



METAFIT **A GAME WORKOUT**

Hi Guys,

The A Game workout is here and will be available to download from the site from 4pm on the 15th. This workout has some old and new moves in, so be sure to watch the demo video, make a note of all the teaching points and progressions/regressions and then have a practice of these sport related exercises.

Do not share the tracks with non subscribing or non trained instructors and or clients. Do not put our trademarked workouts online, we are a live class taught by qualified fitness professionals.

The 'A Game' is 21 minutes long and has 3 rounds of exercises with random work rest times for each. Every round finishes with a nasty back to back press up matrix and then a final a press up finisher!! so we recommend that you take time in the warm up to demo correct press up technique and let everyone know the regressions, they may start with full ones but we doubt they will be able to finish with them! the Telemark turns, downhill holds and ski jumper will need good demos too.

Ski Jumper
Agility Sprint
Downhill holds
Zig Zag Skater
Volleyball Block
Pop Ups
Telemark Turns
Long Jump

Press Up Matrix at the end of each round, 15 seconds on each Wide, Narrow, Split and finally 180 Jump press ups, with 20 seconds between rounds.

Each round is completely random, and the finisher goes twice through the 1 minute press up matrix, NASTY! Download the track, use the media pack to advertise, practice the moves and let us know how you get on.

Metafit HQ

Download A Game Workout now at
www.metafit-training.com

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