

06

WEEKS

KRISTINA EARNEST

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK 1	<u>33-MINUTE TOTAL BODY TABATA 23</u>	<u>25-MINUTE UPPER BODY STRENGTH 13 + 13-MINUTE MOBILITY + STRENGTH 03</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>34-MINUTE GLUTES + LEGS STRENGTH 12</u>	<u>33-MINUTE CARDIO HIIT + CORE 01</u>	CARDIO	REST
WK 2	<u>48-MINUTE TOTAL BODY STRENGTH 17</u>	<u>34-MINUTE CARDIO CORE TABATA 08</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>33-MINUTE LOWER BODY POWER 02</u>	<u>24-MINUTE UPPER BODY STRENGTH 05 + 12-MINUTE TOTAL BODY STRETCH 03</u>	CARDIO	REST
WK 3	<u>40-MINUTE TOTAL BODY POWER 12</u>	<u>40-MINUTE MAT ARMS + CORE 01</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>35-MINUTE GLUTES + LEGS STRENGTH 05</u>	<u>34-MINUTE TOTAL BODY TABATA 18</u>	CARDIO	REST
WK 4	<u>45-MINUTE TOTAL BODY STRENGTH 07</u>	<u>27-MINUTE BOXING BOOTCAMP 09 + 11-MINUTE MAT CORE 17</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>34-MINUTE BELOW THE BELT TABATA 04</u>	<u>21-MINUTE UPPER BODY STRENGTH 15 + 15-MINUTE SHOULDER MOBILITY</u>	CARDIO	REST
WK 5	<u>31-MINUTE TOTAL BODY STRENGTH 30</u>	<u>33-MINUTE ARMS + ABS TABATA 02</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>43-MINUTE LOWER BODY POWER 07</u>	<u>21-MINUTE CARDIO HIIT 19 + 19-MINUTE MAT CORE 18</u>	CARDIO	REST
WK 6	<u>47-MINUTE KE SQUAD POWER 09</u>	<u>LOW IMPACT STEADY STATE</u> [LISS]	<u>41-MINUTE BOXING BOOTCAMP 08</u>	<u>33-MINUTE MAT LEGS + CORE 03</u>	CARDIO	<u>39-MINUTE TOTAL BODY TABATA 29</u>	REST

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TABATA

TABATA SESSIONS CONSIST OF 20 SECONDS OF MAXIMUM-EXERTION TRAINING FOLLOWED BY 10 SECONDS OF RECOVERY. REPEAT THE PROCESS EIGHT TIMES FOR ONE FOUR-MINUTE TABATA ROUND. EACH ROUND IS SEPARATED BY ONE MINUTE OF REST.

POWER

POWER BASED CLASSES ARE A COMBINATION OF STRENGTH AND TABATA CIRCUITS. IT IS DESIGNED TO BUILD MUSCULAR POWER BY FOCUSING ON LIFTING WEIGHTS, EMPHASIZING QUICK AND FORCEFUL MOVEMENTS TO IMPROVE BOTH STRENGTH AND SPEED, ALSO USING PLYOMETRIC AND DYNAMIC EXERCISES TO ENHANCE MUSCLE RECRUITMENT AND REACTION TIME.

STRENGTH

STRENGTH-BASED WORKOUTS DESIGNED TO BUILD MUSCLE THROUGH A SERIES OF DYNAMIC MOVEMENTS. WHETHER THEY ARE FULL BODY OR FOCUSING ON A CERTAIN MUSCLE GROUP, YOU WILL IMPROVE YOUR STRENGTH AND CARDIOVASCULAR ENDURANCE WITH METABOLIC CIRCUITS, POWERFUL EMOM SECTIONS, AND SPICY FINISHERS.

HIIT

SHORT FOR HIGH INTENSITY INTERVAL TRAINING - HIIT IS A HIGHLY EFFECTIVE FORM OF INTERVAL TRAINING TO MAXIMIZE METABOLIC CONDITIONING. CLASSES ARE BUILT IN CIRCUIT-BASED FORMATS. FROM TOTAL BODY TO MUSCLE GROUP FOCUSED SESSIONS, EACH WORKOUT IS UNIQUELY DESIGNED WITH YOU IN MIND.

MAT

MAT-BASED CLASSES ARE A LOW IMPACT, DYNAMIC WORKOUT THAT DEFINES AND BUILDS CORE STRENGTH. EXPECT A BLEND OF FUNCTIONAL TRAINING EXERCISES PAIRED WITH SMALLER ZONE-FOCUSED MOVEMENTS FOR A TOTAL BODY BURN.

BOXING

TAUGHT TABATA STYLE OR RHYTHMICALLY, THIS IS AN INTENSE CARDIOVASCULAR WORKOUT DERIVED FROM CLASSIC BOXING AND KICK-BOXING TRAINING METHODS. CLASSES WILL COVER INTERVALS OF BOXING MOMENTS, KICKBOXING MOVEMENTS AS WELL AS BOOTCAMP STYLE HIIT EXERCISES.

MOBILITY + STRETCH

THESE SESSIONS ARE ALL ABOUT DEDICATING TIME TO CARE FOR YOUR BODY AND SOFT TISSUE TO PROMOTE BETTER MOVEMENT AND IMPROVED FUNCTIONAL RANGE OF MOTION. CONSIDER THIS AS GUIDED SELF-CARE; A PRACTICE CRUCIAL TO YOUR ATHLETIC AND FITNESS DEVELOPMENT.