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Fitness Pro Conventions



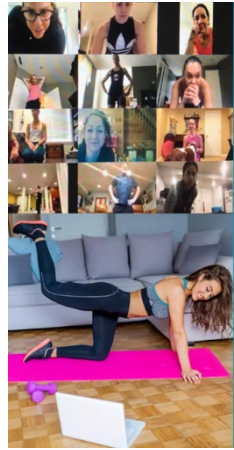
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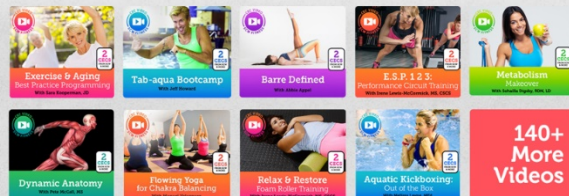
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
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## StairMaster HIIT – Welcome to the Jungle

Bring your beast mode! Journey into the many ways you can monkey around with HIIT. Experience multiple modalities. Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client or member success.

### Objectives

- Understand the principles and benefits of HIIT
- Understand the differences between true HIIT and various forms of Interval Training
- Review & experience a variety of protocols to drive motivation & results

### Program Design

1. Warm-up 5-7 min.
2. Block 1 5 min.
3. Core Training (active recovery) 4 min.
4. Block 2 5 min.
5. Block 3 6 min.
6. Cool down

Protocol	Team 1	Team 2
Warm-up	Squat to reach Walkouts to hip stretches Lateral lunge Reverse lunge to overhead reach	
Block 1: 30:30 X5	High Knees Bodyweight squats/hinges – Count Reps	Mountain climbers – Count Reps Glute bridges
Core Training	Plank - knee tap Lunge to balance Side plank Leg raises (leg drops)	
Copenhagen 30:20:10	Push-ups Plank - push-ups - explosive	Squats Slow - fast - explosive
Ladder 20:40 / 30:30 / 40:20 40:20 / 30:30 / 20:40	Jumping rope Squats/hinges	Ice skaters Spider-man planks
Cool Down	Stretching Hips / calves	

Protocol	Team 1	Team 2
Warm-up		
Block 1: 30:30 X5		
Core Training		
Copenhagen 30:20:10		
Ladder 20:40 / 30:30 / 40:20 40:20 / 30:30 / 20:40		
Cool Down		

Notes:

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