

## Tektite 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>Tektite Workout</b>	3 x Set of Exercises 2 x Challenges Varied Exercises Per Set 25 Sec Intervals (unless stated) Demo Where Necessary *	<b>20 minutes exactly</b>
<b>Challenge 1</b>	Run 2 Sit *	<b>50 Seconds</b>
<b>Set 1</b>	Low Rotations * Drop Squats * Hit It (Right) * Press Up to Shoulder * Hit It (Left)	<b>Repeat x 3</b>
<b>Challenge 2</b>	Run 2 Sit	<b>50 Seconds</b>
<b>Set 2</b>	Pulse Plyo * Air Jack Run * Single Leg Balance (Right) * Burn Outs * Single Leg Balance (Left)	<b>Repeat x 3</b>
<b>Set 3</b>	Burpee Kicks * Diversions * Shuffle Twist * Hip Opener *	<b>Repeat x 3</b>
<b>Challenge 3</b>	Run & Squat *	<b>50 Seconds</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!***