

7 Day Workout

A high intensity interval training (HIIT) video series filmed at Picture Studios and published on YouTube.



Experience Level (Intermediate)

This series is geared toward men and women (ages 18-45) who are traveling or working from home due to COVID-19.



The Plan

Produce a series that is accessible to a wide audience and suitable as a warm up, cool down or daily routine.



Auditions

Five models will audition for the role on Sunday, September 20th (9 AM - 1 PM).



Rehearsal

The model that is selected will have the option of rehearsing at home or in studio.



Production

Recording for all seven segments will occur on Saturday, September 26th (9 AM - 1 PM).



Production Companies



Picture Studios

An hourly rental facility in Greensboro for photography and video production.

www.PictureStudios.com



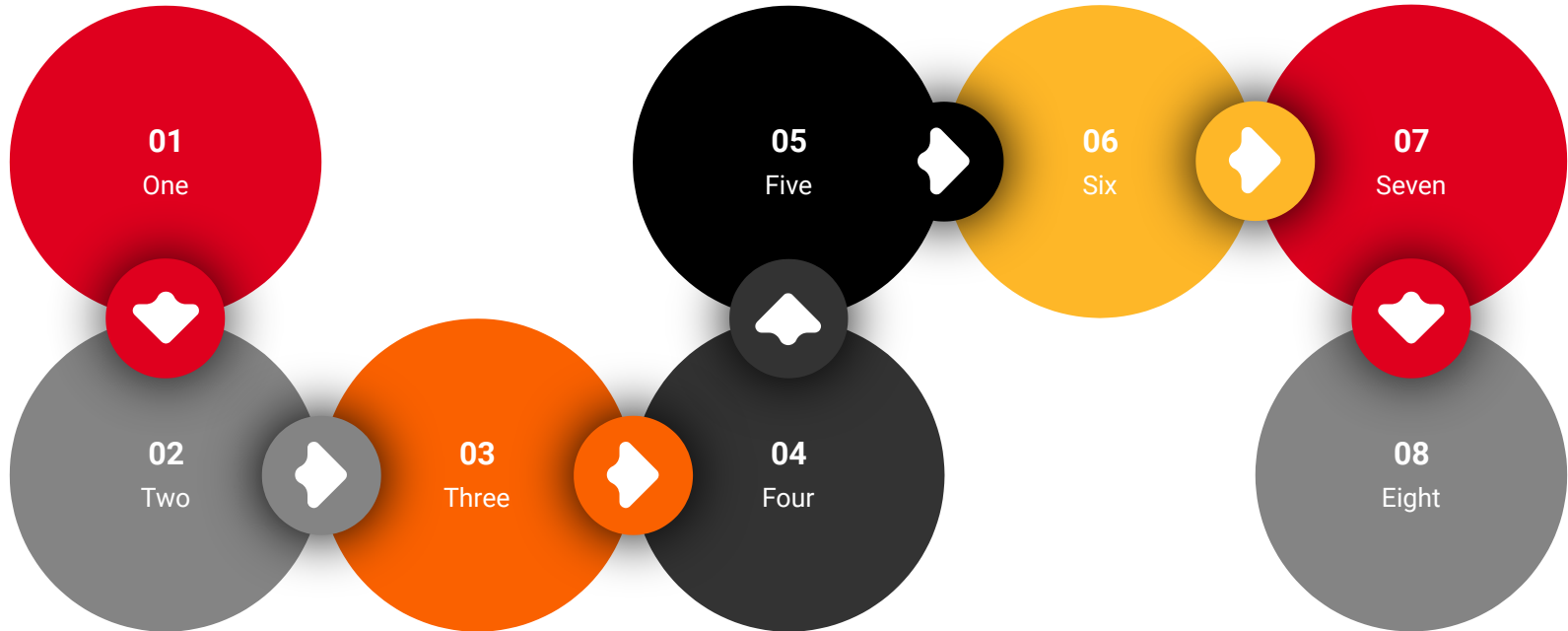
Will Bradley

A speed, agility and sports training company located in Greensboro, NC

www.WillBradleySP.com

The Workout

High Intensity Interval Training. 8 exercises. 20 seconds each. 10 second breaks. 4 minutes total.



Daily Matrix

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jumping Jacks	Run In Place	Jumping Jacks	Run In Place	Jumping Jacks	Run In Place	Jumping Jacks
Shuffle Jumps	Shuffle Punch	Shuffle Claps	Shuffle Crunch	Shuffle Jumps	Shuffle Punch	Shuffle Claps
Elbow Knees	Stand Crunch	High Knees	Side Leg Raises	Stand Crunch	Elbow Knees	High Knees
Push Ups	Push Ups	Push Ups	Push Ups	Push Ups	Push Ups	Push Ups
Front Kicks	Sidekicks	Front Kicks	Squat Punch	Front Kicks	Sidekicks	Front Kicks
Front Squats	Back Lunge	Jump Squats	Front Lunge	Plank Jacks	Floor Crunch	Flutter Kicks
Sidekicks	Toe Touches	Side Leg Raises	Shuffle Jumps	Shuffle Punch	Front Squats	Elbow Knees
Shuffle Punch	Shuffle Jumps	Run In Place	Elbow Knees	Run In Place	Shuffle Jumps	Front Squats