

# TRUE40®

## TRUE40® CARDIO CLASS

This fast-paced class is designed to challenge the cardiovascular system more than a traditional class. The heart-rate should stay relatively elevated throughout the class, leading to improved heart health, stamina and stress-reducing benefits! The cardio class provides a new challenge for veteran clients but remains low-impact and accessible for all fitness levels. Cueing processes are shortened and modified, suited for clients who are familiar with posture names and alignment cues. For this reason, **it's recommended that clients have taken at least five traditional classes to get the most out of a cardio class.** Before class begins, identify any newcomers and explain that the movements won't have as much set up as a traditional class but you will be available for any questions or modifications needed.

### GENERAL GUIDELINES

- Class should run 45 minutes.\*\* Please note the time suggestions next to each section are a **maximum**. If you use the maximum amount of time in one section, you need to adjust the duration you spend in other sections. This does not mean to take it all from YOGA - yoga/cooldown needs to always be 4-5 minutes.\*\*
- **Cardio True Cueing** is used for every section. This is similar to accelerated cueing we use in traditional classes, with the exception of cueing challenges before modifications.
  - 1. Call it
  - 2. Set up + Move
    - Give quick set up cue of where the start of the movement should be and then cue to the standard tempo
      - Ex. Horse Pose: “Step your right foot back, sink down, and start to lower and lift.”
  - 3. Kinetic Cueing
    - Start from the base of the kinetic chain and cue in sequential order how your body should be aligned (ex. feet →knees→hips→ribs→shoulders→hands) ( Ex. Horse Pose: Your front foot is under the barre and your knee is inline with your ankle. Your back knee is directly under your hip, working toward a 90 degree bend in both knees. Your Hips are leveled and squared and your Ribs are over your hips. Shoulders are over your ribs and you're lightly resting your hands on the barre.”
  - 4. Challenges + Modifications
    - Cue posture challenges/add-ons first. Give verbal group corrections for any misalignments you see and then cue and demonstrate modifications for those needing to scale down. (Ex. Horse Pose: “Lift your front heel for a challenge. Remember that you can work higher to take tension out of the knees, or hinge at the hips.”
- Required to use both TRX and weights in every cardio class. All other equipment is optional.
- Every client should get a shout out and be attended to at least once - clients expect to be challenged by this format so include both affirmative touches and hands on corrections.
- Cardio classes should roughly reflect the Monthly Posture Calendar
- Instructors must have 6 months of teaching experience and complete Cardio certification training.

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## CLASS STRUCTURE:

### WARMUP - up to 8 minutes:

This section sets the tone and pace for class. Cardio Warmup contains aerobic combinations and a dynamic plank or push up variation. Programming should start with an aerobic combo, but unlike traditional classes, the dynamic plank/pushup can be programmed in between or after aerobic combos - the multiple level changes promote a big boost to the heart rate. Warmup programming includes the following:

- Opening stretch (1 minute or less)
  - Same as traditional class with less cueing since clients should be familiar with the sequence: base posture → opening breaths → side body stretches → cat/cows → twisting plie
- 2-3 Aerobic Combos: (1½ - 2 Minutes *per combo* | 4 - 6 Minutes total)
  - A combination of two current True40® Warm Up postures. Can be performed in alternating reps of 2, 4, or 8 depending on the movement's tempo. Must fit within musicality phrases.
    - Ex. 4 Hamstring Curls to 4 Jumping Jacks
    - Ex. 4 Knee Drives to 2 Reverse Lunges
    - Ex. 2 Plie Sweeps to 2 Sumo Jacks
    - Ex. 8 Sumo Side Pulls to 4 Plyo Sumo Squats
    - Ex. 8 Side Steps to 4 Reverse Lunges
  - All planes of motion (sagittal, frontal, transverse) must be reflected at least once in your aerobic postures.
    - 2 Aerobics Combo Example : 1)Hamstring Curls (sagittal) to Jumping Jacks (frontal); 2)Side Steps (transverse) to Reverse Lunges (sagittal)
    - 3 Aerobics Combo Example : 1)Chair Squat with Reverse Lift (sagittal) to Chair Squat Plyo (sagittal); 2)Alternating Standing Obliques (transverse) to Jumping Jacks (frontal); 3)Sumo Squat Rotation (transverse) to Sumo Jacks (frontal)
- Dynamic Plank or Pushup: (1 Posture, 1-2 minutes total)
  - A True40 Plank or pushup variation with a dynamic add-on, or a plyometric “jumping” add-on
    - Dynamic Add-ons
      - Plank down to plank jack
      - Pushup with leg lifts
      - Froggers to alternating side plank
    - Plyometric movements
      - Burpees (regular, Ninja, half)
      - Mountain climber
      - Plank jacks

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## LEGS - up to 8 minutes:

This section is agility- and power-focused. Cardio Legs consist of two compound leg exercises, with the goal of recruiting more muscles for a greater calorie burn. Both exercises will be the same orientation (parallel/turned out) and can be 2 unilateral or 2 bilateral. Both postures can be flat-footed, power, or a mixture of the two. Programming should roughly reflect the Posture Calendar in terms of teaching parallel or turned out postures, but do not have to be the same postures. Some True40® postures require a slower tempo for safety and do not have available cardio add-ons. Postures should only be taught in standard tempo, or double-time tempo when applicable. Leg programming includes the following:

- 2 Leg Postures (3 - 4 Minutes *per posture*)
  - Current True40® postures performed in the same orientation with Cardio Add-ons.
    - Posture Types
      - 2 Unilateral Postures - single sides and uneven weight-bearing between limbs
        - Ex. Horse Pose Side 1, Horse Pose Side 2
      - 2 Bilateral Postures - weight bearing is even between two limbs
        - Ex. Power Diamond Skier, Incline Sumo
    - Movement Programming
      - 1.) 1 inches - Performed for the duration of Cardio True Cueing and hands-on correction.
      - 2.) Compound LRM - Performed in standard tempo for the majority of the song.
        - This is a LRM with an added movement that can be performed in standard tempo. \*Since movements should stay in standard tempo, a LRM for a power posture should be a partial rep, not full range of motion.\*
          - Ex. Horse Pose with a knee drive
          - Ex. Power Diamond or Power Split Diamond with a sumo squat
          - Ex. Plie Squat to lateral knee drive
          - Ex. Profile power diamond to plie: one inch, LRM (plie), combo (plie to profile power diamond), LRM (plie and center)
        - Hand weights can be used for added muscled engagement and intensity.
      - 3.) Cardio Burst - performed the last 10-30 sec of the song in place of a GFH
        - A partial rep at double-time tempo or a plyometric add-on depending on the posture. Must be taught to the beat.
          - Ex. pulses, knee drives, heel lifts
          - Ex. hops with any flat-footed posture

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## COMBO - up to 12 minutes:

This section is the peak of intensity. It resembles a HIIT format with intervals of strength building and cardio bursts for metabolic benefits. Combo sets consist of upper body resistance training combined with dynamic lower body movements. Programming does not have to reflect the Posture Calendar in terms of which upper body muscle groups to target. Cardio class should only be taught with weights up to 5lbs to prevent injury. Combo programming includes:

- Strength training Sets (up to 5 sets | 1½ - 2 Minutes *per set*)
  - Current True40<sup>®</sup> upper body postures paired with lower body movements, using weights, TRX, or bodyweight for resistance. These movements are performed at standard tempo, at around 70% intensity.
    - Weight/Bodyweight - traditional class combos that are taught to standard tempo. Lower body movements are dynamic (squats, lunges, etc.) only cueing isolated arms as a modification.
      - If both Leg postures are flat-footed, it's best to include a Power Posture into your weighted combo sets. Power Postures can only be performed at standard tempo if paired with a flat-footed add-on
        - Ex. stepping into side to side sumo w/ tricep extension
      - Power posture LRM should still be performed at 2-count tempo if the movement is staying up on your toes
    - TRX - combining upper and lower body exercises in alternating reps of 1,2, or 4.
      - Ex. 2 TRX low rows to 4 knee drives
      - Ex. 1 TRX chest press to 1 frogger squat
  - Cardio Bursts (2-3 bursts | 30s - 1 Minute *per burst*)
    - Can include current True40<sup>®</sup> warmup postures with weights (ex. weighted jacks), bodyweight exercises (ex. burpees) or TRX plyometrics (ex. skaters) and should be a greater intensity than strength training sets.
      - Cardio bursts are performed in between strength training sets, lasting 30 seconds - 1:00 minute depending on your programming.
    - Similar to regular combo programming, each of the 5 upper body muscle groups should be targeted.

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## GLUTES - up to 8 minutes:

This section is focused on correcting muscle imbalances and activation in the glutes. Cardio Glutes consist of two glute exercises with dynamic add-ons with the goal of improving total body coordination. Both Glute exercises will be unilateral exercises in the same orientation (parallel/turned out). Programming should roughly reflect the Posture Calendar in terms of teaching parallel or turned out postures, but do not have to be the same postures. **They must be in the opposite orientation (parallel/turned out) than Leg work.** Different to Leg work, postures can include a 2-count pace since our goals are coordinating muscles together properly. Glute programming includes the following:

- 2 Glute Postures (3 - 4 Minutes *per posture*)
  - Current True40® Unilateral Postures (single sided/uneven weight-bearing between limbs)
    - Movement Programming
      - 1.) 1 inches - Performed for the duration of Cardio True Cueing and hands-on correction.
      - 2.) Compound LRM - This is a LRM with an added dynamic movement performed in the same cadence. Can include an arm movement with weights for extra muscle engagement
        - Ex. All Fours knee drive to supported pushup
        - Ex. Head to Barre Hamstring Curl to Horse Pose
        - Ex. Single Leg Bridge leg lower with overhead tricep extension
        - Ex. Side Lying Glutes to Adductor knee drive
      - 3.) “GFH” - pulses

## CORE - up to 5 minutes:

This section is focused on improving core stability with dynamic movements through multiple planes. These movements should keep your heart rate elevated and increase your breathing for improved cardiovascular health. Cardio Core consists of two exercises targeting the obliques, abdominals, and erector spinae muscle groups. Cardio Core is more powerful while maintaining control of the movement. Programming includes the following:

- 2 Dynamic Core Exercises- (1 - 2½ Minutes *per posture*)
  - Obliques, Abdominals and Erectors all targeted through combined joint actions
  - Core joint actions include flexion (abdominals), extension (erectors), lateral flexion and rotation (obliques.)
  - Each exercise should use a *different* combination of those joint actions. Options include:
    - Flexion + Extension
      - Ex. All 4’s hold with Donkey Kicks
      - Ex. Supine Plank with Marches
    - Flexion + Rotation
      - Ex. Oblique Mountain Climbers
      - Ex. Rocking Boat to Russian twists
    - Flexion + Lateral Flexion
      - Ex. Frogger to Spiderman
      - Ex. Rolling Side Plank to glider tuck-ins
    - Extension + Rotation
      - Ex. Supine Plank with hip twists

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- Ex. Plank Hip Dips
- Extension + Lateral Flexion
  - Ex. Spidermans
  - Ex. Plank downs with Plank Jacks
- Rotation + Lateral Flexion
  - Ex. Side Plank thread the needle
  - Ex. Kneeling Obliques to Side Plank Crunch

## YOGA - 4 to 5 minutes:

This is a cooldown allowing heart rate and blood pressure to return to normal, and move into a recovery state. To ease into recovery, start this section with some gentle movement followed by static stretches held for roughly 30 seconds each. Encourage slow, deep breathing in this section (can use breathing techniques such as box breathing, 4-7-8 breathing, Stretches do not require transitions or sequencing. Programming includes the following:

- 1.) 1-2 Mobility Movements (30s - 1 min) a mobile stretch of any muscle group (does not have to be a spinal flow).
  - Ex. Cat/Cows
  - Ex. Alternating Side lunges
  - Ex. Low Lunge to half split
  - Ex. All fours, thread the needle
- 2.) Up to 4 Static Stretches (up to 30 seconds each) Can be unilateral or bilateral. Can include the following not stretched in mobility movement:
  - Quad Stretch
  - Hamstring Stretch
  - Hip Stretch
  - Upper Body Stretch
  - Back Extension and/or Torso Twist
- 3.) Closing Sequence
  - Forward Fold → Roll Up → Neck Stretch → 3 closing breaths