

## **NO CAFFEINE ALLOWED**

### Tall, Grande, Venti

- Camaraderie
- Accountability
- Support
- Relationships
- Challenge
- Competition

### Hot or Iced?

- You the instructor must bring the energy yourself
- Compliment , shout out members names, make everyone feel important
- Get down and exercise with them
- Be loud, clear, and confident
- Be prepared

### How many Espresso shots?

- Energy Lines
- Relay Races
- Partner work
- Competition/ Races
- Group Chants

### Milk, Cream, & Sugar

- No designated water breaks
- Class Structure & flow
- Music playlist
- Quick, effective exercise explanation
- Get moving right away
- No dead time

## **2-10-18 TexFit Energy Filled Workout**

### Energy Lines (20/20- 6 Exercises)

- +High knees
- +Donkey Kicks
- +Plank Corners
- +180 Squat
- +Kick Through
- +Burpees

### Partner Relays (4 rounds, P1 strength: P2 Cardio)

- P1: Lunge jumps- P2: Suicides
- P1: Push-ups - P2: Explosive hops
- P1: Burpees- P2: Bear Crawl
- P1: Plank suicides- P2: Lateral Shuffles

### Challenge/Competition

- 3min Max Burpees
- Tug of War
- Plank hold

