

Updated Diamond Dozen Queues 7/3/19

1- Opening

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown

Exhale bring it down into diamond cutter

Inhale take it back

Exhale arms out to a T

Clench your fists

Hulk it up

Inhale ATTENTION!

Chest out Shoulders back (optional)

At EASE....

2- Barback

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown (Turns sideways so class can see form)

--

Exhale Huddle up

Inhale bent legged barback

Roll your shoulders back

Pull your tailbone up

Deep breath

Exhale fold forward

Repeat x 2

--

Exhale Huddle up

Inhale bent legged barback

Try to Straighten those legs, Stiff Legged Bar Back

Roll your shoulders back

Pull your tailbone up

Deep breath

Exhale fold forward

Grab your elbows and hang

--

Inhale Roll it up

Keep your chin tucked

Arms Wide into touchdown

Exhale bring it down into diamond cutter

Inhale take it back

Exhale arms out to a T

Clench your fists

Hulk it up

Inhale attention!

At ease...

3- Catcher

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown

--

Huddle up

Toes and Knees Out

Come in to a seated position (not too low)

Shoulders over hips

Bring your left forearm towards the mat

Exhale straighten that left arm, open up a little more

Inhale come back

Shoulders over hips

Fist to hand

Exhale Right forearm down, stretch it out.

Inhale come back

--

Exhale Sink As low as you feel comfortable

Shoulder over hips

Exhale Left Forarm to the mat

Inhale, Fist to your Hand

Exhale, Right Forearm to the mat

Inhale fist to hand

Biceps to ears

Or if you want to modify bring your hands to your quads DEEP BREATH and count it up

3... 2... 1...

Inhale get some height

Exhale bring it down

Thumb to thumb

Fist to hand

Bring it up
Exhale kick it out

--

Grab the ball
grab the left wrist pull it across
Inhale come back grab the ball
Exhale grab the right wrist pull it across
Inhale grab the ball
Exhale left forearm to the mat
Inhale fist to hand
Shoulders over hips
Exhale right forearm to the mat
Inhale bring it up, (exhale)
Inhale Fist to hand or
hand on your quads (optional)
count it back (slowly rise up)
3 2 3
Get some height
toes and knees forward, fold forward (exhale)
Inhale flat back
Arms stretched out like wings
Inhale hinge at your hips
Touchdown

--

Exhale bring it down into diamond cutter
Inhale take it back
Exhale arms out to a T
Clench your fists
Hulk it up
Inhale ATTENTION!
Chest out Shoulders back (optional)
At EASE....

4- Cobra Into Down Dog

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown

Exhale Huddle up

Inhale bent legged barback

Exhale hands to the mat

Step or pounce back into plank

Stay here in plank if you want, or you can lower to your knees, but everyone counts!

Lower 3,2,1

And hold 3,2,1

With control 3,2,1

Everyone lower 3,2,2,

And hold 3,2,2

All the way down

--

Feet flat

Glutes loose

Inhale into cobra

Exhale into down dog

Drop your head, curl your toes, lift your glutes

Deep breath

Exhale, bend your knees

Step or pounce

Huddle up

--

Toes and knees out

Squat drop and lower

Shoulders over hips

Inhale grab the ball

Exhale left forearm to the mat

Inhale fist to hand

Shoulders over hips

Exhale right forearm to the mat

Inhale bring it up, (exhale)

Inhale Fist to hand or hand over hips

count it back

Get some height

toes and knees forward, fold forward (exhale)

Inhale flat back

Arms stretched out like wings

Inhale hinge at your hips

Touchdown

--

Exhale bring it down into diamond cutter

Inhale take it back

Exhale arms out to a T

Clench your fists

Hulk it up (you say make some noise)

Inhale ATTENTION!

Chest out Shoulders back (optional)

At EASE....

5- Broken Table

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown

Exhale Huddle up

Inhale bent legged barback

Exhale hands to the mat

Step or pounce back into plank

Lower to your knees

Left hand under left shoulder

Left leg straight back

Right hand out

Tuck your Chin

Deep breath

Exhale Pull your hand away from your foot, and your foot away from your hand

Deep breath

Exhale Count it back

Back into table

--

Fist in to the mat

Left shoulder over left hand

Let that wrist fold forward

Come back to fist

Fold forward.

--

Repeat Right side

--

Left hand under left shoulder

Left leg straight back

Right hand out

Tuck your Chin

Deep breath

Exhale Pull your hand away from your foot, and your foot away from your hand

Deep breath

Exhale crunch knee to elbow

you say

1 crunch (motivate and count)

2 crunch (motivate and count)

3 crunch (motivate and count)

4 crunch (motivate and count)

Exhale and Hold 5,4,3,2,1

--

Reach back and grab that left foot with your right hand or...

Cross the left foot over your right calf

Sit back and hook that foot

Plant the left hand

Exhale Twist open

Deep Breath

Count back 5,4,3,2,1

--

Fist in to the mat

Left shoulder over left hand

Let that wrist fold forward

Come back to fist

Fold forward.

Repeat Right Side

6 - Lunges

Step up to the front of the mat

Feet hips distance

Grip the toes

Flex the quads

Flex the glutes

Grab the ball

Inhale in to touchdown

Exhale Huddle up

Inhale bent legged barback

Exhale left leg back

Right knee over right ankle

Reach out grab the ball

DEEP BREATH

Grab and pull

321

Inhale – Negative Rep

Pull 322

Deep breath

Pull 323

Sweep up into superstar

Exhale fold forward

Interlace you finger, biceps to rib cage, or hands to quads

Deep breath for a count of

5,4,3,2,1

Explode
Reach up
Feet Together
Drop the left, Scrape the right
Inhale take it up touchdown
Exhale opposite side
Inhale take it up touchdown
Feet hips distance
Exhale bring it down into diamond cutter
Inhale take it back
Exhale arms out to a T
Clench your fists
Hulk it up (make some noise)
Inhale ATTENTION!
Chest out Shoulders back (optional)
At EASE....

7- Warrior

Step up to the front of the mat
Feet hips distance
Grip the toes
Flex the quads
Flex the glutes
Grab the ball
Inhale in to touchdown

Exhale Huddle up
Inhale bent legged barback
Exhale left leg back
Come up into Road Warrior 1
Deep Breath
Exhale
Road Warrior 2
Right and forward left hand back
Deep Breath
Exhale
Reverse Road Warrior
Inhale Road Warrior 2
Exhale extending side angle
Right forearm right quad
Left bicep to your ear

Deep breath
Exhale
Inhale road warrior 2
Exhale reverse road warrior
Deep breath
Straighten the front leg
Take flight
Exhale bring both hands to quad, shin, or ankle
Deep breath
Twist the left hand open, triangle
Deep breath
Count it back 5,4,3,2,1
Bend the front knee
Back to Road Warrior 1
Deep breath
Exhale
Interlace you finger, biceps to rib cage, or hands to quads
Deep breath for a count of
5,4,3,2,1
Explode
Reach up
Drop the left, Scrape the right
Inhale take it up touchdown
Exhale opposite side
Inhale take it up touchdown
Feet hips distance
Exhale bring it down into diamond cutter
Inhale take it back
Exhale arms out to a T
Clench your fists
Inhale ATTENTION!
Chest out Shoulders back (optional)
At EASE....

8 - Combination Warrior/Dr Punches/Showstoppers/Glutes

Exhale Huddle up

Inhale bent legged barback

Exhale left leg back

Come up into Road Warrior 1

Deep Breath

Exhale

Road Warrior 2

Right hand forward left hand back

Deep Breath

Exhale

Reverse Road Warrior

Inhale Road Warrior 2

Exhale extending side angle

Right forearm right quad

Left bicep to your ear

Deep breath

Exhale

Inhale road warrior 2

Exhale reverse road warrior

Inhale

Bring both fists back

Right fist out and over

Bring it back

Left fist out and over

Bring it back
Right fist out and over
Bring it back
Left fist out and over
Bring it back
Right fist out and over
Bring it back
Left fist out and over
Hold it

--

We got 10 Dynamic Resistance punches
When I say ready, you say ready, ready, ready!
1-1,1-2,1-3, etc...

Come up into Road Warrior 1
Deep Breath
Exhale
Road Warrior 2
Right hand forward left hand back
Deep Breath
Exhale, Grab the cables for Showstoppers
Exhale and Pull 3,2,1
Inhale Negative Rep
Exhale Pull 3,2,2
Inhale Negative Rep
Exhale Pull 3,2,3

--

Come up into Road Warrior 1
Deep Breath
Exhale bring both hands down to the front of the mat
Sweep the right leg back
Three Legged Dog
Shake it out
Bring it back to Table
Exhale cat arch - drop your head, arch your back, tuck your tailbone
Inhale cat lift - look forward, pull your chest forward, tilt your tailbone up
Exhale cat arch
Inhale cat lift

9 - Twist, Easy Twist, Cannonball, Go home

Pinfall position
Knees bent, feet flat, hands on the mat

Inhale into bridge
Exhale human cannonball
Inhale pinfall into bridge
Exhale human cannonball
Pinfall don't move your feet
Let you feet flop to the left
Left foot on right knee
Look over your right shoulder
Return to pinfall
Inhale Into bridge
Exhale human cannonball
Pinfall dont move your feet
Flop your knees to the right
Left foot on right knee
Look over your right shoulder
Return to pinfall
Inhale into bridge
Exhale human cannonball
Bring it in tight
Kick out (your a dead man/woman)
Deep breath
Exhale bring your knees into your chest
Roll over to your side
Come up to a seated position
Bring your fist to your hand
Deepest breath of the day
Exhale kick it out!

10 - Safety Zone / Down Dog

Come into table position
Bring your forearms to the mat
Slowly ease your hips back to your heels
Inhale bring your hands out to the front of your mat
Exhale sink deeper into your hips, drop your forehead to the mat, stretch your arms out
Inhale into table
Exhale cat arch - drop your head, arch your back, tuck your tailbone
Inhale cat lift - look forward, pull your chest forward, tilt your tailbone up
Inhale cat lift
Exhale into Down Dog
Walk the dog
Exhale step or pounce to the front of your mat
Huddle up

Inhale Fist to hand or
hand on your quads (optional)
count it back (slowly rise up)
3 2 3
Get some height
toes and knees forward, fold forward (exhale)
Inhale flat back
Arms stretched out like wings
Inhale hinge at your hips
Touchdown
Exhale bring it down into diamond cutter
Inhale take it back
Exhale arms out to a T
Clench your fists
Hulk it up
Inhale ATTENTION!
Chest out Shoulders back (optional)
At EASE....