



Refresher Agenda- June 8, 2014 1- 4pm

Strengthening: Proper Techniques and Practical Progressions

Intro: Focus on the importance of maintaining strength throughout life-physiologic advantages

Breathing: breath holding (or lack of breathing!) is the Number one cause of dizziness complaints in fitness classes. Why not count breathes instead of reps?

Boredom: Building muscle endurance is repetitive, but need not be dull. Examples of different positions will be demonstrated for each of three sets as well as different counts.

Technique: In real life we train movement, not individual muscles. It is important to provide cues for your participants so that safety is maintained. Plan to focus on knees, spines and shoulders.

Specificity: Are your participants working the muscle group you want them to use? Body positioning has a huge influence on muscle groups recruited for the job. ex Hip Abduction in sitting (hip flexed, weight of leg supported) , is different than Hip Abduction in side lying (gravity perpendicular) and different again in standing (gravity parallel).

Types of resistance: How are elastic resistance bands different than dumbbells?

Time vs Reps: Choosing the right resistance/weight- Are your participants achieving Full available joint ROM for 8 – 12 reps and completing 3 sets? Are they missing good eccentric work by allowing gravity to assist?

Squats: the keystone to a smooth sit to stand. A chair and a dowel/yardstick can make a difference.

Mindfulness: visualizing muscle contraction and being attentive to muscle tension.

Bring your SFIC Manual if there is something you would like to clarify and any illustrations or books you would like to share. It is not a bad idea to review your muscle anatomy and planes of motion! It will be a topic of discussion. See you there! Wendy-Lee Hamilton