



FITNESS & NUTRITION EXPERT PROGRAM

FITNESS SESSION 7:
How to teach a superstar class



WHAT WE ARE GOING TO COVER:



BE THE LEADER:

- Set the tone
- Be prepared for your environment

THE ART OF CUEING:

- 3 ways to effectively cue
- 5 key cues for fundamental movements
- Motivational cues for class

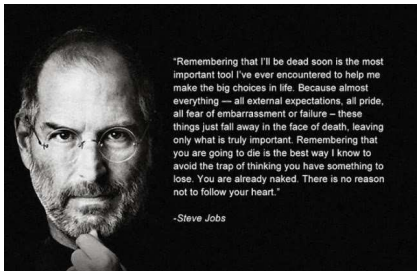
DEMONSTRATION:

- How to effectively demonstrate in a group setting
- Review the Fit Chicks Academy Video Library

MOTIVATION:



- 6 types of motivation techniques
- Music motivates

QUIZ # 5



What you need before we start

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





BE THE LEADER



Instruct & lead an effective class

- Be a leader
 - You are the only one who knows the program
- Teach your class - do not let group dictate
- Find your fitness personality
- Know their why and their name
- Remind yourself how fortunate you are for this position
- Own your space



BETHE LEADER



Walk in ready to inspire!

**I WANT TO
INSPIRE
PEOPLE.
I WANT SOMEONE TO
LOOK AT ME AND SAY
"BECAUSE OF YOU
I DIDN'T GIVE UP."**

BETHE LEADER



Start off with an amazing introduction to you and your program!



BETHE LEADER



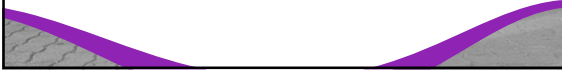
Get your clients motivated and excited about what is to come!



BETHE LEADER



Create the energy you seek from the group!



BETHE LEADER



Get moving!



BETHE LEADER



Be prepared for your environment

Indoor

Pros:

- Plan in advance
- No weather surprises
- Space used effectively
- Safe and comfortable environment

Cons:

- Limited space for movement
- Stale environment
- Permit issues

Outdoor


Pros:

- More space for movement
- Vitamin D
- Creative concepts
- Use environment
- Environmental challenges

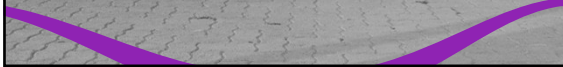
Cons:


- Weather!
- Intimidation
- Space issues / safety concern
- Bugs and more





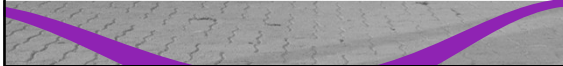
THE ART OF CUEING






THE ART OF CUEING

1 CUE PER BREATHE






THE ART OF CUEING

- Positive reinforcement always
- Inclusive and non-offensive
- Speak to group not individuals
- Avoid repetition
- Describe muscles being worked
- Benefits of the exercise
- Amount of time left
- Remember your audience

**WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE**

www.fitnessapp.com



THE ART OF CUEING



3 ways to cue effectively:

1. Visual Cues
2. Auditory Cues
3. Kinesthetic Cues

THE ART OF CUEING



• 5 key cues for each fundamental exercise

- Squats
- Lunges
- Burpees
- Push Ups
- Plank
- Jumping Jacks

THE ART OF CUEING



SQUATS:

- Weight in heels
- Chest up
- Hips back
- Feet flat
- Knees in 90 degree angle

THE ART OF CUEING



LUNGES:

- Knee over ankle
- 90 degree angle for legs
- Tuck hips under
- Core tight
- Chest up



THE ART OF CUEING



BURPEES

- Place hands flat on ground directly under shoulders
- Jump or step feet (or one foot) back to a plank position
- Keep feet wide about hip distance
- Jump or walk feet back in towards hands
- Jump or stand at top reaching overhead



THE ART OF CUEING



PUSH UPS:

- Spread fingers wide for larger base
- Elbows in 90 degree angle (no flaring out)
- Core tight
- On knees or toes (if on toes keep legs strong pushing heels towards wall behind you)
- Hips in line with body
- Movement comes from arms not body moving



THE ART OF CUEING



PLANK:

- Elbows directly under shoulders
- Rib to hip motion (crunching motion)
- Feet hip distance apart (about 2 fists distances)
- Look at floor about 3 inches ahead of your nose
- Hips in line with body (no bums in air)



THE ART OF CUEING



JUMPING JACKS

- Soft knees when you land
- Core tight
- Hands touch above head
- Jump or step feet in and out shoulder distance apart
- Stay light on your feet



THE ART OF CUEING



- Voice affects vibe
- Level - volume
- Play with tones to create new energy



Motivational Cues For Class

Positive phrases you could use:

- If it is hard, it is supposed to be - you got this!
- Is your body saying no or is it your brain? Always listen to your body and shut out your negative self talk
- You make it look so easy
- You chicks look so fierce, lets do another minute
- You can do anything for (insert time left) example 10 seconds - keep going chicks
- Remember it is ok to smile! You are doing great things for yourself right now
- I promised sweat, now let's see it



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DEMONSTRATING

DEMONSTRATING



When demonstrating it is imperative to remember the following:

1. You are the mirror for your students. Do as you wish them to do!
2. Demonstrate correct form always
 1. If you are unsure if you have correct form ideal film yourself performing a movement from front, side and back to ensure you have correct form
 2. Watch yourself in the mirror and hold positions to ensure correct form
 3. Set up a PT session to specifically review fundamentals with a trainer

DEMONSTRATING



When demonstrating:

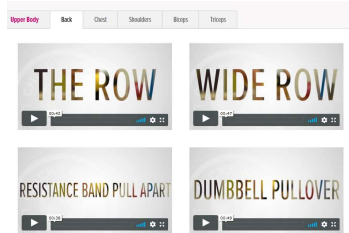
1. Keep your head up
2. Move around the space
3. Engage individually
4. Keep participants moving and engaged

DEMONSTRATING



Review all of the instructional videos in the FIT CHICKS Academy video exercise library:

<https://www.members.fitchicksacademy.com/video-exercise-library/>



MOTIVATION



MOTIVATION



- Achievement
- Growth
- Power
- Social
- Fear
- Incentive

MOTIVATION: Achievement



- Constantly looking to achieve new goals
- Very ambitious
- Acceptance from outside sources

MOTIVATION: Growth



- Seek to learn and grow
- Constantly looking to change and evolve

MOTIVATION: Power



- Desire for control over others or themselves
- Prefer to have choices
- Create own destiny

MOTIVATION: Social



- Desire to belong
- Make a difference
- Acceptance

MOTIVATION: Fear



- Often used if incentive does not work
- Negative “punishments” for not reaching goal

MOTIVATION: Incentive

Do not reward yourself with junk food. Instead, give yourself healthy prizes!


- Involves rewards
- Can be physical or not for this type of reward

MUSIC MOTIVATES

MUSIC MOTIVATES

- Add music, add a vibe
- Radio friendly mixes
- BPM options
- Themed mixes
- Know your audience
- Match music to the workout

I listen to Bootylicious while doing squats hoping that one day I'll have a Beyoncé booty!
@fitcassie_88



somemcards
user card

MUSIC MOTIVATES

- How music affects our mood:
- Proven to increase energy
- Release serotonin
- Create more relaxed energy
- Motivate when filled with inspirational messages



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MUSIC MOTIVATES

BPMs for best results!

WorkoutMusic.com BPM CHART

Activity	Pace	BPM
Walking		
Stroll/Walking	3.0 to 3.2 MPH	115 to 118
Easy Fitness Walking	3.3 to 3.5 MPH	118 to 121
Moderate Fitness Walking	3.6 to 4.0 MPH	124 to 130
Fast Fitness Walking	4.0 to 4.3 MPH	130 to 135
Power Walking	4.3 to 4.5 MPH	137 to 139
Easy Jogging	5.2 to 6.0 MPH	147 to 150
Running	6.0 to 8.0 MPH	147 to 160
Cycling		
Moderate Cycling <small>(target: members, outdoors)</small>	60 to 70 RPM	130 to 145
Fast Cycling <small>(target: members, outdoors)</small>	75 to 90 RPM	147 to 150
Stairclimbers		124 to 128
Elliptical / Dual Action Machines		124 to 128
Yoga / Pilates		85 to 95

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MUSIC MOTIVATES

Check it out: your BEST resource for FREE music mixes!

<http://www.steadymixes.com/>




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Quiz #5

No stress chicks, you got this!



Recap

INSTRUCT AND LEAD AN EFFECTIVE CLASS:

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**Any questions or inquiries,
please email:**

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