 Body Shred

 Syllabus

BODYSHRED™ is a 30-minute high intensity, fun and effective interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core.

You will shed fat, define muscle, rev up your metabolism and transform the look of your entire physique, and dramatically enhance your overall health and athletic performance. The workout is 30-minutes which provides participants with the opportunity to review the moves that will be performed during class and perfect Jillian’s unique “shredder” exercises that will be presented in the workout.

Class Format

All BODYSHRED classes utilize the Jillian Michaels 3-2-1 Format as the foundation for each of the four 6 minute high intensity circuits. Within the 3-2-1 format, the exercises are performed back to back without rest for 30 seconds each. Every 30 seconds, there is a different move specific to resistance, cardio or abs/core.

**3 minutes of resistance training**- six 30-second bouts of muscular conditioning and power moves, using body weight and/or light weight dumbbells.

**2 minutes of cardio**- four 30-second bouts of high intensity endurance moves.

**1 minute of core**- two 30-second bouts of abs or core-centric moves for active recovery.

Within 24 minutes of consecutive circuits is preceded by a 3- minute active warm-up and concludes with a 3-minute dynamic stretch cool-down.

Overall Benefits

* Cardiovascular endurance and stamina, stimulating the circulatory system, blood oxygenation and release of endorphins
* Metabolic function and calorie burning potential for greater fat loss
* VO2 and stroke volume higher than steady state, continuous aerobic exercise only
* EPOC (Excess Post-exercise Oxygen Consumption), increasing after burn effect
* Intrinsic joint strength and muscle balance will activate functional and core strength
* Joint mobility and dynamic flexibility
* Recruitment efficacy of smaller, deep stabilizing muscles and resiliency of connective tissue intensifies whole body training and dynamic balance
* Improves Athletic Performance

**Student Assessment:** Students will create a body shred circuit. Students will demonstrate and teach a total of 5 minutes utilizing the 3-2-1 concept. 3 minutes of resistance training (3 movements that repeat), 2 minutes of cardio (2 movements that repeat), 1 minute of core (2 movements).