




FITNESS & NUTRITION EXPERT PROGRAM
FITNESS SESSION 9:
 Components of personal training and program design



What we are going to cover 

WHAT IS PERSONAL TRAINING?

- How it differs from group fitness, what makes an awesome personal trainer

THE MYTHS OF WOMEN, WEIGHTS & MORE


- Getting to the truth and how you can easily dispel them to your clients

THE 7 PRINCIPLES OF PERSONAL TRAINING

- You NEED to understand these to build amazing programs and get your clients to reach their goals

WOMEN'S STRENGTH TRAINING PROGRAMS

- Understand the components of a personal training program

What we are going to cover 

CARDIO & STRENGTH TRAINING

- The who, what, when, where and how to do it!

AT HOME PERSONAL TRAINING DAYS

- PHA Training

PT PROGRAM CASE STUDIES


- Laura's PT program, 60 day muscle building, etc

WHAT'S COMING UP IN NEXT WEEK!



What you need before we start

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



Why personal training rocks!

While fitness classes are awesome, personal and small group training is an amazing addition

1. **Get specific!** You to get really specific with your client to help them reach their goals
2. **More results!** You can see more results with a personalized program
3. **You can do it anywhere!** In home, outside, at the gym...the choice is yours!
4. **Build long term, personal relationships!**



How are you going to be an amazing personal trainer & 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!

Have you heard these myths before.....?


Myths about women and strength training

MYTH #1: Strength Training will make a woman bulky.

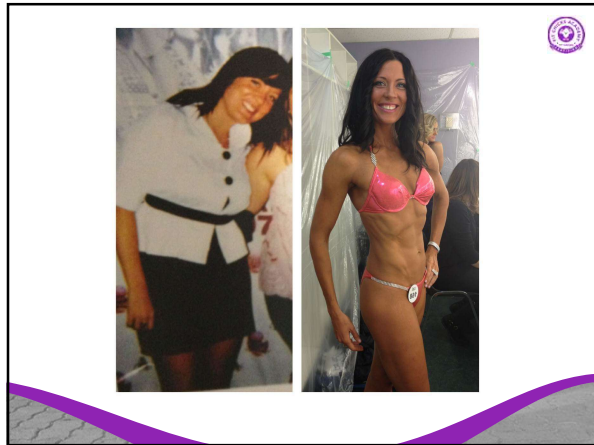
TRUTH: This is NOT true. Women produce less 15 – 20 x less testosterone than men. (Bulky usually comes from not paying attention to nutrition)

How to encourage your client:

- It takes years of proper training, meal prep & supplements to develop the sculpted physique you see
- **You want muscle!** Increased resting metabolic rate (RMR) due to an increase in lean muscle tissue, which can burn 5 to 7 calories per pound per day. Adding 5 pounds of lean muscle mass can increase the RMR by 25 to 35 calories per day or 175 to 245 calories per week.
- **The more muscle added, the greater the number of calories burned while the body is at rest!**







MYTH #2: Women should train different than men

TRUTH:

While women and men do have differences in the structure and physiological functions of their bodies, muscle functions exactly the same in both genders. We should train the same!

How to encourage your client:


- It will not make you bulky!
- Our body structure is different (upper vs lower)
- We perform the same actions as men and need this to be strong and promote long term health

The Difference Between Women & Men

MYTH 3: Muscle weighs more than fat.

TRUTH:


- Fat mass and lean muscle have the same relationship—lean muscle tissue is denser and more compact than fat tissue.
- So, while 5 pounds of fat weighs exactly the same as 5 pounds of lean muscle, muscle takes up significantly less space and is more metabolically active, which means that it can burn more calories at rest than the relatively inactive fat mass.



Above are identical replicas of 5 lbs. of fat (yellow) and 5 lbs. of muscle

How to encourage your clients:

- Explain the relationship of fat to muscle using the "feather" analogy
- **Make it clear that the weight on the scale doesn't matter!** You can be a tight size 8 or an unmuscular size 12 and the scale says the same!
- They need and want more muscle to become a better fat burning machine!



Above are identical replicas of 5 lbs. of fat (yellow) and 5 lbs. of muscle

MYTH #4:


You can spot reduce to get rid of cellulite - p 33

TRUTH:

- Cellulite is nothing more than normal fat beneath the skin. The fat appears bumpy because it pushes against connective tissue, causing the skin above it to pucker.
- It is genetic but can appear worse with weight gain and poor diet

How to encourage your clients:

- Blood flow restriction to the cells and inflammation causes the appearance to be worse
- Eat lower inflammatory foods, exercise and dry brushing the area with help reduce the appearance by increasing circulation





MYTH #5:
Machines are better than free weights or body weight exercises

TRUTH:

- While machines are great when lifting really heavy without a spotter, they do not take into account your bodies natural shape or needs, if you are man or women, etc which can result in injury
- It also reduces the amount of work your muscles do



How to encourage your clients:

- Weight training is intimidating to beginners so go through the basic moves and proper form to make them comfortable
- Combine machines and free weights if in gym depending on exercises

WHAT IS THE BEST WAY TO DISPEL THESE MYTHS?

Understanding why and how we create FIERCE personal training programs!






The 7 principles of training

1. Individuality
2. Specificity
3. Adaptation
4. Overload
5. Progression
6. Recovery
7. Reversibility

Why are these important?

- Used to design optimal training programs & workouts
- Need to understand these to help your clients reach their goals
- You can also use the FITT acronym to help remember the key things to consider when tailoring programs for individual goals.

Exercise principle #1

Individuality

- There is no "one size fits all" approach to training
- Everyone is different and responds differently to training.
- Based on a combination of factors like genetic ability, predominance of muscle fiber types, other factors in your life, chronological or athletic age, and mental state.
- Well designed exercise programs should be designed on our individual differences and responses to exercises.



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Exercise principle #2

Specificity

- What you do in the gym or exercise program should be relevant and appropriate to your desired outcome.
- **EXAMPLES:**
 - To build bigger biceps, your workout program must include a focus on biceps
 - To be a better runner, you must train in running
- You must develop training programs that are "specific" to the goals
- Training must go from general (at the beginning) to specific (as the program progresses).



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Exercise principle #3

Progression

- You have to walk before you run!
- A gradual and systematic increase of the workload over a period of time will result in improvements in fitness without risk of injury.
- If overload occurs too slowly, improvement is unlikely
- If overload increased too quickly, may result in injury or muscle damage.
- Also stresses the need for proper rest and recovery



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Exercise principle #4

Overload

- states that a greater than normal stress or load on the body is required for training adaptation to take place.
- In order to improve our fitness, strength & endurance, you need to add new resistance or time / intensity to your efforts (ie overload)
- This principle works hand in hand with progression
- A muscle will only strengthen when forced to operate beyond its customary intensity. The load must be progressively increased in order to further adaptive responses as training develops, and the training stimulus is gradually raised. Overload can be progressed by:



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Exercise principle #4

Overload

Overload can be progressed by

- increasing the resistance e.g. adding 5kg to the barbell
- increasing the number of repetitions with a particular weight
- increasing the number of sets of the exercise (work)
- increasing the intensity- more work in the same time, i.e. reducing the recovery periods



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Exercise principle #5

Adaptation

- Refers to the body's ability to adjust to increased AND decrease in physical demands
- This adaptation results in improved efficiency, less effort & less muscle breakdown
- Adaptation explains why beginners are sore but after a few weeks are ok
- It is also why we need to vary our workout routine to continue to see improvements



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Exercise principle #6

Recovery

- The body can not repair itself without rest and time to recover
- Depending on exercise, could be hours, days or weeks to recover so your body does not suffer from exhaustion or over uses
- The more you train, the more sleep you need!



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Exercise principle #7

Reversibility

- "If you don't use it, you lose it!"
- Ties into the principle of adaptability
- You can slow this rate by conducting a maintenance program of training periods where life gets in way
- Stay active on the day to day, vacation or in "off season"!

CHICK TIP:

Give your clients a vacation plan for in their hotel rooms, walking programs, etc. that is inline with the training you have given them

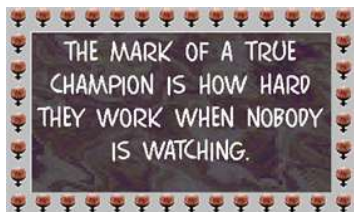



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ABOVE ALL PRINCIPLES, WHAT IS THE MOST IMPORTANT ELEMENTS WHEN PERSONAL TRAINING?


COMPLIANCE!





CREATING AMAZING PERSONAL TRAINING PROGRAMS!


Overview




Personal training programs

How to build awesome PT programs for your clients:

1. Identify your goals
2. Decide how many days / week to train
3. Choose your training days
4. Decide whether you want to train more than 1x per day
5. Choose your training time
6. Choose an Order in which to work the muscles in each session
7. Schedule your body regions for each workout
8. Determine How many exercises to do per body region
9. Choose number of sets per muscle group
10. Choose number of reps per set








Personal training programs

How to build awesome PT programs for your clients:

11. Decide how long your workout should last
12. Learn the proper speed for each rep
13. Determine how long the rest between sets
14. Avoid rest time between 2 different exercises
15. Pick proper weight for each exercise
16. Know when to increase resistance
17. Choose exercises that suit your morphology
18. Recognize when it's time to change your program
19. Take a break
20. Maintain your gains








CREATING AMAZING PERSONAL TRAINING PROGRAMS!


Strength




Types of workout programs

A **Split Body part Routine** means that you work different body parts on different days. For example, one workout might have you work biceps and chest on one day, then triceps and back on a different day. This is the most common type of workout program.

A **Full Body Routine** means that you work the entire body each workout day.





Push vs pull programs

By far the most common way to build a training routine


Push muscle group

- contracts when the weight is pushed away from the body & lengthens as the weight is returned back towards the body (think barbell chest press).
- Includes Calves, Deltoids, Gluteals, Pectorals, Quadriceps, Triceps
- Examples: Leg press, tricep extensions, etc

Pull muscle group

- contracts as the weight is pulled toward the body and lengthens as the weight is extended away from the body (think bicep curls).
- Includes Abdominals, Biceps, Forearms, Latissimus Dorsi, Hamstrings, Obliques, Trapezius



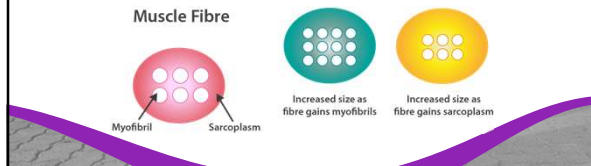


How many reps should you do?

Reps in the 1-5 range build super dense muscle and strength (called *myofibrillar hypertrophy and functional*)

Reps in the 6-8 range build a somewhat equal amounts of muscular strength and muscular endurance.

Reps in the 8- 15 range build muscular endurance and size (this is called *sarcoplasmic hypertrophy* and non functional).



How much rest?

1-3 Reps: Rest for 3 to 5 minutes

4-7 Reps: Rest for 2 to 3 minutes

8-12 Reps: Rest for 30 secs to 2 minutes (depends on weight)

13 Reps+: Rest 30 - 60 secs

Important: The heavier you lift. The more rest you need! If you are lifting very light for 10 reps, you do not need 1 to 2 minutes rest so make sure you are lifting heavy enough in your rep range to require the rest

CHICK TIP: Your strength training workouts should be approx 45min - 1 hour. If you are going over an hour, you are not pushing yourself hard enough!

Less time, more intensity, better results!

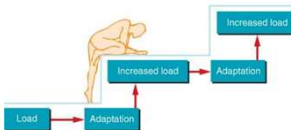


What is Progressive Overload?

To enhance muscular fitness, you must exercise at a level beyond the point to which your muscles are accustomed.

This requires you provide your muscles with a new stimulus when you are adapted to the current overload.

This is how you avoid plateaus!



EXAMPLES OF PROGRESSIVE OVERLOAD



You can increase the weight being lifted.

For example, if you are currently lifting 15lbs on some exercise, you can lift 17.5lbs the next time you perform that exercise.

You can increase the number of reps a weight is being lifted for.

For example, if you are lifting 15lbs on some exercises for 3 sets of 8 reps, you can do 3 sets of 9 reps with that same weight the next time you perform that exercise.

You can increase the number of sets you are lifting a weight for.

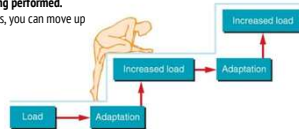
For example, if you are lifting 15lbs on some exercises for 3 sets of 8 reps, you can do 4 sets of 8 reps with that same weight the next time you perform that exercise.

You can increase the amount of work being done in a given time period.

For example, if you currently rest 1 minutes between sets of an exercise, you can try lifting the same weight for the same amount of sets and reps, but with 30 or 45 seconds of rest between sets.

You can increase the difficulty of the exercise being performed.

For example, if you are currently doing static lunges, you can move up to a similar but more challenging version of the same exercise such as walking lunges



WHEN & HOW TO PROGRESS YOUR PROGRAM



- Meet the prescribed set and rep goal for the exercise.
- Increase the weight being lifted for that exercise by the smallest increment possible.
- Meet the set/rep goal again with this new, slightly heavier weight.
- Increase the weight being lifted again by the smallest increment possible.
- Repeat this process over and over again as often as you are capable of making it happen.



EXAMPLE



Let's say that for one of the exercises in your workout routine (let's call it Exercise ABC) you are currently lifting 15lbs. Let's also say that your program calls for you to do 3 sets of 8 reps for Exercise ABC

Now let's say today you did Exercise ABC and it went like this:

Set #1: 15lbs - 8 reps

Set #2: 15lbs - 8 reps

Set #3: 15lbs - 8 reps

As you can see, you lifted 15lbs for 3 sets of 8 reps in this example. Since your program calls for you to do 3 sets of 8 reps, this workout was a success.

Since you reach the goal set / rep, it is now time to progress by the smallest increment possible.

So, the next time you perform Exercise ABC, you would increase the weight to

Set #1: 17.5lbs - 8 reps

Set #2: 17.5lbs - 8 reps

Set #3: 17.5lbs - 8 reps

EXAMPLE

Now you will stay at the 17.5lbs until you **SUCCESSFULLY** reach the new goal set/rep before you progress again:

NEW GOAL
 Set #1: 17.5lbs – 8 reps
 Set #2: 17.5lbs – 8 reps
 Set #3: 17.5lbs – 8 reps

Your clients will take time to build up to this so their workout will probably look more like this

Set #1: 17.5lbs – 8 reps
 Set #2: 17.5lbs – 7 reps
 Set #3: 17.5lbs – 6 reps

That is OK! Stay at this weight until they reach all 3 sets at 8 reps and then progress

How to Periodize Your Programs aka How to Time them

Periodization is splitting up your annual training plan into smaller time blocks in order to have harder training blocks, and easier training blocks to aid in recovery.

Having a plan of action will allow you to plan out phases such as hypertrophy, strength/power and aerobic endurance to name a few.

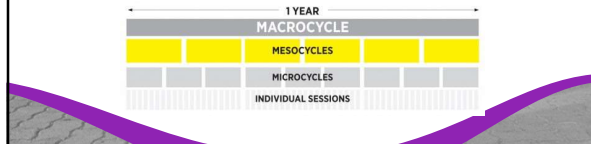
There are three phases of periodization:
 Microcycles, Mesocycles and Macrocycles.

THE 3 PHASES OF PERIODIZATION



1. **MACRO CYCLE: 1 YEAR** Macro cycles are the longest phase and typically in strength training is a year (but if you have a client for a 12 week program, you can also refer to that time as a macrocycle)
2. **MESO CYCLE: TYPICALLY 4 WEEKS** Mesocycles are a specific block of training designed to accomplish a certain goal, typically in a 4 week timetable. For example, you are doing a 12 week program and the goal is to build muscle size and endurance, the program will be catered to that goal but changing every 4 - 12 weeks
3. **MICRO CYCLE: EVERY WEEK** Microcycles are the shortest training block typically lasting a week that are designed to meet a certain goal. Example: If you are focusing on increasing muscle endurance can be set out for a microcycle training block for progressive overload. We would increase the sets or weight each week of the program

Under **MICRO CYCLE**, you will then plan your **INDIVIDUAL WORKOUTS**: What you will do each day of the week incl



LET'S LOOK AT A FIT CHICKS WORKOUT PROGRAM



Macro - 8 weeks
Meso - 4 Weeks
Micro - Every Week



CREATING AMAZING PERSONAL TRAINING PROGRAMS!



Cardio



How to build cardio into your program

How much cardio?

- Do you want to lose weight or build muscle?
- Are you doing weight training?

When to do cardio?

- How heavy are you lifting?
- Before or after weight lifting?
- Are you diabetic or low blood sugar?
- Do you incorporate into supersets?

What type of cardio?

- HIIT
- LISS



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How to build cardio into your program

TIMING OF CARDIO p 25 -27

TIMES TO PERFORM CARDIO

- Best times are first thing in morning or at night before bedtime
- Studies show this is when fat ty acid release is the highest following your circadian rhythm
- However, cardio will mainly be depicted by your schedule

Fasted cardio

- Done first thing in the morning on an empty stomach
- Some research has indicated that you burn more fat as fuel as your body is low on glycogen (energy)
- This is a more advanced strategy (beginners may have very low energy!)
- Not recommended for peeps with blood sugar imbalances
- Drink BCAA's to prevent muscle loss!



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Cardio and weight training

If doing with weight training, ideal to do AFTER weight training o give max efforts during weight training

If doing with supersets, recommended to do HIIT (ie bicep curls with rounds of 1 min of skipping)

- Not do cardio on leg days. You need the energy to work the wheels!
- While cardio is important part of health, if you are too skinny and trying to build muscle, skip cardio until you build enough muscle!



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Is your main goal better endurance performance (i.e., shorter times or better performance when running, competing in triathlons, etc.)?	CARDIO first
Is your main goal to get leaner or lose weight?	STRENGTH first
Are you mostly concerned with improving strength?	STRENGTH first
Are you doing upper-body strength training?	EITHER one first
Are you doing lower-body strength training?	STRENGTH first (strength alone for serious strength goals)
Do you have general fitness goals with no emphasis on strength or endurance?	YOUR CHOICE (do the one you least enjoy first. You'll ensure it gets done do it when you are less fatigued.)

What is high intensity interval training?

- Also known as HIIT
- Combines short intervals of maximum intensity exercise (i.e. 20 sec - 2 min) separated by longer intervals of moderately intense exercise
- Ex: **tabatas**


What is Low Intensity Steady State?

- Also known as LISS
- it is a steady cardiovascular form of exercise where you where you keep your intensity low but your effort consistent (ie - 30 to 60min)
- Ex: **Walking on an incline on the treadmill**



What's the controversy between HIIT and LISS?

So many opposing views but both have an important place in fitness!



What is the rate of perceived exertion?

- The RPE scale is used to measure the intensity of your exercise.
- The RPE scale runs from 0 – 10.
- Uses no equipment, calculations or heart rate monitors – it is YOUR perception



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FIT CHICKS "Rate of Perceived Exertion" CHART

RPE Perceived Rate of Exertion SCALE 1 - 10	% Max Heart Rate	How I'm Feeling	Description
1-4	< 50%		Very easy, casual like a stroll
5-6	55%		Just working up or cooling down. Feels a little harder than an easy stroll.
6.5-7	65%-70%		Breaks a sweat and breathing is getting faster (like a fast walk)
7.5	75%		Feels like work but you can maintain it
8	80%		Working hard. You can talk but breathing is harder
8.5	85%		Feeling and working HARD! Hard to maintain for more than 30 min.
9	90%		Really pushing things. Can only last for 20-30 min. *Take your pulse at 10.
9.5	95%		Feeling like you're not. Only last for about 10 min.
10	100%		Wow effort! This is your limit.

Working at your 9 out of 10.
To get the benefits of your HIIT in your workout you'll need to work at your 9 out of 10. You can't just go easy on your workout. You need to be working at your 9 out of 10. You can't just go easy on your workout. You need to be working at your 9 out of 10. You can't just go easy on your workout. You need to be working at your 9 out of 10.

How to measure your 9 out of 10?
Working your "heart rate" is just the "BEST" OF PERCEIVED EXERTION for HIIT. 100-120 bpm is a great starting point for you to measure how intense your workout is. Working at your 9 out of 10 means you're working at a level that's challenging but not overwhelming.

Some of my fave HIIT post weight training are:

AMRAP

- Set a time so you can monitor (ie 15mn)
- Pick 3 – 5 exercises
- Example: 20 Medicine ball slams, 5 hill runs, 20 push ups, 10 jump squats
- Right down and reassess next time to see improvement (compare apples to apples!)

METABOLIC FINISHERS

- Lets watch the video!

STRAIGHT INTERVALS

- sprints : 1 min sprint, 1 min jog for 15 min
- Bike speed intervals 1 : 1 or beginner can be 1:2 or 3
- Skipping: 1 min hard (or double unders), 1 min light



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CREATING AMAZING AT HOME PERSONAL TRAINING DAYS WITH CLIENTS



When creating at home personal training days with clients, they can be:


1. In your clients home
2. Outdoors (ex. Park, backyard)
3. At their gym (ex. Condo building)
4. Other – depending what space they have access to




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Before creating your at home PT Workouts with your clients, it is important to be aware of:

- Location – what are the options in the space, what are the limitations
- Equipment- What equipment can you use or bring that will be effective in the space (indoor vs outdoor vs gym)
- Clients overall program – What is the goal of their program? This will determine what you will be training them on together



For an at home PT program, it is great to do a total body workout with a mix of strength / cardio / stretching




HOW TO CREATE A TOTAL BODY WORKOUT

2. CREATE THE FLOW OF YOUR WORKOUT

For example, if your at home PT session is 60 min here would be an example:

- WARM UP - 10 min
- STRENGTH CIRCUITS - 25 MIN
- CARDIO - 10 MIN
- ABS - 5 MIN
- COOL DOWN / STRETCH - 10 MIN



HOW TO CREATE A TOTAL BODY WORKOUT

PICK YOUR STRENGTH EXERCISES

To make sure your PT workout is a total body workout, you want a routine that has at least one exercise for you:

Total body	EXAMPLES
1. Quads (front of your legs)	squats, lunges, one legged squats, box jumps, leg extension
2. Glutes and Hamstrings (back of your legs)	Deadlift variations, hip thrusters, straight leg deadlifts, split squats step ups, donkey kick backs
3. Push Muscles (chest, shoulders, and triceps)	Shoulder overhead press, bench press, incline dumbbell press, chest flyes, push ups, dips, tricep kick backs
4. Pull Muscles (back, biceps, and forearms)	chin ups, pull ups or lat pulldown, bodyweight rows, dumbbell rows, bicep curls, hammer curls
5. Core (abs and lower back)	planks, side planks, exercise ball crunches, mountain climbers, jumping knee tucks, hanging leg raises, Russian twists

(Remember to plan your dynamic warm up and stretch to compliment the exercises you choose to prepare the body for them and stretch out following)

HOW TO CREATE A TOTAL BODY WORKOUT

3. SET UP YOUR PATTERN

We recommend doing a circuit style training!

There are many different circuit styles you can create but for a total body strength workout, we like PHA TRAINING!

FIT CHICKS®
"Peripheral Heart Action"
WORKOUT

Do 12-15 reps of each exercise without rest, then rest one minute and repeat for 4-5 rounds!

1. Dumbbell Steps Ups
2. Arnold Press
3. Single Leg Deadlift
4. Chest Press
5. Side Lunges
6. Renegade Row

WHAT IS PERIPHERAL HEART ACTION TRAINING?

- Peripheral heart action (PHA) training, a system of conditioning developed by Arthur Steinhaus, PhD, in the 1940s
- Type of circuit training where moves alternate between working the upper body and lower body so your heart and lungs work overtime to shuttle blood back and forth between your extremities, and your muscles get a solid stimulating workout.
- PHA aims to keep blood circulating consistently during a resistance training session
- Five to six exercises are performed sequentially at a medium intensity—with no rest between them.
- IMPORTANT is that the exercises alternate between upper- and lower-body muscles
- Approx 10- 15 reps per exercise and rest for 1 min after completed a circuit. Repeat 4 - 6 times.

WHY DO WE LIKE IT FOR STRENGTH TRAINING?

1. It burns more calories during your workout because you are always working
2. Even though always working, you are giving your body time to recuperate and reduce injury (ie working upper body, while resting lower body and vice versa)
3. It builds stamina and endurance due to the constant circulating of blood (it can be a great cardio workout!)
4. Can be a great alternative for those with high blood pressure or can't do HIIT training
5. It keeps you from getting BORED...and super fun to teach in a PT Day!

FIT CHICKS®
"Peripheral Heart Action"
 WORKOUT

Do 12-15 reps of each exercise without rest. Then rest one minute and repeat for 4-5 rounds!

1. Dumbbell Shoulder Press
2. Arnold Press
3. Single Leg Squat
4. Chest Press
5. Side Lunges
6. Rowing Machine

PHA TRAINING - EXAMPLE

DID YOU KNOW?
 Alternating upper and lower body exercises helps maintain blood flow between the organs and lower extremities.

The Peripheral Heart Action System
 Burn Fat and Increase Lean Muscle Mass!

KIM
 Kettlebell Intensity Method

Follow the Steps

1. Stand with feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Lift the kettlebell with one hand, keeping the back straight and the core engaged.
3. Swing the kettlebell back between your legs, then forward up to shoulder height.
4. Lower the kettlebell back to the starting position.
5. Repeat for 10-15 reps on each side.

REPEAT ALL MOVEMENTS 4 TIMES

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PHA TRAINING - EXAMPLE

FIGURE 1. PERIPHERAL HEART ACTION TRAINING PROGRAM

Notes: Men and women in the study did 15 repetitions (20 for women) of each exercise, with no rest between exercises. After completing a circuit, subjects rested 1 minute and then repeated the process, completing a total of four circuits.

PHA TRAINING - EXAMPLE

OPTION 1:	OPTION 2:
1. Quads	1. Glutes and Hamstrings
2. Push – Chest, shoulders, triceps	2. Pull – Back and Biceps
3. Glutes and Hamstrings	3. Quads
4. Pull – Back and Biceps	4. Push – Chest, shoulders, triceps
5. Quads	5. Glutes and Hamstrings
6. Push- Chest, Shoulder, triceps	6. Pull – Back and Biceps

DO EACH EXERCISE FOR 10- 15 REPS WITH NO REST IN BETWEEN. ONCE FINISHED ALL, REST 1 MIN. REPEAT 4 – 5 TIMES

WHY DO WE LIKE IT FOR STRENGTH TRAINING?

1. It burns more calories during your workout because you are always working
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3. It builds stamina and endurance due to the constant circulating of blood (it can be a great cardio workout!)
4. Can be a great alternative for those with high blood pressure or can't do HIIT training
5. It keeps you from getting BORED...and super fun to teach in a PT Day!

NOW WE HAVE OUR STRENGTH, WHAT ABOUT THE REST?

1. Cardio Finisher: 5 to 10 min

- AMRAPs, DRILLS, INTERVALS, CARDIO CIRCUIT, STATIONARY MACHINES, TABATAS, ETC (Watch Videos in FCA Video Library)

2. CORE: 5 MIN

- Partner work is great here (ie client does the work while you be the partner! Watch Partner Work videos and core videos in FCA library)

Note: You can include core as part of cool down or do following strength circuits

IMPORTANT TO NOTE

When creating your at home PT days, take into consideration exercises that require partner work.

You can not do the whole workout with them. This will limit your ability to monitor, coach

Also you need to guard your personal energy.

Partner work is great for a portion but not all so be aware.

Test your workouts for flow before bringing to a client

CASE STUDIES




Table 1: Personal Training
 • 10 hours of personal training
 • 10 hours of personal training
 • 10 hours of personal training

Exercise	Intensity	Duration
Cardio	150-300 min/week	30 min
Strength	2-3 times/week	30 min
Flexibility	2-3 times/week	10 min
Balance	2-3 times/week	10 min

Exercise	Intensity	Duration
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What's coming up for fitness?

- Assignment 2
- Practical Hours
- Practical Exams
- Final Written Exam



Recap

WHAT IS PERSONAL TRAINING?

- How it differs from group fitness, what makes an awesome personal trainer

THE MYTHS OF WOMEN, WEIGHTS & MORE

- Getting to the truth and how you can easily dispel them to your clients

THE 7 PRINCIPLES OF PERSONAL TRAINING

- You NEED to understand these to build amazing programs and get your clients to reach their goals

WOMEN'S STRENGTH TRAINING PROGRAMS

- Understand the components of a personal training program

Recap



CARDIO & STRENGTH TRAINING

- The who, what, when, where and how to do it!

PT PROGRAM CASE STUDIES

- Laura's PT program, 60 day muscle building, etc

WHAT'S COMING UP IN NEXT WEEK!



Any questions or inquiries,
please email:

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