

GUIDE ONLY

WORKOUT TEMPLATE
GUIDE + FLOOR LAYOUT
[unbranded workouts]

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DOUBLE

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FOLLOW THE 'CF LINKS' TO ACCESS WORKOUTS

12 WEEK PROGRAMMING BLOCK

GENERAL + CONDITIONING					weeks 1 - 4
MESOCYCLE	DAY	TYPE	WORKOUT		CF LINK
M1	Monday	Hybrid	MOVE	YGIG	CF LINK / BLANK
	Tuesday	Strength	LIFT	FULL BODY	CF LINK / BLANK
	Wednesday	Cardio	HIIT - CIRCUIT	CARDIO	CF LINK / BLANK
	Thursday	Strength	LIFT	FULL BODY	CF LINK / BLANK
	Friday	Cardio	HIIT - ZONES	TABATA	CF LINK / BLANK
	Saturday	Hybrid	SATURDAYS	SUPER CIRCUIT	CF LINK / BLANK
	Sunday	Resistance	HIRT	LAPS	CF LINK / BLANK

BUILD + LOAD					weeks 5 - 8
MESOCYCLE	DAY	TYPE	WORKOUT		CF LINK
M2	Monday	Hybrid	MOVE	AMRAP	CF LINK / BLANK
	Tuesday	Strength	LIFT	PUSH	CF LINK / BLANK
	Wednesday	Cardio	HIIT - CIRCUIT	VARIABLE	CF LINK / BLANK
	Thursday	Strength	LIFT	PULL	CF LINK / BLANK
	Friday	Cardio	HIIT - ZONES	LAPS	CF LINK / BLANK
	Saturday	Hybrid	SWEAT	AMRAP	CF LINK / BLANK
	Sunday	Resistance	HIRT	DOUBLE	CF LINK / BLANK

LEAN + DEVELOP					weeks 9 - 12
MESOCYCLE	DAY	TYPE	WORKOUT		CF LINK
M3	Monday	Hybrid	MOVE	SUPER SET	CF LINK / BLANK
	Tuesday	Strength	LIFT	LOWER	CF LINK / BLANK
	Wednesday	Cardio	HIIT - CIRCUIT	DOUBLE	CF LINK / BLANK
	Thursday	Strength	LIFT	UPPER	CF LINK / BLANK
	Friday	Cardio	HIIT - ZONES	SETS	CF LINK / BLANK
	Saturday	Hybrid	SHRED	RELAY	CF LINK / BLANK
	Sunday	Resistance	HIRT	DROP SETS	CF LINK / BLANK

H I R T .

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Resistance

M1 - Laps

M2 - Double

M3 - Drop Sets

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ZONES Option

H I R T - Laps

M1

High Intensity Resistance Training

A strength - endurance workout that focuses on high volume and high rep ranges whilst maintaining high levels of intensity using resistance based exercises.

CIRCUIT	45 mins
Class Capacity	30
People per station	3
Sets per station	1
Laps	4
Work : Rest ratio	35 : 25
Drink break	30 seconds
Flow	Follow the leader

TV1	TV2	TV3	TV4	TV5
1 ●●●	4 ●●●	5 ●●●	8 ●●●	9 ●●●
2 ●●●	3 ●●●	6 ●●●	7 ●●●	10 ●●●
ROPES		RIG		SLED

Notes:

- Include more multi-dimensional movement patterns
- The tempo of each movement can change with each exercise
- Functional strength training

CLOUDFIT TEMPLATE LINKS

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H I R T - Double

M2

High Intensity Resistance Training

A strength - endurance workout that focuses on high volume and high rep ranges whilst maintaining high levels of intensity using resistance based exercises.

CIRCUIT	45 mins
Class Capacity	30
People per station	3
Sets per station	2
Laps	2
Work : Rest ratio	40 : 15
Drink break	30 seconds
Flow	Follow the leader

TV1	TV2	TV3	TV4	TV5
1 ●●●	4 ●●●	5 ●●●	8 ●●●	9 ●●●
2 ●●●	3 ●●●	6 ●●●	7 ●●●	10 ●●●
ROPES		RIG		SLED

Notes:

- Include more multi-dimensional movement patterns
- The tempo of each movement can change with each exercise
- Functional strength training

[CLOUDFIT TEMPLATE LINKS](#)

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H I R T - Drop Sets

M3

High Intensity Resistance Training

A strength - endurance workout that focuses on high volume and high rep ranges whilst maintaining high levels of intensity using resistance based exercises.

CIRCUIT	45 mins
Class Capacity	30
People per station	3
Sets per station	3
Laps	1
Work : Rest ratio	[55:20][50:20][45:20]
Drink break	0 seconds
Flow	Follow the leader

TV1	TV2	TV3	TV4	TV5
1 ●●●	4 ●●●	5 ●●●	8 ●●●	9 ●●●
2 ●●●	3 ●●●	6 ●●●	7 ●●●	10 ●●●
ROPES		RIG		SLED

Notes:

- Include more multi-dimensional movement patterns
- The tempo of each movement can change with each exercise
- Functional strength training

[CLOUDFIT TEMPLATE LINKS](#)

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H I R T - Zones



High Intensity Resistance Training

A strength - endurance workout that focuses on high volume and high rep ranges whilst maintaining high levels of intensity using resistance based exercises.

ZONES

45 mins

Class Capacity	27 / 36
People per station	3 / 4
Work : Rest ratio	35 : 25
Sets per station	4
Laps	1
Zones	3
Drink break	40 seconds
Flow	Zone

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●/●		B1 ●●●●/●		C1 ●●●●/●
A2 ●●●●/●		B1 ●●●●/●		C2 ●●●●/●
A3 ●●●●/●		B3 ●●●●/●		C3 ●●●●/●
ROPES		RIG		SLED

Notes:

- Include more multi-dimensional movement patterns with a functional strength training focus
- Can include a breakdown of Zones to be Upper / Lower / Core / Conditioning / Push / Pull etc.
- The tempo of each movement can change with each exercise

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LIFT.

Strength

M1 - Zones [YGIG - Full Body]

M2 - Zones [YGIG - Push / Pull]

M3 - Zones [YGIG - Lower / Upper]



LIFT - YGIG Full Body

M1

Fundamental Strength Training

It's back to basics with compound movements that focus on building the fundamental and core components of strength, for a stronger you.

ZONES	45 mins
Class Capacity	24
Number of exercises	6
People per station	4
Sets per station	continuous
Zones	3
Zone laps	continuous
Work : Rest ratio	6 mins
Drink break	30 seconds

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●		B1 ●●●●		C1 ●●●●
A2 ●●●●		B2 ●●●●		C2 ●●●●
ROPES		RIG		SLED

Notes:

- Partnered focused [You Go I Go]
- Aim for 3-4 sets per exercise
- Rep based intervals
- Hit your reps and rest as required
- Swap with your partner

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LIFT - YGIG Push / Pull

M2



Fundamental Strength Training

It's back to basics with compound movements that focus on building the fundamental and core components of strength, for a stronger you.

ZONES

45 mins

Class Capacity	24
Number of exercises	6
People per station	4
Sets per station	continuous
Zones	3
Zone laps	continuous
Work : Rest ratio	6 mins
Drink break	30 seconds

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●		B1 ●●●●		C1 ●●●●
A2 ●●●●		B2 ●●●●		C2 ●●●●
ROPES		RIG		SLED

Notes:

- Partnered focused [You Go I Go]
- Aim for 3-4 sets per exercise
- Rep based intervals
- Hit your reps and rest as required
- Swap with your partner

[CLOUDFIT TEMPLATE LINKS](#)

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LIFT - YGIG Lower / Upper

M3

Fundamental Strength Training

It's back to basics with compound movements that focus on building the fundamental and core components of strength, for a stronger you.

ZONES	45 mins
Class Capacity	24
Number of exercises	6
People per station	4
Sets per station	continuous
Zones	3
Zone laps	continuous
Work : Rest ratio	6 mins
Drink break	30 seconds

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●		B1 ●●●●		C1 ●●●●
A2 ●●●●		B2 ●●●●		C2 ●●●●
ROPES		RIG		SLED

Notes:

- Partnered focused [You Go I Go]
- Aim for 3-4 sets per exercise
- Rep based intervals
- Hit your reps and rest as required
- Swap with your partner

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HIIT.

High Intensity Interval Training

M1 - Circuit [Cardio]

M2 - Circuit [Variable]

M3 - Circuit [Double]

HIIT - Circuit / Cardio

M1

High Intensity Interval Training - Circuit

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

CIRCUIT	45 mins
Class Capacity	24 / 32
People per station	3 / 4
Sets per station	1
Laps	4
Zones	1
Work : Rest ratio	45 : 15
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1	TV2	TV3	TV4	TV5
		TIMER		
1 ●●●/●	4 ●●●/●	10	5 ●●●/●	8 ●●●/●
2 ●●●/●	3 ●●●/●		6 ●●●/●	7 ●●●/●
ropes		Rig		Sled

Notes:

- 3 min Finisher at the end of the circuit
- 4 exercises / 22 sec work / 0 rest / 2 laps
- Primarily core based exercises for the finisher however not always.

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HIIT - Circuit / Variable

M2

High Intensity Interval Training - Circuit

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

CIRCUIT	45 mins
Class Capacity	24 / 32
People per station	3 / 4
Sets per station	4
Laps	1
Zones	1
Work : Rest ratio	[55 : 25][30 : 15][30 : 15][55 : 25]
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1	TV2	TV3	TV4	TV5
		TIMER		
1 ●●●/●	4 ●●●/●	10	5 ●●●/●	8 ●●●/●
2 ●●●/●	3 ●●●/●		6 ●●●/●	7 ●●●/●
ropes		Rig		Sled

Notes:

- 3 min Finisher at the end of the circuit
- 4 exercises / 22 sec work / 0 rest / 2 laps
- Primarily core based exercises for the finisher however not always.

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HIIT - Circuit / Double

M3

High Intensity Interval Training - Circuit

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

CIRCUIT	45 mins
Class Capacity	24 / 32
People per station	3 / 4
Sets per station	2
Laps	2
Zones	1
Work : Rest ratio	50 : 15
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1	TV2	TV3	TV4	TV5
		TIMER		
1 ●●●●/●	4 ●●●●/●	10	5 ●●●●/●	8 ●●●●/●
2 ●●●●/●	3 ●●●●/●		6 ●●●●/●	7 ●●●●/●
ropes		Rig		Sled

Notes:

- 3 min Finisher at the end of the circuit
- 4 exercises / 22 sec work / 0 rest / 2 laps
- Primarily core based exercises for the finisher however not always.

[CLOUDFIT TEMPLATE LINKS](#)

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HIIT - ZONES

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High Intensity Interval Training

M1 - Zones [Tabata]

M2 - Zones [Laps]

M3 - Zones [Sets]



HIIT - Zones / Tabata

M1

High Intensity Interval Training - Zones

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

ZONES	45 mins
Class Capacity	27 / 36
People per station	3 / 4
Work : Rest ratio	20 : 10
Sets per station	4
Laps	2
Zones	3
Drink break	30 Seconds
Flow	Zones

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●/●		B1 ●●●/●		C1 ●●●/●
A2 ●●●/●		B1 ●●●/●		C2 ●●●/●
A3 ●●●/●		B3 ●●●/●		C3 ●●●/●
ROPES		RIG		SLED

Notes:

- Max effort on working sets with minimal rest. Designed to spike heart rate on repeated efforts.
- Light weight high volume reps

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HIIT - Zones / Laps

M2

High Intensity Interval Training - Zones

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

ZONES	45 mins
Class Capacity	27 / 36
People per station	3 / 4
Work : Rest ratio	45 : 15
Sets per station	1
Laps	4
Zones	3
Drink break	30 Seconds
Flow	Zones

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●/●		B1 ●●●●/●		C1 ●●●●/●
A2 ●●●●/●		B1 ●●●●/●		C2 ●●●●/●
A3 ●●●●/●		B3 ●●●●/●		C3 ●●●●/●
ROPES		RIG		SLED

Notes:

- Max effort on working sets with a shorter rest period.
- Light weight high volume reps

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HIIT - Zones / Sets

M3

High Intensity Interval Training - Zones

Faster paced, higher volume work rate with variable resting periods designed to improve overall performance and burn fat. Repeated efforts.

ZONES	45 mins
Class Capacity	27 / 36
People per station	3 / 4
Work : Rest ratio	[30 : 10] [35 : 15] [45 : 20] [55 : 30]
Sets per station	4
Laps	1
Zones	3
Drink break	30 Seconds
Flow	Zones

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●/●		B1 ●●●●/●		C1 ●●●●/●
A2 ●●●●/●		B1 ●●●●/●		C2 ●●●●/●
A3 ●●●●/●		B3 ●●●●/●		C3 ●●●●/●
ROPES		RIG		SLED

Notes:

- Max effort on working sets with lighter weight higher volume reps
- Increased working times on working set

[CLOUDFIT TEMPLATE LINKS](#)

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M O V E .

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Hybrid

M1 - YGIG

M2 - AMRAP

M3 - Super Set

—

ZONES Option










Blended Hybrid Workouts

A bit of everything. Cardio, strength, resistance and conditioning. This workout will test your strengths and weaknesses whilst taking your fitness to the next level.

TIMEBOX

45 mins

Class Capacity	24 / 32
Number of exercises	8
People per station	3 / 4
Sets per station	continuous
Zones	4
Zone laps	continuous
Work : Rest ratio	8 mins
Drink break	50 seconds
Flow	1 at each set

TV1	TV2	TV3	TV4	TV5
ZONE 1	ZONE 2	TIMER	ZONE 3	ZONE 4
				
				
ROPES		RIG		SLED

Notes:

- This is preferably a partnered workout but can be done alone.
- Each Zone will have a strength based exercise and cardio based exercise. One will have a target.
- The person completing the targeted exercise dictates the time when the partners swap exercises.
- The non-targeted exercise is a continuous exercise.

CLOUDFIT TEMPLATE LINKS

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MOVE - AMRAP

M2


Blended Hybrid Workouts

A bit of everything. Cardio, strength, resistance and conditioning. This workout will test your strengths and weaknesses whilst taking your fitness to the next level.

TIMEBOX

45 mins

Class Capacity	24 / 36
Number of exercises	12
People per station	2 / 3
Sets per station	continuous
Zones	4
Zone laps	continuous
Work : Rest ratio	8 mins
Drink break	60 Seconds

TV1	TV2	TV3	TV4	TV5
ZONE 1	ZONE 2	TIMER	ZONE 3	ZONE 4
■ ●●●/●	■ ●●●/●		■ ●●●/●	■ ●●●/●
■ ●●●/●	■ ●●●/●		■ ●●●/●	■ ●●●/●
■ ●●●/●	■ ●●●/●		■ ●●●/●	■ ●●●/●
ROPES		RIG		SLED

Notes:

- This is preferably a partnered workout but can be done alone.
- Each Zone will have a cardio based target. Weights and core are continuous
- The person/s completing the targeted exercise dictates when everyone in the Zone moves.

[CLOUDFIT TEMPLATE LINKS](#)

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MOVE - Super Set


M3

Blended Hybrid Workouts

A bit of everything. Cardio, strength, resistance and conditioning. This workout will test your strengths and weaknesses whilst taking your fitness to the next level.

ZONES 45 mins

Class Capacity	24 / 32
Number of exercises	8
People per station	3 / 4
Sets per station	1
Zones	A / B / C / D
Zone laps	4
Work : Rest ratio	60 : 5
Drink break	40 seconds
Flow	Four laps of each zone

TV1	TV2	TV3	TV4	TV5
ZONE 1	ZONE 2	TIMER	ZONE 3	ZONE 4
1.1 ●●●●/●	2.1 ●●●●/●		3.1 ●●●●/●	4.1 ●●●●/●
1.2 ●●●●/●	2.2 ●●●●/●		3.2 ●●●●/●	4.2 ●●●●/●
ROPES		RIG		SLED

Notes:

- Strength based exercise followed by a cardio exercise. Move between 1.1 and 1.2 four times before moving to the next zone completing each exercise 4 times

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MOVE - Zones

Blended Hybrid Workouts

A bit of everything. Cardio, strength, resistance and conditioning. This workout will test your strengths and weaknesses whilst taking your fitness to the next level.

ZONES	45 mins
Class Capacity	27 / 36
People per station	3 / 4
Work : Rest ratio	60 : 20
Sets per station	1
Laps	3
Zones	3
Drink break	60 sec
Flow	Zones

TV1	TV2	TV3	TV4	TV5
ZONE A	TIMER	ZONE B	TIMER	ZONE C
A1 ●●●●/●		B1 ●●●●/●		C1 ●●●●/●
A2 ●●●●/●		B1 ●●●●/●		C2 ●●●●/●
A3 ●●●●/●		B3 ●●●●/●		C3 ●●●●/●
ropes		Rig		Sled

Notes:

- Mix it up! Each Zone can consist of Strength > Cardio > Core / Bodyweight exercise
- Or Upper > Lower > Core etc create to suit your overall programming schedule
- A minute work on each with intensities varying between exercises

CLOUDFIT TEMPLATE LINKS

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SATURDAYS.

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Hybrid

M1 - Saturdays - Super Circuit [full body]

M1 - Saturdays - Zones [cardio / weights]

M1 - Saturdays - Zones [upper / lower]


SATURDAYS - Super Circuit

M1

Staple Super Circuit

This 60 minute staple super circuit is fun, sweaty and challenging. A mix of weights, bodyweight and cardio for an ultimate workout.

CIRCUIT	60 mins
Class Capacity	32
People per station	2
Sets per station	2
Work : Rest ratio	[40 : 15] [30 : 10]
Laps	2
Zones	1
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1		TV2		TV3	TV4		TV5	
				TIMER				
1 ●●	4 ●●	5 ●●	8 ●●		9 ●●	12 ●●	13 ●●	16 ●●
2 ●●	3 ●●	6 ●●	7 ●●		10 ●●	11 ●●	14 ●●	15 ●●
ropes				Rig			Sled	

Notes:

- All participants should partner up and workout together at each exercise station.
- A real mix of exercises to be challenging and fun.
- Saturday morning workout vibes should be high for this workout.

[CLOUDFIT TEMPLATE LINKS](#)


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SATURDAYS - Cardio / Weights M2

Two Zones - Cardio vs Weights

This 60 minute two zone circuit is fun, sweaty and challenging. A mix of weights, bodyweight and cardio for an ultimate workout.

ZONES	60 mins
Class Capacity	32
People per station	2
Sets per station	2
Work : Rest ratio	[35 : 10] [30 : 15]
Laps	2
Zones	2
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1		TV2		TV3	TV4		TV5	
ZONE A				TIMER	ZONE B			
A1 ●●	A4 ●●	A5 ●●	A8 ●●		B1 ●●	B4 ●●	B5 ●●	B8 ●●
A2 ●●	A3 ●●	A6 ●●	A7 ●●		B2 ●●	B3 ●●	B6 ●●	B7 ●●
ropes			Rig			Sled		

Notes:

- All participants should partner up and workout together at each exercise station.
- Cardio Vs Weights. Zone A Vs Zone B
- Saturday morning workout vibes should be high for this workout.
- Goal is to sweat. Kick off the weekend feeling good.

[CLOUDFIT TEMPLATE LINKS](#)

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SATURDAYS - Lower / Upper

M3

Two Zones - Lower vs Upper

This 60 minute two zone circuit is fun, sweaty and challenging. A mix of weights, bodyweight and cardio for an ultimate workout.

ZONES	60 mins
Class Capacity	32
People per station	2
Sets per station	2
Work : Rest ratio	[35 : 10] [30 : 15]
Laps	2
Zones	2
Drink break	30 Seconds
Flow	Follow the leader Circuit

TV1		TV2		TV3	TV4		TV5	
ZONE A				TIMER	ZONE B			
A1 ●●	A4 ●●	A5 ●●	A8 ●●		B1 ●●	B4 ●●	B5 ●●	B8 ●●
A2 ●●	A3 ●●	A6 ●●	A7 ●●		B2 ●●	B3 ●●	B6 ●●	B7 ●●
ropes			Rig			Sled		

Notes:

- All participants should partner up and workout together at each exercise station.
- Upper Vs Lower. Zone A Vs Zone B
- Saturday morning workout vibes should be high for this workout.
- Goal is to sweat. Kick off the weekend feeling good.

[CLOUDFIT TEMPLATE LINKS](#)

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S W E A T .

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Hybrid

M2 - YGIG

Blended Hybrid Workout

This workout is specifically crafted to achieve maximum calorie burn and promote the development of lean muscle using a blend of intense cardiovascular exercises, strength training, and metabolic conditioning..

TIMEBOX

60 mins

Class Capacity	24 / 36
Number of exercises	12
People per station	3 - 4
Work : Rest ratio	24 mins
Drink break	60 Seconds
Zone laps	2
Zones	2
Flow	YGIG or IGIG

TV1		TV2		TV3	TV4		TV5	
WEIGHTS				TIMER	CARDIO			
- ●●	- ●●	- ●●	- ●●	10	- ●●●●	- ●●●●	- ●●●●	- ●●●●
- ●●	- ●●	- ●●	- ●●		- ●●●●	- ●●●●	- ●●●●	- ●●●●
ropes				Rig			Sled	

Notes:

- This is preferably a partnered workout but can be done alone.
- Hit the black target once per exercise
- Hit 10 Reps of weights and go back to Cardio
- Once you have completed the black targets you move to white targets
- Once you have done all 8 weight exercise you add 2 reps (Each round pyramid up +2)
- Rest as required : Rest when waiting for your cardio equipment to be free.

[CLOUDFIT TEMPLATE LINKS](#)

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S H R E D .

—

Hybrid

M3 - YGIG

SHRED - Cardio / Weights

M3

Blended Hybrid Workout

This workout is specifically crafted to achieve maximum calorie burn and promote the development of lean muscle using a blend of intense cardiovascular exercises, strength training, and metabolic conditioning.

TIMEBOX

60 mins

Class Capacity	24 / 36
Number of exercises	10
People per station	3 - 4
Work : Rest ratio	50 mins
Drink break	0 Seconds
Zone laps	Continuous
Zones	1
Flow	YGIG or IGIG

TV1	TV2	TV3	TV4	TV5
ZONE 1	TIMER	ZONE 2	TIMER	ZONE 3
WEIGHTS ● ●	WEIGHTS ● ●	WEIGHTS ● ●	WEIGHTS ● ●	WEIGHTS ● ●
CARDIO ● ●	CARDIO ● ●	CARDIO ● ●	CARDIO ● ●	CARDIO ● ●
ROPES		RIG		SLED

Notes:

- This is preferably a partnered workout but can be done alone.
- Relay and hit the target on cardio
- Move to Weights and hit target
- Once you have completed the targets progress through the room
- Once you have done all 5 weight exercise you do 20 Burpees and start again
- Rest as required : Rest when waiting for your cardio equipment to be free

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ROUNDS.

—

Hybrid

M - Option

ROUNDS - Hybrid

M3






Blended Hybrid Workout

This workout is specifically crafted to achieve maximum calorie burn and promote the development of lean muscle using a blend of intense cardiovascular exercises, strength training, and metabolic conditioning.

TIMEBOX

60 mins

Class Capacity	Up to 40
Number of exercises	14
People per station	Up to 8
Work : Rest ratio	4 mins
Drink break	60 Seconds
Zone laps	Continuous
Zones	5
Flow	IGIGs

TV1	TV2	TV3	TV4	TV5
ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
A 	B 	C 	D 	E 
ROPES		RIG		SLED

Notes:

- Individual target based trisets.
- Hit reps on each exercise displayed in each zone and repeat for time.
- 4 zones with 3x exercises each + 1 zone with 2x cardio exercises. Repeat twice
- Work at your own pace. Rest as required.
- Cardio zone is continuous for time. One cardio exercise each lap.

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GUIDE ONLY

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