









How are you going to be an amazing personal trainer and different from the rest?

- 1. Be a heart centred fitness professional
 - Always start with compassion to meet people where they are at!
- 2. Be fully educated!
- You have to be constantly working on your craft. 3. Build very CLEAR and structured programs!
 - Including check ins, guidelines, the "why....your client should understand why they are doing this!
 - The KISS principle! Keep it simple stupid...too complicated
- 4. Be a cheerleading rockstar!
 - You are going to be an awesome motivator, therapist, and understand what each clients needs
- 5. Lead by example!
 - Don't do something that is not authentic to you!







Delavier, Frank. 2015. Women's Strength Anatomy Workouts. p2-28



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Exercise guide to help choose exercises (ie by body part, push, pull, compound, isolation, etc) for client plans: http://www.bodybuilding.com/exercises/



ALWAYS warm up – 5-10 minutes on a bike, rowing machine, jumping jacks, run up and down your stairs, etc.

Pick one exercise for each big muscle group – quads, butt and hamstrings, push, pull, and core.

Do 3-5 sets for each exercise.

Determine how many reps and how long you'll wait between sets for each exercise. Mix it up! Vary your reps, sets, and exercises. Keep it interesting.

Increase your efficiency and work your heart by doing alternating sets or circuits. Keep your workout to under and hour.

Stretch AFTER your workout.

Write everything down.



Exercise guide to help choose exercises (ie by body part, push, pull, compound, isolation, etc) for client plans/



https://www.vertex42.com/Files/download2/themed.php?file=workout-log.xlsx







When it comes to muscular endurance, we are looking at the ability to apply force on the muscles for a longer duration of time. Endurance is an important muscular function and this is because it enhances daily functions such as paddling a boat, walking, swimming and running as well. These are activities that repeated and the contractions require muscular endurance. In fitness, muscle endurance exercises are referred to as high rep, low weight training and these are performed with repetitive resistance training.













DOWNLOAD EXAMPLE OF PT SCREENING PACKAGE FOR GOAL SETTING, CLIENT INFO, ETC: See Fitness Session 2 resources



DOWNLOAD EXAMPLE OF PT SCREENING PACKAGE FOR GOAL SETTING, CLIENT INFO, ETC: Go to Fitness Session 2 for examples of screening and how to



THE WARM UP

What is a warm up?

A warm-up is a series of light exercises done before your workout to prepare the body for activity, as well as helping to prevent injury to muscles, which can be more susceptible to injury when cold

What happens in your body?

When you begin to exercise, your cardiorespiratory and neuromuscular systems and metabolic energy pathways are stimulated. Muscles contract and, to meet their increasing demands for oxygen, your heart rate, blood flow, cardiac output and breathing rate increase. Blood moves faster through your arteries and veins, and is gradually routed to working muscles.

Your blood temperature rises and oxygen is released more quickly, raising the temperature of the muscles. This allows the muscles to use glucose and fatty acids to burn calories and create energy for the exercise. All of these processes prepare the body for higher-intensity action.

Why do we warm up?

Leads to efficient calorie burning by increasing your core body temperature Produces faster, more forceful muscle contractions

Increases your metabolic rate so oxygen is delivered to the working muscles more quickly

Prevents injuries by improving the elasticity of your muscles

Gives you better muscle control by speeding up your neural message pathways to the muscles

Allows you to work out comfortably longer because all your energy systems are able to adjust to exercise, preventing the buildup of lactic acid in the blood Improves joint range of motion

Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

HOW TO CREATE AN EFFECTIVE WARM UP

Your warm-up may change depending on the type of exercise you will be teaching, the space you are teaching or the equipment you are using.

How to create a warm up

Review what exercise are you going to perform (ie bootcamp, personal training, weight training, etc)

Start with progressive aerobic activity that utilizes the muscles you will be using during your workout to get heart rate up and blood flowing (ie light jog) Choose your dynamic stretches (see dynamic stretching in Fitness Lingo). Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your work-out.

Depending on intensity, plan for 5 - 10 min warm up. For fitness classes, you want to feel warm with a small amount of perspiration but not fatigued

CHICK TIPS

If not using time, use songs! Approx 1 - 2 songs.

Doing jump squats, burpees and sprints? Just do a level 1 version (or slowed down version of these exercise) to warm up the exact muscles you will be using. In this example, include reg squats, walk out burpees and a power walk to light jog to get warm.

Think total body. Get the heart pumping and then warm the body up from feet to head.



Reading from left to right:

Row 1: Dumbbells, barbells, resistance bands Row 2: stability balls, medicine balls, bosu ball

Row 3: Gliders

All awesome, portable equipment for fitness classes AND personal training!



Learn more cool exercises how to incorporate these elements:

33 Exercises you can do with resistance bands any where! https://greatist.com/fitness/resistance-band-exercises

25 Must try Medicine Ball Exercises: <u>https://greatist.com/fitness/25-must-try-</u> medicine-ball-exercises

Medicine Ball Drills you can do with your PT Client: https://www.performbetter.com/7-medicine-ball-drills-speed

Gliders: https://greatist.com/move/sliders-workout

20 Exercises using Stability Balls: <u>https://greatist.com/fitness/workout-stability-ball-</u> exercises



Progressive Overload will never be linear

No gains from weight training, be it mobility, hypertrophy, strength, power, endurance, or fat loss, will ever occur in a linear nature. The body doesn't work that way. Adaptations happen in waves. Sometimes you'll make big jumps in a single week in a particular quality, while other times you'll stall for three months in another quality. Over the long haul, everything goes up, but it's a windy road. There are physiological reasons for this phenomenon, which is beyond the scope of this article.

However, let's pretend for a minute that you could make linear progress for an entire year on a particular lift. A 10lb jump per week equates to 520lbs in a year. Even a 5lb jump per week equates to 260lbs in a year. Moreover, a 1 rep jump per week equates to 52 reps in a year, while a 1 rep jump per month equates to 12 reps in a year. You won't gain 260-520lbs in a year on any single lift. And you won't gain 12-52 reps on most lifts either. It just ain't happening. Some sessions you'll be surprisingly strong and make big gains, some sessions you'll simply tie your previous efforts, and some sessions you'll actually be weaker and go backwards. But every six months you'll likely be stronger and fitter.

These charts depict a woman's progress over a one-year period in bodyfat percentage and lean body mass in kilograms. She made the most dramatic transformation I've ever seen to date, but notice the non-linear adaptations. Also notice the drop in muscle, despite doing everything right. This woman gained a ton of strength on squats, deadlifts, hip thrusts, bench press, military press, rows, and chins, she never missed a training session, and she ate perfectly for an entire year, yet she lost around 11 lbs of muscle during her year-long pursuit of getting into contest shape of below 10% bodyfat. Nevertheless, she won her first figure competition and is now a popular figure competitor.



Benefits of Walking

- Anyone can do it all you need is two feet and a heartbeat!
- There are no excuses, even if the weather is crappy you can head inside to the mall
- It's easy on the joints
- It can lower your blood pressure
- It can reduce risk of heart disease and stroke
- It can reduce your body fat (sweet!)
- It enhances mental well being
- It can reduce the risk of diabetes
- It can increase bone density and help prevent osteoporosis
- It gets you fresh air and sunlight and makes you feel fab!
- Studies have shown that continually walking 10,000 steps a day will help you lose weight and KeeP it off in the long term!





Personal training programs 1. Have a variety of options for personal training (generic & specific but a max of 3 offerings) 2. Be clear and specific on what you are offering (create a program package sheet) 3. Make your written programs are clear and understand 4. Provide resources for your clients to get extra info or examples of exercises (Pick 1 or 2 trusted sources you like!) 5. Have tiered offers (ie add ons)



- Assignment 1 & 2
- Practical Hours (co-op)
- Practical Exams
- Final Written Exam
- Nutrition Module starts next week!







