



Get *RIPPED!* To the Core
COMPOUND PHASE

***RIPPED!* to the Core**

1.1 Overview of <i>RIPPED!</i> to the Core.....	3
1.2 <i>RIPPED!</i> to the Core Program.....	4
1.3 <i>RIPPED!</i> to the Core Choreography.	5
1.4 <i>RIPPED!</i> to the Core Exercise descriptions.....	18

1.1 Overview of *RIPPED!* to the Core

RIPPED! to the Core is the 3rd installment of the COMPOUND phase and features compound exercises in 14 continuous tracks with minimal recovery. This is a high rep workout using a fluid program design with progressions built into each track.

The COMPOUND phase uses Compound Exercises to maximize results in a shorter amount of time by working multiple muscle groups simultaneously. Using this proven method of exercise, participants are able to burn a similar amount of calories as running a 5k race.

Key Characteristics

- Each exercise track is approximately 5 minutes
- Less reps and heavier weights than previous phases
- Decreased rest time
- Increased time on abdominals
- Music: 130-135 BPM

The Science

- Using weight exercises that elevate the heart rate help us not only burn calories, but build muscle. This is essential for warding off age related weight gain
- Burn up to 3 times the calories when compound movements are used. For example, the biceps curl proved to burn 2.5 calories per minute but, when adding a deadlift in with the curl, it was shown that 7 calories/minute were burned!

Research

Using only cardiovascular exercises for weight loss can, in fact, backfire since part of the weight lost may actually be muscle. With age, muscle mass is lost. As a result, individuals are unable to burn as many calories and gain an average of 20 lbs each decade.

When exercises were tested on the metabolic cart, *RIPPED!* to the Core participants were found to burn significantly more calories when lower and upper body exercises were done in conjunction with one another.

For example, performing the lateral raise, a female burned 3 calories/min. When lunges were added in, an added 8 calories per minute were burned. The results are clear: Burning more calories while building muscle leads to increased muscle definition through the loss of body fat.

1.2 RIPPED! to the Core Program

	<u>Exercise Track:</u>	<u>Song:</u>	<u>BPMs</u>	<u>Duration:</u>
1.	Warm Up	Fancy	135	04:45
2.	Spiders & Push Ups	Ain't It Fun	135	04:45
3.	Deadlifts w/Biceps Curls	All Around the World	135	04:45
4.	Concentration Curls w/Pulse Squats & Turn Lunges	Bang Bang	135	04:45
5.	Triceps Extension w/Squats and Side Lunges	Automatic	135	04:45
6.	Squats w/Horizontal Rows	Jealous	135	04:45
7.	Hammer Curl w/Squat & Reverse Lunges	Uptown Funk	135	04:45
8.	Triceps Push Ups & Triceps Kickbacks	A Sky Full of Stars	135	04:45
9.	Shoulder Press w/Basic Step	Amazing	135	04:45
10.	Lateral Raise w/Side Squats	Shake It Off	135	04:45
11.	Chest Press & Chest Fly	Come Get It Babe	135	04:45
12.	Crunches	Use Somebody	135	04:48
13.	Cool Down	Come Away With Me	96	04:35

1.3 RIPPED! To the Core Choreography



1.0 Warm Up / Music - Fancy

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
	0:14				
	0:28	1/1 Single Squats	1/1	16x	Examples: Back is straight; knees track towards toes, weight
	0:57	1/1 Alternating Lunges	1/1	16x	Examples: Keep weight center, knee towards toes, back is straight
	1:25	3/1 Bicep Curls	3/1	4x	Examples: Keep your shoulders back and down
	1:39	2/2 Bicep Curls	2/2	4x	Examples: Make sure you are not swinging or arching elbows
	1:54	1/1 Bicep Curls	1/1	8x	
	2:08	3/1 Shoulder Press	3/1	4x	Examples: Make sure the weights come down no lower than past your ears, Make sure you can see the weight
	2:22	2/2 Shoulder Press	2/2	4x	in your peripheral vision and retract your shoulders back
	2:36	2/2 Shoulder Press	1/1	8x	
	2:51	3/1 Lateral Raise	3/1	4x	Examples: Palms face down, the longer the lever the intensity/load
	3:05	2/2 Lateral Raise	2/2	4x	weights don't come up higher than shoulders
	3:19	1/1 Lateral Raise	1/1	8x	
	3:33	3/1 Narrow Rows	3/1	4x	together
	3:47	2/2 Narrow Rows	2/2	4x	Back is flat, gaze is forward, neck in line with the spine
	4:02	1/1 Narrow Rows	1/1	8x	Feel the work in your mid and upper back
	4:16	2/2 Deadlift (Norm Speed)	2/2	4x	Examples: Feel your stretch in your hamstrings, weight
	4:30	1/1 Deadlift (Quarter Way)	1/1	8x	stays in the heels, slight bend in the knees
	0.15	<i>Transition</i>			<i>Grab your mats we're going to pushups and spider</i>

2.0 Spiders and Push-Ups / Music - Ain't It Fun

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	Spiders lead Left arm	2/2	8x	Examples: Keep your head up and your back flat
	0:57	Recover	1/1	8x	Examples: Stretch side to side
	1:11	Push Ups	1/1	16x	Examples: Elbows do not rise above the shoulders
	1:39	Recover	1/1	8x	Examples: Child's pose if you like
	1:54	Spiders lead Right arm	2/2	8x	Examples: Don't let your hips swivel, keep them flat
	2:22	Recover	1/1	8x	Examples: Open up your chest
	2:36	Push Ups	1/1	16x	Examples: You always have the option of lowering the knees
	3:05	Recover	1/1	8x	Examples: Great work, you are almost there
	3:19	Spiders Alternate Arms	2/2	8x	Examples: Stay strong, alternate the arms, hips down
	3:47	Recover	1/1	8x	Examples: Only one more set of pushups, you can do it
	4:02	Push Ups	1/1	16x	Examples: Last time, make them your best! Hips in line with shoulders
	4:30	Recover	1/1	8x	Examples: Stretch it out, well done
	0:15	<i>Transition</i>			<i>Grab weights for deadlift and biceps</i>

3.0 Straight Leg Deadlift w/ Bicep Curls / Music - All Around the World

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	Straight Leg Deadlift	2/2	8x	Examples: Keep the weight in your heels
	0:57	Bicep Curls	2/2	4x	Examples: squeeze your bicep at the top
	1:11	3/1 Deadlift + 3/1 Bicep Curl	3/1	4x	Example: 3-2-1 and up, Slight bend in the knees heel down
	1:39	2/2 Deadlift + 2/2 Bicep Curl	2/2	4x	Examples: With control, extend all the way down
	2:08	1/1 Deadlift + 1/1 Bicep Curl	1/1	8x	Examples: Little bit quicker, no swinging
		Repeat Pattern			
Bubbles	2:36	Straight Leg Deadlift	2/2	8x	Examples: Feel the stretch in your hamstrings
	3:05	Bicep Curls	2/2	4x	Examples: Let's do this, feel the pump
	3:19	3/1 Deadlift + 3/1 Bicep Curl	3/1	4x	Examples: Can you lift your toes? Slow it down
	3:47	2/2 Deadlift + 2/2 Bicep Curl	2/2	4x	Examples: You're almost there, no arching the back
	4:16	1/1 Deadlift + 1/1 Bicep Curl	1/1	8x	Examples: Last time, you can do this, right to the end
	0:15	<i>Transition</i>			<i>Grab weights for biceps and legs</i>

4.0 Pulse Squats & Turn Lunges with Concentration Curls / Music - Bang Bang

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14	<u>Legs Only (1)</u>			
Swish	0:28	Pulse Squats Center		16x	Examples: Little pulses, constant tension
	0:43	2/2 Turn Right Leg Lunges	2/2	4x	Examples: To the right, knee over toe
	0:57	Pulse Squats Center		16x	Examples: Back to the middle, getting warm
	1:11	2/2 Turn Left Leg Lunges	2/2	4x	Examples: To the left, lower with control
		<u>Add Arms (2)</u>			
	1:25	Pulse Squats Center w/Concentration Curls	Pulse	16x	Examples: Let's add the arms, draw your arm in an arc through opposite shoulder
	1:39	Turn Right Lunges w/Concentration Curls	2/2	4x	Examples: Slow it down with the legs and arms
	1:54	Pulse Squats Center w/Concentration Curls	Pulse	16x	Examples: Squeeze your biceps at the top
	2:08	Turn Left Lunges w/Concentration Curls	2/2	4x	Examples: To the left, with control
		<u>Cut in Half - Legs only (3)</u>			
	2:22	Pulse Squats Center	Pulse	8x	Examples: We're cutting it down, feel the burn
	2:29	Turn Right Leg Lunges	2/2	2x	Examples: Stabilizers working like crazy
	2:36	Pulse Squats Center	Pulse	8x	Examples: Pulse it out
	2:43	Turn Left Leg Lunges	2/2	2x	Examples: To the left, knees over toes
		<u>Add Arms (4)</u>			
	2:51	Pulse Squats Center w/Concentration Curls	Pulse	8x	Examples: Add your arms back in
	2:58	Turn Right Lunges w/Concentration Curls	2/2	2x	Examples: You're doing great stick with it
	3:05	Pulse Squats Center w/Concentration Curls	Pulse	8x	Examples: Back to the middle, legs are on fire
	3:12	Turn Left Lunges w/Concentration Curls	2/2	2x	Examples: Getting ready to cut it down again
		<u>Cut in Half - Legs only (5)</u>			
	3:19	Pulse Squats Center	Pulse	4x	Example: Back to your pulse, so strong
	3:23	Turn Right Leg Lunges	2/2	1x	Example: Just one lunge, you can do this
	3:26	Pulse Squats Center	Pulse	4x	Example: Weight is still in the heels
	3:30	Turn Left Leg Lunges	2/2	1x	Example: Left side here we go
		<u>Add Arms (6)</u>			
	3:33	Pulse Squats Center w/Concentration Curls	Pulse	4x	Example: 4 more - you know we're almost there
	3:37	Turn Right Lunges w/Concentration Curls	2/2	1x	Example: Control your lunge, you can always drop your weights
	3:40	Pulse Squats Center w/Concentration Curls	Pulse	4x	Examples: Your legs should be burning
	3:44	Turn Left Lunges w/Concentration Curls	2/2	1x	Examples: Lunges are great for the glutes
		<u>Pulse Squats Only (7)</u>			
Ding	3:47	Pulse Squats Center	Pulse	16x	Examples: Lets rev it up again, you can do this
		<u>Add Arms (8)</u>			
	4:02	Pulse Squats w/Concentration curls	Pulse	16x	Examples: Keep your arms going, no swinging
		<u>Cut in Half - Legs Only (9)</u>			
	4:16	Pulse Squats Center	Pulse	8x	Examples: Are you going as low as you can?

	Add Arms (10)			
4:23	Pulse Squats w/Concentration curls	Pulse	8x	Examples: How much lower can you get without compromising your form?
	Cut in Half - Legs Only (11)			
4:30	Pulse Squats Center	Pulse	4x	Examples: Stay with it. You've got this!
	Add Arms (12)			
4:34	Pulse Squats w/Concentration curls	Pulse	4x	Examples: Weight stays in the heels
	Cut in Half - Legs Only (13)			
4:37	Pulse Squats Center	Pulse	2x	Examples: You're doing great stick with it
	Add Arms (14)			
4:39	Pulse Squats w/Concentration curls	Pulse	2x	Examples: Keep your chest up and proud
	Repeat Legs Only (15)			
4:41	Pulse Squats Center	Pulse	2x	Examples: Lift your toes, you're almost done
	Add Arms (16)			
4:43	Pulse Squats w/Concentration curls	Pulse	2x	Examples: Last time, one last squeeze
0.15	<i>Transition</i>			<i>Grab weights for triceps and legs</i>

5.0 Squats and Side Lunges w/ Tricep Extension / Music - Automatic

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14	Legs Only (1)			
Swish	0:28	1/1 Squat Center	1/1	8x	Example: As low as you can without losing alignment
	0:43	1/1 Right Leg Lunge	1/1	8x	Example: Weight shifts to the right
	0:57	1/1 Squat Center	1/1	8x	Example: Weight is in the heels
	1:11	1/1 Left Leg Lunge	1/1	8x	Example: Knees and toes face forward
		Add Arms (2)			
	1:25	1/1 Squat Center w/ Tricep Extension	1/1	8x	Example: Add arms, elbows together
	1:39	1/1 Right Leg Lunge w/ Tricep Extension	1/1	8x	Example: You can hold the weight sideways if it feels better - keep your elbows in
	1:54	1/1 Squat Center w/ Tricep Extension	1/1	8x	Example: No rounding in the spine
	2:08	1/1 Left Leg Lunge w/ Tricep Extension	1/1	8x	Example: You're aiming for a 90 degree bend in the knee
		Cut in Half - Legs only (3)			
	2:22	1/1 Squat Center	1/1	4x	Example: Cutting it in half
	2:29	1/1 Right Leg Lunge	1/1	4x	Example: Just the legs
	2:36	1/1 Squat Center	1/1	4x	Example: Heart rate should be soaring
	2:43	1/1 Left Leg Lunge	1/1	4x	Example: Big muscles, big burn

		<u>Add Arms (4)</u>			
2:51	1/1 Squat Center w/ Tricep Extension	1/1	4x	Example: Back to the arms	
2:58	1/1 Right Leg Lunge w/ Tricep Extension	1/1	4x	Example: Fully extend at the top without locking out elbows	
3:05	1/1 Squat Center w/ Tricep Extension	1/1	4x	Example: Squeeze your ears with your biceps	
3:12	1/1 Left Leg Lunge w/ Tricep Extension	1/1	4x	Example: Keep your ribs tucked down and in	
		<u>Cut in Half - Legs only (5)</u>			
3:19	1/1 Squat Center	1/1	2x	Example: Just the legs	
3:23	1/1 Right Leg Lunge	1/1	2x	Example: Spine in neutral	
3:26	1/1 Squat Center	1/1	2x	Example: Lift up your toes	
3:30	1/1 Left Leg Lunge	1/1	2x	Example: Last time before we add arms again	
		<u>Add Arms (6)</u>			
3:33	1/1 Squat Center w/ Tricep Extension	1/1	2x	Example: Adding in the arms	
3:37	1/1 Right Leg Lunge w/ Tricep Extension	1/1	2x	Example: Working your inner thighs	
3:40	1/1 Squat Center w/ Tricep Extension	1/1	2x	Example: Really squeeze your triceps as you extend	
3:44	1/1 Left Leg Lunge w/ Tricep Extension	1/1	2x	Example: Are your elbows flaring?	
		<u>Cut in Half - Legs only (7)</u>			
3:47	1/1 Squat Center	1/1	1x	Example: Recover the arms	
3:49	1/1 Right Leg Lunge	1/1	1x	Example: We're down to singles	
3:51	1/1 Squat Center	1/1	1x	Example: Is the weight still in your heels?	
3:53	1/1 Left Leg Lunge	1/1	1x	Example: Knees towards your toes	
		<u>Repeat - Legs only (8)</u>			
Bubbles	3:55	1/1 Squat Center	1/1	1x	Example: Legs only, rest the arms
	3:56	1/1 Right Leg Lunge	1/1	1x	Example: Bend the right knee, extend the left
	3:58	1/1 Squat Center	1/1	1x	Example: Back to the middle
	4:00	1/1 Left Leg Lunge	1/1	1x	Example: Really getting into the quads, hamstrings & glutes
		<u>Add Arms (9)</u>			
4:02	1/1 Squat Center w/ Tricep Extension	1/1	1x	Example: We're adding in your arms	
4:03	1/1 Right Leg Lunge w/ Tricep Extension	1/1	1x	Example: Keep your elbows tucked in	
4:05	1/1 Squat Center w/ Tricep Extension	1/1	1x	Example: As low as you can	
4:07	1/1 Left Leg Lunge w/ Tricep Extension	1/1	1x	Example: Great work	

		Repeat Arms (10)			
Bubbles	4:09	1/1 Squat Center w/ Tricep Extension	1/1	1x	Example: To the center, extend your triceps
	4:11	1/1 Right Leg Lunge w/ Tricep Extension	1/1	1x	Example: Knees and toes facing the same direction
	4:12	1/1 Squat Center w/ Tricep Extension	1/1	1x	Example: Back to the middle
	4:14	1/1 Left Leg Lunge w/ Tricep Extension	1/1	1x	Example: Weight shifts to the left
		Squats & Arms (11)			
	4:16	1/1 Squat Center w/ Tricep Extension	1/1	8x	Example: Last time with the arms, keep strong
		Legs Only (12)			
	4:30	1/1 Squat Center	1/1	8x	Example: Last 8, great job
	0.15	Transition			Grab Weights for horizontal rows

5.0 Squat w/ Horizontal Row / Music - Jealous

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	4/4 Squat	4/4	2x	Example: Slow, Slow, tension in the muscles
	0:43	3/1 Squat	3/1	4x	Example: Down slow, up fast
	0:57	2/2 Squat	2/2	4x	Example: Keep the weight in your heels
	1:11	1/1 Squat	1/1	16x	Example: Single it out as low as you can without losing form
	1:39	Single Row Combo		4x	Example: Squeeze your back muscles to initiate the pull,
	1:54	Triple Row Combo		4x	down for 3 Rows
	2:22	Single Row Combo		4x	Example: Knees and squeeze, keep the head up & eyes front
			Repeat Pattern		
Bubbles	2:36	4/4 Squat	4/4	2x	Example: Let's do it again, nice and slow
	2:51	3/1 Squat	3/1	4x	Example: Can you lift your toes?
	3:05	2/2 Squat	2/2	4x	Example: Two and two, smooth it out
	3:19	1/1 Squat	1/1	16x	Example: Can you get a little lower but keep your form?
	3:47	Single Row Combo		4x	Example: Back to your row, knees and squeeze
	4:02	Triple Row Combo		4x	Example: Keep the spine neutral, head up, eyes front
	4:30	Single Row Combo		4x	Example: Feel your middle and upper back
	0.15	Transition			Grab weights for hammer curl and legs

7.0 Squat & Rev Lunges w/ Hammer Curl / Music - Uptown Funk

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14	Stationary (1)	Count		
Swish	0:28	Side Squat Right Leg	1/1	2x	Example: Step to the right, down low
	0:32	Reverse Lunge Right Leg	1/1	6x	Example: Knees track towards toes
	0:43	Side Squat Left Leg	1/1	2x	Example: Sit your weight into your heel as you lower
	0:46	Reverse Lunge Left Leg	1/1	6x	Example: Aim for a 90 degree bend in your knee
		Repeat & Move (2)			
	0:57	Move Right Side Squat	1/1	2x	Example: Move to the right, get low
	1:00	Reverse Lunge Right Leg	1/1	6x	Example: Lunge outside leg
	1:11	Move Left Side Squat	1/1	2x	Example: Move to the left
	1:15	Reverse Lunge Left Leg	1/1	6x	Example: Keep your spine long and tailbone underneath you
		Add Arms - Hammer Curls (3)			
	1:25	Move Right Side Squat w/ Hammer Curls	1/1	2x	Example: Lets add in your arms
	1:29	Reverse Lunge Right Leg w/ Hammer Curls	1/1	6x	Example: Thumbs up towards shoulders
	1:39	Move Left Side Squat w/ Hammer Curls	1/1	2x	Example: Working the biceps head insertion
	1:43	Reverse Lunge Left Leg w/ Hammer Curls	1/1	6x	Example: Control your weights - no swinging
		Repeat Pattern (4)			
Bubbles	1:54	Move Right Side Squat w/ Hammer Curls	1/1	2x	Example: Knees and toes point forward
	1:57	Reverse Lunge Right Leg w/ Hammer Curls	1/1	6x	Example: Lower with control
	2:08	Move Left Side Squat w/ Hammer Curls	1/1	2x	Example: Moving back left
	2:11	Reverse Lunge Left Leg w/ Hammer Curls	1/1	6x	Example: Heart rate should be climbing - great cardio here
		Repeat Pattern (5)			
Bubbles	2:22	Move Right Side Squat w/ Hammer Curls	1/1	2x	Example: Are you feeling this in your biceps yet?
	2:26	Reverse Lunge Right Leg w/ Hammer Curls	1/1	6x	Example: Lunge it out, great job
	2:36	Move Left Side Squat w/ Hammer Curls	1/1	2x	Example: Keep your arms going
	2:40	Reverse Lunge Left Leg w/ Hammer Curls	1/1	6x	Example: If lunging isn't for you, you can keep the center squat

Repeat Pattern (6)					
Bubbles	2:51	Move Right Side Squat w/ Hammer Curls	1/1	2x	Example: Let's go
	2:54	Reverse Lunge Right Leg w/ Hammer Curls	1/1	6x	Example: Are you going as low as when you started?
	3:05	Move Left Side Squat w/ Hammer Curls	1/1	2x	Example: To the left again
	3:08	Reverse Lunge Left Leg w/ Hammer Curls	1/1	6x	Example: Shoulders back and down will define your ROM and prevent your elbows from locking out on extension
Cut Lunges - Legs Only (7)					
	3:19	Move Right Side Squat	1/1	2x	Example: Are you ready to cut this down?
	3:23	Reverse Lunge Right Leg	1/1	2x	Example: Only two lunges
	3:26	Move Left Side Squat	1/1	2x	Examples: Recover the arms, but get ready
	3:30	Reverse Lunge Left Leg	1/1	2x	Example: Switch up weights if your body is asking you to
Repeat Pattern - Legs(8)					
Bubbles	3:33	Move Right Side Squat	1/1	2x	Example: Last time with the legs before we add your arms
	3:37	Reverse Lunge Right Leg	1/1	2x	back in
	3:40	Move Left Side Squat	1/1	2x	Example: Make sure the weight is still in your heels
	3:44	Reverse Lunge Left Leg	1/1	2x	Example: The front side hipflexors are getting a great stretch
Add Arms (9)					
	3:47	Move Right Side Squat w/Hammer Curls	1/1	2x	Examples: Let's add the arms
	3:51	Reverse Lunge Right Leg w/Hammer Curls	1/1	2x	Examples: You're doing amazing!
	3:55	Move Left Side Squat w/Hammer Curls	1/1	2x	Example: One arm at a time if you need
	3:58	Reverse Lunge Left Leg w/Hammer Curls	1/1	2x	Example: You're so strong
Repeat Pattern - Arms(10)					
Bubbles	4:02	Move Right Side Squat w/Hammer Curls	1/1	2x	Example: Compound movements, when we work multiple
	4:05	Reverse Lunge Right Leg w/Hammer Curls	1/1	2x	muscle groups at the same time, are what torch the most calories.
	4:09	Move Left Side Squat w/Hammer Curls	1/1	2x	Example: We're just about ready to cut this down again
	4:12	Reverse Lunge Left Leg w/Hammer Curls	1/1	2x	Example: Long set, but we're almost there

		<u>Cut to Singles - Legs Only (11)</u>			
	4:16	Move Right Side Squat Leg	1/1	1x	Example: We're down to singles, rest the arms
	4:18	Reverse Lunge Right Leg	1/1	1x	Example: Can you go just a little lower, make
	4:19	Move Left Side Squat Leg	1/1	1x	sure you are still in control of your form
	4:21	Reverse Lunge Left Leg	1/1	1x	
		<u>Repeat Pattern - Legs(12)</u>			
Bubbles	4:23	Move Right Side Squat	1/1	1x	Example: Last time with the legs before we add
	4:25	Reverse Lunge Right Leg	1/1	1x	the arms back in
	4:27	Move Left Side Squat	1/1	1x	Example: Moving left
	4:28	Reverse Lunge Left Leg	1/1	1x	Example: Quads should be burning. They are working
					to stabilize and decelerate, so you should be feeling
					the fire
		<u>Add Arms (13)</u>			
	4:30	Move Right Side Squat w/Hammer Curls	1/1	1x	Example: Here we go with the arms
	4:32	Reverse Lunge Right Leg w/Hammer Curls	1/1	1x	Example: Extend all the way down
	4:34	Move Left Side Squat w/Hammer Curls	1/1	1x	Example: Remember one arm at a time if you need
	4:35	Reverse Lunge Left Leg w/Hammer Curls	1/1	1x	Example: You're doing so great!
		<u>Repeat Pattern - Arms(14)</u>			
Bubbles	4:37	Move Right Side Squat w/Hammer Curls	1/1	1x	Example: Last time through, stay strong
	4:39	Reverse Lunge Right Leg w/Hammer Curls	1/1	1x	Example: You can do this
	4:41	Move Left Side Squat w/Hammer Curls	1/1	1x	Example: Last time to the left
	4:43	Reverse Lunge Left Leg w/Hammer Curls	1/1	1x	Example: Make this your best. Check in with your form
	<i>0.15</i>	<i>Transition</i>			<i>Grab your mat and weights for your triceps</i>

8.0 Tricep-Pushup w Leg Extension & Tricep-Kickbacks / Music - A Sky Full of Stars

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14	Tricep Pushups (1)			
Swish	0:28	Triceps Pushup	2/2	8x	Example: Wrists directly under shoulders, shoulder back
	0:57	Recover	1/1	8x	Example: Shake it out, drop to the knees if desired
		Repeat Pattern (2)			
Bubbles	1:11	Triceps Pushup	2/2	8x	Example: Elbows point backwards as you lower down, shoulders no lower than elbows, last time well done
	1:39	Recover	1/1	8x	
		Hands & Knee with Weights (3)			
	1:54	Left Leg Extension	1/1	8x	Example: Wrist, elbows, shoulders all in line
	2:08	Add Right Arm Triceps Kickback	1/1	16x	Example: Push your weight towards the ceiling
	2:36	Right Leg Extension	1/1	8x	Example: Let's add a leg, working the glutes
	2:51	Add Left Arm Tricep Kickback	1/1	16x	Example: Other side, contract your triceps as you extend
		Repeat Pattern (4)			
Bubbles	3:19	Left Leg Extension	1/1	8x	Example: Core is engaged
	3:33	Add Right Arm Tricep Kickback	1/1	16x	Example: Last time through right arm
	4:02	Right Leg Extension	1/1	8x	Example: Stabilizers and Core working like crazy
	4:16	Add Left Arm Tricep Kickback	1/1	16x	crazy, control the weights - no swinging
	0.15	<i>Transition</i>			<i>Grab weights for shoulder press</i>

9.0 Basic Step w/ Shoulder Press/ Music - Amazing

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	Basic Right Step	2/2	4x	Examples: Up, Up, Down, Down
	0:43	Add Shoulder Press	2/2	8x	Examples: Keep your shoulders back & down - this will define your own individual ROM & prevent locking out elbows
Bubbles	1:11	Basic Right Step	2/2	4x	Examples: Still on the right, adding some legs
	1:25	Add Shoulder Press	2/2	8x	Examples: Compound moves=more calorie burn
Bubbles	1:54	Basic Right Step	2/2	4x	Examples: Last time on this side, keep it up
	2:08	Add Shoulder Press	2/2	8x	Examples: See the weights in your peripheries
Bubbles	2:36	Basic Left Step	2/2	4x	Examples: On the left this time
	2:51	Add Shoulder Press	2/2	8x	Examples: We did it on the other side
Bubbles	3:19	Basic Left Step	2/2	4x	Examples: March on the floor if you need
	3:33	Add Shoulder Press	2/2	8x	Examples: Keep your form
Bubbles	4:02	Basic Left Step	2/2	4x	Examples: Last time, almost there
	4:16	Add Shoulder Press	2/2	8x	Examples: Last eight, push through
	0.15	<i>Transition</i>			<i>Grab weights for lateral raise</i>

10.0 Side Squats w/ Lateral Raise / Music - Shake it Off

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	Side Squat	1/1	8x	Example: This can be done on the floor without the bench
	0:43	Just Lateral Raise	1/1	8x	Example: Palms face down
	0:57	Just Knee Raise	1/1	8x	Examples: Engage your Transverse Ab to assist hip flexors
	1:11	Both Knee & Lateral	1/1	8x	Examples: Knee and arms together
Bubbles	1:25	Side Squat	1/1	8x	Examples: Knees and Toes point the same way
	1:39	Just Lateral Raise	1/1	8x	Examples: Arms only to shoulder height
	1:54	Just Knee Raise	1/1	8x	Examples: Working our stabilizers
	2:08	Both Knee & Lateral	1/1	8x	Examples: Take out the knee if it is too much
	2:22	Benched Squats	1/1	3x	Examples: We're moving to the other side soon
		Side Squat	1/1	1x	Examples: To the side, weight in heels
		Benched Squats	1/1	4x	Examples: On the other side, chest proud
	2:36	Side Squat	1/1	8x	Examples: Get as low as you can
	2:51	Just Lateral Raise	1/1	8x	Examples: Extend your lever if you need more
	3:05	Just Knee Raise	1/1	8x	Examples: Engage your core as you draw in your knee
	3:19	Both Knee & Lateral	1/1	8x	
Bubbles	3:33	Side Squat	1/1	8x	Examples: Are your knees and toes still in alignment? Reduce weight if you need
	3:47	Just Lateral Raise	1/1	8x	Examples: You should feel this in your lower abs - USE the abs to assist with the knee raise
	4:02	Just Knee Raise	1/1	8x	Examples: Engage your core as you draw in your knee
	4:16	Both Knee & Lateral	1/1	8x	Examples: Compound move double the burn
	4:30	Benched Squats	1/1	3x	Examples: Last time make them your best
		Side Squat	1/1	1x	Examples: As low as you did on the first one
		<i>Transition</i>			<i>Grab weights for chest press and chest fly</i>

11.0 Chest Press & Chest Fly / Music - Come Get it Babe

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14				
Swish	0:28	Chest Press	4/4	2x	Examples: Nice and slow, make the muscles work work, 3-2-1 and up fast Examples: Two and twos Examples: Single it out
	0:43	Chest Press	3/1	4x	
	0:57	Chest Press	2/2	4x	
	1:11	Chest Press	1/1	8x	
Bubbles	1:25	Chest Press	4/4	2x	Examples: You're strong here - working your "push" muscles
	1:39	Chest Press	3/1	4x	Examples: Keep your knuckles in line with your wrist Examples: Don't let your weight dip below the bench, Let's finish this off--last 8
	1:54	Chest Press	2/2	4x	
	2:08	Chest Press	1/1	8x	
Princess	2:22	Stretch & Change Weights	1/1	8x	Examples: If you'd like lighter weights, now is the time
	2:36	Chest Fly	4/4	2x	Examples: Open your arms to the side
	2:51	Chest Fly	3/1	4x	Examples: Squeeze your chest to raise your arms
	3:05	Chest Fly	2/2	4x	Wrists do not pass the shoulders as you open
	3:19	Chest Fly	1/1	8x	
Bubbles	3:33	Chest Fly	4/4	2x	Examples: Last time through
	3:47	Chest Fly	3/1	4x	Examples: Resist on the way down, and fast on the way up Examples: Slight bend in your elbows Examples: Last 8, single it out, great job
	4:01	Chest Fly	2/2	4x	
	4:16	Chest Fly	1/1	8x	
	4:30	Recovery	1/1	8x	Stretch out your chest
	0:15	Transition			Grab XX Equipment

12.0 Crunches / Music - Use Somebody

Sound Cue	Time <4:45 min>	Exercise	Pulse	Reps	Cueing Tips
Swish	0:14	Just Arms (1)			
Swish	0:28	Center Crunches	1/1	8x	Examples: 8 in the middle
	0:43	Right Crunches	1/1	8x	Examples: Rotate through your trunk
	0:56	Center Crunches	1/1	8x	Examples: Exhale up, inhale down
	1:11	Left Crunches	1/1	8x	Examples: No pulling on your neck
	[2]	Elbow Reaching Leg (2)			
	1:25	Center Crunches	1/1	8x	Example: Contract abs on the way up and down
	1:39	Right Crunches	1/1	8x	Example: Bring your knee towards your elbow
	1:54	Center Crunches	1/1	8x	Example: Lower with control
	2:08	Left Crunches	1/1	8x	Example: Twist to the left

	[3]	Cut in Half - Just Arms(3)			
	2:22	Center Crunches	1/1	4x	Examples: We're cutting it in half
	2:29	Right Crunches	1/1	4x	Examples: Keep it going
	2:36	Center Crunches	1/1	4x	Examples: Is your core still engaged?
	2:43	Left Crunches	1/1	4x	Examples: Just the arms here
	[4]	Elbow Reaching Leg (4)			
	2:51	Center Crunches	1/1	4x	Example: Last time on 4s
	2:58	Right Crunches	1/1	4x	Example: Think about your bottom rib connecting with the top of your hip bone. Engage the space between
	3:05	Center Crunches	1/1	4x	Example: Keep breathing
	3:12	Left Crunches	1/1	4x	Example: Targeting the obliques
	[5]	Cut in Half - Just Arms(5)			
	3:19	Center Crunches	1/1	2x	Example: We're strengthening all of those muscles that stabilize us in balance
	3:23	Right Crunches	1/1	2x	Example: Just the arms
	3:26	Center Crunches	1/1	2x	Example: Abs of steel, you're awesome
	3:30	Left Crunches	1/1	2x	Example: We're on 2s nearly done
	[6]	Elbow Reaching Leg (6)			
	3:33	Center Crunches	1/1	2x	Example: Are you feeling this?
	3:37	Right Crunches	1/1	2x	Example: Think of the results
	3:40	Center Crunches	1/1	2x	Example:support your head. Relax your head into your hands
	3:44	Left Crunches	1/1	2x	Example: Protect your lower back contract abs
	[7]	Cut in Half - Just Arms(7)			
	3:47	Center Crunches	1/1	1x	Examples: Just the arms here
	3:49	Right Crunches	1/1	1x	Examples: We're on singles
	3:51	Center Crunches	1/1	1x	Examples: To the center - think ribs to hips. Engage!
	3:53	Left Crunches	1/1	1x	Example: So great!
	[8]	Repeat Arms (8)			
Bubbles	3:55	Center Crunches	1/1	1x	Examples: Bring your knee and arm together
	3:56	Right Crunches	1/1	1x	Example: Great work
	3:58	Center Crunches	1/1	1x	Example: Keep a fist distance between chin and chest
	4:00	Left Crunches	1/1	1x	Examples: Last time just the arms
	[9]	Elbow Reaching Leg (9)			
	4:02	Center Crunches	1/1	1x	Examples: Exhale as you come up
	4:03	Right Crunches	1/1	1x	Examples: Working your obliques - responsible for rotation - so find that deep twist!
	4:05	Center Crunches	1/1	1x	Examples: You're almost there
	4:07	Left Crunches	1/1	1x	Examples:To the left, feel your side body
	[10]	Repeat Elbow Reaching Leg (10)			
Bubbles	4:09	Center Crunches	1/1	1x	Example: To the middle
	4:11	Right Crunches	1/1	1x	Example: Twist from your core not your head
	4:12	Center Crunches	1/1	1x	Example: Contract & engage, all the way up
	4:14	Left Crunches	1/1	1x	Example: Other side squeeze
	[11]	Wrap it up (11)			
	4:16	Crunches	1/1	8x	Examples: Last 8 crunches, abs are on fire
	4:30	Slow Crunches	2/2	4x	Examples: Last time and you're done
	0.15	Transition			Stretch it out arms and legs extended

13.0 Cool Down / Music - Come Away with Me < 4:45 min>

1.4 RIPPED! to the Core Exercise Descriptions

2. Spiders & Push-ups

Main Muscles Worked: Rectus Abdominus, Obliques, Transversus Abdominus, Shoulder Stabilizers, Pec major



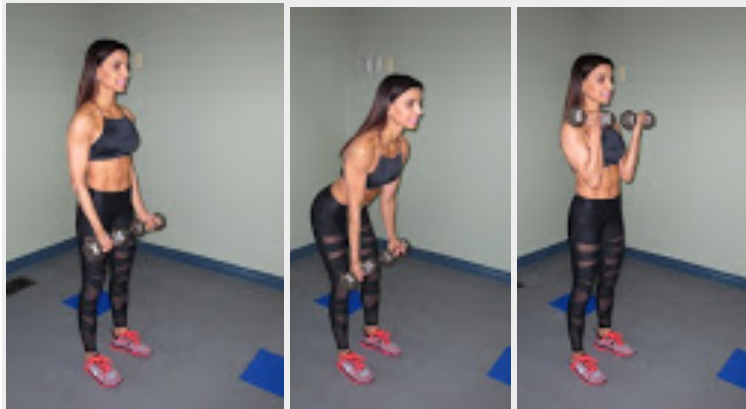
Technique:

- Hands positioned in line with chest and shoulder width
- Flex right elbow 90 degrees and lower to ground,
- Flex left elbow 90 degrees and lower to ground
- Keep the elbows directly underneath the shoulders
- Extend right elbow and raise to hand
- Extend left elbow and raise to hand
- Maintain braced glute, abdominals and erector spinae to avoid torso “sag,”
- Neutral spine from tailbone through the top of the head, no hip swivel

Options: Perform against a wall, on the knees or quadruped position, reduce range of motion

3. Deadlifts with Biceps Curls

Main Muscles Worked: Biceps, Anterior Deltoids, Erector Spinae, Glutes, Hamstrings



Options: No weights, reduce range of motion

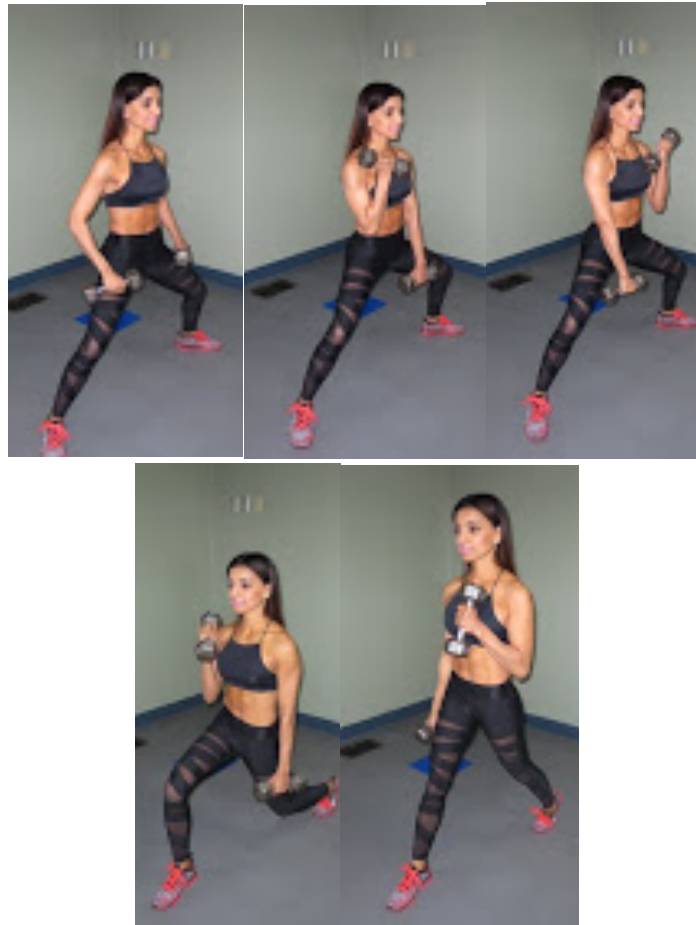
Technique:

- Maintain neutral spine throughout movement, arms supinated
- Hips flex in order for weights to stop at knees
- Knees flex 20 degrees, Keep weights close to thighs
- Extend hips and knees
- Flex elbows allowing weights to track toward top of shoulders,

- Shoulders should stay retracted and depressed during lifting phase
- Maintain vertical posturing during movement

4. Concentration Curls with Pulse Squats & Turn Lunges

Main Muscles Worked: Biceps, Quads, Hamstrings, Glutes, Adductors



Technique:

- Bring feet out wider than hips & track toes in the same direction as patellae
- Squeeze heels in towards one another without actually moving them
- Keep the tailbone long with a slight anterior pelvic tilt, and the shoulders back/down
- Pulse squat (semi-extend and flex knees and hips)
- Arms pronated, flex elbow and draw arc with right hand from right hip to left shoulder and pull thumb toward right shoulder, repeat left side
- Turn on heels to face right side of room, right knee and hip flex while left hip extends and left knee flexes, lower into lunge position. Repeat arms. Repeat left side.

Options: Squat instead of lunge, Reduce range of motion, Lighten up on weights

5. Triceps Extensions with Squats & Side Lunges

Main Muscles Worked: Quads, Glutes, Hamstrings, Triceps, Deltoids



Technique:

- Hip-width stance, arms above head, elbows flexed
- Flex hips and knees and lower into squat with joints aligned from shoulders to heels
- Extend hips and knees while extending elbows overhead, keeping a light bend in the knees on extension
- Flex elbows while maintaining greater than 90 degrees of shoulder flexion
- Keep elbows shoulder width apart during movement
- Keep the spine long to avoid hyper extension in the lumbar spine
- Keep knees tracking towards in the same direction as toes

Side Lunges:

- Flex right hip and knee 90 degrees while extending left hip and knee
- Keep weight in the heel on the lunge, and the chest up – shoulders in line with hips
- Repeat other side

Options: Reduce range of motion, perform triceps kickbacks with elbows at side (shoulder injuries), split-stance, no squat

6. Squats with Horizontal Rows

Main Muscles Worked: Hamstrings, Glutes, Quads, Lats, Rhomboids



Technique:

- Hip-Width stance, flex hips and knees 90 degrees tracking towards toes
- Engage the abdominals to protect the low back
- Flex the elbows to 90 degrees, arms away from the body, elbows pointing to the sides of the room.
- Shoulder blades retract and scapulae adduct. Squeeze at the top of retraction

Options: Reduce weight, Reduce range of motion, No squat

7. Hammer Curls with Squats & Reverse Lunges

Main Muscles Worked: Glutes, Quads, Hamstrings, Biceps



Technique:

- Hip-width stance, arms neutral, step wide with the right foot, flex knee and hip 90 degrees lower into wide squat
- Flex elbows at 90 degrees and draw thumbs towards shoulders, repeat.
- Right leg steps back, hip extends and knee flexes at 90 degrees into lunge
- Flex elbows at 90 degrees and draw thumbs towards shoulders, repeat 6 lunges on right side
- Repeat combo on left side

Options: No weights, replace lunge with squat, reduce range of motion

8. Triceps Push Ups & Triceps Kickbacks

Main Muscles Worked: Core, Pec Major, Deltoids, Triceps



Technique:

- Hands positioned shoulder width
- Elbows flex 90 degrees and keep a light bend on extension
- Elbows track along side of torso to lower chest to floor, maintain neutral spine

Options: Perform against a wall, at an angle (i.e. ballet barre), knees or quadruped position, reduce range of motion

Triceps Kickbacks:

Main Muscles Worked: Triceps, Transverse Abdominus, Obliques



Technique:

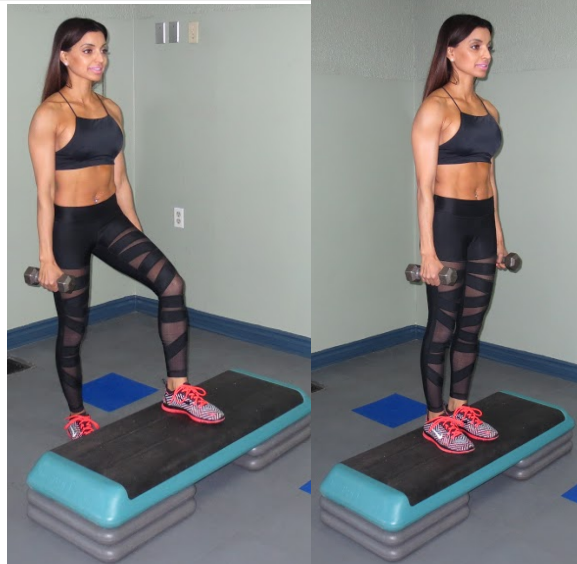
- On all fours flex right elbow at 90 degrees, grounded hand underneath shoulder

- Extend left leg
- Extend right elbow pushing pinkie side towards ceiling
- Flex right elbow, flex left knee and draw towards chest
- Repeat other side, ensuring the hips and shoulders stay level and square

Options: Perform kneeling with no leg extension, extend back leg but keep toes on the floor, light or no weight, reduce range of motion

9. Shoulder Press with Basic Step

Main Muscles Worked: Deltoids, Trapezius, Rhomboids, Lats. Quads. Hamstrings



Technique:

- Bring weights up to shoulder level, retract and depress shoulders. Weights may line up with ears depending on each individual's range of motion
- Step up onto bench with right foot, extend elbows and press weights overhead, keeping shoulders retracted and depressed. Weights should be visible in peripheral vision
- Engage abdominals, and step down from bench and flex elbows at 90 degrees. Repeat each side and ensure knuckle to wrist alignment

Options: No weight, perform exercise on floor, lateral or anterior raise

10. Lateral Raise with Side Squats

Main Muscles Worked: Deltoid, Upper Trapezius, Rotator Cuff, Quads, Hamstrings, Hip flexor



Technique:

- Hip Width-stance, step wide to the right knees and toes at a 45 degree angle
- Flex 90 degree at hip and knee to lower into a wide squat, keeping the chest high
- Elbows flexed 90 degrees, abduct shoulder 90 degrees, keeping shoulders back and down
- Elbows track no higher than shoulder level
- Step back to bench flex right hip and knee 90 degrees and draw knee toward chest no higher than hip level – encourage using the TA to lift the knee
- Repeat on left side

- Recovery: Squats on bench

Options: No bench, no weight, reduce range of motion, hip-width squat, no knee raise

11. Chest Press & Chest Fly

Main Muscles Worked: Pec Major, Anterior Deltoids



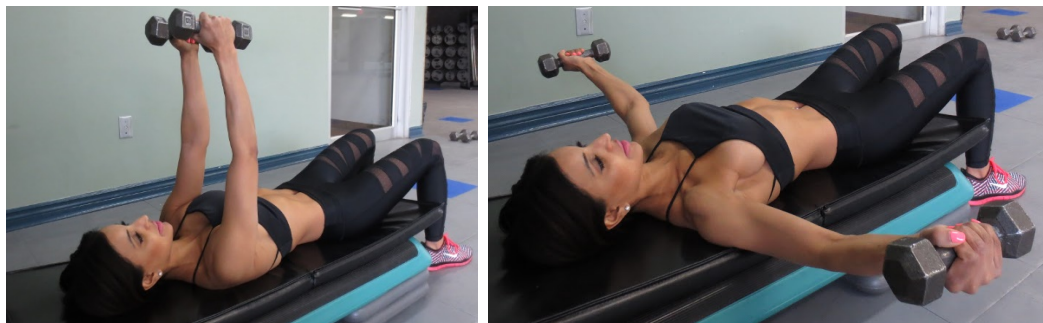
Technique:

- Hands positioned over chest, arms pronated
- Elbows flex 90 degrees to lower weights over chest line
- Keep shoulders retracted and depressed towards bench
- Knees should never be below the hips off the bench
- Eyes stay at the ceiling (encourage clients not to look left to right)

Options: If client is unable to go supine (i.e. pregnant), either seat them at an angle or offer push-ups on the floor, angle (i.e. ballet barre), or wall. No bench, light or no weight, reduce range of motion, modify angle of bench (flat vs. incline), lift feet off the floor

Chest Fly

Main Muscles Worked: Pec Major, Anterior Deltoids



Technique:

- Hands positioned over chest, arms neutral, hands facing one another
- Horizontally abduct shoulders to 90 degrees (upper arm is parallel to floor),
- Elbows stay above bench level, wrists stay at or above shoulder level
- Elbows maintain slightly flexed angle throughout

Options: If client is unable to go supine (i.e. pregnant), either seat them at an angle or offer push-ups on the floor, angle (i.e. ballet barre), or wall. No weight, reduce range of motion, modify angle of bench (flat vs. incline)

12. Crunches

Main Muscles Worked: Rectus Abdominus, Transverse Abdominus, Hip Flexors



Technique:

- Supine position w/hips and knees flexed
- Engage the abdominal muscles between the bottom rib and top of pelvic bone
- Flex torso and keep abdominals contracted
- Both hips stay on the mat
- Hands positioned behind head for support – let the head relax into the hands
- Twist left shoulder towards right knee and contract obliques
- Flex right hip and knee at 90 degrees and draw right knee towards left shoulder
- Repeat on left side

Options: Stand up on knees and laterally flex side to side with hands behind head in the same arm position guiding elbow to thigh, feet or toes on the floor bringing one foot up at a time, hands positioned across chest, reduce range of motion