

May 2024

Wednesday, May 1,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.
Thursday, May 2,	BENCHMARK DAY - Sumo LM DL
Lower Body Strength	3 stations. 9-10 min per station. One station is strictly Sumo Landmine DeadLift Benchmark. Use 45lb plates for the members to stand on. Find their 3-4 REP max. Partners are helping one another get to their max weight. The other stations are a mix of Push, Pull, and Bodyweight.
Friday, May 3,	45/15**
Metabolic	3 stations, 3 exercises, 3 rounds each. Each station should have one lower, one upper and one compound exercise. Instructor, make sure your compound exercise doesn't conflict with the upper and lower ones per station.
Saturday, May 4,	Upper Hypertrophy
Upper Body Strength	4 stations 2 exercises each, 7 min per station. 1 exercise is 20 reps of moderate weight (ex: DB lateral raise) and the other is targeting the same muscle with a heavy 5-8 reps. Ex. BB Shoulder press 6-8 reps and DB lateral raises 20
Sunday, May 5,	BASIC ATHLETIC MOVEMENTS
Athletic Fitness	3 stations 3 exercises. There are 10 movement descriptions. Run, Shuffle, Skip, Crawl, Hop, Jump, Twist, Roll, Push, Pull. Mix and match them in the stations as you please. Each station is 5 min long, after completing all 3 stations, have them complete them all over again.
Monday, May 6,	5 Rep Strength
Total Body Strength	4 stations – 2 exercises each. One exercise in each station is done very heavily for just 5 reps. Stations 1 and 3 will have a heavy exercise targeting the lower body. The second exercise will be an accessory upper body exercise. Stations 2 and 4 will have a heavy exercise targeting the upper body. The second exercise will be an accessory lower body exercise.
Tuesday, May 7,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.
Wednesday, May 8,	The Final Countdown...
Lower Body Strength	8 exercises. Open format. Use things that have plenty of pieces of equipment. They will go through each exercise 1 time for 12 reps then go back through everything for 10 reps and so on for the 30 minutes. If they want they can do a cardio buyout for 30 seconds between every round.

Thursday, May 9,	CENTURY CLUB
Metabolic	4 exercises, 4 rounds, open format. Exercises are: 1 cardio, 1 lower, 1 upper and 1 core. Members will perform 25 reps of each exercise, to get to 100 at the end of the 4 rounds. Cardio options are: 250ft Versa, 25cal rower, 25 cal bike, 250 rope clicks. Ex.: 25cal bike, 25 MB pick-ups, 25 BB press, 25 EQ tucks.
Friday, May 10,	Compound strength
Upper Body Strength	5 stations. 2 exercises each. 2 stations are Back +bi's. 2 stations are chest and tri's. 1 station is shoulders and core. Ex: RB Row + BB Bicep Curl. PB Chest Press + TRX Tricep Hammer. Lateral Delt Raise + Plank Get Ups.
Saturday, May 11,	Partner Pacer
Athletic Fitness	Choose 8 exercises. Each station is only one exercise, so a total of 8 stations. Each station is 4 mins long. Expedite the warmup because it's a long workout. Stations 1,3,5 and 7 have one partner working for a set number of reps, the other partner is holding a squat. Stations 2,4,6,8 have one partner working for a set number of reps, the other partner is doing burpees. They will switch on and off for the duration of 4 mins.
Sunday, May 12,	Criss-Cross
Total Body Strength	2 stations, 4 exercises each, 13-15min each (depending on how quickly your class usually transitions). One station is lower pull/upper push, the other station is lower push/upper pull.
Monday, May 13,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.
Tuesday, May 14,	3-2-1 ...
Lower Body Strength	3 stations, 2 exercises each. Open Format. Without timing the stations, they do 3 rounds of both exercises and then move to the next station. If they finish all the 3 stations, they start over but this time doing 2 rounds of each exercise. If they get through all 3 stations again, they do 1 round of each exercise. Make a conscious effort to use lateral, locomotive, quad, hamstring and glute based exercises.
Wednesday, May 15,	DOUBLE MUSCLE MOVES
Metabolic	5 stations, 2 exercises each, 45 sec/exercise + 15 sec transition - 3 rounds. Each station focuses on one muscle group only. Ex.: DB alt hammer curls + TRX bicep curls
Thursday, May 16,	Upper Sweat
Upper Body Strength	3 stations, 3 exercises each. Open Format. Without timing the station, they do 3 rounds of THE 3 exercises and then move to the next station. Every time they complete a station, they have to do a buyout.! Instructors prescribe a distance or number of calories for cardio equipment that involves the upper body or choose a body weight exercise such as pushups/pullups for buyout.. If they finish all the 3 stations, they start over but this time doing 1 round through each station!
Friday, May 17,	OLYMPIC DAY
Athletic Fitness	4 stations. 6 min/station. 2 stations with 3 exercises each and 2 stations with 2 exercises. Choose exercises that are single sided for your 2 exercises stations. Each station must have at least one exercise that represents one olympic sport. Ex... Volleyball - touch a ball on the floor, and jump for a TRX strap.

Saturday, May 18,	Total Body Failure
Total Body Strength	At least 5 stations with 2 exercises each (1 is upper, 1 is lower) 1 movement per station is going until failure over and over again. 1 movement is doing a predetermined # of reps. (ex. goblet squat till failure & chest press for 10 reps).
Sunday, May 19,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.
Monday, May 20,	SKILL DAY - Nordic Hamstring Curls with Partner
Lower Body Strength	4 stations. 7-8min per station. Station 1 is done together as a class with a partner or 2 and we are ALL working strictly on Nordic Hamstring Curls. The instructor is walking around helping and queueing each person individually. The other 3 stations are explained after that is over. 2 exercises per station, 1 exercise focusing on quads, the other on glutes.
Tuesday, May 21,	PERSONALIZED PARTNER WORKOUT
Metabolic	7 stations. 1 exercise per station, 2 minutes each. Members will partner up. 1 partner on cardio for 2 minutes and 1 partner at the station doing 1 rep every 10 seconds (12 reps in 2 minutes). This means each partner gets to do the exercise 1x and the cardio 1x and then they move to the next combo. You are not partnering the exercise with any specific piece of cardio equipment, they have free reign on cardio choice so make sure you put them all out, even offer jump ropes. Ex. exercises, HexBar Deadlift, MB pickups, Push-ups, etc...
Wednesday, May 22,	BENCHMARK DAY - Landmine T-bar Row
Upper Body Strength	4 stations. 7-8 min per station. One station is strictly Landmine T-Bar Row.. Partners are working together to ensure adequate rest between sets. The other 3 stations are 3 exercises, 1 station is Push, 1 Pull, 1 Bodyweight.
Thursday, May 23,	BENCHMARK ATHLETE TESTS
Athletic Fitness	Partner based. Inspired by our day 1 athlete testing. 6 stations. 5min allotted to each one. 1 partner tests while the other counts/tracks. Curve Treadmill for top speed (3 attempts) or 30 skaters per side. BodyBlade Sagittal + BodyBlade Frontal for 3 rounds. Single Leg Anterior Reach for 10 reps + Single Leg Lateral Reach for 10 reps back n forth for 3 rounds. Hand Release Push-ups to fatigue + TRX gravity row to fatigue. Standing Broad Jump for 5 attempts + T-drill time for 5 attempts. Versa Climber 1 min distance is the last test by itself!
Friday, May 24,	Endless Tank Push/Pull
Total Body Strength	Split the class into 2 teams. Outside each team has an endless tank push/pull. The rest of the class is doing 8 exercises, open format style.
Saturday, May 25,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.
Sunday, May 26,	Push/Pull
Lower Body Strength	2 stations - 4/5 exercises per station. 14-15 minutes per station. One station is focusing on push exercises, and the other pull. Ex.: squats, reverse lunges, bridges in one station; DLs, RDLs, hamstring curls in the other.

Monday, May 27,	Memorial Day Madness
Metabolic	Open Format. Menu of 10 high rep movements for members to perform as a team in groups of 3 or 4 (adjusted numbers for teams of 4). Teams get to choose what challenges they want to tackle. They should aim to complete at least 3. 1. Versa Climber - Empire State Building (1,250ft - 1,562ft), 2. RAM alt. Rev. lunges 150 - 200, 3. Rower - 2,000m - 2,670m, 4. RAM Burpees - 90 - 120, 5. Bike - 90 - 120 cal, 6. Farmer's Carry - 30 - 40 laps, 7. Curve - 1 - 1.35 mile, 8. Tank Push/Pull 15 - 20 laps - 9. Ski ERG - 2,000 - 2,670m, 10. MB Slams 90 - 120
Tuesday, May 28,	ROPES GALORE
Upper Body Strength	4 stations, 2-3 exercises each. 7 min per station. At least one exercise/station has to use a rope. Be creative and think of ways to use our many different kinds of ropes.
Wednesday, May 29,	2 TO 1
Athletic Fitness	Two to one work to rest ratio! 5 stations 2 exercises each. Ex. EQ mountain climbers: set 1: 20 work 10 rest, set 2: 30 work 15 rest, set 3 40 work 20 rest and transition to second exercise of the station
Thursday, May 30,	SKILL DAY - Turkish Get Up
Total Body Strength	4 stations. 7-8 min per station. Station 1 is done together as a class with a partner or 2 and we are ALL working strictly on Turkish Get Up. The instructor is walking around helping and queueing each person individually. The other 3 stations are explained after that is over. 2 exercises per station, as many compound exercises as possible!
Friday, May 31,	GO FOR THE GOLD
Core + Endurance	Members chose one of the go for the gold prescriptions and complete core once finished. Choose 6-8 core exercises for an open format template. Run the clock for 35 mins.