

CLASS DESIGN

30-MINUTE WORKOUT

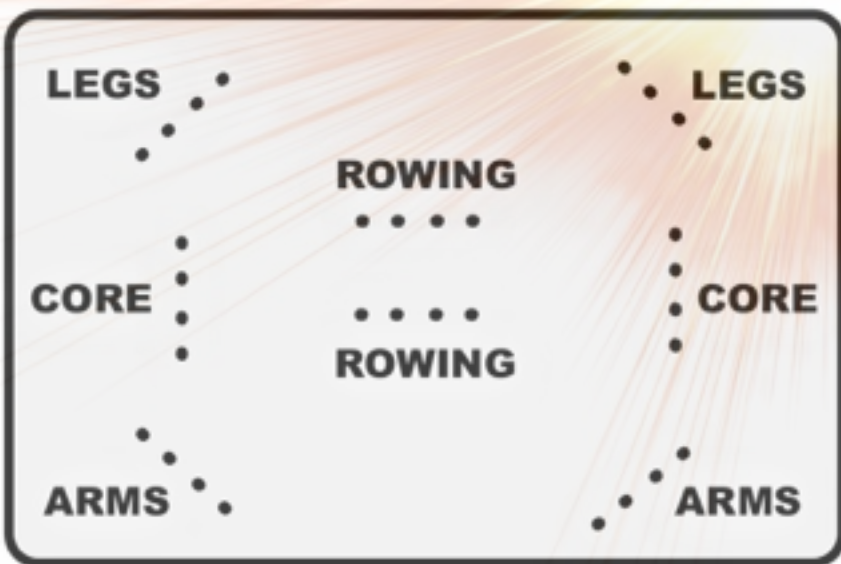
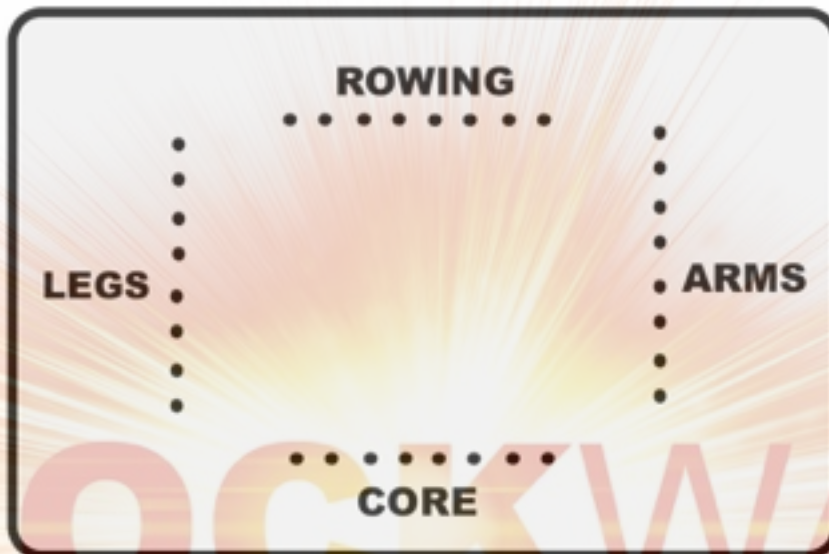
4 TEAMS

4 STATIONS

1 WARMUP ROUND

3 SHOCKWAVE ROUNDS

BIG BANG EXERCISES



45-MINUTE WORKOUT

8 TEAMS

8 STATIONS

1 WARMUP ROUND

3 SHOCKWAVE ROUNDS

BIG BANG EXERCISES

CARDIO OPTIONS

Rowing

Burpees

Wind Sprints

Ladder Drills

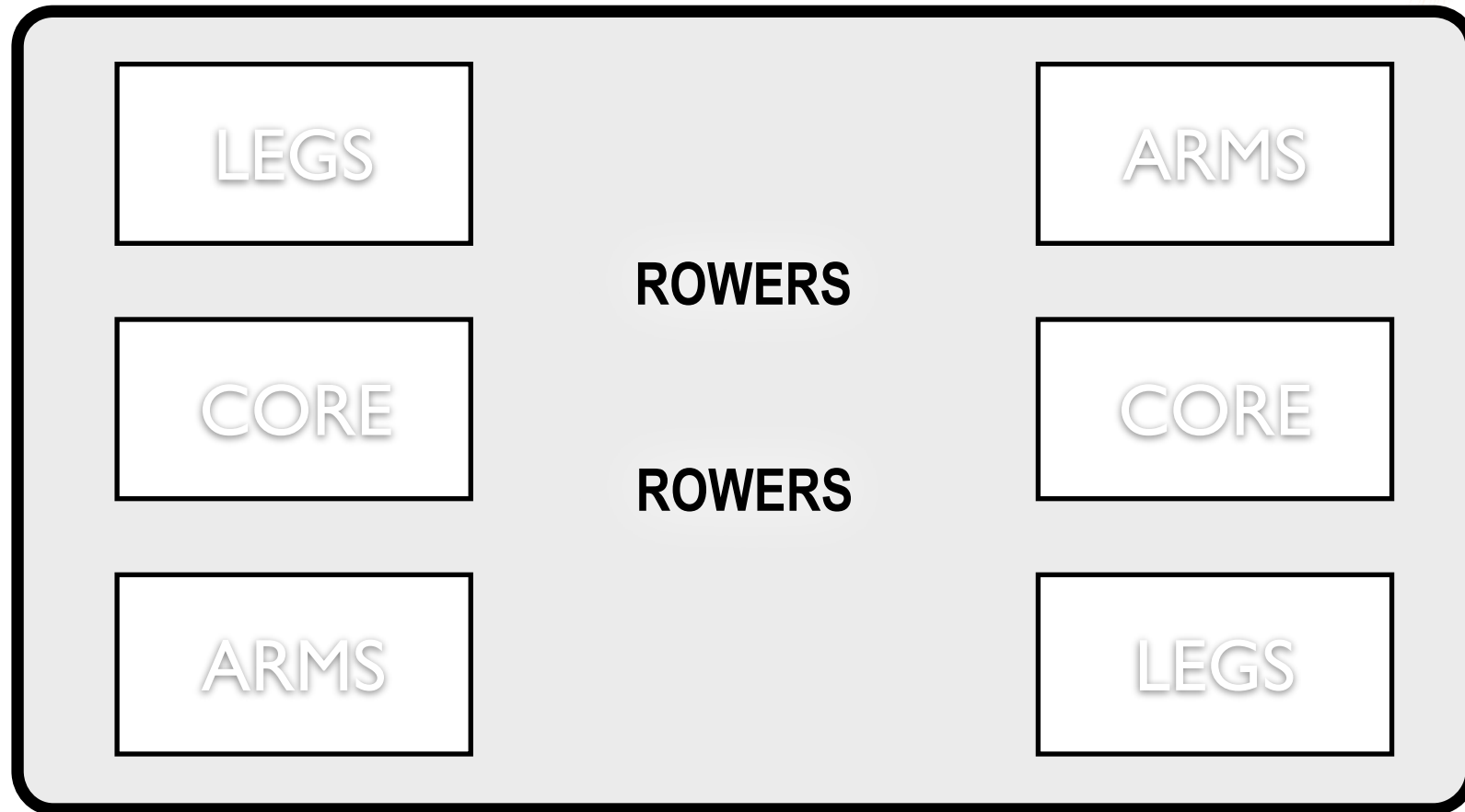
Relay Race

Jump Roping

High Knee Runs

Gliding Discs

TODAY'S WORKOUT



JULZ ARNEY
program director
JULZARNEY.COM

JOSH CROSBY
program co-creator
JOSHCROSBYFITNESS.COM

DORIS THEWS
lead trainer
DORIS@TEAMTHEWS.COM

AMY DIXON, master trainer
AMYDIXONFITNESS.COM

SKIP JENNINGS, master trainer
SKIPJENNINGS.COM

WATERROWERGX
EMAIL: GX@WATERROWER.COM or CALL 800-618-3730