



CROSSCORE® H.I.I.T.

Presented by Sylvie Patrick

Sylvie@tech4health.com / www.sylviepatrick.com

[Twitter.com/sylviepatrickfl](https://twitter.com/sylviepatrickfl)

OVERVIEW

High intensity interval training (H.I.I.T.) is a well-documented strategy for improving health, building lean muscle, burning fat and increasing endurance. A H.I.I.T. workout alternates between short work intervals (70–90% max heart rate) and rest periods (60–65% max heart rate).

CrossCore® Rotational Bodyweight Training™ gives you everything that traditional suspension-oriented training offers. But when you Pull the Pin™ on our patented pulley system, you open the door to the next level of bodyweight training.

OBJECTIVES

This small group training course will teach you a CrossCore® H.I.I.T. programming that can be taught tomorrow in your facility.

You can add this routine to your fee base class program or implement it into your functional training zone lead by your PT. The course can enlist between 6–12 participants. You can have 1 up to 6 CrossCore® training zones.

The six training zones can be divided in metabolic and recovery exercises. It is advised to use a heart rate monitor for this class. It will allow both participants and trainers to track progress.

SUMMARY

Vision for your program

- Capture new members
- Create a new revenue stream
- Transition your PT one on one program to small group training
- Introduce CrossCore® with different programming

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

Marketing your CrossCore® H.I.I.T.

- Short Term - H.I.I.T. exercisers burned 900 percent more fat than their steady-state cardio counterparts
- Long Term - Improve glucose tolerance, blood sugar regulation in Type 2 diabetics, and even increase the function of your mitochondria.

Hear Rate Monitor

Encourage your participants to bring a heart rate monitor (fitbit, Apple watch, polar, Garmin...)

Wrist-worn heart-rate monitors use light to measure your pulse. They shine a light into the blood vessels in your wrist, and then detect the changes in blood volume that occur each time your heart beats and pushes blood through your body. This way of measuring heart rate can become challenging when people move around a lot. Use them as a bench mark to monitor MaxHR % and the recovery time.

Program: 45-minutes Class

Quick security check on CrossCore® anchor height and strap

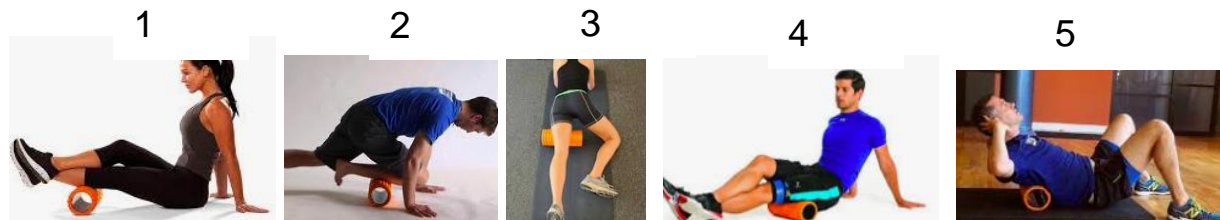
The CrossCore® pulley should start in a “neutral” position where the height of the pulley is comfortably reachable at overhead arm’s length, and the handles are at a height that meet the upper calf or knee.



When attaching the adjustable anchor strap to a safe anchor point that can easily support the user’s weight, make sure to feed the end of the strap through the BACK of the cam buckle ONLY. Perform a weight test BEFORE the first exercise is performed.

10 minutes

Warm Up: 5 areas Foam Rolling: Calves / Anterior Tibialis / Quads / Hamstrings / T spine.



Warm Up: 5 exercises multi joint: bear crawl / walk toe touch / shuffle R/L / spider walk / lunges walk with overhead arm drivers in frontal plan.

The warm up must be relevant to the training session that follow. The overall goal is not only to add mobility and raise HR but awake the entire neuromuscular system.

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

Include all plan of motion: sagittal / frontal / transverse
 Include a hip and core mobility exercise and light metabolic HR

4 Circuits - Weeks 1-4 / 2 classes

Circuit 1

Zone 1 - 6	Time / Transition	Exercises	Accessories	Cueing Tempo	HR %
1 Metabolic	45s / 30s	Skater	CrossCore® / BW	20 reps	60 to 75
2 Strength U	45s / 30s	Back Row Alternating	CrossCore® / Duo		55 to 65
3 Metabolic	45s / 30s	Jump Squat	CrossCore® / BW	20 reps	75 to 80
4 Strength L	45s / 30s	Bridge	CrossCore® / BW		55 to 65
5 Metabolic	45s / 30s	Jump Jack	CrossCore® / BW	20 reps	75 to 80
6 Strength C	45s / 30s	Plank / Superman	CrossCore® / BW		55 to 65
Rest	90s	Walk Around	Recovery	Breath	50 to 60

BW: Body Weight

Observe your participants and progress or regress some zone to guarantee proper form.
 Announce second circuit same exercise just faster tempo with less transition time.
 Allow your participants to assimilate the circuit and perform better. Hydrate during recovery time.

Circuit 2

Zone 1 - 6	Time / Transition	Exercises	Accessories	Cueing Tempo	HR %
1 Metabolic	45s / 15s	Skater	CrossCore® / BW	30 reps	60 to 75
2 Strength U	45s / 15s	Back Row Alternating	CrossCore® / Duo		55 to 65
3 Metabolic	45s / 15s	Jump Squat Harness	CrossCore® / BW	30 reps	75 to 80
4 Strength L	45s / 15s	Bridge	CrossCore® / BW		55 to 65
5 Metabolic	45s / 15s	Jump Jack	CrossCore® / BW		75 to 80
6 Strength C	45s / 15s	Plank / Superman	CrossCore® / BW		55 to 65
Rest	90s	Walk Around	Recovery	Breath	50 to 60

Half way there; encourage your team and introduce the next circuit during recovery time.

Circuit 3

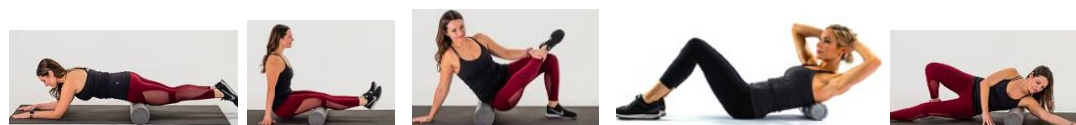
Zone 1 - 6	Time / Transition	Exercises	Accessories	Cueing Tempo	HR %
1 Metabolic	45s / 30s	Running Harness	CrossCore® / BW high knee	Lean forward	60 to 75
2 Strength U	45s / 30s	Chest Press Alternating	CrossCore® / BW	20 reps	55 to 65
3 Metabolic	45s / 30s	Split Squat Jump	CrossCore® / BW	20 reps	75 to 80
4 Strength L	45s / 30s	Hamstring Curls	CrossCore® / BW	20 reps	55 to 65
5 Metabolic	45s / 30s	Shuffle Side-to-Side	CrossCore® / BW	20 reps	75 to 80
6 Strength C	45s / 30s	Plank / Touch Shoulders	CrossCore® / BW	20 reps	55 to 65
Rest	90s	Walk Around	Recovery	Breath	50 to 60

Circuit 4

Zone 1 - 6	Time / Transition	Exercises	Accessories	Cueing Tempo	HR %
1 Metabolic	45s / 15s	Running Harness	CrossCore® / BW	Lean forward	60 to 75
2 Strength U	45s / 15s	Chest Press Alternating	CrossCore® / BW	30 reps	55 to 65
3 Metabolic	45s / 15s	Split Squat	CrossCore® / BW	30 reps	75 to 80
4 Strength L	45s / 15s	Hamstring Curls	CrossCore® / BW	30 reps	55 to 65
5 Metabolic	45s / 15s	Shuffle Side-to-Side	CrossCore® / BW	30 reps	75 to 80
6 Strength C	45s / 15s	Plank / Touch shoulders	CrossCore® / BW	30 reps	55 to 65
Rest	90s	Walk Around	Recovery	Breath	50 to 60

10 minutes

Cool Down: 5 areas Foam Rolling: Quads / hamstrings / Mid Gluteus / T spines / Lats / Pecs



Stretches: 5 exercises

Downward-Facing Dog to Upward-Facing Dog

CrossCore® or partner Standing pigeon pose

CrossCore® or partner Kneeling lunges overhead arm driver side reach

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

CrossCore® or partner Chest stretch
Bird dog



4 Circuits Week 4 to 8 / 2 classes

Increase time 45s to 60s with 15s rest

Add rotation to your Pull and Push

Increase tempo fast pace without giving up proper form

Keep track of HR

Library of exercises available online: <https://crosscore.com/user-guide/>

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