

NEW REVENUE STREAMS FROM THE FLOOR

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CONSTANT STRUGGLE

- REMAIN FRESH AND EXCITING
- CUTTING EDGE
- MOTIVATE
- RECRUIT AND RETAIN CLIENTS



NEW TRAINING SEQUENCE

- ASSESS & EVALUATE COMPENSATIONS
- ASSIGN CORRECTIVE STRETCHES AND EXERCISES
- TRAIN TO REGAIN LOST/IMPAIRED PATTERNS
- CLIENTS MOVE/FEEL BETTER
- CHARGE MORE

“FUNCTIONAL” TRAINING

- FUNCTIONAL STRENGTH
 - ABILITY TO BEND, ROTATE & EXTEND
- FUNCTIONAL FLEXIBILITY
 - MOBILITY OF THE JOINTS
 - MUSCLES/TENDON SUPPLENESS
- FUNCTIONAL WORK CAPACITY
 - INTERVALS

FUNCTIONAL CORE STRENGTH

- FLOOR CORE
- PHYSIOBALL CORE
- TRX CORE
- TRADITIONAL CORE TRAINING
 - SIT – UPS
 - BEND – OVERS/RAISES

GRAY COOK MOBILITY - STABILITY NEEDS SEQUENCE

- ANKLE MOBILITY
- KNEE STABILITY
- HIP MOBILITY (+ROM)
- LUMBAR SPINE STABILITY
- SCAP./THORACIC SPINE MOBILITY
- GLENO-HUMERAL MOBILITY?



PROGRESSION/REGRESSION DEVELOPMENT

FLOOR TRAINING PATTERNS

PHYSIOBALL PATTERNS

TRX PATTERNS



MUSCLE PLYABILITY

- SUPPLENESS OF MUSCLE TISSUE
- ENHANCED BY
 - FOAM ROLLER MASSAGE BEFORE OR AFTER
 - RECOVERY
 - HYDRATION
 - PROPER STRETCHING



MUSCLE/TENDON FLEXIBILITY

- PASSIVE STRETCH
- ACTIVATED STRETCH
- PNF STRETCH
- ASSISTED STRETCH

BEST PRESCRIBED POST WORKOUT

HARDWARE/SOFTWARE DRILLS

- JOINT MOBS
- ACTIVATION EXERCISES
- PLYABILITY/SUPPLENESS EXERCISES
- PATTERN ENHANCERS



HARDWARE/SOFTWARE DRILLS

- SQUAT & SQUEEZE/BELT SQUAT
- IN-LINE LUNGE SERIES
- LATERAL LUNGE
- SCORPION LUNGE
- PIRIFORMIS STRETCH
- HIP FLEXOR STRETCH



IN – LINE LUNGE MOBILITY SERIES

- ON A LINE
- ON EITHER SIDE OF A LINE
- ON EITHER SIDE OF A LINE THE WIDTH OF YOUR FOOT



LATERAL LUNGE/SQUAT SERIES

- LATERAL LUNGE
- LATERAL SQUAT
- LATERAL SLIDE LUNGE
- LATERAL STEP LUNGE
- LATERAL SQUAT & STEP

SINGLE LEG SQUAT SERIES

- SCORPION SQUAT - MOBILITY
- MULTI – PLANE SQUAT – STABILITY/STR
 - SIT BACK SQUAT
 - OUT RIGGER SQUAT
 - KNEE UP AND OUT SQUAT
- ICE SKATERS - STRENGTH



MULTI – DIRECTION LUNGE

- FRONT, LATERAL, REVERSE
DIAGONAL
- REACH, TOUCH, ROTATE, LEAN
- ADD WEIGHT VEST OR DUMBBELLS



MULTI – DIRECTION STEP - UPS

- FORWARD, LATERAL, CROSSOVER
- REACH IN FRONT/OVERHEAD WITH RESISTANCE (MEDIBALL/DUMBBELL)
- ROTATE/LEAN
- ADD WEIGHT VEST

SINGLE LEG TRAINING

- MULTI – DIRECTION LUNGE
- MULTI – DIRECTION STEP – UP
- SINGLE LEG SQUAT SERIES
- LUNGE STEP – UP COMBO
- STEP – UP SINGLE LEG SQT COMBO
- OVERHEAD PATTERNS
- ROTATIONAL PATTERNS



ROTATION/DISASSOCIATION

- DISASSOCIATE CORE MOVEMENT FROM PELVIC STABILITY
- CREATE STABLE PLATFORM FOR
 - MOVEMENT
 - SWINGING, THROWING, KICKING
 - PUSHING, PULLING



MARCHES

- ACTIVATE GLUTE
- ACTIVATE ABS
- CUE “STAND TALL”
- ADD MEDIBALL
 - CLOSE, EXTENDED, OVERHEAD, ROTATION
 - PRESSES

UPPER BODY

- ELEVATION/DEPRESSION
- PROTRACTION/RETRACTION



INTERVALS

- BIKE
- TOTAL BODY MOVEMENTS
- JUMP ROPE
- CALESTHENICS
- WORK : REST RATIOS



FLOOR TRAINING

- ENHANCE BEND, ROTATE & EXTEND
- TRAIN PATTERNS
- PROGRESSIONS – REGRESSIONS
- ENHANCE SUPPLENESS & MOBILITY
- BUILD CIRCUITS
- FOAM ROLL & STRETCH

REVENUE ENHANCER

- KNOW WHAT TO DO
- KNOW HOW TO DO IT
- KNOW WHY TO DO IT
- KNOW WHEN TO DO IT
- KNOW THE EFFECT OF DOING IT



OVERCOACH

- TEACH TECHNIQUE
- CORRECT ERRORS
- FIND “CORRECT” CUES
- REP CORRECT PATTERNS
- INTERNALIZE CORRECT PATTERNS
- CLIENT’S FEEL BETTER
- YOU CHARGE MORE

