

# WHAT IS IT?!



**CONSTANTLY  
VARIED**



(DIFFERENT EVERY SESSION)

**FUNCTIONAL  
MOVEMENT**



(HOW WE MOVE IN REAL LIFE)

**HIGH  
INTENSITY**



(HEART RATE GOES NORTH)

**WE START  
HERE**



**AND BY USING THIS**

**NEUROLOGICAL  
FITNESS**

BALANCE  
COORDINATION  
AGILITY  
ACCURACY

**PHYSICAL  
SKILLS**

STRENGTH  
FLEXIBILITY  
ENDURANCE  
STAMINA

**WE ADD IT TO THIS:**  
BY USING A **COMBINATION**  
OF WEIGHTLIFTING, GYMNASTICS,  
RUNNING & ROWING, WHICH  
IS ALL **SCALED** TO SUIT  
YOUR **LEVEL OF ABILITY**

**ESSENCE  
OF FITNESS**



**POWER + SPEED**

**AND THEN BY:**

- FOLLOWING THE WOD'S
- DEVELOPING YOUR SKILLS
- EATING WELL
- WORKING ON YOUR MOBILITY

**IT GETS US:**

**INCREASED WORK CAPACITY  
OVER BROAD TIME & MODAL DOMAINS**

**WHICH MEANS!**

**WE CAN DO MORE IN ANY AMOUNT  
OF TIME AT ANYTHING WE WANT TO DO**

**"REAL FITNESS"**