

Fast & Furious, Integrated Intervals Enhanced with Resistance & Core Exercises in between ... taking the best of cardio training techniques (high intensity intervals, Tabata training and Metabolic training) and add functional, resistance training and core exercises during the active recovery periods to provide an amazing, full-body workout in well under an hour. First, learn about the different interval training methods to help determine what might be best for your clients. Then, explore unique strength and core exercise combinations that can easily be inserted between the cardio intervals to get the most out of your time together. Whether you walk away with a new class, start to finish, or ideas to spice up your current classes & workouts, you (and your clients) will be FIERCE!

## **WHO is doing it?**

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Everyone IS & CAN Do it ...

- The BEGINNER
- The ATHLETE
- The MOM

## **WHAT are they doing?**

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Lots of OPTIONS...

- HIIT
- Tabata
- Metabolic Training

## **WHY are they doing it?**

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Tons of REASONS ...

- Fat/Weight Loss
- Break through plateaus
- Psychological effect

## **WHEN are they doing it?**

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Wide variety of TIMING ...

- First thing
- Sporadic
- Systematic

## **How are they doing it?**

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Choose your POISON ...

- Solo
- Combined
- Random

<b>Equipment</b>	<b>Yes</b>	<b>No</b>
For CARDIO	<ul style="list-style-type: none"> <li>• Jump ropes / Airopes</li> <li>• Dumbbells</li> <li>• Barbells</li> <li>• BodyBars</li> <li>• Kettlebells</li> <li>• TRX</li> <li>• Steps</li> </ul>	<ul style="list-style-type: none"> <li>• Stability Balls</li> <li>• Ballast Balls</li> <li>• Gliding Discs</li> <li>• BOSU Balance Trainers</li> <li>• Ankle Cuffs</li> </ul>
	**Equipment should be limited. Experiment with setting up individual stations and/or picking up equipment as needed during recovery and leaving the room 'clean' at other points to use the room differently than other classes. Be cautious about TRX use; have a plan for doubling up in case there are not enough TRXs for each participant.	
<b>Differentiation</b>	Bottom Line – no nonsense workout with no 'balance challenges' to interfere with RAW cardio, strength and power! It will be considered our 'toughest' (not because of complication or balance, but because of intensities ... always anaerobic opportunities), but should still be doable for ALL!	
<b>Music</b>	Non-traditional group ex music. Think outside the box and treat it more like Cycling and Treadmill than group fitness. IF possible, try to mix songs that fit the 'feel' of the section (in other words, hard hitting tunes for the 4 minutes of Tabata and lower, fun tunes for the 5 min in between). It should be easy to find songs that correspond with approximately 4 min and approximately 5 minutes to keep you on track time wise. This class will NOT be taught on the beat!	
<b>Timing</b>	Timing is IMPERATIVE during this workout. During the tabatas, CLEARLY indicate when you are getting ready to start ('get ready, 3,2,1 ...') and CLEARLY indicate when the 20 seconds is almost over ('almost there, 5,4,3,2,1 ...'). You will NOT have time to correct form DURING a tabata, time keeping is too important. You need to set that up in the preview (1min) and then encourage them to motivate one another. Time keeping is YOUR motivation. This class will FAIL miserably if time is not properly kept and used as motivation. Until you DO IT ... you do not know how very important it is. The Tabata Timer will be kept in the box on the stereo (until we decide that is too scary a place to leave it and think of somewhere else!) Always come with a watch, stopwatch or clock as backup and to help with the timing of the TIME OFF sections. I will try to get stopwatches, as well!	

### **Class Design**

<b>Warm up</b>	10 min	
<b>Tabata 1</b>	4 min (:20 work   :10 recovery) x 8	
<b>Time Off 1</b>	5 min (1 min set up   3 min work   1 min set up)	
<b>Tabata 2</b>	4 min (:20 work   :10 recovery) x 8	
<b>Time Off 2</b>	5 min (1 min set up   3 min work   1 min set up)	
<b>Tabata 3</b>	4 min (:20 work   :10 recovery) x 8	
<b>Time Off 3</b>	5 min (1 min set up   3 min work   1 min set up)	
<b>Tabata 4</b>	4 min (:20 work   :10 recovery) x 8	
<b>Time Off 4</b>	5 min (1 min set up   3 min work   1 min set up)	
<b>Tabata 5</b>	4 min (:20 work   :10 recovery) x 8	
<b>Time Off 5</b>	5 min (1 min set up   3 min work   1 min set up)	
<b>Cool Down</b>	5 min (approximately)	

### **Class Breakdown**

<b>Pre-Class</b>	Provide a quick overview of what the class will look like, how many sections, timing (not too much information, but enough to relieve the tension!) Explain toy management and what equipment will be used. Ask each person to buddy up or even group into threes ... they will need to cheer each other on and motivate during the tabatas since you will be 100% focused on staying true to time!
<b>Warm up</b>	You can either use lines, circle or individual stations for the warm up. Movements should progress slowly to gently bring the heart rate up over 10 minutes to ensure success in the Tabatas that are to

	come. Examples include walking, light jogging, carioca, knee hugs, hamstring curls, butt kickers, long leg lifts, traveling squats, walking lunges, travel squats with 180 (sumo squat turns), high knees, etc. Please do NOT use equipment for the warm up and take the ENTIRE time provided.			
<b>Tabata Sections</b>	Tabatas should be uncomplicated, raw exercises that don't take much to 'get' but are effective in the heart rate department. You can choose from straight cardio (run across the room / back & forth) and full body integration exercises (burpies). Demonstrate the exercise and 1-2 ways to get the intensity they need (avoid using the word, modification or otherwise giving the impression that there are LESSER options). "Here is the next move ... you can do it this way, this way or this way ... your job is to get to a place where you are extremely uncomfortable within 20 seconds). As the tabata progresses you can continue to provide another CHOICE to get what they need (change levers, grab a different weight, etc). These should NOT be presented at challenges, merely coached to where folks figure out what they need to do to 'get' the tabata. Please make sure to keep APPROPRIATE time!			
<b>Time Off Sections</b>	The 5 minutes between tabatas should be used for strength work. More traditional exercises will be used here with an emphasis of time under tension, range of motion, execution and increasing weight. Choose 2-3 exercises and spend UP TO 1 minute on each. That should leave you with approximately 2 minutes to set up the exercise and then put equipment away and/or get ready for the next tabata.			
<b>Final Tabata</b>	The last tabata section of your class will ALWAYS be the squat to overhead press with dumbbells. For 45 minute classes this will be #4 and for AMPED!+ it will be #5. This will be the section that will help folks JUDGE their improvement. Simple, you ask them to pick a weight they know they can do 15 squat to overhead presses with; these are quick squats to overhead press and in 20 seconds, 15 is a good clip. Their job is to try to maintain and/or beat that 15 all 8 times. Next week, try to go above 15 or beat their number, or ... they can go up in weight once that is easy. Everyone loves a way to measure success.			
<b>Cool Down</b>	No core is needed. You can sneak that in to the 'time off' sections, but all AMPED! classes have a core class attached. Cool down should be for bringing heart rate down and stretching. Five minutes total!			
<b>Tabata Options</b>				
<b>Across Room</b>	Shuttle Run	Power Skips	Shuffle	Carioca
	Two foot hops	Bounders	High knees	Butt kickers
<b>Jump Rope</b>	Speed Rope	(floor) ski over & fast foot back	(floor) icky shuffle (1-2-3 rhythm across)	(floor) T-Step Fast run
	(floor) T-Step with jumps			
<b>Step</b>	Up/down	Straddles	Centered Side Touch	Squat over the top
	Over the top (short)	Over the top (long)	Toe taps	Alternating knees
	Repeater knees	Jump on step off	Lunge jumps	
<b>In Place</b>	Fast feet	High knees	Butt kickers	Power Knees
	Squat jumps	Lunge jumps	Burpees	Ski Jumps
<b>Kettlebells</b>	Swings (high weight!)	Squat figure 8	Lunge press	Walking lunges

**Thank You!**

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