

FGT EXPLORE WORKOUT

WORKOUT GOAL	To ensure you get to great knowledge and understanding for all kit found in the functional area.				
WORKOUT DESCRIPTION	Master the fundamental moves of freestyle training before applying them to our exciting functional equipment. You'll leave feeling a burn and will have used a wide variety of interesting kit, leading you to explore our functional areas further next time you're in the club.				
SAFETY BRIEF	Working at pace and intensity; complete as many repetitions as possible while maintaining correct form.				
EQUIPMENT	ViPR, Alpha/sand bags, TRX, Kettlebell, Sandbell				
DURATION	30 mins				
MOBILISERS	3D squats	Lateral shuffle		Thoracic rotation	
THE WORKOUT	Session design			Methodology	
	Complete all exercises in the list, each set is based around one movement pattern			First master the basic movement pattern. Once the pattern, mobility and technique is perfected, then apply the functional kit.	
	Set	Exercise	Reps	Sets	Equipment
	1A	Squat	1 min	1	Body weight
	1B	Thread the needle	15 reps	2	ViPR
	1C	Front squat	15 reps	2	Alpha/sand bag
	2A	Press up plank static hold	1 min	1	Body weight
	2B	Plank tucks	15 reps	2	TRX
	2C	Feed the ViPR forward and back	10 forward, 10 back	2	ViPR
	3A	Lunge	1 min	1	Body weight
	3B	Lunge with leg pass through	10 each side	2	Kettlebell
	3C	Lateral lunge with chest twist	10 each side	2	Sandbell
	4A	Rock press	1 min	1	Body weight
	4B	Y-shape rear delt	15 reps	2	TRX
	4C	Kettlebell full swing	15 reps	2	Kettlebell
Complete above exercises a second time, however, remove all highlighted "A" body weight exercises					
COOL DOWN	Find a piece of HIIT cardio kit, familiarise yourself with how it works and complete 2 mins low intensity.				
STRETCH	Quads, Lower back, Hamstrings, Glutes and Chest				
SIGNPOSTING	See the class timetable to complete the FGT explore class in it's entirety.				