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GETTING STARTED

LET'S
MOVE!

WHAT IS IT?

Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. *FIGHT FOR IT!*

WHAT WILL I DO?

Group Fight is an explosive cardio workout fueled by MMA moves from inside and outside the octagon. You are your own opponent in this high-energy experience that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training, and more! The hour is divided into ten parts, each with its own objective:

1. **WARM-UP** – Steadily warm your body with simple upper-body boxing moves and basic footwork. Consider this a rehearsal for the workout ahead!
2. **BOX** – Get straight into the workout with upper-body boxing moves. Jabs, hooks, and crosses coupled with authentic footwork keep you on your toes.
3. **MUAY THAI** – Lower-body work is introduced with movements borrowed from the exciting Muay Thai discipline. Think sharp elbow and knee strikes, all with power and gusto!
4. **KICKS** – Consider this a working and rehearsal track combined – concentrating on your kick technique is a great way to define and strengthen your lower body.
5. **MIXED MARTIAL ARTS** – Anything goes! Upper-body and lower-body strikes are combined in exciting and intense combinations, all to take your cardio fitness to a whole new level.
6. **SUPER BOX** – Take the Box track and supersize it! Harder, faster, and more intense. Did we say harder and faster?!
7. **MIXED MARTIAL ARTS** – This second round of Mixed Martial Arts is not all-out like the first. You have a chance to catch your breathe as you prepare for the next working round. Here we train additional elements like balance and kick finesse.
8. **MUAY THAI** – Empty your tank as you hit the final cardio peak by using the best strikes Muay Thai has to offer!
9. **CONDITIONING** – It can be core conditioning, leg conditioning, upper body conditioning, or a combination of each. You will get results!
10. **COOL DOWN** – Stretch and recover with basic flexibility training, with the addition of kata sequences from various martial arts disciplines.

IS IT FOR ME?

Group Fight is for anyone wanting a challenging, athletic, and motivating workout in a realistic time frame. Group Fight would be ideal for:

- ▶ New exercisers, because the workout is a blast and you have the ability to adjust the level of intensity to suit yourself
- ▶ Anyone wanting to add variety to his or her training and improve timing, precision, and focus
- ▶ Women that want great shoulder and arm definition while punching and kicking the stress out of their lives
- ▶ Men that want to get a great cardiovascular workout while getting as far away from “aerobics” as possible

HOW OFTEN SHOULD I DO IT?

Group Fight is a cardiovascular workout, so you can do it once a week in conjunction with other workouts or you can do it most every day as your primary exercise routine. A beginner to exercise would not want to do too much too soon, but as fitness levels and the ability to recover improve, workout volume and intensity can increase. How you feel is the best gauge of your body's recovery needs between workouts.

HELPFUL HINTS?

These tips will ensure your success and enjoyment:

- ▶ Wear comfortable workout attire in which you can get sweaty. Most people wear shorts and a t-shirt or athletic wear. A loose pant is recommended due to the kicking nature of the class.
- ▶ Wear comfortable athletic shoes. Training-style shoes are recommended because there is a lot of lateral movement in Group Fight. While running shoes will work, they are designed for moving forward and do not offer much lateral support.
- ▶ Bring a water bottle and a towel.
- ▶ Arrive 15 minutes before the scheduled time and introduce yourself to the instructor. The instructor will answer any questions you may have to help put you at ease.
- ▶ Stand close to the center of the room so you can see the instructor clearly. It is not necessary to be at the front, and having a couple of other participants in front of you can help provide visual movement information.
- ▶ You should feel comfortable at any point to stop to rest or even only doing 15, 20, or 30 minutes of the workout. As you progress you can do more.
- ▶ Catch up with the instructor at the end of Group Fight to ask questions and to check in about your experience.

HOW WILL I FEEL?

It is perfectly normal to feel apprehensive prior to doing Group Fight. Once you get your first workout out of the way, much of that apprehension will disappear. Remember, there is safety in numbers. You will be amazed at how many others will be willing to help you.

During the workout, time will fly! You might experience mixed emotions. Just go with it. Remind yourself you are new. Adults often have very high expectations of themselves, but you have to start somewhere. It might seem like Group Fight is moving a little faster than you would like. That is simply because the terminology and movements may be new to you. With each workout, you will become more comfortable and confident.

You will be excited to get your first Group Fight experience under your belt. Keep in mind that you may be sore for several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Just have fun during your Group Fight experience as you build fitness, confidence, and a sense of accomplishment!