**COREBAR FIT™ RELEASE 26**

**PROGRAM OUTLINE**

- **PP**= Pole Position: vertical bar hold that starts a 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 rests 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

<table>
<thead>
<tr>
<th>WARM UP 1</th>
<th>LIPS ARE MOVIN (0:00)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION</strong></td>
<td>HP, SP, EXT</td>
</tr>
<tr>
<td><strong>COMMENT</strong></td>
<td>Set the mood for the class, focus on correct Corebar technique.</td>
</tr>
<tr>
<td><strong>VERBAL KEY POINT</strong></td>
<td>“Squared hips”</td>
</tr>
<tr>
<td><strong>EXERCISE</strong></td>
<td>Star, Star &amp; Rotation, Rotation, Dip</td>
</tr>
</tbody>
</table>
| Intro: Shoulder Roll  
Star (L+R x 2)  
Step & Rotation [32 counts]  
Slow Rotation (L+R x 2)  
Rotation (L+R x 4)  
Star & Rotation (L+R x 2)  
Step & Rotation [32 counts]  
Dip, HP (L+R x 4)  
Dip, SP (L+R x 4)  
Star w/arm extension, EXT (L+R x 2)  
Step & Rotation, FP (32 counts) |

### WARM UP 2

<table>
<thead>
<tr>
<th>WARM UP 2</th>
<th>AMENO (3:46)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION</strong></td>
<td>FP/EXT</td>
</tr>
<tr>
<td><strong>COMMENT</strong></td>
<td>Focus on correct Corebar punch technique. Gradually increase the heart rate, get ready for Cardio Incline 1. Use the energy changes in the music to change the choreography and add Extra energy.</td>
</tr>
<tr>
<td><strong>VERBAL KEY POINT</strong></td>
<td>“Bring the bar back to FP between every Punch”</td>
</tr>
<tr>
<td><strong>EXERCISE</strong></td>
<td>Double Step &amp; Rotation, Double Step &amp; Punch, Double Step &amp; Punch Up, Squat</td>
</tr>
</tbody>
</table>
| Intro: Step & Swing  
Double Step & 3 Rotations (16 counts/round ➔ 2 rounds)  
Double Step & Rotations + Squat [R+L] (32 counts/round ➔ 2 rounds)  
Double Step & Punch to the side + Squat (L+R) (32 counts/round ➔ 3 rounds)  
Step & Swing (32 counts)  
Double Step & 3 Punches Up (16 counts/round ➔ 2 rounds)  
Double Step & 2 Punches Up + Squat, Ext in front [R+L] (32 counts/round ➔ 3 rounds) |

### CARDIO INCLINE 1

<table>
<thead>
<tr>
<th>CARDIO 1</th>
<th>WE RUN THE NIGHT (6:42)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION</strong></td>
<td>FP</td>
</tr>
<tr>
<td><strong>COMMENT</strong></td>
<td>It’s time to get the heart rate further up.</td>
</tr>
<tr>
<td><strong>VERBAL KEY POINT</strong></td>
<td>“Keep the bar close to your chest in FP”</td>
</tr>
<tr>
<td><strong>EXERCISE</strong></td>
<td>March (low/high), Side to side, 4x Kneelifts, Linking Jumps, Shuffle &amp; Rotation/Punch</td>
</tr>
</tbody>
</table>
| Intro: Side to side  
Instrumental:  
March (low/high) [NOTE: first 16 counts = FP, last 16 counts = EXT]  
Verse 1:  
Side to side (forw/back) + 4x Kneelift (front/back) [32 counts/round ➔ 2 rounds]  
Chorus 1: |
Shuffle & Rotation (16 counts/round ➔ 2 rounds)
Shuffle & Punch (16 counts/round ➔ 2 rounds)

Instrumental:
March (low/high) (NOTE: low impact first 16 counts)
Verse 2:
Linking Jumps + 4Kneelift (32 counts/round ➔ 2 rounds)
Chorus 2:
Shuffle & Rotation (16 counts/round ➔ 2 rounds)
Shuffle & Punch (16 counts/round ➔ 2 rounds)

Cardio 2: Burn It Down (9:19)

<table>
<thead>
<tr>
<th>POSITION</th>
<th>HP</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMENT</td>
<td>Last cardio song before Active Recovery. Big rotations and high kneelifts</td>
</tr>
</tbody>
</table>

**VERBAL KEY POINT**
- “Big rotations and high Kneelifts”
- “Pull the elbow behind you when you lift the knee”

**EXERCISE**
- Kneelift & Switch, Double step Kneelift & Rotation

Intro: March
Verse 1:
Kneelift & Switch (Left knee, 2x32 counts. NOTE: low impact first 32 count)
Chorus 1 = Interval 1 = 30 sec
Double step Kneelift & Rotation (16 counts/round ➔ 4 rounds)
Verse 2:
Kneelift & Switch (Right knee 2x32 counts. NOTE: low impact first 32 count)
Chorus 2 = Interval 2 = 15 sec
Double step Kneelift & Rotation (16 counts/round ➔ 2 rounds)
Verse 3:
Kneelift & Switch (2x32 counts: NOTE: go low last 32 count)
Chorus 3:
Double step Kneelift & Rotation (16 counts/round ➔ 2 rounds. NOTE: low impact)
Interval 3 = 30 sec; Double step Kneelift & Rotation (16 counts/round ➔ 4 rounds)

Active Recovery

<table>
<thead>
<tr>
<th>POSITION</th>
<th>SP, EXT</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMENT</td>
<td>Decrease the heart rate. Focus on correct technique during the lunges.</td>
</tr>
</tbody>
</table>

**VERBAL KEY POINT**
- “Knees and toes should point in the same direction while lunging”
- “Chest up”

**EXERCISE**
- Lateral Lunge & Dip, Lunges & Rotation, Sumo squat, Twisted lunges, Leveler, Star

Intro: Surfing
Reversed Lunge & Rotation + Lateral Lunge & Dip (Left) (16 counts/round ➔ 2 rounds)
Reversed Lunge & Rotation + Lateral Lunge & Dip (Right) (16 counts/round ➔ 2 rounds)
2x Sumo Squat
Lunge & Rotation + Lateral Lunge & Dip (Left) 16 counts/round ➔ 2 rounds)
Lunge & Rotation + Lateral Lunge & Dip (Right) 16 counts/round ➔ 2 rounds)
2x Sumo Squat
Twisted Lunge Bar = SP (L+R - 16 counts/round ➔ 2 rounds)
Twisted lunge (Ext) - Leveler (FP) - Star (Ext) (L+R - 32 counts/round ➔ 2 rounds)

Cardio Incline 2

<table>
<thead>
<tr>
<th>POSITION</th>
<th>FP/Ext</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMENT</td>
<td>It’s time to get the heart rate up again. Keep the bar close to your chest in FP. Gradually build the intensity.</td>
</tr>
</tbody>
</table>

**VERBAL KEY POINT**
- “Use as much space as possible in the square”
- “Pull your elbow back while rotating”

**EXERCISE**
- Side Step, Step & Low Rotation/Punch down, Double Step Kneelift & Rotation/Punch, Linking Jumps, Step & Punch Up

Intro: Side Step
Create a square from the start
Side Step (forw/backw) + Double Step Kneelift & Rotation (32 counts/round ➔ 1 round)
Step & Low Rotation (forw/backw) + Double Step Kneelift & Rotation (32 counts/round ➔ 1 round)
Step & Punch Down (forw/backw) + Double Step Kneelift & Rotation - add high impact the last round [32
CARDIO 4  
**WANNA DANCE WITH SOMEBODY (19:16)**

<table>
<thead>
<tr>
<th>POSITION</th>
<th>HP</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMENT</td>
<td>Energetic song, well known choreography. Big rotations and high Kneelifts</td>
</tr>
<tr>
<td>VERBAL KEY POINT</td>
<td>&quot;Knee out in kneelifts&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;Pull the elbow behind you when you lift the knee&quot;</td>
</tr>
<tr>
<td>EXERCISE</td>
<td>Speed Rotation, Kneelift &amp; Rotation, 8x Kneelifts</td>
</tr>
</tbody>
</table>

**Intro:** Speed Rotation  
**Verse 1:**  
Kneelift & Rotation (Left knee ➔ 2x32 counts)  
Chorus 1:  
8 x Kneelift (L+R), Low Impact  
8 x Kneelift (L+R x2) High Impact  
**Verse 2:**  
Kneelift & Rotation (Right Knee ➔ 2x32 counts)  
Chorus 2:  
8 x Kneelift (R+L x2) High Impact

CARDIO 5  
**LAND OF CONFUSION (21:39)**

<table>
<thead>
<tr>
<th>POSITION</th>
<th>FP</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMENT</td>
<td>Last cardio song, use the energy changes in the music to create excitement. Give it your all!</td>
</tr>
<tr>
<td>VERBAL KEY POINT</td>
<td>&quot;Punch from the core&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;Bring the bar back to FP between every Punch&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;Three pulse peaks of 45 sec, 15 sec recovery in-between&quot;</td>
</tr>
<tr>
<td>EXERCISE</td>
<td>Double Step &amp; Punch up &amp; down, Jumping jumping + High Jump, Step &amp; Swing</td>
</tr>
</tbody>
</table>

**Intro:** Jumping jumping, side step  
**Verse, part 1:**  
Double Step & Punch up & down – low impact (16 counts/round ➔ 2 rounds)  
**Pulse peak 1:**  
Verse, part 2:  
Double Step & Punch up & down – high impact (16 counts/round ➔ 2 rounds)  
Bridge:  
8x Step & Punch down  
8x Low skating  
Chorus:  
Jumping jumping + High Jump (8 counts/round ➔ 4 rounds)  
**Recovery – 15 sec:**  
Bridge: Step & Swing (32 counts)  
**Pulse peak 2:**  
Verse: Double Step & Punch up & down (16 counts/round ➔ 2 rounds)  
Bridge:  
8x Step & Punch down  
8x Low skating  
Chorus: Jumping jumping + High Jump (8 counts/round ➔ 4 rounds)  
**Recovery – 15 sec:**  
Bridge: Step & Swing (32 counts)  
**Pulse peak 3 – intensify your movements:**  
Verse:  
Double Step & Punch up & down (16 counts/round ➔ 2 rounds)  
Bridge:  
8x Step & Punch down  
8x Low skating  
Chorus: Jumping jumping + High Jump (8 counts/round ➔ 4 rounds)
### Core, Strength & Mobility

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Position</th>
<th>Levels</th>
<th>Comment</th>
<th>Target Area</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exercise 1</strong></td>
<td>Lateral Lunge &amp; Swing</td>
<td>Ext</td>
<td>More explosively executed = more challenging</td>
<td>Inner knee is kept straight, chest up, naturally arched back. Place your weight on your outer foot.</td>
<td>Quads, glutes, balance</td>
</tr>
<tr>
<td><strong>Exercise 2</strong></td>
<td>Star &amp; Touch</td>
<td>Ext</td>
<td>Level 1: Touch the knee with the lower hand Level 2: Go all the way down so your hand touches the floor.</td>
<td>Keep a straight line from toes to neck, push your hip forward. Keep your leg lifted throughout.</td>
<td>Balance, core muscles, especially on the side of the waist</td>
</tr>
<tr>
<td><strong>Exercise 3</strong></td>
<td>The Triangal</td>
<td>UP</td>
<td>1 = Keep the head up 2= pull your forehead and chest (if possible) towards the bar</td>
<td>Extend your rear knee. Optional grip (supinated or pronated). With a supinated grip it’s easier to pull yourself towards the bar to increase the stretch</td>
<td>Hamstrings, back</td>
</tr>
</tbody>
</table>
**EXERCISE 4**  
**Kneeling dip (mobility version)**

**POSITION**  
On top of head

**LEVELS**  
The deeper you go the more challenging, try to dip all the way down.

**COMMENT**  
Push your hips forward and keep chest up. Dip all the way down until bar touches the floor, stay for a couple of seconds before you go all the way up.  
**Note:** this is not merely a strength exercise, but just as much for mobility, so inform the participants to sink down and try to rest. Come all the way up between each dip.

**TARGET AREA**  
Mobility around your spine and strength on the side of your waist.

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**EXERCISE 5**  
**Hip Thrust**

**LEVELS**  
1=bum to floor 2=bum passing the bar 3= one leg

**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**  
Hamstrings, Glutes. Shoulder mobility.

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**EXERCISE 6**  
**Adductor Stretch**

**LEVELS**  
The wider your legs are, and the more you press your chest towards the floor, the more you will feel the stretch.

**COMMENT**  
Place your wrists on the bar, and place the bar a bit away from you. It’s optional to have the foot placed sideways or with the sole facing down. Push your hips backwards and arch your back.

**TARGET AREA**  
Adductors (inner thigh), upper back/lats

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**EXERCISE 7**  
**Boat & Rotation and Rolldown**

**LEVELS**  
Boat & Rotation:  
1=FP  
2= Ext  
Rolldown:  
1 = Ext  
2 = FP

**COMMENT**  
Maintain a curved back throughout the exercise. Rotate from the core. The further back you lean, the more challenging. Stop the Rolldown before the shoulder blades touch the floor.

**TARGET AREA**  
Ab muscles (straight), obliques
<table>
<thead>
<tr>
<th>EXERCISE 8</th>
<th>Push Ups and Hip Flexor Stretch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION</strong></td>
<td>UP/EXT</td>
</tr>
<tr>
<td><strong>LEVELS</strong></td>
<td>1=knees 2=On your toes down/knees up 3=On your toes</td>
</tr>
<tr>
<td><strong>COMMENT</strong></td>
<td>Place the bar directly under your chest. Braced core and go all the way down, choose your level accordingly. Come up in a plank position and take a long stride forward towards the bar. Keep the rear knee as extended as possible. Naturally arched back, chest up. Shoulders low. Keep the hips as low as possible.</td>
</tr>
<tr>
<td><strong>TARGET AREA</strong></td>
<td>Chest, triceps, core. Mobility around the hips</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EXERCISE 9</th>
<th>Kneeling Hip Flexor Stretch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION</strong></td>
<td>PP</td>
</tr>
<tr>
<td><strong>LEVELS</strong></td>
<td>The deeper you go, the more you will feel the stretch. Modification: If you can’t reach the back foot, grab the heel instead, or leave the leg on the floor.</td>
</tr>
<tr>
<td><strong>COMMENT</strong></td>
<td>Hold the bar with the hand opposite of the front knee to keep your balance. Extend and push your back hip forward – squared hips. Grab your rear foot with your opposite hand. Make sure you have an external rotation in your shoulder to get the stretch of your chest. Chest up, straight back.</td>
</tr>
<tr>
<td><strong>TARGET AREA</strong></td>
<td>Mobility and flexibility around your hip, quadriceps, chest and shoulder.</td>
</tr>
</tbody>
</table>