

Split SplAsh Template

Recommended Music BPM: 128- 133

Objective: To fill in the template with the exercises of your choice. Pair with your "Go To" Warm Up & Cool Down. Template as is approximately 35 minutes of class time. If you would like a spreadsheet version of this template, please email Ashley – ashley@bagelfit.com

Interval 1 - 4x (30:20:10) – 4mins

4 Exercises - :30 Hard, :20 Harder, :10 Hardest

Work Exercise 1

Work Exercise 2

Work Exercise 3

Work Exercise 4

Interval 2 - 4x (45:15) – 4 mins

4 Exercises - :45 Work/:15 Recovery

Work Exercise 1

Recovery 1

Work Exercise 2

Recovery 2

Work Exercise 3

Recovery 3

Work Exercise 4

Recovery 4

Interval 3 - 2x (40:20,30:15, 20:10) – 4.5 mins

1 Exercise per Round (Two Rounds)

:40 Work/: 20 Recover, :30 Work/:15 Recover, :20 Work/:10 Recover

Recovery can be complete rest if you choose

First Move 1

Recovery 1

Second Move 2

Recovery 2

Interval 4 - 8x (20:10) – 4 mins

Tabata Interval - 8 Exercises :20 Work/ :10 Rest

Work 1

Work 2

Work 3

Work 4

Work 5

Work 6

Work 7

Work 8

Interval 5 - 4x (30:20:10) – 4mins

4 Exercises - :30 Hard, :20 Harder, :10 Hardest

Work Exercise 1

Work Exercise 2

Work Exercise 3

Work Exercise 4

Interval 6 - 4x (45:15) – 4 mins

4 Exercises - :45 Work/:15 Recovery

Work Exercise 1

Recovery 1

Work Exercise 2

Recovery 2

Work Exercise 3

Recovery 3

Work Exercise 4

Recovery 4

Interval 7 - 2x (40:20,30:15, 20:10) – 4.5 mins

1 Exercise per Round (Two Rounds)

:40 Work/: 20 Recover, :30 Work/:15 Recover, :20 Work/:10 Recover

Recovery can be complete rest if you choose

First Move 1

Recovery 1

Second Move 2

Recovery 2

Interval 8 - 8x (20:10) – 4 mins

Tabata Interval - 8 Exercises :20 Work/ :10 Rest

***You can also choose to alternate between four or two exercises.**

Work 1

Work 2

Work 3

Work 4

Work 5

Work 6

Work 7

Work 8