
Cross Train RUNNERS: Repetition Ladder, Core, Back & Glutes

A packed workout plan with mini circuits! Each circuit has a repetition ladder (a single sided exercise you do 5 reps per side, then 4, then 3, 2 and 1), a 60 second core integration work, and a 45 second single-sided back & glutes training. Engage your mind as you follow along, the time zips by! Props: 1 medium and 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train RUNNERS: Mini Circuits, Circus Abs & Finisher

Never a dull moment with this workout! Start with a mini circuit to train your stabilizers, quads and hams, then Circus Abs (non-stop core fun), another mini circuit and a great Finisher at the end (descending reps of 2 compound exercises). Props: 2 small, 2 medium, 1 heavy weight, mat, towel and water. 60 minutes.

Cross Train WOMEN: 'Open the Heart' with 3 x 3 x 3

Many of us carry tension in our mid & upper back, shoulders and chest. In this workout, we'll work dynamically to open things up while we build strength and better alignment. 3 mini circuits, each with 3 exercises, repeat each circuit 3 times through! Props: 2 medium or heavy weights, theraband or yoga belt, mat, towel, water. 60 minutes.

Cross Train WOMEN: Treat Yourself to TWISTS!

We have 3 primary movement patterns in our bodies: Sagittal (forward/backward), Frontal (side to side) and Transverse (rotation). We do an awful lot of sagittal in our day to day, yet our bodies crave side or lateral movement and twists. Simple super set program with full body shared twists to bring more synchronized strength, ROM and balance. Props: 2 light, medium and 1 heavy weight, mat, towel, water. 60 minutes.

Movement for Stiff Bodies: Breathing Well – Cardio Push!

We take around 20,000 breaths per day, most of them without thinking too much, so shallow breathing. Take a couple of deep breaths right now, and notice how much better you feel! In this workout, we'll work the breath well, co-ordinating with our movement patterns, and yes, get our heart rates up, brains lit up too, and improving our mood and focus! Props: 2 light and 2 medium weights, mat, towel and water. 60 minutes

Movement for Stiff Bodies: Train your Balance with Single-Sided Tabata

Like most skills, if you don't use it, you lose it, so join us as we work on training our Standing Balance! It's more than just standing on one foot! Active foot/ankle, stabilizers, core integration, eyes forward, proprioception and more. Single sided Tabata to explore and even out differences from side to side. Props: 2 light and 2 medium weights, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Glutes, Back & Posture!

Work through simple super sets to train your key stabilizers (glutes), align and strengthen your back and focus on posture. When we get our form and alignment right in our training, it translates well to day to day life! Mixing in some Partner 21 work with me to keep it interesting and the time flies by! Props: 2 light and 2 medium weights, flexband or yoga belt, mat, towel and water. 60 minutes.

Mindful Fitness for Aging Well: Release Tension and Balance Strength in Your HIPS

Our hips are at the fulcrum of our upper and lower body, and as such, they do so much work in both mobility and stabilization. Work through this careful yet dynamic Giant Circuit, with the use of a sturdy chair to release tension that can build up in hips (think quads/hip flexors, glutes/low back, inner/outerthighs & hips). Finish on the mat for 20 minutes of hip flexibility training! Props: sturdy chair, 2 light & 2 medium weights, mat, towel and water. 60 minutes.