

## COREBAR FIT™ RELEASE 28 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 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

<b>WARM UP 1</b>	<b>Circle of life (00:00)</b>
<b>POSITION</b>	SP/HP
<b>COMMENT</b>	Focus on correct Corebar technique and posture.
<b>VERBAL KEY POINT</b>	Pull the elbow behind you when rotating Squat: Knees and toes in the same direction, chest up, look forward
<b>EXERCISE</b>	Rotation, Dip, Standing Snake, Side to Side, Step & Rotation, Double Step & Rotation, Squat & Dip
	Intro: Bar to SP Slow rotation L+R x2 Slow Dip L+R x2 Windmill L+R x2 Standing snake x4 SP Side to side (32 counts) bar to HP Step & Rotation (32 counts) Double step & 3 Rotations (16 counts/round → 4 rounds) Squat & Dip L+R HP L+R x2 Squat & Dip L+R SP L+R x2 Squat & Dip L+R EXT L+R x2
<b>WARM UP 2</b>	<b>Runaway (03:14)</b>
<b>POSITION</b>	FP, EXT
<b>COMMENT</b>	Establish keywords for correct punching technique
<b>VERBAL KEY POINT</b>	Punch from the core Bring the bar back to the chest in-between every punch Pull your elbow behind you
<b>EXERCISE</b>	Side to side, Double step Kneelift & Rotation, Double step Kneelift & Punch, Step & Punch up, Step & Low rotation, Step & Punch down
	Intro: Side to side Double step Kneelift & Rotation + side to side (32 counts/round → 2 rounds) Double step Kneelift & Rotation + Step & Punch up (32 counts/round → 1 round) Double step Kneelift & Rotation + Step & Punch up (32 counts/round → 2 rounds) - create a square Double step Kneelift & Rotation + Step & Low rotation (32 counts/round → 2 rounds) Double step Kneelift & Rotation + Step & Punch down (32 counts/round → 2 rounds) Double step Kneelift & Punch + Step & Punch down (32 counts/round → 2 rounds)

### CARDIO INCLINE 1

<b>CARDIO 1</b>	<b>All The Small Things (06:07)</b>
<b>POSITION</b>	FP/EXT
<b>COMMENT</b>	Maintain big rotations in March Rotation, show some attitude
<b>VERBAL KEY POINT</b>	Knees and toes in the same direction when squatting Be aware your bar placement in FP
<b>EXERCISE</b>	Squat & Rotation Punch, Side step, Step & Jump March rotation
	Intro: March Verse 1; Squat & Rotation Punch (8 counts/ round → 8 rounds) Chorus 1: Side step (Forward/backward) + March Rotation (Front/back) (32 counts/round → 1 round) Step & jump (Forward/backward) + March Rotation (Front/back) (32 counts/round → 3 rounds) Verse 2 Squat & Rotation Punch (8 counts/ round → 4 rounds)

	Squat & Rotation Punch High impact (8 counts/ round → 4 rounds) Chorus 2 Step & jump (Forward/backward) + March Rotation (Front/back) (32 counts/round → 3 rounds)
<b>CARDIO 2</b>	<b>Can't Remember To Forget You (08:59)</b>
<b>POSITION</b>	HP
<b>COMMENT</b>	Well known choreography. Smile, have fun, and keep those rotations going!
<b>VERBAL KEY POINT</b>	Lift knee to the side Create big rotations by pulling your elbow backwards
<b>EXERCISE</b>	Kneelift & Rotation, 8x Kneelifts, Speed Rotation, Step & Rotation
	Verse 1: Kneelift & Rotation (left knee → 2x32) Chorus1: 8x Kneelifts L+R x1 <b>Low impact</b> 8x Kneelifts L+R x1 <b>High impact</b> Verse 2: Kneelift & Rotation (right knee → 2x32) Chorus2: 8 x Kneelifts R+L x1 <b>Low impact</b> 8 x Kneelifts R+L x2 <b>High impact</b> Bridge: Side to side 16 counts Step & Rotation 16 counts March Rotation 16 counts Speed rotation 16 counts Chorus 3: 8 x Kneelifts R+L x3 <b>High impact</b>

## ACTIVE RECOVERY

<b>ACTIVE RECOVERY</b>	<b>Black Widow (12:21)</b>
<b>POSITION</b>	SP, EXT
<b>COMMENT</b>	Gradually decrease the intensity.
<b>VERBAL KEY POINT</b>	Squat as low as possible Chest up Weight on the heels in squat Knees and toes in the same direction
<b>EXERCISE</b>	Lateral Lunge & Star, Sumo Squat, Squat to Stand
	Side to side 32 Lateral Lunge & Star L x4 Lateral Lunge & Star R x4 Lateral Lunge & Star L x2 Lateral Lunge & Star R x2 Sumo squat x2 Squat to stand (slow) x2 Squat to stand (tempo) x6 Outro Side step



## CARDIO INCLINE 2










<b>CARDIO 3</b>	<b>Movin (15:26)</b>
<b>POSITION</b>	FP
<b>COMMENT</b>	Time to get the heart rate up again – high kneelifts and big rotations
<b>VERBAL KEY POINT</b>	“Single, single, triple” Chest up Knee to the side Punch from the core
<b>EXERCISE</b>	Single kneelift, Triple Kneelift, Double step & Punch up
	Verse 1 Single kneelift + Single kneelift + Triple Kneelift L+R (32 counts/round → 2 rounds) Chorus 1: Double step & 3 Punches up (16 counts/round → 2 rounds) <b>Low impact</b> Double step & 3 Punches up (16 counts/round → 2 rounds) <b>High impact</b> Verse 2 Single kneelift + Single kneelift + Triple Kneelift L+R (32 counts/round → 2 rounds) Chorus 2: Double step & 3 Punches up (16 counts/round → 2 rounds) <b>Low impact</b> Double step & 3 Punches up (16 counts/round → 2 rounds) <b>High impact</b> Verse 3: Single kneelift + Single kneelift + Triple Kneelift L+R (32 counts/round → 2 rounds)


	Chorus 3: Double Step & 3 Punches up (16 counts/round → 4 rounds) <b>High Impact</b>
<b>CARDIO 4</b>	<b>Focus (18:21)</b>
<b>POSITION</b>	HP
<b>COMMENT</b>	Playful song with a hint of attitude. Be distinct in the differences between high and low impact!
<b>VERBAL KEY POINT</b>	Big rotations, open hip in kneelift, knees and hips in a fixed position when doing speed rotations.
<b>EXERCISE</b>	Side step, shuffle, 4 kneelift, kneelift & switch, speed rotation
	Intro: Side step Chorus 1: Shuffle L+R (forward/backward) + 4x Kneelifts (front/back) (32 counts/round → 1 round) <b>Low impact</b> Shuffle L+R (forward/backward) + 4x Kneelifts (front/back) (32 counts/round → 2 rounds) <b>High Impact</b> Verse 1: Kneelift & Switch (32 counts) Speed rotation (32 counts) Chorus 2: Shuffle L+R (forward/backward) + 4x Kneelifts (front/back) (32 counts/round → 2 rounds) <b>High Impact</b> Verse 2: Kneelift & Switch (32 counts) Speed rotation (32 counts) Chorus 3: Shuffle L+R (forward/backward) + 4x Kneelifts (front/back) (32 counts/round → 2 rounds) <b>High Impact</b>
<b>CARDIO 5</b>	<b>Radiate (21:13)</b>
<b>POSITION</b>	FP, EXT
<b>COMMENT</b>	Last cardio song! Lots of attitude, lots of power, give it your all!
<b>VERBAL KEY POINT</b>	Pull elbow behind you in the punches, bend your knees in Step & Punch down/Low skate
<b>EXERCISE</b>	Side to side, punch down, low skate, linking jumps, Double step, kneelift & punch
	Intro: Side to side Theme 1: Side to side + Step & Low rotation (8+8 counts/round → 2 rounds) Linking jumps + Step & Punch down (8+8 counts/round → 2 rounds) Linking jumps (arms towards the ceiling) + Low Skate (8+8 counts/round → 2 rounds) Theme 2: Double step 3 Kneelifts & Punch (32 counts/round → 2 rounds) Theme 1: Step & Punch to the side + Step & Punch down (8+8 counts/round → 2 rounds) Linking jumps + Low skate (8+8 counts/round → 2 rounds) Linking jumps (arms towards the ceiling) + Low Skate (8+8 counts/round → 2 rounds) Theme 2: Double step 3 Kneelifts & Punch (32 counts/round → 3 rounds) <b>Gradually increase the intensity</b> Theme 1: Side to side + Step & Low Rotation (8+8 counts/round → 2 rounds) Theme 2: Double step 3 Kneelifts & Punch (32 counts/round → 2 rounds) <b>Gradually increase the intensity</b>

## CORE, STRENGTH & MOBILITY

<b>SERIES 1</b>	<b>EXERCISE</b>	<b>Side lunge &amp; Star</b>	
	<b>1</b>		
	<b>POSITION</b>	EXT, AP, UP	
	<b>LEVELS</b>	1 = AP, 2 = UP	
	<b>COMMENT</b>	Side lunge: Chest up, bend the outer knee, bum down. Place the bar on the floor (AP or UP) and push back up. Star: The further towards vertical you go, the more challenging	
<b>TARGET AREA</b>	Legs and glutes, core muscles and balance		

	<b>EXERCISE</b> 2	<b>Reversed Lunge + Leveler &amp; Rotation</b>	
	<b>POSITION</b>	SP	
	<b>LEVELS</b>	The more power in the push back and the bigger rotation, the more challenging	
	<b>COMMENT</b>	Reversed Lunge: Weight in the front leg, knees and toes pointing forward. Leveler & Rotation: Chest up, pull your elbow behind your when rotating.	
	<b>TARGET AREA</b>	Hamstrings, back muscles and core muscles	
<b>SERIES 2 (34:50)</b>	<b>EXERCISE</b> 3	<b>Advanced dancer</b>	
	<b>POSITION</b>	Bar under lifted foot	
	<b>LEVELS</b>	1= Upright position, foot on the Bar 2= Leaning forward pressing foot into the bar 3= Lean upper body even more forward, and lift the leg higher	
	<b>COMMENT</b>	Focus on one spot to find the balance, Level 1: Focus on pushing the hips forward. Level 2 & 3: Push the foot into the bar, lean forward while keeping the chest lifted	
	<b>TARGET AREA</b>	<i>Mobility around the hips and shoulder. Balance</i>	
<b>SERIES 2 (34:50)</b>	<b>EXERCISE</b> 4	<b>Mermaid</b>	
	<b>POSITION</b>	EXT	
	<b>LEVELS</b>	The more you extend your body, the more challenging the exercise gets	
	<b>COMMENT</b>	Sit on the lower hip, with both legs bent under you (like a mermaid). Shift the weight to both hip bones and extend your body as far as you can. While extended, start the upward movement by rotating halfway over to the opposite side and then flex your legs under you when coming up to the mermaid position.	

		Control the exercise with your core, shoulders low, rotate toward your feet	
	<b>TARGET AREA</b>	Core strength	
	<b>EXERCISE 5</b>	<b>One legged Pyramid</b>	
	<b>POSITION</b>	UP	
	<b>LEVELS</b>	1 = Pull one knee towards chest 2 = Push back to a one-legged mountain pose	
	<b>COMMENT</b>	When pushing back to a one-legged pyramid make sure you get the weight down in your arms/the bar, extend your shoulders and arch your back.	
	<b>TARGET AREA</b>	Core muscles, mobility in the hips and mobility around the shoulder joint.	
	<b>EXERCISE 6</b>	<b>Seated Hamstring stretch</b>	
	<b>POSITION</b>	AP	
	<b>LEVELS</b>	1 = Wide feet and wide grip 2 = Narrow feet and narrow grip	
	<b>COMMENT</b>	Keep chest up, as straight legs as possible,	
	<b>TARGET AREA</b>	Hamstrings, upper back	
<b>SERIES 3 (41:15)</b>	<b>EXERCISE 7</b>	<b>Pushups to Sumo squat</b>	
	<b>POSITION</b>	UP, EXT	
	<b>LEVELS</b>	Pushups: 1= Flexed knees 2= Extended knees Sumo squat 1= Walk in and out of Sumo Squat 2= Jump in and out of the Sumo Squat	
	<b>COMMENT</b>	Pushups = Chest to bar – chose level according to strength Sumo Squat = Knees and toes in the same direction, weight on the heels, chest up, get as low as possible	
	<b>TARGET AREA</b>	Chest, triceps, glutes and thighs, general core	
	<b>EXERCISE</b>	<b>Kneeling Dip (Mobility version)</b>	

	<b>8</b>		
	<b>POSITION</b>	<b>Placed on the head</b>	
	<b>LEVELS</b>	The further down you go, the more challenging the exercise gets	
	<b>COMMENT</b>	<i>Weight on the bent leg, chest up, hips forward. Shift the weight slightly to the side before starting the dip. Imagine that you're trying to touch the floor with the bar as far to the side as possible. (Note: this is not merely a strength exercise, but also a mobility exercise for the spine/back)</i>	
	<b>TARGET AREA</b>	<i>Core muscles, especially the obliques. Mobility in the back.</i>	
	<b>EXERCISE 9</b>	<b><i>Kneeling adductor stretch</i></b>	
	<b>POSITION</b>	AP	
	<b>LEVELS</b>	The wider the distance between the legs, the more challenging	
	<b>COMMENT</b>	Arched back, wrists on the bar, foot placed sideways or the sole of the foot facing down	
	<b>TARGET AREA</b>	<i>The adductor muscles, upper back</i>	