



Great Regressions - Foundations

Session Objectives

1. **To Identify challenges**
 - For individual training
 - For training teams
 - For small group training and group exercise
2. **To optimize opportunities**
 - For impact
 - For business
 - For continuity in practice and programs
3. **To reinforce exercise options**
 - Using functional movement patterns and common exercises
 - Demonstration of relative intensity using a circuit format



Great Regressions - Foundations

Concept & Considerations

Evolving demographics

- Identify specific demographics of YOUR area
- "Silver Tsunami" or "Gradual Grey-swell"
- Returning to active members with diminished ability/mobility
- **Potential** new members inactive, deconditioned and higher risk/need

Functional Levels

- Consistency in definition – *with organizations and instructors*
- Consistency in approach – *with organizations and instructors*



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Concept & Considerations

The Gaps

- Shifting perspectives and approaches
- Dramatic difference in needs, preferences and expectations
- Objective to create educated fitness consumers
- Focus on independent exercise selection based personal needs and preferences



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Concept & Considerations



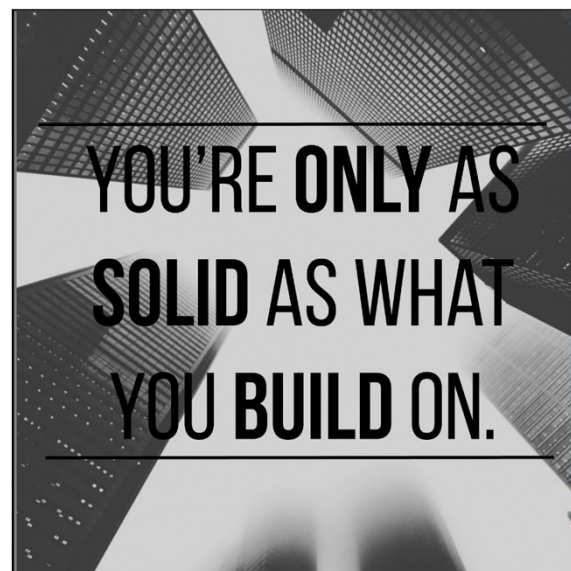
- They represent the largest potential market
- They are potentially the most meaningful market (they need us)
- They are largely under-represented or ignored – for many reasons
- They have a lower competitive exposure

Great Regressions - Foundations

Concepts & Considerations

START with the foundation FIRST...

1. **Overload/Challenge**
 - Weight – unilateral/bilateral
 - Proximity and positioning
 - Coordination, neuromuscular
 - Cognitive challenges
2. **Range of Motion**
 - Reduced ROM
 - Increased ROM – grounded
 - Increased ROM - plyo
3. **Stability/balance**
 - Balance of weight
 - Support
 - Surface



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Concept & Considerations

Fundamental Movement Patterns

Foundation Movement	Samples
1. Push	Press variations with and without equipment including military press, push-ups. Can be combined with counter-rotation by doing a unilateral one-sided press.
2. Pull	Any of the row variations - rows, renegade rows, single-leg rows, batwings, etc. - pull-ups also fall into the pull category.
3. Hinge	Deadlifts, swings, cleans, and snatches all are hinges but hinges are also found in many daily movements.
4. Squat	Can be executed with and without resistance with numerous variations with positioning and range of motion – from chair squats to leg press to suspension.

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Basic Body Movements/Patterns

Foundation Movement	Samples
5. Lunge	Lunges are sometimes included in the squat category but can also be listed separately as a functional movement pattern. The lunge is a knee dominant pattern and used in step ups along with forward, lateral, reverse, and walking lunges
6. Loaded Carry	Adds great functional value and can range from light "farmer carries" to overhead carries.
7. Rotation and Counter Rotations	Rotation from spine vs. hips. Exercises range from Russian twists, ribbons, overhead rotation. One-sided suitcase deadlifts, one sided floor presses, renegade rows, one-arm swings, alternating swings.

Great Regressions – In Action

Exercise Overview - selection

In selecting exercises, ask yourself the following 3 clearing questions:

1. What's the purpose?
2. Is it safe?
3. Can it be modified?



Great Regressions – In Action

Sample Workout Outline

Program Design:

Can be applied to individual training, small group and group exercise



Warm Up	8-10 min	
Circuits	1-3 min	Circuit of selected exercises
	1-2 min	Active recovery
	30 -60 sec	Rest/Transition
<i>optional Re-group activity for small group and group exercise</i>		
Cool Down	8-10 min	
Total Time	40-60 min (based on ratios and # of exercises)	

Great Regressions – In Action

Today's Workout Outline



Exercise Base	Round #1	Round #2	Round #3
	Already Active	Getting Started/Need some Assistance	Need ongoing support
	Transition - *Ages 50-64	Older Adult - *Ages 65-74	Oldest Adult - *75+
Foundation Exercises:			
Squats/Lunge	Squat + pick up Alternating, plyo, off-set to side	Squat + pick up Using chair to squat up	Squat – standing/seated Setting weight on chair
Active Recovery	Agility – shuffle boomer-ang Equipment – EQ mid to high end	Agility – shuffle boomer-ang Equipment – EQ mid to low end	Agility – 360° walk + chair Equipment – EQ, balance bar, chair
Top Shelf/Push	Lift + overhead press Bilateral, unilateral, unilateral balance	Lift + overhead press Stand and stabilize	Lift + overhead press Standing or seated – no weight
Active Recovery	Agility – Zombie + heel strike Focus – quick feet, hop, isometric arms	Agility – Zombie + heels & hips Focus – no hop, arms optional	Agility – Heel digs Focus – falls prevention
Squat/Lunge	Lunges + lift DB down, rotation, + knee up	Lunges + lift Using chair for support	Lunge + lift Reduced range of motion – no weight
Active Recovery	Agility – hamstring curls Focus – options with plyo/movement	Agility – hamstring curls Focus – low impact, weight shift	Agility – hamstring curl Focus – control, balance and hold
Hinge /Pull	Deadlift + 1-arm row Feet parallel, 1 foot back, 1-leg	Deadlift + 1-arm row Use chair for support with layers	Deadlift + 1-arm row ROM – no weight
Active Recovery	Agility – tightrope jacks Focus – out/in with or without plyo	Agility – tightrope lateral step Focus – lateral squat with movement	Agility – tightrope Focus – wide stance, step/balance in
Quadruped	Quadruped 1-arm/1-leg, knees lifted, bear crawl and tap	Quadruped Hands elevated on step or chair with tap	Quadruped Hands on chair back – no tap
Get Ups	Get Ups – supine Lying to seated, to lift, to stand	Get Ups – supine Roll/push elbow to hands to sit	Get Ups – supine Roll/push elbow to hands

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Parting tips:

Make a practicing the continuity we preach!

1. **Planning** – create templates
2. **Set up** – safe, welcoming and inclusive
3. **"Exertainment"** – balance fun and functional
4. Intensity cue – **"comfortable but challenging"**
5. Never sacrifice **quality** for quantity
6. Never sacrifice **content** for creativity
7. Modifications for **options** vs. levels
8. Coaching – **motivation + permissions**
9. Creative tools – **everyday items** create comfort and opportunity for repeat performances!
10. **Scale** to audience



Great Regressions



GREAT REGRESSIONS



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THANKS FOR COMING!