



# D'Fine

Created by Helen Vanderburg

No weights... just hard core results. This bodyweight workout combines core conditioning and muscle defining exercises from Pilates; flexibility and mobility from yoga; fluidity of movement from fitness; and Barre techniques to define, align and sculpt the body. Choreographed to inspiring music, experience a new, innovative and challenge bodyweight group class. You will leave this session with unique ideas to give your clients a total body workout, improved posture and D'Fine the body!

D'Fine is based on the Fusion Fitness™ Workouts program blending the best of many activities to create a time efficient and highly effective body weight workout. Using functional body movement patterns experience an inspiring, smart and challenging workout.

## D'Fine Class

Fusion D'Fine Sample Class			
	Intention	Time	Exercises
1	Warm up	5 - 7:00	Foot mobility Hip and Knee mobility Spinal mobility
2	Squat	4 - 5:00	Bilateral parallel squat (rhythm variations) Curtsey squat – combined with parallel squat Bilateral parallel squat with heel raise Curtsey squat – combined with parallel squat Jump squats Chair (isometric hold)
3	Plank	3 - 4:00	Plank crunch Plank with knee tucks Plank with oblique twist to thread the needle Scorpion Plank with isometric hold
4	Lunge	4 - 5:00	Stationary lunge (rhythm variations) Hip hinge lunge to single leg balance Single leg dips Lunge pops
5	Side Plank	3 - 4:00	Hand plank to forearm plank Side plank Side plank with hip dips Side plank with single leg circle
6	Ballet Squat	3 - 4:00	Rhythmic ballet squat

			Ballet squat with heel raises Ballet squat pulse Jumps
7	Push up	3 - 4:00	Recoil Triceps Push up Lung to tread to single arm triceps dip Overhead press Chest Push up
8	Back/hip extension	2 - 3:00	Spine extension Triceps push up to spine extension Spine extension with posterior shoulder integration Hip extension
9	Seated/ Spine flexion	5 – 6:00	V-Sit variations ½ roll back (arm variations) Full roll back Abdominal curls variations Single leg stretch variations Double leg stretch
10	Bridging	3 - 4:00	Shoulder bridge variations Single leg bridge
10	Cool down/ Restoration	4 - 6:00	Knee hug Supine hamstring stretch Supine abductor stretch/adductor stretch Seated chest openers

- Exercises include multi-directional movement

Developed by Helen Vanderburg  
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**NEW BOOK! Fusion Workouts by Human Kinetics**