

Make the Most of Your Muscle

Presented by Lynne Skilton-Hayes, International Fitness Educator and Presenter, University of Guelph
Fitness Program Supervisor, B.Sc., canfitpro ProTrainer and ACE

A lunge is a lunge and a bicep curl is a bicep curl right?? Why then are these exercises more impactful in some classes over others? It all comes down to thoughtfully structuring your class and your ability to teach and cue technique effectively. Learn concepts around set performance and how best to sequence exercises most effectively as well as how to fine tune your cueing. Take your muscle conditioning classes to the next level and walk away with a toolbox of tricks trainers use to get the most out of their clients.

Objectives

- Learn how to choose certain exercises over others and how to put these exercises in sequence most effectively.
- Provide you with insight on set performance and the tricks trainers use to get the most out of their clients and get them the results they crave.
- Gain new exercise ideas as well as learn how to make the ones you already teach even more challenging for your students.
- Fine tune your cueing of exercises

Technique – Set Position

- What is the Core? And what does set mean?
- Review of posture and importance of constant reminders.

Getting results

In order to achieve results muscle fatigue is necessary. How much is needed?

- Progressive overload essential
- Coach around appropriate weight to pick up – every muscle is different
- Delayed Onset Muscle Soreness (DOMS) – caused primarily by eccentric contraction
- Momentary muscular fatigue

Strength curve

What does it mean and how does it relate to the equipment we use – bands (Dynamic Variable Resistance-DVR) versus dumbbells (Dynamic Constant Resistance- DCR)?

Strength Training Terminology

Agonist

Antagonist

Synergist

Stabilizer

The Toolbox!

These are the guidelines you want to think about when planning your classes and workouts.

1) Exercise Selection

- a. body part versus total body
- b. postural imbalances – follow the flexion/extension 1:2 Rule
- c. functional/compound versus traditional/isolation

2) Exercise Speed

- a. Slower increases time under tension therefore greater impact on fast twitch (FT) fibres
- b. Slower has greater impact through eccentric phase – muscle does the work not gravity

3) Exercise Sets

- a. Multiple versus single

4) Range of Motion (ROM)

- a. Full versus partial

5) Exercise Frequency

- a. ___ x / week gives you the BEST results. ___x/week will give you 80% of the results of training ___ x/week.

6) Exercise Sequence – what order do you put your exercises in?? In order to decide, you need to be clear as to what muscles are involved in every movement.

- a. Large to small
- b. Small to large

- c. **Supersets** – consecutive exercises done back to back with no rest in between – very efficient!! The concept is pre fatigue and it feels so SUPER!!
 - i. Push/Pull – Example:
 - ii. Push/Push – Example:
 - iii. Pull/Pull – Example:
 - iv. Same muscle – Example:
 - v. Upper/Lower - Example:
 - vi. Giant - Example:

- d. **Drop sets/Breakdown training/strip sets** – within a set and without rest, weight/load is stripped off so that additional reps can be achieved in order to get higher levels of fatigue. In class we refer to this as taking an 'easier option'.

- e. **Negative Training** – emphasizes the eccentric phase

- f. **Slow Training** – increases time under tension with greater impact on FT. This will be incorporated throughout the workout.

- g. **Pyramid Training** – consecutive sets completed where weight is increased and reps are decreased. Rest is taken between sets. Can be ascending or descending. Typically pyramids are not as commonly used in group fitness as frequently due to rep/load ratio and passive rest phases.

The Workout

1) Giant Super Set – with slow negative training

- Squat to lunge alternate – tempo variations
- Crab dip hip extension
- Chatarunga – slow

2) Same Muscle Superset with ½ ROM

- Bulgarian Lunge with Shoulder Packing (use ½ ROM)
- Prone Swim with Spine Extension
- Prone unilateral hand/ankle touch

3) Push/Pull Superset to Same Muscle Super set

- 21's Bicep Curl with band (back leg anchor)
- Tricep Press in frog position
- Sphinx Push-up

4) Torso Superset

- LDL Reach with DB → Overhead Shoulder press
- Knees up with static DB extended out to front
- DB Press out diagonal, Rotate press out

5) Upper Body/Torso Superset/Drop set

- Lateral Raise with Rotation – drop set
- Push-ups 2x, press back to down dog
- Quadruped Thread the needle

Staggered Set: Forward and back lunge

6) Lower Body/Torso Superset

- 2 switch squat
- Glute Press with band
- Oblique plank reach under (with Abduction)