

# April 2024

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| <b>Monday, April 1,</b>    | <b>LEGO</b>  |
| <b>Total Body Strength</b> | 3 stations, 3 exercises each, 8-9 min/station. Each station will have a compound movement, plus the 2 movements that add up to that compound movement. Ex.: Squats, OH press, Thrusters  |
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| <b>Tuesday, April 2,</b>   | <b>Tabata</b>  |
| <b>Core + Endurance</b>    | 6 stations, 3 cardio tabatas (20 seconds on/10 seconds recover, 8 rounds/4 mins), 3 core stations with 2-3 movements each, one station ext/flex, one station stabilization and one station frontal plane/obliques.   |
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| <b>Wednesday, April 3,</b> | <b>Buy Out</b>   |
| <b>Lower Body Strength</b> | 3 stations of 3 exercises each. After they complete 2 rounds of each station, they have to complete a buy out of 8 calories LEGS ONLY on the bike or 100ft LEGS ONLY on the versaclimber. After completing the buy-out, they may move to the next station, where they stay for 2 rounds, and continue the process. *Can change to 3 rounds if you prefer   |
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| <b>Thursday, April 4,</b>  | <b>30+10</b>   |
| <b>Metabolic</b>           | 4 stations, 2 exercises each, 10 sec recovery between exercises, 4 rounds. (Instructors, make sure you program the intervals on the clock to make your life easier...) Members will do full reps for 30 sec, pulse or hold for 10 sec, and transition to the next exercise in 10 sec.  |
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| <b>Friday, April 5,</b>    | <b>MIDDLER MERGE</b>   |
| <b>Upper Body Strength</b> | 2 stations. 13min per station. Each station has 4 exercises. One station is strictly Chest and Tri's. The other stations are Back and Bi's. The middler is shoulders, so between the class switching stations, everyone comes together for a shoulder medley that is completed in under 4minutes.  |
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| <b>Saturday, April 6,</b>  | <b>Tabata Athletic Performance</b>   |
| <b>Athletic Fitness</b>    | 6 stations, 2 exercises each, 8 rounds (4 min .20 on/.10 off). Pick movements that have easy transitions, let's pair a locomotive and plyometric move together! Prepare a finisher   |
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| <b>Sunday, April 7,</b>    | <b>LOWER UPPER CORE - LUC</b>  |
| <b>Total Body Strength</b> | 3 stations, 3 exercises each. 8min each station. 2 stations have 1 exercise that is core based, 1 that is lower body and 1 that is upper only. The 3rd station is 3 full body compound movements.  |
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| <b>Monday, April 8,</b>    | <b>Triathlon Day</b>   |
| <b>Core + Endurance</b>    | 2 stations: 1 is a cardio triathlon - everyone picks 3 pieces of cardio, and they need to perform a prescribed distance on each. Transition between cardio equipment should be fast. Second station is a core circuit with 6-exercises. At least half of these exercises should be body-weight ones. Be thoughtful not to overwhelm wrists or lower backs. |
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| <b>Tuesday, April 9,</b>   | <b>BENCHMARK DAY - HexBar or BB Deadlift Benchmark</b>   |
| <b>Lower Body Strength</b> | 3 stations. 9 min per station. One station is strictly a 3-4 REP Max for HexBar or BB Deadlift Benchmark. The other 2 stations are 3-4 exercises each, choose an array of push/pull/bodyweight. Remember, we have a big pull so don't abuse their hamstrings and back.   |

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| Wednesday, April 10, | <b>Drop what you're doing!</b>   |
| Metabolic            | 5 stations with 2 movements each, 6 minutes per station. Every 3rd and 6th minute of the round, members drop what they're doing and complete 10 reps of a compound move (ex. Kb swings, burpees, mb slams)   |
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| Thursday, April 11,  | <b>TIMING IS EVERYTHING - 1 Isometric + 1 Concentric</b>   |
| Upper Body Strength  | 4-5 stations with 2 exercises each. 6 min per station. 1 exercise at each station is a simultaneous isometric/moving exercise. (Ex. RB rows, 1 arm holds an isometric row position while the other arm is doing 10 regular reps & then switch)   |
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| Friday, April 12,    | <b>Up/Down</b>   |
| Athletic Fitness     | 5 stations, 2 exercises each. One exercise per station is floor-based and the other is standing.   |
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| Saturday, April 13,  | <b>Partner Dirty 30</b>  |
| Total Body Strength  | Open format, choose 7 compound moves and the Reps range will be 10-8-6-4-2, each partner completes 30 reps. Partner A works while partner B rests and switches. (ex bb thruster, heavy deadlift, MB squat,..) if they finish, they can work back up the rep ladder   |
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| Sunday, April 14,    | <b>Run Forest Run</b>  |
| Core + Endurance     | 5 stations. 5min each. 3 stations are as follows: The Curve, Around the Block + Turf Suicides. In between those they will complete 2 core stations with 3 exercises each. Try to make the 6 total core exercises very holistic and complete for the entire core.   |
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| Monday, April 15,    | <b>QUAD-mania</b>  |
| Lower Body Strength  | 5 stations - 2 exercises per station, 6 min/station. One exercise per station should be quad focused, the other exercise should target either glutes, adductor, abductor, or hamstrings.   |
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| Tuesday, April 16,   | <b>Metabolic EMOM</b>  |
| Metabolic            | choose 1 cardio and 1 exercise to match the cardio. I.e. versa climber for minute , next minute perform 10 reps of a deadlift variation and rest remainder of minute. For the exercises, add 1 rep each round. Repeat 4 rounds<br>move to next station.<br>Curve- run for 1 minute , next minute perform 10 reps of hamstring curl variation, rest remainder of minute adding 1 rep each round.<br>Rower- choose a pull exercise<br>Ski erg- choose a pull exercise<br>Bike- choose a push or pull exercise or combo exercise. |
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| Wednesday, April 17, | <b>SLOW IT DOWN</b>  |
| Upper Body Strength  | Eccentric based exercises. 4-5 stations with 2 exercises each. 6 min per station. 1 exercise is a tempo eccentric pace One of the stations will be partner-based Keiser Bicep Curls. Partner A is doing bicep curls, and once he gets the bar to the top, partner B adds resistance. They switch positions every 8 reps.   |
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| Thursday, April 18,  | <b>SEAMLESS</b>  |
| Athletic Fitness     | Seamless template. 7-8 exercises with partner. A & B format. 4 rounds: 25seconds back + forth between partners. As soon as person A completes round 4 of the exercise, they move to the next station while partner B finishes their 4th. After the 4th station, members get a halftime water break. Make sure the moves are easy to transition in and out of quickly.  |
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| <b>Friday, April 19,</b>    | <b>BAND-AID</b>   |
| <b>Total Body Strength</b>  | 5 stations, 2 exercises each. At least one exercise per station has a band on top of a BB, DB or KB. Ex.: LM Banded OH press, Band Isohold and DB bicep curl  |
| <b>Saturday, April 20,</b>  | <b>ENDLESS INERTIA</b>  |
| <b>Core + Endurance</b>     | 4 stations @ 6 min per station. 2 core stations, 1 cardio station. 1 Inertia wave station. Each core station is rep based with 4-5 exercises. Inertia waves will be partner work, where one is holding, the other is moving. They will take 15-second turns, alternating up/down, side/side and circles. The goal is to keep them moving THE WHOLE 6 minutes.   |
| <b>Sunday, April 21,</b>    | <b>Two Squared</b>  |
| <b>Lower Body Strength</b>  | 4 stations: 2 stations are 2 exercises working as a superset with agonist/antagonist muscles (ex. hamstrings + quads) Heavy movements, low reps. Other 2 stations are working in an ascending rep ladder 4 reps, 6 reps, 8 reps, 10 reps...   |
| <b>Monday, April 22,</b>    | <b>300 rep challenge</b>  |
| <b>Metabolic</b>            | Open format: 50 alt rev lunges; 40 squat jump; 30 push press; 20 trx row; 10 burpees; 10 burpees; 20 trx row; 30 push press; 40 squat jump; 50 alt rev lunges. For challenge instructors can give an option to add weight for the movements (ram, mb, bb). The remaining time of class comes up with a finisher.  |
| <b>Tuesday, April 23,</b>   | <b>Drop Set</b>   |
| <b>Upper Body Strength</b>  | 5 stations. We will have 6 minutes per station, 4 sets/station, rep scheme is 12/10/8 and then AMRAP drop set. Station 1 is strict press, Station 2 is bicep curl, station 3 is cable tricep push down, station 4 is bent over row, and station 5 is 2 moves: band low to high chest fly x15 and amrap push up x 4 rounds.  |
| <b>Wednesday, April 24,</b> | <b>MMA Day!</b>   |
| <b>Athletic Fitness</b>     | 3 stations, 3 exercises each, 8 min long. Inspired by MMA moves: boxing, kickboxing, judo, jiu jitsu, wrestling, karate. Have fun, maybe bring out the boxing gloves and focus mitts!   |
| <b>Thursday, April 25,</b>  | <b>Unilateral Countdown</b>   |
| <b>Total Body Strength</b>  | 4 stations 1 Upper and 1 lower unilateral exercise with decreasing reps. Station 1: PB Bulgarian Split Squat 10/9/8.. S/L RDL 10/9/8..; station 2: S/A Lm Press 10/9/8...S/A Lat Pulldown 10/9/...; station 3: Db Lateral Lunges 10/9/8.. SB S/L Bridge 10/9/8..; station 4: db reverse fly 10/9/8... db incline lateral raise 10/9/8... Finisher Dead Bug 10/9/8/7...  |
| <b>Friday, April 26,</b>    | <b>SKI ERG MOUNTAIN</b>   |
| <b>Core + Endurance</b>     | Class will have the goal of 15,000 m on the two ERGs combined. Instructors will line members behind ERGs, so they know what order they'll work on. They'll be completing 250m every time it's their turn. ERGs can never stop. Write the final number of meters accomplished by class, so we can celebrate a winner at the end of the day. While members aren't at the ERG, they'll go through a core circuit of 8 exercises. |
| <b>Saturday, April 27,</b>  | <b>Lower Hypertrophy</b>  |
| <b>Lower Body Strength</b>  | 4 station 2 exercises each, 7 min per station. 1 exercise is 20 reps of moderate weight (ex: bb hip thrust) and the other is targeting the same muscle with a heavy 5-8 reps. Ex. BB Hip Thrust 20 reps and deficit curtsy lunges 8/Leg.  |

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| <b>Sunday, April 28,</b>   | <b>METABOLIC MOUNTAIN</b>  |
| <b>Metabolic</b>           | 5 stations. 5min per station. All 5 stations have 2 exercises. These 2 exercises are done in tandem with 1 increasing in reps/calories and 1 decreasing in reps/calories/distance. The sum of both exercises reps/calories/distance = 30. For example, 5 DB Thrusters + 0.25 Treadmill Run. Followed by 10 DB Thrusters and 0.20 Treadmill Run all the way down to 25 Thrusters and .05 Treadmill. |
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| <b>Monday, April 29,</b>   | <b>1.5 REPS</b>  |
| <b>Upper Body Strength</b> | 5 stations, 2 exercises each – all exercises have one and a half reps, so a full rep plus a pulse. 5min per station. Example: 1+1/2 Bench Press and 1+1/2 DB Hammer Curls.   |
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| <b>Tuesday, April 30,</b>  | <b>30sec On 15sec Off</b>  |
| <b>Athletic Fitness</b>    | 4 stations, 2 exercises per station, 4 rounds. Timing is 30 sec exercising, 15 sec transition. Think fun, challenging, compound exercises.   |