

# **SENSIBLE STRENGTH**

*Ingrid Knight-Cohee, MSc. – CanFitPro Vancouver 2018*

## **WHY SENSIBLE?**

- Strength as number one goal and desired class format among surveyed SN members
- Huge variety of clientele in classes
- Demands responsible programming and class leadership
- To achieve primary goals of a safe, effective, fun and flowing class
- To reduce injuries and increase success to keep people coming back!

## **OBJECTIVES of a SENSIBLE STRENGTH CLASS:**

- Effective athletic/simple warm-up
- Explain, engage, encourage and entertain
- Deliver a balanced, well planned, logical class
- Use themes for better structure and flow
- Ensure individualized success through regression/progression options
- Ensure risks never outweigh benefits
- Tempo-based pacing for rep speed control and group synergy

## **SENSIBLE FOUNDATIONS/ASSUMPTIONS:**

- Functional strength is good!
- People want to...
  - Avoid injury and boredom
  - Burn a maximum amount of calories
  - Combat typically weak muscles and counter poor posture
  - Learn WHY they are doing an exercise and do it well
  - Be part of a like-minded community
  - Improve over time

## **IDEAS and INSPIRATION:**

- **Themes:** Upper/Lower/Combined; Lower/Upper/Core (lucky); Super Sets and Tri Sets; Reverse replay (or repeat from the top); Pyramids (time or reps); Muscle of the Month; Seasonal Sport/Activity
- **Tempo:** Eg. Half tempo/Full tempo/3-1/1-3 tempo
- **Time:** Eg. 30/30's or 1min sets

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## **SQUAT SERIES:**

- Squat/lateral raise
- Ski Squats/front raise
- Single Leg Squats/rotational raise

>> Glider Interval (Sumo Squats)

## **PLUNGE SERIES:**

- Slow motion burpees/Plank Row
- Lunge w/overhead press/Upright row
- Side Lunge/Single arm row

>> Glider Interval (Plank Weave)

## **DEADLIFT SERIES**

- Deadlift/Bent over rows
- Single Leg Deadlift/Single arm row
- Power press/Repeater knee

>> Glider Interval (Lunge rear/side)

## **POSTURE SERIES**

- Bicep Curls/Single Leg Balance or Standing Ham Curl
- Triceps Extensions/Standing Core Twist
- Full Moon/Reverse Lunge Standing Oblique/Scarecrow

>> Glider Interval (Speed Skater)

## **GET UP SERIES**

- Turkish get-ups
- Pec flies/Pull overs
- Heel touches

## **CORE SERIES**

- Post deltoid raise
- Back extensions (superhero)
- Push-ups (narrow Step grip)

## **GLUTE SERIES**

- Kneeling Glute Isolation
- Plank Variations
- Ham Curls/Hip Raise (with discs)

## **KEY TAKE AWAYS:**

- KISS principle – Keep It Simple & Sweaty!
- Slow to faster movement patterns >> Big to small muscles
- Mix of tempos and combinations >> slight changes on 2<sup>nd</sup> or 3<sup>rd</sup> set
- Leverage versatility and challenge with different tools
- Constant cues for posture, breathing, form and technique
- Give relevant intensity gauges that resonate
- Roam the room
- Applaud effort, build camaraderie, and give a carrot for next class