

| Sweat Vol2 Exercise | Music Recommendation | Correction Recommendation | Benefits |
|-------------------------------------|--|---|---|
| Warm up | Home / All four walls / Lullaby | Arms not behind on swing / No pelvis tip on plié / Not too low on curtsey | Very low impact to target the entire body. Help to secure balance ready for WO. |
| Warm up 2 | Give me a reason / Sax / My way | Use core / Same width on ski jumps / Arms cross chest height | Cardio warm up to prepare ankles for jumps and raise the heart rate. |
| Stretch | Nobody's home / Better / Came here for love | No bounce / Hold + breathe / Straight legs / Lead with chest on forward stretch | Slightly more intense stretch to strengthen and lengthen including back twists for spine. |
| WORKOUT | | | |
| Spring points | Living, Perfect strangers / Today's the day | Heels down / No weight on toe / Weight forwards | Petit allegro with core strengthening. Simple movement to improve fitness, turnout and enjoy moving. |
| Running pas de Bourée | All I am / Don't be so hard on yourself / Found what I've been looking for | Use plié / Breathe / Shoulders down using arms | Travelling step to push fitness levels, toning all of body. A different take on the basic pdb. |
| Sauté 2nd | Get low / Touch / Let me love you | Don't lean back / Push from thighs / Hold core still in prep for turn / Back straight curtsey | Grand Allegro big thigh strengthener. Chance to introduce turning. |
| Pas de Bourée and Pdc | Rockabye, Don't call me up, September song | Use plié / Breathe / Shoulders down using arms | Exercise for coordination. Flowing exercise with big jumps. Chance to introduce spotting. |
| Assemblé | Hide away - Daya / 2002 / What lovers do | Use floor / Both legs land at same time / Power from legs | Petit allegro to learn this linking step and work entire leg. |
| Travel attitude | Lush life / Let you love me | Use core leg devant / Corset / Travel glissade | Great travelling step. Get heart rate up whilst powering legs. |
| Bounce and developé | Feel it still / Castle on a hill | Use core for developé / Don't lean back / Leg in front for developé | Improve strength + flexibility adding leg developé. Improve balance which will strengthen core. |
| FILLERS | | | |
| Frog jumps | UGLY / Malibu / Dancing in the moonlight (feat Neimy) / Lasting lover | Use core to lift legs / Don't lean back / Keep knees in line with rotation / Power from thighs | Power exercise to really target thighs but maintain posture. New fitness test perhaps? |
| Lunge bulchange | Never give up / Should have been me | Use core / Don't lean back / High knees | Quick thigh burner + core strengthener. Can advance each week and use at fitness test. |
| Relevé | Honey I'm good / All about tonight / Symphony / Easy love | Don't jump the relevé / Relevé onto straight legs / Heels down in-between sauté / Draw inside thighs together not feet | Full leg workout whereto get to master your Demi point and balance. |
| Sauté's | 24K magic / Wellerman - sea shanty / If you're over me / ciao adios | Heels down / Use plié when speed up / Find 3rd position | Fun footwork for a quick blast of energy! Practise posture during quick allegro. |
| Arms | Up till down / Hideaway | Shoulders down / Keep arms shoulder height | Port de bras exercise to tone and sculpt the arms and shoulders. Push each week to get a little further through. |
| Tilts | Be free - Rathbone place / Another life - Saudade | Don't arch back / Tap hand forward / Shoulders down / Keep arms in 5th position | Waist toner and strengthener using port de bras. |
| FLOOR | | | |
| Floor combo 1: Plank - Downward dog | Seve - radio edit / Californian dreaming | Don't push beyond wrists / Heels reach down on DD / Don't dip hips in plank | Full body strengthener moving between positions and incredible shoulder toner! |
| Floor combo 2: Knee contractions | Keeping your head up / Maaya / Been a while | Don't rock off centre / Don't move hips / Keep head in line on back lift / Keep legs turned out | All round core focus while stabilising body. Full strengthener for shoulders/core and back. |
| Floor combo 3: Back lifts | Castles / Shine | Shoulders down / Leg low and turned out / Head in line with spine | Progressing from previous back exercise with arms in new position. Testing shoulders even more while strengthening lower back. Extra bum toner with arabesque lift. |
| Floor combo 4: Beached whale | Love is fire / How hard I try / Been a while | Legs just off floor / Legs together / Legs straight | Tone your entire core with this crazy movement. Using your own weight to use the muscles. |
| Floor combo 5: Frog pumps | Rivers / Sooner or later / Insomnia | Keep spine into floor / Legs at height to suit / Chest to ceiling / No rock on ankle lifts | Low impact for every part of core. Can be adjusted to suit level. Gain strength while maintaining turnout. |
| Floor combo 6: Hip thrusts | This groove / Places / Symphony | Apple between thighs / Keep ankles straight when heels lifted / Keep chest to ceiling on heel reach / Keep extended leg still | Progression from first season, with a simple heel lift...step it up a level!! Thighs, calves, bums and core! |
| Floor combo 7: Side plank | Sooner or later / True love / Thinking about you | Keep shoulder above wrist / Shoulders down / Keep bum lifted / Keep leg and top arm in front of the body | A brilliant build up to strengthen waist and shoulders. A full core focus. |
| Cool down | The bones / Final song / September song | Always relaxed head in position / Breathe / Take your time | Opportunity to rest and truly stretch and breathe into the muscles. |