

COREBAR FIT™ RELEASE 25 PROGRAM OUTLINE

- **PP= Pole Position:** vertical bar hold that starts Corebar® workout, plus helps when doing balance exercises
- **HP= Home Position:** the bar rests comfortably behind your middle back, elbows bent without stress or resistance, hands loosely around the ends
- **FP= Front position:** keep the bar close to your chest, elbows down, ends facing down
- **SP= Shoulder Position:** the bar rest comfortably on your shoulders, relax your arms
- **Ext= Extended Position:** holding the bar with arms extended in front of your body, overhead or in a punch
- **AP= A-position:** the bar is placed on the floor with the ends facing down
- **UP= U-position:** the bar is placed on the floor with the ends facing up
- **L = Left**
- **R = Right**
- Time codes for film in brackets

WARM UP

WARM UP 1	SHAKE IT OUT (0:00)
POSITION	HP/EXT
COMMENT	Set the mood for the class, focus on correct Corebar technique.
VERBAL KEY POINT	"Squared hips" "Pull the elbow behind you in rotations"
EXERCISE	Squat, Dip, Rotation, Step & Rotation
	Intro: Shoulder roll 4x Squat to stand Slow Dip (L+R x2) Slow Rotation (L+R x2) Dip (L+R x4) Rotation (L+R x4) Step & Rotation (32 counts) Dip (L+R) + 2x Squat (16 counts/round → 2 rounds) Rotation (L+R) + 2x Squat (16 counts/round → 2 rounds) Dip, HP (L+R x2) Dip, SP (L+R x2) Dip, Bar on the head (L+R x2) Dip, EXT (L+R x2) 4 x Squat to Stand
WARM UP 2	TSUNAMI (3:48)
POSITION	FP/EXT
COMMENT	Focus on correct Corebar technique. Gradually build up the intensity,
VERBAL KEY POINT	"Bring the bar back to FP between every Punch"
EXERCISE	Lunges, Side to Side, Step & Punch, Step & Punch Up
	Small Lunges (L+R x4) Quick Lunges & Squat (L+R x2) Quick Lunges & Squat Ext (L+R x2) Side to Side (32 counts) Side & Rotation (32 counts) Step & Punch to the side (32 counts) Step & Punch Up (32 counts) Step & Punch Up (forw/backw) + Step & Punch to the side (front/back) 32 counts/round → 2 rounds Small Lunges (L+R x4) Quick Lunges & Squat Ext (L+R x2) Step & Punch Up (forw/backw) Step & Punch to the side (front/back) 32 counts/round → 3 rounds

CARDIO INCLINE 1

CARDIO 1	SOMETHING KINDA OOOOH (6:57)
POSITION	FP
COMMENT	It's time to get the heart rate further up.
VERBAL KEY POINT	"Keep the bar close to your chest at all times"
EXERCISE	Side to side, 4x Kneelifts, Linking Jumps, Double Step & Punch up & down
	Intro: Side to side

	<p>Verse: Side to side + 4x Kneelift (32 counts/round → 2 rounds) Linking Jumps + 4x Kneelift (32 counts/round → 2 rounds) Chorus: Double Step & Punch up & down (low rotation) (16 counts/round → 2 rounds) Double Step & Punch up & down (16 counts/round → 2 rounds) Verse: Linking Jumps (forw/backw), + 4x Kneelift (front/back) (32 counts/round → 2 rounds) Chorus: Double Step & 3 Punches up & down (32 counts/round → 2 rounds)</p>
CARDIO 2	UPTOWN FUNK (9:35)
POSITION	HP
COMMENT	Cool Song, well known choreography. Big rotations and high Kneelifts.
VERBAL KEY POINT	<p>"Knee out in kneelifts" "Pull the elbow behind you when you lift the knee"</p>
EXERCISE	Speed Rotation, Kneelift & Rotation, 8x Kneelifts, Kneelift & Switch
	<p>Intro: Speed Rotation Verse: Kneelift & Rotation (Left knee → 2x32 counts) 8 x Kneelift (L+R), Low Impact Chorus: 8 x Kneelift (L+R x2) High Impact Verse: Kneelift & Rotation (Right Knee → 2x32 counts) 8 x Kneelift (R+L), Low Impact Chorus: 8x Kneelift (R+L x2) High Impact Interlude: Side to Side (32 counts) Kneelift and Switch (Right knee, 2x32 counts, go low 2nd 32count) Chorus: 8x Kneelift (L+R x2)</p>

ACTIVE RECOVERY



ACTIVE RECOVERY	DANGEROUS (13:27)
POSITION	FP
COMMENT	Decrease the heart rate. Focus on correct technique during the lunges.
VERBAL KEY POINT	<p>"Knees and toes should point in the same direction in the lunges" "Equal distance between arm and ear on both sides in Overhead Dip"</p>
EXERCISE	Lateral Lunge & Swing, Lunges, Overhead Dip, Windmill, Squat and Rotation
	<p>Intro: Surfing Verse: Lateral Lunge & Swing + Reversed Lunge (Left) 8 counts/round → 4 rounds Lateral & Swing Lunge + Reversed Lunge (Right) 8 counts/round → 4 rounds Chorus: 2 x Overhead Dip + 2x Windmill (L+R) 16 counts/round → 2 rounds Verse: Lateral Lunge & Swing + Alt. Reversed Lunge (FP) (Left) 8 counts/round → 4 rounds Lateral & Swing Lunge + Alt. Reversed Lunge (FP) (Right) 8 counts/round → 4 rounds Chorus: 2 x Overhead Dip + 2x Windmill (L+R) 16 counts/round → 2 rounds Outro: Squat & Rotation (Rotate in squat position) (L+R x2)</p>

CARDIO INCLINE 2



CARDIO 3	TALKING BODY (16:26)
POSITION	FP
COMMENT	It's time to get the heart rate up again. Interval-based song with an intensity build-up.
VERBAL KEY POINT	<p>"Keep the bar close to your chest in FP." "Rotate from the core"</p>
EXERCISE	Single Kneelift, Triple Kneelift, Shuffle & March rotation, Shuffle & Rotation/Punch
	Intro: Side step



	<p>Single Kneelift (L+R x4) Triple Kneelift (L+R x2) Shuffle & March rotation (forw/backw, 32 counts/round → 3 rounds) Shuffle & Rotation (16 counts/round → 2 rounds) Shuffle & Punch (16 counts/round → 2 rounds) Single Kneelift (32 counts) Triple Kneelift (32 counts) Shuffle + March Rotation (forw/backw, 32 counts/round → 3 rounds) Shuffle & Rotation (16 counts/round → 2 rounds) Shuffle & Punch (16 counts/round → 2 rounds)</p>
CARDIO 4	UNDER CONTROL (20:03)
POSITION	HP
COMMENT	Use the energy changes in the music, big rotations and high kneelifts
VERBAL KEY POINT	<p>"Use as much space as possible in the square" "Pull your elbow back while rotating"</p>
EXERCISE	Side step/ Step & Jump, Double Side Step and Kneelift, Kneelift and Switch
	<p>Intro: Side step Create a square Verse: Side Step (forw/bacw) + Double Step Kneelift & Rotation (32 counts/round → 1 round) Step & Jump (forw/back) + Double Step Kneelift & Rotation (32 counts/round → 2 rounds) Side step (bar down) + Double Step Kneelift & Rotation (32 counts/round → 1 round) Chorus: Kneelift & Switch (Left knee, 2x32 counts. NOTE: low impact first 32count) Verse: Side Step (forw/bacw) + Double Step Kneelift & Rotation (32 counts/round → 1 round) Note: opposite foot Step & Jump (forw/back) + Double Step Kneelift & Rotation (32 counts/round → 2 rounds) Side step (bar down) + Double Step Kneelift & Rotation (32 counts/round → 1 round) Chorus: Kneelift & Switch (Right knee, 2x32 counts. NOTE: low impact first 32count)</p>
CARDIO 5	BODIES (23:08)
POSITION	FP
COMMENT	Last cardio song, give it your all!
VERBAL KEY POINT	<p>"Deep squats, high jumps" "Punch from the core"</p>
EXERCISE	Jumping jumping, Rotation Punch, Jumping Squat to the Side, Double Step & Punch Up
	<p>Intro: Jumping jumping Verse: Jumping jumping + Rotation Punch (8 counts/round → 4 rounds) Jumping Squat to the Side (L+R x4) more energy the last 4. Chorus: Double Step & Punch Up (8 counts/round → 6 rounds, NOTE: Low impact first round) Verse: Jumping, jumping + Rotation Punch (8 counts/round → 4 rounds) Jumping Squat to the Side (L+R x4) Chorus: Double Step & Punch Up (8 counts/round → 4 rounds) Jumping, jumping + Rotation Punch (8 counts/round → 4 rounds) Song calms down: Double Step, bar down (8 counts/round → 2 rounds) Double Step & Punch Up (8 counts/round → 4 rounds) Jumping Squat to the side (L+R x4) Chorus: Double Step & Punch Up 8 counts/round → 6 rounds</p>



CORE, STRENGTH & MOBILITY

SERIES 1 (27:11)	EXERCISE 1	<i>Sumo squat to rolling Boat</i>	
	POSITION	EXT/FP	
	COMMENT	Squat down as deep as you can. Roll slowly back – like a ball – and reverse the movement as powerful as possible. Place the feet close to your bum, to come up on your feet more easily.	
	TARGET AREA	Straight ab muscles, quads, glutes	
	EXERCISE 2	<i>Triangle & rotation</i>	
	POSITION	SP	
	LEVELS	The more horizontal your back gets, the more challenging becomes	
	COMMENT	Stand in a stride, extend both knees. You're your hips back and flex forward. Naturally arched back, chest up. Initiate the rotation by pulling your elbow behind you (instead of pushing it in front of you) (If you have your left foot in the front, you should rotate so that you left arm is the lower one)	
	TARGET AREA	Mobility around the spine and upper back. Hamstring and Adductor flexibility	

SERIES 2 (33:05)

	EXERCISE 3 <i>Scorpion Push Ups</i>		
	POSITION	UP	
	LEVELS	<p>Scorpion:</p> <p>1 = lift one foot partially over the opposite foot.</p> <p>2 = Go all the way over/down so your foot touches the floor.</p> <p>Pushups:</p> <p>1= On your knees</p> <p>2 = On your toes down/knees up</p> <p>3 = Extended knees, down and up</p>	
	COMMENT	<p>Scorpion:</p> <p>Start in a plank position, flex on knee (90 degr). Rotate your body so that the weight is shifted to the outside of your foot and the rotation occurs in your upper back (instead of just crossing your leg). Keep the weight on the outside of your standing foot; this is to avoid any rotation or strain on your knee.</p> <p>Pushups:</p> <p>Bar in UP directly under your chest. Braced core and go all the way down, choose your level according to your strength.</p>	
	TARGET AREA	Core muscles, chest, shoulder, shoulder girdle	
	EXERCISE 4 <i>Plank to hip flexor stretch</i>		
	POSITION	EXT	
	LEVELS	With or without rotation	
	COMMENT	Start in a plank position. Take a long stride forward and place your foot as close to the bar as possible. Keep your rear knee extended. Naturally arched back, chest up. Shoulders low. The deeper you go (flexion in hip and front knee), the more challenging the exercise gets.	
	TARGET AREA	Core strength, shoulder girdle stability, Hip mobility	

	EXERCISE 5	One legged forward bent stretch	
	POSITION	PP/AP/UP	
	LEVELS	1 = PP, 2 = AP, 3 = UP	
	COMMENT	Place your foot high up on your thigh, <i>note; you should not feel any pain in the flexed knee. If you do, adjust where you place the foot.</i> Lean forward by pushing your hips backwards, keeping your back arched as far as possible. By placing the bar in either AP or UP you can get a deeper stretch.	
	TARGET AREA	Hamstring, glutes, outside of the hips	
SERIES 3 (44:08)	EXERCISE 6	Boat & Rotation w/Hook	
	POSITION	EXT/AP	
	LEVELS	Boat & rotation (AP) 1=grip the bend of the band, 2 = Grip further out on the band. Hook: 1=EXT in front 2=EXT over head	
	COMMENT	Boat & Rotation: Maintain a curved back throughout the exercise. The further back you lean, the more challenging. Place the bar in AP on each side. The further from your body you place the bar, the more challenging. Hook: Tilt your pelvis and activate your abdominal muscles. Maintain a curved back throughout the exercise. Lean your upper body backwards and let your heels come off the floor. Bring the bar around your feet and back again. The more you extend your body between the "hooks" the more challenging the exercise gets.	
	TARGET AREA	Ab muscles (straight), obliques	

			
EXERCISE 7	Hip Thrust		
POSITION	UP		
LEVELS	1=bum to floor 2=bum passing the bar		
COMMENT	Rotate your shoulder, so the palm of your hand faces backward. Chest up and shoulders low. Bend your knees and place the feet on the floor. Activate shoulder depressors 2-3 times before starting the exercise. Extend your hips. The aim is to create a straight line from neck till knees.		
TARGET AREA	Shoulder mobility. Upper back, Hamstrings, glutes strength.		
EXERCISE 8	Lateral Stretch		
POSITION	EXT		
LEVELS	The more you flex laterally, the deeper the stretch will be.		
COMMENT	Place one end of the bar close to your hip. Both sit bone should be placed in to the floor during the stretch. Flex laterally while you try to elongate at the same time. Lift the rib cage on the stretched side towards the ceiling. Naturally arched back, chest up, shoulders low.		
TARGET AREA	Waist/Lateral ab muscles		