



Excellent job Chelsea on creating your 3 workouts! Below are the Mark Breakdowns/Comments. Keep up the great work! 99% 😊

Chelsea Schuringa

November 10, 2019

Group Fitness Assignment



ASSIGNMENT 1 – Fitness Class Program Design

It's time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action!

For Assignment 1, we want YOU to create 3 awesome high intensity interval workout classes that you can use in the future for your participants.

Please see below 3 different scenarios for workouts and space. There are templates included for you to fill out.

All workouts must be based on time. Include warm up, cool down and abs.

All exercises must include a level 1, 2 and 3 option for beginners, intermediate and advanced.

IMPORTANT: Please note for Level 3 do not just say heavier weights. Think plyos, compound movements, balance, inclines, etc. This is where you need to put your creative hat on

You must also name your workout, provide written introduction how you will introduce to class, equipment required (for you and participants) and a verbal wrap up how you will end the class.

Please see “Fun Sheet – How to create a fierce workout!” to help you develop

Please email your assignment to assignments@fitchicks.ca

**Note: Be sure to name your assignment file with your name. ie
Jane_Smith_FitnessAssignment1.doc.**

Please note we only accept word compatible documents and PDFs. (we cannot open Pages)

Any questions regarding the assignment, please email fne@fitchicks.ca



SCENARIO 1 – Indoor HIIT Workout

You have an awesome group of 10 chicks ready to get their sweat on in a high intensity interval class in a school gym (ie the size of a full basketball court).

The class is a 60 min total body workout with a focus on lower body. It consists of:

- 5 min Warm up
- 28 min of HIIT Intervals. The intervals will be 4 min rounds with 2 min of cardio (include 2 Cardio exercises 1 min each) & 2 minutes of strength (include 2 strength exercises of 1 min each). You will create 7 rounds. Please note this takes into consideration explanation and transition time.
- 10 min of partner work
- 5 min of abs
- 5 min cool down & stretch

In terms of equipment at the school, you can bring your own but the space includes school benches, lines painted on the gym floor and pylons for your use. Your chicks will bring their own weight of 3- 5lbs.

In terms of fitness levels, the class is a true mix combination of level 1, 2 and 3. You have 1 chick who has knee injury and cannot do any squats or lunges. You also have a chick who feels very dizzy when going from ground to standing (ie burpees). You will need to provide modifications in your overview for these special circumstances

What you need to do:

Based on what you have learned in class, please include

1. Create the name of your workout
2. Write your introduction and explanation of the workout
3. Include Equipment you require as per scenario
4. Create Dynamic Warm up
5. Write workout and include level 1, 2 and 3 for all exercises
6. Provide modifications as per the scenario
7. Create cool down / static stretch
8. Write a wrap up and class reminder to leave your class on an awesome tone and get them to sign up for more



SCENARIO 1 – Indoor HIIT Workout Template

NAME OF WORKOUT: *LOWER BODY BURN*

INTRODUCTION: *Hey chicks! My name is Chelsea – I'll be your instructor for today's Lower Body Burn class! I'm so glad you're here today. We have an awesome workout prepared and you are gonna get nice and sweaty while putting in some serious work. Today we'll be working the whole body with a focus on the lower body, so throughout this workout you should definitely be feeling the burn in your legs and booty. The goal is for you to hate me tomorrow when you are walking up stairs or squatting down to go pee, 'cause you'll be feeling this!! The class itself is going to include High Intensity Intervals which means we will be doing bursts of cardio for 2 minutes followed by 2 minutes of strength training for 7 rounds. Towards the end we'll be doing some killer partner work and wrap up with abs! You'll need your weights handy, so keep those in a spot that's easily accessible for you. For each move in class today I will be demonstrating levels 1, 2 and 3 - 1 is going to be our lower impact movement, level 2 is our intermediate movement and level 3 will be more advanced movement. For each move, I want to encourage you to challenge yourself and maybe go for a higher level because you can always drop down, but of course - we always encourage you to be mindful of form and don't do anything you are not comfortable with! Another term I will be mentioning throughout class is our "RPE" which stands for "Rate of Perceived Exertion". This basically means the level that you feel you are pushing yourself at, on a scale of 1-10; for example, 1-6 would be considered a low RPE, 1-6 is when we feel the heart rate coming up and maybe getting a bit out of breath but we can still talk - this is usually our warm up... 6-8 on our RPE scale is a moderate challenge where breathing is heavy, it's a push but we can maintain it, and a 9 is almost giving it everything we've got! At 9 we should not be able to talk or focus on anything else really... we should feel our breathing become more laboured and we should only be able to stay here for 30 seconds-1 minute. For this class, in our Tabata cardio sets (which are only 20 seconds of activity followed by 10 seconds of rest for 8 rounds), I want you to be going at a number 9 RPE! You are giving me everything you've got in those 20 seconds for all 8 rounds. Working at a 9 in those 20 seconds is the only way we're going to get the maximum benefit out of this workout. And then in the strength sections you're still working hard, but more within the 6-8 range. Please let me know if you have any questions throughout class, and if you have any injuries that I should know about before we get started!*

EQUIPMENT REQUIRED: *School benches, pylons, 3-5lb weights*

WARM UP - 5 minutes (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)



1 <i>Jumping Jacks</i>	<i>Low Impact toe touches side to side w/ arms</i>
2 <i>Leg Swings (front to back, side to side)</i>	
3 <i>Reach Up, Walk out into plank (inchworm)</i>	<i>(Mod) Hold Plank w/ opposite arm to ankle touches Level up: Add a push up</i>
4 <i>Downward dog with calf stretching (pedalling legs)</i>	
5 <i>Reverse bent leg lift on all fours, to the side and then the back</i>	

BODY OF WORKOUT –

2 min of cardio (2 exercises done 1 min each) & 2 min Strength (2 exercises done 1 min each)

EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
CARDIO 1	Individual knee raises w/ marching arms	High Knees on the spot	High knees while moving side to side w/ pumping arms
CARDIO 2	Toe touches side to side w/ arm raises	Jumping Jacks	Weighted Jumping Jacks
STRENGTH 1	Squat, reach arms up overhead (Mod) Glute Bridge w/ chest press	Squat w/ weighted shoulder press	Squat w/ weights, hold for 3 secs at bottom, shoulder press
STRENGTH 2	Light weights with gentle hip hinge, weights brush along thighs	Romanian Deadlift w/ weights, bend down to knees	Single leg deadlifts, switch leg @ 30 secs
CARDIO 1	Side shuffle from one pylon to the other	Grapevine from one pylon to the other	Low side shuffle from one pylon to the other
CARDIO 2	Hold Plank (on knees), or hold plank w/ toe taps side to side	Plank Jacks	Plank Jacks w/ push up
STRENGTH 1	Standing on step, Reverse toe touches to the ground	Step-ups on bench	Step ups on bench w/ knee up & weights
STRENGTH 2	Chest Presses w/ weights or Wide	Elevated Push Ups w/ arms on Bench	Slow count elevated push ups on bench, 4



	legged elevated push up		seconds down, hold, 4 seconds up
CARDIO 1	Vertical jump, reach down, step legs back (Mod) squat with ankle touch into a calf raise & overhead arm reach	Burpees	Burpee w Tuck Jump
CARDIO 2	Step touch toe taps onto bench	Toe taps up on to bench (hopping foot to foot)	Toe taps on to bench while holding weights stationary at 90 degree bicep curl position
STRENGTH 1	Stationary lunges, raise and lower, add lateral raise if comfortable (Mod)Hold an isometric lunge while using wall for balance support	Reverse Lunges Right with weights, with a lateral raise	Reverse Lunges w/ weights, with a lateral raise and a knee up to engage core
STRENGTH 2	Stationary lunges, raise and lower, add lateral raise (Mod)Hold an isometric lunge while using wall for balance support	Reverse Lunge Left with weights, with a lateral raise	Reverse Lunges w/ weights, with a lateral raise and a knee up to engage core
CARDIO 1	Side to side step skater, staying low	Side to side jump skaters	Side to side jump skater w/ hand touching the ground
CARDIO 2	Plank w/ individual knees tucked in slowly OR hold plank, drop knees if needed	Mountain Climbers	20 Mountain climbers, 5 push ups
STRENGTH 1	Stationary side lunge right, raise and lower	Side Lunge Right (Mod: Bridge with left leg extension)	Alternating side lunge and front lunge right
STRENGTH 2	Stationary side lunge left, raise and lower	Side Lunge Left (Mod: Bridge with right leg extension)	Alternating side lunge and front lunge left



CARDIO 1	Step in (up) & Step out (down)	In & Out jump squats on bench	In & Out jump squats on bench while staying low
CARDIO 2	Stand w/ single butt kicks	Butt Kicks w/ hop	Hop butt kicks while moving side to side
STRENGTH 1	On all fours, Reverse bent leg raise	On all fours, Reverse bent leg raise w/ weight behind knee	On all fours, Reverse bent leg raise w/ weight behind knee, pulse 3x at top before lowering
STRENGTH 2	On all fours, bent leg raise to the side (dog peeing)	On all fours, bent leg raise to the side w/ weight behind knee	On all fours, bent leg raise to the side w/ weight behind knee, pulse 3x at top before lowering
CARDIO 1	Squats w/ calf raise	Jump squats	180 turn jump squats
CARDIO 2	Fast feet	Fast feet w/ sprawl (Mod)Fast feet w/ vertical jump. No jumping, it may put stress on the knees	Fast feet, sprawl & vertical jump
STRENGTH 1	Hold glute bridge	Glute Bridge w/ outward pulses	Glute Bridge w/ outward pulses, weights on hips
STRENGTH 2	Wall sit	Wall sit w/ holding weights	Wall sit w/ shoulder presses
CARDIO 1	Reach up, walk out into plank (inchworm)	Inchworm into a squat jump (Mod) Plank w/ opposite arm to ankle touches	Inchworm into a tuck jump
CARDIO 2	Light Jog between two lines	Run between two marked lines	Sprints between two lines
STRENGTH 1	Walking lunges Mod: Holding a gentle squat(ie. deadlift position with booty slightly back) Do alternating small steps forward and back	Walking Lunges with weights	Walking Lunges holding weights above head
STRENGTH 2	Squat, stand, side leg	Squat into side leg	Squat w/ 3 pulses,



	raise	raise	side leg raise
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PARTNER WORK: 10 MIN (Please include 4 partner drills / work of 2 min each. Allow 30 sec transition. Please include what each partner will do & level 1,2,3 options)

Drill 1: Partner One does a push up while Partner Two holds their ankles and does a squat. Level One: Partner one does a push up from their knees while Partner two Holds a Squat (or a glute bridge). Level Two: Partner One does a Push Up while Partner two does a squat, matching tempo. Level Three: Partners One and Two lower at the same time, hold for 3 counts, and then raise at the same time.

Drill 2: Partner One lies on back with legs extended straight, slightly raised, Partner two jumps over Partner One's feet side to side. Level One: Partner One holds their legs at a higher angle or holds their feet low but touches down every 10 seconds, Partner Two does a hop step side to side over a space behind Partner One's feet. Level Two: Partner One holds legs straight at a low angle and Partner Two hops side to side over their feet. Level Three: Partner One will slowly lower legs, hold just above the ground, and then slowly raise legs. Partner Two hops side to side and then jumps back into a push-up.

Drill 3: Push ups with alternating high fives. Level One: Push ups from knees. Level Two: Push ups with straight legs. Level Three: After Push up, open up into alternating side plank

Drill 4: Partner sit ups (feet to feet). Level One: High Five at top Level Two: Pass a weight from one partner to the other Level Three: Both partners punch with weights , up towards each other and down

ABS: 5 MIN (Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

1. Plank w/ arm & leg extensions	<u>Level One:</u> Hold Plank, <u>Level Two:</u> Plank with extending opposite arm & leg, <u>Level Three:</u> Plank w/ opposite arm & leg extension, then knee to elbow
2. V sit	<u>Level One:</u> V sit with bent knees, arms extended forward <u>Level Two:</u> V sit, straight legs, arms extended forward <u>Level Three:</u> V sit with straight legs and arms extended overhead
3. Russian Twists	<u>Level One:</u> Russian Twists, feet touching ground <u>Level Two:</u> Russian twists feet off ground <u>Level Three:</u> Russian Twists with weights OR with straight legs (like a V sit with a twist)
4. Heel Touches	<u>Level One:</u> Hold a crunch position with arms extended towards heels <u>Level Two:</u> Heel Touches (lying on back, side to side) <u>Level Three:</u> Heel touches with light weights



5. Bicycles	<u>Level One:</u> Side crunches <u>Level Two:</u> Slow Bicycle Crunches <u>Level Three:</u> Fast Bicycle Crunches
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COOL DOWN - 5 MIN (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

1. Childs pose w/ arms reaching to each side (side stretch)	
2. Upward Dog ab stretch.... flow into Downward Dog	
3. Pigeon right & left, step feet together and roll up vertebrae by vertebrae	
4. Arm stretch reaching across chest	
5. Tricep stretch overhead	

MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE:

Instead of squats and lunges, our participant will be doing glute bridges, glute bridges with an added individual leg extension, hold an isometric lunge against the wall and some forward and back steps with a gentle bend in the leg.

Our participant who gets dizzy will keep movements at a consistent level, either low or high, rather than alternating between both (squat into a vertical reach, fast feet with a vertical reach, plank w/ arm to ankle touches).

CLASS WRAP UP / REMINDERS



You chicks did absolutely AMAZING today! Thank you so much for giving this class your all and for showing up and completely crushing this workout. Again, my name is Chelsea so please don't hesitate to share any comments, questions or feedback you might have about class today! You gave so much energy in that class so please remember to replenish with some water and a nutritious snack. Just a reminder that this month is BRING A FRIEND TO WORKOUT month; you bring your friend to a class and they get to do a workout with us for FREE! So please spread the word, share the love and let's get your friends nice and sweaty and strong! If you have any questions throughout the week, remember you can reach out to me via email: chelseamollerfitness@gmail.com! See you next week!

Great wrap up, also mention post workout routines for nutrition. (ie intake protein to repair muscles, complex carbohydrate to refuel muscles etc) It's great that you mentioned a nutritious snack, but try to be more specific.

SCENARIO 2 – Indoor Circuits / Stations Workout

You have an awesome group of 8 chicks who are ready to rock a circuit / stations workout. It is held indoors in a large community centre.



This 45 min workout consists of 3 rounds of 8 Stations / circuits. Each station is 1 min. You will have a 30 sec to get to the next STATION. Once you have completed all exercises in Round 1, repeat all stations in Round 2 and then Round 3. You will do each round once.

- Warm Up
- 8 stations for Round 1: 4 cardio & 4 strength
- 8 stations for Round 2: 4 cardio & 4 strength
- 8 stations for Round 3: 4 abs & 4 core (include lower back)
- cool down & stretch

(Please include how chicks will transition between stations ie walking lunges, jogging, leap frogs, etc. Please only select ONE 30 sec transition exercise per round that they will do between all exercises of that round.)

In terms of equipment at the school, you have to bring your own. No equipment is provided

In terms of fitness levels, the class is a true mix combination of level 1, 2 and 3. You have 1 chick who cannot do push ups due to a wrist injury. You will need to provide modifications in your overview for these special circumstances.

What you need to do:

Based on what you have learned in class, please include

1. Create the name of your workout
2. Write your introduction and explanation of the workout
3. Include Equipment you require as per scenario
4. Create Dynamic Warm up
5. Write workout and include level 1, 2 and 3 for all exercises
6. Provide modifications as per the scenario
7. Create cool down / static stretch
8. Write a wrap up and class reminder to leave your class on an awesome tone and get them to sign up for more



SCENARIO 2 – Indoor Circuits / Stations Workout Template

NAME OF WORKOUT: 4x4 CIRCUIT

INTRODUCTION: *Hey chicks! Welcome to class! My name is Chelsea and I'm going to be your instructor for today. We have a super fun class set up that is going to work our whole body. As you know, this class is called 4x4 circuit so we will be doing three circuits made up of 4 cardio exercises and 4 strength exercises. The first two circuits are going to focus on total body, and the last circuit is going to burn out our abs and core! Each exercise is going to be only 1 minute, so we're going to give every minute everything we've got! For each move in class today I will be demonstrating levels 1, 2 and 3 - 1 is going to be our lower impact movement, level 2 is our intermediate movement and level 3 will be more advanced movement. For each move, I want to encourage you to challenge yourself and maybe go for a higher level because you can always drop down, but of course - we always encourage you to be mindful of form and don't do anything you are not comfortable with! Another term I will be mentioning throughout class is our "RPE" which stands for "Rate of Perceived Exertion". This basically means the level that you feel you are pushing yourself at, on a scale of 1-10; for example, 1-6 would be considered a low RPE, 1-6 is when we feel the heart rate coming up and maybe getting a bit out of breath but we can still talk - this is usually our warm up... 6-8 on our RPE scale is a moderate challenge where breathing is heavy, it's a push but we can maintain it, and a 9 is almost giving it everything we've got! At 9 we should not be able to talk or focus on anything else really... we should feel our breathing become more laboured and we should only be able to stay here for 30 seconds-1 minute. For this class, we will be alternating between cardio movements and strength movements. For the cardio sections, I would like you at an 8 or 9 RPE; you should feel like you almost can't do the move anymore by the end of the minute! Working at an 8/9 in those minutes is the only way we're going to get the maximum benefit out of this workout today. And then in the strength sections you're still working hard, but more within the 6-7 range, so your heart rate will still be up but you'll get a bit of active recovery! If you have any questions throughout class, don't hesitate to ask me. This class is only 45 minutes which is going to fly by, so let's get started!*

EQUIPMENT REQUIRED:

Booty Band

Weights

Bosu Ball

Stability Ball



WARM UP - 5 minutes (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

1. Lightly jumping on the spot (imaginary “Jump rope”)	Low Impact: Marching on the spot
2. Straight leg kicks w/ alternating forward arm swing to ankle – “Toy Soldiers”	
3. Squats into calf raises with an overhead reach	
4. Steps side to side while pumping arms forward & back and alternating butt kick	
6. Walk out into plank, pike hips while touching alternate hand to ankle	Mod: Hold plank (gripping weights to take pressure of wrists), alternate touching ankles

ROUND 1: INDOOR CIRCUITS / STATION ALTERNATING CARDIO & STRENGTH

	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
CARDIO STATION 1	Jump Squats	Squat into calf raise	Jump Squats	Jump squats with booty band on
STRENGTH STATION 2	Reverse lunge RIGHT with a bicep curl	Stationary lunge right w/ bicep curl	Reverse lunge right with a bicep curl	Stationary lunge right with a bicep curl w/ back leg elevated on bosu ball for balance
CARDIO STATION 3	Burpees Mod: Vertical jump up and squat down touching ankles	Reach up with calf raise, Reach down to feet with squat, possibly step feet back if comfortable	Jump up, jump feet back	Jump up, sprawl, add tuck jump if desired



STRENGTH STATION 4	Reverse lunge LEFT with bicep curl	Stationary lunge left w/ bicep curl	Reverse lunge left with a bicep curl	Stationary lunge left with a bicep curl w/ back leg elevated on bosu ball for balance
CARDIO STATION 5	Jumping Jacks	Toe taps side to side, arms in & out overhead	Jumping Jacks	Star Jumps
STRENGTH STATION 6	Squat with shoulder press	Squat with shoulder press	Squat with shoulder press, 3 pulses at the bottom	Squat w/ shoulder press while standing on bosu
CARDIO STATION 7	Do a lap around the workout space	Fast walk/ Light jog	Run	Sprint
STRENGTH STATION 8	Deadlift	Deadlift motion with small range of movement and subtle bend in knees and hips (with weights)	Full deadlift with medium weights	Deadlift with booty band and weights
30 SEC TRANSITION EXERCISE BETWEEN STATIONS	Skip	Step w/ alternating knee up	Skip w/ hops	Single leg hops as far as possible

Good selection of exercises for Round 1. For the Strength stations, add more upper body exercises because there are already leg exercises in the cardio stations.

ROUND 2: INDOOR CIRCUITS / STATION ALTERNATING CARDIO & STRENGTH

	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
CARDIO STATION 1	Side to side ski jumps	Similar motion as ski jump, but step side to side instead of jump	Double leg jumps side to side	Single leg ski jumps
STRENGTH STATION 2	Push ups Mod: Chest Press lying on back	Knees on ground	Straight legs	Push ups with hands on bosu ball



CARDIO STATION 3	Fast feet	Fast feet, standing	Fast feet, low, holding squat	Fast feet, low, holding squat, count to 10 and add a tuck jump
STRENGTH STATION 4	Wall sit	Wall sit	Wall sit, holding weight at chest	Wall sit, both hands on weight bringing weight down to knees and up overhead
CARDIO STATION 5	Butt kicks	Step with alternating butt kick	Hop from foot to foot	Overhead presses with butt kicks
STRENGTH STATION 6	Reverse Row	Light weights	Medium weights, 4 counts up, 4 counts down	Add tricep extension at top
CARDIO STATION 7	Mountain Climbers Mod: Standing Crunch: Hold one weight with both hands straight overhead and bring down to crunch with an alternating high knee	Hold plank and slowly alternate bringing knee into chest, OR standing mountain climber (described in modification)	Mountain climbers on ground	Mountain climbers with hands on bosu ball
STRENGTH STATION 8	Reverse overhead tricep extensions, standing	Hold one weight in both hands, raise and lower down behind head	Hold one weight in both hands, raise and lower, and add 3 pulses at the bottom	Use two weights, raise and lower and pulse at the bottom
30 SEC TRANSITION EXERCISE BETWEEN STATIONS	Sprint	Power Walk	Run	Sprint

ROUND 3: INDOOR CIRCUITS / STATIONS ALTERNATING ABS & CORE

	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
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ABS STATION 1	Abs w/ feet elevated on stability ball	Hold plank with feet steady on stability ball, or plank on ground, bring knees to the ground if needed Mod: plank on elbows	Pull the knees towards the chest	Pike the hips up
CORE STATION 2	Sideways Tabletop crawl back and forth	Hold table top with knees slightly elevated off ground (stationary bear crawl position) Mod: could have hands gripping weights to take pressure off wrists	Small steps sideways, slow pace back and forth	Medium steps sideways, moderate pace back and forth, with booty band just above the knees
ABS STATION 3	Bicycles	Lie on back and slightly raise one leg straight while gently crunching opposite shoulder/abs, alternate sides	Full bicycle	Bicycle with a pulse each time
CORE STATION 4	Supermans	Lift opposite arm and leg together, switch	Raise and lower both arms and legs simultaneously	Lift arms and legs at the same time, pull elbows back for a “row”
ABS STATION 5	Straight leg sit ups	Arms extended forward	Arms crossed on chest	Arms behind the head
CORE STATION 6	Side plank (alternate halfway through)	Side plank w/ knee on ground	Hold side plank	Repeatedly flow from one side plank to the other side
ABS STATION 7	Leg lowers (lying on back)	Lower to 45 degrees, raise... or bend knees and tap feet to ground	Leg lowers	Leg lowers while also lowering arms with a weight overhead



CORE STATION 8	Side raises , alternate sides at 30 seconds	Lie on side with one arm on chest and one arm extended straight down leg, slide arm along leg and “side crunch” up	Lie on side with legs straight, arms crossed on chest, use obliques to pull upper body off ground	Hold a weight on chest, use obliques to pull body upward
30 SEC TRANSITION EXERCISE BETWEEN STATIONS	Squat walk	Shallow squat walk	Deep squat walk	Deep squat walk with 3 pulses each step

COOL DOWN - 5 MIN (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

1. Standing overhead side stretch to the right, to the left, both arms overhead.	
2. Deep lunge hip stretch, right and left, while stretching each arm across chest	
3. Standing quad stretch right & left	
4. Stand against gym wall and angle foot against wall for a calf stretch, right and left	
5. Standing “Figure 4” glute stretch	

MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE:

Instead of weight coming down onto wrists, the participant will do a chest press instead of push up. They will do a vertical jump with overhead reach and squat with reach down to ankles instead of a full burpee. Instead of mountain climbers, they will stand and bring bring a weight held overhead down to crunch a high knee. For plank and tabletop position, the participant can use their elbows or grip weights to take the pressure off their wrists.

CLASS WRAP UP / REMINDERS:



Ladies! You did absolutely amazing today! Didn't it feel like class just flew by?! Circuits are the best for making the time go by quickly, and you all rocked every single station! Just a reminder that my name is Chelsea - please don't hesitate to reach out if you have any questions or feedback from class today. You gave so much energy in that class so please remember to replenish with some water and a nutritious snack. On that note: Reminder that this week is our Water Challenge week! I would like to challenge each one of us to drink 2 litres every day this week! If you drink two litres every day for the full week, you'll be entered into the draw that we will be doing NEXT week at this exact class, to win a FREE Personal Training session! If you have any questions throughout the week, remember you can reach out to me via email: chelseamollerfitness@gmail.com! Have a great night!



SCENARIO 3 – Outdoor HIIT Workout

You have a fierce group of 12 chicks ready to get their sweat on in an outdoor high intensity interval class in a park.

The class is a 60 min total body tabata inspired workout using the outdoor elements. It consists of:

- Warm up
- Cardio Tabatas – round 1
- Strength training – Upper Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
- Cardio Tabatas – Round 2
- Strength training – Lower Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
- Cardio Tabatas – Round 3
- Strength training – Upper Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
- Cardio Tabatas – Round 4
- Strength training – Lower Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
- Cardio Tabatas – Round 5
- Strength Training – Core (Total 6 min – Please include 3 exercises 1 min each, repeat)
- cool down & stretch

In terms of equipment at the park, you can bring your own but the outdoor space includes a large hill, park benches and stairs. It also has a very large field. Your chicks will bring their own weight of 3- 5lbs.

In terms of fitness levels, the class is a true mix combination of level 1, 2 and 3. You have no injuries or modifications needed for this class



SCENARIO 3 – Outdoor Tabatas Inspired Workout Template

NAME OF WORKOUT: *OUTDOOR EXTRAVAGANZA*

INTRODUCTION: *Hi ladies! My name is Chelsea! Welcome to today's Outdoor Extravaganza class! In today's class we are making the most of our beautiful outdoor space! As you can see we've got a field, a hill, stairs and benches, all of which we'll be incorporating into our workout today! This is going to be a killer total body workout that will incorporate five rounds of Tabata cardio, and each Tabata will be followed by 3 strength training movements. For each move in class today I will be demonstrating levels 1, 2 and 3 - 1 is going to be our lower impact movement, level 2 is our intermediate movement and level 3 will be more advanced movement. For each move, I want to encourage you to challenge yourself and maybe go for a higher level because you can always drop down, but of course - we always encourage you to be mindful of form and don't do anything you are not comfortable with! Another term I will be mentioning throughout class is our "RPE" which stands for "Rate of Perceived Exertion". This basically means the level that you feel you are pushing yourself at, on a scale of 1-10; for example, 1-6 would be considered a low RPE, 1-6 is when we feel the heart rate coming up and maybe getting a bit out of breath but we can still talk - this is usually our warm up... 6-8 on our RPE scale is a moderate challenge where breathing is heavy, it's a push but we can maintain it, and a 9 is almost giving it everything we've got! At 9 we should not be able to talk or focus on anything else really... we should feel our breathing become more laboured and we should only be able to stay here for 30 seconds-1 minute. For this class, in our five Tabata cardio sets (which are only 20 seconds of activity followed by 10 seconds of rest for 8 rounds), I want you to be going at a number 9 RPE! You are giving me everything you've got in those 20 seconds for all 8 rounds. Working at a 9 in those 20 seconds is the only way we're going to get the maximum benefit out of this workout. And then in the strength sections you're still working hard, but more within the 6-8 range. This means your heart rate should be up the whole time, but you'll get a bit of an active recovery during those strength moves. If you have any questions at any point, throughout class, please let me know!*

EQUIPMENT REQUIRED:

- chicks personal weights*
- hill*
- bench*
- stairs*



WARM UP - 5 minutes (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

1. High knees & butt kicks	Knee raises and butt kicks without jumping from foot to foot
2. Side lunge with one hand on ankle and other hand up to sky (back twist) side to side	
3. Hip Circles, forwards & backwards	
4. Arms swings up and down, in & out (crossing body and open)	
5. Squats with alternating knee ups	

	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
CARDIO TABATA 1	Sprints Up the Hill	Power Walk up hill	Jog/Lightly run Up Hill	Sprint up hill
Strength training – Upper Body <i>(Total 6 min – Please include 3 exercises 1 min each, repeat)</i>	Elevated push ups on bench	Elevated push ups with feet set widely apart	Elevated push ups with feet hip distance apart	Add a 5 second hold at the bottom of the push up
	Tricep Dips off bench	Tricep Dips overhead w/ weights	Knees at 90 degrees	Legs extended straight in front
	Bicep curls with weights	Holding weights at 90 degrees	Bicep curl w/ weights	Bicep curl with pulses halfway through
CARDIO TABATA 2	Burpees	Reach up, reach down, reverse step back	Jump up, jump back	Jump up, sprawl down



Strength training – Lower Body <i>(Total 6 min – Please include 3 exercises 1 min each, repeat)</i>	Step Ups onto bench (alternate leg on repeat)	Step ups on to stairs (less incline) or step up both feet onto bench, both feet down	Step up with toe touching up and down	Step up with knee up (engaging abs & balance)
	Walking lunges across half of field	Walking lunges	Walking lunges with weights at sides	Walking lunges with weights overhead
	Walking squats forward & backward	Hold squat, small step forward, small step back	Walking squats on field	Walking squats up and down the hill
CARDIO TABATA 3	Jump squats	Stationary squats to calf raises	Jump squat on the spot	Jump squat up onto step, step down
Strength training – Upper Body <i>(Total 6 min – Please include 3 exercises 1 min each, repeat)</i>	Lateral arm raises with weights	Holding lateral raise as long as possible	Lateral raises w/ weights	Lateral raise into a hammer curl
	Weighted punches forward	slight squat while punching w/ light weights	Hold a full squat w/ medium weights	Pulse the squat while punching arms
	Reverse rows with weights	Smooth rows up and down	Reverse row with weights, add a hold at the top	Reverse row with added tricep extension
CARDIO TABATA 4	Fast Feet	Fast feet on the spot	Fast feet up and down a step	Fast feet up and down two steps
Strength training –Lower Body <i>(Total 6 min – Please include 3 exercises 1 min each, repeat)</i>	Squats w/ bench	bring booty down to lightly touch the bench, raise	Squat, hold lightly on bench for 3 seconds, raise	Single leg squats down to bench, alternate leg on repeat
	Side step up the hill, staying low (alternate sides on repeat)	Small steps	Medium steps	Wide steps
	Stationary lunges	Stationary lunges on level ground or with back leg on step	Stationary lunges with back foot elevated on bench	Stationary lunges with back foot elevated on bench & weights



CARDIO TABATA 5	Mountain Climbers	Slow mountain climbers	Fast mountain climbers	20 mountain climbers, 5 push ups
Strength training – Core <i>(Total 6 min – Please include 3 exercises 1 min each, repeat)</i>	Elevated plank w/ hands on bench & alternating shoulder taps	Hold Plank	Plank w/ shoulder taps	Add a push up in between shoulder taps
	V sit ups	Hold a V sit w/ bent knees, bring feet to ground if needed	V sit ups with bent knees	V sit ups with straight legs
	Elevated side plank off bench (alternate sides on repeat)	Side plank on ground w/ knee touching ground	Elevated side plank on bench	During the minute, move through side plank, centre plank, other side plank

COOL DOWN - 5 MIN (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

1. Reverse arm stretch against tree, both sides	
2. Deep lunge hip stretch, alternating sides	
3. Downward dog w/ calf stretch, into upward dog (ab stretch)	
4. Standing quad stretch, holding bench or tree for balance Follow up with Figure 4 glute stretch.	
5. Childs Pose	



MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE

-No modifications ☺

CLASS WRAP UP / REMINDERS:

Way to go chicks! You did absolutely amazing today! I hope you enjoyed our workout here in the beautiful outdoors. Enjoy the fresh air... cool down with a nice walk if you can. You gave so much energy in that class so please remember to replenish with some water and a nutritious snack. If any of you have any questions or feedback about today's class, please feel free to come and chat with me. Just a friendly reminder that our monthly challenge is coming up starting on the 1st of the month! The challenge is going to be 4 classes for 4 weeks straight, and there will be weekly prizes with an overall grand prize draw of 5 personal training sessions! Be sure to sign up with me now if you haven't already! If you have any questions throughout the week, remember you can reach out to me via email: chelseamollerfitness@gmail.com! Have a great week!



MARKING BREAKDOWN TO NOTE DURING DEVELOPMENT

1. What is the name of the workout? (5 marks)
You have awesome names for your workouts! 5/5
2. Write out how you will introduce the class? (5 marks)
Great Introductions! 5/5
3. List the equipment you will use including what is provided? (5 marks)
Good choice of equipment. 5/5
4. Write out your dynamic warm up including time (10 marks)
Good selection of Dynamic Warm Ups! 10/10
5. The Workout including levels for each exercise (40 marks)
Great selection of exercises! **40/40**
6. Modifications for your class as per scenario (20 marks)
Good job on your modifications! 20/20
7. Write out your cool down and static stretch including time (10 marks)
Good selection of exercises for the Static Stretches! 10/10
8. Write out how you will wrap up the class? (5 marks)
Great wrap ups, also mention post workout nutrition routines 4/5