

Syllabus

Checklist

- MOVEMENT IMPROVEMENT (5)
- OVERALL HEALTH (10)
- LEARN & BURN PROGRAM (20)
- EXTRA CREDIT (5)

Subject Breakdown

Categories

1

MOVEMENT IMPROVEMENT

Choose 5 of 10

Get a better understanding of your own body mechanics as Echelon Instructors guide you through the proper form of common exercises. Already familiar with a movement? That's okay, there's *always room for improvement!*

- Squats
- Planks
- Overhead Press
- Burpee
- Deadlift
- Pushup
- Cycle Crunches
- Proper Cycling Form
- Proper Rowing Form
- Proper Running Form

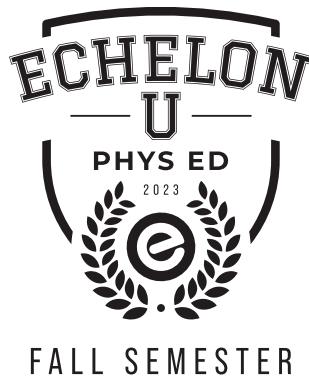
2

OVERALL HEALTH (10)

10 credits total

Health and wellness requires more than working out. Stress management, quality sleep, and recovery are all vital in order to live an overall healthy life. Echelon U has you covered with all the tools to start you off on the path towards a well-rounded fitness routine.

- Breathing (4)**
 - FitPass (3)
 - Connect (1)
- Meditation (2)**
 - Sleep (1)
 - Guided (1)
- SME In the Hot Seat (1)**
- Mobility (3)**



Subject Breakdown

Categories

3

LEARN & BURN (20)

Launching Late October / 20 credits total

In this 6-week program, you'll pair cardio & strength classes designed to maximize fat burning. Each week you will gain knowledge of unique ways to burn fat, while learning to fuel your body, becoming more intuitive with Non-Scale Victories (NSV) & creating sustainable habits. Take what you need and process what works best for you — Eden's got your back.

Complete the 6 Week Program

4

EXTRA CREDIT

1 credit per class.

Earn up to 5 credits max.

Calling all gold star students! Looking for an extra challenge? We've got you covered with additional recommendations to supplement your semester — take time to recover, listen to a podcast episode, or kickstart a healthy habit of adding warmup and cool down classes to your fitness routine.

- Movement Improvement
- Cool Downs
- Warm Ups
- Echelon Sessions Podcast
- Recovery