



ROCK & ROLL

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OVERVIEW

Let's rock out on the bike and then roll your way to a stronger core and upper body with this fast-paced fusion workout. Fusion workouts are an efficient way to get in both cardio and strength when time is limited. Using simple yet effective strength exercises on the Ugi® ball after rocking out on the Spinner® bike with some intervals, each rider will be able to challenge themselves to their own degree. See how the fusion of these two programs can elevate you to be the strongest version of yourself in a short amount of time. Let's rock and roll!

OBJECTIVES

1. Explore the Ugifit® program and equipment.
2. Guide attendees proper use of the Ugi® ball along with regressions and progressions.
3. Provide attendees with a Spin® Fusion workout experience combining a ride and a Ugifit® workout.

SUMMARY

Spin® Fusion allows your attendees to achieve big results in a short amount of time. This is the perfect workout for those who don't have a lot of time to spend in the gym. Combining a Spinning® session with strength is fun and effective...so why not take it up a notch by using a weighted, squishy unstable surface! Like what you experience? Take the Ugi® ball home to YOUR studio (see the demo sale booth for details).

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