

# SPOTLIGHT: GROUP BLAST

Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. *HAVE A BLAST!*

## WHY IS GROUP BLAST BETTER?



### ATHLETIC CARDIO TRAINING

Group Blast is a cardio workout that uses The STEP as a training tool. A key feature is that Blast is inspired by athletic training instead of dance. This is a major departure from the “dancey” step classes inspired by complicated choreography from the 80s and 90s. The Group Blast workout is simple and straightforward so that anyone can follow along; the challenge is generated through physical work rather than mental complexity. The athletic design of Group Blast sets it apart from every other step-training program on the market, and it gives participants an even better workout.



### OPTIONS FOR EVERY LEVEL

From first-timers to experienced participants, the Group Blast workout offers options for every fitness level. Instructors are trained to demonstrate versions of exercises with less complexity and reduced impact, as well as high-intensity options if someone wants a harder workout. A new person can choose to do the workout with just The STEP platform on the ground, while an experienced participant might want to use two risers to increase the physical challenge. Every instructor video includes both low and high options for intensity and complexity.



### THREE-DIMENSIONAL MOVEMENT

By using The STEP as an athletic training tool, Group Blast is able to incorporate three-dimensional movement training that is missing from other step programs. The human body is designed to move in every direction and in multiple planes of motion. Many exercise programs focus on moving almost exclusively in the sagittal plane (front to back), occasionally with some lateral (side to side) movements added in. Group Blast balances movement in all three planes of motion, including a healthy amount of rotational movements. This balanced training protocol improves performance in sport and everyday life.



### PROFESSIONAL PLAYLISTS

Group Blast is a sound-designed experience that maximizes the physical and emotional enjoyment for everyone in the room. The professionally developed playlists provide something for everyone, with a variety of musical genres and decades. Whereas some other programs that use “original” tracks cannot be altered, the high-quality reproductions in Group Blast are edited to balance out work on both sides of The STEP. Expert audio engineering can also add sound effects, such as a coach’s whistle, to give the workout an even more authentic feel.



### COMPREHENSIVE CARDIO WORKOUT

Group Blast uses an integrated approach to program design that gives participants sweat-inducing cardio plus more! The workout also includes training for strength, agility, balance, plyometrics, mobility, and conditioning that focuses on the core and the upper body. These aren't just side effects of Group Blast – they are intentional elements that participants notice and remember. Because the program is so well rounded, members keep coming back time and time again.



### COEXISTS WITH FREESTYLE

Because Group Blast is so much more than just a traditional step class, your facility can keep your highest performing freestyle class(es) on the schedule. Group Blast will provide a consistent alternative that is less “instructor dependent” because the programming is consistent and high quality across the board.