

THE POWER CLASS

The power class is the replacement for Kettlebell/Battling ropes. Similar to KBBR, Power develops explosiveness of movement. The Power session concentrates more on the exercises that increase heart rate and metabolic conditioning. This class is perfect for some older adults, weight control clients, sports athlete, and is a perfect complement to Les Mills Grit Strength / Body Pump.

Example of a Power class session

RESISTANCE TRAINING							
EXERCISE		INTENSIT Y	SETS	REPS	TEMPO	REST/SEC	COACHING TIP
A	Battle rope alternating waves	Blue	5	n/a	X/X/X	0	
	Kettlebell Swings	85% rm	5	10	X/X/X	0	
	Chest to floor Burpees	BW	5	5	X/X/X	:30	
B	Kettlebell Single arm Deadlifts	85%	5	16	X/X/X	0	
	Box Jumps	BW	5	15	X/X/X	0	
	Medicine ball Chest pass	10% BW	5	20	X/X/X	:30	

THE STRENGTH CLASS

The Strength class is the replacement for Cross training. Similar to cross training style workouts, Strength develops an increase in the amount of lean muscle mass necessary for increased fat loss and over all movement improvements. The Strength session concentrates more on heavier weights and low to moderate repetitions. This class is perfect for most people, and is a perfect complement to Les Mills Grit Strength, Body Pump, and CXworx.

Example of a Strength class session

RESISTANCE TRAINING							
EXERCISE		INTENSIT Y	SETS	REPS	TEMPO	REST/SEC	COACHING TIP
A	Barbell Front Squat	70% rm	3	12	2/2/2	:60	Horizontal loading
	Military Press	65% rm	3	12	2/1/2	:60	
	Kettlebell Good Mornings	10% BW	3	12	3/2/1	:60	
	Goblet Squat	70% rm	3	12	2/2/2	:60	

B	2 Dumbbell Arnold Press	65% rm	3	12	2/1/2	:60-:90	
	Kettlebell Sumo Deadlift	85% rm	3	6	3/2/1	:90-:120	

THE CORE CLASS

The Core class is the replacement for TRX. The Core session develops foundational strength and dynamic mid-section stability. The core session concentrates more on the exercises that strengthen the muscles of the abdomen, mid and lower back, and glutes. This class is perfect for some older adults, weight control clients, sports athlete, and is a perfect complement to Les Mills Grit CXworX.

Example of a Core class session

RESISTANCE TRAINING							
	EXERCISE	INTENSITY	SETS	REPS	TEMPO	REST/SEC	COACHING TIP
A	TRX knee tuck	BW	3	20/16 /12	2/0/2	0	
	BOSU push up	BW	3	20/16 /12	2/2/2	0	
	Sneaky bear crawls	BW	3	8	n/a	:30	
B	TRX high Row	BW	3	20/16 /12	2/0/2	0	
	Medicine ball sit-up to chest pass	10% BW	3	20/16 /12	X/X/X	0	
	Stability Ball long lever crunch	10% BW	3	20	2/0/2	:30	

THE FUNCTIONAL CLASS

The Functional class has been modified to fit current training standards. The Functional class is designed to maximize full body compound movements with a specific goal of improving daily activities of living. Functional training increases your ability to move better doing everyday activities (cleaning, home repairs, climbing stairs, etc.) as well as improve coordination and skills on and off the athletic field. The Functional session concentrates more on lighter weights and higher repetitions. This class is perfect for most people, and is a perfect complement to Les Mills Grit Cardio, and CXworx.

Example of a Functional class session

