

Tone 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.
Stretch	Nobody's home / Better / Came here for love	No bounce / Hold + breathe / Straight legs / Lead with chest	Slightly more intense stretch to strengthen and lengthen including back twists for spine.
WORKOUT			
Tendu's	Hope, Perfect strangers / Dancing in the moonlight, Jubel	No weight on toe / Use core on hop deviant / Straight back curtsy	Perfect your ballet basics before adding a small hop to test posture, balance and technique.
Running pas de Bourée	All I am / Don't be so hard on yourself / Found what I've been looking for	No arched back / Inside thighs together / Straight back	Get moving with this exercise which will raise your heart rate UP and master the Demi point! Look out for another thigh burner!!
Assemblé	Hide away - Daya / 2002 / What lovers do	Use floor / Both legs land at same time / Power from legs / Don't use shoulders	Petit allegro to learn this linking step and work entire leg.
Travel Attitude	There's no way / Let you love me	Use core leg devant / Keep upper body still - corset / travel glissade	Great travelling step. Get heart rate up whilst powering legs.
Bounce and développé	Feel it still / Castle on a hill	Use core for développé / Don't lean back / Leg in front for développé	Improve strength + flexibility adding leg développé. Improve balance which will strengthen core.
Chassé	White tiger / You don't know me / Sweet but psycho	Turnout both legs / Pelvis still, not too deep / No shoulders with arms	Mastering a new position and keeping the pelvis and hips still. Thigh worker!
Tondu, Fondu	Throwback love / Underdog / Love is fire	Keep hips still / Weight transference / Fondu legs together / Keep back legs straight	A favourite exercise for fun, speed, technique and BURN!
FILLERS			
Polka	Whip it / Came here for love / Paradise	Breathe / Use plié / Hold turnout / Bring knees to hands	One of the staple ballet movements. Travelling step to improve general fitness with core burst included.
Rotations	Only one - Sigala / Cheerleader	Both legs move together / Don't force feet / Don't bend knees / Keep pelvis still	Perfect turnout technique with an all round Bum Killer!
Relevé	Easy love / Symphony / All about tonight / Honey I'm good	Don't jump the relieve / Heels down sauté / Weight forwards	Strengthening leg exercise for balance. Make use of Demi point.
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.