

FIRESTORM

HOLLYWOOD

PANTHERS GRAVITY

ROMANS FLAMINGO

22 BROOKLYN

TRAILBLAZER

WINGMAN

QUARTERBACKS

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DOCKLANDS

ANGRY BIRD

TEMPLARS

RENEGADE 3-PEAT

F45 TRAINING SUPER SERIES 2016

Our philosophy integrates the parts that make a fit and healthy body. More importantly, it does so in a way that is motivating, innovative and enjoyable. The programs are grounded in behaviour movement so they achieve results while avoiding injury. For us, it's not enough to track your workouts and nutrition - you need to know what to do with the information. As you'll find, our innovations and variations do a great job of this.

F45 offers an extensive range of training programs all of which incorporate a challenge that keeps you involved and eager for more. We put our experience, expertise and creativity into every program so you get results and a great deal of fun.



SUPER SERIES
2016



“ I never worry about diets. The only carrots that interest me are the number you get in a diamond.

Mae West

FIRESTORM: INTERVAL CIRCUIT

There are 54 stations and no getting off. That's because Firestorm is no ordinary high intensity interval circuit. You and 22 comrades will laugh and cry as you work your way around. Meanwhile, your heart will be wondering what it ever did to you to deserve such treatment. Good luck.

FUNCTIONAL POINTS

- ⦿ cardio based
- ⦿ follow the leader style course
- ⦿ 45 minute session
- ⦿ 27 to 54 stations
- ⦿ timing
35sec work : 10sec rest
- ⦿ 27 team members



HOLLYWOOD: CIRCUIT

Forget everything you've heard of Hollywood, this is the stunt version. 45 minutes of high intensity interval circuits around 27 stations that will put your strength, core stability and cardiovascular endurance under the brightest of spotlights. It's a test of strength and, even more, a test of willpower.

“ I do 5 sit-ups every morning. May not sound like much, but there's only so many times you can hit the snooze button.

FUNCTIONAL POINTS

- ⦿ resistance and cardio based
- ⦿ follow the leader style course
- ⦿ 60 minute session
- ⦿ 27 to 54 stations
- ⦿ timing
40sec work : 15sec rest
- ⦿ 27 team members



FLAMINGO: ATHLETICA

Get leaner, faster and more agile in a 45 minute cardio session that will have you sweating and gasping for air. Meanwhile, your now Zen-like mind will be wondering how the time went so quickly. It's team-based, intense and a great way to rid yourself of 820 calories.

“ The second day of a diet is always easier than the first. By the second day you're off it.

Jackie Gleason

FUNCTIONAL POINTS

- ⦿ cardio based
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
 - 20sec work : 10sec rest
 - 35sec work : 10sec rest
 - 45sec work : 15sec rest
 - 40sec work : 20sec rest
 - 60sec work : 20sec rest
- ⦿ 27 members

**QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT**



ROMANS: RESISTANCE

Resistance meets functional movement patterns in a full body burn. And we mean burn. You'll walk out, or possibly crawl, with your body cut like a diamond. Better still, by activating muscle mass you'll burn calories while you sleep. And don't be shy girls, it's scientifically proven that resistance based training can actually burn more calories than cardio.

“ My therapist told me the way to achieve true inner peace is to finish what I start. So far I've finished two bags of M&Ms and a chocolate cake. I feel better already.

Dave Barry

FUNCTIONAL POINTS

- ⦿ resistance based
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
35sec work : 25sec rest
- ⦿ 27 team members



PANTHERS: FUNCTIONAL & RESISTANCE

It's the Royal Flush of training: strength, endurance, combat prowess, cardiovascular and three bucket-loads of sweat. It's hard work and great fun as you learn your true limitations. The session only takes 45 minutes but your endorphins will keep swimming for hours.

“ I decided to take an aerobics class. I bent... twisted... gyrated... jumped up & down... and perspired for a half an hour. But by the time I got my tights on.... the class was over!

FUNCTIONAL POINTS

- ⦿ resistance based
- ⦿ 45 minute session
- ⦿ 14 stations
- ⦿ timing varies
35sec work : 20sec rest
- ⦿ 28 team members

QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT



BROOKLYN: BOXING

They say nothing weak ever came out of Brooklyn and after this session you'll know that's the truth. You'll put your cardiovascular, strength, boxing, MMA and martial arts to the ultimate test, while somehow finding time for a laugh. Unbelievably, this program was designed following popular demand.

“ I don't get why gyms have mirrors... I know what I look like. That's why I'm there.

FUNCTIONAL POINTS

- ⦿ combat, mma, boxing and cardio blend
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
 - 40sec work : 20sec rest
 - 45sec work : 15sec rest
- ⦿ 27 team members



22: PAIRED CARDIO

Pray you get a good partner because you'll be going through hell together. But then, apparently that's the best way to heaven. Welcome to the infamous F45 1,000 calorie killer workout. No muscle escapes our attention since muscle tissue burns 15 times as many calories as fat. Even after your session, your metabolism will still be in overdrive. Listen carefully and you'll hear the calories burning.

“ My doctor told me to stop having intimate dinners for four. Unless there are three other people.

Orson Welles

FUNCTIONAL POINTS

- ⦿ cardio based
- ⦿ 45 minute session
- ⦿ 9 stations x2 exercises on each
- ⦿ timing
 - 20sec work : 10sec rest
 - 40sec work : 20sec rest
 - 45sec work : 15sec rest
- ⦿ 27 team members

QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT



WINGMAN: PAIRED RESISTANCE

Grab a buddy and share the pain as you kick the butts of 800 calories in this supercharged session. 'Believe and squeeze' as you exercise your right to functional movement patterns for resistance. 45 minutes later you'll walk out with improved energy levels (though it may not feel it at the time), higher metabolism and greater endurance.

“ A lot of people are afraid of heights. Not me, I'm afraid of widths.

Steven Wright

FUNCTIONAL POINTS

- ⦿ resistance based
- ⦿ 45 minute session
- ⦿ 9 stations x2 exercises on each
- ⦿ timing
35sec work : 25sec rest
- ⦿ 27 team members



TRAILBLAZER: RUNNING CLUB

Running with F45 is like no running you've ever done before. It's organised, challenging and great fun for the entire team. Come kill some kilometres.

“ Opportunity does not knock, it presents itself when you beat down the door.

Kyle Chandler

FUNCTIONAL POINTS

- ⦿ Cardio Based
- ⦿ 55 minute workout
- ⦿ fartlek & endurance based
- ⦿ complex body weight movement patterns
- ⦿ plyometric movement patterns
- ⦿ core movement patterns

QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT



GRAVITY: BODY WEIGHT FOCUS

Gravity is bodyweight training but not as you know it. There's minimal equipment and plenty of functional movement patterns for excellent results including greater mobility and calories burned.

“ Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas A. Edison

FUNCTIONAL POINTS

- ⦿ body weight focus based
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
 - 20sec work : 10sec rest
 - 35sec work : 10sec rest
 - 45sec work : 15sec rest
 - 40sec work : 20sec rest
 - 60sec work : 20sec rest
- ⦿ 27 members



“ Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.

Vince Lombardi

QUARTERBACKS: HYBRID CARDIO, AGILITY, RESISTANCE, & PLYOMETRIC BASED

A playbook executed by Russell Wilson is equally as exciting as this workout. Move like Jerry Rice after seeing your fast twitch muscle fibres being re-calibrated by this plyometric workout that activates your phosphate and anaerobic systems.

FUNCTIONAL POINTS

- ⦿ hybrid cardio, agility, resistance, & plyometric based
- ⦿ multiplane fast twitch activations
- ⦿ 45 minute session
- ⦿ 14 stations
- ⦿ timing
55sec work : 20sec rest
- ⦿ 28 team members

QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT



“ With innovation & foresight to forecast fitness trends, F45 is & always will be the market leader.

Rob Deutsch

PIPELINE: STABILITY & CORE FOCUS

Paddling through 14 ft shorebreak sets will become a fitness inevitability if you can get through the F45 pipeline program. Your balance and skill may not allow you to attack a sucky shorebreak set in Waimea but your stability and core will be exponentially improved through this workout.

FUNCTIONAL POINTS

- ⦿ stability & core based
- ⦿ 9 stations
- ⦿ timing
 - 40sec work : 20sec rest
 - 45sec work : 15sec rest
- ⦿ 27 team members



“ Positive anything
is better than
negative nothing

Elbert Hubbard

DOCKLANDS: CARDIO BASED

Feel like you have worked all day on the docks in just 45 B4:I9 Tough, uncompromising and relentless in nature. You will never leave disappointed

FUNCTIONAL POINTS

- ⦿ cardio based
- ⦿ 45 minute session
- ⦿ 12 stations
- ⦿ timing
 - 60sec work : 30sec rest
 - 30sec work : 10sec rest
 - 20sec work : 10sec rest
 - 20sec work : 10sec rest
- ⦿ 24 team members

**QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT**



ANGRY BIRD: RESISTANCE BASED

Born in Soho, the Angry Bird plots revenge in this frightening workout. The seething flames will leave you sweating inside and out

“ I’m opening a gym called “Resolutions.” It will have exercise equipment for the first two weeks of the year then turn into a bar for the rest of it!

Anonymous

FUNCTIONAL POINTS

- ⦿ resistance based
- ⦿ 45 minute session
- ⦿ 15 stations
- ⦿ timing
 - 45sec work : 15sec rest
 - 40sec work : 20sec rest
 - 20sec work : 10sec rest
- ⦿ 30 team members



FOXTROT: KIDS BASED FUNCTIONAL RESISTANCE

Kids beware.. You may experience superhuman power and strength once you try the Foxtrot. Opponents will be gasping for air as you run rings around them on the sporting fields

“ I believe that every human has a finite amount of heartbeats. I don't intend to waste any of mine running around doing exercises.”

Neil Armstrong

FUNCTIONAL POINTS

- ⦿ Kids based Functional Resistance based
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
35sec work : 25sec rest
- ⦿ 27 team members

**QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT**



RENEGADE: KIDS BASED FUNCTIONAL CARDIO

What kid wouldn't want to be leaner, faster, fitter, and more agile. Train like an athlete to move like an athlete in this functional cardio and core based workout.

“ If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late.

Henny Youngman

FUNCTIONAL POINTS

- ⦿ kids based functional cardio based
- ⦿ 45 minute session
- ⦿ 9 stations
- ⦿ timing
 - 20sec work : 10sec rest
 - 35sec work : 10sec rest
 - 45sec work : 15sec rest
 - 40sec work : 20sec rest
 - 60sec work : 20sec rest
- ⦿ 27 members



“ I don't get why gyms have mirrors...I know what I look like - that's why I'm there!

Anonymous

3-PEAT: OBSTACLE CHALLENGE

Everybody loves a challenge. What better way to get battle hardened for the playoffs. Don't stress, you will have a team smashing it out with you.

FUNCTIONAL POINTS

- ⦿ obstacle challenge
- ⦿ 45 minute session
- ⦿ 10 stations
- ⦿ timing
45sec work : 15sec rest
- ⦿ 30 team members

QUARTERBACKS PIPELINE FOXTROT DOCKLANDS ANGRY
BIRD TEMPLARS RENEGADE 3-PEAT



TEMPLARS: PAIRED CARDIO

Buddy up for this medievil bonanza. You will be too petrified to leave your partners side for this one. Don't be, the only thing getting sliced and diced will be the fat cells.

“ Why do people keep their scales in the bathroom? They should keep them in the kitchen. I think I'd feel more guilty eating a packet of Oreos if I knew the scales were watching me.

Anonymous

FUNCTIONAL POINTS

- ⦿ paired cardio based
- ⦿ 45 minute session
- ⦿ 14 stations
- ⦿ timing
40sec work : 15sec rest
- ⦿ 28 team members



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