

# Getting Started

a guide to your first three classes



## What is Group Kick?

Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!



## What is Involved in a Class?

Group Kick borrows movements from boxing, kickboxing and various martial art disciplines and programs these movements to dynamic music, creating a simple, fun and effective method to workout in groups.

The class starts out with a comprehensive warm-up then moves along with specific songs that offer effective sequencing for quick learning and a suitable work-to-rest ratio. The class ends with a stretch and cool down that offers not only physical, but mental and relaxation benefits.

## Who is Group Kick For?

Group Kick is for anyone wanting a challenging, athletic and motivating workout in a realistic time frame.

- It is great for new exercisers, as you have the ability to adjust the level of the class to suit yourself.
- Group Kick is great for cross trainers wanting to add variety to their training like timing, precision and focus.
- Group Kick gets rave reviews from women as it uses the upper body to give great shoulder and arm definition as well as allows them to punch and kick stress out their lives.
- Men enjoy it because it is about as far from an "aerobics" class as you can get.

## How Often Can You do Group Kick?

Because Group Kick is a cardiovascular training class, you can do it once a week or you can do it most every day.

As a beginner to exercise, you wouldn't want to do too much too soon. As fitness increases, your recovery improves so you can increase your workout frequency.

## How You Can Expect To Feel

### Before Class

It is perfectly normal to feel apprehensive and nervous before your first Group Kick class. Once you get your first class out of the way, a lot of the apprehension will disappear. Remember, there is safety in numbers. You will also be amazed at how many others will help you.

### During Class

Time will fly! You might experience mixed emotions. Just go with it. Remind yourself that you are new and that you have to start somewhere. It might seem like the class is moving a little faster than you would like, but that is only because the terminology and movements are somewhat unfamiliar. With each class, you will become a little bit more comfortable, and you will notice how much your upper body is working!

### After Class

You will be excited to get your first class under your belt. It is important to know that you will be sore. With any new workout or at the start of any exercise program, you experience muscle soreness. This is because your body is adjusting to the demand being placed on your muscles and is perfectly normal.

## What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts. You should feel comfortable enough to move and sweat. Typically, with martial arts based workouts a loose pant is recommended due to the kicking nature of the class.

There is a lot of lateral movement in Group Kick, so cross training shoes are recommended as they provide the necessary support.

## What to Bring

Bring a towel, a water bottle and your energy. Some participants eventually purchase some kind of lightweight boxing glove. There is no contact involved, but gloves give people a feeling of authenticity when holding the wrist and fist in the correct position. Gloves are by no means essential, rather a personal choice.

## Arrive Early

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the

instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever participated in group fitness?
- Do you have any injuries or problems that might affect your ability to participate?

## Where to Stand

The best place to stand is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room.

It is important to concentrate on the instructor, rather than other participants or the mirrors. He or she is the best source of visual technique information. Mirrors are distracting and sometimes relay unnecessary information. Mirrors might tell you that you look silly doing the moves, even though you might really be having fun. So please ignore them!

## How to Approach Your First Three Classes

It is good to attend your first couple of classes with the simple objective of learning the movements, the class format and the basic terminology used. Try not to concentrate so much on the quality of your workout; that will come later as you become more familiar with the movements.

In your first three classes, simply concentrate on the names and objectives of the moves. Foot placement is one of the important things to learn so that you kick safely. Eventually, you will start to concentrate on target zones and focus on your aim while punching and kicking. It is important to note that Group Kick may have a slightly steeper learning curve compared to other programs, such as Group Power. You should try 3-4 classes before making a decision about whether Group Kick is right for you.

## Talk to the Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class. Most of all have fun during your first Group Kick experience!