

Classic Class Template

| Segment | | Time |
|------------------------------------|------------------------------------------------------------------------|------|
| Warm-Up and Range of Motion | | |
| Work | Resistance Tool 1: Resistance Tool 2: Resistance Tool 3: | |
| Cool-Down | | |
| Final Stretch | | |
| Relaxation | | |

Cue for breathing, posture, hydration and perceived exertion