



# COREBAR HIT™ CLASS FORMAT (60 minutes) includes:

Part I: Warm-up, Standing H.I.I.T. Cardio Intervals, Post Cardio Cool-down

Part II: Standing and Floorwork, Specific Corework, Cool-down Stretch

Segment	# of Songs	Activity	Corebar® Signature Position
Warm-up	3	Dynamic movement, include: Rotation, Dip, Squat	Song 1: Home Position Song 2: Home, Shoulder, Front to Extended bar
Incline Cardio 1 with 1 min Boost	4	Intervals with cardio and muscle endurance conditioning	Varied bar positions
Active Recovery	1	Lower body conditioning with corework	Home Position / Extended bar/Shoulder Position
Incline Cardio 2 with 1 min Boost	4	Intervals with cardio and muscle endurance conditioning	Varied bar positions
Post Cardio Cool-down	1	Rhythmic activities	Shoulder position
Core & Strength, balance and flexibility	6	Standing and floor exercises	Varied bar positions
Cool-down stretch	1	Static stretch	Varied bar position

## Essential COREbar™ Terminology:

- **Pole Position:** vertical bar hold that starts and finishes a Corebar® workout
- **Home Position:** the bar rests comfortably behind your lower back, holding the bar with both hands, elbows bent without stress or resistance
- **Front position:** keep the bar to your chest, elbows down or horizontally from your shoulders
- **Shoulder Position:** the bar rests comfortably on your shoulders, relaxes your arms
- **Extended Bar:** holding the bar with arms extended in front of your body or overhead
- **A-position:** the bar is placed on the floor with the ends facing down (forming an “A”)
- **U-position:** the bar is placed on the floor with the ends facing up (forming an “U”)