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.____ i.____ i.____

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
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, ≥ 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
   • ≥ 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

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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

DUMBBELL CLASS

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

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 PUSH UPS 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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Faith doesn’t make things EASY, it makes things POSSIBLE!

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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