Lazuli Workout

Intro & Explanation of Concept	Dynamic Moves for Major Muscle Groups	**Recommend approx 7 mins**
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up		
Lazuli Workout	2 x Set of Exercises 6 x Exercises Per Set 25 Sec Intervals (unless stated) Demo Where Necessary *	**20 minutes exactly**
Set 1	Squat Kicks Lunge It (Right) Squat Rebounds Lunge It (Left) Shuffle Touch Drop Squats	**Repeat x 4**
Set 2	Over and Sprint Stabilise It (Right) Quarter Turn Sprints Stabilise It (Left) Fire Ups Air Jack Run	**Repeat x 4**
Cool Down	**All major muscle groups**	Recommend approx 3 mins

GAMEFIT®
SPORTS PERFORMANCE FITNESS

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!