

FITBOD

FUNCTIONAL TRAINING



Apolo is a core based workout using suspension straps to control the pace of your movements and challenge your core stability. This training will aim to improve your overall body core strength.



Ares is a plyometric style training focusing on explosive movements targeting the whole body. This class will be mainly bodyweight exercises testing your endurance and stamina.



Hades is a workout where you will have your own individual station to exercise. This will allow less resting time for a more intense workout. The class is aimed to challenge the body in all areas.



Poseidon is a circuit style class using specific stations to help target every part of the body. This will challenge the body using multiple types of training including weighted, bodyweight, cardio and stability



Zeus is a weights based class involving barbells, dead balls, Kettle bells and other equipment which will challenge the body under resistance. This training aims to improve your endurance, strength and fitness.



Olympus is a variation of all of the above mentioned classes. There will be no consistent regime with this training which means you will be challenged differently each and every time.