



## **QUICK & DIRTY 30**

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### **OVERVIEW**

Experience two 30-minute workouts that can be designed to inspire intensity, maximize effort and increase sweat. Learn about partner-based movement patterns that consist of option-based exercises. These workouts offer coaches hardcore, turn-key training ideas that clients will use to improve fitness, performance and reach training goals.

### **OBJECTIVES**

Standardized Movements for Data-Driven Results

Coaching Cues

- “To A” vs. “With A”
- Base Of Support
- Plank

Strategies for Success

- Movement Decay
- Intensity vs. Fatigue

### **SUMMARY**

- 1) Experience one, 30-minute workout individual achievement-based for review later
- 2) Experience one, 30-minute workout in pacer/partner format

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**