



TEAMBEATS
& FIIT30
PLAYBOOK

FITNESS
fernwood®

FIITRIGHT 1.1

FOCUS
Move & Core

WARM-UP

3 minutes

Details *Big mobility movements

SESSION EXPLANATION

2 minutes

WORKOUT

20 minutes

The Circuit

- 60 seconds work, 60 seconds rest
- 1 circuit, 5 stations
- 1 round per station
- 2 x times through

Workout Specifics

- During the workout phase of this session, participants will work through a circuit comprised of 5 stations.
- The participants will work at each station for 1 minute, with a 1 minute rest period designed to move to the next station. There is option here to provide a filler exercise after each station if the participants wish to continue working during the rest phase.
- Participants will work through the circuit twice through.

COOL DOWN

5 minutes

Details *Core focus

FIITRIGHT 1.2

FOCUS
Move & Core

WARM-UP

3 minutes

Details *Big mobility movements

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

AMRAP

- 3 minutes work
- 1 circuit, 3 stations
- 2 rounds

Workout Specifics

- During the workout phase of this session, participants will work through the 3 stations with a partner.
- Each duo will alternate exercises a. and b. on their station for 3 minutes.
- Reps will need to be added to one of the exercises, the other exercise will be completed for time.
*Eg. Partner a. will complete as many burpees as possible in the time partner b. performs 20 squats. Once partner b. completes 20 squats they swap and continue to repeat until the 3 minutes are up.
- Once the 3 minutes is complete, there is a 60sec rest time to change stations.
- Participants will work through the circuit twice through.

COOL DOWN

5 minutes

Details *Core focus

FIITRIGHT 1.3

FOCUS
Move & Core

WARM-UP

4 minutes

Details *Big mobility movements

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

The Circuit

- 1 circuit, 6 stations
- 3 minutes per station
- **Round 1**
20 seconds work,
40 seconds rest
- **Round 2**
30 seconds work,
30 seconds rest
- **Round 3**
40 seconds work,
20 seconds rest
- 1 x time through

Workout Specifics

- During the workout phase of this session, participants will work through a circuit comprised of 6 stations.
- The participants will work at each station for 3 minute, with a 1 minute rest period designed to move to the next station.
- For each 3 minute block of work, the participants will progress through 3 x rounds of their designated exercise, starting with the shorter work phase and longer rest, and working through to longer work phase with shorter rest.
- After the 3 rounds at the station, there will be a 1 minute break to change stations.
- As the timer during the work phase will run for 3 minutes straight, it is up to the trainer to take note of the time and announce when each minute is up.
- Participants will work through the circuit once through.

COOL DOWN

5 minutes

Details *Core focus

WARM-UP

4 minutes

Details *Constant movement to specific skill

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

AMRAP

- 4 minutes work
- 4 exercises
- 4 x times through

Workout Specifics

- During the workout phase of this session, participants will work through the specified reps of 4 exercises for 4 minutes. The goal is to complete as many rounds as possible within the work time.
- After 4 minutes, the participants will have a 60 second break before repeating again for 4 rounds in total.
- It is up to the trainer if they would like to progress each round for the participants. For example round 1, exercise 1 may be a bodyweight squat, round 2 exercise 1 a goblet squat, round 3 exercise 1 an overhead squat etc. Or it may be increasing heart rate zones for each round eg. Round 1 maintain blue zone, round 2, yellow zone, round 3 red zone etc.

COOL DOWN

5 minutes

Details *Mobility / Pulse lowerer

WARM-UP

4 minutes

Details *Constant movement to specific skill

SESSION EXPLANATION

2 minutes

WORKOUT

23 minutes

EMOM

- 4 stations
- 4 minutes per station
- 4 rounds per station

Finisher

- 5 minute group challenge

Workout Specifics

- During the workout phase of this session, participants will work through a circuit comprised of 4 stations.
- The participants will work at each station for 4 minutes, with a 30 second rest period designed to move to the next station.
- For each 4 minute block of work, the participants will progress through 4 x 60 second rounds of their designated exercise, performing the number of reps specified and then resting for the remainder of the 60 seconds before starting again.
- The aim is to complete the work as quickly as possible, keeping good form and safe technique, in order to get as much rest as possible before the next round commences.
- After the 4 rounds at the station, there will be a 30 second break to change stations.
- Participants will work through each station once.
- At the end of the session, the participants will complete a 5 minute finisher of the trainer's choice as a group.

COOL DOWN

5 minutes

Details *Mobility / Pulse lowerer

WARM-UP

4 minutes

Details *Constant movement to specific skill

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

The Circuit

- 40 seconds work, 20 seconds rest
- 1 circuit, 6 stations
- 4 rounds per station
- 1 x time through

Workout Specifics

- During the workout phase of this session, participants will work through a circuit comprised of 6 stations.
- The participants will work at each station for 4 minutes.
- For each 4 minute block of work, the participants will progress through 4 x 60 second rounds of their designated exercise, for 40 seconds of work and 20 seconds of rest.
- After the 4 rounds at the station, the 20 seconds of rest will be used to move to the next station.
- Participants will work through each station once.

COOL DOWN

5 minutes

Details *Mobility / Pulse lowerer

WARM-UP

4 minutes

Details *Specific to session

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

EMOM

- 8 minutes work, 2 minutes rest
- 2 stations, 2 skills
- 1 x time through

Workout Specifics

- During the workout phase of this session, participants will split into 2 groups and work on 2 skills.
- The participants will work at each station for 8 minutes.
- For each 8 minute block of work, the participants will their designated skill for the number of sets and reps as advised by the trainer. Example; 3 sets of 12 reps, or 3 sets of 20, 15, 10 reps increasing weight for each set.
- After the 8 minutes is complete, there will be a 2 minute rest time where the groups will change over and work on their second skill.
- Participants will work through each station once.

COOL DOWN

5 minutes

Details *Advanced mobility

WARM-UP

4 minutes

Details *Specific to session

SESSION EXPLANATION

2 minutes

WORKOUT

26 minutes

EMOM

- 2 stations
- 12 minutes per station
- 4 rounds per station

Workout Specifics

- During the workout phase of this session, participants will split into 2 groups and work on a superset of 2 skills at each station.
- The participants will work at each station for 12 minutes.
- For each 12 minute block of work, the participants will work through 4 x 3 minute rounds of work. During each 3 minute block, they will superset either exercise 1 & 2, or 3 & 4, for the number of reps specified and then resting for the remainder of the 3 minutes before starting again.
- The aim is to complete the work as quickly as possible, keeping good form and safe technique in order to get as much rest as possible before the next round commences.
- After the 4 rounds are complete, there will be a 60 second rest time where the groups will change over and work on their second block of work.
- Participants will work through each station once.

COOL DOWN

5 minutes

Details *Mobility / Pulse lowerer

WARM-UP

4 minutes

Details *Specific to session

SESSION EXPLANATION

2 minutes

WORKOUT

24 minutes

The Circuit

- 20 seconds work, 40 seconds rest
- 1 circuit, 6 stations
- 4 rounds per station
- 1 x time through

Workout Specifics

- During the workout phase of this session, participants will work through a circuit comprised of 6 stations.
- The participants will work at each station for 4 minutes.
- For each 4 minute block of work, the participants will progress through 4 x 60 second rounds of their designated exercise, for 20 seconds of work and 40 seconds of rest.
- The aim is to go heavy with a power focus, hitting a heavy workload for 20 seconds to earn the 40 seconds of rest.
- After the 4 rounds at the station, the 40 seconds of rest will be used to move to the next station.
- Participants will work through each station once.

COOL DOWN

5 minutes

Details *Advanced mobility



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Fernwood Fitness

Level 1, 49 Elizabeth Street
Richmond VIC 3121
Telephone +613 9630 8800

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