

## Creative Core Creative Movement Cycle #3 - 4 Weeks

**The Creative Movement workout is a compilation of dance movement, bellydance, barre, pilates, kettlebells, and yoga.** This workout will move through various types of programming for levels beginner to advanced. The goal of the workout is to gain a technical foundation of dance movement, increase fluidity and flexibility, increase overall body strength, and explore your body through various mediums.

**The third cycle of this workout series is a beginner dance core workout that fuses yoga, bellydance, and bodyweight exercise into one fun and inspiring class.**

### **Week 1 , Day 1**

Downward Dog

Upward Dog

Table TOP

Cat Cow

Undulations U-D ht db Upper Back during all reps

Downward Dog

Upward Dog

Table TOP

Cat Cow

Repeat 3x

Childs Pose

Upward Dog

Downward Dog

Table TOP

Cat Cow

Undulations U-D ht db Upper Back during all reps

Childs Pose

Upward Dog

Downward Dog

Table TOP

Cat Cow

Repeat 3x

### **Week 1 , Day 2**

Bear Craw Front to Back

Table Top

Table Top R Arm & L Leg Extension with Knee to Elbow

Cat Cow

Table Top L Arm & R Leg Extension with Knee to Elbow

Crab Crawl Right to Left Side

Repeat 3x

Downward Dog  
Downward Dog R Leg Vertical  
Downward Dog R Leg Hip Opening  
Flip Dog with Low First to 5th Flowing R Arm (4-6x)  
Downward Dog  
Downward Dog L Leg Vertical  
Downward Dog L Leg Hip Opening  
Flip Dog with Low First to 5th Flowing L Arm (4-6x)  
Repeat 3x

### **Week 2 , Day 1**

Elbow Plank  
R Side Elbow Plank 1 inch Lifts  
Elbow Plank hold  
L Side Elbow Plank 1 inch Lifts 10x  
Repeat 3x

Undulations D-U ht db Lower Ab during all reps  
Extended Arm Plank  
1/2 Heros Pose  
1/2 R Side Camel  
Extended Arm Plank  
1/2 Heros Pose  
1/2 L Side Camel  
Repeat 3x

Undulations D-U ht db Lower Ab during all reps  
Elbow Plank  
R Side Elbow Plank 1 inch Lifts  
Elbow Plank hold  
L Side Elbow Plank 1 inch Lifts 10x  
Repeat 3x

### **Week 2, Day 2**

Downward Dog  
Downward Dog R Leg Vertical  
Downward Dog R Leg Hip Opening  
Crescent Lunge Arms in 5th  
Triangle Arms Horizontal  
Crescent Lunge Arms Windmill Front to Back  
Downward Dog  
Downward Dog R Leg Vertical  
Downward Dog R Leg Hip Opening

Crescent Lunge Arms in 5th  
Triangle Arms Horizontal  
Crescent Lunge Arms Windmill Front to Back  
Repeat 3x

Horse Stance  
Horse Stance Arm CCW Circles  
Horse Stance Arm CW Circles  
Horse Stance R Side Stretch  
Horse Stance L Side Stretch  
Repeat 3x

Undulations U-D db Upper Ab ht  
Laying Back Flat  
Undulations D-U db Lower Ab ht  
Laying Back Flat

### **Week 3, Day 1**

Crunches 25x  
Reverse Crunches 25x

Lying Leg Raises - Vertical to Horizontal 25x  
Lying Leg Raises - R & L Oblique Diagonal Vertical to Horizontal 25x

Table Top  
Cat Cow  
Downward Dog  
Downward Dog R Leg Vertical  
Downward Dog R Leg Hip Opening  
Flip Dog with Low First to 5th Flowing R Arm (4-6x)  
Downward Dog  
Downward Dog L Leg Vertical  
Downward Dog L Leg Hip Opening  
Flip Dog with Low First to 5th Flowing L Arm (4-6x)  
Repeat 3x

### **Week 3, Day 2**

Standing Side Bends - R & L  
Tadasana to Forward Fold  
Hands Walk out to Plank and walk back to Forward Fold  
25x

Elbow Plank R Side  
Elbow Plank

Elbow Plank R Side  
Extended Arm Plank R Side  
Extended Arm Plank  
Extended Arm Plank R Side  
Extended Arm Plank - Shoulder Taps 10x  
Extended Arm Plank - Toe Taps 10x  
Repeat 3x

Childs Pose  
Upward Dog  
Downward Dog  
Table TOP  
Cat Cow  
Childs Pose

#### **Week 4, Day 1**

Turkish Get Up 15 -25x

Bear Craw Front to Back  
Table Top  
Table Top R Arm & L Leg Extension with Knee to Elbow  
Cat Cow  
Table Top L Arm & R Leg Extension with Knee to Elbow  
Crab Crawl Right to Left Side  
Repeat 3x

Kettlebell Russian Twist 10x  
Kettlebell Pull Overs 10x  
Repeat 2x

Downward Dog  
Downward Dog R Leg Vertical  
Triangle Arms Horizontal  
Downward Dog  
Downward Dog L Leg Vertical  
Downward Dog L Leg Hip Opening  
Triangle Arms Horizontal  
Downward Dog  
Childs Pose

#### **Week 4, Day 2**

Horse Stance  
Horse Stance Arm CCW Circles

Horse Stance Arm CW Circles  
Horse Stance R Side Stretch  
Horse Stance L Side Stretch  
Repeat 3x

Undulations U-D db Upper Ab ht  
Laying Back Flat  
Undulations D-U db Lower Ab ht  
Laying Back Flat

Undulations U-D ht db Upper Back during all reps  
Downward Dog  
Upward Dog  
Table TOP  
Cat Cow  
Repeat 3x

Undulations U-D ht db Upper Back during all reps  
Childs Pose  
Upward Dog  
Downward Dog  
Table TOP  
Cat Cow  
Repeat 3x