

Sample Master Class Choreography with Standing Progressions (Work Segment)

Segment		Time
<p>Warm-Up and Range of Motion</p>	<p>Lower Body</p> <ul style="list-style-type: none"> • Heel Pump R/L • March • Alternate Knee Lifts – add knee flexion/extension • Hip Opener (adduction/abduction) <p>Upper Body</p> <ul style="list-style-type: none"> • Front Raise • Lateral Raise • Chest Press • Scapula Adduction <p>Core</p> <ul style="list-style-type: none"> • Modified Cat • Modified Cow 	<p>10 minutes</p>
<p>Work</p>	<p>Lower Body</p> <ul style="list-style-type: none"> • Alternate Standing Knee Lifts • Add tempo change (3 + 1) • Squats <p>Upper Body</p> <ul style="list-style-type: none"> • Standing Row • Alternate Hammer Curl (gentle fist) • Alternate Overhead Press (open fingers wide) <p>Core</p> <ul style="list-style-type: none"> • Standing Weight Shift R/L • Standing Upper Body Half Circle-lean back half circle R/L then forward R/L • Standing Upper Body Full Circle • Standing Gentle Twist with Reach <p>Cognitive Drills <i>(Coordination Drill)</i></p> <ul style="list-style-type: none"> • Standing Roll/roll/roll/snap fingers • Standing Touch head/shoulders/hips/clap 	<p>10 minutes</p>

<p>Final Stretch & Relaxation</p>	<p>Lower Body</p> <ul style="list-style-type: none"> • Ankle Flexion/Extension • Hip Opener/Inner Thigh • Hamstring Stretch <p>Upper Body</p> <ul style="list-style-type: none"> • Shoulder Flexion/Extension • Chest Stretch • Neck Stretch • Hug – upper back stretch • Chin to chest • Wrist Circles • Fist/Open finger • Repeat hug (upper back stretch) <p>Relaxation Technique <i>(Breathing Exercises)</i></p> <p>Focused Breath – Inhale slow 4 count/exhale slow 4 count Relax back against chair, eyes closed. Encourage participants to take a slow deep inhale, followed by slow lengthened exhale. Say, “inhale peace”, then “exhale peace into the world”.</p> <p>Instructor Tip: During Stretch and Relaxation segment, hold static stretches for a longer period (approximately 5 to 30 seconds).</p>	<p>10 minutes</p>
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Cue for breathing and posture a minimum of three times throughout the class.