

5 STEPS TO YOUR SIGNATURE TRANSFORMATIONAL PROGRAM

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Description: Ready to create your own transformational program that will stand above the rest? Learn a systematic method of program creation in five simple steps. This method allows you to create endless program sessions based on an adaptable design. Plus, this lecture will teach you the technology to help you automate your program, making it easier to run multiple sessions per year

C.L.A.S.S.

C. CONSUMER

Who is your target audience?

L. LOCATION

Where are you going to have your class?

Is there an online component?

A. ACCESSORIES

What equipment will you use? How will you deliver it?

S. STRUCTURE

Will this be only fitness focused or include a wellness component as well?

How will you build community within your program?

S. SKELETON

What is your plug-&-play class construct? Draw it here:

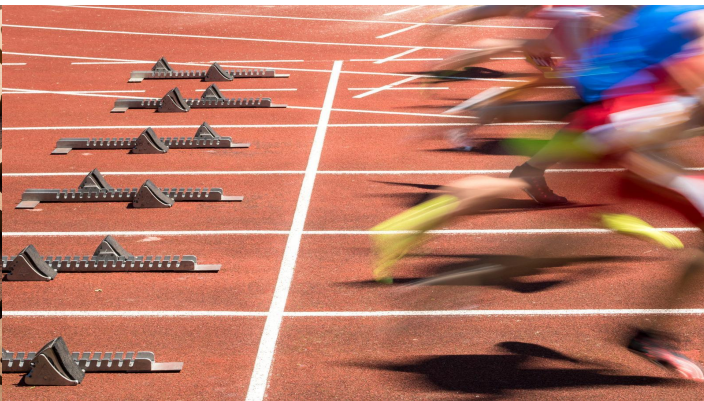
#ideaworld



LIMITLESS

5 STEPS TO YOUR SIGNATURE TRANSFORMATIONAL PROGRAM

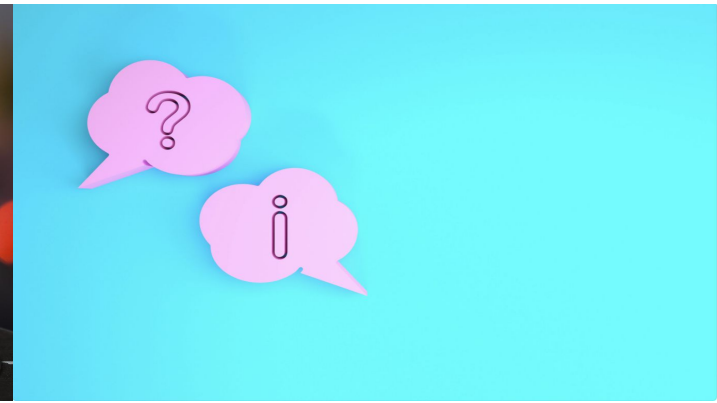
PRESENTED BY
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C.L.A.S.S.

1. CONSUMER
2. LOCATION
3. ACCESSORIES
4. STRUCTURE
5. SKELETON





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TRADITIONAL LOCATIONS

- GX ROOM
- STUDIO
- WEIGHT ROOM
- CYCLING STUDIO
- KIDS-BASED STUDIO
- ZOOM OR ON DEMAND
- POOLS



NON-TRADITIONAL

- BASKETBALL COURT
- TENNIS COURT
- SOCCER FIELDS
- ROOFTOP
- CLIMBING GYMS
- PARKS
- PARKING LOTS

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TRADITIONAL

- BODY WEIGHT
- DUMBBELLS
- RESISTANCE BANDS
- CARDIO EQUIPMENT
- GLIDING DISCS
- CORE BALLS
- TRX
- BOSU

NON-TRADITIONAL

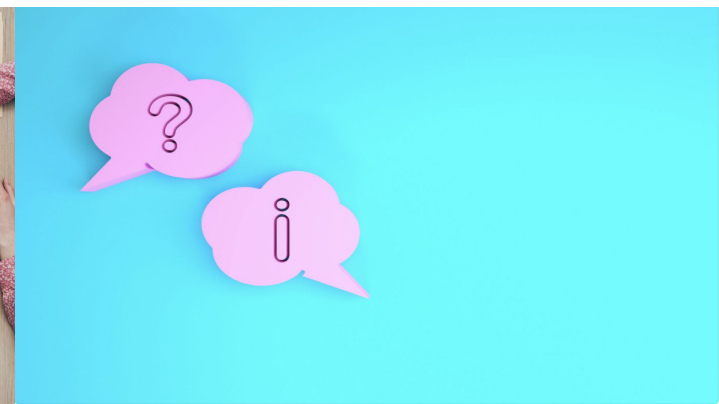
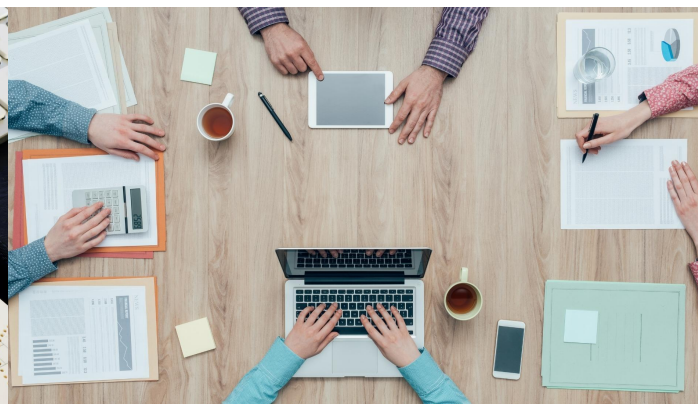
- LEBERT EQUALIZERS
- WATER JUGS
- PAPER PLATES
- BALLS
- STEP STOOLS
- OUTSIDE
- LINES, CURBS, STAIRS



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FITNESS-FOCUSED

- **CARDIO**
 - STEADY OR INTERVALS
- **STRENGTH**
 - TOTAL BODY OR SPECIFIC
- **STABILITY & MOBILITY**
 - YOGA OR PILATES
- **FUSION**

WELLNESS-FOCUSED

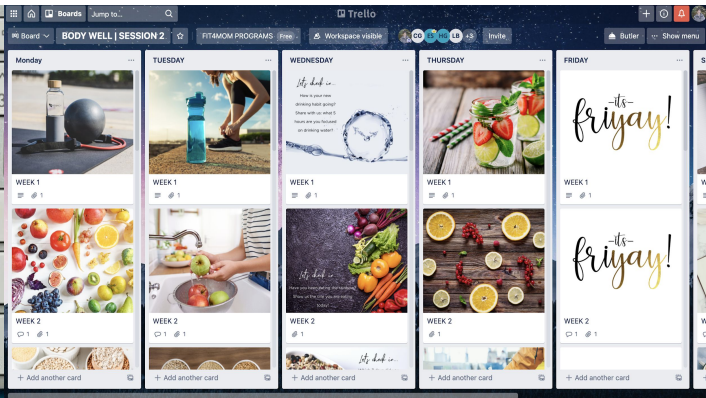
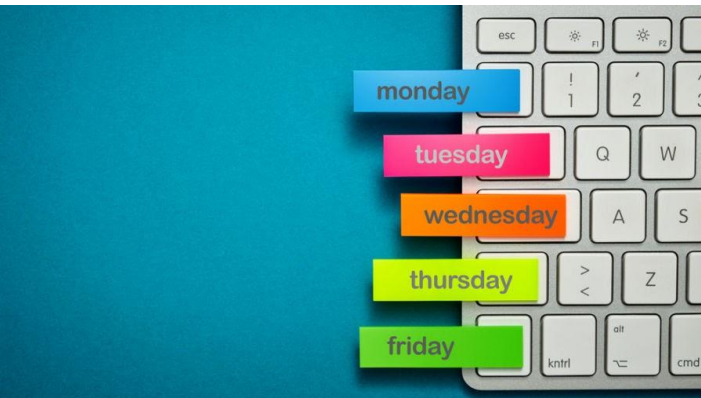
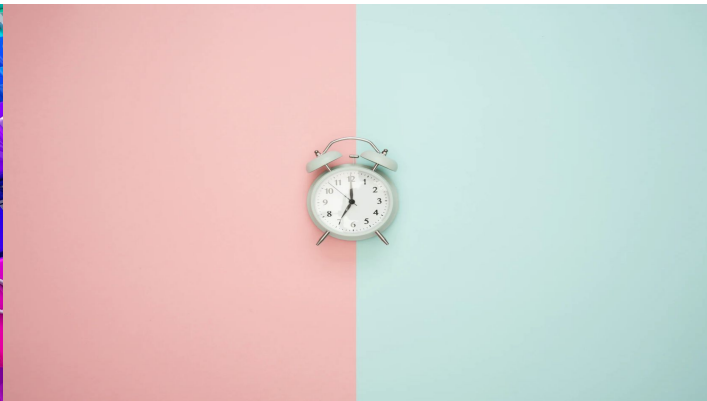
- **GROUP CONNECTION**
- **BEHAVIOR CHANGE**
- **NUTRITION & HYDRATION**
- **SLEEP**
- **STRESS RELIEF**
- **MINDFULNESS OR MEDITATION**
- **GUEST EXPERTS**

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WARM-UP	LOWER BODY (1 MINUTE)	TORSO (1 MINUTE)	CARDIO (1 MINUTE)
	SMALL SQUATS & CALF RAISES	WIDE STANCE & ROTATE	BOXER SHUFFLE
CLASS	CARDIO (1 MINUTE)	STRENGTH (1 MINUTE)	CORE (1 MINUTE)
INTERVAL 1	JUMPING JACKS	PUSH-UPS	CURL
INTERVAL 2	SQUAT JUMPS	BICEPS CURLS	PLANK
INTERVAL 3	JUMPING LUNGES	OVERHEAD PRESS	V-SIT
INTERVAL 4	LADDER RUN	TRICEPS EXTENSION	SINGLE LEG DROP
COOL DOWN	UPPER BODY (1 MINUTE)	TORSO (1 MINUTE)	LOWER (1 MINUTE)
	CHEST OPENER	SIDE BEND & REACH	HAMSTRING STRETCH



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THANK YOU
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