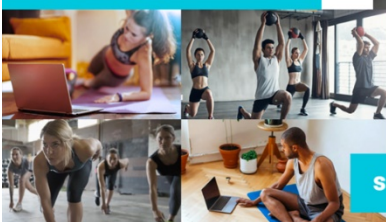
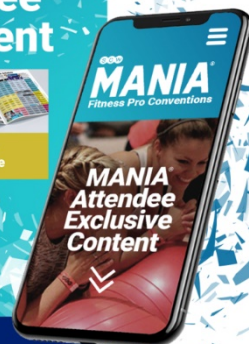


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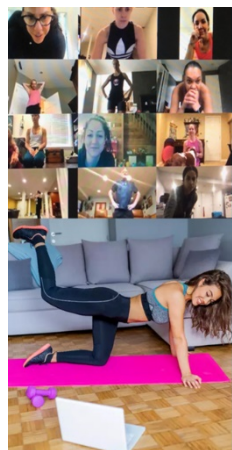
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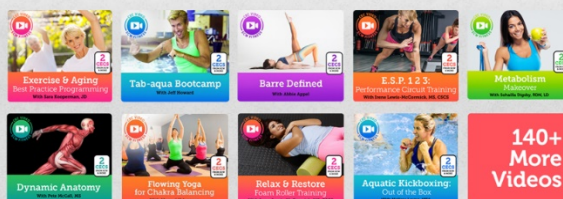
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## Quick & Dirty 30

Presented by Irene McCormick, M.S., C.S.C.S.

**Description:** Need ideas for quick, variable intensity interval training (VIIT)? Experience ready-made content using minimal equipment you can easily plug and play. This session will offer strategies for circuit or interval training workouts using 10-12 moves in blocks or rounds, including coaching best practices, movement options and participant modifications plus, experience one, 30-minute workout designed to challenge, inspire and sweat. This format is easily replicated, offering fitpros programming options that is hard core, and turn-key for consistent group classes.

### Coaching Cues

- Progressions
  - “To A” and “With A”
- Stability - Base of Support
  - Start at the bottom and work your way up
- Joint Alignment
  - What “looks” right
  - What “feels” right
- Coaching Strategies for Participant Success
  - Movement Decay
    - Slow down
    - Increase/decrease load
    - Decrease/increase ROM
    - Take a reset
  - Hydrate

### 30-Minute Workout #1 (Bodyweight)

- warm up
- 40 Burpees 2 minutes
- 70 Jack Touches 2 minutes
- 30 Push Ups in 1 minute
- Side Plank hold 2 minutes (1 min each side)
- 30 Plank Jacks 1 minute
- 120 High Knees 90-seconds
- 60 BW Squats 1 minute
- Active Plank (forearm plank) 2 minutes
- 3-5 minute cool down

### 30-Minute Partner Challenge Workout #2 (Bodyweight)

- 5 Minutes
- Pacer
  - Side Plank Leg Lift 10, 8, 6, 4, 2ea
- Partner



- 5 Finger-Tip Squats, 10 Skaters, 15 Alt. Jump Lunges
- 5 minutes Pacer
  - Touch Lateral Lunges to Knee Lift 10, 8, 6, 4, 2
  - Mountain Climbers 10
- Partner
  - 10 Crunch to a Punch, 10 Seated Rotation, 10 Plank Punch
- 5 Minutes Pacer
  - Bench Hop Overs 10, 8, 6, 4, 2
  - 10 Bench Burpee to a Knee Lift
- Partner
  - 10 Pop Jacks, 10 Pop Squats, 10 Bird Dog Reach
- 3-5 minute cool down

**30-Minute Workout #3 (dumb bells/kettle bells, TRX, Bodyweight)**

- 3-5 minute warm up
- 60-second wall sit
- 50 Jump squats
- 40 Step back lunges (alt)
- 30 Dead lifts
- 20 Lateral lunges (each)
- 10 Froggers
- 5 Triple Squat Burpees
- 30 TRX Power Pull Ups
- 25 TRX Pull Ups
- 20 Chest Press
- 15 Low Rows
- 10 Triceps Press
- 5 Roll Outs
- 20 Plank Punches
- 15 Supine Hip Raises
- 10 Forearm to full Plank
- 5 Tricycle Crunches

**30- Minute Workout #4 (Dumb bells, Gliding Disks, Tubing)**

- 3-5 minute warm up
- 30 Lateral Lunge w/Gliding Disks (15 each)
- 25 Plank to Push Up (Gliding Disk)
- 20 Triple Squat Burpees (BW)
- 15 ISO Squat Low Row (DB)
- 10 Lat Pull Down to Knee Lift (tubing) 5 each
- 5 Hand Plank Glide (each)
- 10 Frogger
- 15 Walk Out Push Up
- 20 Pop Jack



- 25 Sprinters Crunch
- 30 Power Jack
- 3-5 minute transition out

### **30-minute workout #5 Partner Triple w/Battling Ropes**

Complete warm up, then bring everyone together and group them into teams of three. Demo the exercises and setup of the partner block.

*The pacer will complete one round of the floor block A (exercises listed below). Partner B will perform battling rope drills with Partner C. When the Partner A completes one round, they tag Partner B, and Partner C will transition to Partner A's spot. Continue for 22 minutes. Cool down.*

**Partner A =** BW Alt Jump Lunge 10x  
BW Bicycle 20x  
BW Toe Reach 10x  
Skater 20 ttl  
Atomic Pop Squat 5x

### **Complete 1 round move to partner B spot**

**Partner B=** Battling Ropes

**Partner C=** Battling Ropes

### **Transition Out / Standing Cool Down**

Chest stretch

Shoulder Stretch

Hamstrings Stretch

Calf stretch

Quad stretch

Hamstring Stretch