

SPOTLIGHT: GROUP FIGHT

Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. *FIGHT FOR IT!*

WHAT SETS GROUP FIGHT APART FROM THE COMPETITION?



MIXED MARTIAL ARTS

Group Fight capitalizes on the popularity of the MMA trend. In this program, “MMA” really does mean a mix of various martial arts styles. This expertly designed workout borrows moves from disciplines such as karate, Muay Thai, boxing, and Capoeira to create jaw-dropping fight combinations that keep members excited and coming back long-term.



PROGRAMMED FOR ALL FITNESS LEVELS

Group Fight is designed for able-bodied adults of all ages and fitness levels. Instructors receive detailed examples of how to coach options or modifications to ensure that all participants are able to do every part of the workout. This results in a greater sense of perceived success, meaning participants are more likely to feel successful and want to keep coming back to keep improving.



MALE APPEAL

By tapping into the popularity of MMA and fight-training trends, this workout has much more male appeal than old-school cardio kickboxing. Instructors are trained to execute and coach movements with the authenticity of martial arts. The Group Fight branding position is masculine and tough, with programming that makes participants feel like fighters!



THREE-DIMENSIONAL TRAINING

By its very nature, the MMA-style programming of Group Fight is three-dimensional training. Participants move in all three planes of motion, including a healthy amount of rotation throughout the workout. For this reason, Group Fight is an excellent complement to traditional strength training because it goes beyond confines of linear weightlifting, training the body the way it was designed to move.



SOUND-ENGINEERED EXPERIENCE

The entire hour is completely sound-engineered. Professional music producers custom edit popular songs so that the energy of the music drives the physical intensity of this thrilling experience. The playlist for Group Fight is diverse so that there's something for everyone at your facility. We even add sound effects to give participants the sensation of authentic fighting, motivating them to punch faster, kick higher, and train harder!



OUTSIDE THE OCTAGON

Group Fight features “outside-the-octagon” training, which includes athletic movements like plyo jumps, battle ropes, and med ball slams. These functional, athletic exercises are excellent cardio training and improve total-body strength. Outside-the-octagon training keeps the program on the cutting edge of fitness trends and helps attract men and women of all ages.