

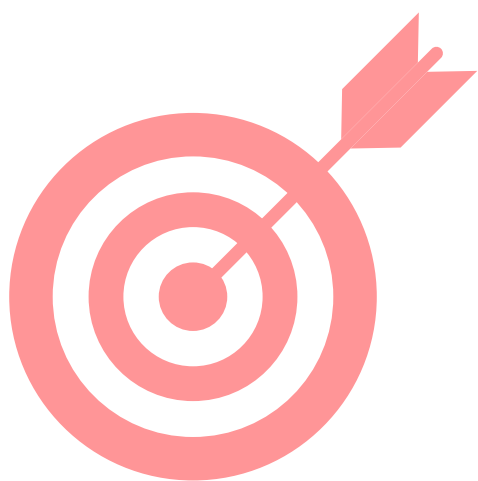
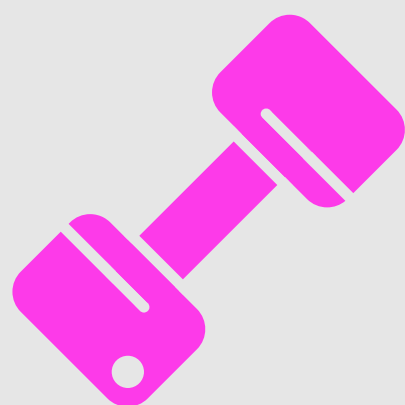
# Workout Definition Guide

## DIFFERENT TYPES OF WORKOUTS

### STRENGTH WORKOUTS

*Goal: Grow, Strengthen, Sculpt, & Maintain Muscle*

- Generally 20+ minutes
- Uses strength training protocols
- Little to no cardio
- Moderate heart rate & utilizes rest periods



### SPOTLIGHT SESSIONS

*Goal: Grow, Strengthen, & Sculpt Specific Muscles*

- <20 minutes
- Uses strength training protocols
- Focuses 1-2 specific muscle groups
- Moderate heart rate & utilizes rest periods

### CARDIO CLASSES

*Goal: Improve Heart health, Move more, Fun!*

- 20+ minutes
- Uses cardio training protocols (aerobic)
- Little to no equipment
- Heart rate range: 50-70% of max



### QUICK HIITS

*Goal: Heart health, Burn calories, Muscle sparing*

- <20 minutes
- Uses HIIT training protocols (anaerobic)
- Little to no equipment and moves FAST
- Heart rate range: 70-90% of max

### FLEXIBILITY & FORM

*Goal: Improve form, Range of Motion, & Function*

- Can be any length of time
- Lengthens muscles & improves overall function
- Corrects muscle imbalances & prevents injury
- Great before OR after a workout

