

# GETTING STARTED

## WHAT IS IT?

DEFEND TOGETHER is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

## WHAT WILL I DO?

Defend Together is an explosive cardio workout fueled by MMA moves from inside and outside the octagon. You are your own opponent in this high-energy experience that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training and more! The hour is divided into ten parts, each with its own objective:

1. Warm-Up – Steadily warm your body with simple upper-body boxing moves and basic footwork. Consider this as a rehearsal for the workout ahead!
2. Box – Get straight into the workout with upper-body boxing moves. Jabs, hooks and crosses coupled with authentic footwork keep you on your toes.
3. Muay Thai – Lower-body work is introduced with movements borrowed from the exciting Muay Thai discipline. Think sharp elbow and knee strikes, all with power and gusto!
4. Kicks – This is your working and rehearsal track combined. It concentrates on your kick technique as a great way to define and strengthen your lower body.
5. Mixed Martial Arts – Anything goes! Upper-body and lower-body strikes are combined in exciting and intense combinations, taking your cardio fitness to a whole new level.
6. Super Box – Take the Box track and supersize it! Harder, faster and more intense. Did we say harder and faster?!
7. Mixed Martial Arts – This second round of Mixed Martial Arts is not all-out like the first. You have a chance to catch your breath as you prepare for the next working round. Here we train additional elements like balance and kick finesse.
8. Muay Thai – Empty your tank as you hit the final cardio peak by using the best strikes Muay Thai has to offer!
9. Conditioning – It can be core conditioning, leg conditioning, upper body conditioning or a combination of each. You will get results!
10. Cool Down – Stretch and recover with basic flexibility training and the addition of kata sequences from various martial arts disciplines.

## IS IT FOR ME?

Defend Together would be ideal for:

- New exercisers, because the workout is a blast and you have the ability to adjust the level of the workout to suit yourself.
- Anyone wanting to add variety to his or her training and improve timing, precision and focus.
- Women that want great shoulder and arm definition while punching and kicking the stress out of their lives.
- Men that want to get a great cardiovascular workout while getting as far away from “aerobics” as possible.
- Defend Together is for anyone wanting a challenging, athletic and motivating workout in a realistic time frame.

## HOW OFTEN SHOULD I DO IT?

Defend Together is a cardiovascular training workout. This means you can do it once a week in conjunction with other workouts, or you can do it most every day as your primary exercise routine. A beginner to exercise would not want to do too much too soon, but as fitness levels and the ability to recover improve, workout volume and intensity can increase. How you feel is the best gauge of your body's recovery needs between workouts.

## HELPFUL HINTS

- Wear comfortable workout attire that you don't mind getting sweaty. Most people wear general athletic wear. A loose pant is recommended due to the kicking nature of the workout.
- Wear comfortable athletic shoes. Training-style shoes are recommended because there is a lot of lateral movement in Defend Together. While running shoes will work, they are designed for moving forward and do not offer much lateral support.
- Bring a water bottle and a towel.
- Arrive 15 minutes before the workout and introduce yourself to the instructor. They will answer any questions you may have to help put you at ease.
- Stand close to the center of the room so you can see the instructor clearly. It is not necessary to be at the front, and having a couple of other participants in front of you can help provide visual movement information.
- Catch up with the instructor at the end of the workout to ask questions and to check in about your experience.

## HOW WILL I FEEL?

It is perfectly normal to feel apprehensive prior to your first Defend Together workout. Once you get your first workout out of the way, much of that apprehension will disappear. Remember, there is safety in numbers. You will be amazed at how many others will be willing to help you.

During the workout, time will fly! You might experience mixed emotions. Just go with it. Remind yourself that you are new. Adults often have very high expectations of themselves, but you have to start somewhere. It might seem like the workout is moving a little faster than you would like. That is simply because the terminology and movements may be new to you. With each workout, you will become more comfortable and confident.

After you complete your first workout, you will be excited to have it under your belt. Keep in mind that you may be sore for several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Just have fun during your Defend Together experience as you build fitness, confidence and a sense of accomplishment!



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# GET BODY & ATTITUDE STRONG

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