

Tubing- from head to toe on the go

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I. INTRODUCTION

1. Jeff's Background and Golden Door Spa, EQUINOX and Virgin Active
2. Our Purpose Today:
3. Where the class came from: to maximize your student's fitness level.
Discover creative and constructive ways to integrate elastic tubing training into your workout menu.

Course Objectives

Explore why and where to incorporate tubing training
Discuss most asked questions about the tubing
Practice tubing exercises

Why incorporate elastic tubing training

- Creative and fun
- Affordable
- Versatile
- Easily incorporated into partner training
- Training with resistant tubing activates more muscle recruitment
- Resistant tubing training engages core muscles
- Trains endurance
- Trains the cardiovascular system•
- Improves dynamic balance, power and flexibility

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"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

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Where to incorporate the elastic tubing

- Group ex classes-cardio, strength, interval and or circuit
- Personal training clients

Some questions you might ask when incorporating elastic tubing training:

What is the appropriate resistant of the elastic tubing for my students or clients?

- Beginner _____
- Intermediate _____
- Advanced _____

What other equipment can be used along with resistant tubing?

4. How to set up and utilize the tubing (check for tears in tubing)
5. Cue hands and feet positions to prevent injury.
6. SAFETY ISSUES: Always work in neutral spine as much as possible.
7. Have a towel nearby to put under the head for kyphotic or other neck issues. Always work at a comfortable level. Always
8. Modify all exercises and keep to the variation that works for you.
9. How to set up a specialized muscle class with modifications
10. Body type and postural issues

BODY TYPES AND THEIR POSTURE

1. **Ectomorph:** Pencil shape- long lean muscles. Ectomorphs have difficulty increasing muscle; incorporating weight training to their program is essential.
2. **Mesomorph:** Pear shape- highly developed quadriceps and gluteus muscles
This body type needs to do additional cardio and light weight training to achieve a leaner look. They respond well to slow flexibility training
3. **Endomorph:** Apple Shape-Endomorphs are larger on the bottom and smaller on the top. Cardio and light weight training for the lower body paired with heavier weight training for the upper body will help balance the body
With the emphasis of muscle resistant training each body type will change according to the speed and control of the movement.

NEUTRAL SPINE and WHY

- Neutral spine is the most functional approach to an exercise
- The importance of neutral spine both standing and supine and why

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CRUCIAL CUEING Each exercise will be cued appropriately for each level of student combining the Relationship of breath and movement. To start every move, inhale and exhale on the exertion. Only do What feels 'appropriate to you'? Move at an appropriate speed so that you will lengthen your muscles at A full RM.

STANDING WARM-UP Postural awareness 5-8 minutes

PURPOSE to prepare the body for awareness of balance and strength for individual leg and arm work

II. THEORY

Objective

The objective of the **Tubing from head to toe on the go** workout is the blending of basic cardio endurance, Pilate's exercises and muscular toning techniques into the structure and format of a group exercise program

Who: any apparently healthy individual who can weight train and do cardio interval training who needs to work on stabilization and cardio expenditure.

WORKOUT DYNAMICS

Why tubing?

The purpose is to provide a muscular work out that uses resistance is both concentric and eccentric. Making the muscle fire in both agonists and antagonist movements. This class is designed to tone as well as use cardio drills similar to an interval class. I deal to add to your already existing workout routines. The overall goal is to provide a challenging muscle resistant class that appeals to, and is appropriate for, the intermediate and advanced level participants.

TRAINING PRINCIPLE

The technique of interval training is modified for appropriate application to the general population and utilized as the basic training principle in the

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workout. The intensity-varied workout format is comprised of a series of aerobic work cycles. Each aerobic work cycle combines one high intensity aerobic training period with one period of low intensity aerobic training (ACTIVE RECOVERY). The desired result is that the heart rate will fluctuate between the minimum and maximum levels, but will remain within the target-training zone. Because heart rates elicit faster "RECOVERY" when exercising in the water then when exercising on land, the ratio (high intensity, low intensity) IN THE SKINNY DIP WORKOUT.

CONSIDERATIONS FOR INTERVAL TRAINING

Recommendations for intensity;

Train within limits

MAINTAIN 50-60% of age predicted maximal HR DURING ACTIVE recovery periods.

Raise intensity threshold to 85% of age predicted maximal hr during work periods.

ADDITIONAL TRAINING PRINCIPLES

PROGRESSIVE OVERLOAD is applied and intensity varied through:

Force and acceleration

Speed and acceleration are two of the primary intensity regulators.

Increase muscular effort (FORCE) and motivate students to accelerate each joint action through the water. Maintain full range of motion. Avoid emphasizing "SPEED" as the primary way to increase exercise intensity.

Lever Length and direction

Change lever length and vary movement planes to maximize cardio respiratory endurance training and biomechanical balance.

Circuit-joint training

Alternating muscular endurance emphasis sets between upper and lower body and between opposing muscle groups to avoid premature onset of local muscle fatigue.

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Working positions

Vary vertical positions (alternating between rebound, neutral and suspended)
TO OFFER INTENSITY progressions and to provide increased challenge for the core musculature.

- Listen to the term 'adl' because this means 'activities of daily living.' Try to create classes that train people for their adls to make what they have to do everyday easier (squatting down to pick up the mail, getting the steamer out of the top closet, etc).

By integrating variety into your classes - you will avoid boredom and help your members

Notice changes in their core like never before.

**Stay healthy,
*Jeff Howard***

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