

# WIN THE NEW YEAR WITH INNOVATION



WORKOUT – 3PM CST

## Innovation Lab Sneak Peek: Functional Strength

### WE CAN'T WAIT TO SEE YOU THERE!

Here's a few things to keep in mind for joining the yet-to-market workout with Erin Maw, Functional Strength:

#### WHO

This session is meant for anyone and everyone with interest in new strength-based programming! Group Fitness Managers and Instructors will gain a great amount of insight on what the workout has to offer and how this can work with your current offerings.

#### EQUIPMENT

A full set of equipment is ideal for this workout to be effective. Be sure to have a barbell with light, medium and heavy plates, a step/bench, hand weights, and a resistance band.

#### A/V

This workout will be livestreamed straight from Auckland using top-notch technology. Take a look at the below recommendations for the best experience!

**GOOD:** Full equipment set up at home and plugged into a large TV

**BETTER:** In your club's studio with full equipment and a large screen or projector

**BEST:** In your club's studio with full equipment and a large screen or projector with your leadership and fitness team!