

F.I.R.S.T.
FUNctional Integrated Resistance and Stabilization
Training

PRESENTED BY REEBOK MASTER TRAINER
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WELCOME!

GROUP STRENGTH TRAINING (THEN AND NOW)

HOW DO WE TRAIN?

ISOLATION / INTEGRATION

- Single plane / Multi-planar

DYSFUNCTIONAL VS FUNCTIONAL TRAINING

MUSCLE ACTIONS

- Eccentric
- Concentric
- Isometric

BUILDING YOUR EXERCISE

- Foundation upward
- Does it require active internal stabilization?
- Can you progress it?
 1. Adding additional movement (levers or rotation)
 2. Taking away stability (challenging balance, coordination and proprioception)
- Can it be regressed?
- Can Mrs. Weaver participate with success?

PUTTING A CLASS TOGETHER:

- Warm up (appropriate movement, rehearsal of movement to follow)
- Body of class
- Muscle balance
- Class options – training philosophies
- Adequate overload / rest of muscle groups

- Double check, can EVERY exercise be progressed or regressed to accommodate all levels?
- Exercise timing: singles, 2cts, 4cts, 8cts, 3 down 1 up, etc.
- Music guidelines
- Equipment placement
- Cool down/ stretch

MASTER CLASS

- Dynamic warm up
- Mountain climber / fireman push ups
- Hip hinge series
- Lunge with twist / lateral flexion
- Clock Lunges
- Wide squat with one arm Pull (tubing)
- Push up series
 - Fireman
 - Traveling
 - W/row on step and without
- Alternating curtsy lunge with one arm forward raise
- Wide squat alternating lunges (rocking' lunges) to the front or back
- Single arm row with tubing / step platform
- Buns and guns
- Wide squat with overhead tricep extension
- Upright row / lateral raise with calf raise
- Tricep extensions (side plank)
- Ab crunch with single arm bench press
- Lat pull over into ab crunch
- Prone back extension (clock)
- Stretch

THANK YOU FOR ATTENDING!