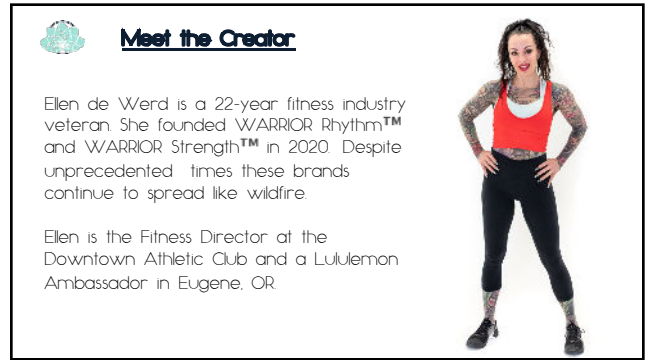




1



2



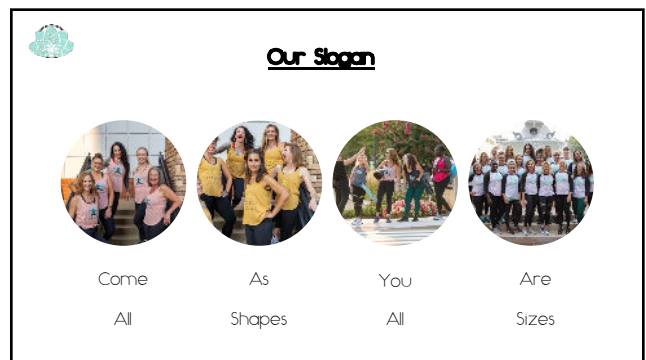
3



4



5



6



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Science Behind the Sequencing

- Warm Up
- Sun Salute 1
- Lift 1
- Lift 2
- HIT 1
- Sun Salute 2
- Build R
- Build L
- Build R
- Build L
- Sun Salute 3
- HIT 2
- Flow
- Booly
- Cool Down

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Anatomy of the Core

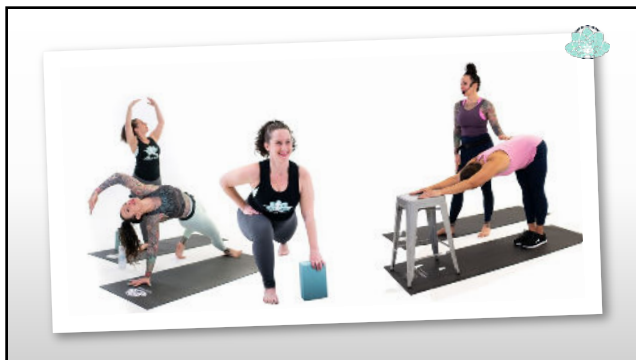
- Abdominals
- Back
- Shoulders
- Hips
- Glutes

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Accessibility Matters

- Know Your Audience
- Use Props
- Play with Timing
- Master 3D Cueing
- Use Inclusive Verbiage
- Know Regression/Progression Strategies

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Stay WLD

Thank you for taking the time to learn more about WARRIOR Rhythm

Follow our rowdy crew on FB and IG @wariorrhythm and on TikTok @warriorinstructoracademy

Hashtag #wariornation #wariorrhythm

Use our fav emojis: 🤪❤️

Group picture!

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 **Q&A**



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