



Equipment Requirement Sheet

Kick It

Help your participants kick and punch the ir way to a fun, challenging, and intense workout. This workshop will provide you with the knowledge and skills to teach and demonstrate basic martial arts techniques, create kicking and punching combinations, integrate martial arts-inspired agility and speed drills, and use those moves/combinations to design a high intensity workout for your participants.

Space Needed:

Group Exercise Studio: 8am – 1pm

Equipment Required:

___ Screen/projector for presentation

Questions regarding equipment please contact: Darci at darci@netafit.org