

FIT Frenzy: Strategies for Next-Level Group Training

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Learn to develop challenging workouts that utilize circuit training principles and combine compound strength exercises with unique HIIT drills. WOW your clients and participants with new and challenging moves and intense drills. We'll cover how to set up stations with varying equipment in this fast-paced, non-stop exercise experience. Your small group training participants will love this social approach to fitness fun!

Class Set Up:

Set up 8 stations set up around the periphery of the room utilizing the following equipment:

- Kettlebells
- Gliding discs
- BOSUs
- Medicine Balls
- Kettlebells
- Gliding Discs
- BOSUs
- Medicine Balls

Divide participants up into 8 small groups.

Have enough strength equipment to allow participants to choose the appropriate amount of resistance.

Circuit Training Benefits:

Circuit training involves executing several exercises arranged consecutively with limited rest in between.

Maximum benefits in less time.

Improve both muscular strength and cardiovascular fitness.

Enhance energy expenditure both during and post-workout.

Principles of this class:

Increase exercise adherence by incorporating a social atmosphere where participants work in pairs or small groups as they cycle through the circuits.

Increase challenge by providing less rest between exercises – get more done in less time.

Increase benefits by focusing on compound exercises that utilize multiple muscle groups and require core activation.

Maximize use of equipment, only a few of each needed.

Endless options for variety - rounds can be repeated, utilizing the same exercises with different timing, and full group or team exercises and be plugged in between stations, any equipment works.

Coaching Tips:

Preview exercises prior to each round.

Offer options to increase or decrease intensity, depending on participant needs.

Provide a visual outline at each station.

Class Components:

Cycle 1: 8 exercises - 60 seconds each, 15 seconds to transition

Cycle 2: 8 exercises - 60 seconds each, 15 seconds to transition, 60 sec cardio section in between

Cycle 3: 8 exercises, 45 seconds each, 15 seconds to transition

Cycle 4: 8 exercises, 45 seconds each, 15 seconds to transition, 40 sec core section in between

PRACTICAL APPLICATION

Warm-Up

In a circle – walk, jog, boot strappers, lunges, planks, push-ups

Round 1 - 60 seconds – each station, 15 sec transition

Round 2 – 60 seconds – each station – 15 sec transition, 60 sec group cardio drill in between

***For unilateral exercises, round 1 right side lead, round 2 left side lead**

Equipment	Exercise
Kettlebells	Stationary Narrow Split Squat (unilateral)
Gliding discs	Push-Up/Prone Jack (forefeet on discs)
BOSUs	V-Sit Heel Drop
Medicine Balls	Triceps Push-Up
Kettlebells	Wide Leg Side Squat (Unilateral)
Gliding Discs	Seesaw Lunge (Unilateral)
BOSUs	Prone Back Extension/Reach
Medicine Balls	Single-Legged Balance/Ball Tap Down

Round 3 - 45 seconds – each station, 15 sec transition

Round 4 – 45 seconds – each station, 15 sec transition, 60 second group core exercises in between

***For unilateral exercises, round 1 right side lead, round 2 left side lead**

Equipment	Exercise
Kettlebells	Eccentric Single-Arm Biceps Curl
Gliding discs	Mountain Climbers
BOSUs	Dead-Row Ladder
Medicine Balls	Plank Spiderman Ladder
Kettlebells	Suitcase Squat (Unilateral)
Gliding Discs	Squat Thrust/Knee Tuck
BOSUs	Side Plank Walkover
Medicine Balls	Swings

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