Session Outline for FitnessFest Az

Stroops® - Surefire Slastix

Carolynannerickson@gmail.com

1. Stroops® Philosophy
2. Stroops® Brief History
3. What is integrated training?
4. Comparisons, Similarities and Differences:

Slastix to Naked Tubing  
 Slastix to Weights

1. The Stroops® Proprietary Training Zones

Safety Zone Training Zone Danger Zone

1. Linking and Stacking
2. Activity Based Load Design

Assist Resist React

8. Multiple Angle Variation Training

9. Stroops® Circuits: Endurance Circuit

Metabolic Circuit

**Today’s Workout**

Equipment Used: Connectus, VITL Kits

15 SOTB Pros and 15 extra Swivel Belts

Work to Rest Ratios: 30:30

Length of Circuit: 60 minutes

Connetcus and VITLS Enough for 36 people, Preferable same number of people using SOTB so we can rotate.

Everybody owns their own station, has foot straps on and a belt. 2 Slastix are mid and 2 are low

Warm Up Center Floor 5 minutes

Exercises:

1. Mid, Handles, FA, shuffle jabs

2. Low, Right Foot, ankle strap, FA extension (clip behind)

Repeat 1 and 2 (Use other foot)

3. Low, Both feet, ankle straps. FA, Mountain Climbers (Clip)

4. Mid, Belt, Face side, Lateral Skaters

Repeat 3 and 4 (face other direction on Skaters)

5. Mid, belt, FT, Alt front lunge

6. Mid, handles, FT, bicep with rev alt lunges

7. Low, ankle straps, FT on back, bicycle crunches (clip bottom)

8. Low, handles, FT, jumping jacks

9. Low, one foot strap, face side, side lunge to abduction

10. Low, One Handle, FT in Plank, Plank Pull single arm

Repeat 9 and 10

16 minutes

ROTATE

SOTB Pros

Partners, preferable up to 30 people using 15 ropes. 30 belts

Set Zones

Everyone wears belts One Partner sitting at all times

1. Back pedal, FT

2. Run, FA

Repeat 1 and 2

3. Bear Crawl, FA

4. Karaoke, F Side

Repeat 3 and 4

5. Consecutive explosive jumps, FA

6. Rev Crab Crawls FT

Repeat 5 and 6

7. Skips, FA

8. Run forward, Alt. side shuffle back, FA

Repeat 7 and 8

16 minutes