



FUN SHEET: How to build a fierce workout!

To help you build your workout, please fill out the following FIT CHICK Fun Sheet.

Remember chick, this is not just about creating an awesome workout that is authentic to YOU but creating an amazing client experience that gets results. This is an awesome exercise to think about why you are teaching this, what it will bring to your chicks and help you develop the class from start to finish (we still use this method!) This is what sets a Fitness and Nutrition Expert apart from other trainers and will keep them coming back for more!

Part 1: Overview

This will give you the basics of your space, type of class and what you are working with:

1. What is your fitness philosophy? Let this be your guide!
Use the fun sheet you did with Laura to create this.
2. What type of fitness class are you teaching (ie HIIT, circuits, drills, obstacle course, pattern, etc).
Is there a focus on an exercise or body part?
HIIT with circuit training and a round of Tabata
Total body with a focus on core
3. Is it indoors or outdoors? Assess your surrounding (ie is it a small indoor area with limited space to move, is it a large outdoor park with hills and trees.)
Class will be outdoors at Centennial park with a ski hill, benches and lots of trees.
4. What equipment do I have to use in the space or nature? What equipment will I have to bring?
Hill, trees, benches, weights, yoga mats.



Part 2: Build a fierce workout

Now you have your overview of what elements and style you are working with, it's time to build this baby!

1. How long is your warm up and cool down?
5 minutes each
2. How long is the body of your workout?
Approx 40 minutes

Once you have the length of the body of your workout decided, ask yourself:

3. Are you doing ab work? For how long?
Focus is on core so we will have ab work throughout with an extra 5 minute burn at the end.
4. Do you want to include partner or group work or is it solo? If there is, partner or group work make a note of when you will include
Yes we will do the circuits as partner drills.

Now you have your timing, section out a piece of paper:

1. Based on fitness principles, write your workout in time blocks of rounds of cardio to strength (see example)
2. Thinking of your space and equipment, now plug in the exercises for each cardio and strength. Circuits, etc
3. Your safety toolbox! Write out your levels, modifications and alternatives so when you head to teach, you know exactly what to offer your clients

Note the following:

1. Have an extra round of cardio and strength planned just in case if you end up short on time



2. Have an extra round of abs planned just in case you are short on time



Part 3: Warm up and Cool Down / stretch time

The best time to write your warm up and cool down is AFTER you have written your workout. This way you can plan for the most effective dynamic and static stretches based on the exercises you are performing for the best results!

1. Is this a total body workout? Is there a focus on a specific body part (ie legs) or exercise (ie squats)?
Yes lots of running drills and core work so warm up needs to have focus on these areas.
2. List 5 dynamic stretches to include in your warm up based on the question above
Leg swings
Chain breakers
Woodchop squats
Criss cross jumping jacks
Good mornings
3. List at least 5 static stretches in your cool down/stretch to include in your cool down based on the question above
Quad standing stretch
Hamstring seated stretch
Standing calve stretch
Overhead reach
Upward dog



Part 4: Name that workout

This is one of the funnest parts...give it a name! This can be a game changer to create a class that peeps will start to recognize, build brand / name recognition and tell their friends about.

1. Review the workout and see if anything stands out to you. Write down at least 10 words that you see or think of as you review.

Intense
Core
Sprint
Shuffle
Hills
Drills
Sweat
Burn
Fierce
Circuits

Make sure to pick a name that reflects the tone and focus of workout, pattern and your philosophy (like our Fab & Focused!).



PART 5: The Introduction

How you introduce your class is one of the MOST important parts of your class! It sets the tone and let's chicks know what awesomeness they are getting out of this workout ahead!

1. What vibe do you want your class to be? Is fun & fierce, drill sergeant serious, interactive
Fun with interactive parts
2. Can you answer who, what, why and how in the introduction?
Yes, chicks, workout, fun, with our fierce core class.
3. Set the tone! Brainstorm 5 words that you would actually say (remember it has to be authentic to you!) that you could include in this intro
Chicks
Pumped
Amazing
Burn
Sweat

“Are you PUMPED for this awesome total body workout?! My name is Laura (who) and tonight we are going to burn a TON of calories (why) with a high intensity interval workout called the Dirty 30 (what). The workout consists of 3 exercises done in a row for 30 seconds each & repeated 3 times (how). It is fast, it is furious and it is going to be SUPER fun (set the tone). So let's ready to get sweaty!”



PART 6: The final wrap up

This is the grand finale for your class and can be words that can have a huge impact on your chicks (and get repeat clients).

1. When they leave your class, how do you want them to feel? Ie proud, excited, empowered
Excited, energized and pumped for the next session
2. Remember your fitness philosophy. How can you tie it back here?
Remind them how fierce they were in class and what we have in store for next time
3. Do they know how to contact you and when your next class is (make one up here if you don't have one)
Yes – on Tuesday same time same place😊
4. Can you give them a takeaway or homework to keep the experience going after you leave?

Don't forget chicks to follow your workout map this weekend to help you stick to your plan and reach your fierce goals. Also, check out our blog to see our new yummy recipe for overnight oats!

CHICK TIP: Build a workout binder for notes to jot down following teaching your workout. This is when the review of your workout is fresh in your mind. Take note of what you can change, build on, what worked / what didn't. This will help you with future workouts and make each one even more awesome for the next time you teach it!