

# f45 workouts pdf

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## **F45 Training | Life Changing Group Fitness & Functional Training**

Find studios, book classes and maximize your membership with the F45 Training app. Join global F45 Challenges, discover meal plans and recipes curated by our world-class dietitians, share your LionHeart results, workout whenever with at-home workouts and assess your fitness progress over time.

### **What Is F45 | F45 Training**

F45 Training is a global fitness and lifestyle community that brings you a complete wellness solution from functional training and HIIT, to nutrition, challenges and accountability.

### **Workouts | F45 Training**

Elevate your workout routine today with F45 Training's extensive selection of innovative, ever-changing workouts. Get access to over 5,000 curated F45 workouts and 45 unique F45 classes designed to give you the results you're looking for.

### **Find a Studio | F45 Training**

2004 Green Oaks Pkwy, Holly Springs, NC 27540, USA [Visit Studio Page](#) F45 DUMBARTON 80 miles

### **F45 Challenge | F45 Training**

The F45 Challenge offers studio-based group training to improve cardiovascular health, build strength, promote new skills, and establish healthy movement patterns for longevity.

### **About | F45 Training**

In a highly competitive fitness market, F45 Training has developed an innovative and accessible training system. Our program is designed to be easily adaptable to evolving fitness trends and to meet the modern consumer's need for workouts that are time efficient, results-based and community-oriented.

### **Studios - F45 training**

Finde dein nächstes F45-Studio und werde Teil unserer globalen Fitness-Community. Erlebe hochintensive Workouts für alle Fitnesslevels. Starte noch heute

## **FAQ | F45 Training**

To book an F45 class, log in to your F45 account and select the class you want to attend. You can also book classes using the F45 Training app or via the F45 Training website.

### **Cardio - F45 Training**

At F45, we use plyometric movements, combined with timing and tempo to blast both your aerobic and anaerobic systems, delivering you the results you're looking for.

### **Hybrid - F45 Training**

Bring your boldest moves to our newest F45 session, Checkmate. One pod of cardio, one pod of resistance and one AMRAP pod with some spicy group work to level up your week!