

BODY BLAST

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This workshop is jam packed with ideas that you can take away and use in your resistance training classes. We will use a variety of equipment that is guaranteed to be fun and will help your participants to become stronger and fitter.

There are a number of training formats to choose from. For variety, try something new each week:

- **Multiple Muscle Sets:** Working various muscle groups with no set pattern
- **Agonist vs Antagonist:** Opposing muscle combinations: ie: biceps then triceps
- **Half Body Format:** Working the upper body, then lower body (or vice versa)
- **Superset training:** Alternating 2 exercises for 2 sets ie: upper body then lower body
- **Combination Training:** Working upper body, lower body and abdominals simultaneously
- **Tri- Set Training:** Choosing 3 exercises and repeating for 2 sets: ie: lunges, low row, abs- repeat
- **Compound training:** 2, 3 or 4 exercises for the same muscle groups

Examples of props to use: body weight, dumbbells, body bar, tubing, dynabands, step, gliding discs, stability ball, medicine balls and bosu.

Warm up:

The warm up is physical activity that increases the temperature of the blood, muscles, tendons and ligaments. For muscle conditioning type workouts/classes, it should include activities like dynamic stretches, lunges and squats, using body weight only and low intensity movements. The warm up should be intense enough to increase body temperature, but not so demanding as to lead to fatigue.

WORKOUT - A

1 Segment: (Body Bar)

- a) Lower Body: Forward Lunge, Knee up; Forward Lunge, Kick Butt (alt)
- b) Upper & Lower Body: Rear Lift Triceps, with Lunge
- c) Interval: Squats in & out (pulses, little jumps, big jumps)

2 Segment: (Dumbbells, Body Bar)

- a) Lower Body: Diagonal lunge (pulses & rotations)
- b) Upper & Lower Body: Back with Squats
- c) Interval: Side Lunges, Centre Squats (pulses, little jumps, big jumps)

3 Segment: (Body Bar)

- a) Lower Body: Squats (singles, ½ way, pulses)
- b) Upper & Lower Body: Bicep curls with leg extension
- c) Interval: Diagonal lunges (pulses, little jumps, big jumps)

WORKOUT- B (Resistance & Cardio Drills)

1 Segment: (Body Bar, Gliders)

- a) Side Lunges/ Biceps (s, s, db)
- b) Diamond jumps, Jump in air (alt R, L)

2 Segment: (Dumbbells, Gliders, Bar)

- a) Rear Lunges/ Triceps (s, s, db, db)
- b) Straddle jumps, front jumps

3 Segment: (Body Bar, Gliders)

- a) Squat, Slide 2x/Deltoids
- b) Squat, Leaps

WORKOUT- C (Body Weight/ Balance)

- # 1 Forward bend, opp hand to foot
- # 2: Abduction, cross opp elbow to knee
- # 3: Airplane

Thanks for coming to “BodyBlast” workshop! Enjoy the conference.

“Take care of your body. It’s the only place you have to live. Jim Rohn