

## Video Library, April 2021

### FITNESS CLASS DESCRIPTIONS

#### **Cross Train Runners: Single Sided, Giant Circuit, 30/30/30**

##### Description:

Join me for a giant circuit with all single-sided exercises! Single sided work is essential for runners, cyclists or anyone doing a sport with a lot of repetitive movement, to help 'correct the sides' for strength, flexibility and balance. Working with the 30/30/30 timing protocol to also train endurance! Props: 2 medium and 1 heavy weight. 60 minutes

---

#### **Cross Train Runners: Functional and Absolute Strength**

##### Description:

Functional strength recruits hundreds of muscle groups, many joints and complex movement patterns . . . much like we need in sport and in day to day life. (Most of what we do in CTR is functional strength training.) In this workout, we also pepper in Absolute strength, which is to focus on a single muscle group to build muscle mass. Props: 2 medium and 1 heavy weight. 60 minutes.

---

#### **Cross Train Runners: Repetition Ladder, Glutes, Back & Core**

##### Description:

Welcome to a jam-packed workout with single-sided Repetition Ladder combined with a focus on training our backs, glutes and core for good posture, strength, and stabilization. Props: 1 medium or heavy weight. 60 minutes.

---

#### **Women's Tone-Up: Mini Circuits with a Band**

##### Description:

Wake up your feet at the start of this workout (tip: really helps with single sided work), and get ready for mini circuits using a theraband or yoga belt, a pair of weights, and working your balance! Props: band or belt, 2 light or medium weights. 60 minutes.

---

#### **Women's Tone-Up: Cardio, Core, Back, Legs**

##### Description:

Get ready for an 'Everything Bagel' workout as we focus on 4-station mini-circuits, each with a cardio push, core work, back strength/alignment, and legs! Props: band or belt, 2 medium or heavy weights. 60 minutes.

### **Women's Tone-Up: HIIT Tabata with Rotation**

Description:

Our focus today is to train for rotation. After a walking-drill warmup, we'll take on 7 full Tabata's (8 intervals, 20 seconds work and 10 seconds rest in between). Our bodies move in 3 main patterns: sagittal plane (forward/backward. . . we do a lot of that), frontal plane (side to side like in hockey or tennis), and transverse plane (rotation . . . we don't do enough of that).

Props: 2 light weights and 1 heavy weight. 60 minutes.

---

### **Movement for Stiff Bodies: Giant Circuit with Salt & Pepper**

Description:

After a fluid warmup to release tension and get our circulation going, we'll take on a Giant Circuit. It's no ordinary circuit though, as after each exercise we add a little 'salt & pepper'. In this workout, the salt & pepper are Reverse Fly's and Squat & Shoulder Press. This workout hits hundreds of muscle groups and all 3 movement patterns. Props: 2 medium and 2 heavy weights. 60 minutes.

---

### **Movement for Stiff Bodies: Glutes, Core & Rotation**

Description:

Our warmup starts with Cat/Cow to begin to loosen our tight back bodies, to benchmark how we feel at the beginning of the hour, and we repeat our warmup at the end of the workout to see our progress! Super sets alternating between Glutes, and Core/Rotation. Props: 2 light weights and 1 medium or heavy weight. 60 minutes.

---

### **Mindful Fitness for Aging Well: Mini Circuits with Band & Chair**

Description:

With a slow dynamic warmup to loosen tight muscles and bring ease to joints (hips, back, knees, shoulders), we'll work through Mini Circuits, each with 3 exercises: 1 with the chair, 1 with the theraband or yoga belt, and 1 with free weights. Props: sturdy chair, theraband or yoga belt, 2 light weights. 60 minutes.

---

### **Mindful Fitness for Aging Well: Super Sets and a Ladder**

Description:

Time flies with this workout with Super Sets (pairs of exercises working opposite muscle groups) and a Ladder Set half way through the workout! The Ladder takes us through 10 reps of 1 exercise, 20 of the next and up to the 50 which is a 50 second wall sit, then we work our way back down. Props: 2 light or 2 medium weights. 60 minutes.