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| **Vocab** | **What it is** | **Example** |
| Combos | Two moves, performed one after the other in sequence, not at the same time. | Lunge **to** a biceps curl, squat **to** overhead press |
| Mash Ups | Two moves executed simultaneously. | Lunge **with** a Biceps Curl, Squat **with** Overhead Press |
| Active RecoveryAR | Is core/abdominal exercises to recover the heart rate. Two 30 second bouts of abs or core-centric moves. | Abdominal crunch & plank for 1 minute |
| 3-2-1 | Represents the timing of each segment of a Circuit Block in Bodyshred; 3 min. resistance, 2 min. cardio, 1 min. active recovery-abs/core. | Circuit Block |
| Resistance Training | Six 30 seconds bouts of muscular conditioning and power moves, using body weight and/or light weight dumbbells.  | Tricep dips, bicep curl with dumbbells.  |
| Cardio Training | Four 30 second bouts of high intensity endurance moves | River dance, jumping jacks |
| BODYSHRED | Is a high intensity, holistic resistance and endurance based fitness plan, involving synergistic, 3-dimensional body dynamics that explore the scope of movement possibilities to maximize athletic performance and metabolic potential in 30 minutes. | 30 minutes, includes warm-up, circuit blocks and cool down. |
| SHRED | S- Synergistic, H-High Intensity, R-Resistance, E-Endurance, D-Dynamics | Jillian Michaels defines SHRED |



BodyShred Study Guide