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!


DON'T COMPARE
YOUR
Beginning
TO
someone else's
Middle
- jon acuff

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!

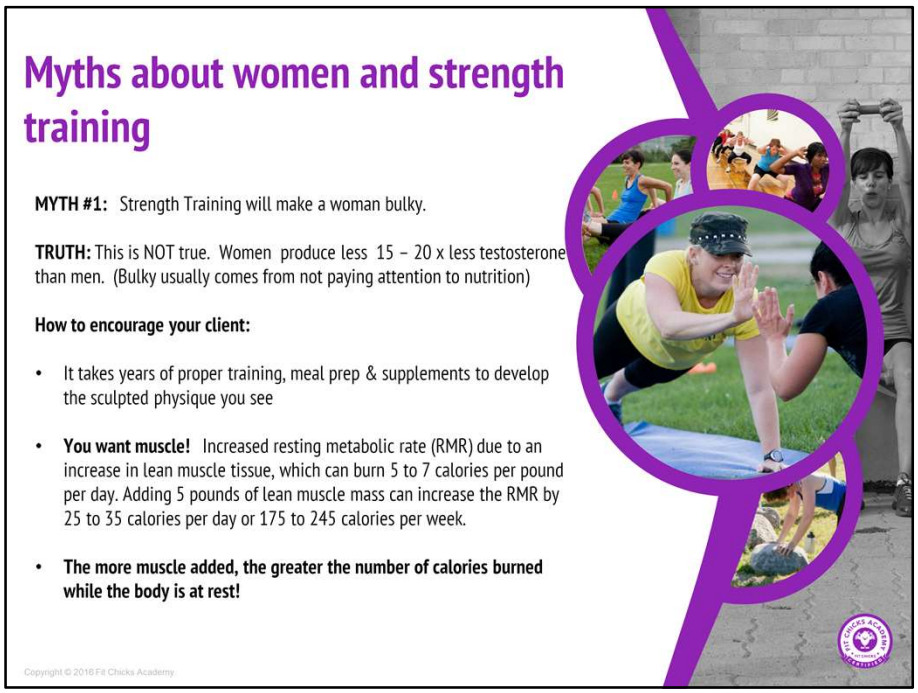
2. **Be fully educated!** You have to be constantly working on your craft.

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!

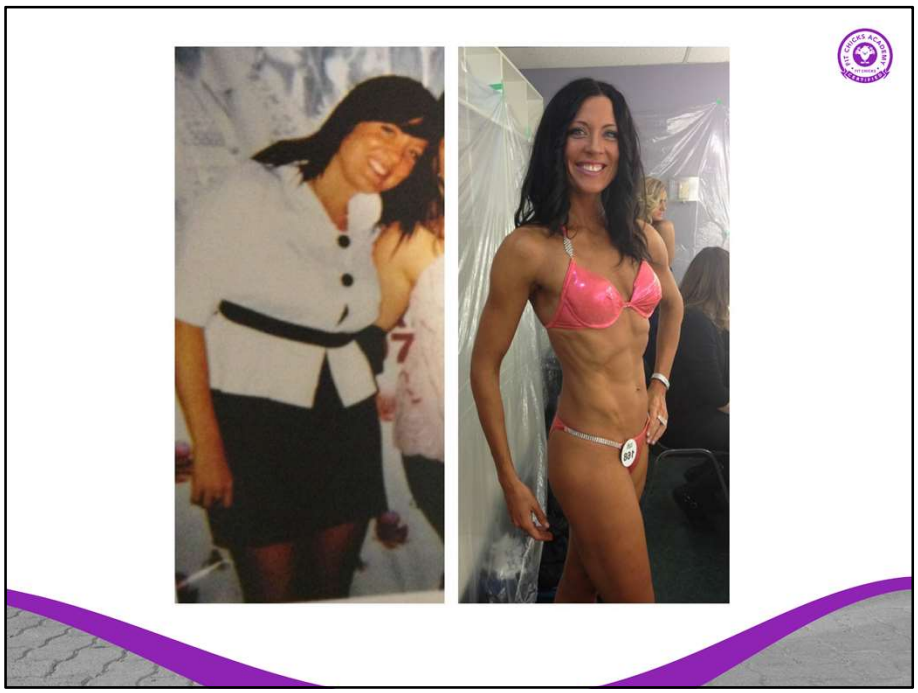
Have you heard these myths before.....?



It can take a woman months or years of proper training, meal preparation and supplementation to develop the sculpted physique seen on muscle-bound females in popular media. Whether you call it weight lifting, resistance training or strength training, exercising with external resistance helps increase the amount of lean muscle tissue in a woman's body, but it is a process that is simply not achievable in a few days or even a few weeks. For clients who express concern about looking too masculine as a result of strength training, it should be comforting to them to learn that, according to researchers Zatsiorsky and Kraemer (2006), "Without anabolic drugs there is little chance of women looking like men through strength training.

https://www.acefitness.org/prosourcearticle/5016/how-to-convince-your-female-clients-that


June 2013
Mar 2014
June 2014



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

For the most part, men and women have similar physiology. However, there are some key differences that cause women to have slightly different adaptations to strength training than men (Table 1). One difference is in the type of fibers that make up the body's muscle tissue. While men tend to have higher concentrations of type II fibers, which are more responsive to strength training, women have higher levels of type I fibers related to aerobic efficiency. Additional differences include the amount of fat stored by the body. Due to the need to support different biological functions, such as childbirth, women naturally store more fat than 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

https://www.acefitness.org/prosourcearticle/5016/how-to-convince-your-female-clients-that

“Which is heavier, a ton of feathers or a ton of bricks?”The answer, of course, is that they both weigh the same, but a ton of feathers takes up significantly more space than a ton of bricks.

How to encourage your clients:

- Explain the relationship of fa 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

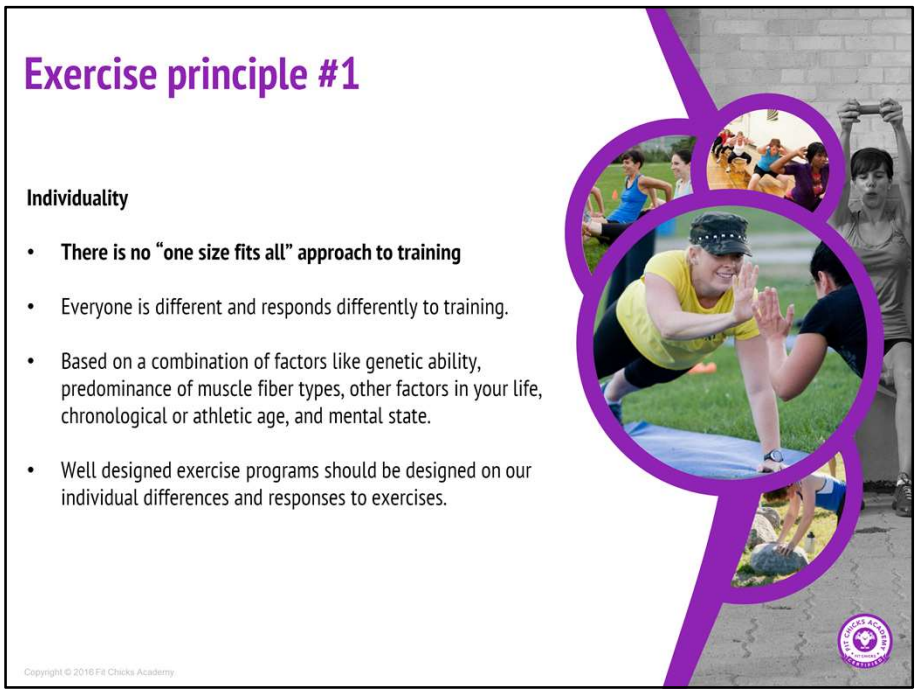
ACSM Complete Guide to Fitness pg 121 -124

WHAT IS THE BEST WAY TO DISPEL THESE MYTHS?

Understanding why and how we create FIERCE personal training programs!

In the study of exercise science, there are several universally accepted scientific exercise training principles that must be followed in order to get the most from exercise programs and improve both physical fitness and sports performance. To design an optimal exercise program, workout or training schedule, a coach or athlete needs to adhere to the follow six principles of exercise science

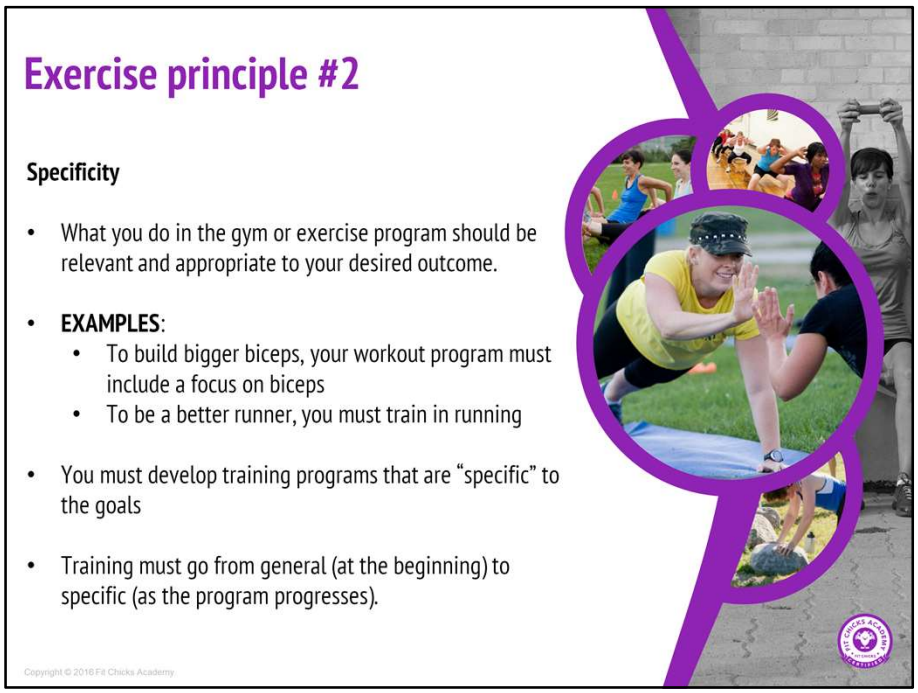
The best **training** programmes are built on **principles** of specificity, overload, progression and reversibility. You can also use the FITT acronym to help remember the key things to consider when tailoring programmes for individual sporting goals. It stands for; Frequency, Intensity, Time and Type.



1. The Principle Of Individual Differences

The principle of individual differences simple means that, because we all are unique individuals, we will all have a slightly different response to an exercise program. This is another way of saying that "one size does not fit all" when it comes to exercise. Well-designed exercise programs should be based on our individual differences and responses to exercise.Some of these differences have to do with body size and shape, genetics, past experience, chronic conditions, injuries and even gender. For example, women generally need more recovery time than men, and older athletes generally need more recovery time than younger athletes.

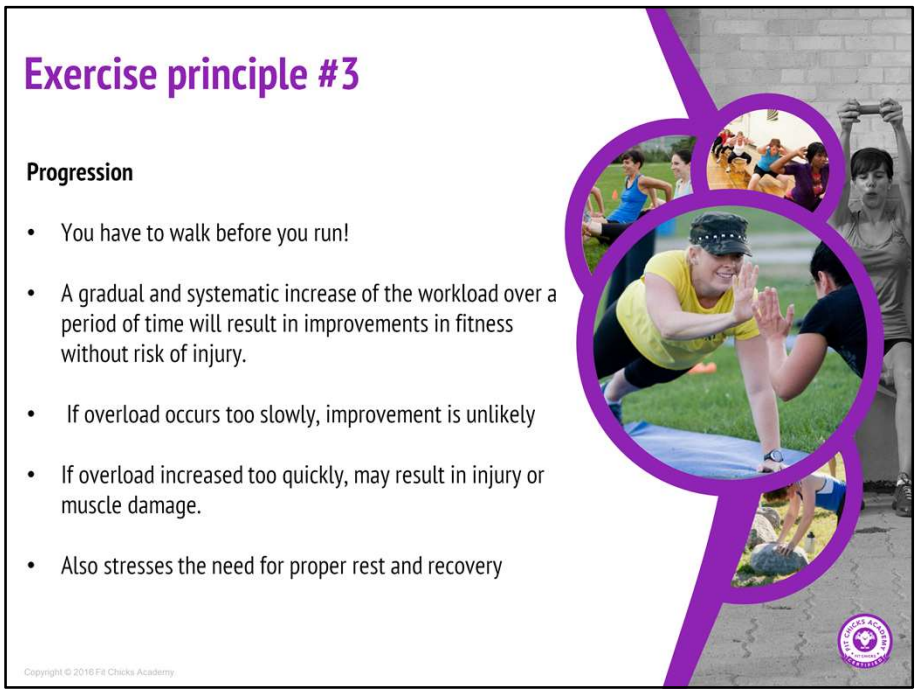
With this in mind, you may or may not want to follow an "off the shelf" exercise program, DVD or class and may find it helpful to work with a coach or personal trainer to develop a customized exercise program. Some things to consider when creating your own exercise program include the next batch of exercise science principles.



The Specificity Principle simply states that exercising a certain body part or component of the body primarily develops that part. The Principle of Specificity implies that, to become better at a particular exercise or skill, you must perform that exercise or skill. A runner should train by running, a swimmer by swimming and a cyclist by cycling. While it's helpful to have a good base of fitness and to do general conditioning routines, if you want to be better at your sport, you need to train specifically for that sport.

Many coaches and trainers will add additional guidelines and principles to this list. However, these six basics are the cornerstones of all other effective training methods. These cover all major aspects of a solid foundation of athletic training.

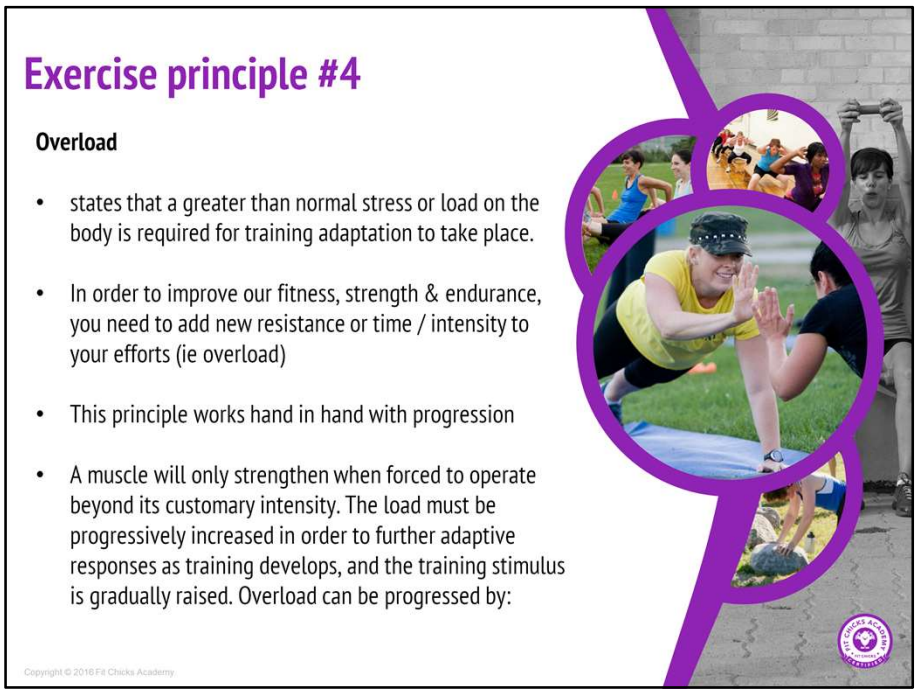
Designing a program that adheres to all of these guidelines can be challenging, so it's not a surprise that many athletes turn to a coach or trainer for help with the details so they can focus on the workouts. One common training method is Periodization Training that it build upon specific training phases throughout the year



The principle of progression implies that there is an optimal level of overload that should be achieved, and an optimal time frame for this overload to occur. 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, but overload that is increased too rapidly may result in injury or muscle damage. For example, the weekend athlete who exercises vigorously only on weekends violates the principle of progression and most likely will not see obvious fitness gains.The Principle of Progression also stresses the need for proper rest and recovery. Continual stress on the body and constant overload will result in exhaustion and injury. You should not train hard all the time, as you'll risk overtraining and a decrease in fitness.

To reach the roof of your ability, you have to climb the first flight of stairs before you can exit the 20th floor and stare out over the landscape. You can view this from both a technical skills standpoint as well as from an effort/distance standpoint. In order to swim the 500 freestyle, you need to be able to maintain your body position and breathing pattern well enough to complete the distance. In order to swim the 500 freestyle, you also need to build your muscular endurance well enough to repeat the necessary motions enough times to

finish.



The exercise science principle of overload states that a greater than normal stress or load on the body is required for training adaptation to take place. What this means is that in order to improve our fitness, strength or endurance, we need to increase the workload accordingly.

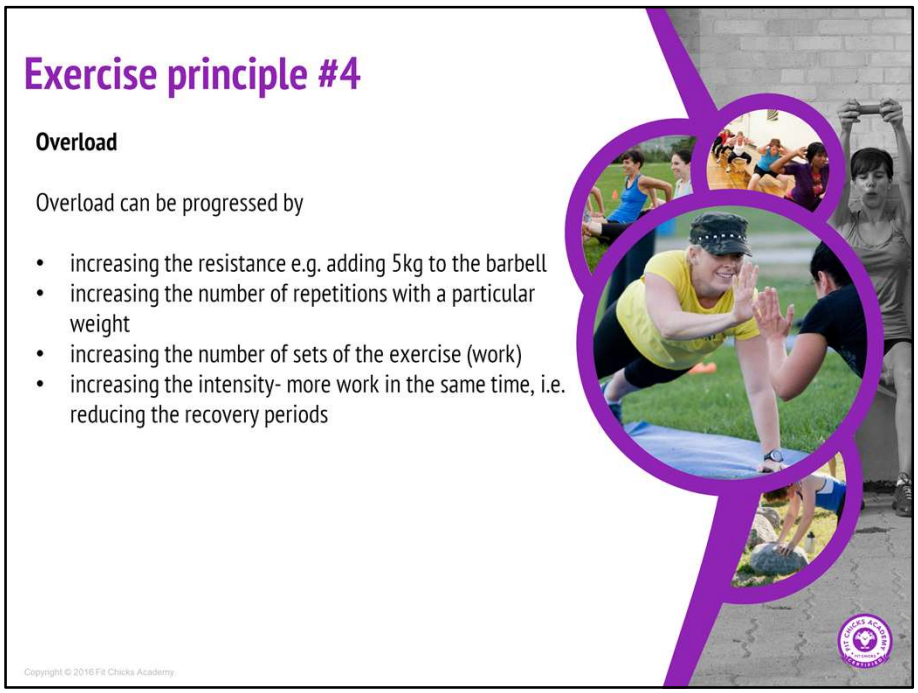
In order for a muscle (including the heart) to increase strength, it must be gradually stressed by working against a load greater than it is used to.

To increase endurance, muscles must work for a longer period of time than they are used to or at a higher intensity.

To increase strength and endurance, you need to add new resistance or time/intensity to your efforts. This principle works in concert with progression. To run a 10-kilometer race, athletes need to build up distance over repeated sessions in a reasonable manner in order to improve muscle adaptation as well as improve soft tissue strength/resiliency. Any demanding exercise attempted too soon risks injury. The same principle holds true for strength and power exercises.

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:
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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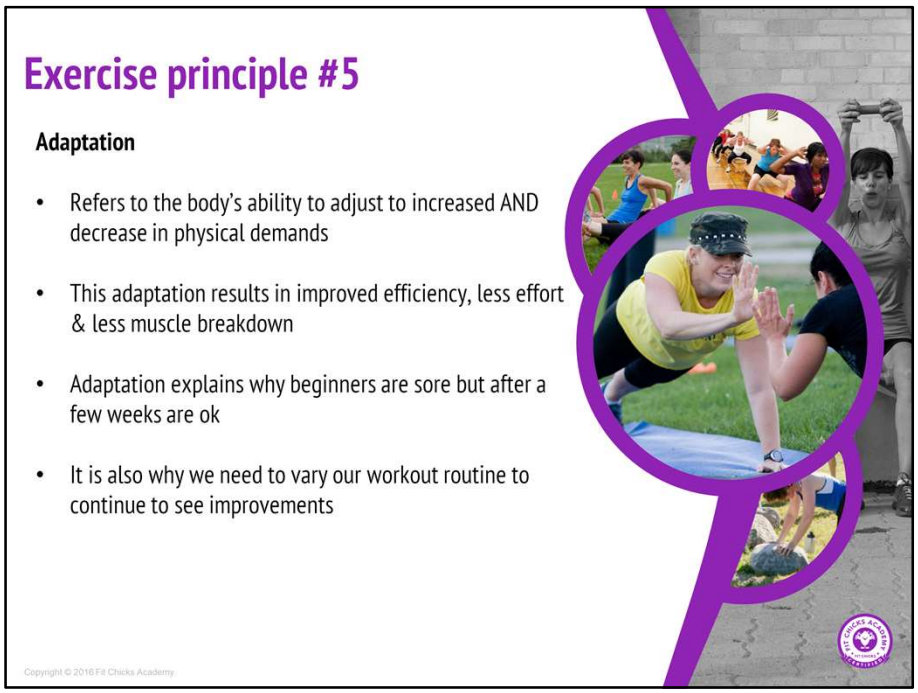
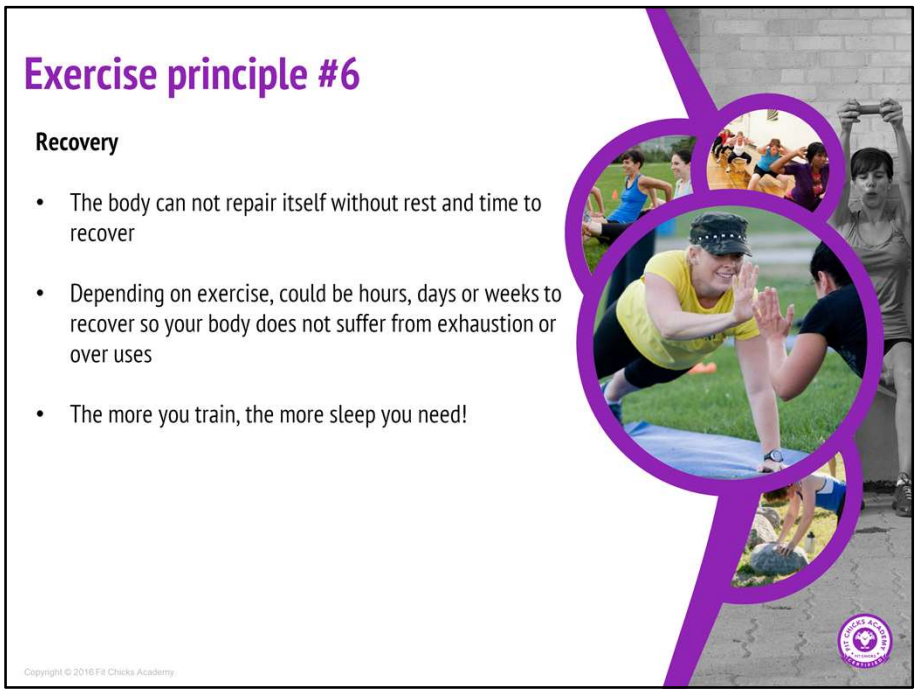
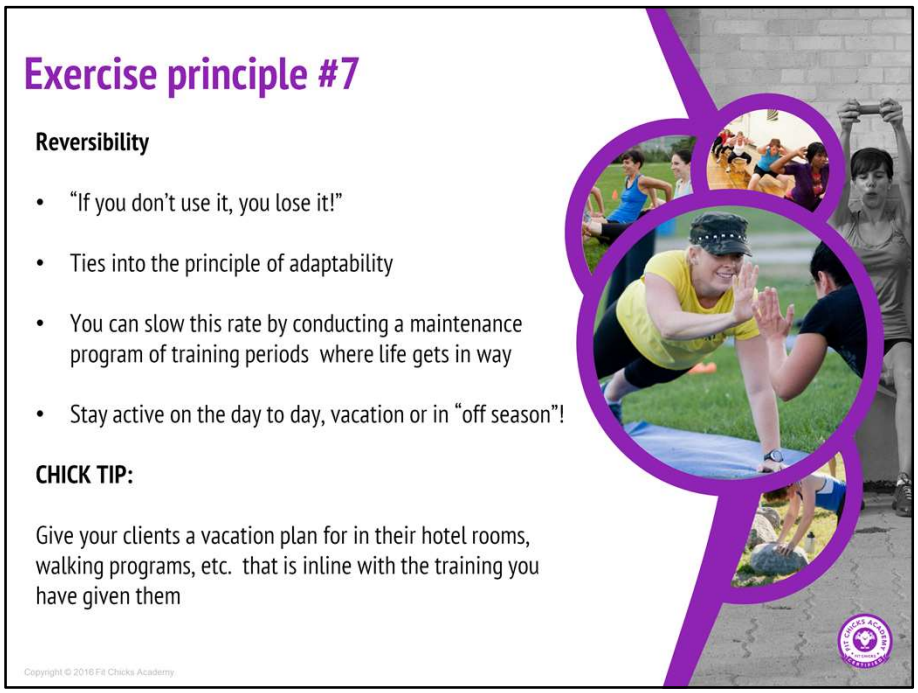


Over time the body becomes accustomed to exercising at a given level. This adaptation results in improved efficiency, less effort and less muscle breakdown at that level. That is why the first time you ran two miles you were sore after, but now it's just a warm up for your main workout. This is why you need to change the stimulus via higher intensity or longer duration in order to continue improvements. The same holds true for adapting to lesser amounts of exercise

Adaptation refers to the body's ability to adjust to increased or decreased physical demands. It is also one way we learn to coordinate muscle movement and develop sports-specific skills, such as batting, swimming freestyle or shooting free throws. Repeatedly practicing a skill or activity makes it second-nature and easier to perform. Adaptation explains why beginning exercisers are often sore after starting a new routine, but after doing the same exercise for weeks and months they have little, if any, muscle soreness.Additionally, it makes an athlete very efficient and allows him to expend less energy doing the same movements. This reinforces the need to vary a workout routine if you want to see continued improvement.



The body cannot repair itself without rest and time to recover. Both short periods like hours between multiple sessions in a day and longer periods like days or weeks to recover from a long season are necessary to ensure your body does not suffer from exhaustion or overuse injuries. Motivated athletes often neglect this. At the basic level, the more you train the more sleep your body needs, despite the adaptations you have made to said training.

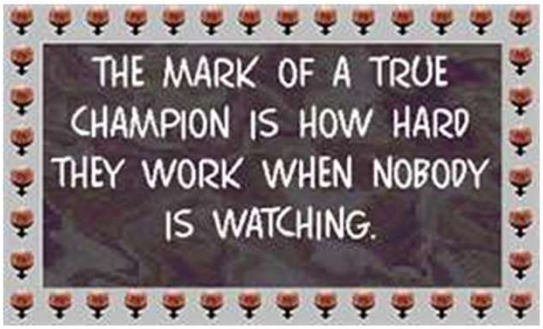


Reversibility

If you discontinue application of a particular exercise like running five miles or bench pressing 150 pounds 10 times, you will lose the ability to successfully complete that exercise. Your muscles will atrophy and the cellular adaptations like increased capillaries (blood flow to the muscles) and mitochondria density will reverse. You can slow this rate of loss substantially by conducting a maintenance/reduced program of training during periods where life gets in the way, and is why just about all sports coaches ask their athletes to stay active in the offseason

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

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

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

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

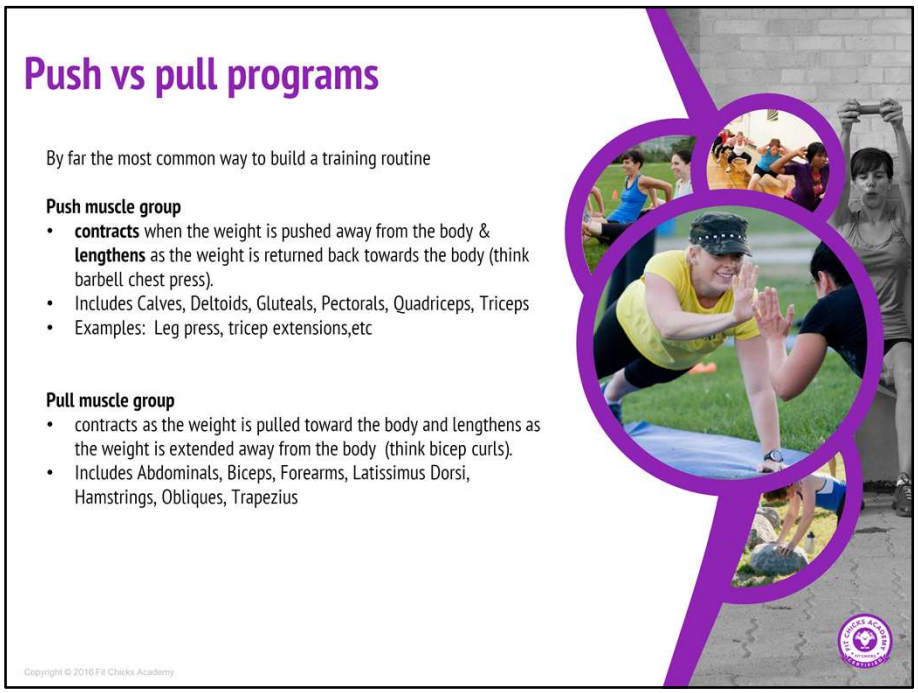
CREATING AMAZING PERSONAL TRAINING PROGRAMS!

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/Pull Weight Training Routines

The push/pull weight training program is by far the **most common routine** performed by individuals who regularly weight train. Defining the specific muscle groups to exercise within each weight training session is easier and much more flexible since you have all of the major muscle groups from which to choose. In general, the larger muscle groups require a **greater level of effort and energy expenditure** due to the the fact that they require more oxygen and blood when exercised. For this reason, many individuals combine larger and smaller muscle groups into the same push/pull weight training session.

Another variable in determining the push/pull muscle groups to combine into a single weight training session is the **total number of days that you intend to work out per week**. It is imperative that you allow at least 24 hours of rest and recovery for each muscle group after you have exercised it.

Most Popular is the "Push/Pull/ Legs" Split

The push/pull/legs split is a workout schedule that divides the body up into three groups for the week: **upper body pushing muscles, upper body pulling muscles**, and **legs**.

1. The Upper Body "Push" Workout
The "push" workout involves training all of the upper body muscles that are involved in "pushing" exercises. This includes:

- Chest
- Shoulders
- Triceps

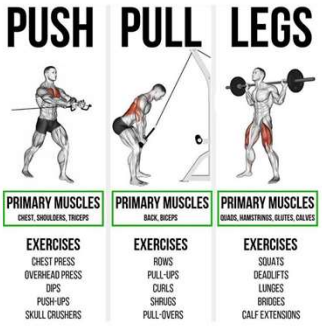
2. The Upper Body "Pull" Workout
The "pull" workout involves training all of the upper body muscles that are involved in "pulling" exercises. This includes:

- Back
- Biceps
- Rear Delts

3. **The "Legs" Workout**
The "legs" workout involves training all of the lower body muscles. This includes:

- Quads
- Hamstrings
- Glutes
- Calves

(Abs can be trained any day which you prefer but are often put with legs)



Example Weekly "Push/Pull/ Legs" Split

Option A	Option B
Day 1 - Push	Day 1 - Push
Day 2 - Pull	Day 2 - Pull
Day 3 - Legs	Day 3 - Legs
Day 4 - Push	Day 4 - Push
Day 5 - Pull	Day 5 - Pull
Day 6 - Legs	Day 6 - OFF
Day 7 - OFF	Day 7 - OFF

Monday - Push (Chest/Triceps/Shoulders)

Tuesday - Pull (Back/Biceps)

Wednesday - Legs (+Abs)

Thursday - Push (Chest/Triceps/Shoulders)

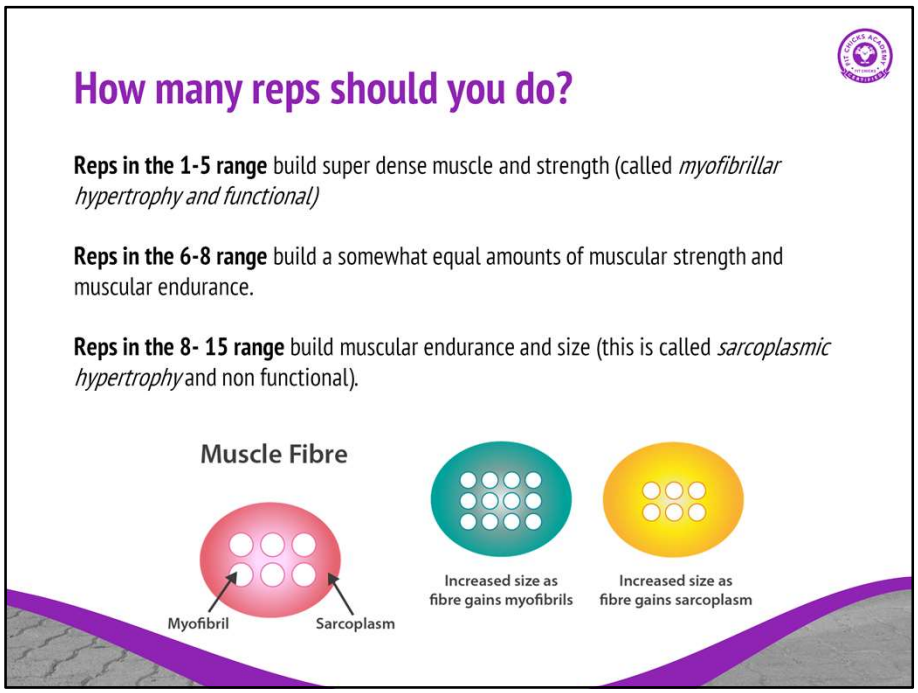
Friday - Pull (Back/Biceps)

Saturday - Legs (+Abs)

Sunday - Rest

How many sets should you do?

- *Not including a warm-up set or two , do 3-5 sets per exercise.*
- Keep your total workout number of sets for all exercises is in the 15-25 set range (5 or 6 exercises of four sets is a good start).
- More than twenty five sets in a workout can either be too much (doing more harm than good) or you're not working yourself hard enough (we want to be efficient).



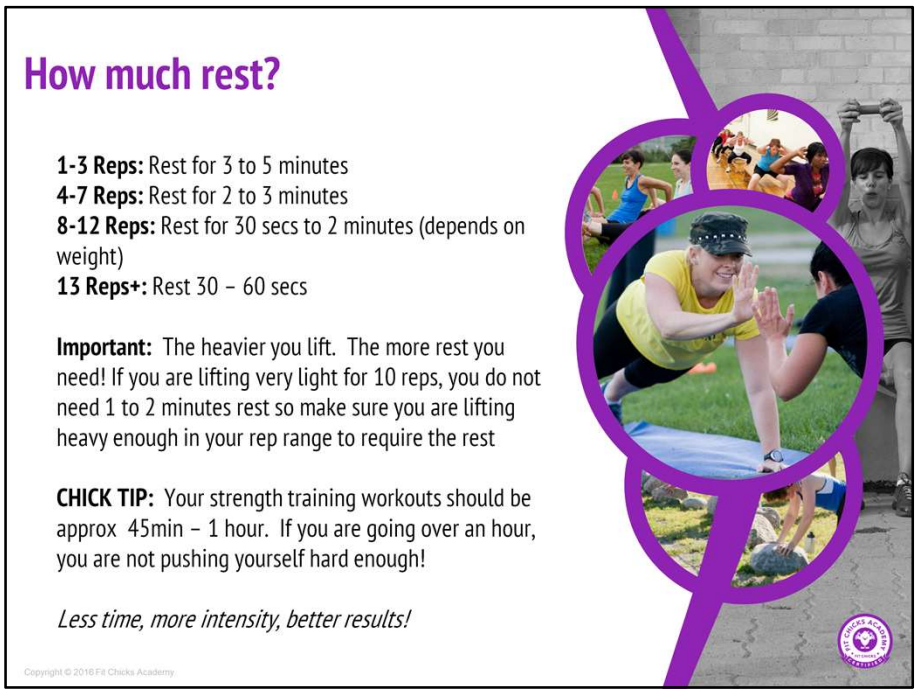
sarcoplasmic hypertrophy

Sarcoplasmic hypertrophy is an increase in the volume of the non-contractile muscle cell fluid, sarcoplasm. This fluid accounts for 25-30% of the muscle's size. Although the cross sectional area of the muscle increases, the density of muscle fibers per unit area decreases, and there is no increase in muscular strength (2). This type of hypertrophy is mainly a result of high rep, "bodybuilder-type" training .

M*yofibrillar* hypertrophy

Myofibrillar hypertrophy, on the other hand, is an enlargement of the muscle fiber as it gains more myofibrils, which *contract* and generate *tension* in the muscle. With this type of hypertrophy, the area density of myofibrils increases and there is a significantly greater ability to exert muscular strength (2). This type of hypertrophy is best accomplished by training with heavy weights for low reps

Poliquin, Charles. *Modern Trends in Strength Training*. Volume 1.
QFAC Bodybuilding, 2001.
Siff, Mel C. and Yuri V. Verkhoshansky. *Supertraining*. Colorado: Denver, 1999.
Tsatsouline, Pavel. *Power to the People*. Dragon Door Publications, Inc., 2000.



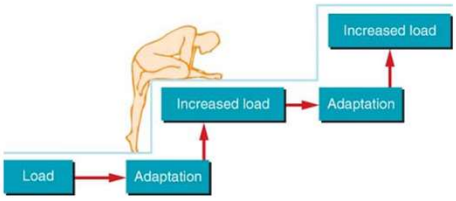
Source: **The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular YOU! By Adam Campbell**

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

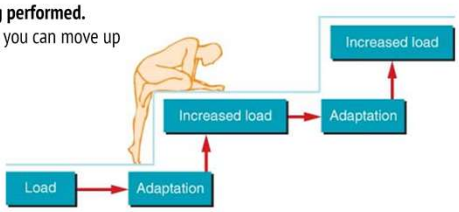
You can increase the weight being lifted.
For example, if you are currently lifting 15lbs on some exercise, you can lift 17.5lbs the next time you perform that exercise.

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 15bs 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** Macrocyles 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

Muscle strength is essential in generating force. This is facilitated with heavy resistance training as well as challenging the muscles to pull, push and hold as much weight as they can. Muscular strength is required in activities such as weight lifting and sports like rugby and football where the players need to push against each other.

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!

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!

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 know 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?

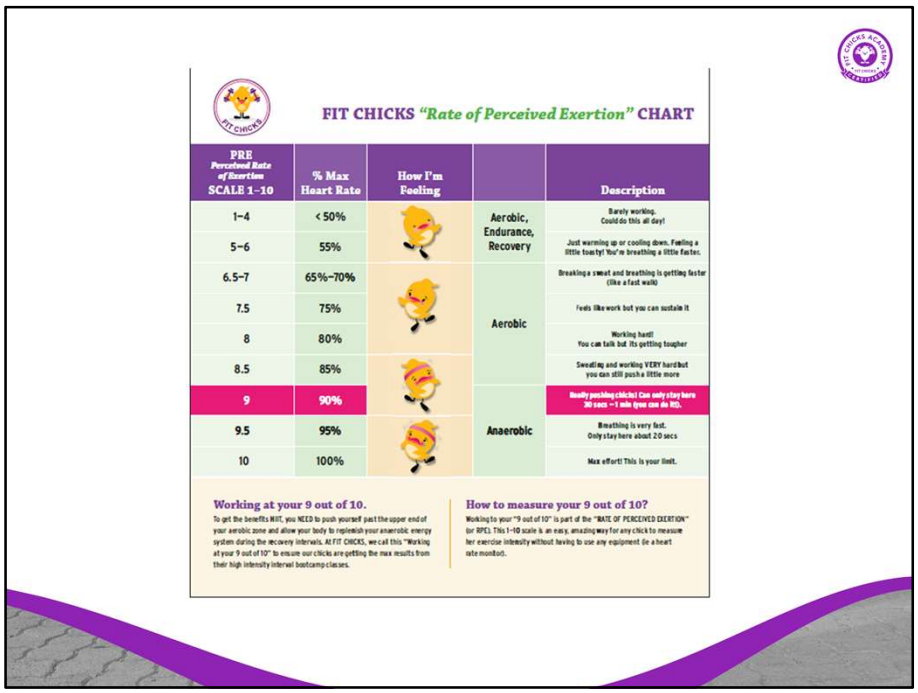
- **Also known as LISS**
- it is a steady cardiovascular form of exercise where you where you keep your intensity low but your effort consistent (ie – 30 to 60min)
- **Ex: Walking on an incline on the treadmill**

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



FIT CHICKS *"Rate of Perceived Exertion"* CHART

PRE *Perceived Rate of Exertion* SCALE 1–10	% Max Heart Rate	How I'm Feeling		Description
1–4	< 50%		Aerobic, Endurance, Recovery	Barely working. Could do this all day!
5–6	55%			Just warming up or cooling down. Feeling a little toasty! You're breathing a little faster.
6.5–7	65%–70%		Aerobic	Breaking a sweat and breathing is getting faster (like a fast walk)
7.5	75%			Feels like work but you can sustain it
8	80%			Working hard! You can talk but its getting tougher
8.5	85%			Sweating and working VERY hard but you can still push a little more
9	90%		Anaerobic	Really pushing clicks! Can only stay here 30 secs – 1 min (you can do it!).
9.5	95%			Breathing is very fast. Only stay here about 20 secs
10	100%			Max effort! This is your limit.

Working at your 9 out of 10.

To get the benefits HIIT, you NEED to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals. At FIT CHICKS, we call this "Working at your 9 out of 10" to ensure our clicks are getting the max results from their high intensity interval bootcamp classes.

How to measure your 9 out of 10?

Working to your "9 out of 10" is part of the "RATE OF PERCEIVED EXERTION" (or RPE). This 1-10 scale is an easy, amazing way for any chick to measure her exercise intensity without having to use any equipment (ie a heart rate monitor).

What are metabolic finishers? - https://www.youtube.com/watch?v=GA6hUBLDbhY
The 3 min Secret to Fat Blasting..Metabolic Finisher Workout
https://www.youtube.com/watch?v=vLvWEoZIUIQ


CREATING AMAZING
AT HOME PERSONAL TRAINING DAYS
WITH CLIENTS

What are metabolic finishers? - https://www.youtube.com/watch?v=GA6hUBLDbhY
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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

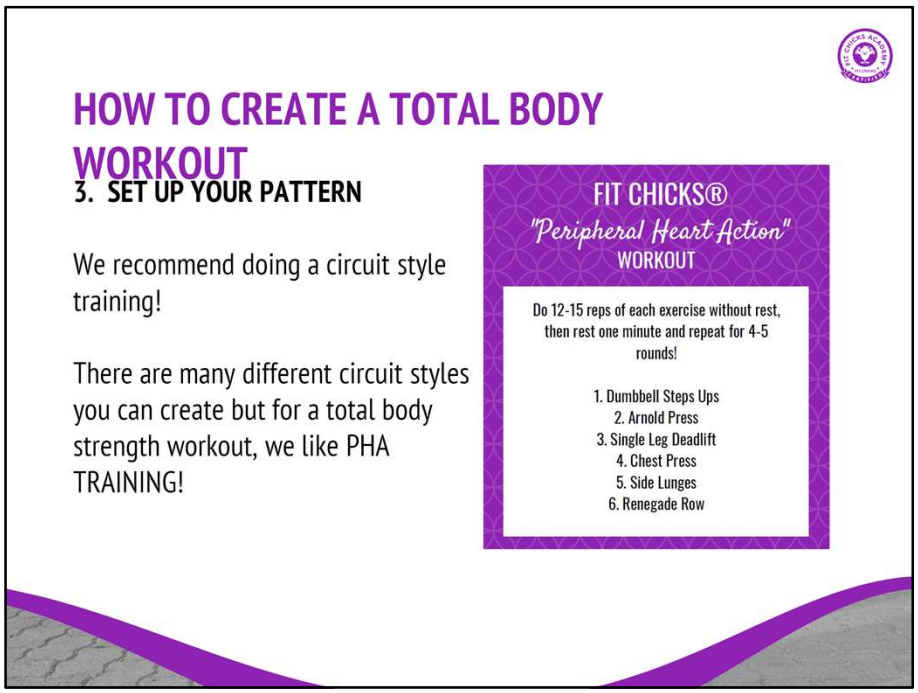
HOW TO CREATE A TOTAL BODY WORKOUT

2. 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 your:

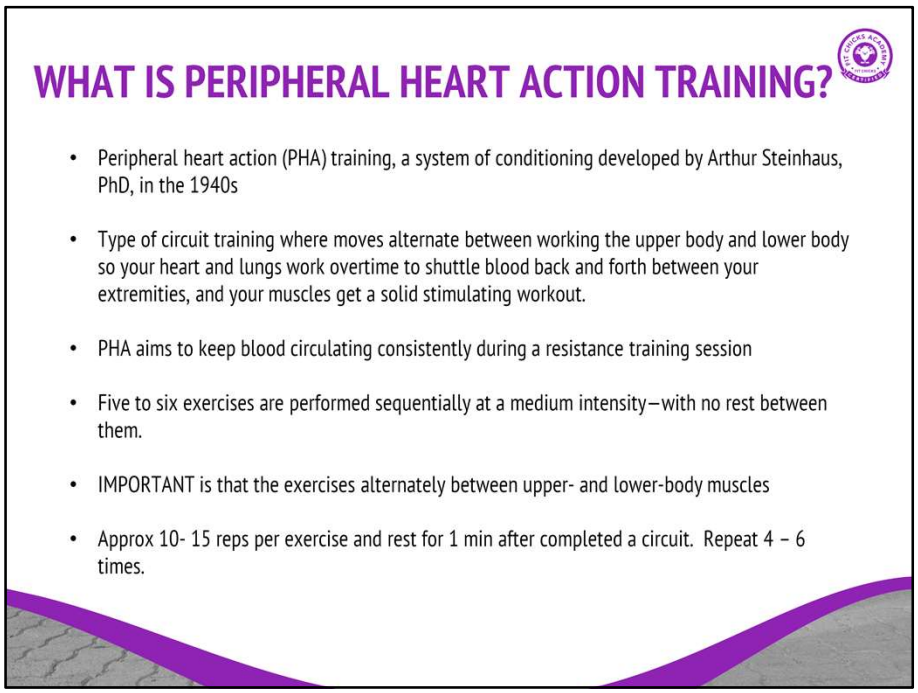
Total body	EXAMPLES
1. Quads (front of your legs).	squats, lunges, one legged squats, box jumps, leg extension
2. Glutes and Hamstrings (back of your legs)	Deadlift variations, hip thrusters, straight leg deadlifts, split squats step ups, donkey kick backs
3. Push Muscles (chest, shoulders, and triceps)	**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)



Enter **Peripheral Heart Action** or *PHA training*. Developed by Dr. Arthur Steinhaus, and brought to the forefront of the muscle world by 1960's legendary bodybuilder Bob Gajda (who holds Mr. America and Mr. Universe titles), this style of training works muscle groups of different extremities to avoid too much lactic acid build up while still allowing you to train hard. In the PHA style training, you will perform a circuit of 5-6 exercises for about 4-5 rounds.

However, unlike regular circuits, in PHA training you will alternate between muscles of extremities. For example, you can start with an upper body exercise like the overhead press and follow that with an exercise for the lower body like the squat, and then go back again to an upper body exercise like the push ups, etc. This way your muscles will get some rest before another related muscle group is worked again.
See Poliquin Study



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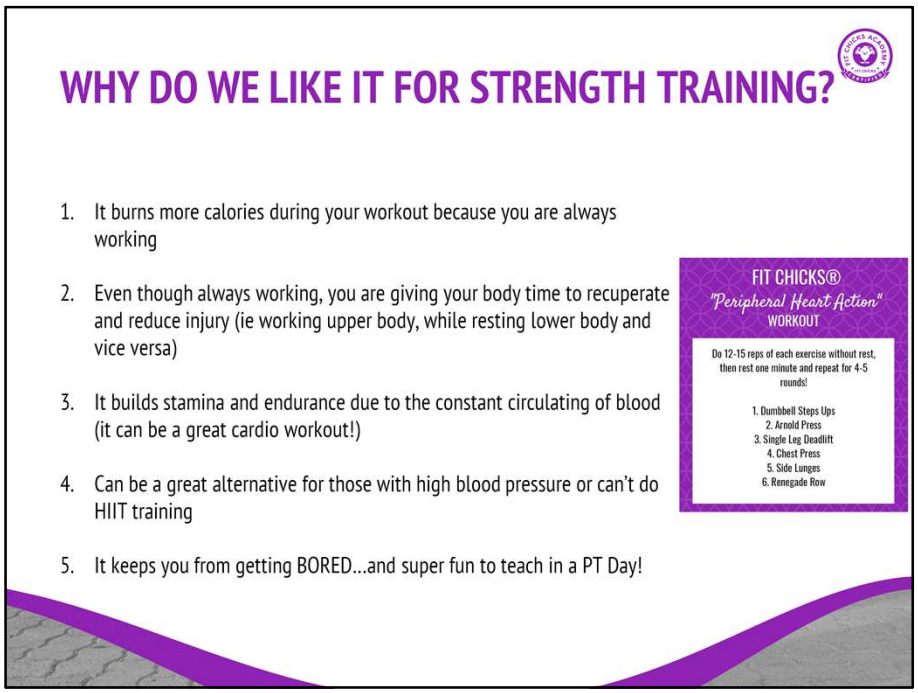

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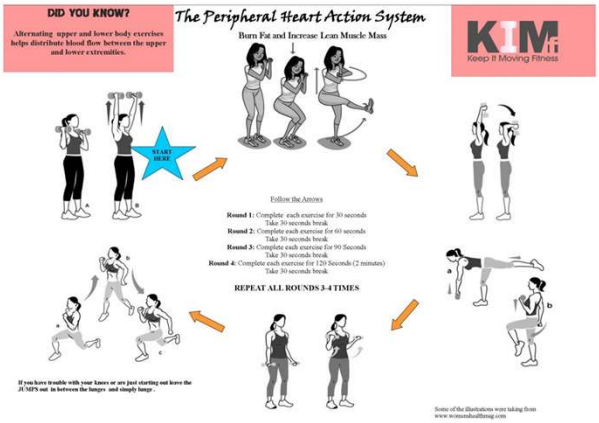
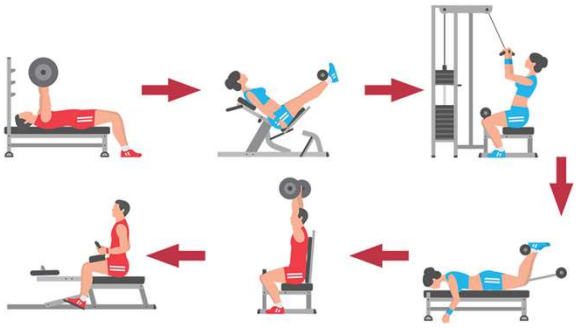
PHA TRAINING - EXAMPLE



PHA TRAINING - EXAMPLE

FIGURE 1. PERIPHERAL HEART ACTION TRAINING PROGRAM

Note: Men and women in the study did 15 repetitions (55%–60% of 1-RM) 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

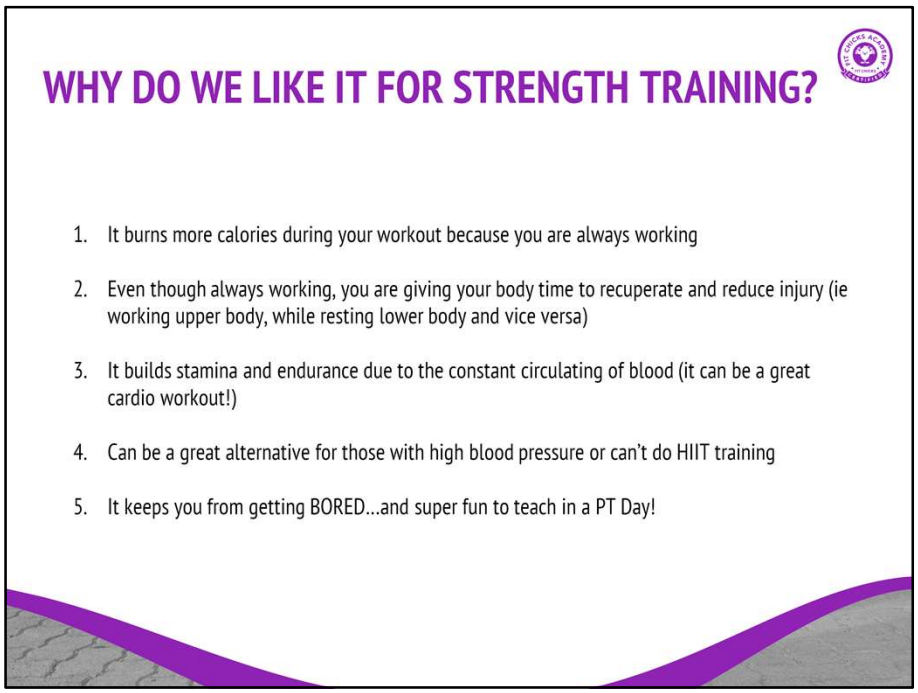
OPTION 1:

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

OPTION 2:

1. Glutes and Hamstrings
2. Pull – Back and Biceps
3. Quads
4. Push – Chest, shoulders, triceps
5. Glutes and Hamstrings
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



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IMPORTANT TO NOTE

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

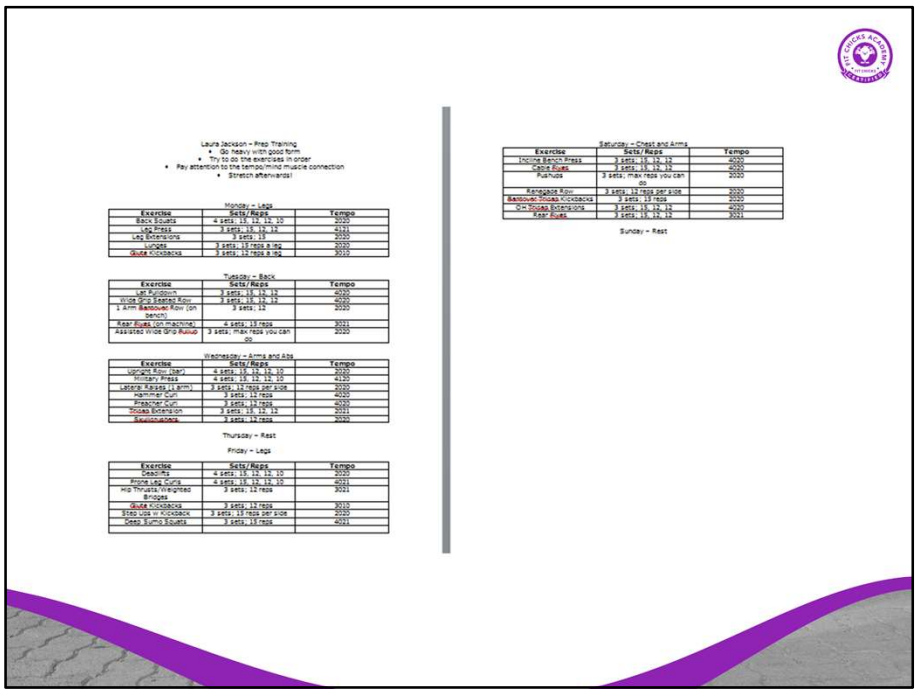
You can not do the whole workout with them. This will limit your ability to monitor, coach

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



Laura Jackson – Prep Training
Go heavy with good form
Try to do the exercises in order
Pay attention to the tempo/mind muscle connection
Stretch afterwards!

Monday – Legs
Exercise
Sets/Reps
Tempo
Back Squats
4 sets; 15, 12, 12, 10
2020
Leg Press
3 sets; 15, 12, 12
4121

Leg Extensions
3 sets; 15
2020
Lunges
3 sets; 15 reps a leg
2020
Glute Kickbacks
3 sets; 12 reps a leg
3010

Tuesday – Back
Exercise
Sets/Reps
Tempo
Lat Pulldown
3 sets; 15, 12, 12
4020
Wide Grip Seated Row
3 sets; 15, 12, 12
4020
1 Arm Bentover Row (on bench)
3 sets; 12
2020
Rear Flyes (on machine)
4 sets; 15 reps
3021
Assisted Wide Grip Pullup
3 sets; max reps you can do
2020

Wednesday – Arms and Abs
Exercise
Sets/Reps
Tempo
Upright Row (bar)
4 sets; 15, 12, 12, 10
2020
Military Press
4 sets; 15, 12, 12, 10
4120

Lateral Raises (1 arm)
3 sets; 12 reps per side
2020
Hammer Curl
3 sets; 12 reps
4020
Preacher Curl
3 sets; 12 reps
4020
Tricep Extension
3 sets; 15, 12, 12
2021
Skullcrushers
3 sets; 12 reps
2020

Thursday – Rest

Friday – Legs

Exercise
Sets/Reps
Tempo
Deadlifts
4 sets; 15, 12, 12, 10
2020
Prone Leg Curls
4 sets; 15, 12, 12, 10
4021
Hip Thrusts/Weighted Bridges
3 sets; 12 reps
3021
Glute Kickbacks
3 sets; 12 reps
3010
Step Ups w Kickback
3 sets; 15 reps per side
2020
Deep Sumo Squats
3 sets; 15 reps
4021

Saturday – Chest and Arms
Exercise
Sets/Reps
Tempo
Incline Bench Press
3 sets; 15, 12, 12
4020
Cable Flyes
3 sets; 15, 12, 12
4020
Pushups
3 sets; max reps you can do
2020
Renegade Row
3 sets; 12 reps per side
2020
Bentover Tricep Kickbacks
3 sets; 15 reps
2020
OH Tricep Extensions
3 sets; 15, 12, 12
4020
Rear Flyes
3 sets; 15, 12, 12
3021

Sunday – Rest

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:

fne@fitchicks.ca