

Syllabus

Checklist

- MOVEMENT IMPROVEMENT (5)
- OVERALL HEALTH (10)
- SHAPE UP (12)
- MUSIC 101 (8)
- EXTRA CREDIT (7)

Subject Breakdown

Categories

1

MOVEMENT IMPROVEMENT (5)

Choose 5 of 10

FitPass

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!*

OPTION 1

- Lunges
- Sit Ups / Crunches
- Bent Over Rows
- Bicep Curl
- Split Squat

OPTION 2

- Kettlebell Swing
- Kettlebell Deadlift
- Kettlebell Squads
- Kettlebell Snatch
- Kettlebell Clean & Press

2

OVERALL HEALTH (10)

10 credits total

Connect / Stride / FitPass

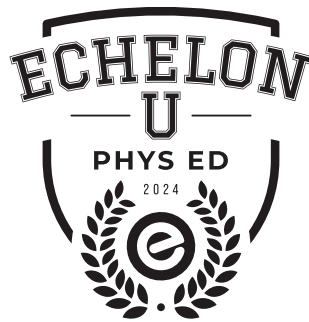
Health and wellness requires more than working out. Stress management, quality sleep, and recovery are all vital in order to live an overall healthy life. Echelon U has you covered with all the tools to start you off on the path towards a well-rounded fitness routine.

OPTION 1

- New Year, New You (3) *Connect*
- Guided Walk, Jog or Run (2) *Stride*
- Desk Mobility (3) *FitPass—Coming Soon*
- Show Up (2) *Connect—Coming Soon*

OPTION 2

- Sleep Meditation (2) *FitPass*
- Breathing (1) *FitPass*
- Guided Walk, Jog or Run (2) *Stride*
- Desk Mobility (3) *FitPass—Coming Soon*
- Show Up (2) *Connect—Coming Soon*



SPRING SEMESTER

Subject Breakdown

Categories

3

SHAPE UP* (12)

12 credits total

WORLDWIDE / Connect

In this 6-week program you will find combined cardio and strength classes to help you SHAPE UP for the long term! You can expect to gain knowledge around building healthy habits to last a lifetime. Learn smart recovery strategies, how to balance cardio and strength workouts, incorporate movement into every day, and set attainable goals.

Complete the 6 Week Program

Cardio vs. Strength

Creating Sustainable Habits + NEAT

Non-Scale Victories

Nutrition

Recovering for Success

Goal-Setting

4

MUSIC 101* (8)

8 credits total

US & CAN / Connect

In this series you will learn what defines music genres. Each class is an exploration of a specific genre, incorporating history, fun facts and a great playlist!

Alt Rock 101

Pop Punk 101

Metal 101

Country 101

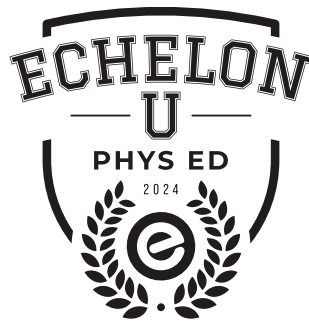
Yacht Rock 101

Hip Hop 101

She Jams 101

#trending 101

**Participate in either Music 101 OR Shape Up. Credits will only be counted for one or the other, but not both. Anyone outside of the US & CAN will need to take Shape Up in order to complete the semester.*



SPRING SEMESTER

Subject Breakdown

Categories

5

EXTRA CREDIT (7)

1 credit per class. Minimum of 3 credits required. Earn up to 7 credits max.

Connect / Stride / Row / FitPass

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.

- | | |
|----------------------------------------------------------|-----------------------|
| <input type="radio"/> Steady State | <i>Connect</i> |
| <input type="radio"/> Movement Improvement: Cycling Form | <i>FitPass</i> |
| <input type="radio"/> Cool Down | <i>All Modalities</i> |
| <input type="radio"/> Warm Up | <i>All Modalities</i> |
| <input type="radio"/> Recovery | <i>FitPass</i> |
| <input type="radio"/> Show Up | <i>Connect</i> |
| <input type="radio"/> Dual Ride | <i>Connect</i> |
| <input type="radio"/> Echelon Session | <i>Connect</i> |
| <input type="radio"/> Weekend Roundup | <i>FitPass</i> |
| <input type="radio"/> Bodyweight Workouts | <i>FitPass</i> |
| <input type="radio"/> Mini Band | <i>FitPass</i> |