

PRE-CHOREOGRAPHED WORKOUTS: MODIFIED CLASS OPTIONS

Depending on the needs of your group and location of your class, you may need to adjust the main focus of your Essentrics class and/or adapt your routine to fit a shorter length of time. That being said, Essentrics is always a full-body, rebalancing workout that follows a strategic formula. Until you have completed Level 4, you must stick to our recommended class alternatives. Choose songs for your exercise sequences that fit your needs, suit your clientele, and use your playlist to keep you on track for the timing of your class.

It is important to note that you must *always* teach a one-hour Pre-Choreographed Workout for your required Apprentice teaching hours for each level. The shorter class options that are provided within each PCW Handbook and below are for you to teach beyond those requirements.

PRE-CHOREOGRAPHED WORKOUT 1

30 min PCW1 All Standing Class

1. Warm-up
 - You may reduce the repetitions of the choreography as needed to adjust to a shorter song, but make sure to stick to the movements of the choreography to achieve a balanced, complete Warm-up
2. TM Shoulder Blast
 - Make a little shorter by removing one full repetition of the Shoulder Blast sequence
3. Side-to-Side Lunges
 - Follow as is, regular sequence
4. Pliés & Arms sequence
 - One song allotted for Pliés and Arms
 - Start with a reduced Plié sequence and follow with a reduced Arm Pump sequence
 - Remove repetitions of choreography as needed to fit your song
5. Kicks
 - Regular sequence, follow as is
6. Windmills & Pulling Weeds
 - Regular sequence if time allows
 - May reduce Side-to-Side Windmills in Front Lunge from 8x to 4x
 - May remove the '4x Windmills in Front Lunge' on each side
Example of sequence: 4x Forward Windmills, 4x Backward Windmills, 4x Side-to-Side Windmill with Front Lunge, 4x Side-to-Side Washes, 4x Lullabies, 1-2x Pulling Weeds on each plane (floor to ceiling, side to side, ceiling to floor)
7. Big Four Stretch
 - May remove initial Heel Raisers & Achilles stretch as needed and commence Big Four stretch with the calf stretch sequence

Removed: Side Leg Lifts, Sit-ups, floor stretches

45 min PCW1 Class

1. Warm-up
 - You may reduce the repetitions of the choreography as needed to adjust to a shorter song, but make sure to stick to the movements of the choreography to achieve a balanced, complete Warm-up
2. TM Shoulder Blast
 - Make a little shorter by removing one full repetition of the Shoulder Blast sequence
3. Side-to-Side Lunges
 - Regular sequence, follow as is
4. Pliés & Arms sequence
 - One song allotted for Pliés and Arms
 - Start with a reduced Plié sequence and follow with a reduced Arm Pump sequence
 - Remove repetitions of choreography as needed to fit your song
5. Windmills & Pulling Weeds
 - Regular sequence if time allows
 - May reduce Side-to-Side Windmills in Front Lunge from 8x to 4x
 - May remove the '4x Windmills in Front Lunge' on each side

Example of sequence: 4x Forward Windmills, 4x Backward Windmills, 4x Side-to-Side Windmill with Front Lunge, 4x Side-to-Side Washes, 4x Lullabies, 1-2x Pulling Weeds on each plane (floor to ceiling, side to side, ceiling to floor)
6. Big Four Stretch
 - May remove initial Heel Raisers & Achilles stretch as needed and commence Big Four stretch with the calf stretch sequence
7. Side Leg Lifts
 - Regular sequence, follow as is
8. Supine & seated floor stretches
 - Perform the hip stretch & glute stretch (the #4 stretch & baby stretch) 1x / side vs. 2x
 - May remove part of or all of the seated floor stretches as needed depending on the timing of your class
 - If you need a reduced seated stretch sequence, consider following the supine stretches with the groin stretch + the hip blast + a neck stretch

Removed: Kicks, Sit-ups

30-45 min PCW1 Stretch Class (All Standing or Standing/Floor option)

1. Warm-up
 - Follow as is, option to slow it down
2. TM Shoulder Blast
 - Make sure you have time for a Lever Stretch on both sides
3. Side-to-Side Lunges
 - Slow down the movements, focus on going to the End of the Stretch during the Single-Arm Side Lunge sequence and also during the Diagonal Front Lunge sequence with Single-Arm Reaches & Lifts
 - Make the Side Windmill sequence more gentle, focused more on Relaxation and Deep Breathing (vs. adding Resistance) and take your time during the Lever Stretches
4. Pliés
 - Slightly reduced sequence
 - Remove mini double heel raisers & arm sequence
 - Focus on lengthening through the quads, slow pumps down
 - Take time with heel raisers to get a good stretch
5. Windmills & Pulling Weeds
 - Regular sequence, more emphasis on Relaxation, Deep Breathing and End of the Stretch vs. Resistance
6. Big Four stretch
 - Regular sequence
7. Floor stretches: Supine & seated sequences
 - Optional depending on how long your class is & if you want to go to the floor

Removed: Arms, Kicks, Side Leg Lifts, Sit-ups