

# MOXY's November Session

## ALL NEW Classes

### “Back & Glutes”

For a society that spends WAY too much time hunched forward, it will benefit us ALL to work the muscles that counteract this position. Pull-up progressions, Hamstring Bridges on the ball, Renegade Rows and more....

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### “Sweat Box”

Spend 10 minutes in each Sweat Box, recover for 5 minutes and then move on to the next one. Use your 5 minutes of recovery wisely, because each 10 minute Sweat Box can feel like an hour.



### “Ladder Workout”



What goes UP, must come DOWN. Ladders can be strength, cardio or anaerobic work....or most likely a combination of all three. 10x's, 20x's, 30x's, 40x's 50x's 40x's, 30x's, 20x's, 10x's ...You're familiar with the drill. :)



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### “Cardio Mix-Up”

Saturdays will still focus on Cardiovascular Endurance, but to continue making fitness gains you must keep the body guessing. We'll do this by having a different focus to each cardiovascular workout:

- Strong & Steady
- Time Trial
- Hill Work
- Tempo
- Strong Finish

### “Vitamin A”

More and more studies are proving that Vitamin A (Anaerobic, that is) is more effective in improving fitness than it's long haired cousin, Vitamin C (Cardiovascular, that is). Get your daily dose of Vitamin A in these workouts - Suicides, sprints, stair repeats, Squat thrusts and more.....

### “Agility, Rope & Core”

Jump ropes, cones, ladders, quick feet, plank, medicine balls, balance boards, etc.



\*\* Session runs October 27-November 24. Workouts will be held both indoor & outdoor. Indoor workouts are at either Tahoe Gymnastics or Escobar Training Grounds. Workouts are M, W, F & Sat morning @ 6am. Cost of session is \$99.