



Welcome to Sweat Roulette™!

We are excited to have you join us. Before your first session, please familiarize yourself with our group norms and origin story.

### **Our Motto**

Our program is grounded in taking back remote fitness and bringing it from a dictatorship to a democracy. We pride ourselves in creating a space for fun, learning, and accountability.

### **Our Origin Story**

A group of studio fitness enthusiast friends, our co-founders have avidly sourced and attended thousands of classes, bootcamps and fitness programs. They loved heart pumping and calorie burning workouts, and yet they couldn't help but wonder: what makes the trainer more qualified to teach class than the participants? Since when were we ok with a fitness dictatorship as opposed to a fitness democracy? And thus, Sweat Roulette™ was born. We are a zero person team working out of our basements, childhood bedrooms, and garages, committed to staying nimble during the times of COVID-19.

### **Our Goal**

Our number one goal is to burn 500+ calories per session based on Samantha's heart rate monitor (which will sometimes be averaged with Jessica's Garmin). Our secondary goal is to have fun while accomplishing our first goal. Goal #1 is mandatory, #2 is optional.

### **Our Norms**

During these uncertain times, time is both infinite and sacred. Therefore we ask that you come prepared to each session with the following:

- Your workout moves & routine ready to go, your instructor name & persona at least briefly thought-through
- Your phone, only to use the timer for your segment (no texting during anyone else's session)
- Your songs queued and ready to be played
- Your workout station: mat, 3-5 pound weights, a thicccccc book, paper plates for sliders
- Your AV Setup: Zoom installed, computer open and ready to go. This is not a phone workout
- Familiarize yourself with sharing sound on Zoom: Share Screen >> Advanced >> Share Sound
- If you are accepted into Sweat Roulette™, you stay for the entirety of the session. If you know you will have to leave early, please reprioritize your life and/or give up your slot to someone more committed

## Spotify Playlist:

[https://open.spotify.com/playlist/5OSh19z3i9j37yIsqjsZmf?si=1UKUJ2cVRFmgXJ\\_PAcoibA](https://open.spotify.com/playlist/5OSh19z3i9j37yIsqjsZmf?si=1UKUJ2cVRFmgXJ_PAcoibA)

After your workout you must add your music to the playlist

## Complex Moves:

- Cardio
  - Criss Cross (you cross legs and arms back and forth)
  - Goalie (bring arms into sign post and legs up to the side, like a monkey)
  - Charlie Brown (hinge forward and back swinging arms at the same time)
  - Plyo Power Knees (Bring knee to chest and arms back)
  - Mummy kicks (kick arms and legs forward fluttering)
  - Toe Taps (put a book in front of you and tap toes to it alternating sides)
  - Heismans (a smaller version of Goalie)
  - Skiing (imagine a line in the ground and jump from side to side)
  - Kickback hops (pump leg back 3 times on the 3rd time hop, switch sides)
  - One Arm Hop Press (hop up and down and press up one arm)
  - Flying Jump (bring arms back and hop into the air)
  - Grapevine w/arms (karaoke with arm crossing)
  - Elbow to Knee (bring opposite elbow to opposite knee, fast)
  - Running Cactus (make cactus arms and go up and down while running)
  - Inner thigh X (start with legs spread and squeeze them together and out quickly while hands cross)
  - Sprinkler squat (twist and jump while in a squat)
  - Ladder (in and out up and down)
  - Claps (up clap and back clap while jumping)
  - Rocking Shoulder Press (Kick out legs while pressing up)
  - Froggies (Low frog position and jumping while arms pulse open and close)
  - Seal jacks (Jumping jacks but arms out and in not up and down)
  - Fast Feet w/arms in huddle position
  - Ballerina (Hands up then a bounce then hands under one knee)
  - Windshield Wipers (hands side to side while hopping foot to foot)
  - Out, in, up (Out squat, in squat, up jump w/arms)
  - Fast in and out with baby drums
  - Elephant hop (arms swing forward and back while bouncing leg to leg)
  - Hop 1,2,3 punches down
  - Metronome (tricep pulses behind the head while bouncing with legs tights side to side)
  - Advanced charlie brown (kick legs back and forth)
  - Dreidel (oblique twist jump)
  - Push w/arms (front jump and push arms)
  - Front knee hit, bath knee hit
  - In and out knee w/arms crossing (jumping)
  - Power walking olympics
  - Punch it away
  - Heel heel, double heel
  - Out out in in

- Arms
  - Hinge forward arms behind (open and close)
  - Lunge w/bicep curl (touch the floor, bring knee up and curl)
  - David Melech Arms (squat and one arm stays bent while the other goes over and under it)
  - Hammers (run and beat the drum high)
  - Bicep extension with squat
  - Hinge and Fly
  - Tricep lateral lunge
  - Side to side punches with hop
  - Back/Shoulder/Chest press with kickbacks
  - Punch Ups
  - Squat with Chest Press
  - Fly Back
  - Bent over row
  - Squat Punches
  - Hinge Down, Press Up
  - Deadlift, squat, press
  - Picking up trash (triangle legs, bend down opposite arm to opposite leg and swing arm up)
  - Glued hands bicep pulse
  - Serve Pizza curtsy lunge
  - Goodmorning Arm Swings
  - Snake Charmer
  - Wood Chop
  - Squat inner leg turn punch down
  - Trance Side
  - X arms back w/squat
  - Shoulder raise from squat
  - Ring of Light
  - Open and close arms with one leg out
  - Pop lunge w/arms
  - One Arm, One leg deadlift
  - Advanced snake charmer (hold weights above the head and in sumo squat touch elbow to knee)
  - Half sun (open one arm halfway with a hip opener)
  - Anaconda slams
  - Elbows up, cross punch
  - Up and back
  - Upper cuts for speed
  - Wide X w/bounce
  - Flexibility test one leg
  - Circle over one leg
  - Yoga girl back and forth
  - Double lawnmower