

F45 PHASE 2 WORKOUTS



22 is a HIIT super-set cardio workout that thrives on intensity. Expect longer sets, shorter rests and a pulsating cardio blast, all while switching with your partners and focusing on endurance and core strength.

MEMBERS:

36

STATIONS:

9

combo

PODS:

3

WORK/REST:

40/20

OR

45/15



3-Peat tests all facets of functional training. The focus of this session is for an individual to test their own fitness levels rather than compete against other people in the room. 3-Peat allows you to find out your strengths and weaknesses from an athletic performance perspective.

MEMBERS:

30

STATIONS:

10

PODS:

1

SETS:

1

LAPS:

3

WORK/REST:

45/15



Angry Bird is a superset resistance workout that uses tempo and timing to get results. The upper body, lower body and core will individually be worked at a different resistance, time and tempo throughout the session. This functional approach will result in an individual feeling stronger, with increased lean muscle mass and increased muscle endurance.

MEMBERS:

30

STATIONS:

15

PODS:

3

LAPS:

3

WORK/REST:

40/15

35/20

20/10



Brixton showcases combat simulation with high intensity cardio moves structured to mimic the training of a fighter. Elements of boxing, MMA, combat and self-defense will be on display. You will experience a cardio and muscle burn unlike any other in the past. If you haven't done combat training before, you are in for a treat and a lot of sweat.

MEMBERS:

18

24

36

STATIONS:

10

PODS:

3

LAPS:

3

WORK/REST:

40/20



The Docklands will question the body and challenge it aerobically. The longer, more demanding sets then progress to short, sharp bursts with little to no rest. Next time you are slaving away in Docklands, remember that just one minute of high intensity work can boost your endurance and your overall health.

MEMBERS:

24

36

STATIONS:

12

PODS:

3

SETS:

1

LAPS:

4



The focus of Foxtrot is to reach maximum cardio threshold and maintain it for as long as possible. A constant change in the work to rest ratio allows you to push your aerobic threshold to full capacity. The response of Foxtrot is outstanding; leaner, faster, and more agile members.

MEMBERS:

24
36

STATIONS:

27

PODS:

1



60 minutes of focus combining the best of strength, cardio, agility, speed, power and high 5's galore. The pinnacle showcase of F45 right here.

MEMBERS:

27

STATIONS:

27

PODS:

1

SETS:

1

LAPS:

2

WORK/REST:

45/15



Mont Blanc is designed for our everyday athletes (you), to train like a professional skier. Athletes of this kind will do vast amounts of resistance training, agility training and general functional cardio/resistance training. Cardiovascular thresholds will be tested and we are excited to give everyday humans the chance to train like a pro.

MEMBERS:

27
36

STATIONS:

9

PODS:

1

SETS:

2

LAPS:

2

WORK/REST:

40/20



The Moon Hopper will add flexibility, strength and muscle endurance to your game. This workout will work through a myriad of isolation, functional resistance and basic resistance movements to target the entire body. This is the complete functional training workout. This workout will test the mind, the body and have you bewildered throughout the intense circuit.

MEMBERS:	STATIONS:	PODS:	SETS:	LAPS:	WORK/REST:
36	18	3	2	1	35/15 40/30



This is a cardio blast with an incredible twist. Following the first lap, half the exercises will flip into completely different movements. You will never quite get accustomed to this phenomenal cardio-only workout. This workout will test every part of what it means to have strong cardiovascular qualities.

MEMBERS:	STATIONS:	PODS:	SETS:	LAPS:	WORK/REST:
36	12	1	1	2	60/30



Panthers is a resistance-based workout, with the key premise built on overload. Panthers is a 45-minute resistance session carefully designed to burn fat and build quality, lean muscle. It achieves this by combining overload techniques and functional movements to the same minor and major muscle groups.

MEMBERS:	STATIONS:	PODS:	SETS:	LAPS:	WORK/REST:
28	14	1	3	1	35/20



Red Diamond is a resistance-based workout, with the key premise being overload. We built this workout for one reason - to build lean muscle mass. Like Panthers, we achieve this by combining overload techniques and functional movement patterns. Most of these lifts will be compound in nature.

MEMBERS:

27
36

STATIONS:

9

PODS:

3

SETS:

4

LAPS:

1



The climax of the week. Saturdays at F45. Mixing 27 strength, cardio, plyometric, core and agility movements in a HIIT format will not only give you an incredibly innovative workout, but physically it will open up all energy systems.

MEMBERS:

27

STATIONS:

27

PODS:

1

SETS:

1

LAPS:

2

WORK/REST:

45/15
35/15



Wingman is the perfect superset workout. Combining compound and isolation lifting, the variety is exceptional in this system. Muscle overload and fatigue is the key to the Wingman. You will be working with a buddy throughout this workout, so find a "wingman" and enjoy this resistance-based system.

MEMBERS:

36

STATIONS:

9

PODS:

3

SETS:

2

LAPS:

1

WORK/REST:

35/25