

## Gneiss Workout

<b>Intro &amp; Explanation of Concept</b>	Dynamic Moves for Major Muscle Groups	<b>Recommend approx 7 mins</b>
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>		
<b>Gneiss Workout</b>	8 x Set of Exercises 2 x Exercises Per Set 25 Sec Intervals (unless stated) Demo Where Necessary *	<b>20 minutes exactly</b>
<b>Set 1</b>	L Shuffle * Heels *	<b>Repeat x3</b>
<b>Set 2</b>	Skip It * Core X *	<b>Repeat x3</b>
<b>Set 3</b>	T Balance (Right) * Scissor Drops *	<b>Repeat x3</b>
<b>Set 4</b>	T Balance (Left) Burpee Climbs *	<b>Repeat x3</b>
<b>Set 5</b>	Crab Press * Lateral Squat Thrusts *	<b>Repeat x3</b>
<b>Set 6</b>	7 Pulse Squat Jumps * Plank Arm Lift *	<b>Repeat x3</b>
<b>Set 7</b>	Multiplanar Lunge (Right) * Air Jack Run *	<b>Repeat x3</b>
<b>Set 8</b>	Multiplanar Lunge (Left) 2, 4, 6 *	<b>Repeat x3</b>
<b>Cool Down</b>	<b>All major muscle groups</b>	<b>Recommend approx 3 mins</b>

## We want to help you sell your classes

We surveyed a random group of T30 Fitness classes to ask the participants understanding of Fatburn Extreme.

- 49% didn't know they could take up to 10 breaks in the 20-minute workout.
- 61% didn't know what a split class was
- 62% don't understand the work to max, rest and go again theory.
- 67% didn't know the Fatburn style of training releases a hormone that helps break down fat predominantly from the stomach area.

We have prepared some reminder tips you can use to help you educate your participant and keep them coming back. Pick one tip to tell them each time you teach.



### Always Reiterate These Points

- Take up to 8-10 breaks during the class
  - Drink water throughout
- Try to improve your technique each time you come to class
- Always land lightly and quietly, protect your knees. (demo a move from workout with a jump)
  - On squats heels down (demonstrate)
  - Select the low option where needed
    - Remember 90/90 on all lunges
- Press-ups hips down, start from floor if too difficult work from knees and aim to get chest 4cm of the ground

***Educate, sell, pack your classes!***