CLOUD FIT

TEMPLATE SERIES

FLEXI TIMINGS

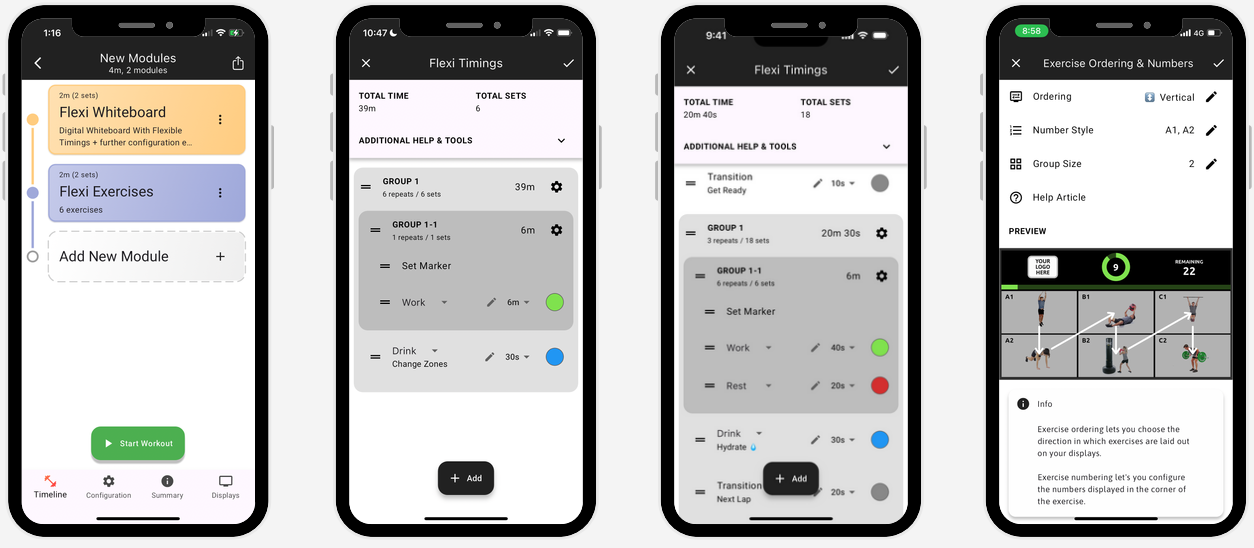
Template Guide

The Flexi Timings system allows you to choose and configure just about any kind of workout timings you can imagine, as well as customize text that displays during the workout as well as the colors for each timing interval.

This enables you to build many kinds of workouts.
We've created some well known workouts to help you get started, such as Circuit, Tabata, Amrap, Emom, For Time, Superset, Tri-sets & YGIG.

These will show how the Flexi Timings can be used in many different ways. Feel free to click on the links from each workout and copy the workout to use for yourself. Or create your own style.

Flexi Timings are available in both the Flexi Whiteboard and Flexi Exercises Modules. You'll also find Exercise Ordering & Numbers to set the flow and layout on your display screens.



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CIRCUIT

Completion of all set exercises.

Effort performed at each exercise station in numerical order until all exercise stations have been completed.

Variation options:

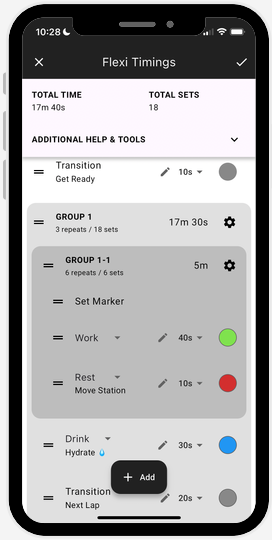
- Custom set / lap timings
- Ascending / descending or variable timing - sets / laps

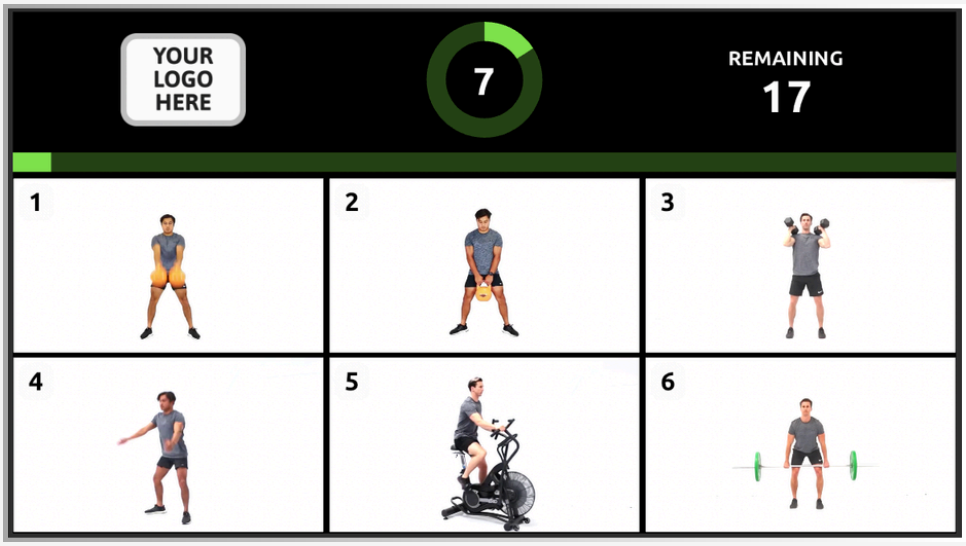
Samples:

1 Set 3 Laps CloudFit link: [Circuit (1 Set / 3 Laps)]

2 Sets 2 Laps CloudFit link: [Circuit (2 Sets / 2 Laps)]

3 Sets 1 Lap CloudFit link: [Circuit (3 Sets / 1 Lap)]





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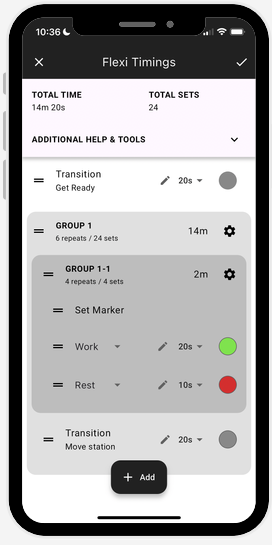
TABATA

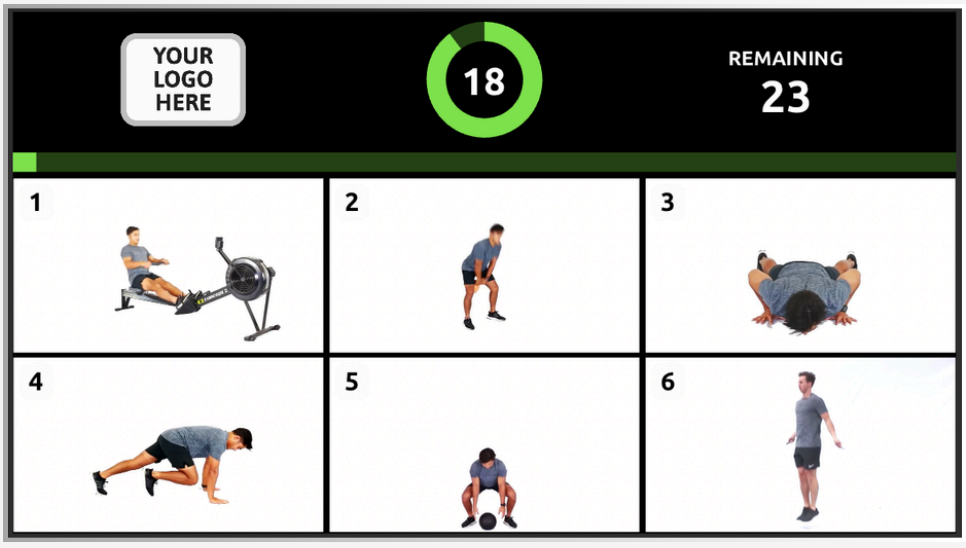
Repeated efforts with rest periods at 50% of work timings.

Repeated work efforts with rest periods at half of the work period.
Traditionally prescribed with 20 sec work followed by 10 sec rest, repeated 6 times at eash exercise station.
However these days there are multiple variations used in group training formats to accommodate for varing class sizes and workout flow stuctures.

Sample:

CloudFit link: [Tabata]





AMRAP

As Many Rounds As Possible

Involves selecting a series of exercises and then completing as many rounds of that sequence as you can in a set amount of time. Each exercise will have either a calorie or repetition (rep) target to achieve before moving to the next exercise.

Sample:
CloudFit link: [Amrap]

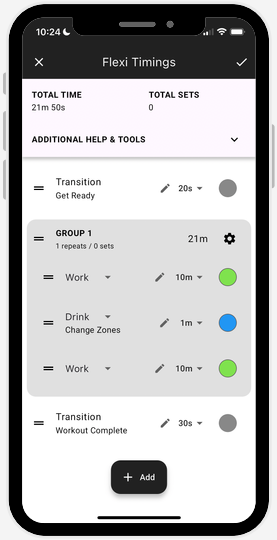
Variations:

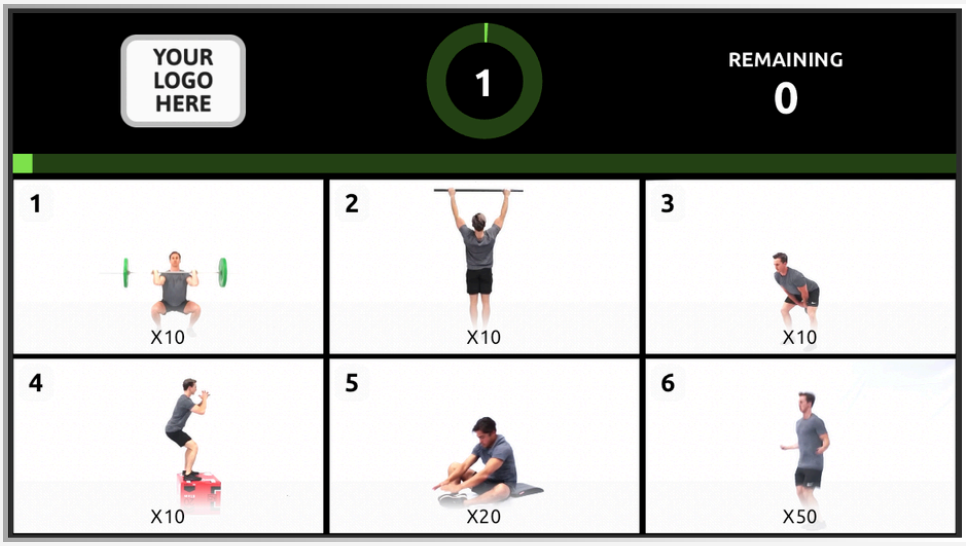
- Amrap Zones

Example:

- Display 4 exercises on each TV. Each TV is a Zone.
- Each zone displays different exercises grouped together.
- Complete each zone of exercises before moving to the next zone.

CloudFit link: [Amrap Zones]





EMOM

Every Minute On The Minute

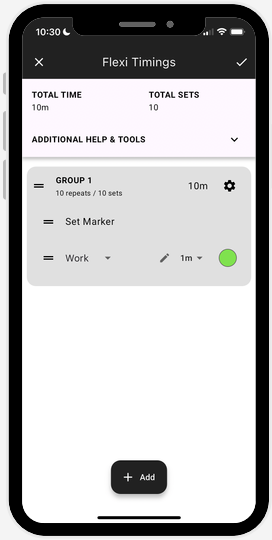
Short for "Every Minute On The Minute," EMOM workouts are a type of interval training where you push to complete a set number of reps or in some cases calories within 60 seconds, then rest for the remaining time.

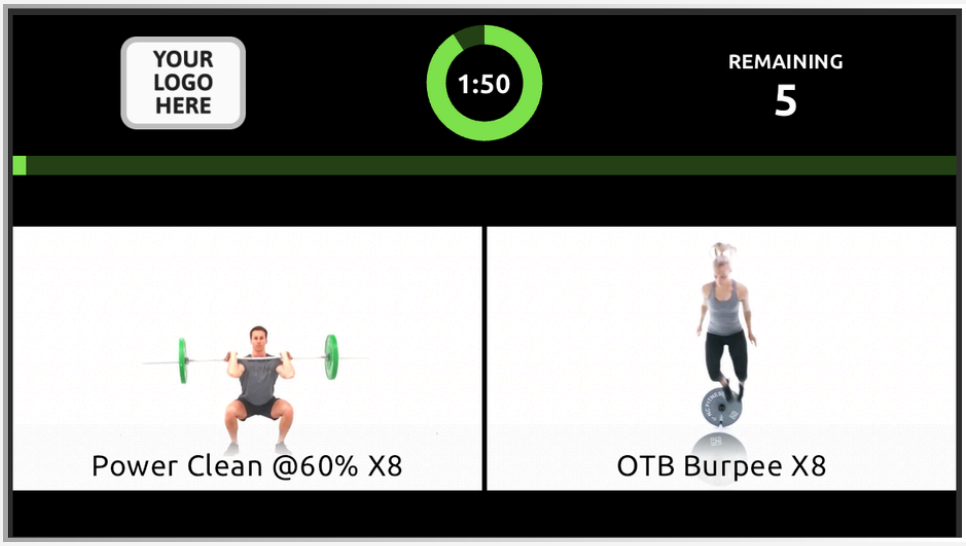
Variation options:

- E2MOM / E3MOM

Stands for "Every 2 or 3 Minutes On the Minute." This means you perform an exercise or set of exercises with a set target, within 2/3 minutes. Any remaining time after completing the set exercise(s) becomes your rest period before the next round begins.

CloudFit Link: [EMOMs]





FOR TIME

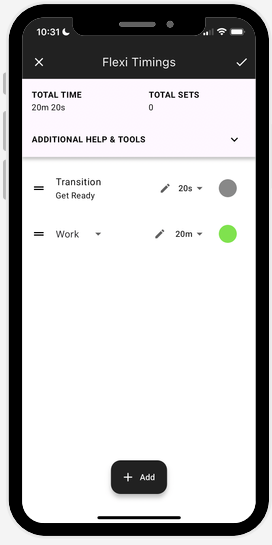
Set Time To Complete A Workout

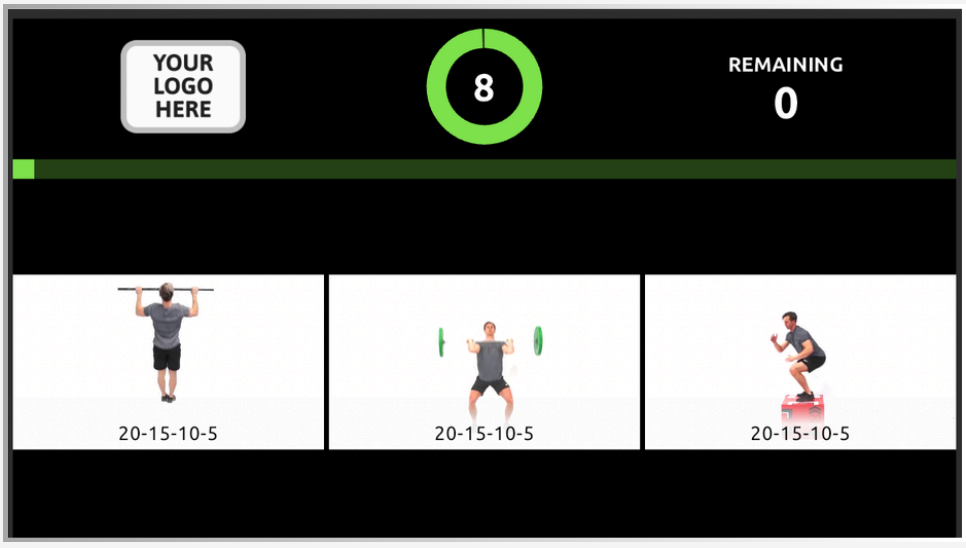
Complete the prescribed workout inside the designated time or earlier.
If the workout is not completed inside the designated time, you did not complete the workout and the goal is to improve.
This can be done in a variety of ways.

Examples:

- 20-15-10-5
- 21-15-9
- 3-4 rounds / varied targets

CloudFit link: [For Time]





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SUPERSET

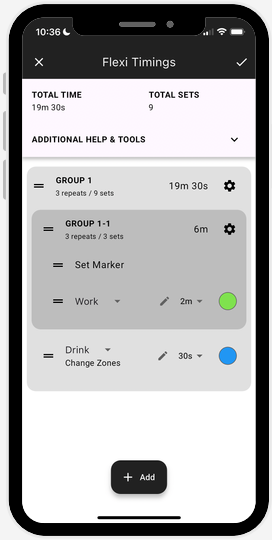
Complete Two Exercises Back To Back

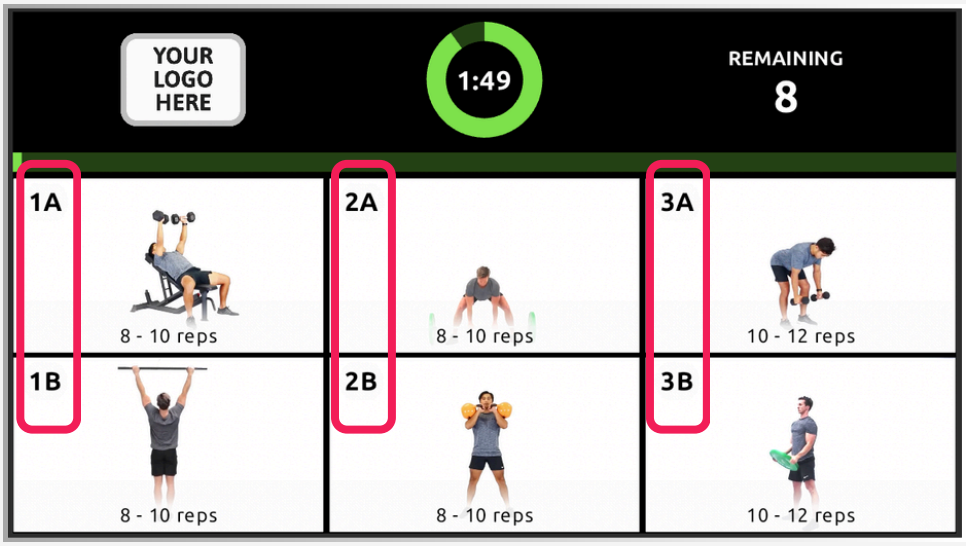
Supersets are a training protocol where you complete a set of one exercise followed immediatly by another set of a second exercise. The true rest period comes after you complete one set of both exercises.

Traditionally supersets were done with opposing muscle groups. However more recently supersets can be done with an push-pull, upper-lower focus as well as using the same muscle groups or complimenatry muscle groups.

Sample:
Exercises: 6
Zones: 3
Sets per zone: 3
2 min effort to complete both exercise targets then rest the remaining time.

CloudFit link: [Supersets]





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TRI-SETS

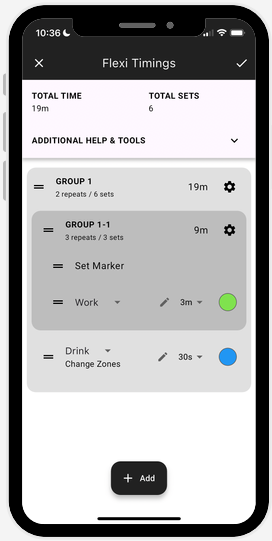
Complete Three Exercises Consecutively

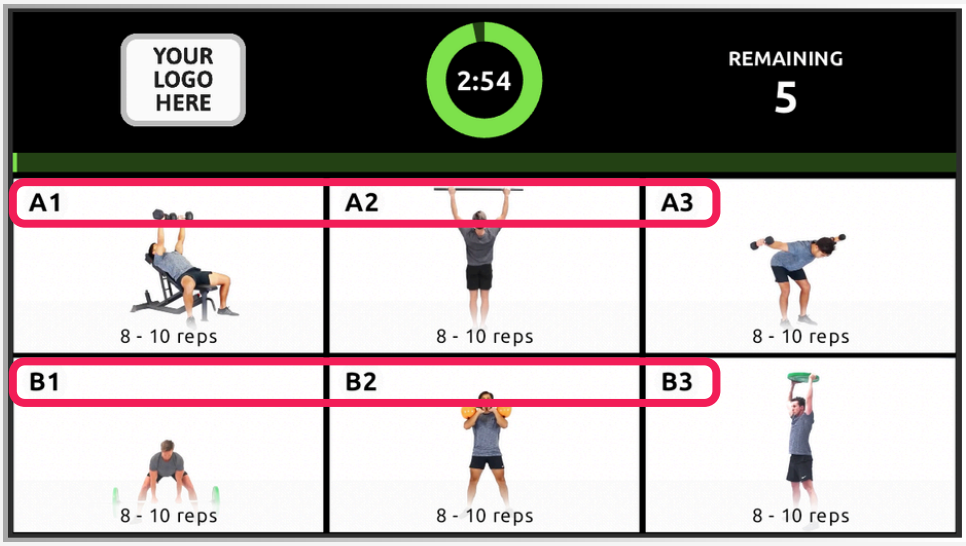
Tri-set training involves performing three exercises consecutively with no rest in between. The rest period comes after you complete all three exercises.

Traditionally tri-sets focused on all three exercises targeting the same muscle group, but not necessarily the same muscle. However more recently tri-sets can be done in a variety of ways such as push-pull-core, upper-lower-core, resistance-cardio-core targeting differnt muscle groups or energy systems especially when prescribed in a group training setting.

Sample:
Exercises: 6
Zones: 2
Sets per zone: 3
3 min effort to complete all exercise targets then rest the remaining time.

CloudFit link: [Tri-Sets]





YGIG

You-Go-I-Go or I-Go-I-Go

A partnered workout style whereby one person is active and the other is at rest and vice versa.
Once the active person completes the set exercise the partners then swap.

This can also be done in a group of three, with two resting partners. As well as with a single person, and rest ‘as required’ after completing the exercise.
Sometimes known as I-Go-I-Go.

Sample:
Exercises: 6
Zones: 3
6 min effort to reach exercise targets - then rest the remaining time before changing zones.

CloudFit link: [YGIG]

