



# WORKOUT CATALOGUE

## GROUP WORKOUT GUIDE

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Dive into a collection of **over 110 ready-to-use group workouts** and **customizable templates** designed to inspire your programming and make it easy to **build, brand, and deliver** professional and engaging sessions to your members.



Originals

# ORIGINAL WORKOUT SERIES

## GROUP WORKOUT GUIDE

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We hope these templates inspire your next great session!

Before using, copying, or customizing, please note that all these workouts are subject to our **Usage Guide and Liability Disclaimer** located at the end of this document, as well as CloudFit's general **Terms of Use**.

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# HIIT CARDIO

## HIIT CARDIO

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

### NOTES

- 1 Zone / 8 Exercises
- 1 Set / 4 Laps
- 45s Work / 15s Rest
- Drink break between laps
- 45 mins

## CARDIO | CIRCUIT

### [HIIT CARDIO. Template](#)

[HIIT CARDIO. 01](#)

[HIIT CARDIO. 02](#)

[HIIT CARDIO. 03](#)

[HIIT CARDIO. 04](#)

[HIIT CARDIO. 05](#)

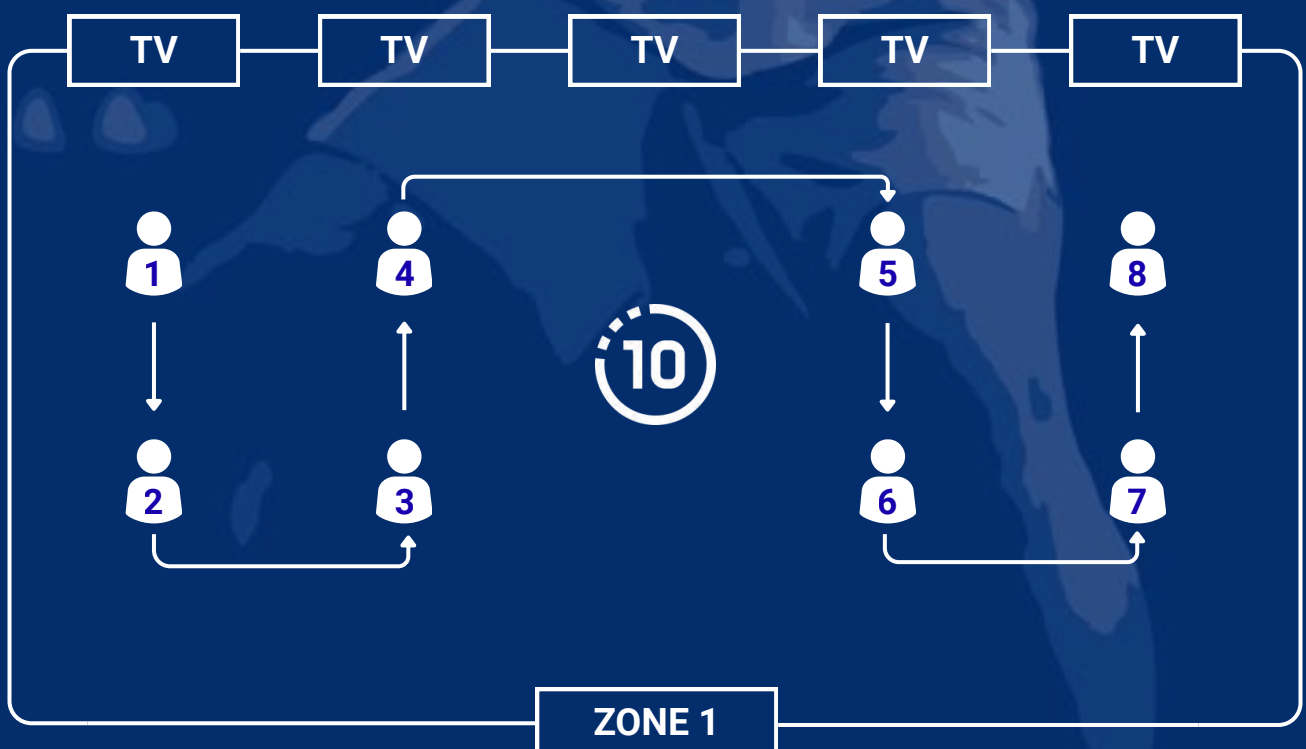
[HIIT CARDIO. 06](#)

[HIIT CARDIO. 07](#)

[HIIT CARDIO. 08](#)

[HIIT CARDIO. 09](#)

[HIIT CARDIO. 10](#)



# HIIT DOUBLE

## HIIT DOUBLE

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

### NOTES

- 1 Zone / 8 Exercises
- 2 Sets / 2 Laps
- 50s Work / 15s Rest
- Drink break between laps
- 45 mins

## CARDIO | CIRCUIT

### [HIIT DOUBLE. Template](#)

[HIIT DOUBLE. 01](#)

[HIIT DOUBLE. 02](#)

[HIIT DOUBLE. 03](#)

[HIIT DOUBLE. 04](#)

[HIIT DOUBLE. 05](#)

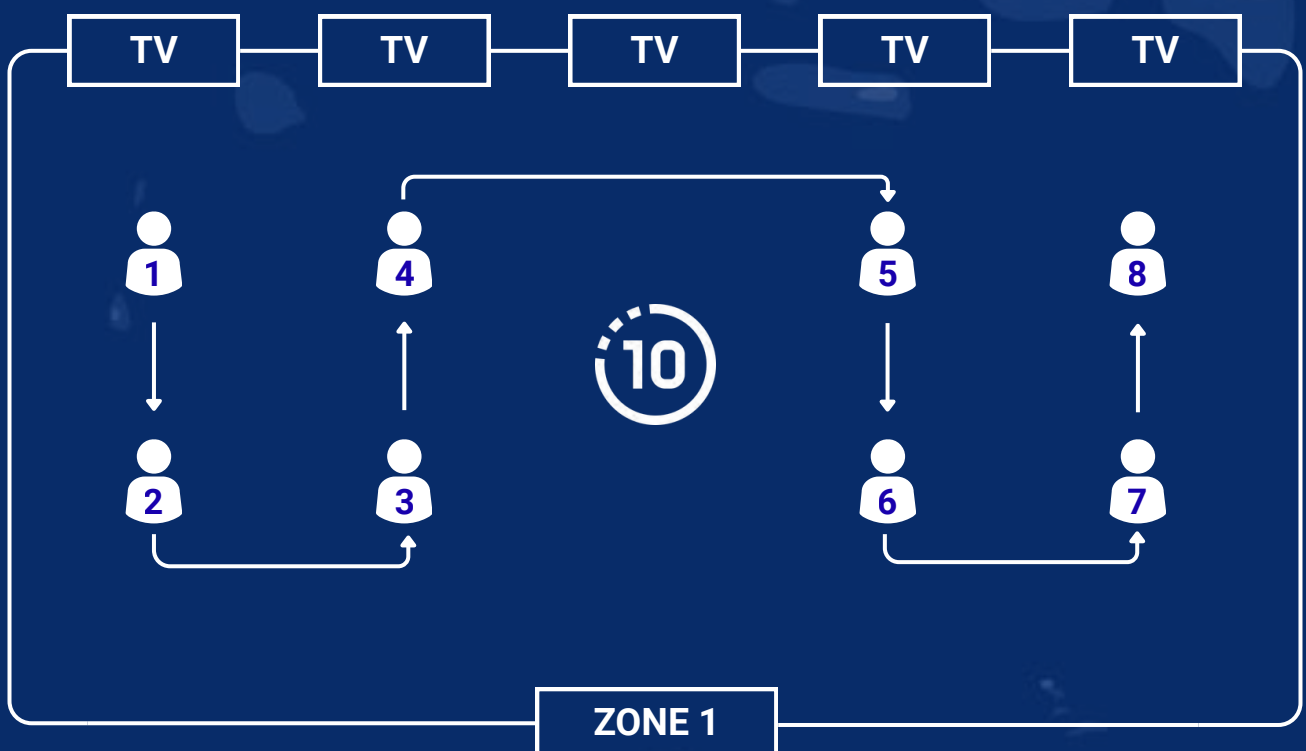
[HIIT DOUBLE. 06](#)

[HIIT DOUBLE. 07](#)

[HIIT DOUBLE. 08](#)

[HIIT DOUBLE. 09](#)

[HIIT DOUBLE. 10](#)



# HIIT VARIABLE

## HIIT VARIABLE

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

### NOTES

- 1 Zone / 8 Exercises
- 4 Sets / 1 Lap
- Sets 1+4 | 55s Work / 25s Rest
- Sets 2+3 | 30s Work / 15s Rest
- 45 mins

## CARDIO | CIRCUIT

[HIIT VARIABLE. Template](#)

[HIIT VARIABLE. 01](#)

[HIIT VARIABLE. 02](#)

[HIIT VARIABLE. 03](#)

[HIIT VARIABLE. 04](#)

[HIIT VARIABLE. 05](#)

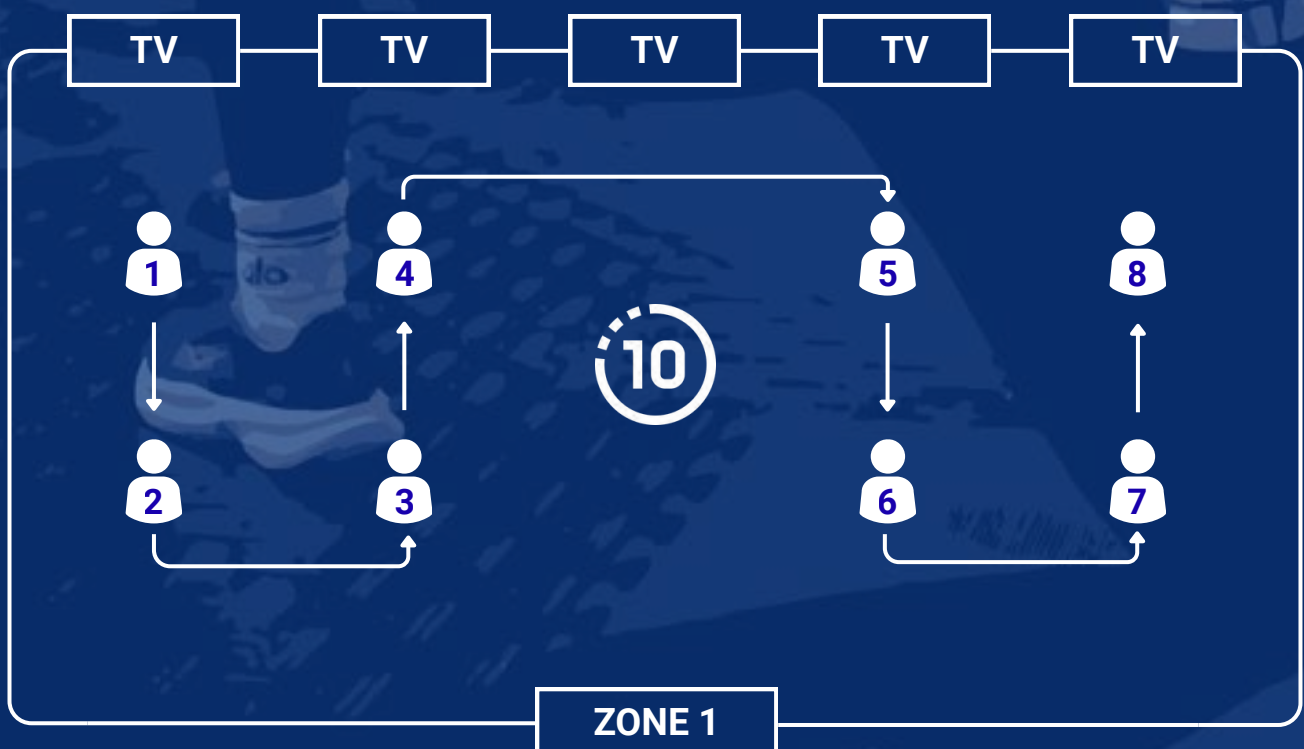
[HIIT VARIABLE. 06](#)

[HIIT VARIABLE. 07](#)

[HIIT VARIABLE. 08](#)

[HIIT VARIABLE. 09](#)

[HIIT VARIABLE. 10](#)



# HIIT TABATA

## HIIT TABATA

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

### NOTES

- 3 Zones / 9 Exercises
- 4 Sets / 2 Laps
- 20s Work / 10s Rest
- Drink break between zones
- 45 mins

## CARDIO | ZONES

### [HIIT TABATA. Template](#)

[HIIT TABATA. 01](#)

[HIIT TABATA. 02](#)

[HIIT TABATA. 03](#)

[HIIT TABATA. 04](#)

[HIIT TABATA. 05](#)

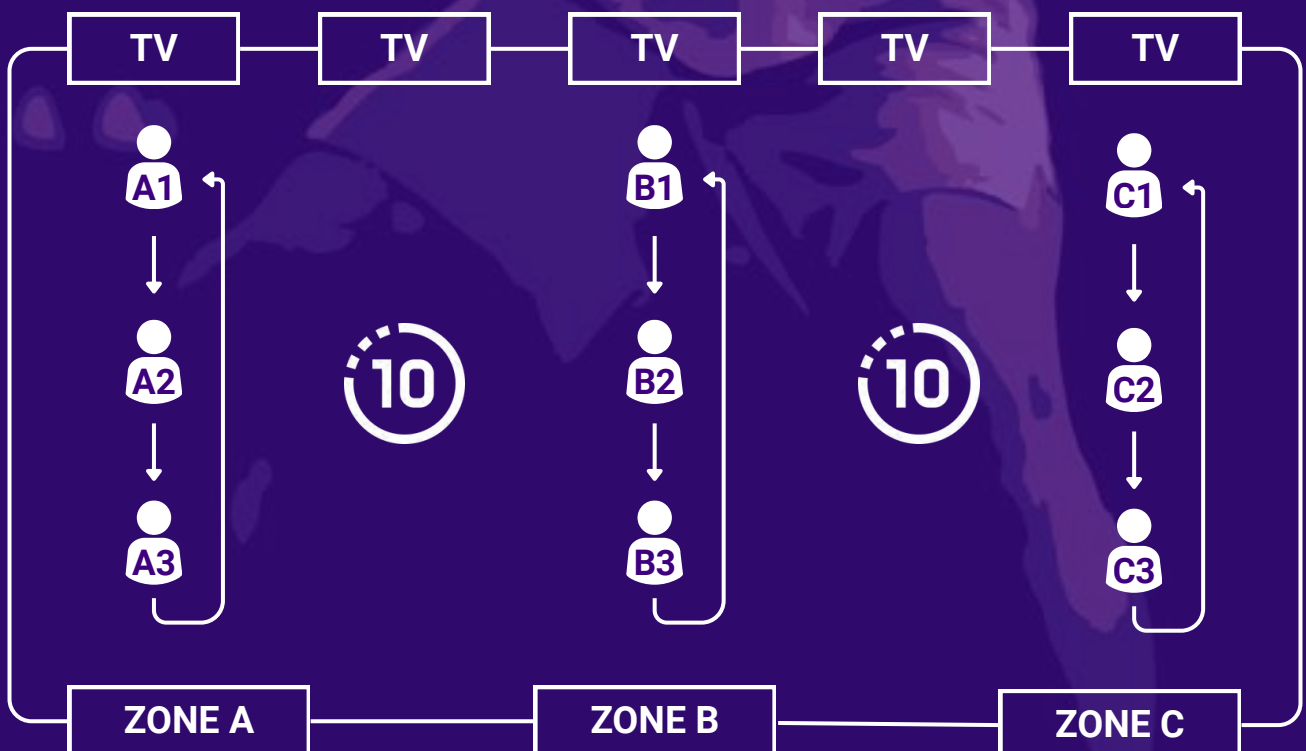
[HIIT TABATA. 06](#)

[HIIT TABATA. 07](#)

[HIIT TABATA. 08](#)

[HIIT TABATA. 09](#)

[HIIT TABATA. 10](#)



# HIIT LAPS

## HIIT LAPS

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

### NOTES

- 3 Zones / 9 Exercises
- 1 Set / 4 Laps
- 45s Work / 15s Rest
- Drink break between zones
- 45 mins

## CARDIO | ZONES

### [HIIT LAPS. Template](#)

[HIIT LAPS. 01](#)

[HIIT LAPS. 02](#)

[HIIT LAPS. 03](#)

[HIIT LAPS. 04](#)

[HIIT LAPS. 05](#)

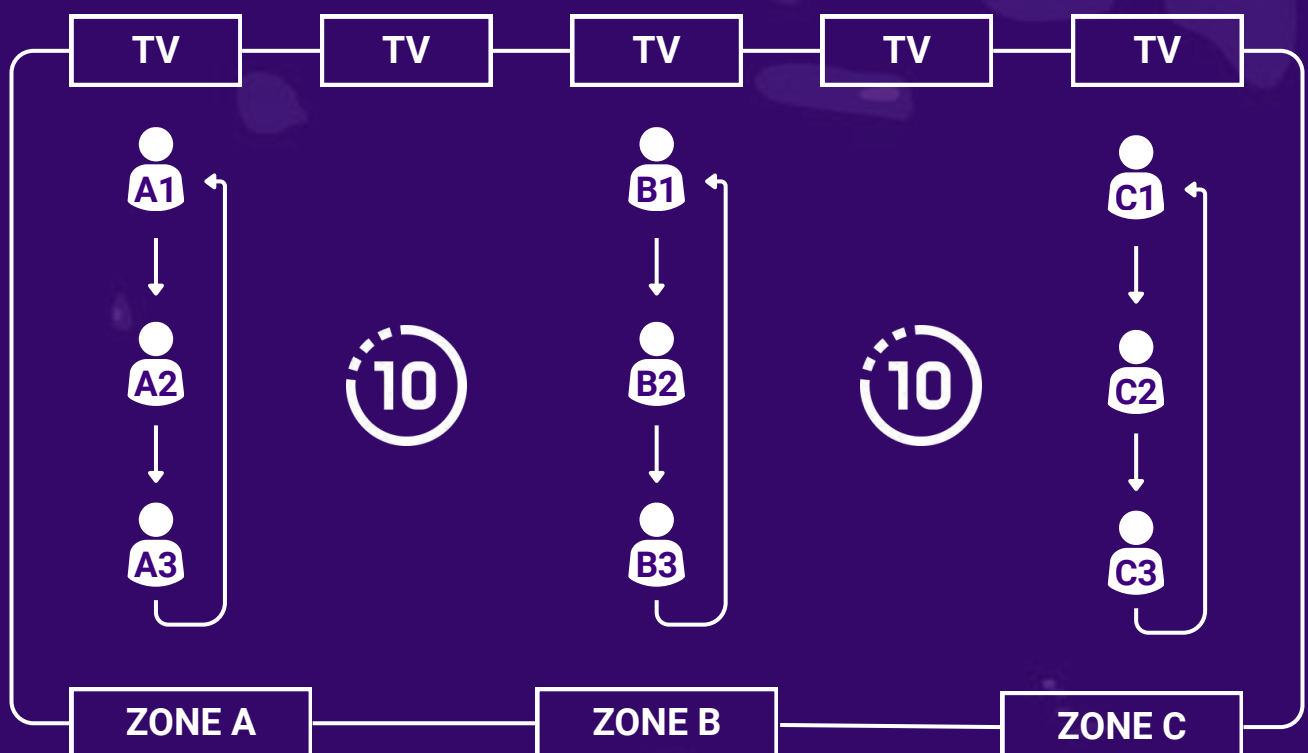
[HIIT LAPS. 06](#)

[HIIT LAPS. 07](#)

[HIIT LAPS. 08](#)

[HIIT LAPS. 09](#)

[HIIT LAPS. 10](#)



# HIIT SETS

## HIIT SETS

### High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.

#### NOTES

- 3 Zones / 9 Exercises
- 4 Sets / 1 Lap
- Set 1 | 30s Work / 10s Rest
- Set 2 | 35s Work / 15s Rest
- Set 3 | 45s Work / 20s Rest
- Set 4 | 55s Work / 30s Rest
- Drink break between zones
- 45 mins

## CARDIO | ZONES

### [HIIT SETS. Template](#)

[HIIT SETS. 01](#)

[HIIT SETS. 02](#)

[HIIT SETS. 03](#)

[HIIT SETS. 04](#)

[HIIT SETS. 05](#)

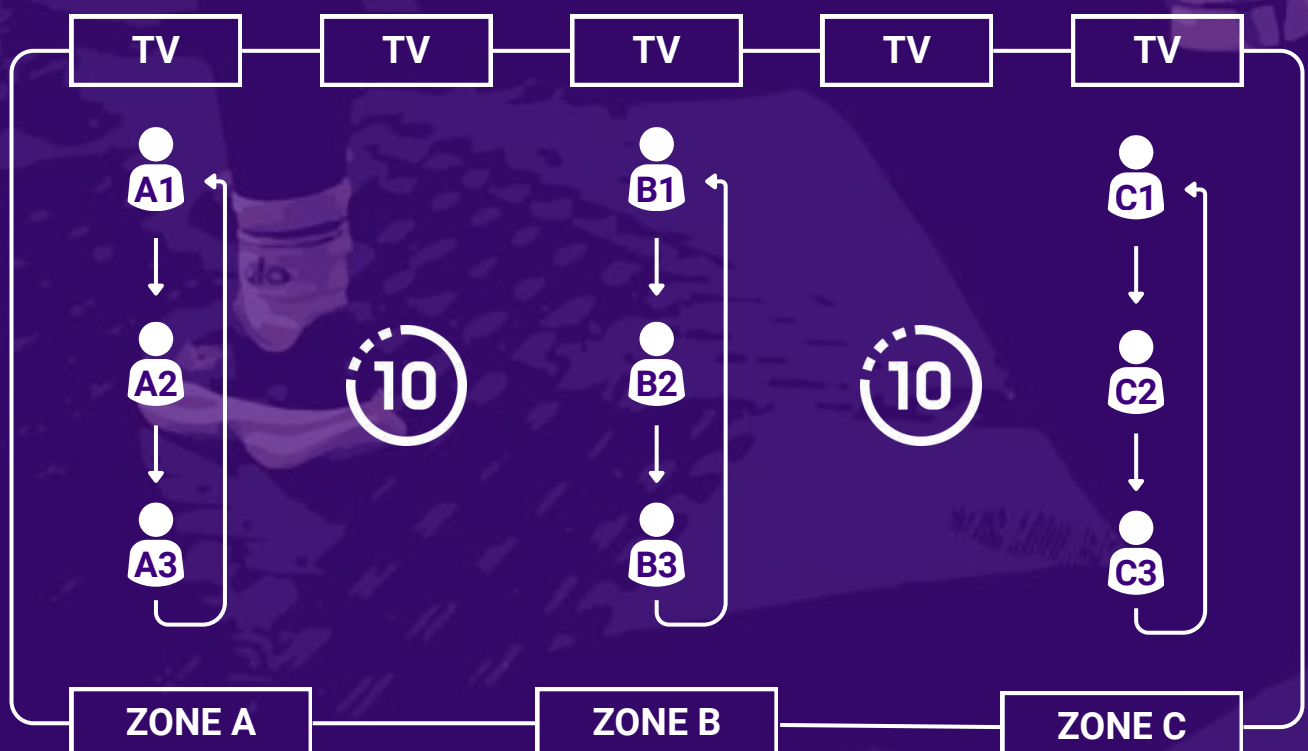
[HIIT SETS. 06](#)

[HIIT SETS. 07](#)

[HIIT SETS. 08](#)

[HIIT SETS. 09](#)

[HIIT SETS. 10](#)



# HIRT LAPS

## HIRT LAPS

### High Intensity Resistance Training

A strength-endurance workout focusing on higher-volume rep ranges.

Maintaining maximum intensity through resistance-based exercises.

### NOTES

- 1 Zone / 10 Exercises
- 1 Set / 4 Laps
- 40s Work / 15s Rest
- Drink break between laps
- 45 mins

## RESISTANCE | CIRCUIT

### HIRT LAPS. Template

HIRT LAPS. 01

HIRT LAPS. 02

HIRT LAPS. 03

HIRT LAPS. 04

HIRT LAPS. 05

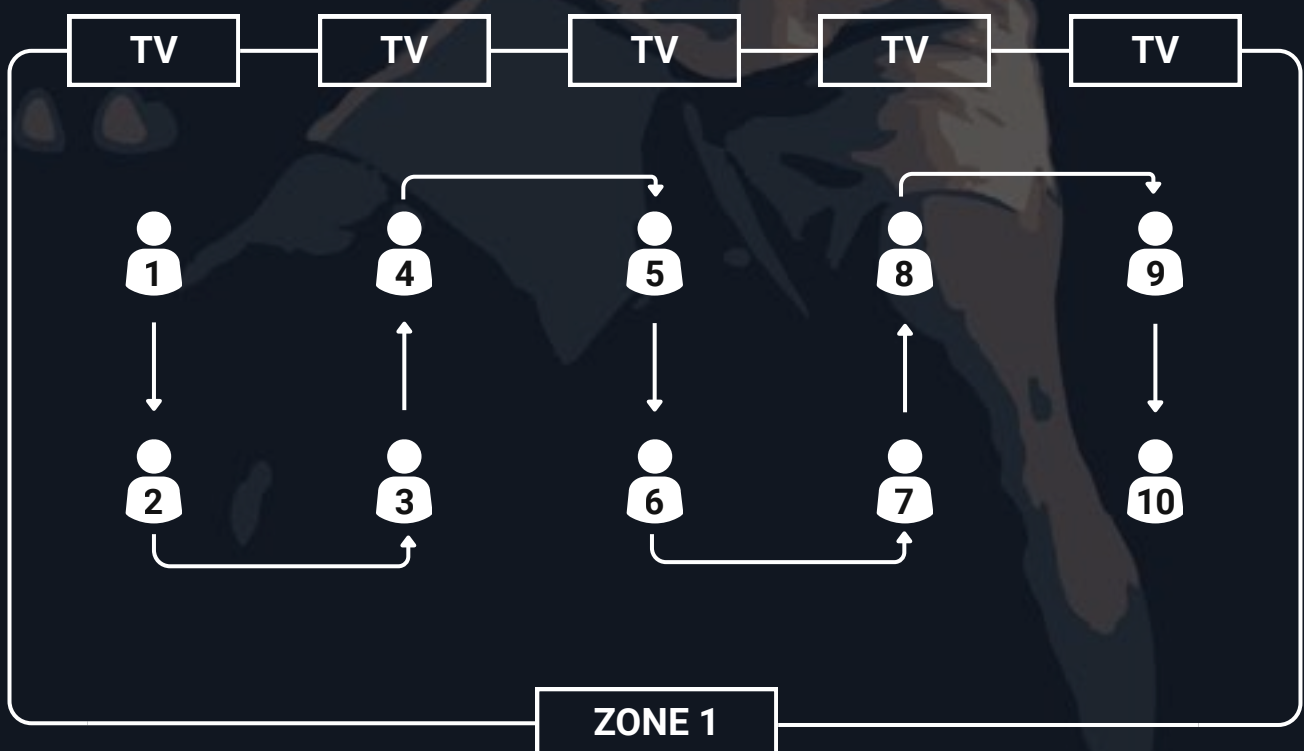
HIRT LAPS. 06

HIRT LAPS. 07

HIRT LAPS. 08

HIRT LAPS. 09

HIRT LAPS. 10



# HIRT DOUBLE

## HIRT DOUBLE

### High Intensity Resistance Training

A strength-endurance workout focusing on higher-volume rep ranges.

Maintaining maximum intensity through resistance-based exercises.

### NOTES

- 1 Zone / 10 Exercises
- 2 Sets / 2 Laps
- 40s Work / 15s Rest
- Drink break between laps
- 45 mins

## RESISTANCE | CIRCUIT

HIRT DOUBLE. Template

HIRT DOUBLE. 01

HIRT DOUBLE. 02

HIRT DOUBLE. 03

HIRT DOUBLE. 04

HIRT DOUBLE. 05

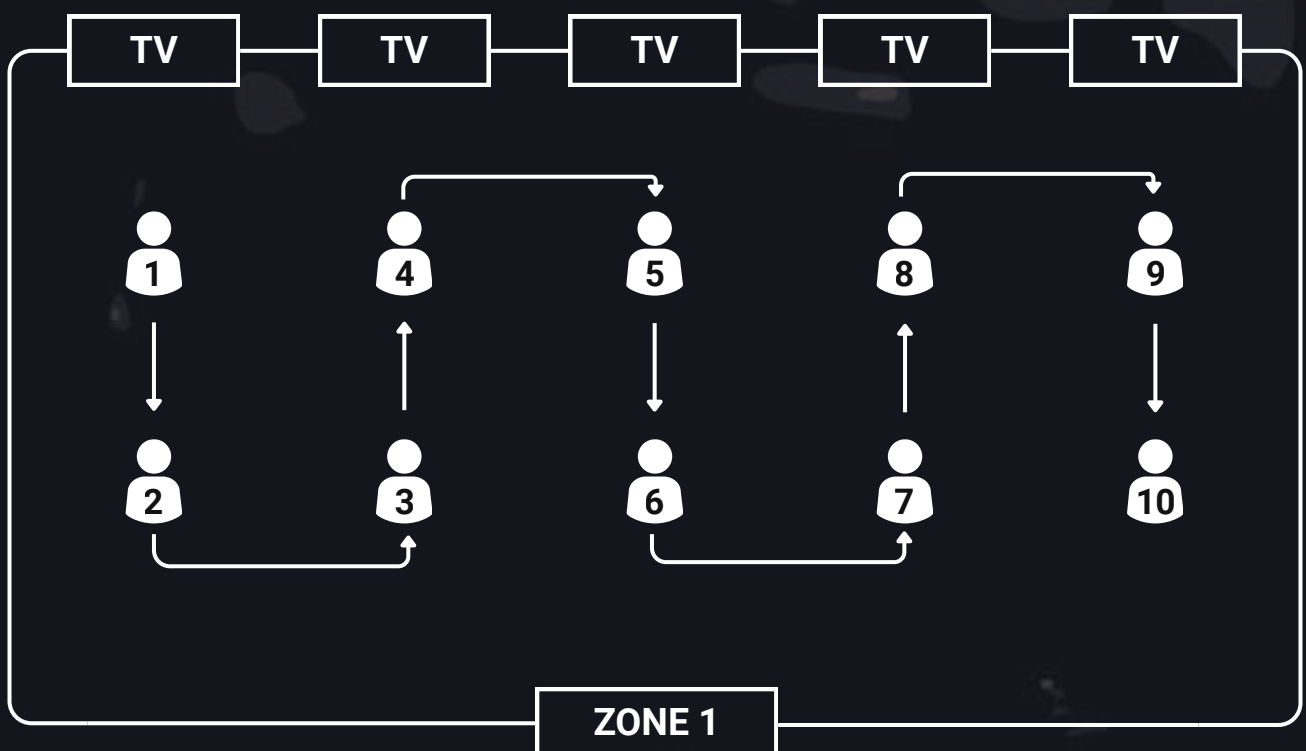
HIRT DOUBLE. 06

HIRT DOUBLE. 07

HIRT DOUBLE. 08

HIRT DOUBLE. 09

HIRT DOUBLE. 10



# HIPT DROP SETS

## HIPT DROP SETS

### High Intensity Resistance Training

A strength-endurance workout focusing on higher-volume rep ranges.

Maintaining maximum intensity through resistance-based exercises.

### NOTES

- 1 Zone / 10 Exercises
- 3 Sets / 1 Lap
- Set 1 | 55s Work / 20s Rest
- Set 2 | 50s Work / 20s Rest
- Set 3 | 45s Work / 20s Rest
- Drink break between laps
- 45 mins

## RESISTANCE | CIRCUIT

### HIPT DROP SETS. Template

HIPT DROP SETS. 01

HIPT DROP SETS. 02

HIPT DROP SETS. 03

HIPT DROP SETS. 04

HIPT DROP SETS. 05

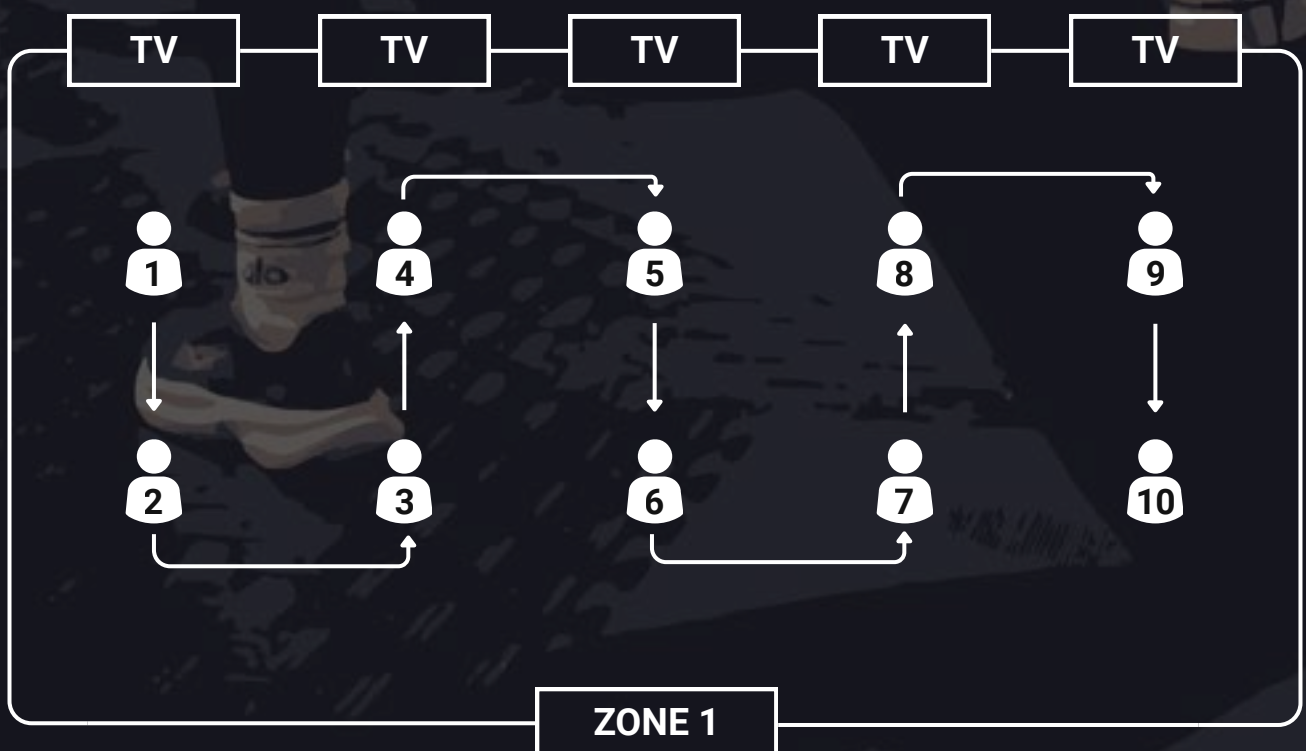
HIPT DROP SETS. 06

HIPT DROP SETS. 07

HIPT DROP SETS. 08

HIPT DROP SETS. 09

HIPT DROP SETS. 10



# LIFT

## LIFT

### Fundamental Strength Training.

It's back to basics with compound movements that focus on building the fundamental and core components of strength. Partnered focus.

### NOTES

- 3 Zones / 6 Exercises
- 1 Set / 1 Lap
- 6m Work / 20s Rest
- Drink break between zones
- 45 mins

## RESISTANCE | ZONES

[LIFT. Template](#)

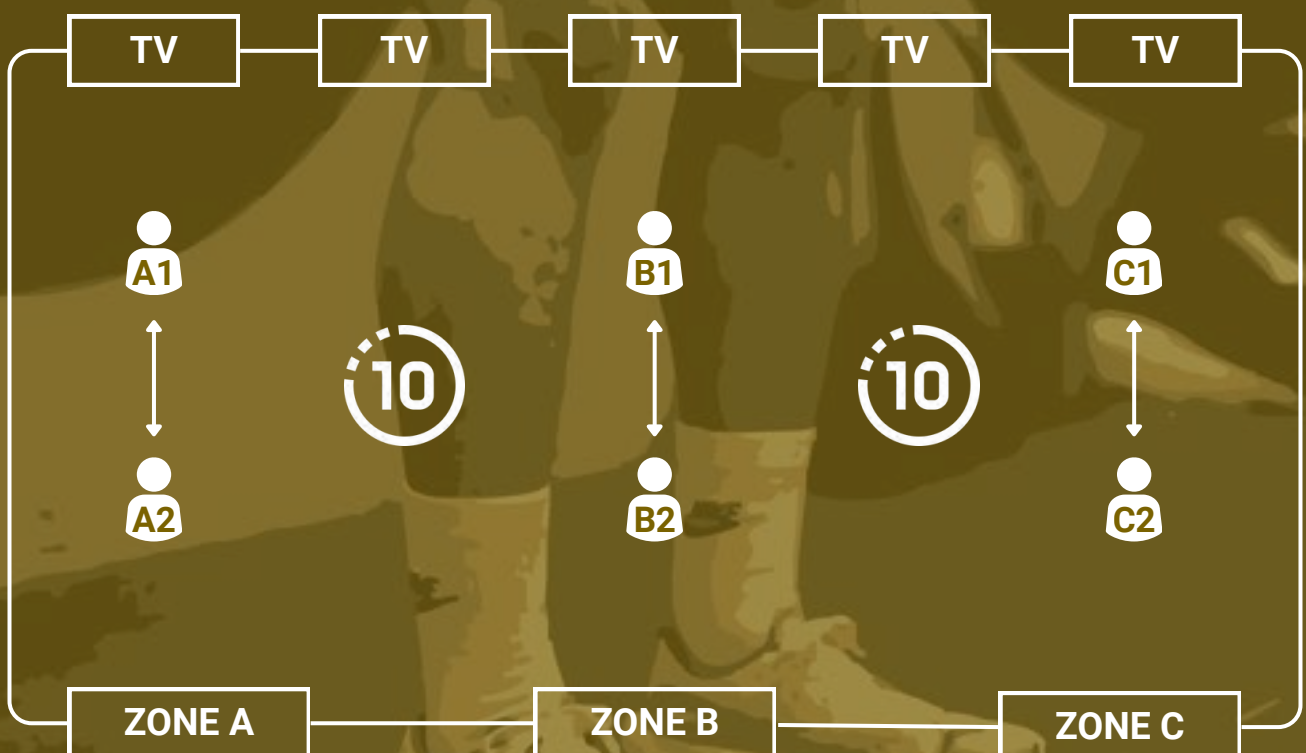
[LIFT. Full Body.](#)

[LIFT. Lower](#)

[LIFT. Upper](#)

[LIFT. Push](#)

[LIFT. Pull](#)



# MOVE YGIG

## MOVE

### Hybrid Training

A bit of everything blending cardio, resistance and conditioning. This workout will test strengths and weaknesses – taking your fitness to the next level.

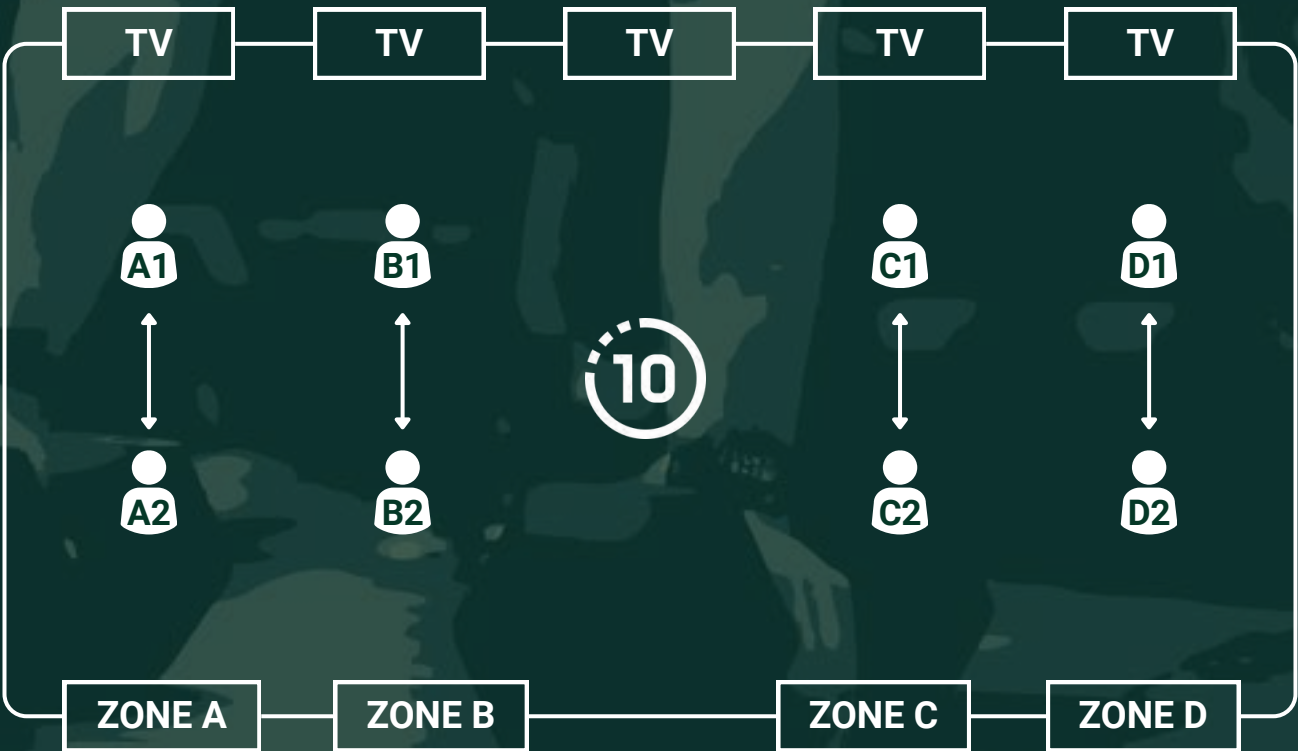
### NOTES

- 4 Zones / 8 Exercises
- 1 Target Based / 1 Continuous
- 8m Work / 60s Rest
- Drink break between zones
- 45 mins

## HYBRID

MOVE YGIG. Template

MOVE YGIG. 01



# MOVE AMRAP

## MOVE

### Hybrid Training

A bit of everything blending cardio, resistance and conditioning. This workout will test strengths and weaknesses – taking your fitness to the next level.

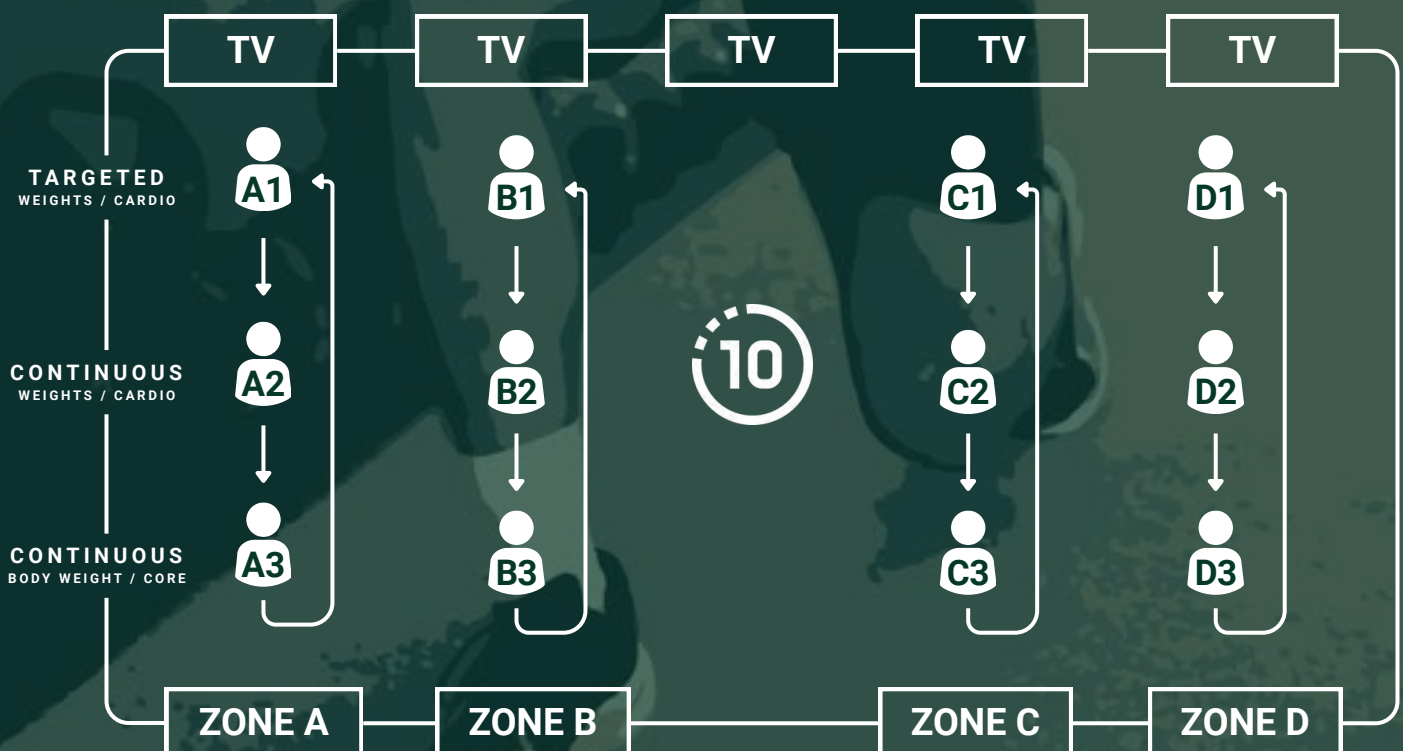
### NOTES

- 4 Zones / 12 Exercises
- 1 Target Based / 2 Continuous
- 8m Work / 60s Rest
- Hit target - then move through
- Drink break between zones
- 45 mins

## HYBRID

[MOVE AMRAP. Template](#)

[MOVE AMRAP. 01](#)



# MOVE SUPERSET

## MOVE

### Hybrid Training.

A bit of everything blending cardio, resistance and conditioning. This workout will test strengths and weaknesses – taking your fitness to the next level.

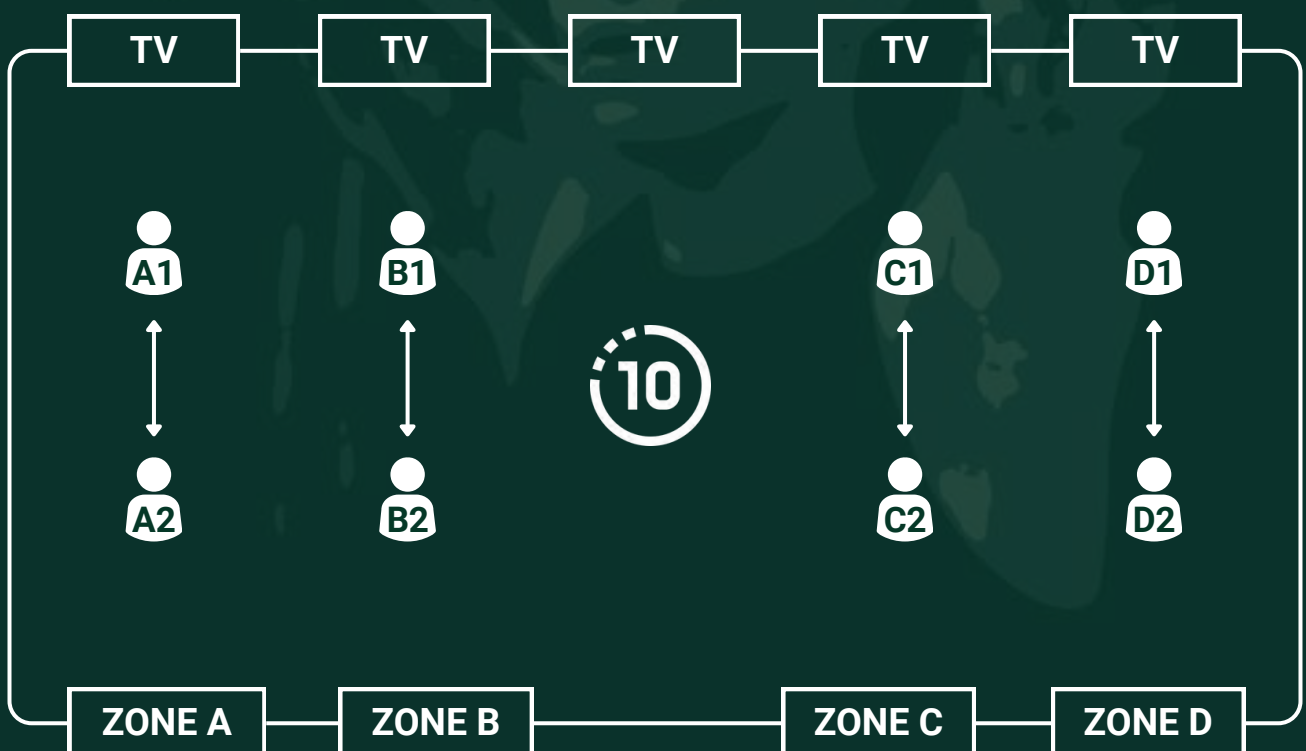
### NOTES

- 4 Zones / 8 Exercises
- 1 Target Based / 1 Continuous
- 50s Work / 10s [swap]
- Hit target - then rest
- Cardio - continuous working set
- Drink break between zones
- 45 mins

## HYBRID

MOVE SUPERSET. Template

MOVE SUPERSET. 01



# MAT PILATES

## MAT PILATES

A mind-body exercise system developed by Joseph Pilates that focuses on core strength, flexibility, and controlled movements to enhance overall physical fitness and well-being.

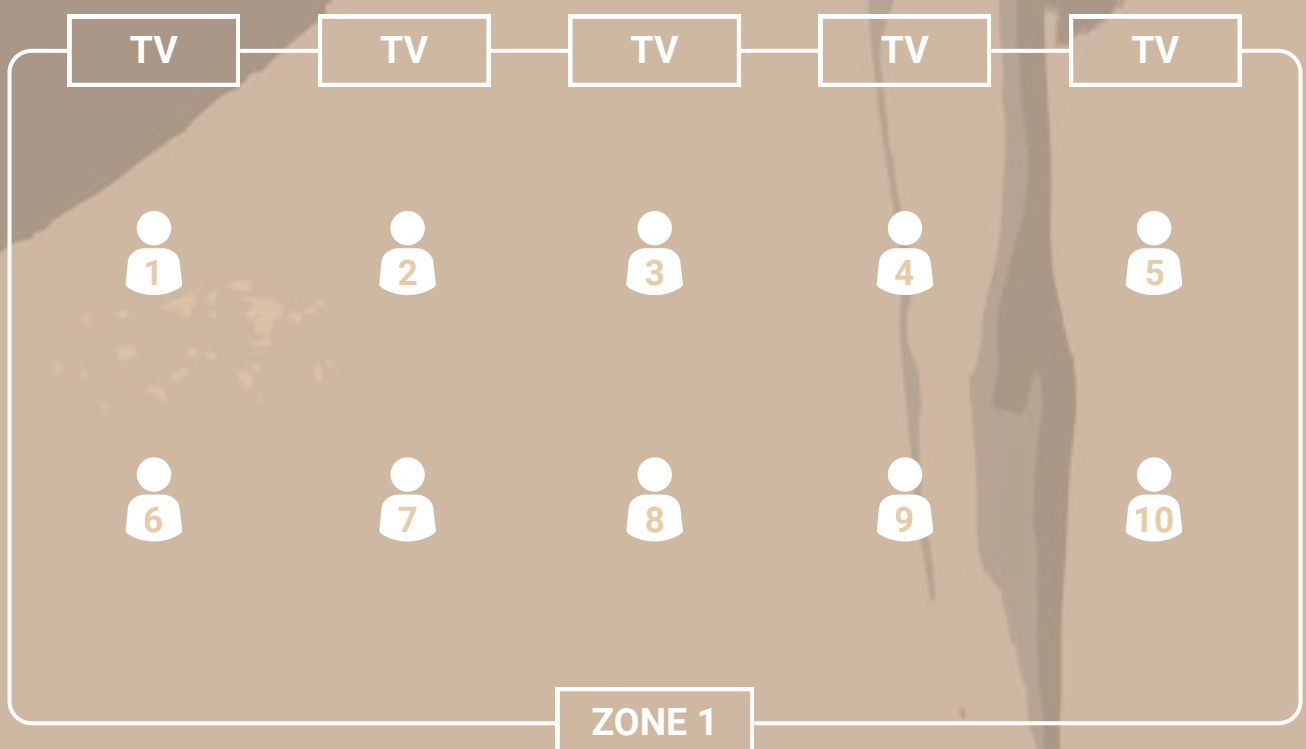
### NOTES

- Full Body
- Dynamic Flow
- Suitable for all levels
- 30 mins

## FLOW

[MAT PILATES. Template](#)

[MAT PILATES. 01](#)



# REFORMER PILATES

## REFORMER PILATES

A mind-body exercise system developed by Joseph Pilates that focuses on core strength, flexibility, and controlled movements to enhance overall physical fitness and well-being.

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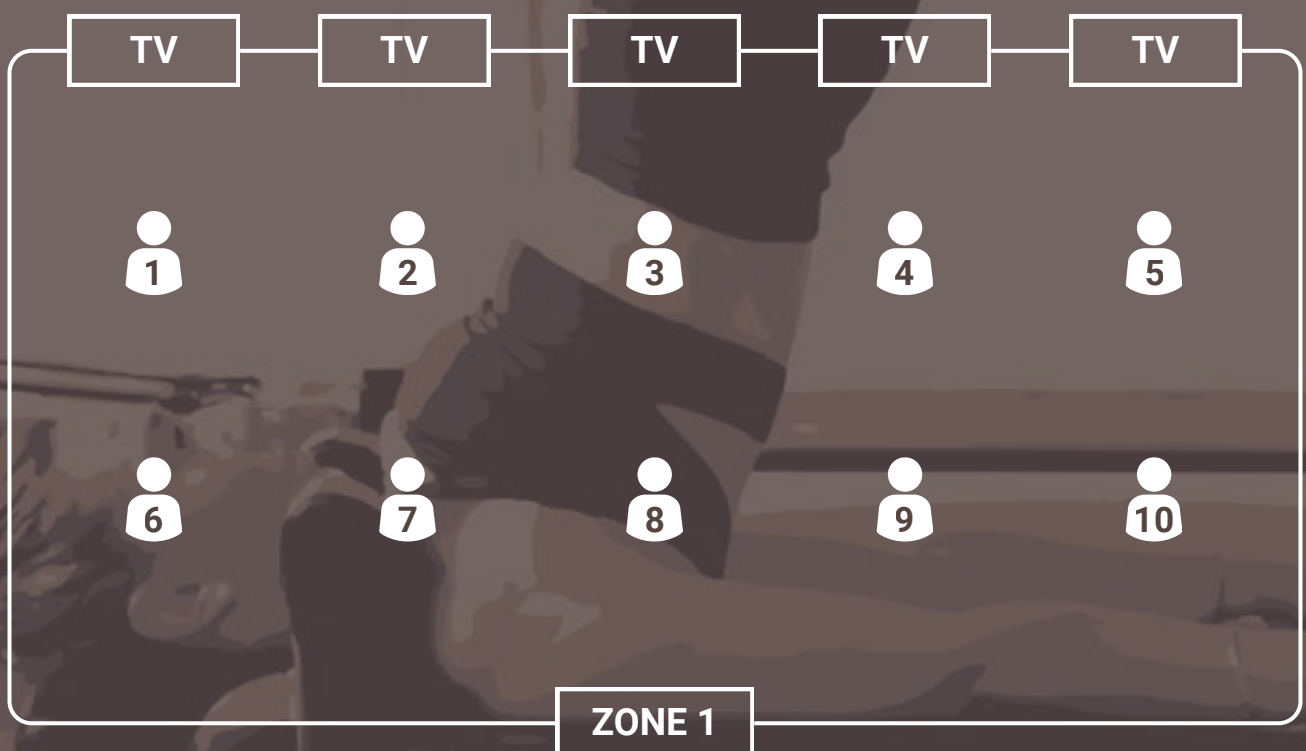
### NOTES

- Full Body
- Dynamic Flow
- Suitable for all levels
- 30 mins

## FLOW

REFORMER PILATES. Template

REFORMER PILATES. 01



# DISCLAIMER

## GROUP WORKOUT GUIDE

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- **Environment & Equipment:** Ensuring the physical environment and equipment used to perform these workouts are safe and in good working order.

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