

Saturday July 23rd
2:35-4:25
Session 729



WARRIOR Strength



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Meet the Creator

Ellen de Werd is a 22-year fitness industry veteran. She founded WARRIOR Rhythm™ and WARRIOR Strength™ in 2020. Despite unprecedented times these brands continue to spread like wildfire.

Ellen is the Fitness Director at the Downtown Athletic Club and a Lululemon Ambassador in Eugene, OR.



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About WARRIOR Strength

WARRIOR Strength™ is for all levels and all types who want to sweat and feel their muscles burn! With 30 and 60 minute options, playlists that literally rock, and original formulas WARRIOR Strength is a one-of-a-kind endorphin rush.

WARRIOR Strength provides a safe space for individuals to feel strong and confident regardless of fitness level, expertise or outward appearance.

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About WARRIOR Strength

Cardio Countdown

6-5-4-3-2-1! In six challenging stations, this 30-minute HIIT class will scorch calories! **CARDIO COUNTDOWN** is functional training that follows a consistent formula making time fly. With an emphasis on cardiovascular conditioning, this class is all about maximal caloric expenditure in a short amount of time.

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About WARRIOR Strength



Get Pumped

In just 30 minutes, this mobility and strength-based class will tighten, tone, lengthen, and sculpt your muscles! **GET PUMPED** stations follow unique formulas that are smart, fun, and ever-evolving!

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WARRIORS

WORLDWIDE



WARRIOR Strength



WARRIOR Rhythm

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WARRIOR Culture

Our format is:
 Athletic
 Well-designed
 Fast-paced fun

Our vibe is:
 Humble
 Fierce
 Loyal



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WARRIOR Culture


OUR VISION:
 To be a mainstream group exercise format caring more about self-acceptance and building others up than counting calories.



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Our Slogan



Come All As Shapes You All Are Sizes

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Our Programming

60 Minutes

- 30 CARDIO COUNTDOWN
- 30 GET PUMPED

CARDIO COUNTDOWN

- Predictability
- 654321

GET PUMPED

- Variety
- Themes
- Formulas



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CARDIO COUNTDOWN
The Science Behind the Sequence:

Mobility 6 min
 Heat 5 min
 Sweat 4 min
 Agility 3 min
 Focus 2 min
 Play 1 min



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Get Pumped
The Science Behind the Sequence:

Warm Up
 Stations ???????
 Cool Down




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HIT & EPOC
 High Intensity Interval Training
 Excess Post Oxygen Consumption

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Programming Considerations
 General Adaptation Syndrome
 SAID Principal

Sutton, B. G. (2022). *Nasm Essentials of Personal Fitness Training*. Jones & Bartlett Learning.

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FUNCTIONAL Formulas
 Partner Switch
 Partner Alternate
 Rep Escalation
 Round Count
 Timed Intervals
 Mix & Match
 Tread Water

Themes
 Eccentric
 Isometric
 Constant
 Synergists
 Agonist/Antagonist
 Strength/Endurance

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Distinctions

- Strength vs endurance
- Structure that minimizes risk of overuse injuries
- Keeps boredom at bay
- Coachability
- Accessibility

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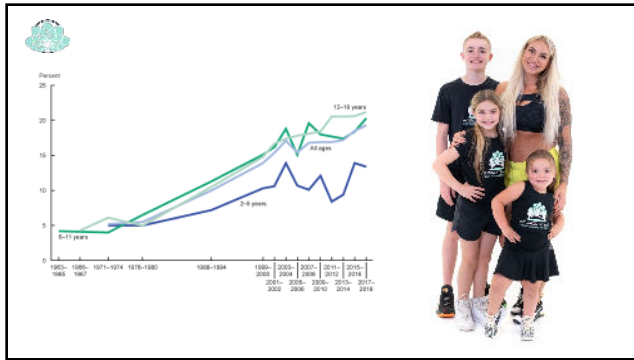
We're Expecting

WARRIOR Strength
 CARDIO COUNTDOWN FOR KIDS

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Support

Follow our rowdy crew on
 FB @warriorstrength
 IG @warriorstrength_official
 TikTok @warriorinstructoracademy

Hashtag #warrionation
 #warriorstrength
 Use our fav emojis: 🏆❤️🔥👊

Group picture!

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Contact Us

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Stay WLD

Thank you for taking the time to learn more about **WARRIOR Strength**.

WARRIOR Strength

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ACE APPROVED
 NRSMT APPROVED PROVIDER
 AFAA APPROVED PROVIDER

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