
**How Fitness Leaders Can Thrive in the Shift from
Training In-Person to Training Online**
presented by Alison Landry

Format 1: Cardio

Lunge + front raise swing
Lunge pulse + jab jab
Squat jump + push and press weight
Squat low tap side to side + alt press

Jack + split lunge
Low squat jack + squat pivot
Inchworm + knee

50 or 100 rep Challenge

50 Jack presses
50 Alt front raise
1 min triceps over head

50 forward back lunge (R)
50 forward back lunge (L)
1 min dead lift

50 up down plank
50 ab tuck
1 min bicycle

PYRAMIDS

45, 30, 20sec (or 30, 20,10 reps)

Squat pulse (weighted)
Plea + alt curls
Squat press + alt side leg

Squat forward and back
Squat single weight swing + jump or stand
Lunge press (R)
Lunge press (L)

10-1 Pyramid

Rhomboid back circles
Shoulder push outs
Triceps kick back

Lunge curl + stagger lunge row (R)
Lunge curl + stagger lunge row (L)
Wide squat + narrow squat curl

The Chipper: How many rounds can you do in 10 min

50 - Jab + jacks
40 - Mountain climber
30 - Squat press + alt side leg
20 - Split lunge
10 - Burpee