



LIVE ZOOM CLASS 12.16.20

ARM CIRCLES IN SINGLE ARM WEIGHT BEARING

5x each arm in quadruped
5x each arm in full plank

STANDING DOUBLE CLAMS & PRESS (using band around legs and holding dumbbells)

Perform 2 sets:

8x clams and 8x press out at chest height

DYNAMIC STRETCH FLOW

5x standing hip flexor stretch with arms sweeping straight up
5x standing hip flexor stretch with arms side bending toward front leg side
5x in staggered stance forward fold, squat and extend legs
Flat back up to stand

SUPINE CORE ACTIVATION

Perform 2 sets (option to hold dumbbell)

5-8x each leg - supine marches, alternating legs
8x overhead reach

3 WAY LUNGES WITH OVERHEAD REACH (holding dumbbells)

5x Lunge forward
5x Lunge out to the side
5x Lunge to the back corner with external rotation (4:30 on the clock for right leg; 7:30 on the clock for left leg)

7 WAY LUNGES WITH PASSE BALANCE

5x through the sequence on each leg

Lunge across stance leg internally rotated
Lunge forward
Lunge to forward open corner
Lunge out to the side
Lunge to the back corner with external rotation
Lunge straight back
Lunge behind stance leg to curtsy

SINGLE LEG SQUAT WITH 5 WAY REACH (reaching to 5 points of star)

3x through the sequence on each leg

1st round, reach to floor level
2nd round, reach to knee height
3rd round, reach to shoulder height

Perform 2 sets total. Option to rest back toe on the floor in kickstand, or to hover the back toe off the floor.

ADAGIO MATRIX (OUT OF SYNC)

5x each leg in sagittal plane
5x each leg in frontal plane
5x each leg in transverse plane

Perform a 2nd set, with the option to hold a dumbbell overhead.

NEUROMUSCULAR ACTIVATION SEQUENCE

10x of each variation
Feet together hopping forward and back
Feet together hopping side to side
Feet together twisting side to side
Feet in opposition front and back
Feet in opposition hopping out and in
Feet in opposition turning toes out and toes in

3 WAY 2 TO 1 JUMPS

Perform 2 sets:

5x each leg - jumping forward onto 1 leg
5x each leg - jumping out to the side onto 1 leg
5x each leg - rotating to back corner onto 1 leg

9 WAY SQUATS AND PUSHUPS (with band around legs)

For each position, perform 3 squats in flat foot, 3 squats in forced arch, and 3 pushups

TRIPLET 2 TO 1 LATERAL JUMPS

10x - freeze the landing on the 3rd landing each time

3 WAY MOUNTAIN CLIMBERS

8x Knees draw straight forward

8x Knees draw to same side elbow

8x Knees draw to opposite elbow

COOL DOWN

8x side to side shift with resisted port de bras

5x each side figure 4 stretch with twist each way

Kneeling static stretch

- Hip flexor stretch with sidebend toward front leg

- Hamstring stretch