

XT FUSION™

BENEFITS:

- Increased **QUALITY OF WORK**
- Increased **OVERALL STRENGTH AND POWER**
- Change the Game: **COACH > COMMUNITY > CULTURE OF FITNESS**

PROGRAMMING: **Progression, Variety and Precision.**

1. Warm up: Simulate Jump rope (logs and hops) >reverse lunge to knee lift with trunk rotation (opposite knee to elbow touch) >Lateral lunge reach (jump up to switch) with torso rotation >plank to step through lunge lift one arm rotating toward forward leg and switch > walk hands back to feet and stand to start.
2. Progress Function to performance addressing movement in all 3 planes of motion and energy systems
3. Science - Attitude - Environment

9-Minutes Per Round	Round 1	Round 2	Round 3
STATION 1: Ropes Gone Wild	Partner 1 - Alternating Wave Partner 2 - Coach	1 - Grapplers Throw 2 - Coach	1 - Vintage Squat Waves 2 - Coach
STATION 2: Kettle bell Essentials	Partner 1 - One Hand Dead Swing (alt.) Partner 2 - Coach	1 - Dead Clean & Squat (alt.) 2 - Coach	1 - Windmill 2 - Coach
STATION 3: XT Suspension	Partner 1 - XT Row Partner 2 - Tubing One Arm Press Back	1 - XT Matrix 2 - Tubing One Arm Row	1 - Overhead Lunge (Single Leg holding tubing overhead) 2 - Tubing Vintage Overhead
STATION 4: Body Weight Step 360	Partner 1 - What Up w/ Twist "T" Partner 2 - Same Platform	1 - Plyo Split Lunge Mirror 2 - Mirror off platform	1 - Partner Lock and Kick 2 - Same Platform
STATION 5: Medicine Ball	Partner 1 - Get-Up Sit-Up Partner 2 - Alternate Pass	1 - Super Burpee Pass 2 - Alternate Pass	1 - Vintage Squat & Pass 2 - Alternate Pass