
In and Out with Palms Down	30 Seconds
Back Shoulder (see two below)	1 Minute
Full ROM Arms to Shoulder Height	30 Seconds
Little Ups Palms Face Back	30 Seconds
Triceps	1 Minute
Bend Arms In and Up	30 Seconds
Little Ups	30 Seconds (weights down and out of the way after final arm move)
BOUNCE	3 TOTAL MINUTES (optional)
INCLINED PULL UPS WITH CORE COMBO	6 TOTAL MINUTES (you will move from Pull Ups to Core Moves and back to Pull Ups for adequate rest/fatigue)
Pull Ups	1 Minute (set up, slow moves, allow clients to move at their level, and expect 6-8 pull ups)
Breath Work in Neutral to Flex and Extend	1 Minute
Pull Ups	1 Minute
Table Top Taps	1 Minute
Pull Ups	1 Minute
Can Can	1 Minute
STRETCH	5 TOTAL MINUTES
Standing Quads	1 Minute (right, left)
Figure Four	1 Minute (right, left)
Hamstrings Right to Spine Twist	1 Minute
Hamstrings Left to Spine Twist	1 Minute
Triceps to Chest	1 Minute
TOTAL TIME	44 Minutes