



CROSSCORE® TURN 'N' BURN

Presented by Isabel Shephard Schaefer
Isabel@lifng.com

OVERVIEW

Utilize the The CrossCore® Rotational Bodyweight Training™ (RBT™) system to create workouts that combine aerobic activity on the Spinner® bike with suspension-oriented and Rotational Bodyweight Training™ exercises for circuit or interval training.

OBJECTIVES

This workout combines suspension-oriented and Rotational Bodyweight Training™ (RBT™) system with cardio. Alternate cardio training on the Spinner® bike with multi-plane strength and flexibility training utilizing the CrossCore® Training System.

SUMMARY

This is a fast and fun workout! Appropriate for every fitness level. Sneakers are recommended.

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