

### **Cross Train Runners: Single Sided 30/30/30**

Single sided exercises are a key injury prevention strategy, helping to fix imbalances in strength, flexibility, ROM and agility. Layer on the timing protocol of 30 sec work/30 sec hold/30 sec work! Good news, you just do each exercise ONCE! Props: 1 each of light, medium and heavy weights. 60 minutes

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### **Cross Train Runners: Legs & Ladder**

You'll need a sturdy chair in this workout! Work through a couple of super set pairs to dynamically train your legs and core, then jump on the ladder with me! 10 reps of 1 exercise, 20 of the next, up to a 50 second wall sit, and then back down the ladder, and circus abs at the end! Props: sturdy chair, 2 medium weights, access to a narrow piece of wall or a door, yoga mat. 60 minutes.

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### **Women's Tone-Up: Cross Lateral Training**

Cross Lateral Patterning is something we do all the time, and these patterns are essential to keep our bodies, nervous system and brain vibrant and adaptive! Join in on Super Sets to deepen our neural pathways: legs, core and back. Props: 1 light, 1 medium weight, yoga mat.

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### **Women's Tone-Up: "The Everything Bagel"**

Welcome to the 'Everything Bagel' workout! 3 circuits, each with 5 ingredients: Legs, Press, Back, Hip Hinge, Core. Props: pairs of light & medium weights, a yoga belt, yoga mat.

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### **Movement for Stiff Bodies: Single Sided Tabata**

Single-sided work requires a little more patience and time, and it is well worth it to fix imbalances (strength, agility, balance, flexibility). We'll alternate from side to side as we work through Tabata timing (8 rounds of 20 sec on, 10 sec off). We also add in some Brain Gym, so have a piece of paper and pencil handy! Props: 1 light, 1 medium and 1 heavy weight (kettlebell preferred). 60 minutes.

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### **Movement for Stiff Bodies: Absolute vs Functional Strength**

Traditional weight lifting is often described as Absolute Strength (think Bicep Curl or Deadlift which focuses on a specific muscle group and joint action). In this workout, we pair that with Functional Strength (incorporating multiple muscle groups and joints) for a satisfying result! Props: 1 light and 2 heavy weights. 60 minutes.

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### **Mindful Fitness for Aging Well: Tabata Twists!**

We bookend this workout with some Benchmark movement to see where we're at, and then what we've accomplished! Working with Tabata timing protocol (8 rounds of 20 sec on, 10 sec off), exploring rotation and lateral movement (which our bodies crave). Props: 2 light weights, 1 medium weight, yoga mat. 60 minutes.

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### **Mindful Fitness for Aging Well: Super Sets Working the Opposites**

Working through pairs of exercises which explore the opposites in our bodies, for example: Reverse Fly (back) and Chest Fly (chest)! 6 pair to be exact, and the time goes quickly! Props: 2 light or 2 medium weights and 1 heavy weight (or put 2 medium weights together). 60 minutes.