FITNESS & NUTRITION EXPERT PROGRAM

FITNESS SESSION 6:

Components of a Fitness Class, Program Design and Development

What we are going to cover

CLASS DEVELOPMENT VS PROGRAM DEVELOPMENT

- The 3 C's
- The Follow Up
- Providing Feedback

CLASS DESIGN

- Warm up
- Body Of The Workout
- Cool Down
- Class Wrap Up

DIFFERENT PROGRAMMING OPTIONS:

- Progressive programs
- Interval training
- HIIT
- SMIT
- Bootcamp

What we are going to cover

DIFFERENT PROGRAMMING OPTIONS:

- PHA
- AMRAP

AWESOME ADD ONS TO ANY PROGRAM:

- Partner work
- Team Building
- Obstacle courses
- Circuits
- Isometric ladders
- Pyramids

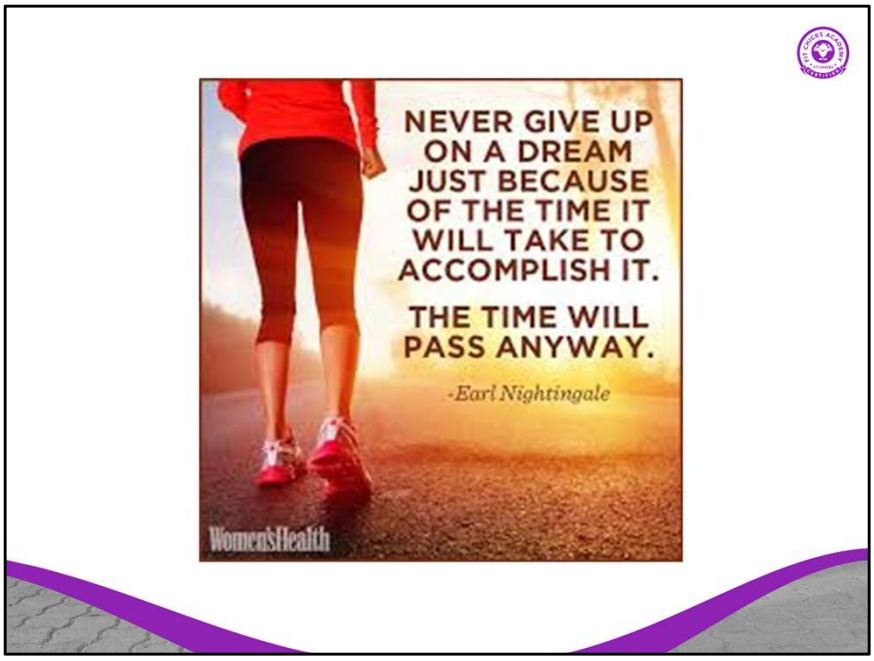
FINAL NOTES ON PROGRAM DEVELOPMENT:

- Create it, own it and love it!

QUIZ #4

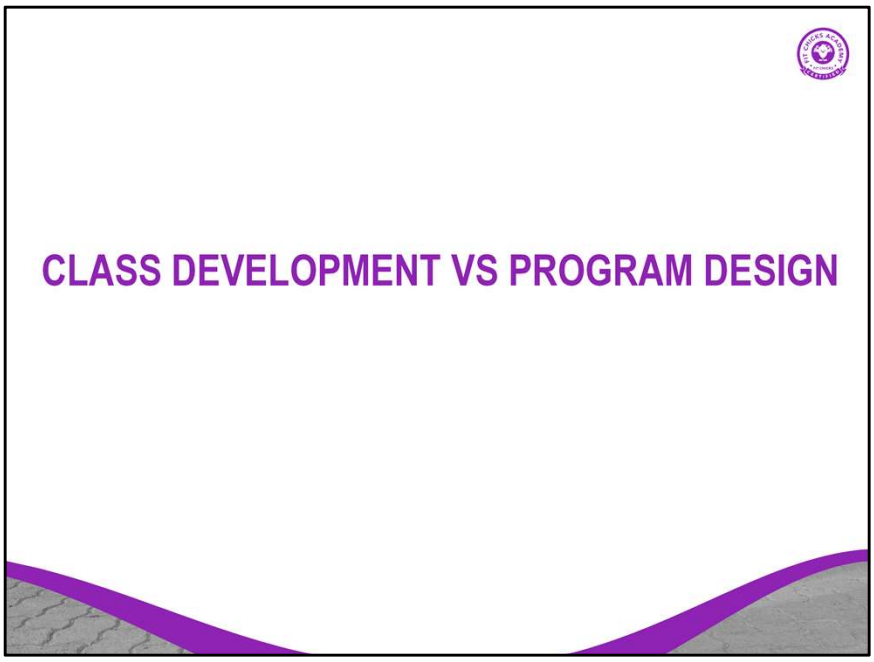
ASSIGNEMENT #1:

- Review assignment


NEVER GIVE UP ON A DREAM JUST BECAUSE OF THE TIME IT WILL TAKE TO ACCOMPLISH IT.
THE TIME WILL PASS ANYWAY.
-Earl Nightingale
WomensHealth

What you need before we start

1. Water
2. Put your finger tips together
3. Take 3 deep breaths


CLASS DEVELOPMENT VS PROGRAM DESIGN

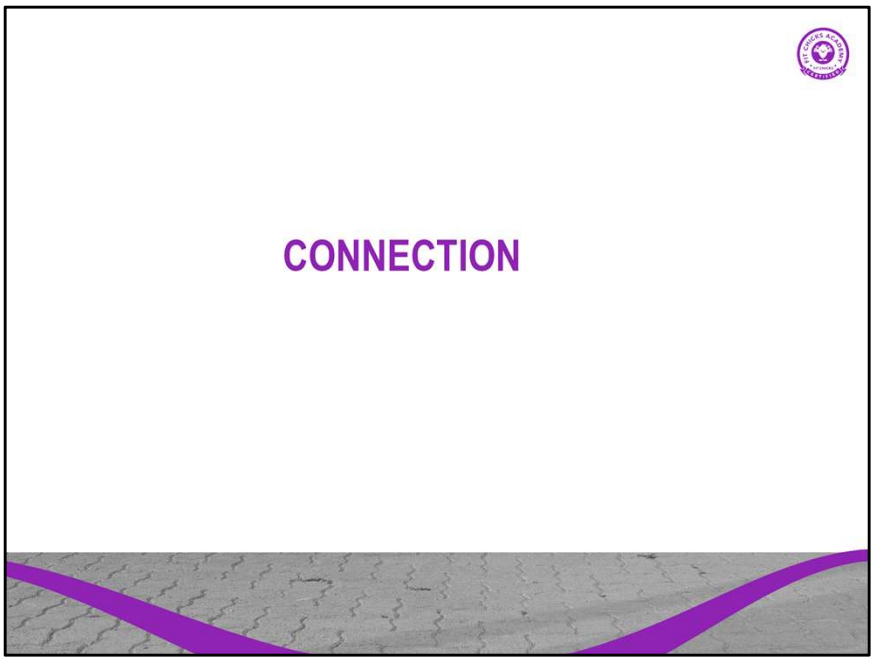
There is a big difference between class development and designing a program

Classes are generally:

- One off programming
- No progression for clients
- No specific pattern or signature programming to you
- No commitment from clients

Program design needs to be more specific and designed around the 3 C's of program design

1. Connection
2. Community
3. Commitment


CONNECTION

CONNECTION

Connection is key as one of the leading driving forces for purchasing is emotion.

If you do not develop a connection with your clients in and outside of class you will miss out on a very important step in program development.

CONNECTION

Yes members will show up because you have a great class but what happens when you understand them, know their why and are clear about their goals?

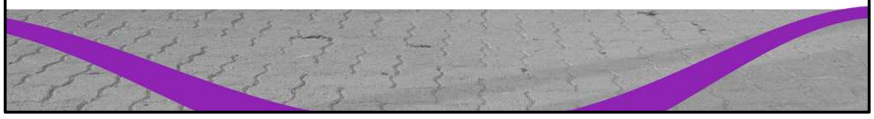
You have members who are connected to you, your brand and identify with this.

CONNECTION

Ways to build connection in your program development:

1. Always have some one on one time with your client at the start to find out their why. Best time to do this is during fitness assessment at the start of any program
2. Share knowledge and information to support their goals
3. Ask questions!
4. Remember their name and what they told you – treat them like your BFF

BUILD YOUR COMMUNITY



BUILD YOUR COMMUNITY

It is not just a class, it is a program

BUILD YOUR COMMUNITY

- Class unity
- Create a personal approach to the program
- Have a private members area or FB group
- Run challenges in class and outside of class to keep engagement
- Share recipes and treats
- Group effort of common goal to work towards (think mud run or 5k run etc to sign up as a team)
- Outside of sessions

BUILD YOUR COMMUNITY

Develop relationships with your clients and within your groups

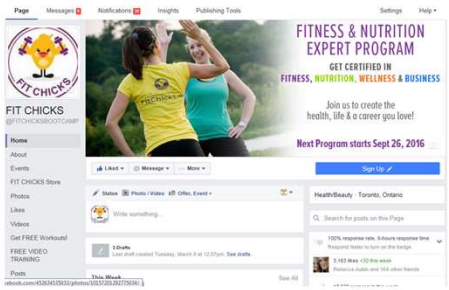
BUILD YOUR COMMUNITY

Have personalized programs for your groups and clients to fit the goals

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Note: Walk 10k Steps / Day on top of each workout	HOLIDAY	Choose Video from FIT CHICKS Video Vault	Fitness Assessment and Fab and Focused Total Body Burner Workout In Class	Choose Video from FIT CHICKS Video Vault	Multiplier Workout In Class	Choose Video from FIT CHICKS Video Vault	Walk 10k Steps – Use pedometer
Week 2							
Note: Walk 10k Steps / Day on top of each workout	Circuits Workout In Class	Choose Video from FIT CHICKS Video Vault	Super sets Ridiculous Workout In Class	Choose Video from FIT CHICKS Video Vault	Rest	Choose Video from FIT CHICKS Video Vault	Walk 10k Steps – Use pedometer
Week 3							
Note: Walk 10k Steps / Day on top of each workout	Totally Tabatas Workout In Class	Choose Video from FIT CHICKS Video Vault	Chicks Choice Workout In Class	Choose Video from FIT CHICKS Video Vault	Rest	Choose Video from FIT CHICKS Video Vault	Walk 10k Steps – Use pedometer
Week 4							
Note: Walk 10k Steps / Day on top of each workout	Dirty 30 Workout In Class	Choose Video from FIT CHICKS Video Vault	Fitness Assessment and Perfect Pair Workout In Class	Rest	Choose Video from FIT CHICKS Video Vault	Choose Video from FIT CHICKS Video Vault	Walk 10k Steps – Use pedometer

BUILD YOUR COMMUNITY

Set up private chat groups to get people talking out side of class



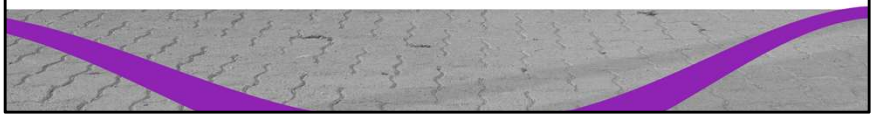
BUILD YOUR COMMUNITY

Develop engaging outside of class challenges and program extensions

BUILD YOUR COMMUNITY

Sign up for a team event that you all work towards in the programming

COMMITMENT



COMMITMENT

Within a program people are proven to complete the program 76% of the time vs trying to complete it on their own according to study by NBC news.

People know what they need to do to get healthy, what they need is someone to be accountable to with themselves and their goals.

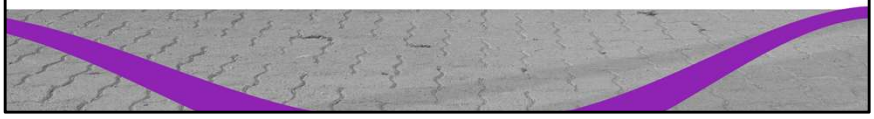
COMMITMENT

Structuring a program without drop in class options and instead having very clear structure in place (example 8 week commitment 2 x per week every Monday and Wednesday from 6-7PM) will give them no excuses to not show up.

With drop in classes you are giving them an out.

Nobody knows if they are coming
Nobody tracks or follows up
There is no accountability

FOLLOW UP



FOLLOW UP

Follow up is just as important after the class as it is during the programming.

Have a structure in place that is clear.

Example:
If you miss a class within the 8 week program I will email or call you to find out why
There is no carry over for this class so make sure to show up
Every week we will have a challenge for the weekend that we will check in Monday in class to be sure all completed it!
During the week you will be given your 8 week guide to follow outside of class for maximum results

FOLLOW UP

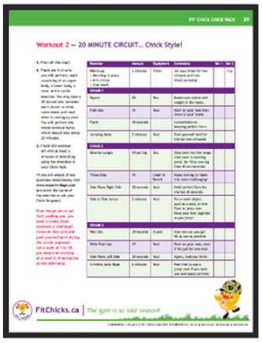
Creates accountability with your clients and you

FOLLOW UP

Shows that you actually care about them and their goals and their why

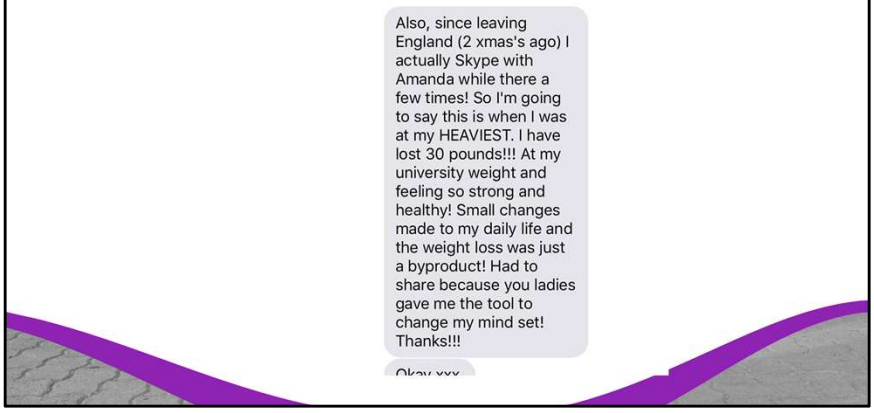
FOLLOW UP

This is your opportunity to support clients outside of classes and sessions!

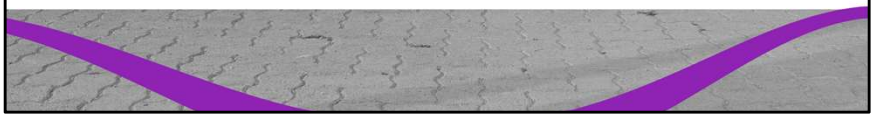


THE FOLLOW UP

Amazing opportunity for your to gain feedback to ensure your clients are connecting to you and the program

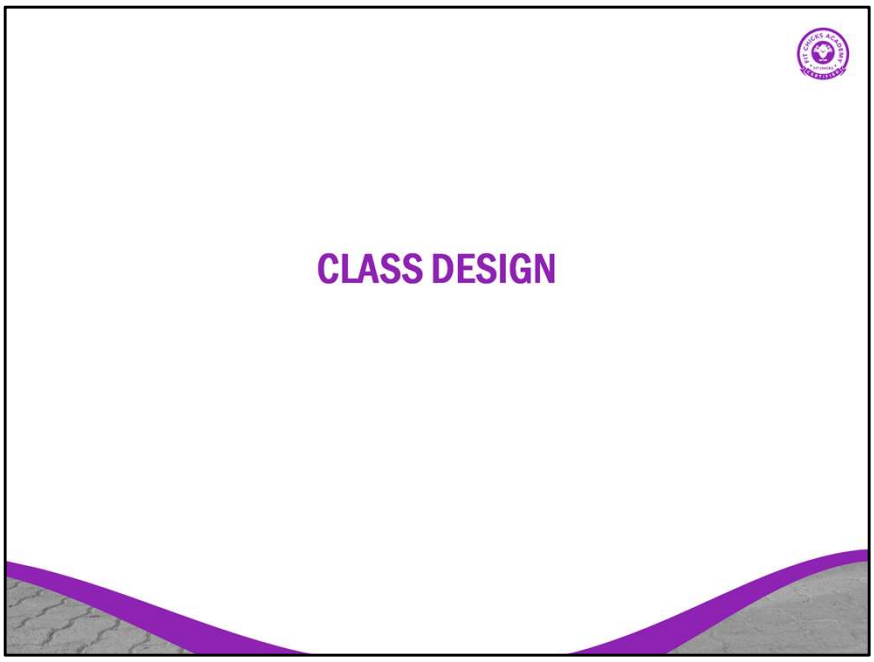


Providing Feedback



Providing feedback

- Handle clients and their needs
- Different goals
- Discouraged from results
- Emotional side to fitness
- How to know when it is time to let go of a client


CLASS DESIGN

CLASS DESIGN

When developing your class it is important to have a flow or signature style you are building this will make your clients feel this is unique to you as well as become familiar with your approach.

CLASS DESIGN

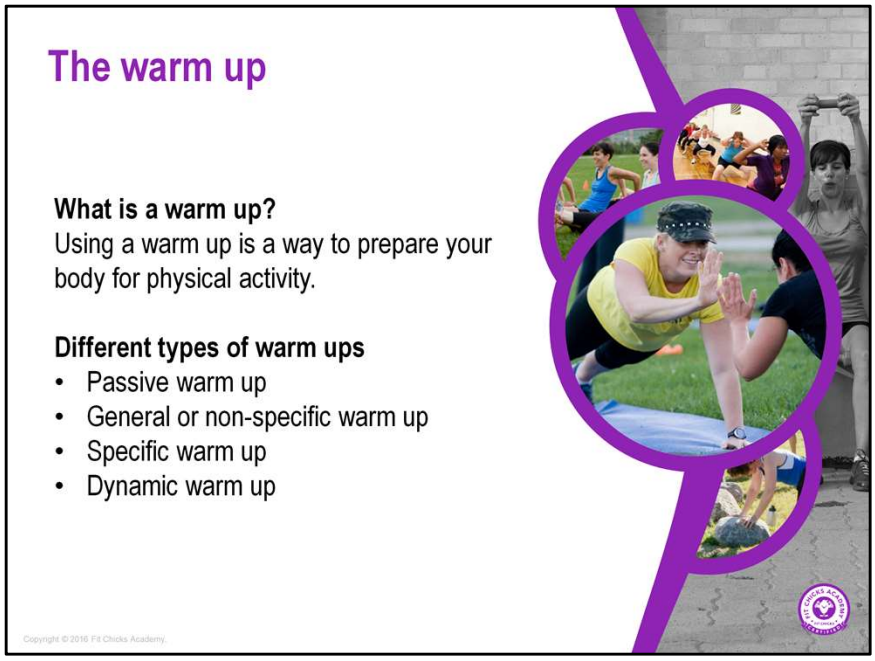
This does not mean to repeat the same class over and over again!

If you are bored teaching it, they are bored taking it!

CLASS DESIGN

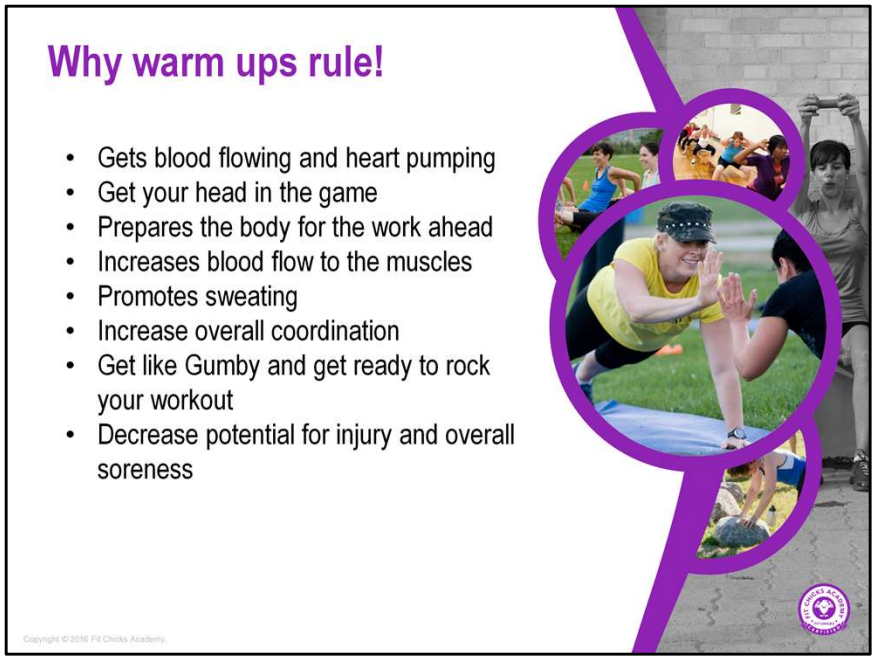
Each class should have the basics:

1. Beginning (Warm Up)
2. Middle (Body of the Workout)
3. End (Cool Down)



A warm up gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature. Warming up may also help reduce muscle soreness and lessen your risk of injury. A warm up may leave you a little sweaty however it should not leave you fatigued.

Passive warm up: non performance based warm up more about heating up the body. Can be taking a hot bath or shower, sitting in the sun or a heated room.
General or non-specific warm up: Muscles are activated and the body temperature increases. There will be a reduction in potential injury by utilizing this type of warm up. This can be anything such as walking, dancing or moving the body to increase blood flow and movement.
Specific Warm up: Utilizing the same muscle groups and mimicking movements similar to the ones about to be used in an activity or sport. Examples, using squats, lunges and jogging in place to warm up muscle groups prior to sprinting or skating.
Dynamic warm up: a type of sports fitness routine in which momentum and active muscular effort are used to stretch and the end position is not held.



Increases degradation of oxyhemoglobin. In other words, warming up helps break down the chemical complex of oxygen, which enables it to separate from the blood and enhance its delivery to the muscle.
Increases body temperature. Warming up reduces the potential for muscle and connective injuries.
Increases blood flow to exercising muscles. The more blood that reaches the muscles, the easier the delivery of nutrients required for energy production.
Increase blood flow to the heart. More blood to the heart means a reduced risk for exercise-induced cardiac abnormalities.
Decreases muscle viscosity. Hey, if viscosity is bad for your car engine, it's not any better for your muscles. Warming up enhances the suppleness of the muscle.
Help promote sweating. Remember: sweat is good. Sweating reduces the amount of heat stored in the body. Your body spends more energy cooling itself than through any other activity.
Enhances the speed of transmission of nerve impulses. Motor faculties improve greatly when you're warmed up. Need proof? Get out of bed and run to the front door. You'll probably bump into something, or worse, fall down. If you walked to the front door, and stretched. You could run like Forest Gump.
Increases the blood saturation of muscles and connective tissue. Sounds messy. In

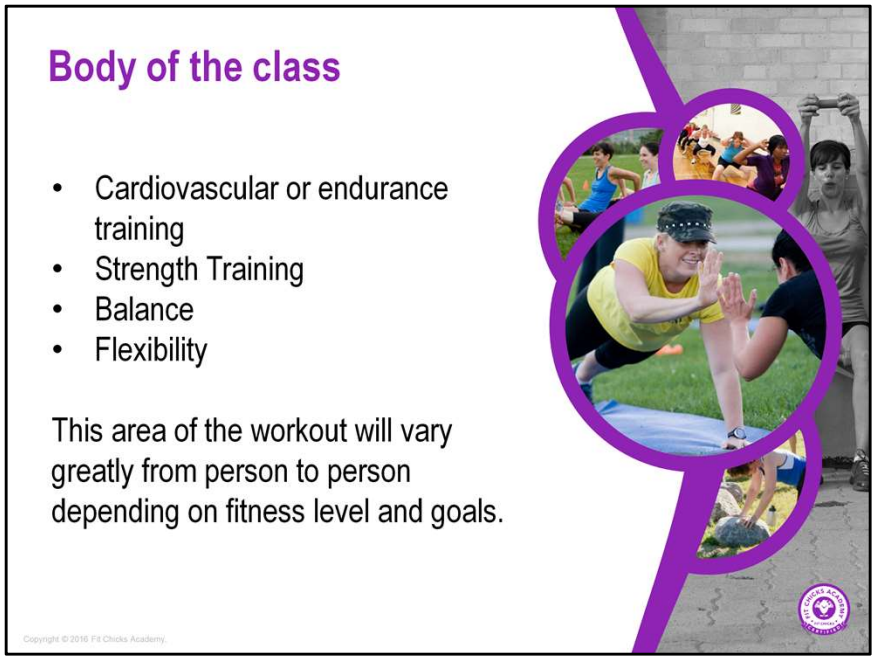
reality, the more blood reaching the muscles, tendons and ligaments, the better the elasticity of these tissues. Which means better performance and reduced chance of injuries.
Prepares the cardiovascular system for impending workload. Helps the heart and blood vessels adjust to the body's increased demands for blood and oxygen.
Prepares muscles for impending workload. Warming up may reduce the likelihood of excessive muscle soreness.

Body of the class

The training portion of the workout and should be more intense then the warm up or cool down portion.

The body of the class is just as important as the warm up and cool down but for different reasons:

- Portion where you are breaking down muscle tissue to be rebuilt leaner and stronger
- Building up cardiovascular systems and heart
- Burning the majority of calories throughout the actual session



Cardiovascular or Endurance Training are activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training.“

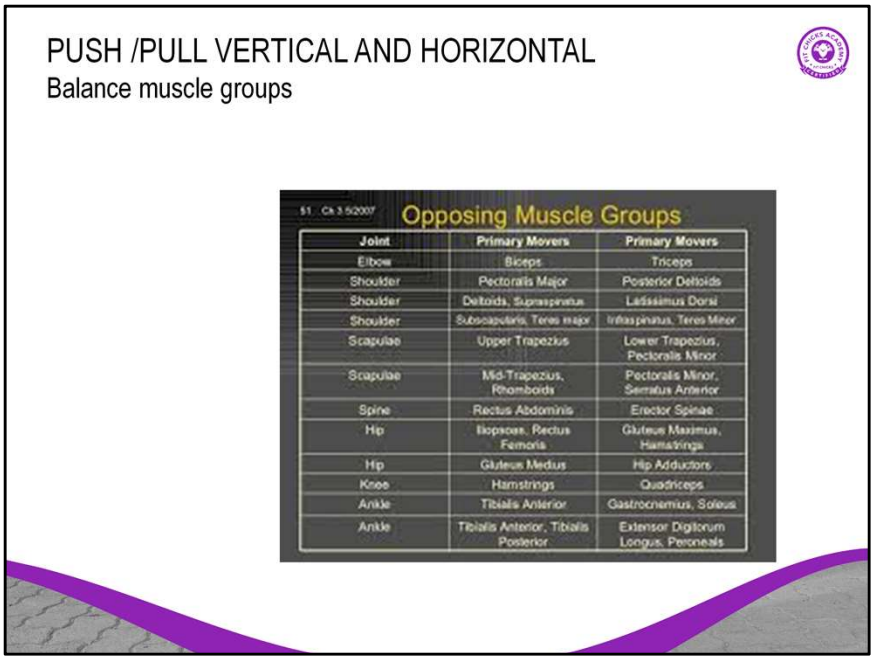
Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

Tips for programming development in the body of the workout

PUSH /PULL VERTICAL AND HORIZONTAL

Balance muscle groups



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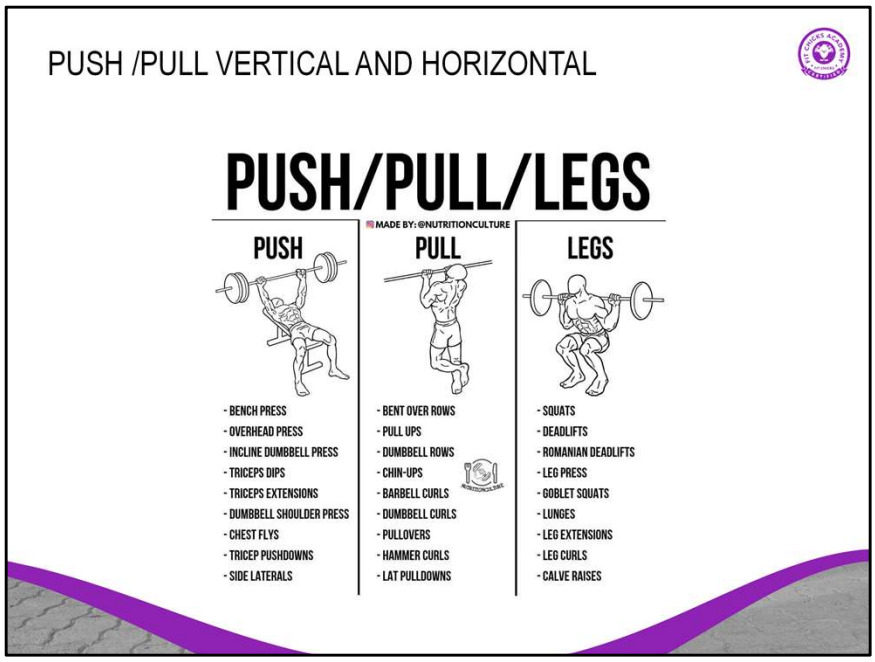


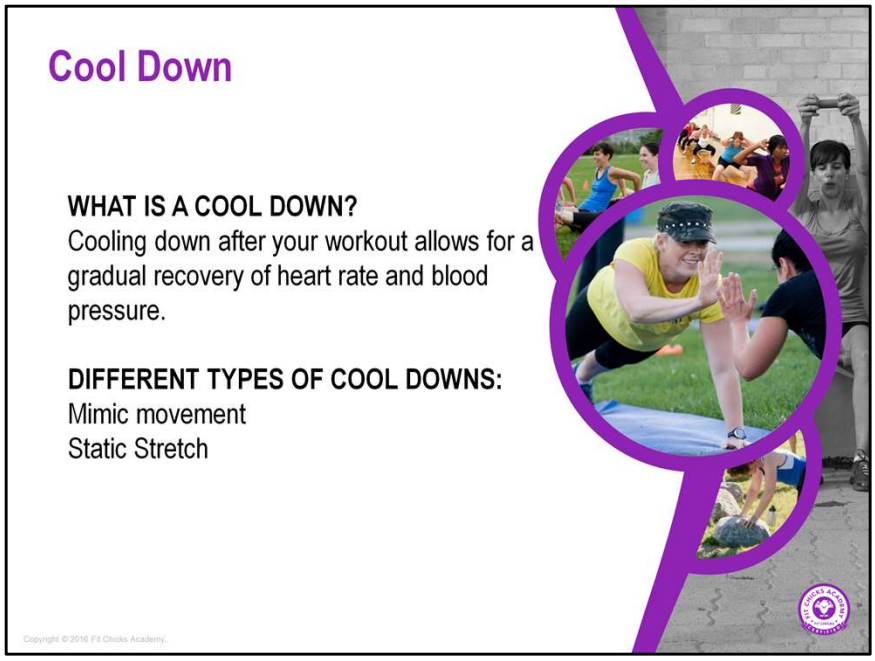
Ref @nutritionculture

Start with something explosive

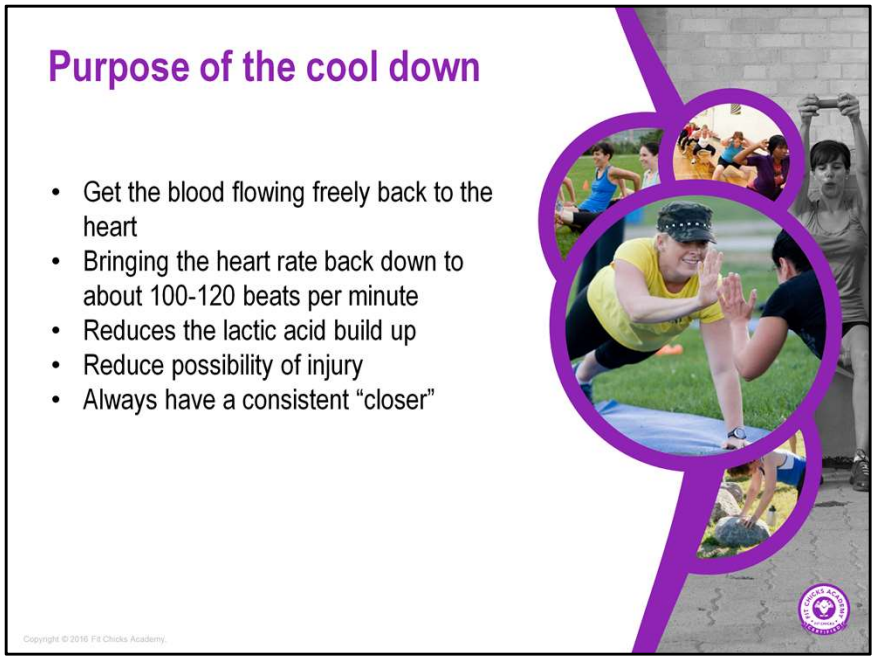
Challenge but never overwhelm your group or client

Always have a plan in place

Then have a back up plan



Cooling down may be most important for competitive athletes, such as marathoners, because it helps regulate blood flow. Cooling down doesn't appear to help reduce muscle stiffness and soreness after exercise, but more research is needed. After any workout—involving cardio or weights—your muscles are tired and begin breaking down. The immediate time after exercise is essential to muscle and tissue repair, strength building and overall recovery.



The purpose of the cool down is the reverse of the warm-up. At this point, your heart is jumping, and blood is pumping furiously through your muscles. You want your body to redirect the blood flow back to normal before you rush anything. You also want your body temperature to decrease before you hop into a hot or cold shower; otherwise, you risk fainting. Cooling down prevents your blood from pooling in one place, such as your legs.

When you suddenly stop exercising, your blood can quickly collect, which can lead to dizziness, nausea, and fainting. If you’re really out of shape or at high risk for heart disease, skipping a cool down can place undue stress on your heart.

Class wrap up

- Use this time to engage
- Talk about program details
- Take a personal approach
- Celebrate your chicks
- Share your vision and message
- Next session teaser


Different Programming Options

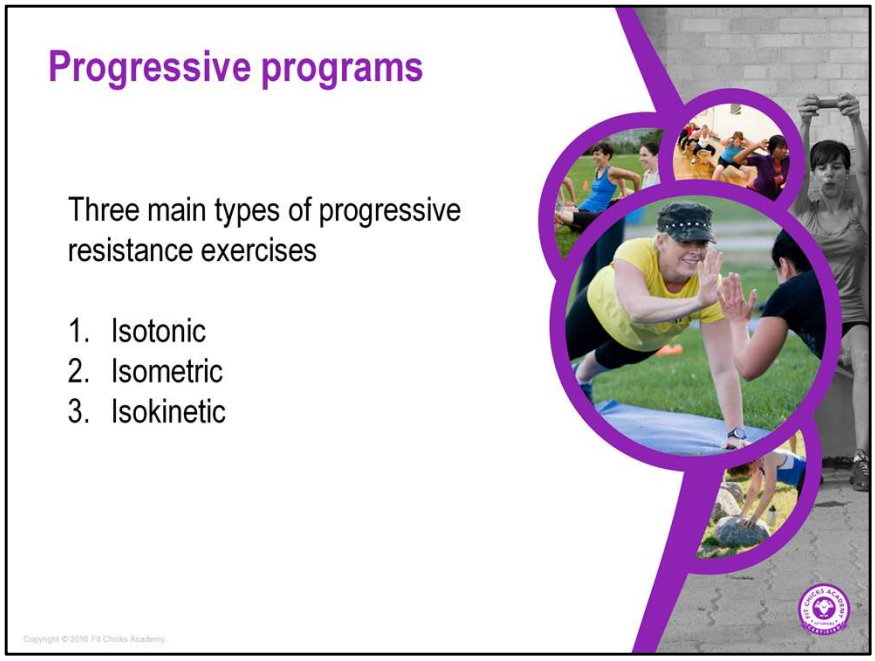
Modalities for Training

- Progressive Programs
- Interval Training
- HIIT
- SMIT
- Tabatas
- Bootcamp
- PHA
- AMRAP

Progressive training means that you keep gradually increasing the weights you lift (over a period of weeks, months, and years), so you always experience a high degree of challenge in your training. In broader terms progressive training means changing various aspects of your training to increase the challenge, including distance, speed, duration, etc.

Different ways progressive training is used:
Lifting the same load for increased distance (range of motion)
Lifting the same load and volume with better form, more control, and less effort (efficiency)
Lifting the same load for more reps (volume)
Lifting heavier loads (intensity of load)
Lifting the same load and volume with less rest time in between sets (density)
Lifting a load with more speed and acceleration (intensity of effort)
Doing more work in the same amount of time (density)
Doing the same work in less amount of time (density)
Doing more sets with the same load and reps (volume)
Lifting the same load and volume more often throughout the week (frequency)
Doing the same work while losing body mass (increased relative volume)

Lifting the same load and volume and then extending the set past technical failure with forced reps, negatives, drop sets, static holds, rest pause, partial reps, or post-exhaustion (intensity of effort)



Isotonic is the most common resistance exercise, and involves the shortening and lengthening of muscles to cause movement. Isotonic exercises use resistance through a full range a motion, which is effective for muscle development, and involve both concentric and eccentric contractions.
Common types of isotonic exercises include; calisthenics, resistance machine exercises, free weight exercises, resistance bands, etc.
Pros: Mimic sports specific movements, enhances dynamic coordination, promotes strength gains
Cons: Requires equipment and or machines, requires knowledge of proper form and technique, may lead to soreness

Isometric, also known as static strength training and static endurance training, is a type of progressive resistance exercise that involves no movement. To perform isometric exercises, force is exerted against an immoveable object such as a wall or doorframe.
This type of exercises is most common in the rehabilitation setting or for those suffering from debilitating diseases, as isometric exercises are beneficial for maintaining, not so much building, strength.

Pros: Isometric exercises are safe because they do not involve any joint motion or change in the muscle length, can be done anywhere with little to no equipment, does not dramatically increase the heart rate, which is ideal for those with high blood pressure or heart problems
Cons: Doesn't effectively build strength, strength is only improved in one particular position instead of throughout the entire range of motion, sports movements are difficult to replicate

Isokinetic exercises are performed on machines that keep the variable resistance at a constant speed throughout the range of motion. The resistance provided by the machine matches the effort of the exerciser. This type of exercise is most common in the rehabilitation or sports training setting
Pros: Build strength through full range of motion, ideal for evaluation and rehabilitation, safe and less prone to soreness
Cons: Special equipment is required, sports movements are difficult to replicate, complicated to use (requires a little bit of training), cannot work all muscle groups

Ref: Leah Goettesch

Interval programs

What is this?
Simply put, short bursts of intensity followed by a recovery period or lighter activity

Create workouts by changing the time, intensity or duration of each interval based on goals, target heart rate and peak oxygen intake.

Great article on how interval training is taking over the fitness industry: http://www.acefitness.org/blog/1498/aerobic-interval-training-and-moving-away-from

Interval programs

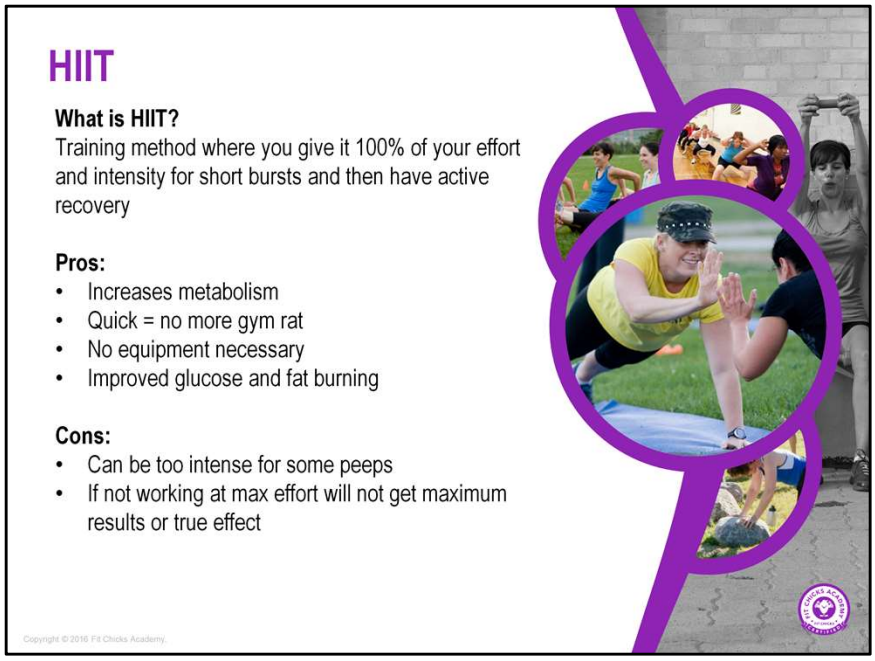
Pros:

- Burns more calories
- Improves aerobic capacity
- Nothing fancy required
- Keeps things interesting

Cons:

- Too intense for some people
- Not following the right flow can lead to injury
- Point of view on a workout

Great article on how interval training is taking over the fitness industry: http://www.acefitness.org/blog/1498/aerobic-interval-training-and-moving-away-from



Difference between Intervals and HIIT? Difference between interval training and HIIT is the level of intensity that you are exuding. Intervals can be used for walking for example regular speed to power walk where as HIIT is performed at your maximum rate of perceived exertion for that time period so 9 out of 10.

High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. On a 1-10 scale of perceived exertion, high intensity can be considered anything over an effort level of 7. When using max heart rate (MHR) as a guide, high intensity can be considered exercising above 80% of MHR. Modes of HIIT can include outdoor activities such as running or cycling, or using equipment such as treadmills, elliptical runners, stair-climbers or stationary bikes. HIIT training calls for challenging work-rates such as sprints (whether on a bicycle or running) for short time frames lasting from thirty seconds to two minutes.

What is a typical HIIT session like?

A typical HIIT session would call for a warm-up of 5-10 minutes where the intensity gradually increases from a RPE of 3 to a RPE of 5. Once the body is warmed up, it is then time to begin the work intervals. The appropriate work to recovery ratio for HIIT

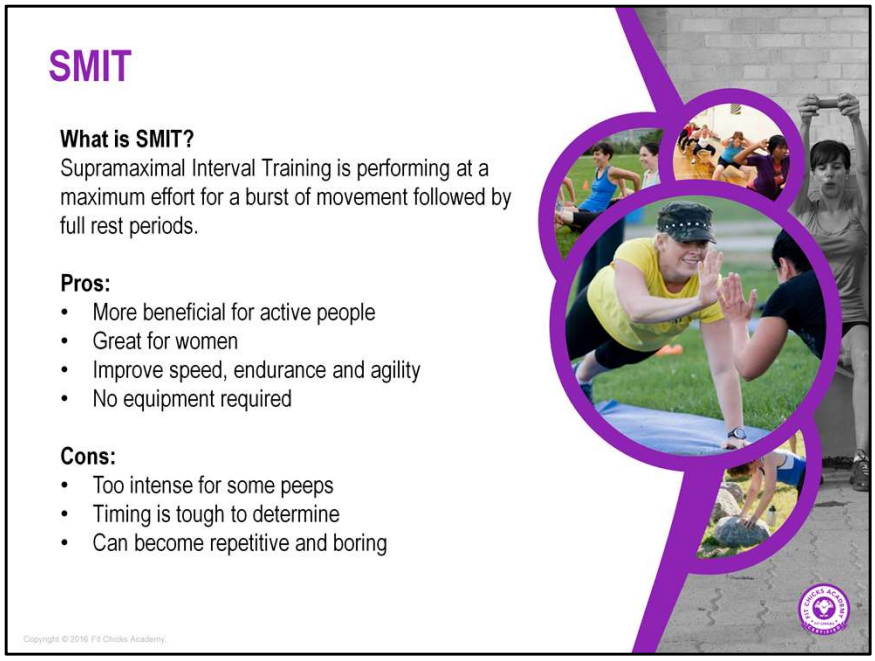
is 1 minute of work to every 2 to 3 minutes of active recovery. Staying active during the recovery period allows the muscles to remove the metabolic waste and produce more energy for the next bout of high intensity exercise. Start with a lower number of work intervals and work up to doing 10-12 high intensity work intervals.
An example of outdoor HIIT training would be running at the fastest pace possible on a track for 200 meters, then jogging at a slower pace for 400m (or twice the length of time required to run the 200 meters). An example of indoor HIIT training would be an indoor cycling class where the instructor has the class do hill climbs for two minutes working at a RPE of 7 or 8, followed by four minute flat road intervals working at an RPE of 4 or 5.

What are the benefits of this kind of training?

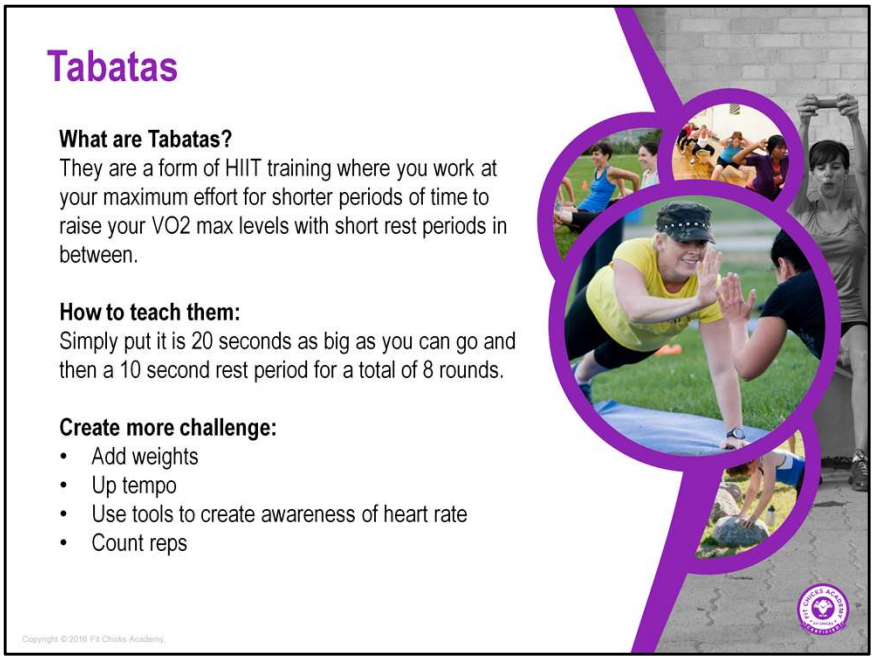
One of the major benefits of HIIT is that using the appropriate work-to-recovery intervals can train the body how to become efficient at producing and using energy from the anaerobic energy system. This type of session can also train the body to effectively remove metabolic waste from the muscles between the work intervals. In addition, HIIT also serves as an effective way to increase VO2 max without having to run for long distances or periods of time. Due to the high level of intensity and the amount of time necessary to appropriately recover from the exercise session, it is recommended to do no more than two days of HIIT per week, allowing at least one full day of recovery between training sessions.
By Pete McCall MS

Common myths for HIIT:

1. Everyone can do it! This is untrue and true to some extent. You have to be careful and build up to the maximum rate of intensity. By offering levels and modifications you can protect your clients and have them work to their maximum effort without over doing it. For newbies to working out it is better to have them begin with lower intensity then build up to this type of workout.
2. HIIT is all you need to lose weight and stay fit. Research shows that while HIIT is beneficial for maximum calorie burn in a workout and post workout, it is not the only type of workout you should include. Having a well balanced plan of HIIT and strength training along with a healthy diet will maintain optimal results
3. More = better. Not true. HIIT is intense and your body needs to recover especially if you are truly doing this to your maximum rate of perceived exertion. So 3 x per week is ideal as research shows.
4. HITT is better than steady state cardio. They each have their own place in the fitness world and a study by Journal of sports medicine found that steady state does not in fact eat away at muscle gains and or jeoporiodze strength.



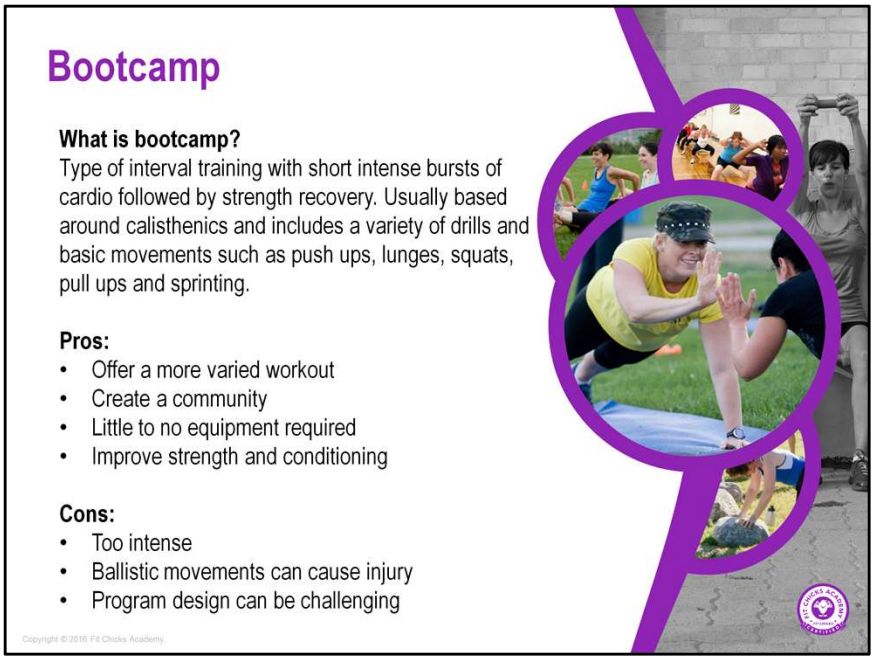
Using SMIT you are reaching your maximum level of intensity during the work periods and while resting with zero activity you allow your body to fully recover so that you are able to perform the next interval at the same level of intensity. This type of training will help to improve your endurance, speed, agility and sprinting performance.



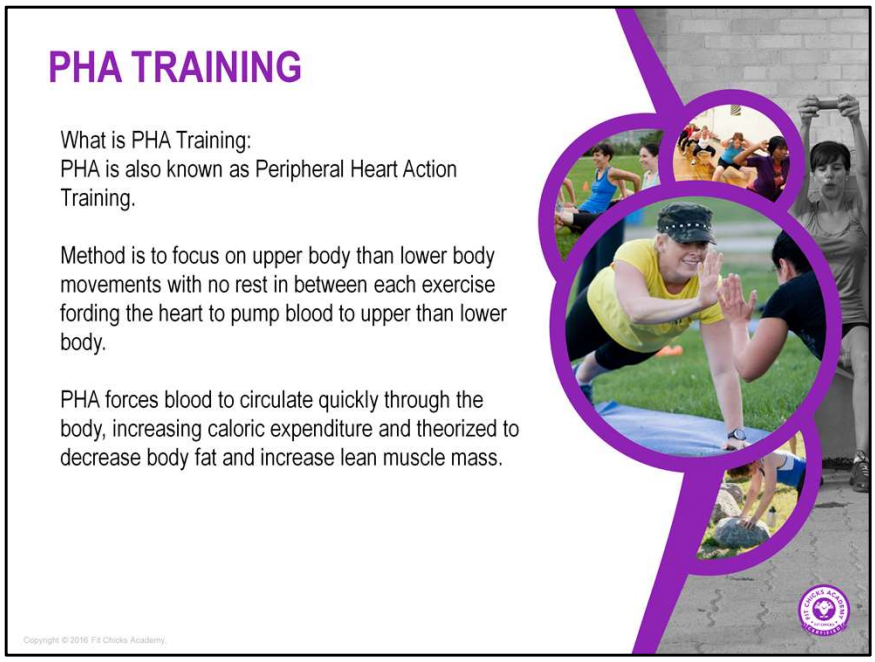
VO2 Max:
Fitness can be measured by the volume of oxygen you can consume while exercising at your maximum capacity. VO_2 max is the maximum amount of oxygen in millilitres, one can use in one minute per kilogram of body weight. Those who are fit have higher VO_2 max values and can exercise more intensely than those who are not as well conditioned. Numerous studies show that you can increase your VO_2 max by working out at an intensity that raises your heart rate to between 65 and 85% of its maximum for at least *20 minutes three to five times a week* (referenced in French & Long (2012)[8]). A mean value of VO_2 max for male athletes is about 3.5 litres/minute and for female athletes it is about 2.7 litres/minute.

Awesome article on how they work, how to use them and why:
http://fitness.mercola.com/sites/fitness/archive/2013/04/12/tabata-workout.aspx

And another awesome article:
http://breakingmuscle.com/strength-conditioning/the-tabata-revolution-explained-what-why-and-how-to-tabata

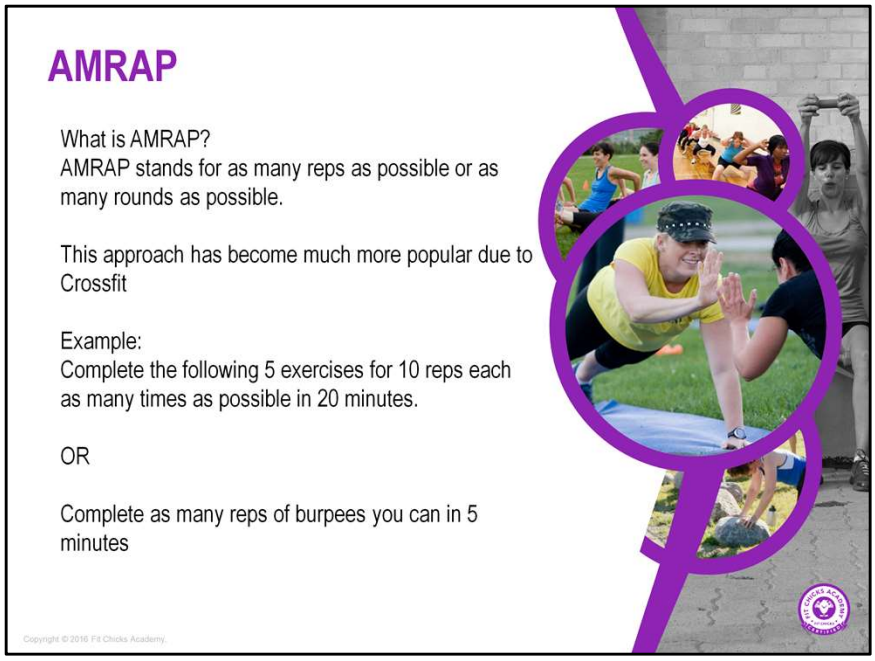


A fitness boot camp is a type of group physical training program conducted by gyms, personal trainers, and former military personnel. These programs are designed to build strength and fitness through a variety of intense group intervals over a 1 hour period of time

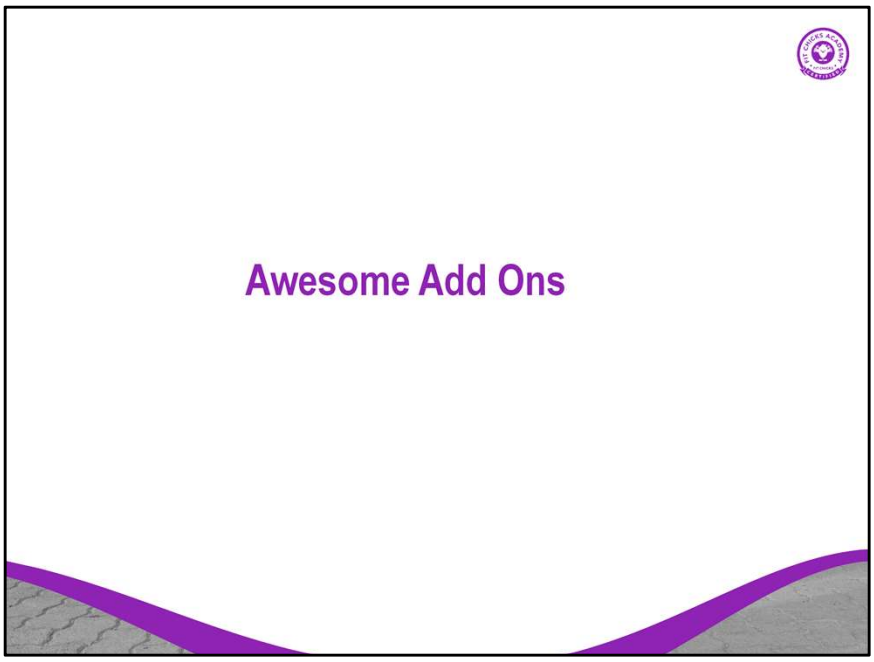


One great way to get the most out of your program design is to combine cardiovascular work with resistance training using a method called Peripheral Heart Action (PHA) Training. This method is similar to a regular circuit training method that keeps your client moving from one exercise to another with minimal to no rest between exercises. However, with PHA training, while you are moving from one exercise to another, you are focusing on alternating upper and lower body exercises.(1)

Ref: https://blog.nasm.org/certified-personal-trainer/peripheral-heart-action-training/



Ref: https://www.verywellfit.com/everything-you-need-to-know-about-amrap-workouts-4156872


Awesome Add Ons

Awesome Add Ons

- Partner work
- Team building exercises
- Obstacle courses
- Circuit training
- Isometric ladders
- Pyramids

Partner work

Have peeps partner up to challenge themselves with drills, exercises and role swaps.

Pros:

- Awesome way to create sense of community
- Peeps work harder and push themselves more
- Partner acts like a mirror reflection for them
- Fun alternative to standard moves

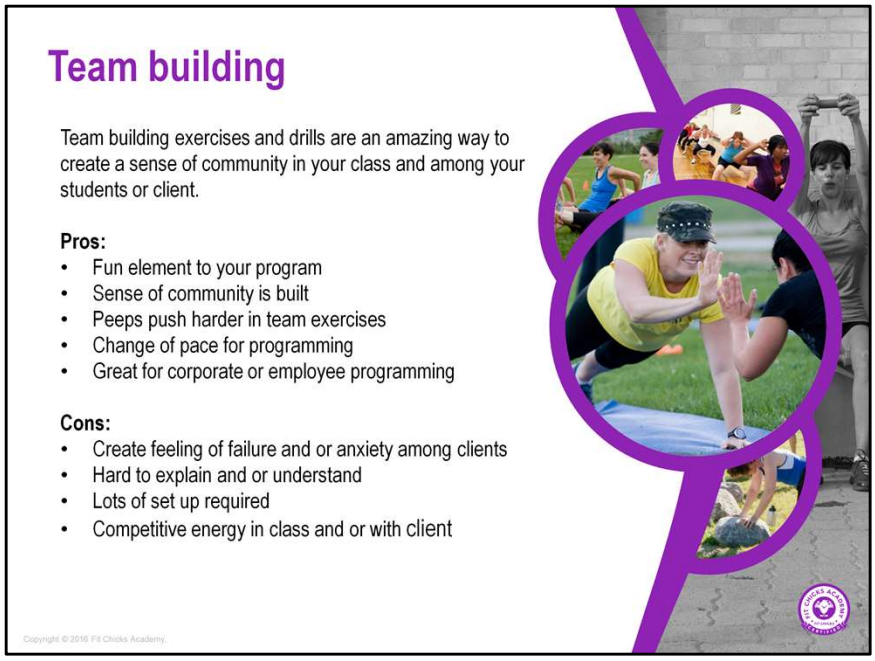
Cons:

- Peeps can focus more on conversation rather than exercise
- Create feeling of discouragement
- Difficult to facilitate
- Odd number of peeps

Awesome article with 35 kick booty ideas for partner work:
http://greatist.com/fitness/35-kick-ass-partner-exercises

Partner work: 90 moves in 9 minutes

https://www.youtube.com/watch?v=9hwW1SPLH8s



Benefits of group exercise:
Shawn Dolan, Ph.D., R.D., CSSD
As kids, we loved to get together to play with our friends. As teenagers, our world revolved around our friends; oftentimes, our friends dictated our choice of activities. As adults, we still enjoy being active with friends, but don't always feel like we have the time or opportunities to do so. Group exercise provides us with an opportunity to feel young again and be physically active with others.
Group exercise is typically described as exercise performed by a group of individuals led by an instructor. A variety of group exercise formats exist, including (but not limited to) aerobics and dance choreographed to music, BOSU, core conditioning, Pilates, yoga, muscle conditioning, step, indoor cycling, kickboxing, sculpting, fall prevention and boot camp. Your choice of classes depends on the club or studio you attend, the expertise of the instructors, and the amount of time you have.
Group exercise offers a variety of benefits you might miss out on if you choose to work out on your own. Some of the benefits include exposure to a social and fun environment, a safe and effectively designed workout, a consistent exercise schedule, an accountability factor for participating in exercise, and a workout that requires no prior exercise knowledge or experience. Let's take a look at how these benefits might apply to you.

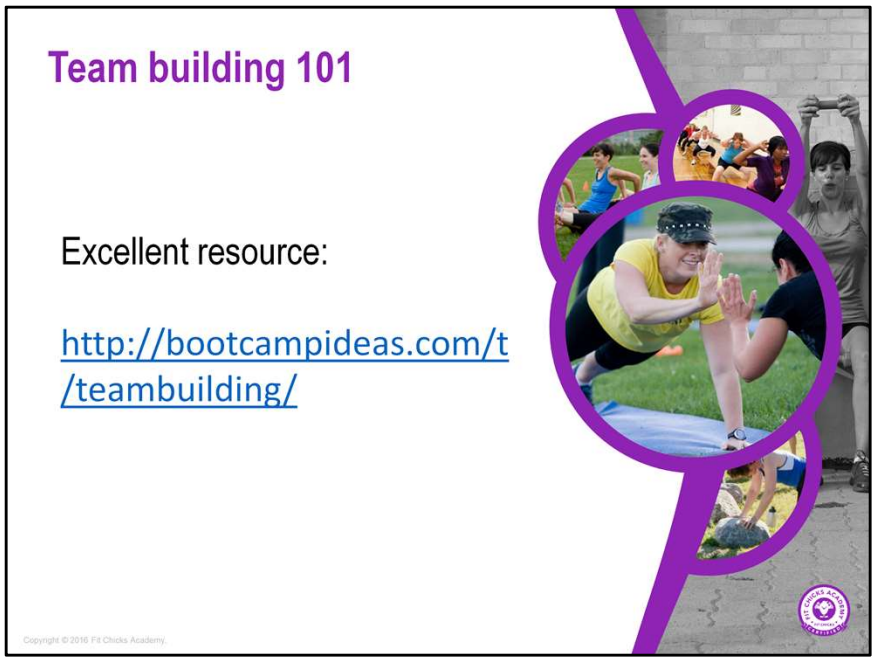
A common reason given for quitting an exercise program is boredom. A variety of class formats will keep you motivated and interested, as well as give you different instructor styles, music selection, and interaction with other participants. For many, an hour-long workout goes by very quickly when there is music playing and you are trying new exercises. People stay interested because of the social atmosphere provided by group exercise. This offers camaraderie and accountability among participants, as well as between participants and instructor.

Most people know exercise is good for them and want to begin exercising. However, they do not know the first step to take. They are bombarded with urgent messages from the media to exercise, but receive little guidance on how to initiate that process. This can be a very overwhelming task, especially when our lives are hectic. Group exercise offers a workout for all levels, ranging from beginner to advanced. Participants do not need to know how to develop a safe and effective workout or which machines to use or for how long; it is already done for them. They simply have to show up with a positive attitude, participate, and most importantly, have fun.

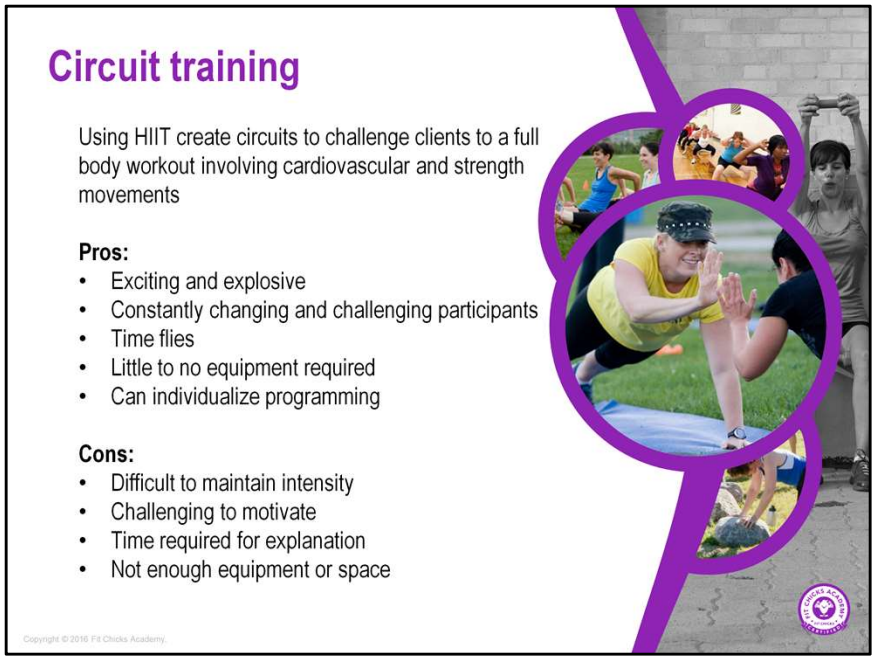
An exercise class structured with a purpose can be beneficial for people with limited knowledge about safe and effective exercise programming. An appropriately designed class includes warm-up, cool-down and flexibility in addition to the conditioning section. When people exercise on their own, they often skip portions of a workout they know less about or are not their favorite to perform. Furthermore, the fitness professional is not only designing the components of the workout, but also the intensity, so the class is designed appropriately to improve cardiorespiratory and muscular fitness. The fitness professional can also serve as a resource for class participants and encourage them to engage in other healthy behaviors outside of class.

Many people quit an exercise program because of time constraints. Participating in group exercise may help overcome this obstacle. Some facilities offer 30- and 45-minute classes for individuals with limited time. In addition, the consistency in scheduling offered by group exercise programs allows participants to choose a time and schedule it in their planner as they do other daily activities.

Lastly, group exercise appeals to many people because of its diversity. Traditionally, group exercise was available inside a fitness facility in the format of dance choreographed to music. While this still exists, many non-traditional group exercise formats are emerging, some even outside. There are boot camps at your local park, yoga on the beach, ski conditioning at the soccer field, trekking on the bike trails, stroller-walking classes in your neighborhood, and Latin dance at the local recreation facility. Regardless of your passion or interest, what is most important is to move. Group exercise offers an outlet for people to do this while having fun!



http://bootcampideas.com/t/teambuilding/



Circuit Training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

Circuit training is a method of resistance training, or weight training, that maximizes the volume of work

done in a short period of time. Circuit training is a great tool to use for people who are interested in weight loss, muscle gain and overall strength increases. Circuit training squashes common excuses that people use for not exercising because it takes little time, is action packed, does not need to be done everyday, and it can be personalized.

Circuit Training Basics

Circuit training consists of performing multiple exercises on multiple body parts in a row with little rest in between exertions. The two most basic types of circuit training are horizontal training and vertical training. In horizontal training, all sets of one exercise are performed before a person moves on to the next exercise. In vertical training, one set of every different type of exercise is performed before returning to an exercise for the second time.

The amount of weight that a person lifts during a circuit training session can vary between sets. A person can start with light weights and work up to heavier weights (increasing pyramid) or can start with heavy weights and regress to lighter weights (decreasing pyramid). The most important component of circuit training is to take little rest in between sets, whether of the same or different exercises. **Circuit Training Benefits**

Due to the lack of rest that circuit training demands, exercisers maintain elevated heart rates for the entire

period of exercise. The combination of weight training and increased cardiovascular effort makes circuit training a beneficial type of cross training. The exerciser gains muscle through the resistance training. The exerciser increases his/her cardiovascular endurance during the slightly elevated heart rate that is maintained in between sets and throughout the overall program. The exerciser burns high amounts of calories during the high exertion periods of his/her sets.

Circuit training is also a convenient way to exercise. It maximizes the total exercise volume (number of sets, repetitions, and amount of weight) completed in a period of time. Exercises are completed in a row, and therefore, the time spent exercising is condensed. Separate cardiovascular training is not necessary. All body parts are trained in one session, and therefore, exercisers do not need to work out everyday.

Long Run Benefits

Circuit training is a type of interval training. Interval training is a great way to increase the body's ability to burn calories when it is at rest. The exerciser's heart rate goes up very high, returns to a lower, but still elevated, state, and then goes up very high again. At no point during circuit training does the heart rate return to its resting rate. Circuit training, and interval training overall, increases the amount of oxygen that a person consumes post exercise, and therefore, increases the number of calories that a person burns throughout the day.

It can be used to achieve an increase in lean body mass and a decrease in weight.

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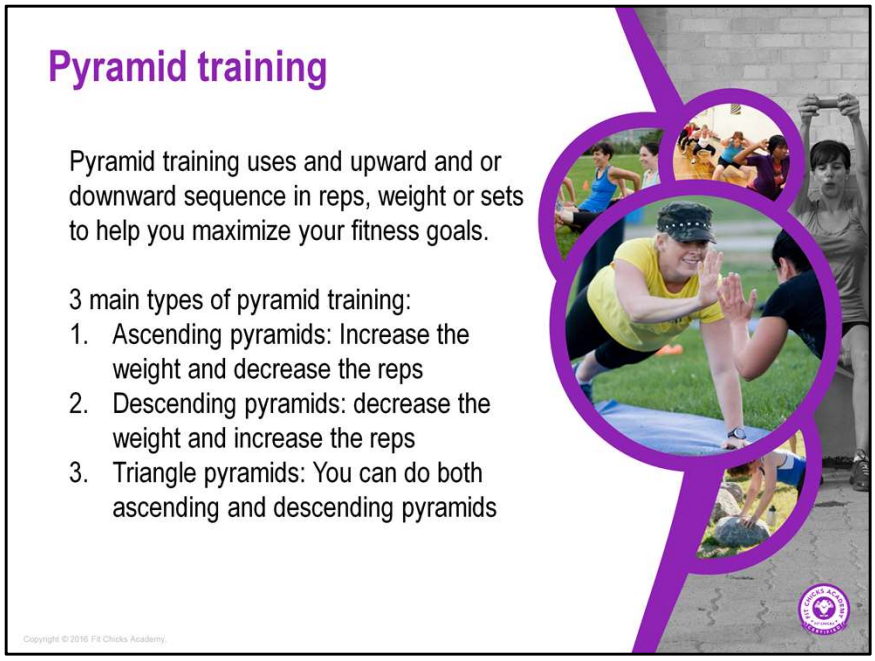
Samantha Kopf - National Academy of Sports Medicine Certified Personal Trainer

Isometric ladders

Isometric ladders involve holding an isometric movement for a period of time and gradually increasing or decreasing the time in which the movement is held.

For example: Isometric ladder using Squats
Squat low hold for 1 count – come to stand
Squat low hold for 2 count – come to stand
Squat low hold for 3 count – come to stand
Repeat sequence until you reach 10, 20 etc.



<u>Ascending Pyramids</u>: Increase the weight and decrease the reps for each set.

Set 1 – light weight: 12-16 reps

Set 2 – light/medium weight: 10-12 reps

Set 3 – medium weight: 8-10 reps

Set 4 – heavy weight: 4-6 reps

<u>Descending Pyramids</u>: Decrease the weight and increase the reps with each set.

Set 1 – heavy weight: 4-6 reps

Set 2 – medium weight: 8-10 reps

Set 3 – light/medium weight: 10-12 reps

Set 4 – light weight 12-16 reps

Triangle Pyramids: With this technique you do both ascending and descending pyramids.
Set 1 – light weight: 12-16 reps
Set 2 – light/medium weight: 10-12 reps
Set 3 – medium: 8-10 reps
Set 4 – heavy 4-6 reps
Set 5 – medium weight: 8-10 reps
Set 6 – light/medium weight: 10-12 reps
Set 7 – light weight: 12-16 reps

Example of obstacle course:
Start do 5 push ups
Next pylon complete 20 squats
Next pylon complete 50 jumping jacks
Next pylon complete 10 burpees
Run back to start and complete AMRAP for 10 minutes

FINAL NOTES ON PROGRAM DEVELOPMENT

PROGRAM DEVELOPMENT

Create it!

Own it!

Love it!

Create it!

- Plan in advance – if you fail to plan then you plan to fail!
- Give your self space to be creative
- Avoid the default
- Do your research
- Go BIG!
- Teach a class you would attend

Own it!

- Be a leader in your community
- Be responsible for your clients and their needs and goals
- Know your limits
- Teach your class

Love it!

- Teach with integrity and heart
- Show up each and every time
- Feed off of the energy of your peeps
- Remember why you are in this industry in the first place
- Remember the laws of attraction

Recap

CLASS DEVELOPMENT VS PROGRAM DEVELOPMENT

- The 3 C's
- The Follow Up
- Providing Feedback

CLASS DESIGN

- Warm up
- Body Of The Workout
- Cool Down
- Class Wrap Up

DIFFERENT PROGRAMMING OPTIONS:

- Progressive programs
- Interval training
- HIIT
- SMIT
- Bootcamp

Recap

DIFFERENT PROGRAMMING OPTIONS:

- PHA
- AMRAP

AWESOME ADD ONS TO ANY PROGRAM:

- Partner work
- Team Building
- Obstacle courses
- Circuits
- Isometric ladders
- Pyramids

FINAL NOTES ON PROGRAM DEVELOPMENT:

- Create it, own it and love it!

QUIZ #4

ASSIGNEMENT #1:

- Review assignment

Any questions or inquiries,
please email:

fne@fitchicks.ca