**FITNESS SUPER SHUTTLE**

The Fitness Super Shuttle workout is a high intensity, fat burning/strength and conditioning workout which uses a wide variety of fitness equipment including indoor training sleds, body bars, med. balls, wt. plates...etc. to shuttle indoors or out in the most innovative ways to build your students not only physically but mentally. Whether you want your students to lose fat or gain muscle, this unique, challenging workout will push their limits that they didn’t know they could reach! So, if you want your P.E. students to improve their fitness levels or your athletes to become super explosive and strong , you won’t want to miss this experience to learn more about a cutting-edge, super fun workout which will achieve huge results!

**Lesson-**

-Format: Students get into groups of 5 or 6 (depending on class size) and hustles to a designated colored cone. The first two students in each line hustles to the same color cone on the opposite side of the gym. (See diagram below) Place all equipment on the baseline of gym.

-Execution of Lesson: From the START line (see diagram), the first person in each line hustles and gets the teacher-designated piece of equipment from the baseline. Example: Everyone runs and grabs one training sled and brings it back to the START line. On the GO signal by the teacher, the students shuttle (runs with) the designated equipment to the next person who is directly across the gym from them. They then shuttle it back to the next person across from them. This continues until the teacher stops the music or blows the whistle. The time allotment is usually 1-2 minutes per equipment. The time varies w/ different equipment used.

-Variations: 1. Assign the students at the end of each line to do a secondary exercise/stretch

to do while waiting.

2. Allow students to check their heart rate while waiting. (I use Instapulses)

3. For smaller classes, or to make the lesson more challenging, send only one

person to the other end to allow for a shorter recovery time.

4. For larger classes, add more cones/equipment to lessen the “down” time.

5. Try to group students by similar strengths.

6. Add a half court wind sprint on one side or both sides following the passing

of each piece of equipment.

XXX Red X X

XXX Yellow X X

XXX Green X X

XXX Blue X X

XXX Purple X X

XXX Orange X X

**START**

***\*Training Sleds* Body Bars Med Balls Jump Ropes Scooters Batons**

**Stability Balls Hex Bars Hurdles**