“TRAIN HARD, TRAIN SMART, GET SHREDDED”

*Check out Bodyshred*

Suffolk Zone Spring 2015

**BODY SHRED** *is a fitness class designed by Jillian Michaels*.

BODYSHRED™ is a 30-minute high intensity, fun and effective interval/circuit workout divided into 4 circuits each 6 minutes that includes; 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core in every circuit.

If you’re a fan of the reality show *The Biggest Loser,* you’ll recognize that ripped physique and intense personality from trainer Jillian Michaels! Jillian partnered with Crunch Gyms to bring her brand of Bodyshred Classes to inquiring fitness enthusiasts.

Speaking of fitness enthusiast, I consider myself to being a bit of a fitness enthusiast. I have been instructing fitness for over 10 years receiving certifications in AFAA group fitness, Zumba, Rebound, Sport-Fit and recently, I have received my Bodyshred Certification. I have been instructing Bodyshred classes for 3 months and included this 4 week program into my Dance/Fitness Curriculum at Hampton Bays High School and also started teaching the Bodyshred class after school for teachers and students. Everyone seems to love this type of workout! In just 30 minutes it’s the perfect calorie buster for those short on time.

This class definitely will leave you breathless! 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. Bodyshred packs in so many different exercises you barely have enough time to wipe away the sweat dripping into your eyes! There are over 250 separate exercises for instructors to teach with and none of the classes repeat circuits so your body will never adapt. This 3 dimensional, full body, dynamic metabolic training delivers literally a non-stop class for 30 straight minutes. Jillian’s unique “shredder” exercises keep it fun and motivating.

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. 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.

*It’s like nothing you’ll ever experience*!

*This cutting edge group exercise class explores the scope of movement possibilities to maximize athletic performance and metabolic potential! Check out Bodyshred!*



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