

CLASS DESIGN

30-MINUTE WORKOUT

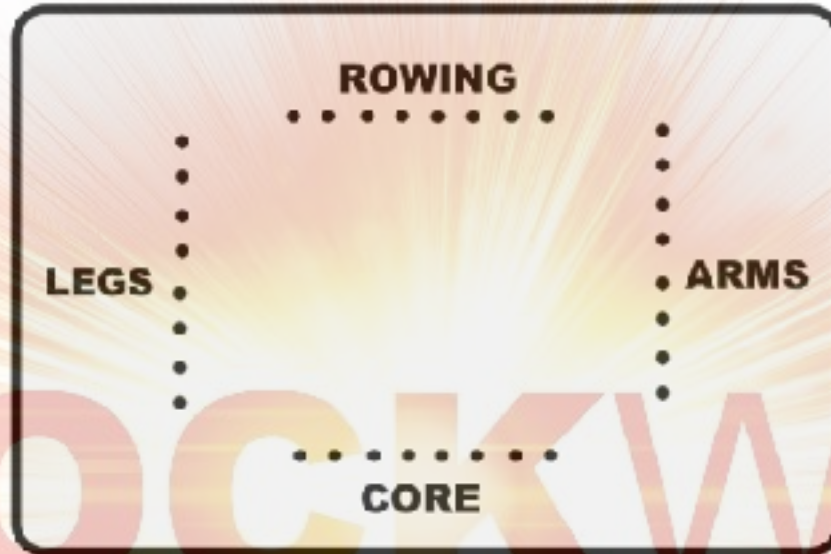
4 TEAMS

4 STATIONS

1 WARMUP ROUND

3 SHOCKWAVE ROUNDS

BIG BANG EXERCISES



CARDIO OPTIONS

Rowing

Burpees

Wind Sprints

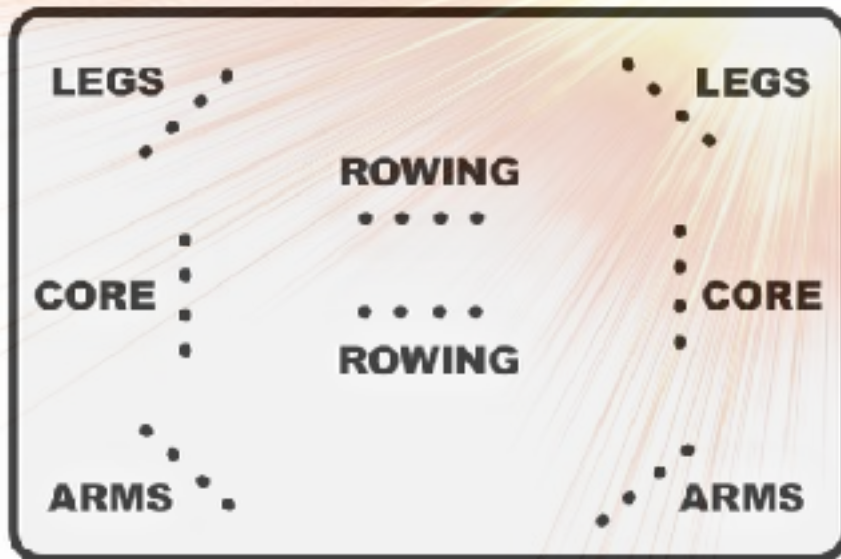
Ladder Drills

Relay Race

Jump Roping

High Knee Runs

Gliding Discs



45-MINUTE WORKOUT

8 TEAMS

8 STATIONS

1 WARMUP ROUND

3 SHOCKWAVE ROUNDS

BIG BANG EXERCISES

60-MINUTE WORKOUT

TEAM RELAY

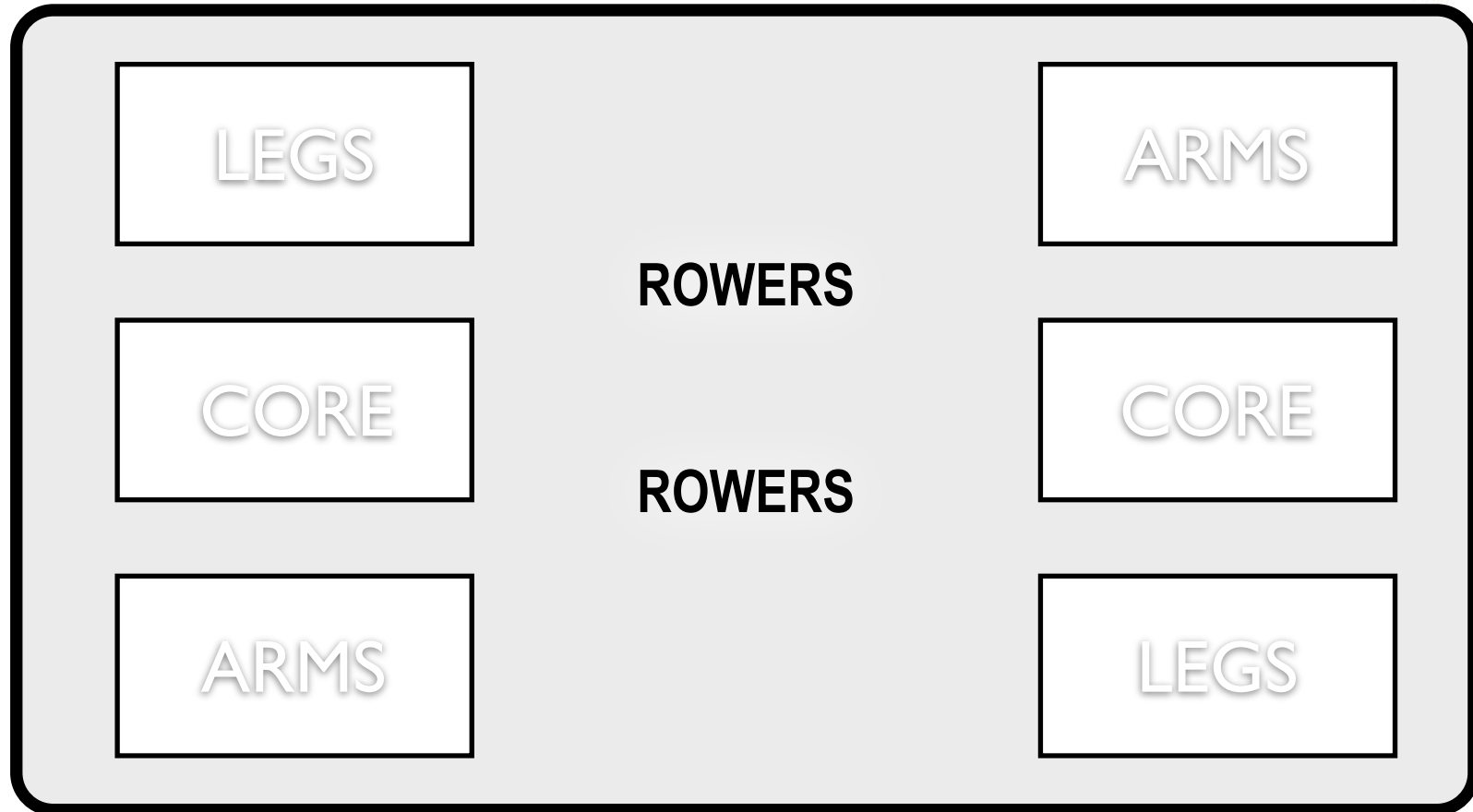
The background of the lower half of the image is a dark, fiery inferno. At the bottom, there are bright, intense flames in shades of orange and yellow. Above the flames, the word "INFERNO" is written in a large, white, serif font. The letter "I" is significantly larger and more ornate than the other letters. Behind the text, there is a faint, glowing red pentagram or geometric pattern. The overall atmosphere is dark and intense.

INFERNO



SHOCKWAVE

45 min WORKOUT



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