

**TEACH FITNESS CONCEPTS
& CORE STRENGTH;
A GREAT 1-2 PUNCH!**

**PRESENTED BY:
MARK SISSOM
&
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Mark Sissom

Mark Sissom has over 32 years of experience working with students and teachers in the area of strength training, most recently (past 7 years) as Rockwood School District's K-12 Health/Physical Ed/Driver Ed/Athletics & Intramural coordinator. Over the past 21 years, Mark has given numerous presentations on the subject of strength training at the local, regional, state, and national levels. Mark is an active member of the National Strength & Conditioning Association (NSCA), American Association for Health, Physical Education, Recreation and Dance (AAHPERD), Missouri Association for Health, Physical Education, Recreation and Dance (MOAHPERD).

Aaron Moser

Aaron Moser is an University of Miami All American Decathlete, who has been working for M-F Athletics/Performbetter.com for the past 8 years.

Aaron travels weekly across the United States and overseas, to present at State and National conferences providing hands-on experiences for his audience, specifically in the area of dynamic warm-up routines and the use of portable fitness equipment that will build core strength, agility, and overall physical fitness. Aaron's presentations and workshops are all hands-on presentations with expert demonstrations and physical activity routines that can be utilized at all grade levels.

Get ready for an incredible workout with and without equipment!

TeachFitnessConcepts.com

- A website built specifically for Teachers, Coaches, and Students to learn how best to build muscular strength, overall fitness, and how to incorporate functional training exercises into your workout.

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Strength Training & Fitness Website



The purpose of this website is to provide information about a developmental/progression approach to strength training & fitness for all to learn, understand and practice.

The progression is not unique, however it is important and necessary to follow for each person's safety and the ability to quickly achieve success in strength training & overall fitness. To learn about the developmental progression towards better strength training & fitness click on one of the links below.

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Phase I - Muscular Endurance

This phase is a beginning lifting program for inexperienced lifters, young lifters and endurance Sport Athletes

- Sets are Moderate – 3 to 4 sets
- Repetitions are High – 10 to 15 reps
- Intensity Level is Low – 60% to 65% of 1RM (repetition maximum)
- Rest Interval is Short – 30 seconds to 1 minute in length

Phase II – Muscular Strength

An overall moderate lifting program for all types of people & athletes who have had some lifting experience. At one time this routine was universal for all lifters

- Sets are Moderate – 3 to 4 sets
- Repetitions are Moderate – 8 to 10 reps
- Intensity Level is Moderate – 70% to 75% of 1RM (repetition maximum)
- Rest Interval is Moderate – 1 to 2 minutes

Phase III – Muscular Power

An advanced lifting program only for experienced lifters and for those individuals who can handle high weight/intensity with good lifting form/technique

- Sets are High – 4 to 6 sets
- Repetitions are Low – 2 to 6 reps
- Intensity Level is High – 80% to 95 % of 1RM (repetition maximum)
- Rest Interval is Long – 2 to 3 minutes, but never longer than 3 minutes

Phase IV – Individual Choice

In this phase the lifter will develop their own personal workout routine, with the assistance of the instructor/coach

- Specificity of selected lifts and routine is the basis of this phase
- Goals are set by each individual lifter
- Cross-over routines are used, such as light ladder or heavy ladder

Teaching in the Weight Room

- Explain the three basic types of strength training programs/routines
- Teach & discuss all safety rules & weight room rules
- Teach weight machine precautions
- Teach the proper loading and unloading of the weights from the bars and weight trees
- Teach the proper spotting techniques

Teaching in the Weight Room

- ⦿ Teach the proper warm-up routines & stretching routines for lifting weights
 - NOTE: Use Dynamic warm-up routines as often as possible to get the best results
- ⦿ Teach proper range of motion when lifting weights
 - Full range of motion, no $\frac{1}{2}$ or $\frac{1}{4}$ movements
- ⦿ Teach proper lifting rhythm
 - 4 counts with gravity
(down and/or towards body)
 - 2 counts against gravity
(up and/or away from body)

Teaching in the Weight Room

- ① Teach proper breathing technique
 - Inhale whenever the bar and/or weight is coming towards you or downward in motion
 - Exhale whenever the bar and/or weight is going away from you or upward in motion



Teaching in the Weight Room

- ① Teach common strength training terms & definitions
 - Do not assume that the student already knows & understands what you are talking about when working with them in a strength training program.

Teaching in the Weight Room

● Sets

A group of repetitions of an exercise movement completed consecutively, without rest, until the desired number of repetition is completed, or momentary exhaustion is reached. Sets are usually between 2 and 6 in number.

● Repetitions

An individual completed exercise movement. Repetitions are usually done in multiples from 2 to 20.

Teaching in the Weight Room

- 1 Repetition Maximum (1RM)

The maximum resistance with which a person can execute a full movement on any given exercise. Basically, how much weight a person can lift 1 time

- Estimated 1 Repetition Maximum (E1RM)

A set of repetitions completed until full exhaustion.

The repetitions should be between 2 and 15 to get a more accurate estimated 1RM. A Estimated 1RM chart will need to be consulted to find the estimated 1RM number

Teaching in the Weight Room

● Volume

The total number of repetitions completed on one exercise. Example: a 3 X 10 lifting routine has a total volume of 30.

● Intensity

The amount of weight chosen for the resistance of a particular exercise. The intensity should be chosen as a percentage of one's 1RM.

Example: If the 1RM is 200 lbs. and the intensity (resistance) that is chosen is 60%, then the correct weight selection (resistance/intensity) would be 120 lbs.

Teaching in the Weight Room

● Variation

Variation in your exercise routine is very important to keep you moving toward your fitness goal, to keep you from hitting a fitness plateau. Because your body adapts quickly to the stress that is applied to it, you need to change your workout routine every 4 to 6 weeks, and consider cross-training to keep your workout routine fresh.

Variation in your workout can occur in several ways:

- Change the intensity level of your workout.
- Change the repetitions along with the intensity level of your workout.
Note: When the intensity level goes up the repetitions should go down, when the intensity level goes down the repetitions should go up.
- Change the duration/time/length of the workout.
- Change the types of exercise/apparatus used during the workout.
- Change the sequence of exercises you are already doing to create variety and a new overload.

Because the muscles are being fatigued in a different order or pattern, they must adapt to this change in stimulus.

- Replace some or all of the exercises in your routine.
- Utilize Cross Training in your workout routine to make it more interesting.

Teaching in the Weight Room

● Specificity

The principle that the body adapts very specifically to the training stimuli that is applied, which the body is required to deal with.

The body will perform best at the specific speed, type of contraction, muscle-group usage and energy source usage it has become accustomed to in training. In order to improve your strength, endurance and fitness, you have to progressively increase the frequency, intensity and time of your workouts. A simple way to stimulate your body is to try different activities.

Because the body will adapt in a highly specific way to the training it receives, a strong athletic foundation is needed before specific training methods will work optimally. The Specificity Principle simply states that for these reasons, training must go from highly general training to highly specific training. The principle of Specificity also implies that to become better at a particular exercise or skill, you must perform that exercise or skill. Your strength training exercises should try to emulate the same movements that you intend to perform during competition/sport/activity.

Teaching in the Weight Room

- ① Teach partner lifting
 - One partner will lift while the other partner is spotting and resting.
 - Partner lifting is good for both lifters for the following reasons:
 - Motivation
 - Safety
 - Rest interval
 - Ease of congestion in the weight room

Teaching in the Weight Room

- ◎ Teach the importance of proper rest and recuperation/recovery between sets during a lifting routine/workout.
 - Rest between sets is crucial to making a lifting routine successful
 - The length of the rest interval will be different for each lifting routine chosen
 - Endurance – 30 seconds to 1 minute rest
 - Strength – 1 minute to 2 minutes rest
 - Power – 2 minutes to 3 minutes rest

Teaching in the Weight Room

- ⦿ Teach the importance of proper rest and recuperation/recovery:
- ⦿ 48 hours of rest is necessary for full recovery of the muscles that were working and fatigued.
- ⦿ Active Rest & Passive Rest
 - Active Rest – Any non-lifting activity that increases the blood flow/circulation of blood to the muscle tissues, without fatigue
 - Passive Rest – Total rest, non-activity
 - Sleeping / walking / relaxation programs

Teaching in the Weight Room

- ◎ Teach the importance of a lifting warm-up set and a warm-down set.
 - A light warm-up set before starting into the actual lifting routine is important to help educate the muscles that will be working in that particular lift. This light warm-up set will increase the quality of each lifting session.
 - A light warm-down set at the end of a lifting routine will help draw out the lactic acid that is in the working muscle. A good warm-down will help greatly with reduced soreness and greatly help in recovery of the muscle tissue.

Teaching in the Weight Room

- ◎ Teach how to do a Estimated 1 Repetition Maximum
 - An estimated 1RM is used instead of a actual 1RM to reduce the probability of injury to the lifter. It is safer process than an actual 1RM and a lot quicker to complete.
 - The lifter will need to be taught how to use the estimated 1RM chart to find their 1RM number.

Teaching in the Weight Room

- ◎ Teach how to use the Percentile chart
 - The percentile chart will provide the correct weight selection based on a certain chosen percentile of the lifter's 1RM. This weight associated with the percentile number will be the intensity/resistance.
- ◎ Teach the difference between Core lifts and Auxiliary lifts.
 - Core lifts – any lift that recruits major/large muscle groups to work during the lift. Most core lifts are multi-jointed lifts
 - Auxiliary lifts – any lift that recruits minor/small muscle groups to work during the lift. Most auxiliary lifts are not multi-jointed lifts and they usually are isolated muscles at work.

Teaching in the Weight Room

- ◎ Teach muscle grouping of exercises/lifts
 - Front Back Concept Lifting Routine
 - Chest lift – Back lift
 - Biceps lift – Triceps lift
 - Quad lift – Hamstring lift
 - Push – Pull
 - Split routine
 - Upper body lifts only on Monday/Thursday
 - Lower body lifts only on Tuesday/Friday
 - Wednesday is agility & cardio day
 - Upper body lifts only on Monday/Wednesday/Friday
 - Lower body lifts only on Tuesday/Thursday/Saturday

Teaching in the Weight Room

- Teach the correct lifting techniques on all weighted and non-weighted exercises in the weight room
 - Live demonstrations (Teacher or Student lifter)
 - Video demonstrations (commercially purchased or create your own)
 - Photos / Posters
 - DartFish
 - See NSCA <http://www.nsca-lift.org/videos/displayvideos.asp>
 - Consider skill testing on 2 or 3 basic lifts using a check list for checking the various points in the lift

Teaching in the Weight Room

- ◎ The importance of correct Lifting Technique
 - Paramount for all inexperienced and young lifters
 - Paramount for anyone who is handling heavy weight/resistance
 - Concentration/focus should be on proper form/technique and not on immediate strength gains

Teaching in the Weight Room

⦿ Teach Plyometric Exercises

- Dynamic Warm-up routines
- Box Jumps / Depth Jumps
- Form Running drills
- Dot drills
- Medicine ball drills
- Agility Ladders
- Kettlebells
- Heavy Rope routine



Teaching in the Weight Room

◎ Teach Cardiovascular Fitness

- Never neglect or minimize the importance of Cardio exercises
- Cardio should be a daily routine
- Over Cardio should be completed on non-lifting days
- Find something that they enjoy doing that has cardio benefit and have them do it
- Put Cardio Exercise everyone's weekly plan

Teaching in the Weight Room

Teach Fitness Concepts

- Principle of Overload/Progression
- Principle of Specificity
- Principle of Variation
- Benefits of Cross Training
- F.I.T.T. Concept
- Importance of CRE
- Proper Rest & Recovery
- Over Training Syndrome
- Proper Warm-up/Cool-down
- Benefits of Physical Activity
- Benefits of Flexibility
- Benefits of proper Hydration
- Benefits of proper Nutrition

Teach Circuit Training

- ❖ Circuit Training is a high endurance lifting program that will also have the benefit of cardio exercise
- ❖ Great for young & inexperienced lifters
- ❖ Great for endurance type athletes
- ❖ Great for a lifter who is recovering from an injury
- ❖ Excellent way to get into shape and tone muscles

Circuit Training Cycle

- ❖ Lift for 30 seconds, 10 to 15 reps
- ❖ Change places with your partner, possibly change the weight/resistance.
- ❖ Rest for 30 seconds/spot partner
- ❖ Move to a new exercise/station within 15-20 seconds
- ❖ Use fast paced music to keep the students moving quickly through the weight room.

Circuit Training CD

30 seconds 1 set rotation CD

30 seconds 2 sets rotation CD

1 minute 1 set rotation CD

1 minute 2 sets rotation CD

3 minute 1 set rotation CD

Circuit Training

- ❖ Sets - 1 to 4 sets
(about 20 to 30 total minutes in length)
- ❖ Repetitions – 10 to 15 reps
- ❖ Intensity – Body weight or 60% of E1RM
- ❖ Rest Interval – 30 seconds
 - Note: If the lifter cannot do 10 reps in 30 seconds, the weight/resistance is too high
 - Note: If the lifter can do more than 15 reps in 30 seconds, the weight/resistance is too low

Teaching Core Strength

● Teach Plyometric Exercises

- Dynamic Warm-up routines
- Box Jumps / Depth Jumps
- Form Running drills
- Dot drills
- Medicine Ball drills
- Agility Ladders
- Kettlebells
- Heavy Rope routine



Focus on Core Strength and Circuit Training

FitnessGram Test scores will improve due to your focus on core strength & a good circuit training program

⦿ Aerobic Capacity

- circuit training fast pace with short rest interval
- mini hurdles
- agility dots
- agility ladder
- training rope exercises
- jump rope

Focus on Core Strength and Circuit training

FitnessGram Test scores will improve due to your focus on core strength & a good circuit training program

- ⦿ Abdominal Strength
 - Stability ball exercises
 - Stability pillows
 - Bosu trainer exercises
 - Valslide (sliders) exercises
 - Med ball exercises
 - Plyometric exercises
 - Training rope exercises

Focus on Core Strength and Circuit training

FitnessGram Test scores will improve due to your focus on core strength & a good circuit training program

⦿ Upper Body Strength

- SuperBands
- Med ball exercises
- Training rope exercises
- Valslide (sliders) exercises
- Bosu trainer exercises
- Kettlebells

Focus on Core Strength and Circuit training

FitnessGram Test scores will improve due to your focus on core strength & a good circuit training program

◎ Flexibility

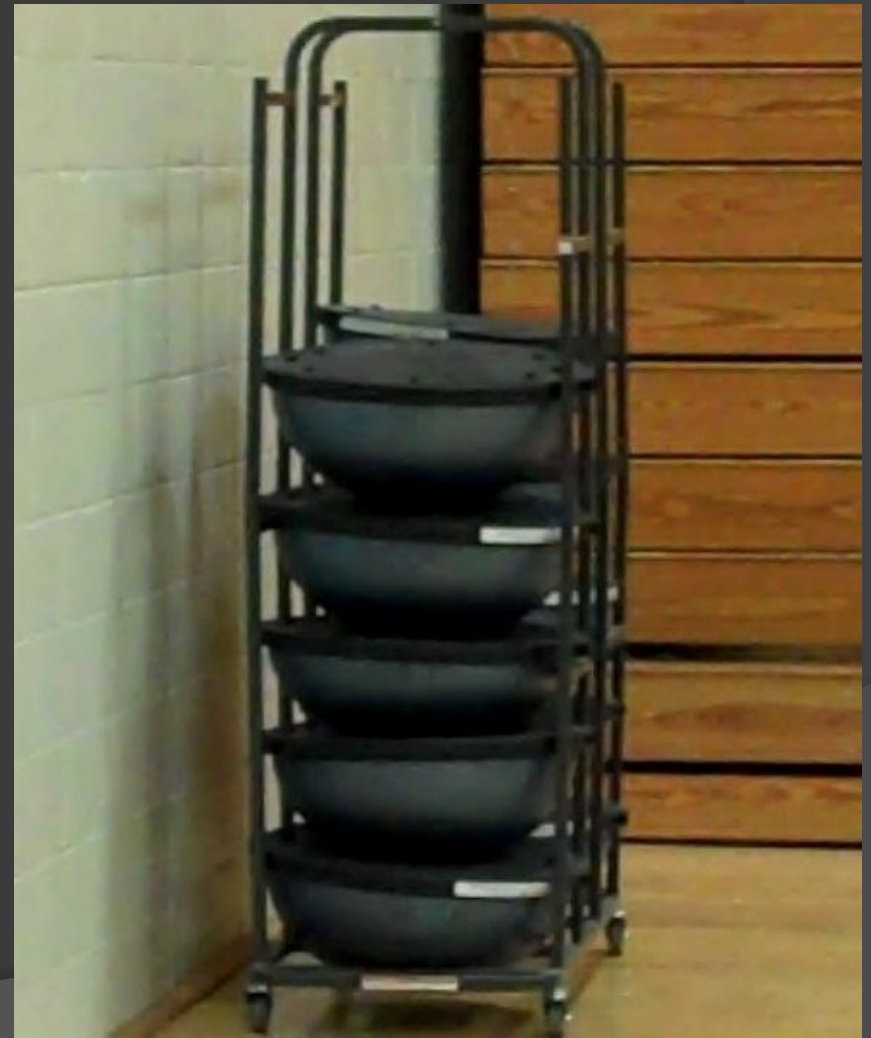
- Dynamic warm-up activities
- SuperBand stretches
- Stretch out strap
- Static stretch warm-down

Portable Fitness Stations

Circuit Training with portable fitness stations is excellent when working with:

- ✓ Physical Education Students
- ✓ Young Inexperienced Lifters
- ✓ Endurance Sport Athletes
- ✓ Avid lifters who need variation to get off a current lifting plateau
- ✓ As an additional workout area away from the weight room

Portable Fitness Equipment



Example of Portable Fitness Station



Thank You

for watching this presentation

- For more information go to:
TeachFitnessConcepts.com

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