



# WORKOUT CATALOGUE

## GROUP WORKOUT GUIDE

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Dive into a collection of **over 160 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.



Signature

# SIGNATURE WORKOUT SERIES

## GROUP WORKOUT GUIDE

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We hope these templates inspire your next great session!

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### HYBRID

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03. FUSION
04. THRIVE
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# TEN FOUR

## TEN FOUR

A 10-station hybrid workout with a 50/50 split of cardio and resistance. Designed to elevate your heart rate and drive muscle growth for the everyday athlete.

### NOTES

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

## HYBRID

[TEN FOUR. Template](#)

[TEN FOUR. 01](#)

[TEN FOUR. 02](#)

[TEN FOUR. 03](#)

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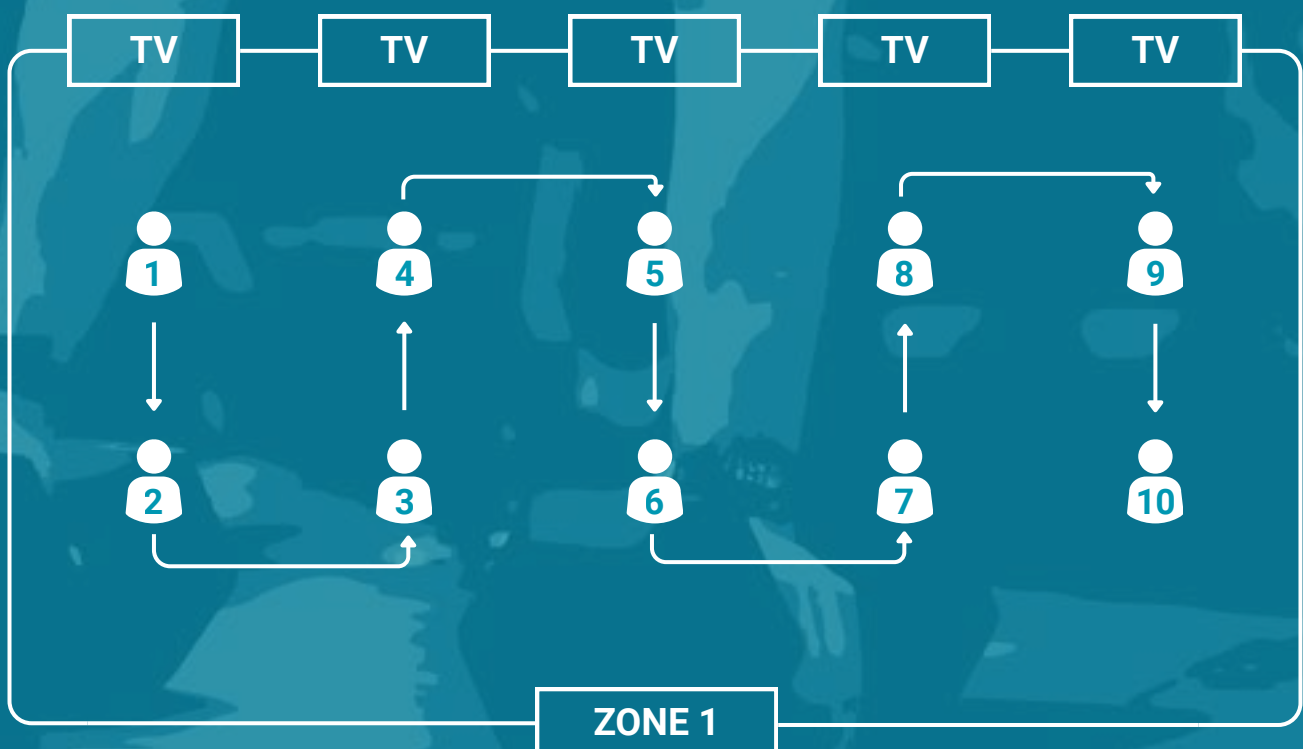
[TEN FOUR. 06](#)

[TEN FOUR. 07](#)

[TEN FOUR. 08](#)

[TEN FOUR. 09](#)

[TEN FOUR. 10](#)



# FIFTY FIFTY

## FIFTY FIFTY

A 14-exercise hybrid session with a split floor layout—half cardio and half resistance to maximize muscular endurance and cardiovascular output.

### NOTES

- 1 Zone / 14 Exercises
- 2 Sets / 1 Lap
- 55s Work / 20s Rest
- Drink break between laps
- 45 mins

## HYBRID

### FIFTY FIFTY. Template

FIFTY FIFTY. 01

FIFTY FIFTY. 02

FIFTY FIFTY. 03

FIFTY FIFTY. 04

FIFTY FIFTY. 05

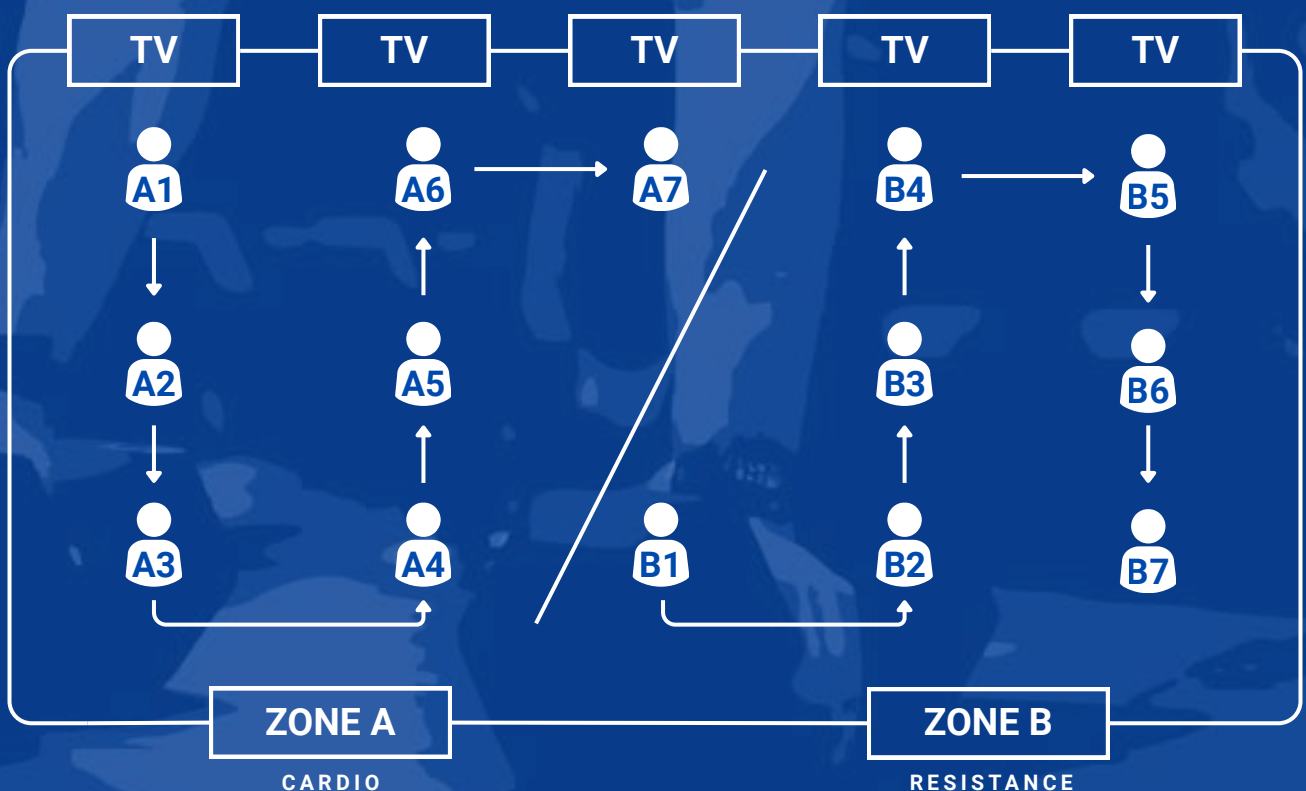
FIFTY FIFTY. 06

FIFTY FIFTY. 07

FIFTY FIFTY. 08

FIFTY FIFTY. 09

FIFTY FIFTY. 10



# FUSION

## FUSION

A 9-exercise hybrid workout where every zone delivers a triple-threat of resistance, cardio, and core. Rotate through each discipline for a total-body challenge.

### NOTES

- 3 Zones / 9 Exercises
- 1 Set / 4 Laps
- 40s Work / 20s Rest
- Drink break between zones
- 45 mins

## HYBRID

### FUSION. Template

FUSION. 01

FUSION. 02

FUSION. 03

FUSION. 04

FUSION. 05

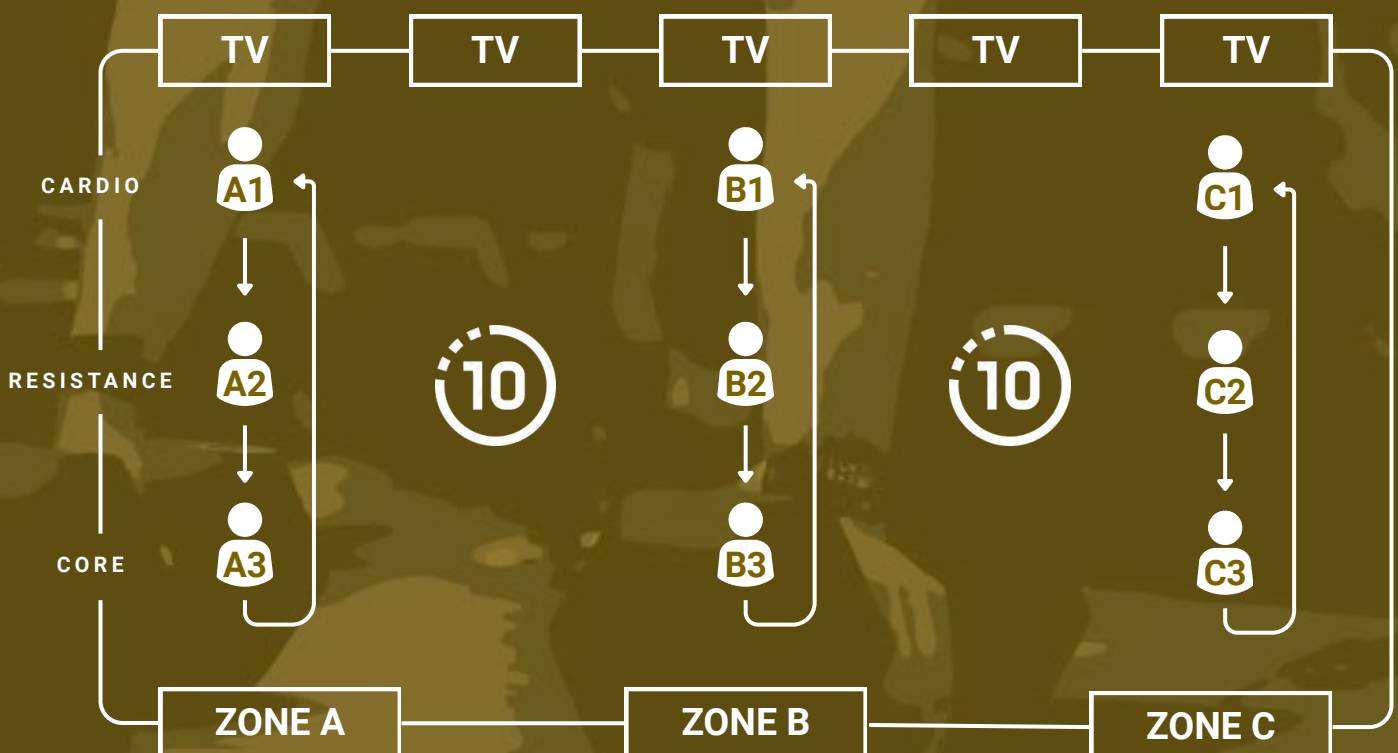
FUSION. 06

FUSION. 07

FUSION. 08

FUSION. 09

FUSION. 10



# THRIVE

## THRIVE

A 12-exercise hybrid workout utilizing three distinct zones—resistance, cardio, and bodyweight core. A total-body session designed to target multiple energy systems for peak physical performance.

### NOTES

- 3 Zones / 12 Exercises
- 1 Set / 3 Laps
- 40s Work / 20s Rest
- Drink break between zones
- 45 mins

## HYBRID

### THRIVE. Template

THRIVE. 01

THRIVE. 02

THRIVE. 03

THRIVE. 04

THRIVE. 05

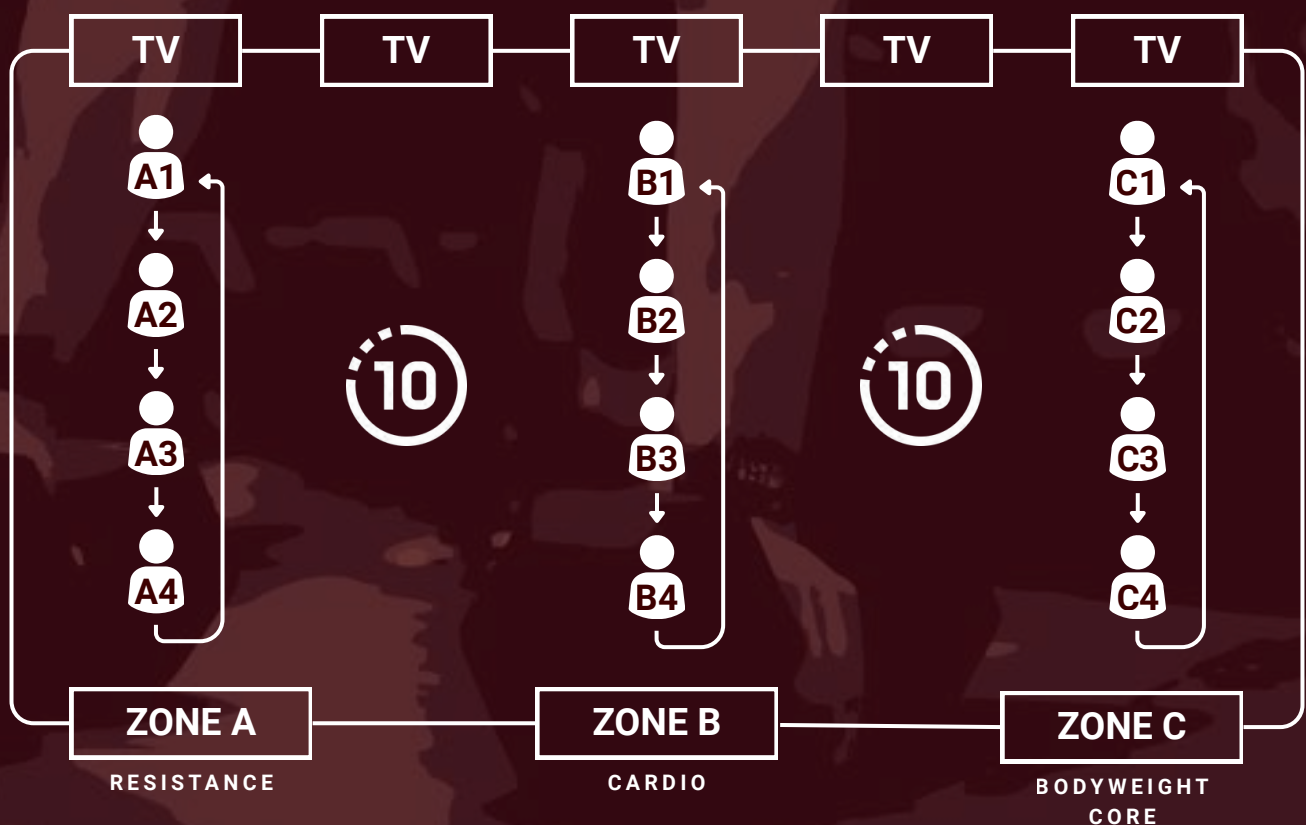
THRIVE. 06

THRIVE. 07

THRIVE. 08

THRIVE. 09

THRIVE. 10



# HIGHLIGHT

## HIGHLIGHT

A 27-station super circuit blending strength, plyometrics, and agility in a HIIT format to maximize stamina and total-body conditioning.

### NOTES

- 1 Zone / 27 Exercises
- 1 Set / 2 Laps
- 40s Work / 15s Rest
- Drink break between laps
- 60 mins

## HYBRID

[HIGHLIGHT. Template](#)

[HIGHLIGHT. 01](#)

[HIGHLIGHT. 02](#)

[HIGHLIGHT. 03](#)

[HIGHLIGHT. 04](#)

[HIGHLIGHT. 05](#)

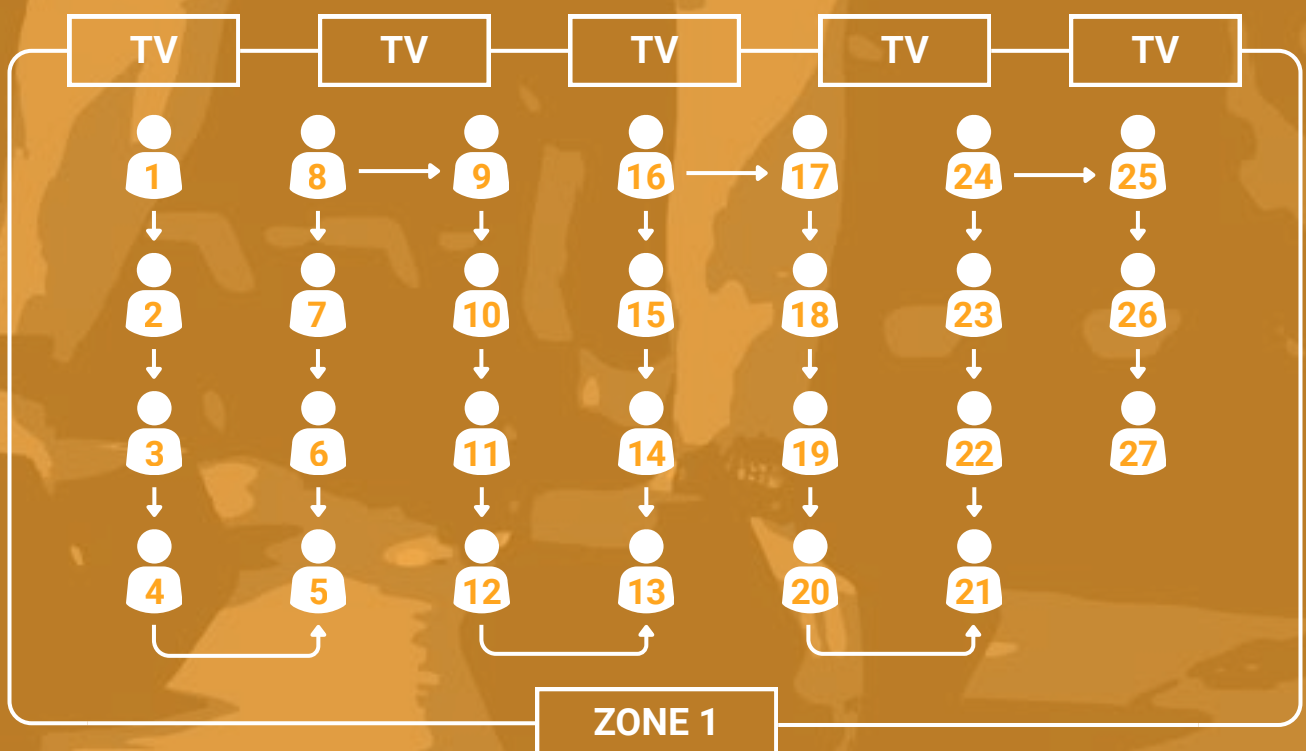
[HIGHLIGHT. 06](#)

[HIGHLIGHT. 07](#)

[HIGHLIGHT. 08](#)

[HIGHLIGHT. 09](#)

[HIGHLIGHT. 10](#)



# UP BEAT

## UP BEAT

A 12 exercise cardio workout designed to keep the heart rate high. Cardio sets split between long and short intervals for peak aerobic performance.

### NOTES

- 1 Zone / 12 Exercises
- 4 Sets / 1 Lap
- Sets 1+3 | 40s Work / 15s Rest
- Sets 2+4 | 20s Work / 10s Rest
- 45 mins

## CARDIO

[UP BEAT. Template](#)

[UP BEAT. 01](#)

[UP BEAT. 02](#)

[UP BEAT. 03](#)

[UP BEAT. 04](#)

[UP BEAT. 05](#)

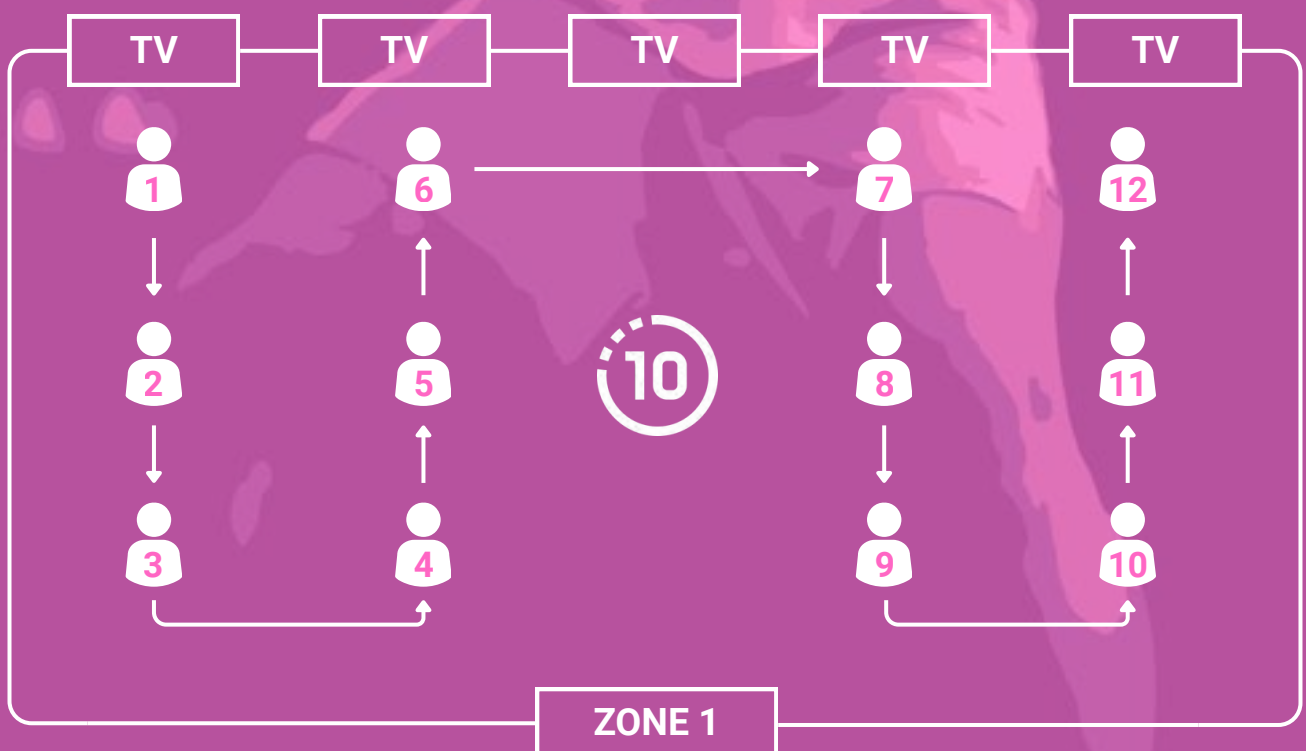
[UP BEAT. 06](#)

[UP BEAT. 07](#)

[UP BEAT. 08](#)

[UP BEAT. 09](#)

[UP BEAT. 10](#)



# MOMENTUM

## MOMENTUM

A 10-exercise cardio-focused circuit. Tackle three laps of ascending work intervals to build stamina and endurance – ending with a final peak group finisher.

### NOTES

- 1 Zone / 10 Exercises
- 1 Set / 3 Laps
- Lap 1 | 35s Work / 20s Rest
- Lap 2 | 45s Work / 20s Rest
- Lap 3 | 55s Work / 20s Rest
- Group Finisher
- 45 mins

## CARDIO

### MOMENTUM.Template

MOMENTUM.01

MOMENTUM.02

MOMENTUM.03

MOMENTUM.04

MOMENTUM.05

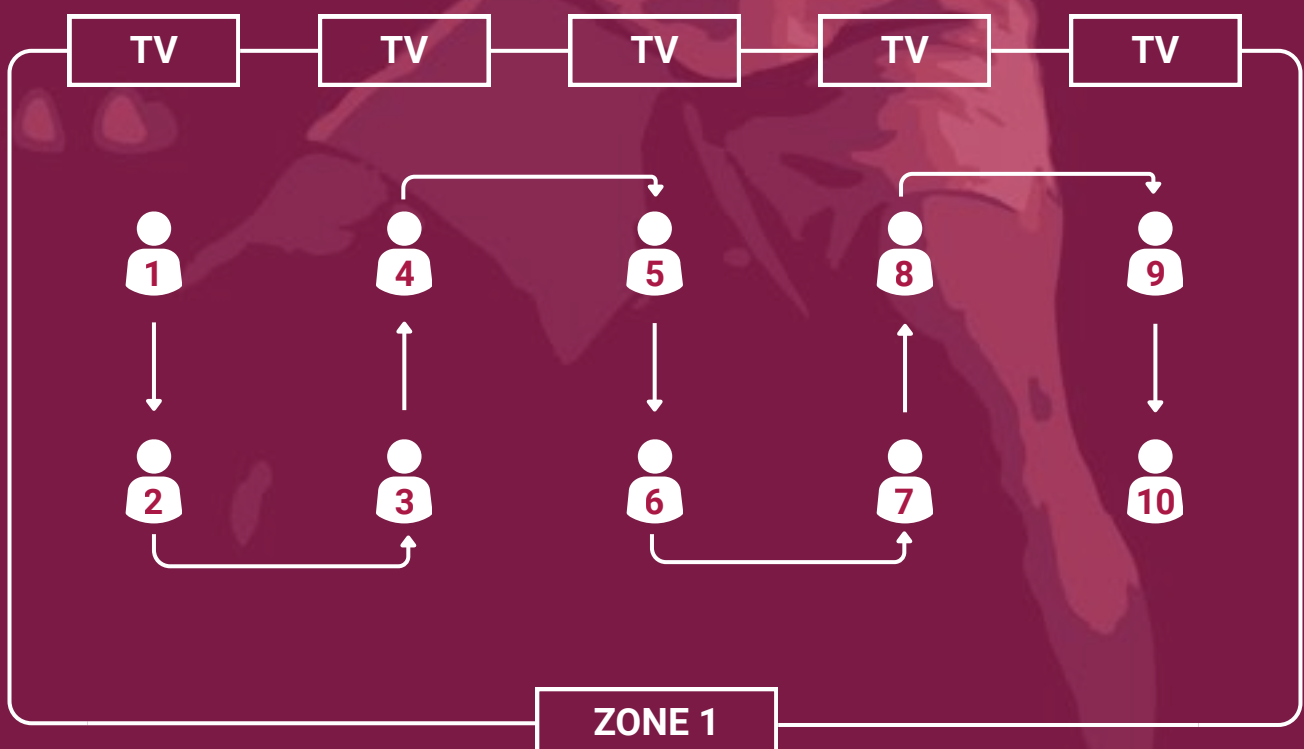
MOMENTUM.06

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MOMENTUM.08

MOMENTUM.09

MOMENTUM.10



# ATHLETICUS

## ATHLETICUS

A 9-exercise cardio interval session designed for high-repetition output. A streamlined setup focused on driving maximum aerobic results for a leaner, faster body.

### NOTES

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

## CARDIO

### ATHLETICUS. Template

ATHLETICUS. 01

ATHLETICUS. 02

ATHLETICUS. 03

ATHLETICUS. 04

ATHLETICUS. 05

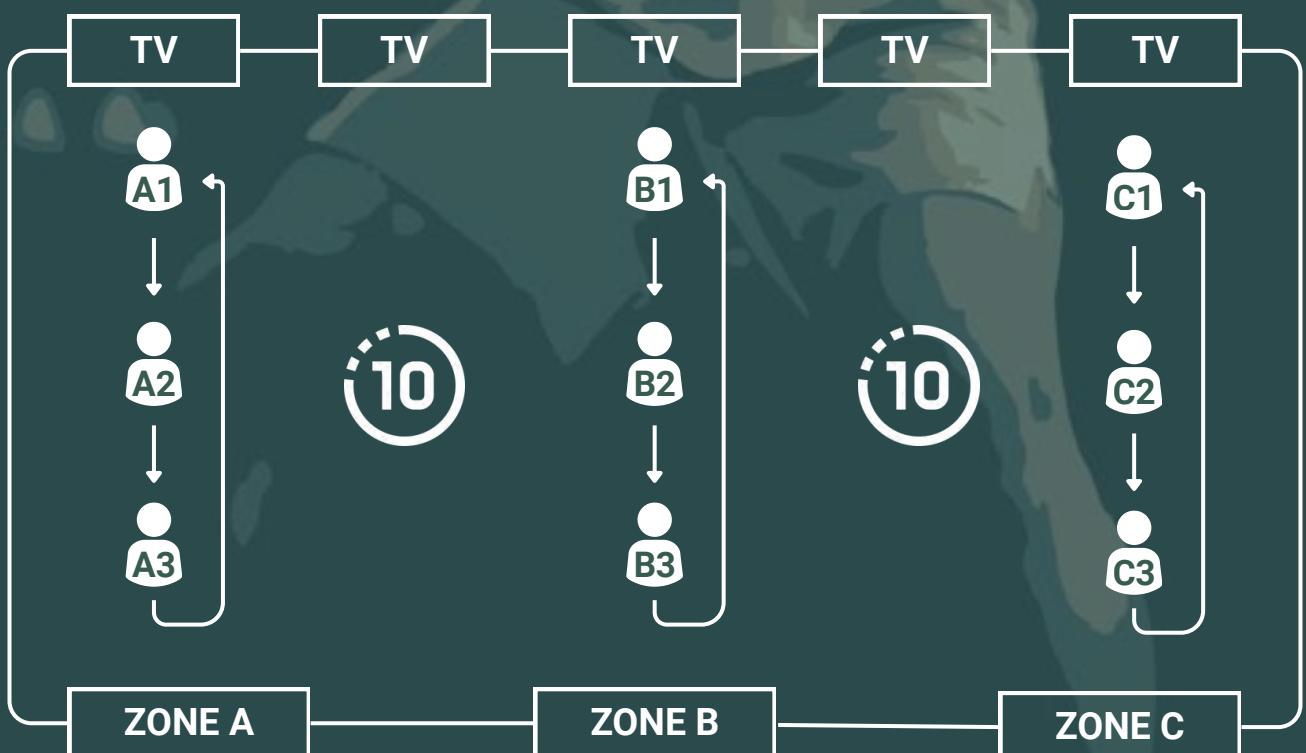
ATHLETICUS. 06

ATHLETICUS. 07

ATHLETICUS. 08

ATHLETICUS. 09

ATHLETICUS. 10



# ALL YOU

## ALL YOU

An equipment-free, 9-exercise HIIT circuit. Master your own bodyweight to improve functional mobility and move through your day with greater ease.

### NOTES

- 3 Zones / 9 Exercises
- 1 Set / 4 Laps
- 40s Work / 20s Rest
- Drink break between zones
- 45 mins

## CARDIO

[ALL YOU. Template](#)

[ALL YOU. 01](#)

[ALL YOU. 02](#)

[ALL YOU. 03](#)

[ALL YOU. 04](#)

[ALL YOU. 05](#)

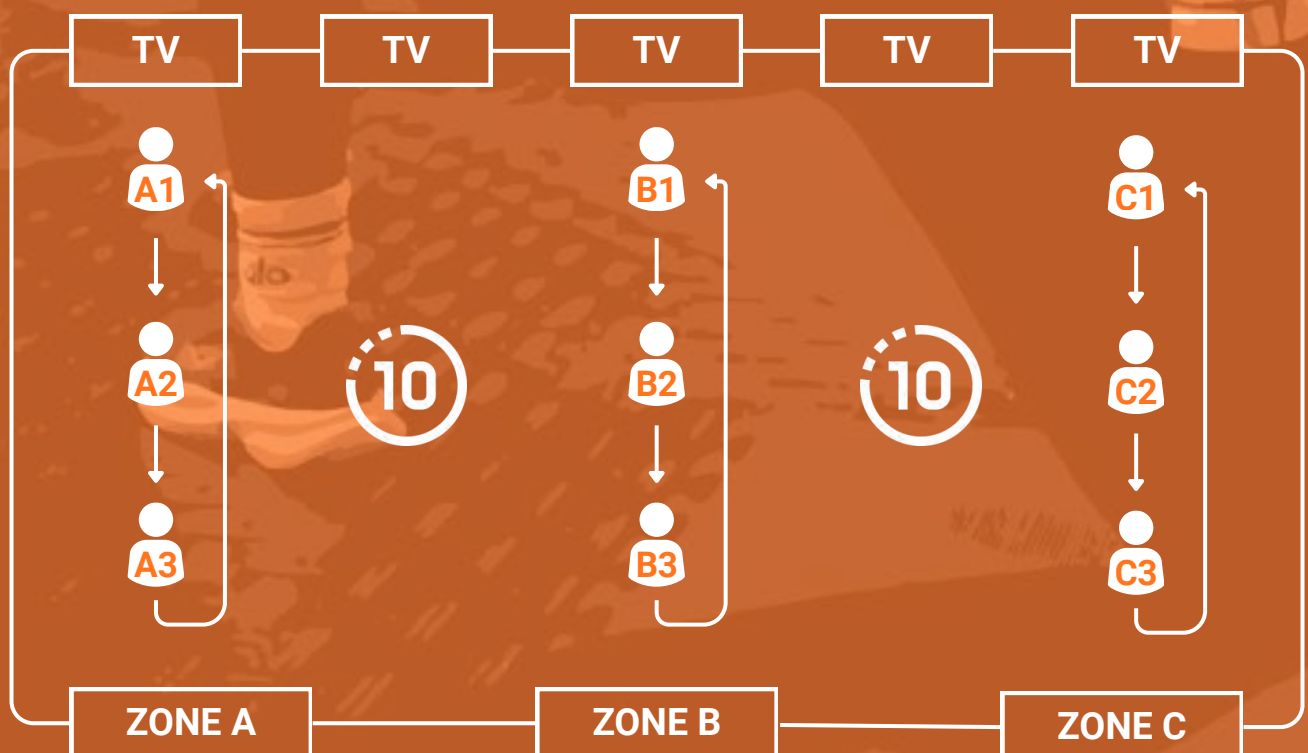
[ALL YOU. 06](#)

[ALL YOU. 07](#)

[ALL YOU. 08](#)

[ALL YOU. 09](#)

[ALL YOU. 10](#)



# WHIRLWIND

## WHIRLWIND

A 27-station super circuit blending strength, plyometrics, and agility in a HIIT format to maximize stamina and total-body conditioning.

### NOTES

- 1 Zone / 27 Exercises
- 1 Set / 2 Laps
- 30s Work / 10s Rest
- Drink break between laps
- 45 mins

## CARDIO

[WHIRLWIND. Template](#)

[WHIRLWIND. 01](#)

[WHIRLWIND. 02](#)

[WHIRLWIND. 03](#)

[WHIRLWIND. 04](#)

[WHIRLWIND. 05](#)

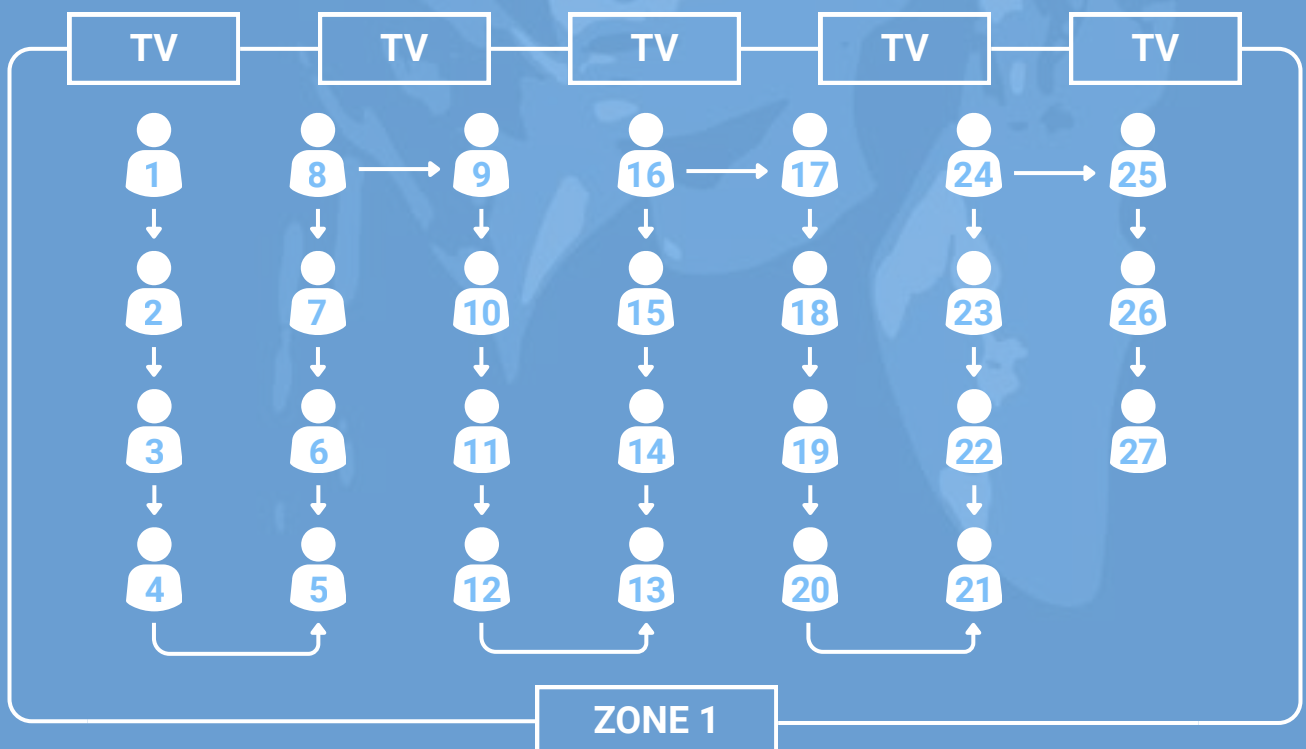
[WHIRLWIND. 06](#)

[WHIRLWIND. 07](#)

[WHIRLWIND. 08](#)

[WHIRLWIND. 09](#)

[WHIRLWIND. 10](#)



# SPARTANS

## SPARTANS

A 9-exercise resistance workout. Utilize slow-tempo, heavy lifting to maximize time under tension and build a strong, lean physique.

### NOTES

- 3 Zones / 9 Exercises
- 2 Sets / 2 Laps
- 35s Work / 25s Rest
- Drink break between zones
- 45 mins

## RESISTANCE

### SPARTANS. Template

SPARTANS. 01

SPARTANS. 02

SPARTANS. 03

SPARTANS. 04

SPARTANS. 05

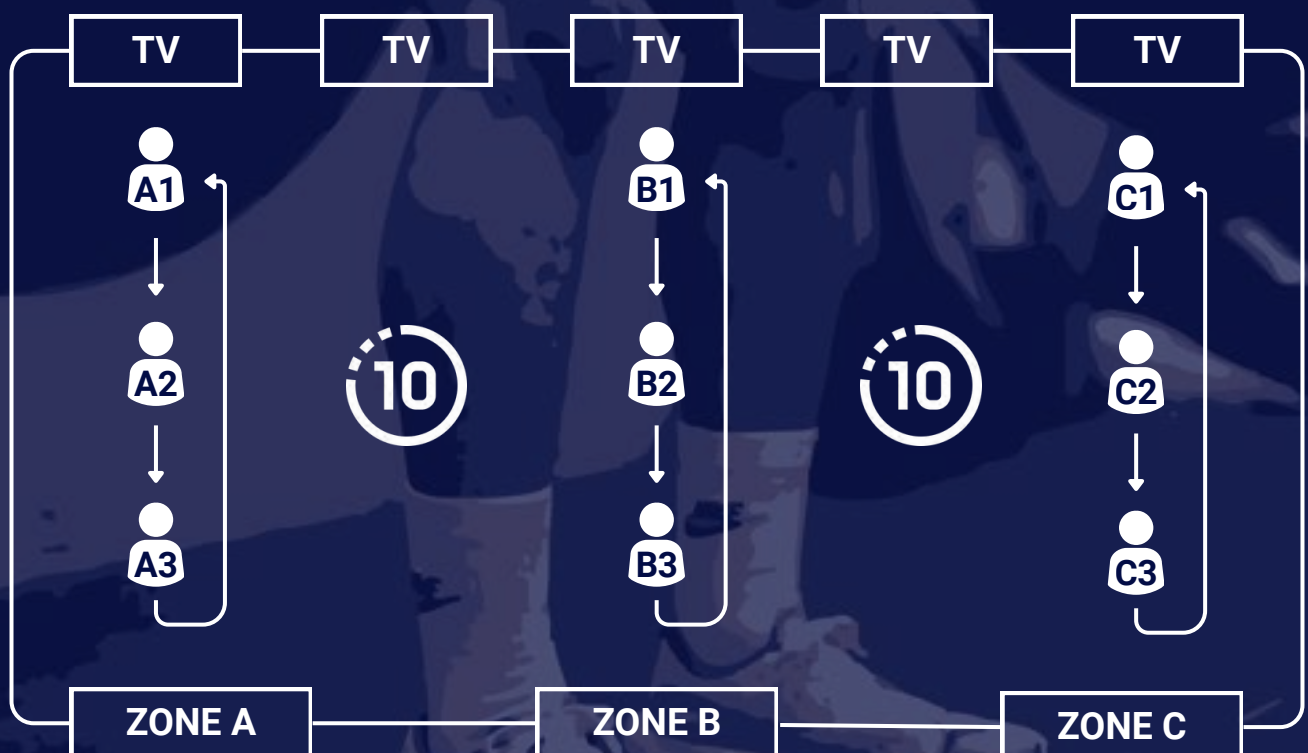
SPARTANS. 06

SPARTANS. 07

SPARTANS. 08

SPARTANS. 09

SPARTANS. 10



# OVERLOAD

## OVERLOAD

A 14-exercise resistance session designed to drive muscle growth by training through fatigue to reach muscular failure.

### NOTES

- 1 Zone / 14 Exercises
- 3 Sets / 1 Lap
- 35s Work / 20s Rest
- 45 mins

## RESISTANCE

[OVERLOAD. Template](#)

[OVERLOAD. 01](#)

[OVERLOAD. 02](#)

[OVERLOAD. 03](#)

[OVERLOAD. 04](#)

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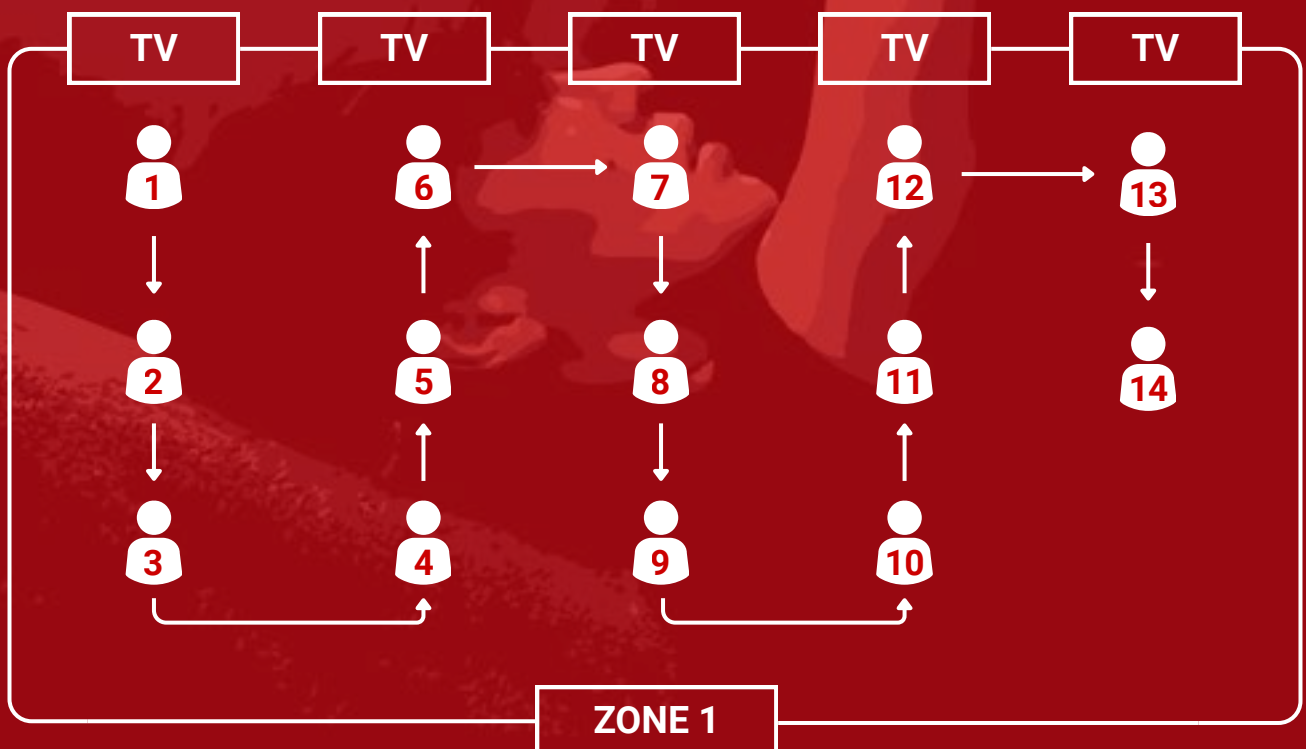
[OVERLOAD. 06](#)

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[OVERLOAD. 08](#)

[OVERLOAD. 09](#)

[OVERLOAD. 10](#)



# HUSTLE

## HUSTLE

12 exercises of focused resistance training. A blend of functional and compound lifting designed to build total-body strength to help move through life with more confidence.

### NOTES

- 4 Zones / 12 Exercises
- 1 Set / 3 Laps
- 40s Work / 20s Rest
- Drink break between zones
- 45 mins

## RESISTANCE

### HUSTLE. Template

HUSTLE. 01

HUSTLE. 02

HUSTLE. 03

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HUSTLE. 05

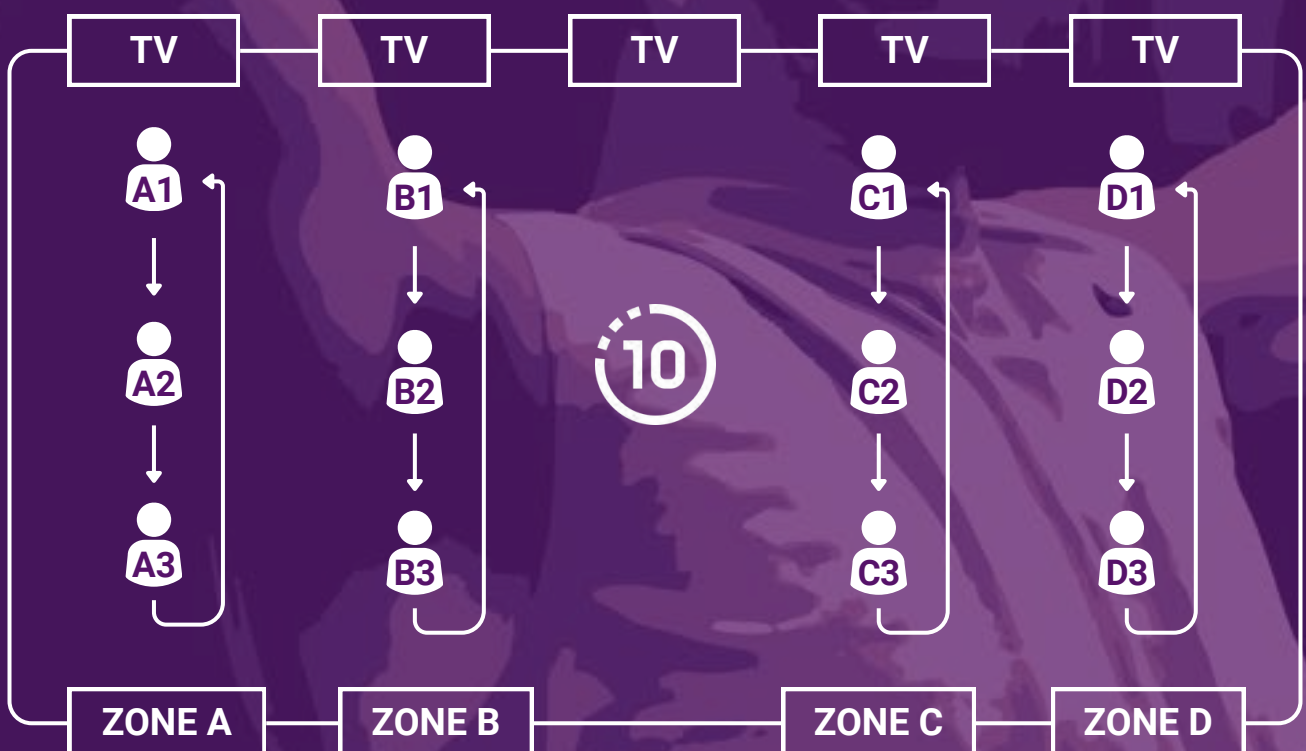
HUSTLE. 06

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HUSTLE. 08

HUSTLE. 09

HUSTLE. 10



# HYPER

## HYPER

A 9-exercise resistance workout focused on high-volume lifting. Move through 4 sets with descending work periods to challenge muscular endurance and drive a total-body burn.

### NOTES

- 3 Zones / 9 Exercises
- 4 Sets / 1 Lap
- Sets 1+2 | 45s Work / 20s Rest
- Sets 3+4 | 30s Work / 20s Rest
- Drink break between zones
- 45 mins

## RESISTANCE

### HYPER. Template

HYPER. 01

HYPER. 02

HYPER. 03

HYPER. 04

HYPER. 05

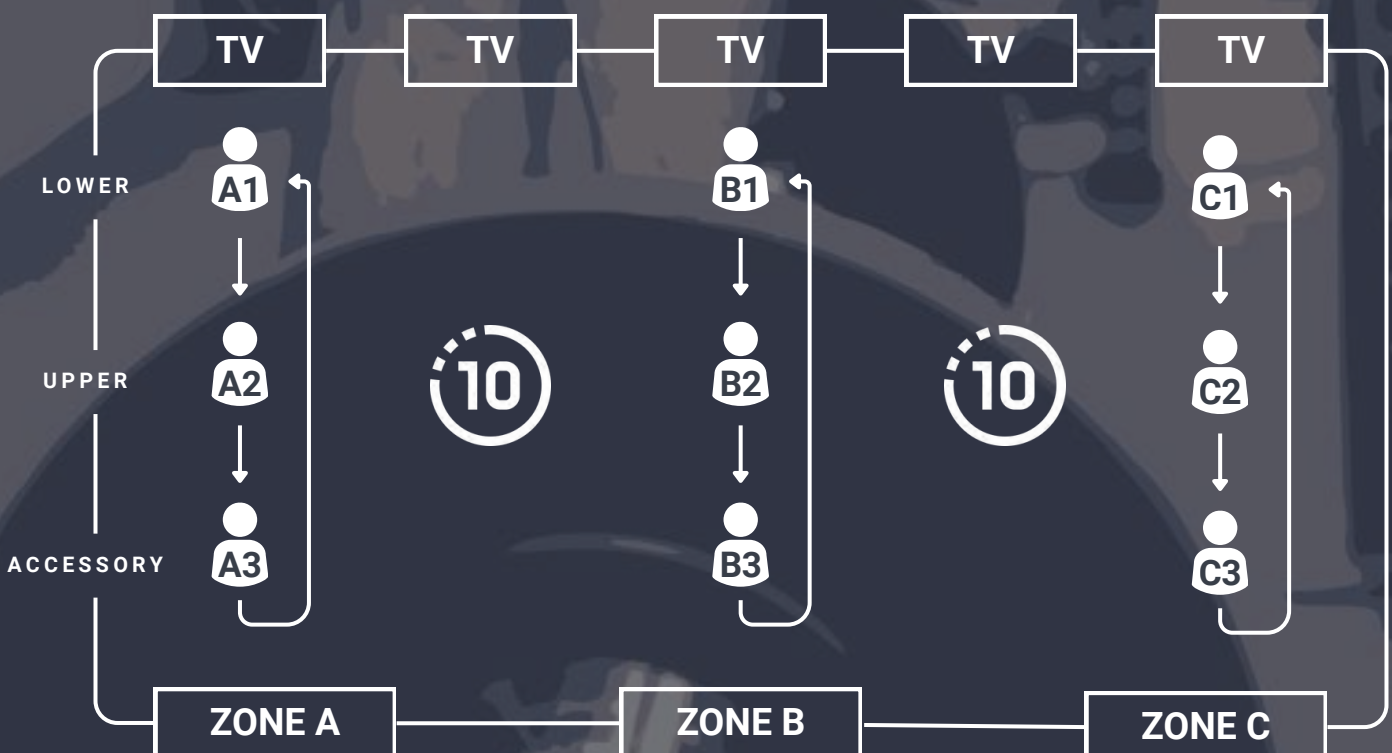
HYPER. 06

HYPER. 07

HYPER. 08

HYPER. 09

HYPER. 10



# SUMMIT

## SUMMIT

A 10-exercise functional resistance circuit. Tackle three laps of descending work intervals to build strength and endurance – ending with a final peak group finisher.

### NOTES

- 1 Zone / 10 Exercises
- 1 Set / 3 Laps
- Lap 1 | 55s Work / 20s Rest
- Lap 2 | 45s Work / 20s Rest
- Lap 3 | 35s Work / 20s Rest
- Group Finisher
- 45 mins

## RESISTANCE

### SUMMIT. Template

SUMMIT. 01

SUMMIT. 02

SUMMIT. 03

SUMMIT. 04

SUMMIT. 05

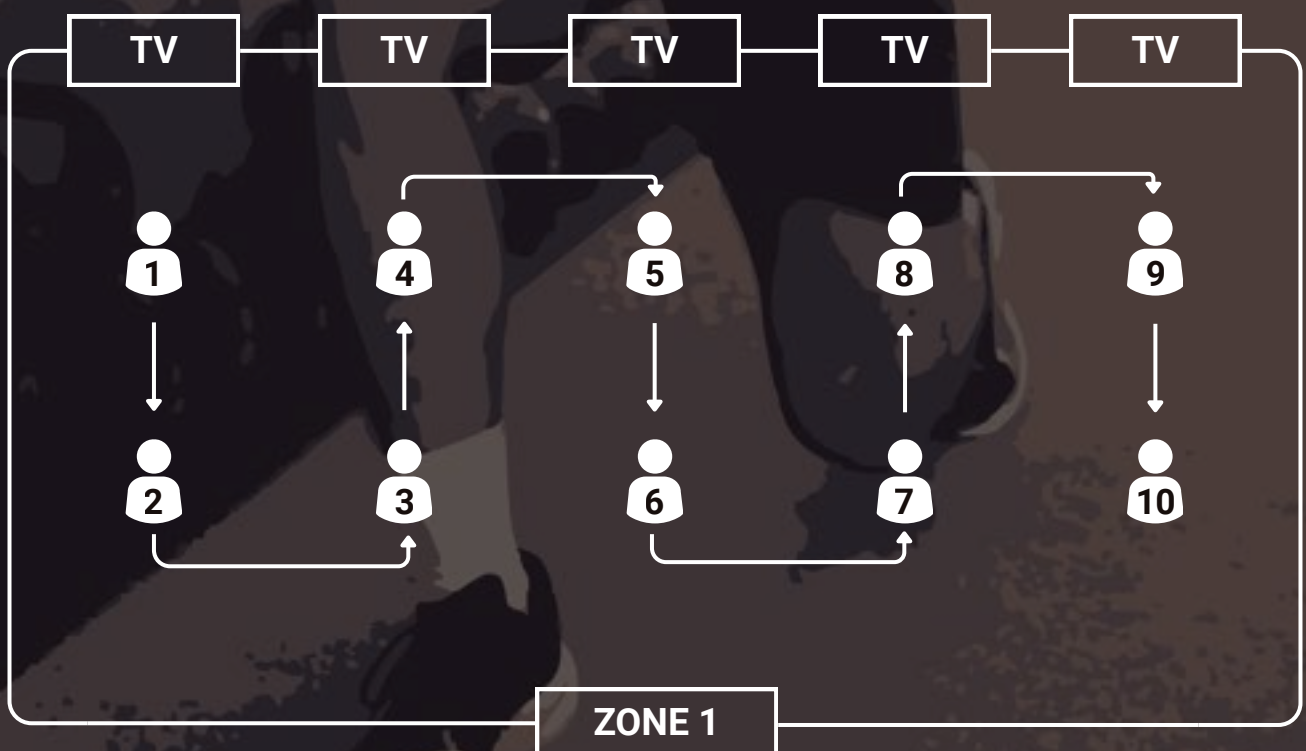
SUMMIT. 06

SUMMIT. 07

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SUMMIT. 09

SUMMIT. 10



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## GROUP WORKOUT GUIDE

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