

Extreme Makeover

By – Rob Glick

Intro: How do we couple the desire of our clients to have conditioning classes that target specific areas of the body with our current understand of training? With the focus of training movement instead of muscle, sometimes students aren't sure if they are getting what they think they need. This session looks at how to bridge the two concepts to help you make the most out of your classes.

Structure of the class:

Ask your students to use the maximum resistance they can handle with excellent form.

1. Areas of consideration
 - Forces
 - Acceleration
 - Energy
 - Work
 - Mass
2. Focus Area
 - Stability
 - Mobility
3. Speed
 - Variation
4. Range of Motion
 - What is healthy range of motion
 - Load vs. Unloaded
5. Planes of Motion
 - Tri-Planar
 - Planes of focus
6. Loads and Levers
 - Symmetrical/Asymmetrical
 - Predictable/Unpredictable
 - Internal/External
 - Lever Length
 - Time Under Tension

Class

Warm Up

Dynamic Stretching, Low Intensity Modified ROM Movements Similar to the Exercises in the Class.

Block 1 Squats

Sequence 1 – Squat down placing the weight(Body Bar) to the floor in a variety of patterns.

Sequence 2 – Overhead reach with the weights while squatting.

Sequence 3 – Side to side Sumo Squats

Sequence 4 – Staggered Stance Squats forward and back

Transition move – 4 pulse squats narrow, medium and wide

Block 2 Upper Body and Balance Challenges

Sequence 1 - Biceps Curls into T Stance

Sequence 2 – Balanced Row

Sequence 3 – Shiva Squats

Sequence 4 - T balance

Transition move – side shuffle

Block 3 Lunges

Sequence 1 – Gliding Rear Lunges w/overhead reach and asymmetrical load

Sequence 2 - Rear lunge w/rotation

Sequence 3 – Rear lunge w/ knee touch

Sequence 4 – Isometric deep front leg lunge with the back leg quickly sliding in out

Transition Move - Burpees

Block 4 Triceps and Balance Challenge

Sequence 1 – Overhead Triceps Extension w/Hamstrings Curls weight on the same side.

Sequence 2 – Overhead Triceps Extension w/bar toss in the middle

Sequence 3 - Overhead Triceps Extension w/Hip Extension weight on the opposite side

Sequence 4 – Floor Dips in Reverse Table Top w/Hip Extension

Transition Move – Fall push into chest press, Walking Push Ups or Plank

Block 5 Crossover Lunges and Biceps Curls

Sequence 1 – Crossover Lunge and Turned Out Squat – Hold Weight Low

Sequence 2 - Crossover Lunge and Turned Out Squat – Rainbow Arms

Sequence 3 – Crossover Lunge Pulse – Weight Low/Middle/High Turned Out Squat

Transition Move – Plyo-Lunges

Block 6 Core Work

Stability to mobility in all directions.

Thanks for joining me, if you have any questions please reach out to me at

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