

WORKOUT DESIGN CLUB



**CREATIVE GROUP
FITNESS IDEAS**

Have Fun & Stand Out

WWW.WORKOUTDESIGNCLUB.COM

About Me!



Allow me to introduce myself - I'm Leon Melnicenko, a dedicated fitness professional from Bolton, a town in the vibrant north of England known for its notable figures like Peter Kay, Paddy McGinness, and the beloved Greggs Pasties.

With a distinguished background as a British Commando, I proudly earned my green beret and served with J-Company 42-Commando Royal Marines, stationed in the South of England. The Royal Marines, recognized as the UK's esteemed Commando Force and the Royal Navy's amphibious troops, equipped me with the skills to swiftly respond to global challenges across a broad spectrum of threats and security issues.

During my time in the Marines, I discovered my passion for troop fitness sessions. Each day, a different member of the group would lead the class, and when it was my turn, I discovered my natural talent for creating engaging and effective workouts. This newfound expertise led me to realize my true calling and ultimately steered me away from my Marine career.

With eight years of military service, including a memorable tour in Afghanistan, etched in my memory, I transitioned into the fitness industry and founded my first successful group training business, Sound Fitness Team Training. In addition to conducting ten weekly classes, I also organized corporate team-building sessions at the renowned Wrigley's, the world's largest chewing gum manufacturer.

In 2015, fuelled by a thirst for new adventures, I sold my fitness business and embarked on a journey through Spain, simultaneously developing my latest entrepreneurial endeavour - the [Workout Design Club](#). Settling in the picturesque village of Alcaucín, Spain, I found love with Sophie, my fiancée, and together we are blessed with two incredible children, Alba and Lili.

Driven by a passion for crafting innovative and engaging workout programmes for group fitness trainers, I am committed to empowering fitness professionals like yourself through [The Workout Design Club](#)

Join me on this exciting journey as we unlock new possibilities in the world of workout design, so we can deliver more enjoyable workouts to our clients.

What Is The Workout Design Club?

The Workout Design Club is a database consisting of over 3000 unique group training ideas that you can mix and match to plan the perfect classes for your clients.

Simply search the type of drill you want, and like magic, hundreds of amazing drills appear for you to choose and learn from. Your skill level as a trainer will increase significantly.

Workout Type

- 1-1PT
- AMRAP
- Boxing
- EMOM
- HIIT
- Indoor Friendly
- Tabata Style

Workout Style

- Circuits
- Finisher Drills
- Fun Challenges
- No Running
- Playing Cards
- Song Workouts
- Team Games
- Themed Workouts
- Dice Workouts
- Fitness Tests
- Fun Warm Ups
- Partner Drills
- RPS Drills
- Team Circuits
- Team Work

SEARCH

Workout Name & Description	Drill Time	Group Size	Workout Type	Workout Style
Looper Equipment: 4 Markers Players: 4+ Time: 5 Minutes Method: Ask players to find a partner of a similar ability then set the ...	5	4+	1-1PT	Finisher Drills, Fun Challenges, Fun Warm Ups

Workout Name & Description	Drill Time	Group Size	Workout Type	Workout Style
Play The Field Equipment: 4 Markers Players: 4+ Time: 5 Minutes Method: Have the group run clockwise around a circuit for 10 minutes. A ...	10	4+		Finisher Drills, Fun Challenges, Fun Warm Ups, Team Games

Workout Name & Description	Drill Time	Group Size	Workout Type	Workout Style
Time Trap Equipment: 2 Markers Players: 4+ Time: 10 Minutes Method: Show	6	4+		Fun Warm Ups, Partner Drills, RPS Drills

Fresh Weekly Updates

Each week we design 12 brand-new drills that are added to the date base, so you always have something fresh and new to keep your clients excited.

Here are a small handful of workouts for the site for you to try with your clients.

I hope you like them.

Workout #1: Fame Game

Type: Ice Breaker

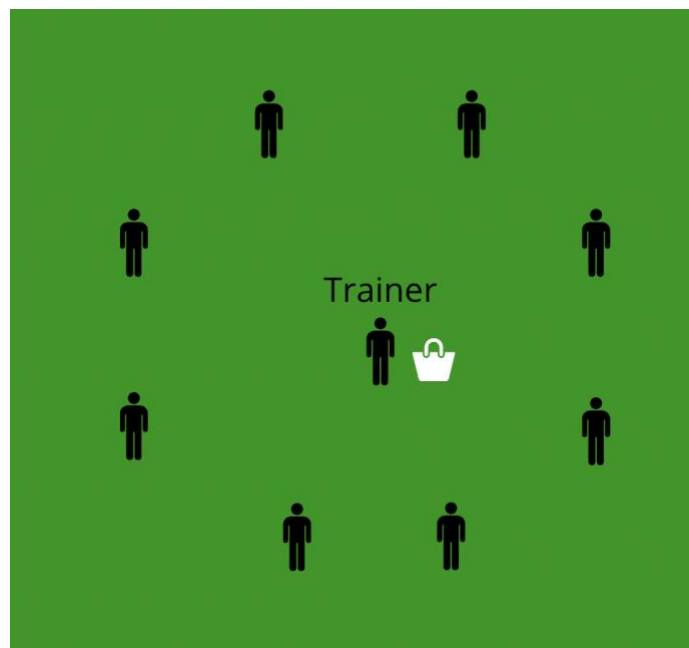
Time: 7 Minutes per game

This drill is best used to introduce new people to the group or to get clients familiar with each other's names and professions.

Method: Ask the group to form a team circle, then place a container full of warm-up exercises at the centre. Write the exercises on bits of paper and fold them up.

Round 1: To start the game, nominate one player to jog out and choose an exercise from the container. The player states their name, profession, and their chosen exercise. The player returns to their position and the trainer demonstrates the exercise which the group completes for 30 seconds.

Repeat the round until each player has had a turn.



Workout #2: Hungry Hippos

Type: Warm-Up Game

Time: 7 Minutes per game

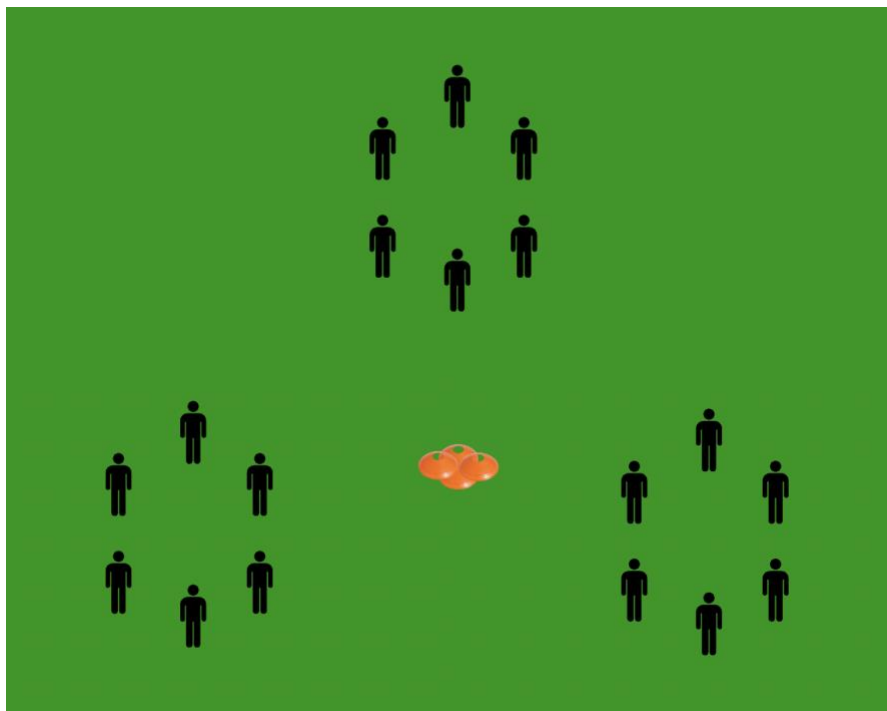
This drill is best used after your pre-warm-up which should consist of light cardio, mobility exercises and dynamic stretching.

Method: Split the group into three teams then place 31 exercise markers at the centre. You don't need 31 different exercises, just choose 7 or 8 and repeat them.

Round 1: A member from each team collects an exercise marker. The team completes the exercise for 20 reps with the player who collected the marker counting.

Teams repeat round 1 until all 31 markers have been collected. The team with the most markers at the end of the game wins.

Rule: After each round, a different player collects a marker.



Workout #3: Time Trap

Type: Warm Up Game

Time: 7 Minutes

This drill is best used after your pre-warm-up which should consist of light cardio, mobility exercises and dynamic stretching.

Method: Ask players to find a partner then show the group an exercise.

Round 1: Partners play rocks, paper, scissors. The winner scores a point and completes the exercise for 30 seconds, and the loser completes the exercise for 45 seconds.

Complete 9 rounds. When the challenge is over, the partner that scored the most points wins, and the losing partner completes a forfeit of 20 push-ups.

Note: Demonstrate a different exercise after each round.



Workout #4: The Quest for Zero

Type: Pulse Raiser

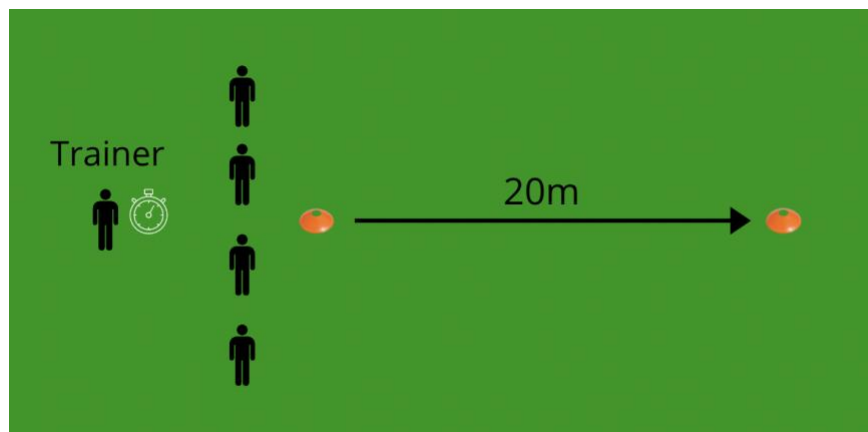
Time: 7 Minutes

This drill is best used for breaking up a strength-based workout with something fun, energetic, and dynamic. It can also be used as a fun finisher.

Method: Line the group out ready for 20-metre shuttle sprints. Players have 5 minutes to complete 50 shuttle sprints counting back from 50. The objective of the challenge is to reach zero shuttles before the time is up.

Note: Give your super advanced participants (if you have any) 4 minutes instead of 5.

Note: For beginners or players who struggle with running. Have them complete 10-metre shuttles by placing a marker at the halfway point. It's much easier.



Workout #5: Carry On Tabata

Type: Main Component

Time: 24 Minutes

This drill is best used as the main conditioning segment of your class.

Method: List six exercises on your whiteboard (2 lower, 2 core, 2 upper) then set your interval timer for 48 rounds of 20/10. Complete each exercise for 8 rounds.

This method of joining up Tabata exercises in one continuous flow is an extremely effective protocol for getting your clients ultra-fit in a very short space of time.

Note: When this workout becomes too easy for your clients, add an exercise to each section which increases the time by 12 minutes.



Workout #6: Would You Rather

Type: Main Component

Time: 24 Minutes

This drill is best used as the main conditioning segment of your class.

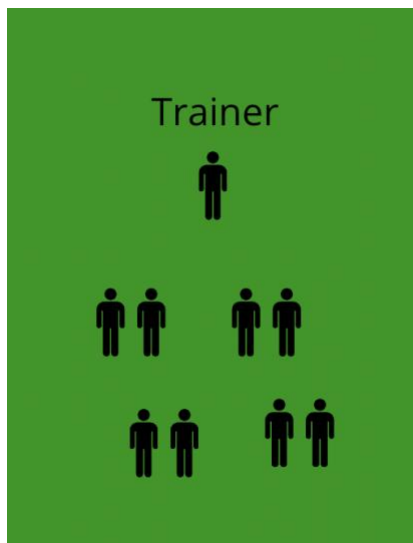
Method: Ask players to find a partner.

Round 1: Show the group two exercises based on the objective of your class. I.e., if your class for that day is lower body, show two lower body exercises.

Ask partners to play rocks, paper, scissors. The winner chooses the exercise they would like to complete, and the loser gets the exercise that is left over. Players complete their exercise for 3 minutes at the ratio 45 work, 15 rest (set your interval timer).

Complete 7 rounds. After each round change the exercises.

Note: Players rest between rounds as long as it takes you to demonstrate the next two exercises. To break things up, you can also include travelling exercises such as shuttle sprints, broad jumps or burpee jump forwards.



Workout #7: British Bull Dog

Type: Team Game

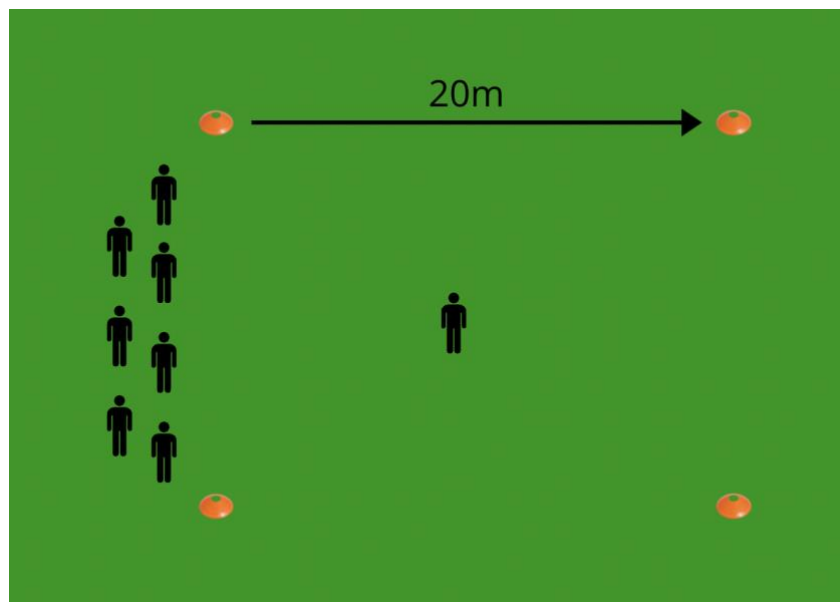
Time: 4 Minutes

This game works well for breaking up a tough workout with something fun and team based. It also works well as a quick finisher, and I have also used it as part of a warm-up.

Method: Nominate one player to be the dog at the centre of the circuit. On command go from the trainer, the bulls attempt to race across to the other side without being tagged by the dog. Bulls that are tagged become dogs in the next round as help tag the bulls.

Repeat the round until only one bull remains in the game. The winner.

Note: I recommend playing three games in total. After each game, start with a different player as the bull. You'll have lots of fun with this.



Workout #8: 1 Miler

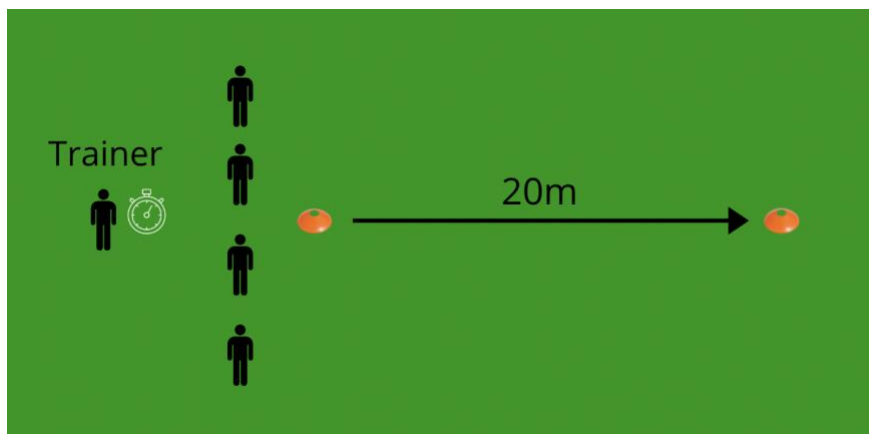
Type: Fitness Test

Time: 8 Minutes

The objective of this drill is to cover the distance of one mile in as short a time as possible. The purpose of the test is to measure cardiorespiratory or aerobic endurance.

Method: Have players complete a 1-mile run in 20-metre shuttle runs for time. 1 Mile is exactly 80x 20 metre shuttle runs. You can have beginners or players with a low level of fitness complete half a mile which is 40x 20 metre shuttle runs.

Note: Completing a 1-miler in shuttle runs offers a different type of challenge from running a loop because you're continuously accelerating, decelerating, and changing direction. Record each player's score and challenge them to beat it in a future training session.



Workout #8: Burpee Beep Test

Type: Finisher Drill

Time: 5 Minutes 50

Becoming proficient in the Burpee exercise can help build a great deal of strength and endurance in a short space of time. And that's why I include them in my programme.

The Burpee beep test can be used for fun, but it can also be used as an effective tool for building strength and endurance over time.

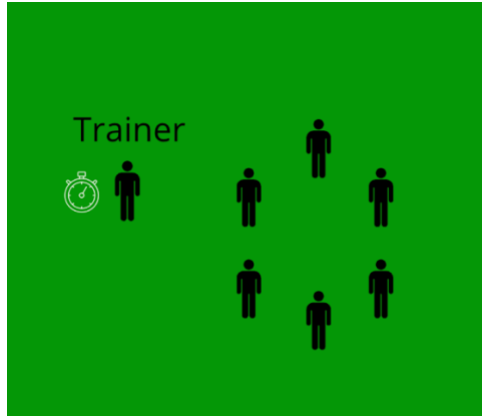
Method: Level 1: Set your interval timer for 50 rounds of 7 seconds work, 0 seconds rest. Complete one Burpee in each round with the push-up until the challenge is complete.

When you have mastered level 1, you can master levels 2, 3, 4 and 5 over time as your fitness increases. Each level decreases in time by one second making it more challenging.

For example:

- Level 2: 50 rounds of 6 seconds work, 0 seconds rest
- Level 3: 50 rounds of 5 seconds work, 0 seconds rest
- Level 4: 50 rounds of 4 seconds work, 0 seconds rest
- Level 5: 50 rounds of 3 seconds work, 0 seconds rest

If you can get to level 5, which is possible, you will have attained an elite level of fitness.



Workout #9: Push-Up Beep Test

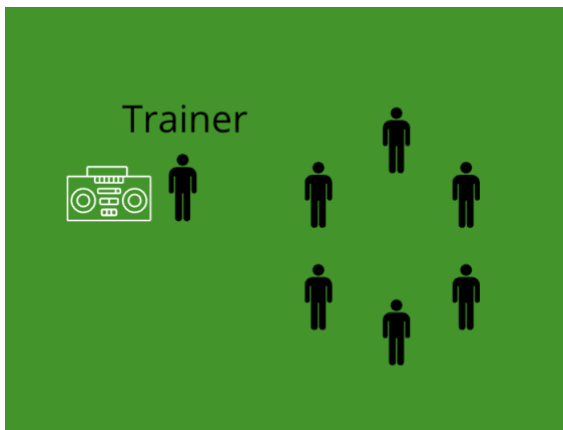
Type: Fitness Test

Time: 5 Minutes

This drill is a fantastic test for monitoring and improving upper body strength and endurance over a set time. For best results, use frequently. For example, use it at the end of your class for six weeks and monitor your clients' results. You'll be surprised how much they progress.

Method: Assume the push-up position with arms fully extended then play the audio. Complete one push-up on each beep until you can no longer continue. Max score, 100.

You can download the test below. <https://bit.ly/2ZFWyRQ>



Workout #10: Moby Flower

Type: Song Workout

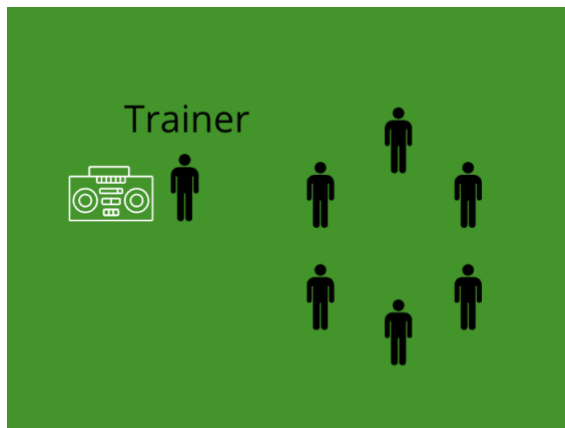
Time: 3 Minutes 38

Song Workouts are short but intense drills that are completed to popular songs where words and phrases repeat. I prefer to use them at the end of my class to finish on a happy vibe.

Method: For this drill, you'll need the song [Moby Flower](#). Start in the low squat position holding a weight that challenges your fitness level. A barbell across the shoulders works well, but you can also hold a kettlebell or dumbbell.

When you hear, green sally up, squat up to standing. When you hear, green sally down, squat down. Green sally down and green sally up repeat for the entire song, so you're completing squats the entire time. The goal is to make it to the end of the song.

Note: The song starts with green sally up, which is why we start in the low squat position. If you see anybody struggling, they can always remove the weight.



Do You What 3000 More?

What I've shared with you today are just 10/3000 creative drills that are waiting for you right now over in the [Workout Design Club](#).

Here are some of the benefits of membership.

- 1: Save time and effort
- 2: Gain access to fresh weekly drills
- 3: Creating fun workout programmes that help attract clients
- 4: Boost client retention
- 5: Better job satisfaction.

At the [Workout Design Club](#), we believe that group trainers should have access to new and innovative ideas, so they can run a popular and profitable group training business.

It all starts with the [Workout Design Club](#).

I hope you've enjoyed the drills on this page, and I hope to connect with you inside our Workout Design Club Facebook group soon.

To your success

Leon Melnicenko

CEO: Workout Design Club

