

## INTRODUCING FAITH + FITNESS

If I was to ask people what comes to their mind when they think about the word “health”, the majority of people would answer all things related to their physical bodies - eating healthy, exercise, sleeping, etc. But health is so much more than taking care of our bodies physically. Our overall health is a balance between the physical, spiritual, emotional, mental, environmental, and relational sides of our being. When we are focused on and growing in all of those areas, we are holistically “healthy”.

It saddens me to say that as we look at the overall status of the body of Christ, we are weak. There are some believers that may be strong spiritually, but physically they are not healthy. Others that are in great physical shape but their relationships are falling apart or living in unstable environments. Maybe others that seem like their lives are all together but struggle with their mental health. Oftentimes when we think about going to church or doing a Bible study together we think about growing spiritually and maybe even growing relationally with one another, but if other areas in our lives are not up to par, are we really “healthy”?

The **Faith + Fitness** model is about growing in all areas of our lives. We can't be spiritually healthy if we aren't mentally, physically, and relationally healthy as well. Our team has created a “Start Track” to get you going that will set the stage for you and your group to grow in each of these areas of your life. The first lesson outlines the overall theme of **Faith + Fitness**. It is based on Luke 2:52 which says, *“And Jesus grew in wisdom and stature and in favor with God and all the people”*. Each lesson that follows will highlight one of the four areas of growth outlined in the theme scripture - wisdom (mental health), stature (physical health), favor with God (spiritual health), and favor with all the people (relational health).

All of the lessons in the “Start Track” are bodyweight exercises. Anyone anywhere can do these exercises and all exercises can be modified to meet any person at any level to meet their fitness needs. The goal of this model is simplicity. Why? Because *simple things can grow and simple things can be multiplied, but complex things cannot*. Not only can anyone perform this model of fitness, but also because it is so simple, anyone, with the proper training, can also *lead* this model of fitness with their friends, family, neighbors and coworkers. Therefore, it can be modeled and multiplied to others around the globe. It doesn't require a membership, a budget, equipment, or a building. It simply requires someone who has a heart to grow as a disciple and disciple-maker, someone who wants to use fitness as an access strategy to reach and disciple others, and someone who is willing to be trained in the proper techniques to ensure safety. So, if that's you, let's get started!

## LESSON OUTLINE

Every lesson will follow a similar pattern consisting of three parts.

- First you will “Look Back”, connecting with one another while doing your warm up and holding one another accountable.
- Next you will “Look Up” during the workout as you experientially perform key aspects of the theme that will be highlighted from the scripture and as you discuss the scripture.
- Last, you will “Look Forward” and discuss how you plan to live out the truth from scripture and workout in your life throughout the week.

## FACILITATING EACH GROUP

### LOOKING BACK

There are various ways you can be creative in facilitating your “Look Back” time. However you choose to do it, there are three important goals you need to accomplish:

1. The body needs to be warmed up and ready to be worked out
2. Create an environment where people in your group have connected with one another relationally before, during, or after the warmup
3. Hold one another accountable in obeying the action steps from the previous week

Creative options for connectivity:

- Do three rounds of a warm up routine. Between each round give a 1-2 minute break for the group to connect with one another with questions and accountability
- Stretch high (stretching all upper body) while sharing “highs” or things that went well from the week. Then stretch low (stretching all lower body) while sharing “lows” or things that were challenging or didn’t go as well.
- Depending on the group size you may want to only have each person share with a partner instead of sharing with the entire group or give a one word answer (such as one thing you are thankful for this past week and one thing you are stressed about).

### LOOKING UP

Every workout has a “theme of the day”. This theme is one of the main points from the scripture that your group will be studying but the theme will also be experientially practiced during the workout. For example, if the key theme of the scripture is on perseverance, the workout will probably be long and hard so that the group will have to persevere to the end. This is called “experiential learning”. Studies show most people will remember 10% of what they hear, 50% of what we hear and see, but if they hear, see, and do it, the percentage jumps up to 75%.

Experiential learning is the practice of hearing, seeing, and doing what one is learning about.

Here is the model for the “Look Up” time:

- Share the theme of the day
- Go over the workout of the day
- Teach any new skills
- Perform the workout, highlighting the theme as you workout
- Cooldown
- Read the Scripture together
- Ask discussion questions. Common questions to use include:
  - What did you like about this passage?
  - What did you find challenging about this passage?
  - What did you learn about God from this passage?
  - What did you learn about people from this passage?
  - *How did the workout relate to the passage we just read?*

## LOOKING FORWARD

During this time, ask God to speak to your group’s hearts to give specific action steps for accountability. Your group should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God’s story with this week?

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## **NOTES FOR FACILITATORS**

- Since this is physical activity, ask the people in your group if there are any injuries or health factors that you should be aware of before you begin.
- If you are working out in an actual fitness gym or under an organization, those attending your workouts should sign a liability waiver.
- It is recommended that 1-2 people in your group are CPR/First Aid certified.
- Every facilitator needs to understand the proper techniques for the basic movements performed in each workout as well as ways to modify it for higher level athletes or those of a lower fitness level. These movements are outlined later in the document.
- As a facilitator, there are three main goals in mind in doing the Faith + Fitness strategy:
  1. Your group grows in all aspects of health
  2. You transition from a group to functioning like a simple church
  3. Your group/church eventually multiplies as the Holy Spirit leads
- With those three things in mind, here are some important notes to keep in mind:
  - Don’t skip accountability. It’s tempting since the environment is a workout, but it’s really important.

- If there is a need or a burden, stop and pray. Even in the midst of a workout the Holy Spirit is at work. Look for those opportunities. Don't shy away from them.
- Engage others in helping to facilitate. Ideally it would be great if several from the group could learn and rotate so that they are prepared if and when God leads them to begin their own group.

## **CREATING WORKOUTS**

The "Start Track" is a great place to begin with your group but you don't have to stop there. You can begin creating your own workouts! Also, feel free to modify the workouts in the "Start Track" based on your groups skill levels and access to equipment. Remember to keep it simple though, because simple things grow and simple things multiply.

Creating a workout is like building a house. You must first start with the foundation. The foundation is the Scripture you want to study. From the Scripture, you need to ask, what is the main theme from this Scripture that you want your group to understand. Now that your foundation is laid, you need walls. The first wall is the workout of the day. You want to create a workout that will highlight the theme based on the scripture you chose. Maybe the theme is on integrity, so you create a workout with a high number of repetitions and encourage integrity throughout the workout. Then at the end ask if the group showed integrity throughout or if any of them cheated themselves on their reps. Or maybe the theme has to do with unity so you create a workout that your group has to do with a partner. You get to be creative with how you plan your workout but you always want it to be experiential and somehow tie into the theme of the day which relates to the Scripture. The second wall of your house are skills that need to be taught. Skills are exercises listed in the workout of the day that people in your group may not be familiar with. After you create your workout plan, think through and make sure everyone understands all the movements. If not, know there will need to be time added to your workout plan for teaching skills. The inside walls of your house include your warm up and cool down. You want to warm up the muscles you will be using in the workout. Your cool down can be as simple as resting, but can also include stretching, walking, or soft-tissue massage. Last is the roof of your house where you can talk about healthy lifestyle habits that you and your group can set goals to accomplish and hold each other accountable to do. Remember, health isn't just about working out, but also deals with our relationships, mental and emotional health, and spiritual lives. Help hold each other accountable in these areas as well.

Process of creating a workout:

1. Pick the Scripture/Theme
2. Create the Workout of the Day (WOD)
3. Are there Skills to be taught?
4. Create Warm Up
5. Decide on the Cool Down
6. Encourage Healthy Lifestyle Habits

## **BASIC TERMINOLOGY**

WOD - Workout of the Day

AMRAP - As Many Rounds As Possible

EMOM - Every Minute on the Minute

Tabata - a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds

## **FUNCTIONAL FITNESS MOVEMENTS**

*\*\*Note: ^ symbol means ideals for a higher level of fitness*

*v symbol means ideas for a lower level of fitness*

- Planks
  - ^ Plank-ups
  - ^ Plank walks
  - ^ Shoulder taps
  - ^ Bear taps
  - ^ Side Planks
  - ^ Planks with Arm/Leg Extension
  - v Planks from knees
  - v Incline plank
  
- Burpees
  - ^ Tuck jump burpee
  - ^ Hard release burpee
  - ^ Lateral jump burpee
  - ^ Burpee to jump lunge
  - v Squat thrusts
  - v Elevated Burpee
  
- Lunges
  - ^ Jumping lunges
  - ^ Curtsey lunges
  - ^ Side lunges
  - ^ Pulse lunges
  - ^ Reverse lunge kick
  - v Step ups

- Pushups
  - ^ Triangle push ups
  - ^ Hand clap push up
  - ^ Off-set push ups
  - ^ Decline push up
  - v Incline push up
  - v Push ups from knees
  
- Squats
  - ^ Squat jumps
  - ^ Pulse squats
  - ^ Pistol squats
  - ^ Staggered squats
  - v Wall squats
  - v Box squats
  
- Situps
  - Reverse situp
  - V-ups
  - Russian twists
  - Frog crunch
  - Scissor kick
  - Bicycle crunches
  - Crunches
  
- Glute bridges
  - ^ Glute bridge off box
  - ^ 1-leg glute bridges
  
- Tricep Dips
  - ^ Elevated tricep dips
  - v Floor tricep dips
  - ^ Feet further out (harder)
  - v Feet close to body (easy)

## **AEROBIC MOVEMENTS**

- Skiers
  
- Knee highs
  
- Butt kicks

- Mountain climbers
- Jumping jacks
- Plank jacks
- Punches
- Bear Crawls
- Floor taps

## Lesson #1 All Systems GROW

Before you get started with your first group, share the intro to **Faith + Fitness**:

*Ask: What comes to your mind when you think of the word “health”?*

The majority of people would answer all things related to their physical bodies - eating healthy, exercise, sleeping, etc. But health is so much more than taking care of our bodies physically. Our overall health is a balance between the physical, spiritual, emotional, mental, environmental, and relational sides of our being. When we are focused on and growing in all of those areas, we are holistically “healthy”.

***Faith + Fitness** is a holistic model of discipleship that is focused on growing in every area of our lives. We can't be spiritually healthy if we aren't mentally, physically, and relationally healthy as well. Our team has created a “Start Track” to get you going that will set the stage for you and your group to grow in each of these areas of your life. The first lesson outlines the overall theme of **Faith + Fitness**. It is based on Luke 2:52 which says, “And Jesus grew in wisdom and stature and in favor with God and all the people”. Each lesson that follows will highlight one of the four areas of growth outlined in the theme scripture - wisdom (mental health), stature (physical health), favor with God (spiritual health), and favor with all the people (relational health).*

*All of the lessons in the “Start Track” are bodyweight exercises. Anyone anywhere can do these exercises and all exercises can be modified to meet any person at any level to meet their fitness needs. The goal of this model is simplicity. Why? Because simple things can grow and simple things can be multiplied, but complex things cannot. Not only can anyone perform this model of fitness, but also because it is so simple, anyone, with the proper training, can also lead this model of fitness with their friends, family, neighbors and coworkers. Therefore, it can be modeled and multiplied to others around the globe. It doesn't require a membership, a budget, equipment, or a building. It simply requires someone who has a heart to grow as a disciple and disciple-maker, someone who wants to use fitness as an access strategy to reach and disciple others, and someone who is willing to be trained in the proper techniques to ensure safety. So, if that's you, let's get started!*



**Workout Theme** (write on the board): **All Systems GROW**

Intermediate Level Workout

**Key Scripture** (write on the board): *Luke 2:52 "And Jesus grew in wisdom and stature and in favor with God and all the people"*

## **Look Back**

**Warm up:**

- 2 min. Jog
- Stretch high - **share highs from the week while stretching**
- Stretch low - **share lows from the week while stretching**

Share the vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.

## **Look Up**

**WOD:**

Explain: The theme of today's workout is "All Systems Grow". This workout will be in three phases in order to help you "grow" in three different areas of health and fitness. Phase 1 will focus on growing in muscular endurance, Phase 2 will help you grow in muscular strength, and Phase 3 will help you grow in cardiovascular endurance. At the end we will dive into Scripture and learn the different ways Jesus "grew" and learn from His example.

Phase 1: Muscular Endurance

EMOM for 6 min.

- 6 burpees
- 6 lunges (each leg)

\*\*Note: even if you do not complete the entire exercise within the minute, you start back at the beginning with burpees when the minute restarts.

Phase 2: Muscular Strength

4 Rounds (12 min cap)

- 10 pushups
- 10 squats
- 10 sit ups

Round 1 - 3 sec down/1 sec up

Round 2 - 1 sec down/3 sec hold/1 sec up

Round 3 - 1 sec down/3 sec up

Round 4 - 2 sec down/2 sec up

Phase 3: Cardiovascular Endurance

3 Rounds (8 min cap)

- 40 knee highs

- 40 butt kicks
- 40 mountain climbers
- 20 plank jacks

**Cooldown:** Stretch

Ask:

- What was the hardest part about this workout?
- What made you keep going and not give up even though it was challenging?
- How does what you experienced in the workout relate to life?

Emphasize that growing in discipleship is not easy either, but having the end goal in mind, others on the journey with us, and the example of Jesus to follow motivates us to endure through hard things, especially when we know in the end they are for our good.

**Scripture:** Read Luke 2:41-52

Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God/Jesus from this passage?
- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Explain: Jesus grew in wisdom (mentally), stature (physically), in favor with God (spiritually), and in favor with man (relationally).

- Ask: Which of these areas would you say are the strongest in? Which are you the weakest in?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #2 Journey to Wisdom

**Workout Theme** (write on the board): **Journey to Wisdom**

Intermediate Level Workout but can be modified

**Key Scripture** (write on the board): *Proverbs 9:10 - "The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding."*

Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man."  
Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.

Story: The Life of Abraham

Explain: The workout and story of the day will journey through the life of Abraham. There are three key parts to his story in his "journey to wisdom". The first part is "leaving the old, and accepting the new". The next part is about "embracing grace and redemption". The last part is about "making the ultimate sacrifice". As we go through the workout and story, be thinking about which of these parts you are currently in on your journey to wisdom.

### **Look Back**

Part 1: Leaving the Old, accepting the New

**Warm up:** 30 sec. each exercise - 2 rounds (ask questions in between each round)

- High knees
- Shoulder bear taps
- Butt kicks
- Should taps from plank position

After the first round, ask in groups of 3:

- If you could change or leave behind anything that happened this past week, what would it be?
- What are you looking forward to the most about this next week or season of life?

After the second round, recap last week's lesson, and ask accountability questions:

- Recap: Last week we talked about the overall vision and theme of how we can grow in all areas of life as a disciple, following the example of Jesus.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### **Look Up**

**WOD:**

Part 2: Embracing Grace and Redemption

EMOM for 10 min

Explain: Every minute is a new chance to start over, try harder, push your limits, and give yourself grace if you didn't complete the challenge the previous minute

- 10 Glute bridges
- 10 Sit ups
- 30 Punches

Rest for 2 min. While explaining part 3

Part 3: Make the Ultimate Sacrifice

Perform ten total rounds of repetitions of the following exercises. Start with 1 rep of each. Once completed, then do two reps of each, then three reps of each, and so forth until you reach ten reps of each or hit the time cap.

Explain: This will be the hardest part of the workout, which is why you have to choose to make the ultimate sacrifice to really push your limits and give your best.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10 - 12 min cap

- Burpees
- Lunges (each leg)
- Pushups

**Cooldown:** Stretching

**Story:** The Life of Abraham

Share the story of Abraham's life using the following bullet points:

Part 1: Leaving the Old, accepting the New

- God invited Abraham into a covenant relationship with Him
- God called Abraham to *leave* his country and family and go where God would lead him
- God gave Abraham promises to be a great nation, to bless him, and make his name great. Through him all the families of the earth would be blessed. He also promised him a son as an heir to the land of Canaan as a dwelling place for his offspring.
- Abraham accepted the new by going as God told him.

Part 2: Embracing Grace and Redemption

- Although God promised to bless him and protect him, while in Egypt Abraham responded in sin by allowing fear and control to take over by telling the Egyptians his beautiful wife was really his sister. When his wife Sarah was taken into Pharaoh's house God's grace stepped in and Pharaoh and his house were afflicted with plagues to keep Pharaoh from taking Sarah as his own wife.
- A similar situation happened years later with a different king. Abraham had said his wife was his sister so the king took her into his palace. God appeared to the king in a dream to stop him from having sex with her. Even though Abraham was the one that sinned, God affirmed Abraham as a

prophet and had him pray for the king and his family. Even though it was the same sin pattern, God's grace and mercy still stepped in.

- Although God promised Abraham a son, over time it seemed impossible that it would happen through his wife. She was old and well past the years of being able to bear children. Abraham and Sarah took matters into their own hands and Abraham slept with Sarah's servant, Hagar, and she gave birth to Ishmael. But this was not the son God promised. Despite Abraham taking matters into his own hands, God still showed grace and redemption by miraculously providing a son through Sarah named Isaac and by still blessing Ishmael even though he wasn't the promised son.
- Despite Abraham's mistakes, God never rebuked Abraham for his mistakes, but continually showed grace and redemption. This was all a part of his journey to truly "fearing the Lord"

### Part 3: Make the Ultimate Sacrifice

- Throughout Abraham's journey his faith increased and he learned to trust God more with his life.
- As time passed God appeared to Abraham to test his faith and asked him to make the ultimate sacrifice, to offer up his son as a burnt offering.
- Abraham responded in obedience and got up the next morning and set out for the mountain where God was leading him.
- When they got to the mountain Abraham built the altar and bound his son to it and took the knife to slaughter his son.
- At that moment the angel of the Lord appeared to him from heaven and said, "Abraham, Abraham!" *"Do not lay your hand on the boy or do anything to him, for now I know that you fear God, seeing you have not withheld your son, your only son, from me."*
- The Lord provided a ram whose horns were caught in the thicket behind him and sacrificed that instead of his son.

*Proverbs 9:10 says, "The fear of the LORD is the beginning of wisdom, And the knowledge of the Holy One is understanding."*

Abraham had a long journey to get "wisdom", where he truly feared God and trusted him to the point of making the ultimate sacrifice. His faith led him to an intimate relationship with God, the privilege of being the father of nations, and let him through an epic journey that gave an example for all of us to follow.

Ask:

- What did you like about this story?
- What did you find challenging about this story?
- What did you learn about God from this story?
- What did you learn about people from this story?
- *How did the workout relate to the passage we just heard?*

## **Look Forward**

There were three different stages in Abraham's "journey to wisdom". Where would you say you are in your journey? What can you do this week to continue to move forward on this journey?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #3 The Wise Man vs. The Foolish Man

**Workout Theme** (write on the board): **The Wise Man vs. The Foolish Man**

**Key Scripture** (write on the board): *Matthew 7:24 - "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock."*

### Look Back

**Warm up:** 2 rounds (ask questions in between each round)

- 20 Jumping Jacks
- 15 Squats
- 10 Sit-ups
- 5 Push-ups

After the first round:

- Share what you are thankful for and stressed about from this past week?

After the second round, discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about Abraham's journey to wisdom and the different phases He went through before He came to a place of truly fearing God, which is the beginning of wisdom.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

**WOD:**

Explain: This workout/Bible study will be divided into two parts. Before part 1, we will discuss characteristics of the wise man, then perform the workout. Before part 2, we will discuss characteristics of a foolish man, then perform the workout. After we cool down, we will dive into the scripture to see what God's Word says about the wise vs. the foolish man and how it relates to our lives.

Part 1: The Wise Man

Ask: What are some characteristics of a wise man?

EMOM - 10 min

- 20 sec Plank
- 5 Sit-ups
  - Add 1 sit-up every minute

Rest for 2 min.

Part 2: The Foolish Man

Ask: What are some characteristics of a foolish man?

EMOM - 10 min cap

- 12 Squats
- 6 Push-ups
  - Add 1 push-up every minute

**Cooldown:** Stretch

**Scripture:** Read Matthew 7:24-27

Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?
- What did you learn about people from this passage?

## **Look Forward**

Ask: Can you think of a time in your life that you were like the wise man, who stood strong despite adversity because your foundation was built on the solid foundation of listening and obeying God, or a time in your life that you were like the foolish man, that crumbled under adversity because he heard God's word but didn't obey? Give some examples.

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.



## Lesson #4 Protect this House

**Workout Theme** (write on the board): **Protect this House**

**Key Scripture** (write on the board): *1 Corinthians 6:19-20 - "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."*

### Look Back

**Warm up:**

- Stretch High- stretch all upper body
  - While stretching, share a "high" from the week
- Stretch Low- stretch all lower body
  - While stretching, share a "low" from the week

Emphasizing the theme "protect this house", perform some boxing moves

- 30 sec. Jab/cross
- 30 sec. Jab/cross/hook
- 30 sec. Uppercut
- 30 sec. Jab/cross/kick

Discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about the difference between the wise man and the foolish man.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

**WOD:** (20 Minutes)

Explain: The last two weeks we have been talking about wisdom- the journey to wisdom and how to be wise verses being a fool. This week we will transition to discussing how to grow in stature or physically, in how to protect our "temple" or the bodies that God has given us.

As you workout today, remember that your body is not your own, but it has been given to you to protect and take care of. Let your work ethic demonstrate God's ownership and choose to bring Him glory.

AMRAP for 20 Minutes

- 30 Mountain Climbers
- 30 Lunges (15 each leg)

- 30 Flutter Kicks
- 20 Squat Jumps
- 20 Sit Ups
- 10 Push Ups

**Cooldown:** Stretch

**Ask:**

- What's one thing you did this past week to take care of your body?
- What is one thing you can focus on this week to protect your house?

**Scripture:** Read 1 Corinthians 6:12-20

**Ask:**

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?
- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

When you think about your body being a temple of the Holy Spirit, what are the ways that you are currently being proactive in "protecting your house"? What are some areas of improvement?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #5 Being a Living Sacrifice

**Workout Theme** (write on the board): **Being a Living Sacrifice**

**Key Scripture** (write on the board): *Romans 12:1 - "And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.."*

### Look Back

**Warm up:**

- 2 min. of aerobic activity (jogging, high knees, butt kicks, jump rope, skiers, jumping jacks, etc.) - Let the group or leader decide
- Stretch high - **share highs from the week while stretching**
- Stretch low - **share lows from the week while stretching**

Discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about our bodies being a temple of the Holy Spirit and how we need to protect it and take care of it.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

This week's workout/Bible study we will continue talking about growing physically as we dive into what it means to be a "living sacrifice".

Ask: What comes to mind when you hear that phrase "be a living sacrifice"?

Explain: There are 3 main components we are going to emphasize today when it comes to be a living sacrifice (write these on the board):

1. **Commitment to go ALL-IN** --- Ask "Why should we go 'all in'?" - Possibly recap from the previous lesson - our body is the temple of the Holy Spirit - we need to take care of it. We are worshiping God when we are honoring Him with our bodies and give him all we have. 1 Cor. 10:31 - Whether you eat or drink, or whatever you do, do all to the glory of God.
2. **Godly standards of comparison** - Explain that it's not conforming to what others are doing or getting discouraged when you don't measure up. Instead, listen to the Lord, and walk in obedience to the things and limits He is impressing on you to do.

3. **Transforming the way you think** - focusing on Godly values and things that are true, noble, right, pure, lovely, excellent, and worthy of praise (Phil. 4:8). All things are permissible to think about, but not all things are beneficial - dwell on the things that are beneficial to help you in life

As your group works out today, continually emphasize those components to the group, making sure they are “all-in”, not comparing themselves to others, and having the right mindset throughout the workout.

#### **WOD:**

Increase reps by 3 each round (3, 6, 9, 12, 15, 18, 21, 24, 27, 30)

20 min cap

- Squats
- Jumping Jacks
- Push ups
- Sit ups

#### **Cooldown:** Stretch

Ask:

- How did you demonstrate being a “living sacrifice” throughout the workout?
- In what ways did you struggle to be a “living sacrifice” throughout the workout?

#### **Scripture:** Read Romans 12:1-2

Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?
- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Being a living sacrifice requires a commitment to go all-in, have Godly standards of comparison, and transform the way you think. Which of these areas do you struggle with the most? What can you do to grow in that area?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God’s story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #6 Training for Godliness

**Workout Theme** (write on the board): **Training for Godliness**

**Key Scripture** (write on the board): *1 Timothy 4:8 - "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."*

### Look Back

**Warm up:** 3 rounds - Try to go faster each round (ask questions in between each round)

- 10 Jumping Jacks
- 5 Inchworms (with push ups)
- 4 Lunges + twist
- 5 Air squats
- 30 Second plank

After the first round:

- Share what you are thankful for and stressed about from this past week?

After the second round:

- Share various ways you train your body on your own outside this group (spiritually, physically, etc.)

After the third round, discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about what it means to be a living sacrifice by having a commitment to be all-in, having Godly standards of comparison, and transforming the way we think.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

The last two weeks we focused on growing physically as we learned our body was the temple of the Holy Spirit and we needed to protect our house and how we are called to present our bodies as living sacrifices. Today we are emphasizing how we can grow spiritually as we look at 1 Timothy 4:7-16. Verse 8 says *"For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."*

As you perform the workout, in between every round, write a new way you can practically "train in godliness" either on the board or in the chat on Zoom. Use a different color marker for every person if possible.

**WOD:**

10 Rounds for Time - 25 min time cap

- 6 Lunges (each leg)
- 6 Air squats
- 6 Plank-ups
- 6 Dips

**Cooldown:** Stretch

Ask:

- What did you write on the board as ways you train in godliness?
- What are some ways you don't yet train in godliness but would like to begin to implement?

**Scripture:** 1 Timothy 4:7-16

Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?
- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #7 Heart Check

**Workout Theme** (write on the board): **Heart Check**

**Key Scripture** (write on the board): *Matthew 5:8 - "Blessed are the pure in heart, for they shall see God."*

### Look Back

**Warm up:** 3 rounds (ask questions in between each round)

- 10 Jumping Jacks
- 10 Sit ups
- 10 Push ups
- 10 Lunges

After the first round:

- Share your highs from the week

After the second round:

- Share your lows from the week

After the third round, discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about how physical training is important, but godliness is most important, and ways we can specifically train in godliness.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

Last week we focused on how we can train in godliness in order to grow spiritually in our relationship with God. This week we will realize that it's not just about outward actions of godliness, but God is also concerned with where our heart is. We may be doing the right things on the outside but our hearts must also be in the right place in order for God to be pleased.

In order to illustrate this in the physical, we will be doing heart checks throughout our workout. The goal during these heart checks is for your heart rate to be in your "target heart rate" zone, which is between 50-85% of your maximum heart rate. For those wanting to exercise at a moderate intensity, your target range should be 50-70% of your max, and for those wanting a high intensity workout, their heart rate should be between 70-85% of their max.



Have everyone calculate and write down their target heart rate according to what level of intensity they want to exercise.

How to calculate: 50-70% or 70-85% of max HR

Example: 32 year old at high intensity

Based on your level of intensity

- Step 1:  $220 - \text{age} = \text{max HR}$
- Step 2:  $\text{Max HR} \times .50 \text{ or } .70 = 50\% \text{ or } 70\%$
- Step 3:  $\text{Max HR} \times .70 \text{ or } .85 = 70\% \text{ or } 85\%$

$$220 - 32 = 188$$

$$188 \times .70 = 132$$

$$188 \times .85 = 160$$

Target heart rate is between 132-160

You can do heart checks in between each interval by having everyone find their pulse and counting the number of heart beats for 30 seconds then multiplying by 2.

### WOD:

High Intensity Interval Training (HIIT)

4 rounds of 4 Min Tabatas (20 sec work, 10 sec rest, alternate exercises)

2 Min rest between each round to perform heart check both physically (by calculating their heart rate) and emotionally (by checking their attitude and spirit)

- High knees
- Squats with a pause
  
- Punches
- Bear crawls
  
- Plank walks
- Russian twists
  
- Skaters
- Glute bridges

**Cooldown:** Stretch

Ask:

- Did anyone have trouble staying in their target heart rate zone?
- How was your heart mentally and emotionally during this workout?

**Scripture:** Matthew 5:1-12

Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?

- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Which of the beatitudes stands out to you personally the most and why?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #8 Harmony Despite Differences

**Workout Theme** (write on the board): **Harmony Despite Differences**

**Key Scripture** (write on the board): *Romans 15:5-6- "May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ."*

### **Look Back**

**Warm up:**

Play the song "God Taught Me" by Zauntzee from youtube or itunes. Everytime "God taught me" is mentioned in the song, everyone in the group does a burpee.

Stretch

While stretching, share your highs and lows from the week

Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.

The last two weeks we've been focusing on spiritual growth, last week specifically checking our own hearts to make sure they are in alignment where God wants us to be.

Ask accountability questions from last meeting:

- Did you obey what God put on your heart to do since our last meeting?

### **Look Up**

This week we are shifting to our last area of focus, which is growing in favor with man, or our relationships with others. Today's theme is "Harmony Despite Differences".

**Ask: What are some of the differences that we have in this group?** (Examples: Size, skill level, athleticism, age, experience, gender, race, socioeconomic status, ethnicity, interests, personalities, etc.)

**Ask: What does it mean to have harmony?** (Definition: to be of the same mind, agreed together, cherish the same views, be harmonious, to seek one's interest or advantage, to be of one's party, side with him)

**Ask: Throughout this workout, you will be paired with someone who is different than you. How can we have harmony despite differences?**

## **WOD:**

### Part 1:

5 rounds for time - 10 min cap

Workout with a partner who is different from you (different skill level, age, gender, etc.). At the end of each round, whoever finishes first encourages their partner until they both finish. When both are finished, they high five and "praise the Lord" together before moving to the next round.

- 20 squats - last squat hold for 5 sec
- 10 dips or push ups
- 10 sit ups

### Part 2: 5 min AMRAP -

Total the number of rounds completed as a group at the end and "praise the Lord" together.

Throughout the time everyone encourages along the way.

- 7 squat thrusts
- 20 floor taps

## **Cooldown:** Stretch

### Ask:

- What challenges did you have in demonstrating harmony with your partner despite your differences?
- What rewards or blessings came from it?

## **Scripture:** Romans 15:1-7

### Ask:

- What did you like about this passage?
- What did you find challenging about this passage?
- What did you learn about God from this passage?
- What did you learn about people from this passage?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.

## Lesson #9 TEAM = Together Everyone Achieves More

**Workout Theme** (write on the board): **Together Everyone Achieves More**

**Key Scripture** (write on the board): *1 Corinthians 12:12 - "For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ."*

### Look Back

**Warm up:** 3 rounds (ask questions in between each round)

- 20 jumping jacks
- 15 squats
- 10 sit-ups
- 5 pushups

After the first round:

- Share one thing you are thankful for that happened this past week

After the second round:

- Share one thing you are struggling with or stressed about this week

After the third round discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Review: Last week we discussed that even though we are all different, we can still live in harmony.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

**Explain:** The theme of the day is "TEAM = Together Everyone Achieves More". We are going to workout as a TEAM today. Each of us have different gifts, personalities and abilities we can contribute.

**Ask:** What is something that you have to contribute to the team? (Examples- strength, endurance, encouragement, service, light-heartedness, positive attitude, etc.)

**WOD:**

As a TEAM, you must complete the total number of reps for each exercise. Some will be able to do more, some less based on gifting and ability. Figure out together how you will keep track to reach your goal, work together, and accomplish it.

25 min cap.

If 4-6 participants

- 175 Burpees
- 900 Squats
- 250 Pushups
- 700 Sit-ups (or reverse sit-ups)

If 7-9 participants

- 300 Burpees
- 1575 Squats
- 440 Pushups
- 1225 Sit-ups (or reverse sit-ups)

If 10-12 participants

- 440 Burpees
- 2250 Squats
- 625 Pushups
- 1750 Sit-ups (or reverse sit-ups)

If greater than 12 participants, divide the group up into two or more teams

**Cooldown:** Stretch

Ask:

- Was your team successful in completing the challenge?
- Did every member of your team contribute their giftings? If so, how? If now, why not?
- Were there any challenges? How did your team work through those challenges?

**Scripture:** 1 Corinthians 12:14-31

Ask:

- What did you like or find challenging about this passage?
- What did you learn about God or people from this passage?
- Why is it important to have different parts/gifts?
- What would it look like if we were all the same?
- *How did the workout relate to the passage we just read?*

## **Look Forward**

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?

2. Is there someone I can **train** in sharing what I have learned today with?
3. Is there someone God is prompting me to **share** my story or God's story with this week?

Share anything God has placed on anyone's heart and have someone write it down so that during the next meeting there can be accountability.

Once commitments have been made, practice and/or pray with a partner or with the group how you will live out these commitments.



## Lesson #10 Common + Unity = Community

**Workout Theme** (write on the board): **Common + Unity = Community**

**Key Scripture** (write on the board): *Acts 2:44 - "And all who believed were together and had all things in common."*

### Look Back

**Warm up:**

- 20 secs each - 2 rounds
  - Air jump ropes
  - Butt kicks
  - High knees

Share your highs and lows from the week

- 20 secs each - 2 rounds
  - Arm swings
  - Arm circles
  - Toe touches cross body

Discuss the vision, recap last week's lesson, and ask accountability questions:

- Vision: Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." Following Jesus' example we are seeking to grow holistically in all areas of life - mentally, physically, spiritually, and relationally.
- Recap: Last week we talked about the body of Christ and our unique giftings and contributions. When we work together as a TEAM, together everyone achieves more.
- Accountability: Did you obey what God put on your heart to do since our last meeting?

### Look Up

Explain: The theme of the day is "Common + Unity = Community". We are going to start with a common goal and strive towards unity to reach that goal. Hopefully in the end, we will have achieved a model of what community can look like.

**WOD:**

Divide the group into teams of 3-4. Each team needs to decide on a common goal of how many rounds they think they can complete in 20 minutes and to work hard towards that goal. Each team does each exercise together so that there is unity while performing the workout. Encourage the teams to give each other positive feedback and inspire the other teams as they go along.

20 min AMRAP

- 10 Jumping jacks

- 10 Air squats
- 10 Lunges (each leg)
- 20 Mountain climbers
- 10 Push ups
- 10 Plank jacks
- 10 Sit ups
- 10 Reverse sit up
- 30 sec Plank

**Cooldown:** Stretch

**Ask:**

- Did your team achieve your goal?
- How was unity demonstrated as you were working towards your goal?
- How would you define “community”? Do you feel like your team established a sense of community throughout the workout?
  - Dictionary definition: a unified body of individuals; a group of people living in the same place or having a particular characteristic in common; a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals
- What are some examples of community outside of the gym?

**Scripture:** Acts 2:42-47

**Ask:**

- What did you like or find challenging about this passage?
- What are the attributes of community from this passage?
- What are the outcomes of this type of community?
- How would life be different if we had community like this today?
- *How did the workout relate to the passage we just read?*

**Look Forward**

It is possible for us to have community like this in the same way the early church did in Acts 2. From the attributes that we mentioned in the passage, what elements are we missing in our group? How can we incorporate those elements into our gatherings?

How is God speaking to our hearts through this passage? Is He calling us to function as a simple church community using the strategy of fitness to gather together?

Take a minute (or more) to pray and ask God to speak personally and individually. Each person should be asking God three questions:

1. How does God want me to practically **obey** this passage this week?
2. Is there someone I can **train** in sharing what I have learned today with?

3. Is there someone God is prompting me to **share** my story or God's story with this week?