

THE ESSEN- TIALS.

EMAIL SUBJECT LINE

Tools of the Trade. Boring Workouts Suck.

We make the most out of every workout- nothing complicated, but totally calculated. Every piece of equipment serves a specific purpose. The GT3 workout is designed using multiple modalities to keep you engaged and maximize the outcome.

SOCIAL

The tools of the trade:

Barbell: Arguably the single most important piece of equipment in our workouts.

Kettle Bell: Functional dynamic loading

Dumbbell: Loaded functional stability

Med Ball: Dynamic conditioning

Bands: Speed development and accommodating resistance

TRX: Suspension training and midline stability

Sparc, Bike, Rower: High intensity, low impact

VIDEOS

Share a video, or snips of videos of your team using the equipment, doing proper movement, the benefits of each.

