

# **THE INSTRUCTORS TOOL BOX**

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- I. Define your training system for consistency**
  - A. How to assess movement quality and asymmetry**
  - B. Focus on weakest link in building exercise progression**
  - C. Train balance and symmetry through reactive training**
  - D. Unlimited imagination and communication skills**
    - 1. Verbal**
    - 2. Visual**
    - 3. Create reaction**
    - 4. Monitor feedback**
    - 5. Imagery and visualization**
  - E. Goal and energy system specificity**
  - F. Reassess, rethink and recreate**
  
- II. Mobility, Stability and Reactive Training**
  - A. Core stability – “bracing progression”**
    - 1. Understanding segmental stability**
    - 2. Outer Unit and Inner Unit connections**
    - 3. Proprioceptive input**
    - 4. Recruit static and dynamic balance**
    - 5. Weight shifting**
  - B. Product integration**
    - 1. Progressions of motor learning and activation**
    - 2. Modifications and intensity variations**
    - 3. Tri-planer connections to movement function**
  - C. Reactive neuromuscular training**
    - 1. Minimize verbal and visual input**
    - 2. Cueing and feedback**
    - 3. Motor learning progression**
    - 4. Functional performance pyramid**
    - 5. “It is not about muscles, it is about movements!”**
  
- III. The Big Picture and putting it all together**
  - A. Philosophy- “Move Well”**
  - B. Skill- The Assessment- screens**
  - C. Art- Observation**
  
- IV. Class Formats and equipment options**
  - A. Medicine ball**
  - B. Resistance tubing**
  - C. Stability ball**
  - D. Step platform**
  - E. Weighted bars**