

InTENSity by Hedstrom Fitness

I. Introduction

TEN exercises, TEN reps, TEN rounds! This ferocious ladder approach increases in duration and intensity with each round -- and you never have to answer the question "how many?" This concept can be used in a one-on-one or group format by coaching the workout in a unison format or moving clients from station to station for interaction and team spirit. You'll learn a multitude of "TEN" drills to plug into the ladder template -- with dynamic coaching techniques tying it all together.

II. What is InTENSity?

A. "Ladder" Format

1. 10 exercises, 10 reps, 10 rounds
2. Add-on method
3. Revisit, retrace, repeat!

B. Progressive

1. Intensity supersedes complexity
2. Adaptability
3. Controlled chaos

III. Why InTENSity?

A. Familiar and FRESH

1. Repetition = retention and mastery
2. High intensity training without a timer

B. Simple but Intense

1. The intensity lies in the simplicity
2. Get better each round – own it!

C. Easy to Coach

1. Participants always know how many reps to perform
2. Coaching focus shifts to maximize each rep and each round

IV. How to Deliver the InTENSity!

A. Strategy is Key

1. Exercise selection
2. Execution

B. Format Options

1. Option #1: Circuit with multiple fitness components / multi-equipment
2. Option #2: Stationary using 1 fitness component / 1 piece of equipment

C. Rules of the Game

1. Entire team always moves with the captain
2. Team spirit - Put it all on the line!

V. Warm-Up

Knee Lift Squat; Triple Threat Lunge; Four-Corner Walk; Skater Leap; Mover & Shaker; Transverse Lunge

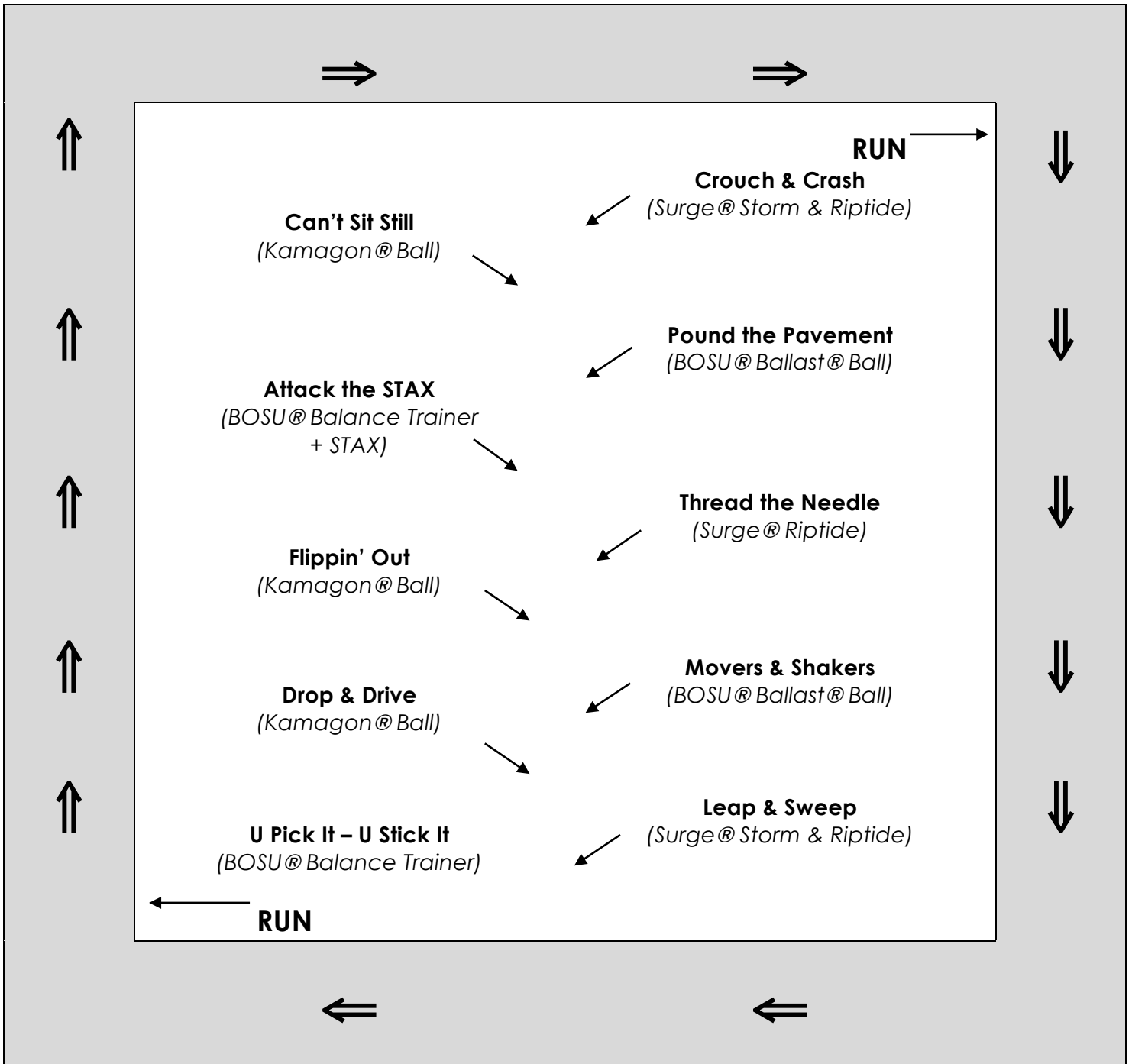
WORKOUT #1 - Uses a variety of functional equipment, a combination of fitness components, and moves from station to station in a ladder format

Exercise	Equipment	Execution
1. Crouch & Crash	Surge® Storm & Riptide	<ul style="list-style-type: none"> • Stand in wide stance holding Surge • Grip neutral handles in front of chest • Squat, extend and crash Surge forward
2. Can't Sit Still	Kamagon® Ball	<ul style="list-style-type: none"> • Sit on floor in V-Sit holding ball in front • Rotate ball to one side, then return center • Quickly press ball forward w/water crash
3. Pound the Pavement	BOSU® Ballast® Ball	<ul style="list-style-type: none"> • Stand in wide stance holding ball • Lift ball overhead, pivot side, slam ball • Alternate sides on pivot and ball slam
4. Attack the STAX	BOSU® Balance Trainer + BOSU® POWERSTAX	<ul style="list-style-type: none"> • Stand behind dome in athletic stance • Run quickly up/up, down/down • Move around dome 5x each direction
5. Thread the Needle	Surge® Riptide	<ul style="list-style-type: none"> • Stand in wide stance holding Surge in front • Squat, rotate Surge & swing between legs • Stand, oscillating water, then lift overhead
6. Flippin' Out	Kamagon® Ball	<ul style="list-style-type: none"> • Stand in wide stance w/ball in both hands • Swing ball between legs, then flip & catch • To save time, swing 1x, then swing/flip 1x
7. Movers & Shakers	BOSU® Ballast® Ball	<ul style="list-style-type: none"> • Stand in wide stance holding ball • Lunge laterally & rotate ball to side • Quickly pivot back to center & shift load
8. Drop & Drive	Kamagon® Ball	<ul style="list-style-type: none"> • Stand in wide stance w/Kamagon in front • Jump to sumo squat, press ball to floor • Jump to lunge, crashing water overhead
9. Leap & Sweep	Surge® Storm & Riptide	<ul style="list-style-type: none"> • Stand in wide stance holding Surge in front • Leap laterally & sweep Surge to vertical • Pause at end of rep as water "dumps"
10. U Pick It – U Stick It	BOSU® Balance Trainer	<ul style="list-style-type: none"> • Stand on dome in hip width stance • Jump vertically in any style of choice • Stick each landing with good posture

WORKOUT #2 – Uses one piece of functional equipment and focuses primarily on one fitness component in a unison ladder format.

Exercise	Execution
1. Sprinter Lunges	From floor; step to dome; lift knee; step to floor; lunge back; alternate sides
2. Toe Taps	From floor; tap one foot at a time to dome, adding a hop in between
3. Cross-Overs	From floor; outside foot steps laterally to the dome then back to the floor
4. Skater Leaps	From floor; leap laterally to the dome then back to the floor
5. Side to Side Squats	From dome; step laterally to squat; step back to dome; alternate sides
6. Plank Jacks	From plank w/platform up; jump both feet wide then back together
7. Mountain Climbers	From plank w/platform up; pull one knee to chest; alternate sides with hop
8. Bicycles	From supine; alternate legs in bicycle motion; arms/torso rotate opposite
9. Lean Back Burpees	From floor in front; squat to seated; lean back 45°; squat to stand; jump up
10. Ready Ready HIIT	From floor; fast feet in place; jump to plank; jump to standing

Workout #1 Template



Thank you for attending this workshop!

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