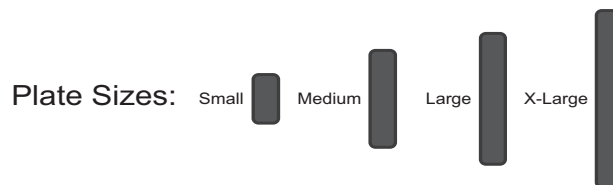




WEIGHT RECOMMENDATIONS

Group Power® is *YOUR HOUR OF POWER!* Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! *POWER UP!*

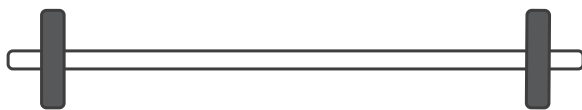
This sheet is a visual reference for the recommended starting bar weight selections in a Group Power workout. Group Power is all about building strength, as well as muscular endurance. These recommendations may seem on the low side to some people, but keep in mind that you will be doing a relatively high number of repetitions. The recommendations are designed to be challenging while still allowing you to concentrate on proper technique. You will surely increase your weight in the future, perhaps in the next class for some of the tracks, but this is a good starting place for many people. Of course, you can use lower or higher weights if you prefer.



FEMALE

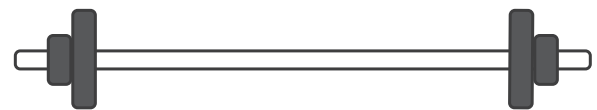
TRACK

MALE

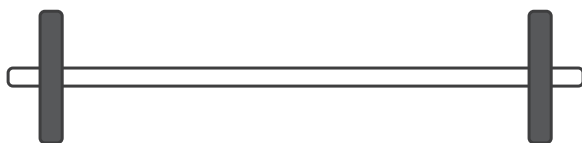


Mediums

WARM-UP

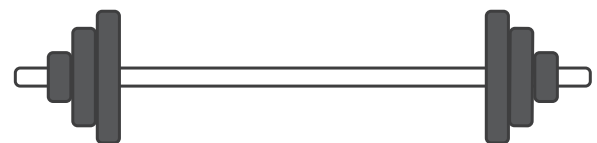


Mediums & Smalls

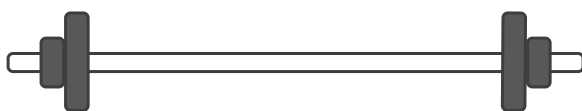


Larges

LEGS

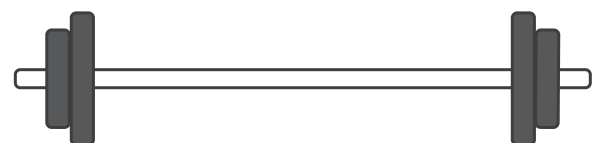


Larges, Mediums & Smalls



Mediums & Smalls

CHEST

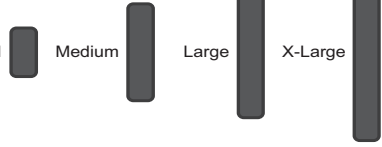


Larges & Mediums

**LET'S
MOVE!**



Plate Sizes: Small Medium Large X-Large



FEMALE

TRACK

MALE

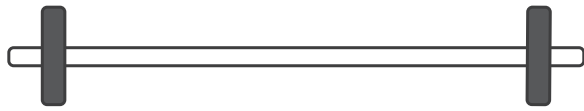


Mediums & Smalls

BACK & LEGS

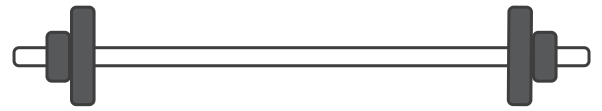


Larges & Mediums

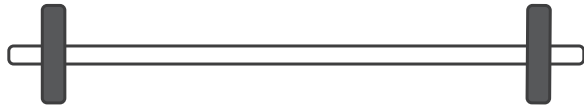


Mediums

TRICEPS

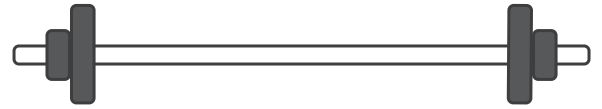


Mediums & Smalls

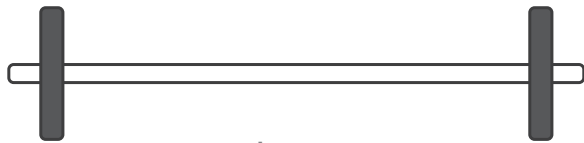


Mediums

BICEPS



Mediums & Smalls

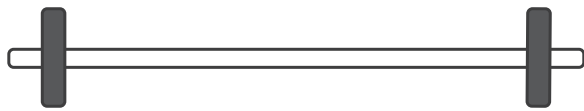


Larges

MORE LEGS

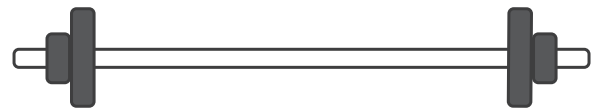


Larges, Mediums & Smalls



Mediums

SHOULDERS



Mediums & Smalls

WEIGHT CONVERSION CHART

Plate Sizes	Kilograms (kg)	Pounds (lb)
Small	1.25	2.75
Medium	2.5	5.5
Large	5	11
X-Large	10	22

LET'S MOVE!