

# STRENGTH 101: START HERE FIRST

Lawrence Biscontini, MA  
International Spa and Wellness Consultant  
Mission: "wellness without walls™"

## I. INTRODUCTIONS

1. Nāmaste! (*"My inner peace meets, greets, and salutes your inner light"*)
2. Gratitude
3. This session is really about:
4. Chicken or Egg: Cardio before Strength or Vice-Versa? New research...

## II. THEORY

### 1. DEFINITIONS:

- a. Strength
- b. Hyperplasia
- c. Hypertrophy
- d. Endurance
- e. Bulking
- f. Isometric
- g. Isotonic
- h. Concentric/Eccentric
- i. Agonist
- j. Muscle Balancing: Opposing Muscle Groups: Agonist/Antagonist
- k. Cross-training and Change: d. \_\_\_\_\_ r. \_\_\_\_\_ i. \_\_\_\_\_ l.l. \_\_\_\_\_

### 2. EQUIPMENT:

- a. Bodyweight
- b. Handweights, "constant resistance"
- c. Tubing, Braided Tubing, "variable resistance"
- d. Stability Balls (55cm)
- e. Medicine Balls
- f. BOSU® Balance Trainer
- g. Steps
- h. Kettlebells

### 3. TYPES OF CLASSES:

- a. SCULPT
- b. FUSION

### 4. METHODS of Classes:

- a. PRE-CHOREOGRAPHED
- b. SEMI-CHOREOGRAPHED
- c. INDIVIDUAL CHOREOGRAPHED
- d. FREESTYLE
- e. .

### 5. METHODS OF TIMING (equal, faster down, faster up, pulsing...)

- a. MUSIC
- b. COUNTING
- c. EMPHASIZING THE ECCENTRIC
- d. EMPHASIZING THE CONCENTRIC
- e. EQUAL

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6. FOCUS of Classes:
  - a. Lower body
  - b. Upper body
  - c. Core
  - d. Full body
  
7. KINESIOLOGY for Dummies: 3 Key Concepts
  - a. Wherever it is, \_\_\_\_\_
  - b. Moving towards (and in) CHILD pose, every joint in the body is in \_\_\_\_\_, and moving towards (and in) MOUNTAIN pose, every joint in the body is in \_\_\_\_\_.
  - c. A healthy spine is NOT "straight" or "flat" but \_\_\_\_\_.
  - d. Instead of "modification" use p\_\_\_\_\_ and r\_\_\_\_\_.
  
8. METHODS of Choreography Breakdown/Buildup:
  - a. FREESTYLE CHOREOGRAPHED
  - b. FREESTYLE "FOLLOW-ME"
  - c. HALF TIME
  - d. REPETITION REDUCTION
  - e. PART-TO-WHOLE OR ADD-IN
  - f. SYMPLE-TO-COMPLEX OR LAYERING
  
9. Planes of Movement: the doorframe
  - a. We MOVE forward and back in: \_\_\_\_\_
  - b. We BATHE in: \_\_\_\_\_
  - c. We TWIST & PUSH in: \_\_\_\_\_



### A. 2011 NEW ACSM Guidelines

- 2-3 days/week perform **resistance** exercises for all major muscle groups
- 60-70% of 1RM for novices,  $\geq$  80% for experienced to improve strength
- 8-12 reps for most adults
- 2-4 sets for most adults, single set recommended for older adults and novices
- rest 2-3 min. between sets is effective
- 2-3 days/week perform **neuromotor** exercises for balance, agility, coordination, and gait—exercises that improve motor skills and proprioception
- 20-30 min/day may be needed
- $\geq$  2 days/week for **flexibility** exercises for all major muscle/tendon units
- hold 10-30 sec. for most adults, 30-60 sec. may be preferable (60 sec. is a reasonable target)

### III. PRACTICAL: CLASS FORMAT

#### BODYWEIGHT CLASS: ISOMETRIC & ISOTONIC

1. WARM-UP
  - a. CORE PLANAR SEQUENCING (CPS): SAGITTAL, FRONTAL, HORIZONTAL PLANE
  - b. SQUATS

2. BODY

- a. FRONT LUNGES
- b. HINGES
- c. BACK LUNGES
- d. KNEELING WORK
- e. CHEST WORK: PLANKS AND PUSH UPS
- f. SPINAL EXTENSION WORK
- g. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS”
- h. SUPINE FLEXION
- i. SUPINE UNILATERAL BRIDGE WORK
- j. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS”
- k. QUADRUPED CORE “BIRD DOGS”
- l.

3. TRANSITION

- a. STATIC KNEELING AND STANDING FLEXIBILITY

DUMBELL CLASS
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1. WARM-UP

- a. CORE PLANAR SEQUENCING: SAGITTAL, FRONTAL, HORIZONTAL PLANE
- b. SQUATS WITH BICEPS CURLS

2. BODY

- a. FRONT LUNGES WITH FRONT RAISES
- b. HINGES WITH TRICEPS EXTENSIONS
- c. BACK LUNGES WITH OH PRESS
- d. KNEELING WORK WITH BICEPS CURLS
- e. CHEST WORK: PLANKS AND PUSH UPS WITH LAT. ROWS
- f. SPINAL EXTENSION WORK—NO WEIGHTS
- g. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH MEDIAL DELTOID
- h. SUPINE FLEXION WITH OPTIONAL RESISTANCE IN HANDS
- i. SUPINE UNILATERAL BRIDGE WORK WITH OVERHEAD LAT. PULL
- j. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH MEDIAL DELTOID
- k. QUADRUPED CORE “BIRD DOGS” WITH OPTIONAL WEIGHT BEHIND KNEE AND IN HAND

3. TRANSITION

- a. STATIC KNEELING AND STANDING FLEXIBILITY

MEDICINE BALL CLASS: MB
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1. WARM-UP

- a. CORE PLANAR SEQUENCING: SAGITTAL, FRONTAL, HORIZONTAL PLANE
- b. SQUATS WITH BICEPS CURLS

2. BODY

- a. FRONT LUNGES WITH FRONT RAISES
- b. HINGES WITH ROTATION (KEEP SPINE IN EXTENSION)
- c. BACK LUNGES WITH OH PRESS
- d. KNEELING WORK WITH BICEPS CURLS
- e. CHEST WORK: PLANKS AND PUSHUPS WITH MB UNDER HANDS
- f. SPINAL EXTENSION WORK- MB BEHIND HEAD AS PROGRESSION
- g. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH MEDIAL DELTOID
- h. SUPINE FLEXION WITH MB TO SHINS, TOPS OF FEET, TOES
- i. SUPINE UNILATERAL BRIDGE WORK WITH OVERHEAD LAT. PULL AND UNILATERAL MB CHEST

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- j. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH MEDIAL DELTOID
- k. QUADRUPED CORE “BIRD DOGS” WITH MB IN HANDS OR BEHIND KNEE
- 3. TRANSITION
  - a. STATIC KNEELING AND STANDING FLEXIBILITY

**ELASTIC TUBING CLASS: ET**

- 1. WARM-UP
  - a. CORE PLANAR SEQUENCING: SAGITTAL, FRONTAL, HORIZONTAL PLANE
  - b. SQUATS WITH BICEPS CURLS
- 2. BODY
  - a. FRONT LUNGES WITH FRONT RAISES
  - b. HINGES WITH TRICEPS EXTENSIONS
  - c. BACK LUNGES WITH OH PRESS
  - d. KNEELING WORK WITH BICEPS CURLS
  - e. CHEST WORK: PLANKS AND PUSH UPS WITH ET BEHIND BACK
  - f. SPINAL EXTENSION WORK
  - g. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH ET AROUND HIPS AND ANCHORED AT FLOOR
  - h. SUPINE FLEXION WITH OPTIONAL RESISTANCE IN HANDS
  - i. SUPINE UNILATERAL BRIDGE WORK WITH OVERHEAD LAT. PULL
  - j. SIDE-LYING FUNCTIONAL LATERAL FLEXION “HIP LIFTS” WITH ET AROUND HIPS AND ANCHORED AT FLOOR
  - k. QUADRUPED CORE “BIRD DOGS”
- 3. TRANSITION
  - a. STATIC KNEELING AND STANDING FLEXIBILITY

- 2. WARM-UP:
  - a. FEEDING/HUG THE TREE
  - b. AURICULAR MASSAGE

CLASS BODY:

**TEASER:**

CUEING IN THE THIRD DIMENSION  
 SYSTEMATIC METHODOLOGY  
 WORDS WE NEVER SAY ANYMORE...

**Summary:**

**Home-Work:**

Homestudies,  
 Continuing Education Specialty Certificates,  
 Certifications

**Resources:**

SCW:  
 Les Mills  
 Zumba Toning  
 Power Music  
 R.I.P.P.E.D.  
 Equinox.com

**Final Take-Home Messages:**

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