



CASE | FORMAT

METHOD

A 30 Minute HIIT Format Promoting Mental & Physical Goal Setting

5 MINUTE DYNAMIC FULL WARM-UP

- **CASE #1 (REPEATED TWICE) 10 Minutes Total**

- Core - 40/20
- Agility 40/20
- Strength 40/20
- Endurance 40/20

- **CASE #2 (REPEATED TWICE) 10 Minutes Total**

- Core - 40/20
- Agility 40/20
- Strength 40/20
- Endurance 40/20

- **CASE #3 (OPTIONAL TO ADD TIME - REPEATED TWICE)**

- Core - 40/20
- Agility 40/20
- Strength 40/20
- Endurance 40/20

- **1 MINUTE CARDIO/ENDURANCE BURNOUT**

- **5 MINUTE ATHLETIC STATIC COOL DOWN**

- Weighted Ball, Leg Bands, Resistance Tubing, Balance Pods, & Gliders should all be used in at least 2 intervals each.
- Agility movements should factor in a multiple level brain teaser
- Burnout should encompass one movement; Run, Lunging, Burpees, etc.
- 5 Minute Static Cool down should also include a short introduction to foam rolling a body area of the instructor's choice.