

MAX OUT Class Format

HIIT #1: A (2) 32 cts

REST (1) 32 ct

HIIT #2: B (2) 32 cts

REST (1) 32 ct

A (2) 32 cts → B (2) 32 cts

REST (2) 32 cts

TONING COMPOUND #1: EQUIPMENT _____

L
O
W
E
R

U
P
P
E
R

**COMBO
MOVE
→**

HIIT #3: C (2) 32 cts

REST (1) 32 ct

HIIT #4: D (2) 32 cts

REST (1) 32 ct

C (2) 32 cts → D (2) 32 cts

REST (2) 32 cts

TONING COMPOUND #2: EQUIPMENT _____

L
O
W
E
R

U
P
P
E
R

**COMBO
MOVE
→**

- EQUIPMENT LIST**

 - Balaste Ball
 - Body Bar
 - BOSU
 - Dumbbells
 - Gliders
 - Med Ball
 - Resistance Band
 - Step

FINAL HIIT COMBO: A (2)32 cts → B (2) 32 cts → C (2) 32 cts → D (2) 32 cts
REST (2-4) 32 cts