

The following can be presented in Masterclass or Workshop format.

## Conditioning



**1.** Equipment Free Body Conditioning - A 'back to basics' workout that focuses on simple movement patterns done with correct technique to develop useable limb strength and core stability before any external resistance is added. Your participants will be surprised at how hard they work.

*Equipment - One mat per person.*

**2.** Integrated Conditioning - With or without the use of equipment, learn how to blend different aspects of conditioning to develop a better balanced and well rounded format that addresses mind/body, stretch and strength, mobility and stability in the one session.

*Equipment - Mat and set of dumbbells/body bar/medicine ball per person.*

*[Please choose from the above relative to the equipment you have available.]*

**3.** 'Plane' Conditioning - A workout that addresses conditioning through all three planes of movement using compound and integrated movement patterns for guaranteed success.

*Equipment - Mat and set of dumbbells/body bar/medicine ball/step per person.*

*[Please choose from the above relative to the equipment you have available.]*

**4.** Rhythmic Cross Training - Mimics a mixture of sports and athletic moves, like basketball and combines this with more traditional training exercises, like squats and

punches, to form a strong, dynamic workout that does not require a choreographic brain!

*Equipment - One mat per person.*

## Pilates

**1.** Pilates for All - come and experience a class where moves are introduced with different levels while still maintaining the fundamental principles of Pilates so that everyone can work to their own ability.

*Equipment - Mat and block (if available) per person*



**2.** 21 Century Pilates - Because we do not live life on the floor, this class focuses on using the Pilates principles with a lot of standing and seated work, before lying down.

*Equipment - Mat and block (if available) per person*

## Core

Experience what core stabilisation is all about and learn how and why activation should come before all movement. This class can be done on a Reebok Core board, stability ball, Bosu or no equipment.

*Equipment - As mentioned above plus a mat and small towel, dowel or tubing.*

## Combination Training

Take any 2 activities, like step and aerobics, aerobics and conditioning or step and conditioning

and mix them together to create a class that is interesting, exciting, and very dynamic.

*Equipment - Depends upon the choice of activities.*

## Stability Ball

Sta-ball-ity Conditioning - a stability ball experience aimed at the group exercise instructor. This session will demonstrate different levels of strength and dynamic stability for a number of exercises and incorporate flexibility in a variety of positions on the ball. It will also cover safe, smooth transitioning to aid the flow and sequencing of the class.

*Equipment - Stability ball and mat per person. Hand weights optional.*

## The Deck

**1.** The Deck - Cardio/resistance circuit - This is the latest and one of the most versatile pieces of studio equipment on the market. It is a revolutionary exercise platform that offers the opportunity for a total body workout that addresses all three components of fitness. Come and try a cardio/resistance circuit, with all the exercises you know and love, and a few more, using incline, decline and adjustable back support positions, tubing and a medicine ball, all done at your own station.

*Equipment - A deck, light and heavy tubing and medicine ball per person.*



**2. Integrated Conditioning on the Deck** - We are now moving away from only training using fixed, isolated movement, towards compound, integrated and more general movement patterns that mimic function, leisure activities and daily living. This session focuses on the progression from one to the other using the reconfigurable elements of the Deck and other resistance equipment to provide effective, dynamic conditioning with a difference.

*Equipment - A deck and light and heavy tubing per person.*

## Step

**1. Step Heaven** - Blocks of user-friendly choreography to take away. Use of different learning curves, rhythm and layering to spice up basic moves and challenge even seasoned steppers.

*Equipment required - one step per person.*

**2. Simple 2 Step** - In this class you take single step choreography and add another layer of difference and excitement by transitioning it between two steps. Provide a fun atmosphere and spark interaction between participants with this workout. And, the good thing is that you only need a few extra steps to achieve a great result!

*Equipment required - one step per person and one extra step per row.*

**3. Athletic Interval** - If you have those participants that want intense and powerful but simple and totally doable, this class style is a must. A no-brainer as far as choreography goes. This workout focuses on using strong, non-complex moves to really challenge cardiovascular fitness and endurance by working on strict intervals of effort and recovery in the aerobic and/or anaerobic systems. A great class to add to your repertoire.

*Equipment required - one step per person.*

**4.** As Easy As A, B, C. - A stress-free introduction to Step covering the basic movements, orientation and terminology and culminating in a fun, dynamic yet achievable three part combination.

*Equipment - one step per person.*

**5.** Power Step - Incorporates leaps, hops, jumps and runs and a more dynamic feel to low impact choreography to increase intensity and add that extra challenge for the fitter participant.

*Equipment required - one step per person.*

**6.** New Age Step - Step choreography taught on a 3/4 beat so that your music phrase has 6 counts instead of 8. It gives a totally different and refreshing feel to stepping and the music is fantastically relaxing!

*Equipment required - one step*

## Circuits



Circuits on a shoe string - This is a creative circuit where the equipment is unconventional but the emphasis is still on fun and hard work. The moral of the story is you don't need a lot for a dynamic and challenging circuit.

*Equipment required - masking tape, paper cups & plates, rope, newspapers.*

## Hi/Lo

**1.** Latino Loco - Low impact moves that we all know and love, flavoured with a touch of Latin. This is a chance to let your hips do the talking and enjoy the music!

*Equipment - None required.*

**2.** Angles, lines and Curves - Add dimension to choreography that encourages effective use of space by layering well known base moves with an angle, line or a curve and watch what happens.

*Equipment - None required.*

**3.** Mellow Movement - Simple choreography that will serve your seniors as well as your beginners; in fact anyone who wants or needs to take things at a more mellow or easier pace.

*Equipment - None required.*

## Walk

**1.** The Power of Walking - The principles of fitness and health walking presented in a practical manner to show how one of the cheapest forms of physical activity can be an effective and achievable form of exercise for everyone. Don't forget to admire the beauty of nature on the way.

*Equipment - Appropriate outdoor space or large indoor space.*

**2.** Walk Circuit - Creative, fun ways to use the environment, a wall, a path, a tree, etc to create a walk that includes circuit type exercises that motivate and inspire a little more effort and interest.

*Equipment - Appropriate outdoor space*

## Stretch and Relaxation

**1.** Reebok Flexible Strength - Looks at promoting greater body awareness, better posture and alignment and a clearer understanding of traditional .v. integrated strength and flexibility training methods and why there should be a combination and balance between the two.

*Equipment - One mat per person.*

**2.** Stretch and Relax - A stretch class that pays attention to the flexibility and range of motion of all major joints and finishes with a 10/15 minute relaxation component.

*Equipment - One mat per person.*

**3.** The Art of Relaxation - This session requires you to do nothing but lie down and relax, de-stress and relax some more! What more could you ask for? Advisable to bring a top or towel to cover with and wear socks.

*Equipment - One mat per person.*

## Group Cycling



**1.** The journey: Passports may be required as images and music are used as part of the visualisation process to take participants on a journey that may end up who knows where. Mental connection to physical aspects is used to challenge the participant. Set the intensity by

setting the terrain and motivate your participants to a success ride.

*Equipment - bike per person.*

**2. Games and Strategies:** Covers more advanced techniques, both physical and psychological by which the instructor can communicate, motivate and empower participants to challenge their abilities and have fun in the process.

*Equipment - Bike per person.*

**3. Cycle Interval:** This workout focuses on using the specific techniques of cycling to really challenge cardiovascular fitness, strength and endurance, by working on strict intervals of effort and recovery in either the aerobic and/or anaerobic systems.

*Equipment - Bike per person.*

The following are presented in Workshop format.

**Movement screens for Personal Trainers** - This session will take you through a series of movement screens. Mobility, stability and muscle imbalance issues may be highlighted that would then need to be addressed as part of the client's regular exercise programme. Based on Reebok RNT, these screens will analyse movement patterns from a neuromuscular and biomechanical viewpoint. This will be an interactive session so be prepared to take part.

**Postural Assessment** - Learn how to properly assess the posture of a client or class member so that you can include specific strengthening or stretching exercises in the session or class that will address problems found.

The following are presented in lecture format.

**1. The Legal aspects of Fitness** - What legal responsibilities is an instructor under and what duty of care, if any, do they owe to their

class participants or personal training clients? These and other legal aspects are discussed.

## **2. The many Roles of a Fitness**

**Instructor** - Starts with self knowledge, awareness and development and looks at the effect these and many other aspects have on an instructor's teaching ability, class relationships and overall career management.

**3. Career Moves** - Where to from here? - Where will you be in five years time? Discussion regarding the options and career choices open to an instructor looking to reduce the number of classes they teach but remain within the fitness industry.

**4. Body Image** - A consumer orientated lecture focusing on how awareness of body image and improvement of posture and alignment, through exercise can enhance self esteem, improve confidence and lead to greater success at work and in relationships generally.

**5. Less Stress, More Success** - What constitutes stress and is stress all bad? We will talk about the good and the bad and the ugly, the way we deal with stress traditionally and some suggestions as to how we might handle stress better.

**6. Studio Co-ordination, An Overview** - A discussion of what the role actually entails from the most narrow to the broadest sense. Covers aspects of team, resources, timetable and self management.

**7. 'The Energy Tree'** - This session looks at the numerous sources of energy in a class situation, the dynamics and characteristics of those sources and ways of effectively using them to keep yourself and your participants fully motivated and energised.