

Personal Trainer Tips: Session 2

Program Design for the Home & Workout of the week



NFPT

National Federation of
PROFESSIONAL TRAINERS

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Our Spotlight App



hex.fit/webinaire-nfpt

For NFPT trainers only :

- ▶ 30 days Free Trial instead of 7 days
- ▶ 40% off on all pricing during COVID-19 to help you (this is about \$20/month)
- ▶ www.nfpt.com/business for more resources, links and webinar materials

Recapping the checklist



1. Do you know what equipment the client has or does not have?
 - Be aware, ahead of time, so you can plan or modify according to need and available tools
2. If they don't have equipment, do you know what household items you would want them to have?
 - Think about mods beforehand, don't let the client feel like you haven't thought this through
3. What meeting interface will you use?
 - FaceTime, WhatsApp Video Call, Skype, Zoom?
 - Whatever you use, stick to it, be consistent with that client/group so they know what to expect/where to find you
 - Be sure that your client knows how to use the technology. Consider offering a tutorial is needed.
 - If necessary, use different platforms for different clients or groups (i.e. Zoom for the small groups and FaceTime for one-on-one's/client's who aren't comfortable with new tech)
4. Is your internet reliable?

Recapping the checklist Continued

5. Is your presentation area organized and clean?

6. Is your lighting proper?

- Do you have a light ring or other spot lighting. Lighting should be on you/in front of the subject, but behind the camera

7. Do you have a stable place to situate your phone, tablet or laptop?

8. Have you done a test run to iron out any kinks?

- Practice makes purposeful! *no one expects perfect, but practice gets you closer

9. Did you send your client the workout ahead of time?

- Also adding value to your service. You charge clients because you add value to their lives - show them how much value you bring by being prepped and purposeful

NOTE:

- Don't stress about not being a professional lighting or camera person. Being honest with your clients about learning new things and getting better as you go will harvest more respect and relatability
- Make sure your presentation area is clean and nice, but also add touches of you, make it purposeful too! If you're a Cubs fan, put your Cubbies swag on a shelf behind you. You like art? Hang your favorite piece in the background. Don't clutter, just add imprints of you. People like the little touches, this shows them that you're real and you have hobbies and interests too - they may even ask you about it (don't solicit the ask). If they ask you, then you have that much more of an opportunity to have a real and personal conversation even with the distance
- You only need YOUR followers. This isn't a time where it's absolutely necessary to attract new clients ... be loyal to your loyal and give them the best of you. Paying your bills is the priority right now, so stay in the lane of a focus on your current clients, then 'worry' about new clients *after* you've figured this virtual training thing out

NOW LET'S BUILD A HOME BASED WORKOUT!

Tools used in this weeks' workout

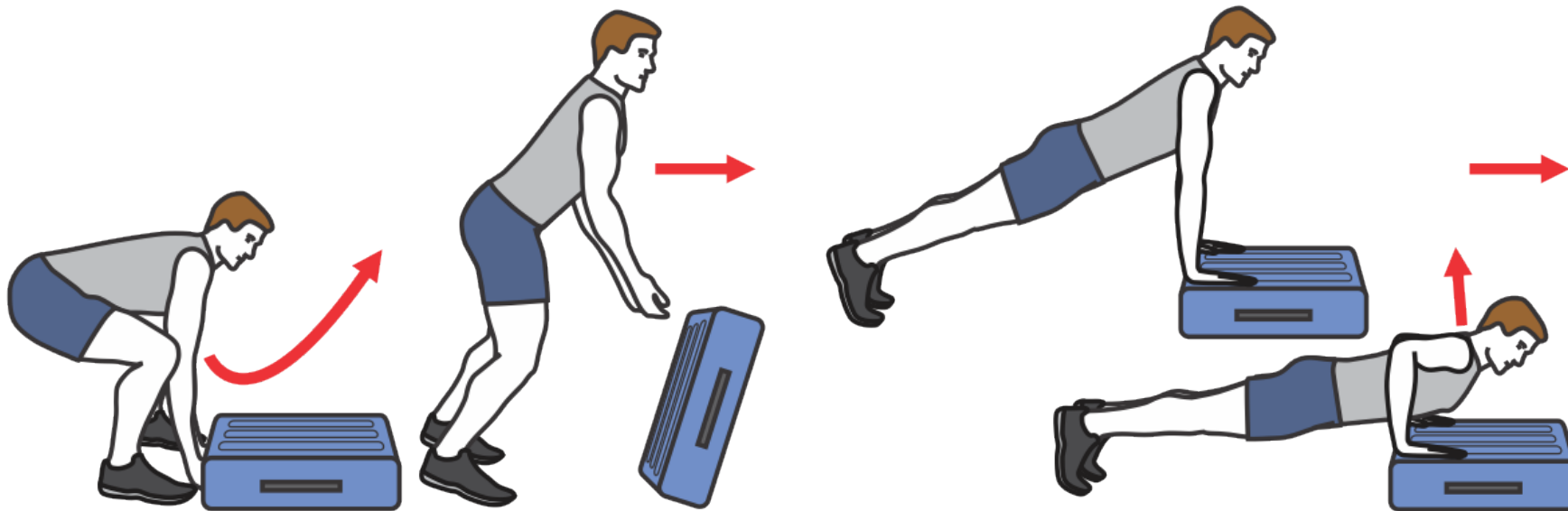
Week 2 - Workout #2



For Week #1, Workout #1, see webinar materials at: nfpt.com/business

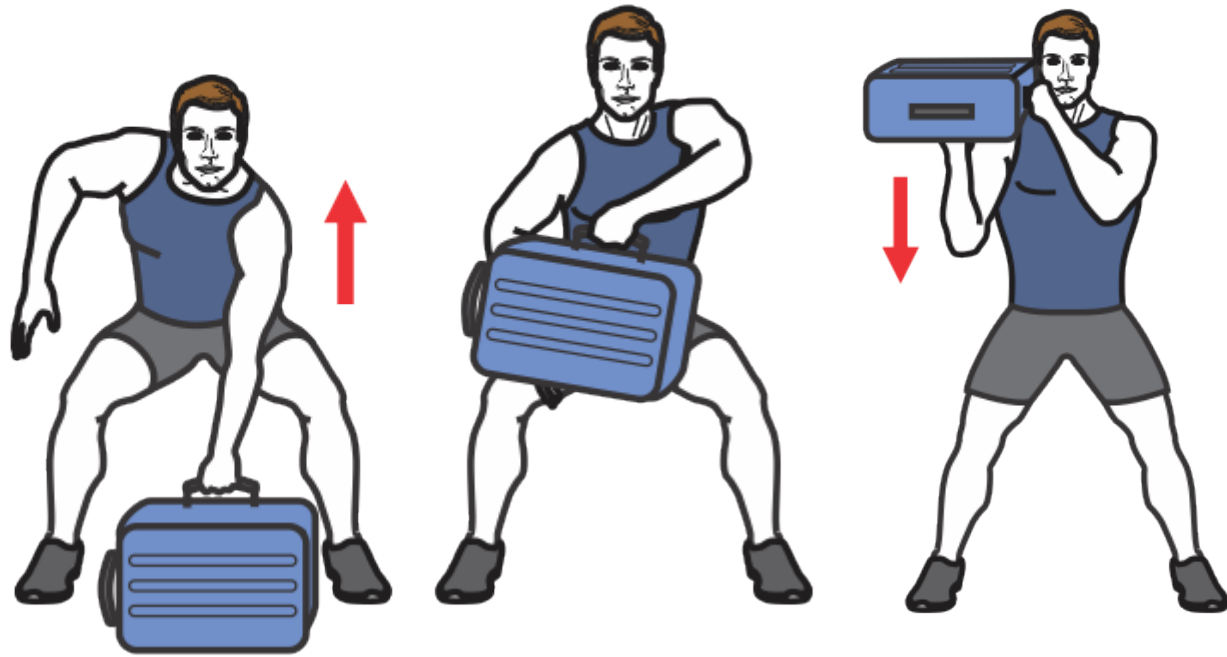
This Week's Workout: Movement 1

Suitcase Flip & Push Up



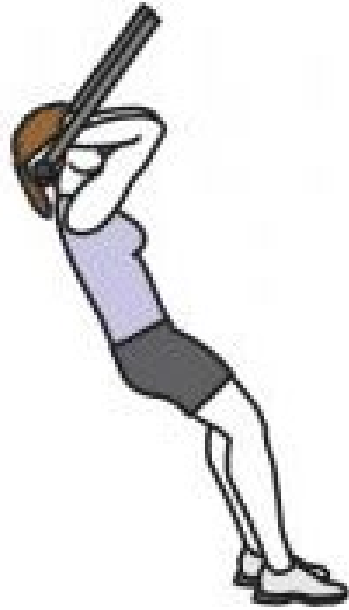
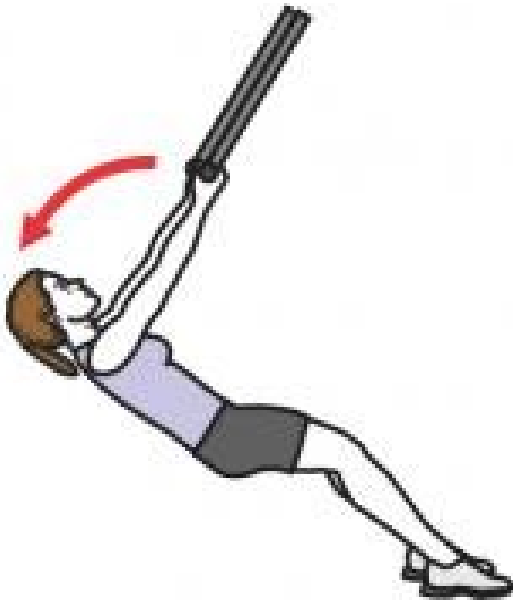
Movement 2

Suitcase Clean



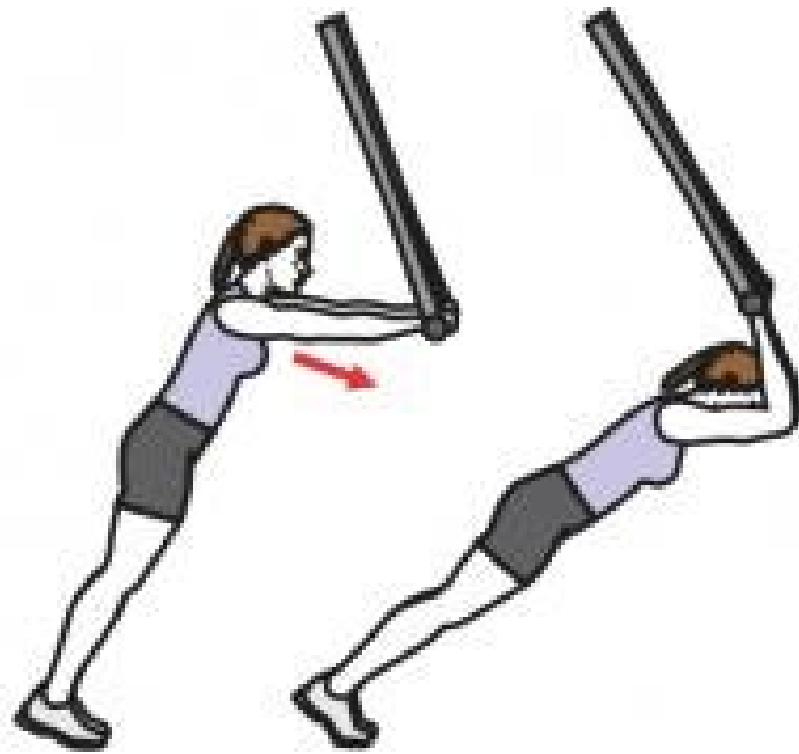
Movement 3

Biceps Curl



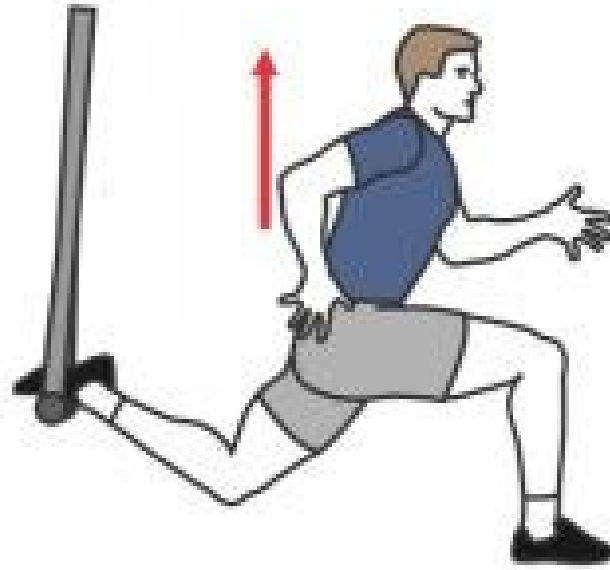
Movement 4

Triceps Extension



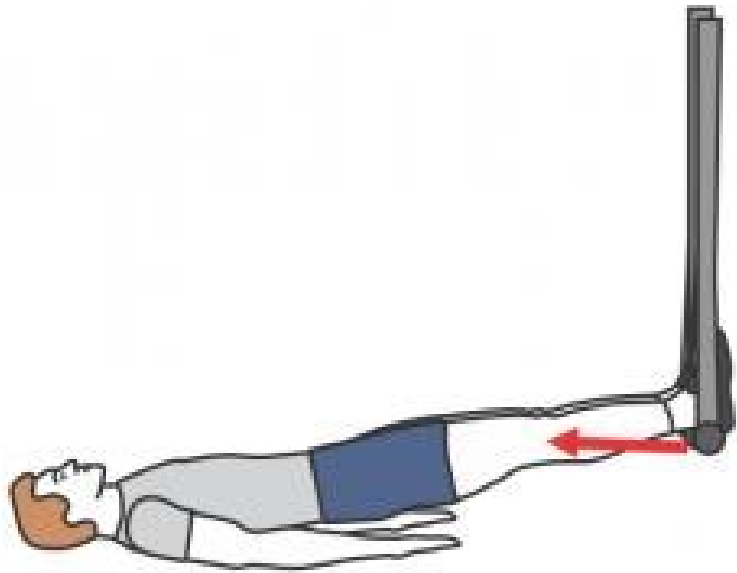
Movement 5

Split Squat



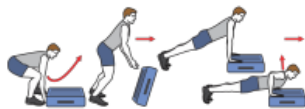
Movement 6

Hamstring Curls



Virtual Workout Tips Workout 2 we

1 : SCase Turnover & Push-up



- Standing, feet outside your shoulders, place a weighted suitcase in front and near you. Turnover the suitcase taking care to bend your legs and keep your back straight. Thereafter, place your hands on the suitcase to do a push-up (straight back, abs tight). Get up and repeat the sequence.

Week	Sets	rep.
1	1	12

2 : SCase Clean



- Standing, feet wider than your shoulders, place a weighted (or not) suitcase in front of you. Hold the suitcase with the handle on your side so that the suitcase is as close to you as possible. While keeping your back straight and your head up, lift the suitcase dynamically on the shoulder opposite to the hand that pulls. Return to the starting position and repeat.

Week	Sets	rep.
1	1	12 - 12

3 : Suspension Biceps Curl Elbows High



- On Suspension Product, hold the handles with a supination grip. Bend your elbows while keeping your arms parallel with the Suspension Product. Keep knees slightly bent and abs tight.

Week	Sets	rep.
1	1	12

4 : Suspension Triceps Extension



- Stand with your feet shoulder width apart, incline your body forward, keep your arms parallel and perpendicular to the ground. Bend your elbows keeping your body straight and push back. Keep your head up, abs tight and back straight.

Week	Sets	rep.
1	1	12

5 : Suspension Split Squat



- Keeping your back straight and abs tight, place your back foot in the TRX and the front foot on the floor slightly in front of you. Keeping tension on the back leg, move your back leg behind you until the knee of the front leg is at 90 degrees and the knee above the ankle. Use a runner-style arm movement.

Week	Sets	rep.
1	1	12 - 12

6 : Suspension Leg Curl / Hamstrings



- Keep your back straight and abs tight - The ankles on the handles of the Suspension Strap, pull your heels toward your buttocks, keeping your body straight

Week	Sets	rep.
1	1	12

Where to get an SBT Suspension Exercise System?

www.sbtextreme.com

- All NFPT Trainers get a One Time 60% off a “Get to know SBT suspension straps” incentive Using Code: NFPT-CPT
- All NFPT Trainers furthermore can then become affiliates, offer all their clients 40% off an SBT System, PLUS earn \$20.00 in commissions per each sale.
 - Commissions paid monthly

Remind your clients that these are tools for use after the stay-at-home orders are lifted. Straps and other affiliated product that you endorse should serve a purpose beyond crisis mode.

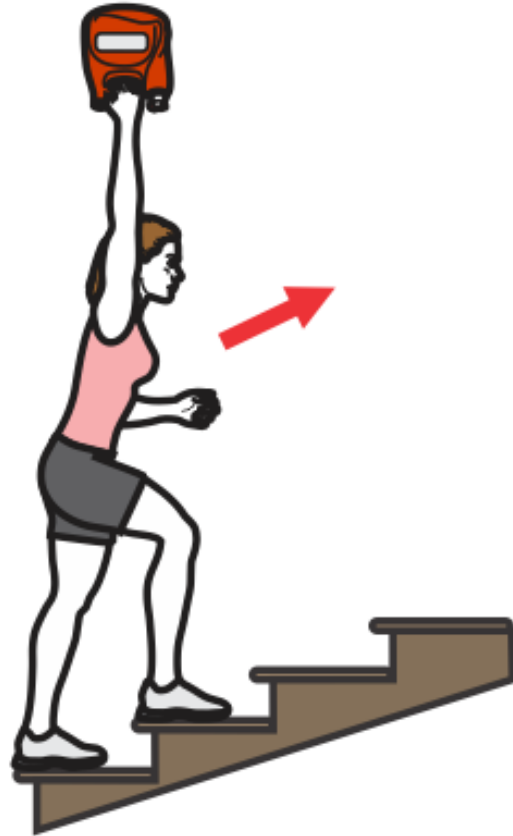
Tools used in this week's workout

Week 2 - Workout #3



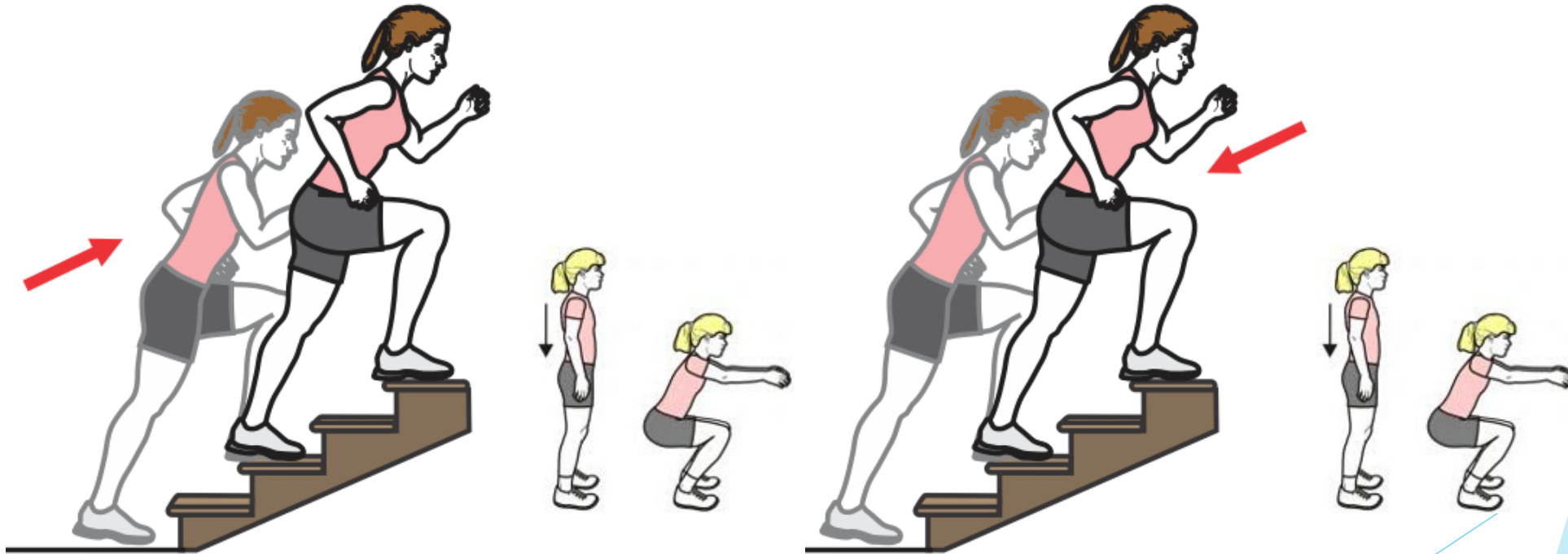
Movement 1

Stair Walk: Up facing forward & Down semi laterally with leading leg same as the arm that is holding the overhead Liquid Laundry Detergent. 6 up and down reps on each arm



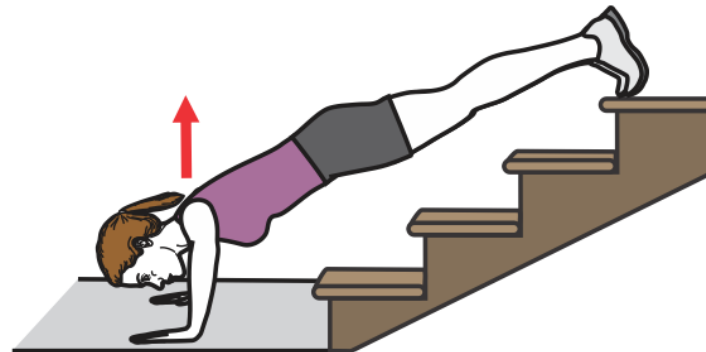
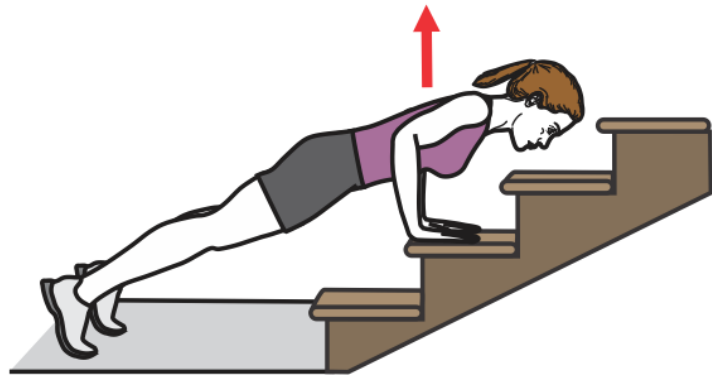
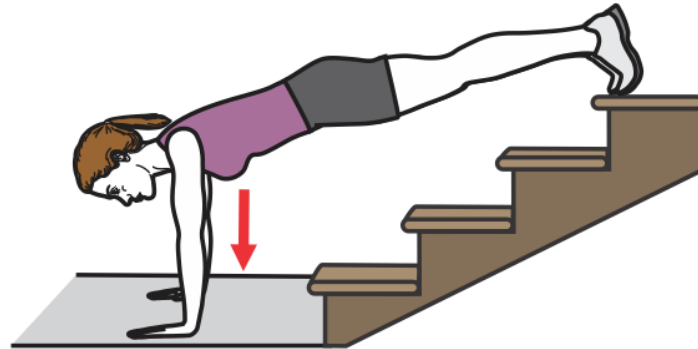
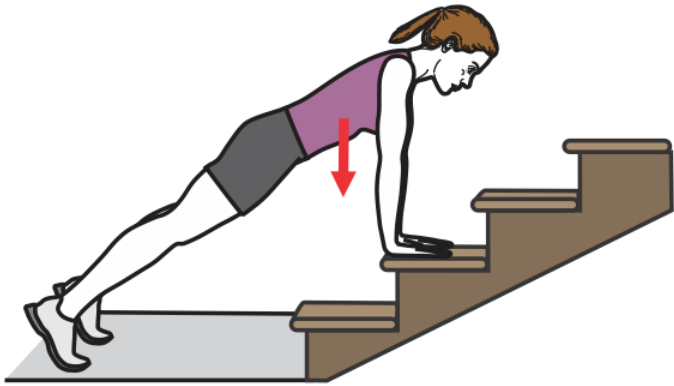
Movement 2

Stair Deep Lunge Up with 2 squats at top / Stair Backwards
Deep Lunge holding on to rails with 2 more squats before going
up again



Movement 3

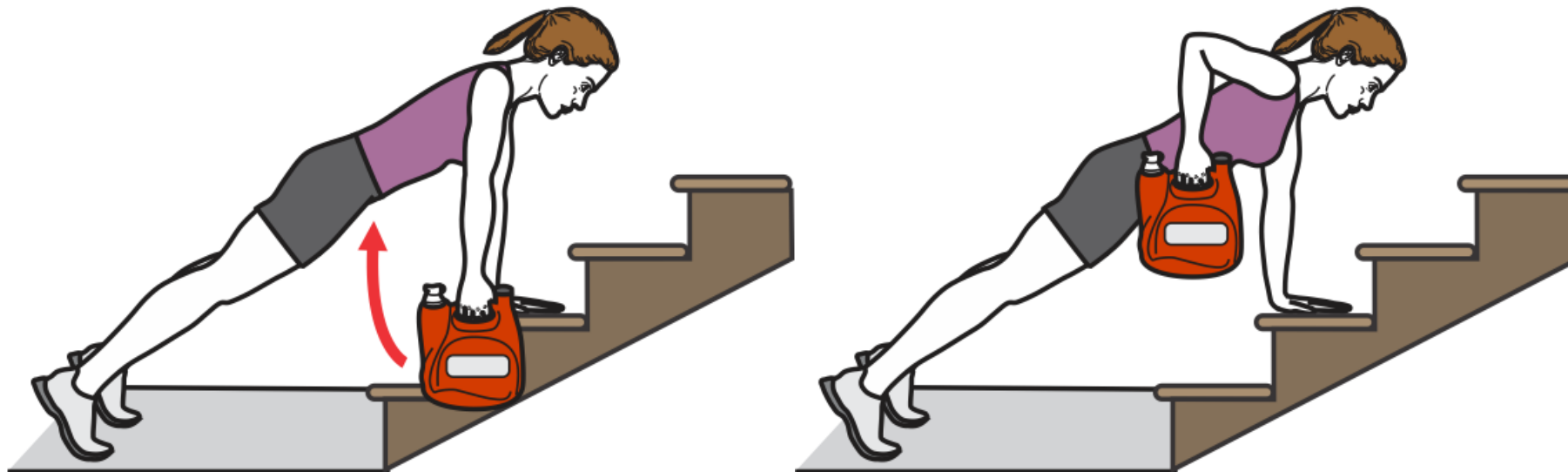
Stair Push Ups (2 variations shown. Easy & Advanced)



Movement 4

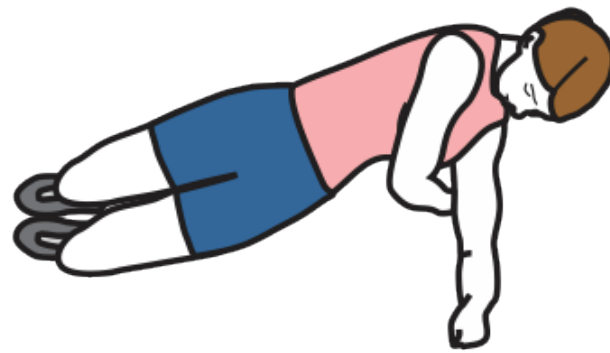
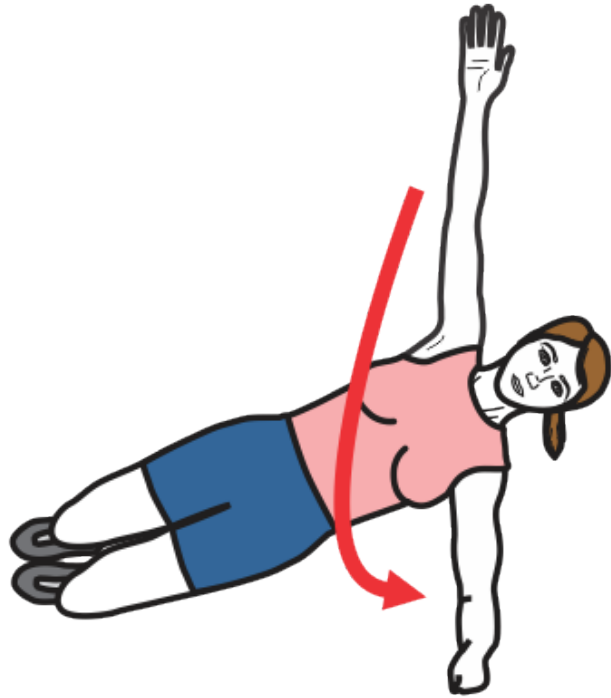
Stair / Counter or Table 1 arm row. (2 variations shown)

Variation 1= both feet planted Variation 2= Opposite leg of moving arm up and feet higher up



Movement 5

Floor Oblique twists. (2 Variations shown) Variation 1= , elbow and knees on ground. Variation 2= On hand and feet. Hips and knees are off the ground.



Virtual Workout Tips Workout 3 we

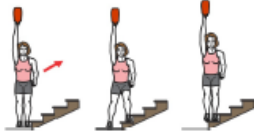
1A : Overhead Jug Carry Climb Stairs



- Standing, hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the jug inverted at arm's length above your head. While holding the jug above your shoulder, climb the stairs. Keep your head straight and your body tight.

Week	Sets	rep.	Note
1	1	6	Go Up Stairs Facing Forward and follow with next movement

1B : Overhead Jug Carry Climb Stairs Sideways



- Standing, hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the jug inverted at arm's length above your head. While holding the jug above your shoulder, climb the stairs sideways. Keep your head straight and your body tight.

Week	Sets	rep.	Note
1	1	6	Go Down Stairs Sideways as shown and then go back up as in the first movement.

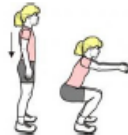
2A : Climb & Down Backwards Stairs 2 steps



- Going up and down (backwards) the stairs two steps at a time by moving your arms. Keep your head above your feet.

Week	Sets	rep.	Note
1	1	6	Lunge Up, 2 Squats, Lunge Backwards holding to rail, 2 Squats at the bottom

2B : Free Squat



- The feet shoulder width apart, go down until your knees are at 90°. Raise your arms at shoulder height.

3A : Stairs Push-up Hands Up



- In plank position, hands on a step at the upper part of the stairs, do "Push-ups". Keep your back straight, your head straight and your abs tight.

Week	Sets	rep.	Note
1	1	12	If more intensity is needed, flip the position around as shown below

3B : Stairs Push-up Feet Up



- In plank position, feet on a step at the upper part of the stairs, do "Push-ups". Keep your back straight, your head straight and your abs tight.

4A : Plank Jug Row in Stairs

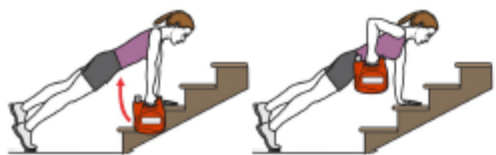


- In plank position, feet wider than your shoulders, place one hand on one step and in the other hold a jug (water, detergent) in neutral grip (palm of hand towards you). Pull the jug upwards, keeping the elbow close to you. Keep your head straight, your abs tight and your back straight.

Week	Sets	rep.	Note
1	1	12	If more intensity is needed, raise one leg up as shown bellow.



4B : Plank Jug Row in Stairs 1 Foot Up



- In plank position, place one hand on one step and in the other hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the foot on the side of the supporting hand. Pull the jug upwards, keeping the elbow close to you. Keep your head straight, your abs tight and your back straight.

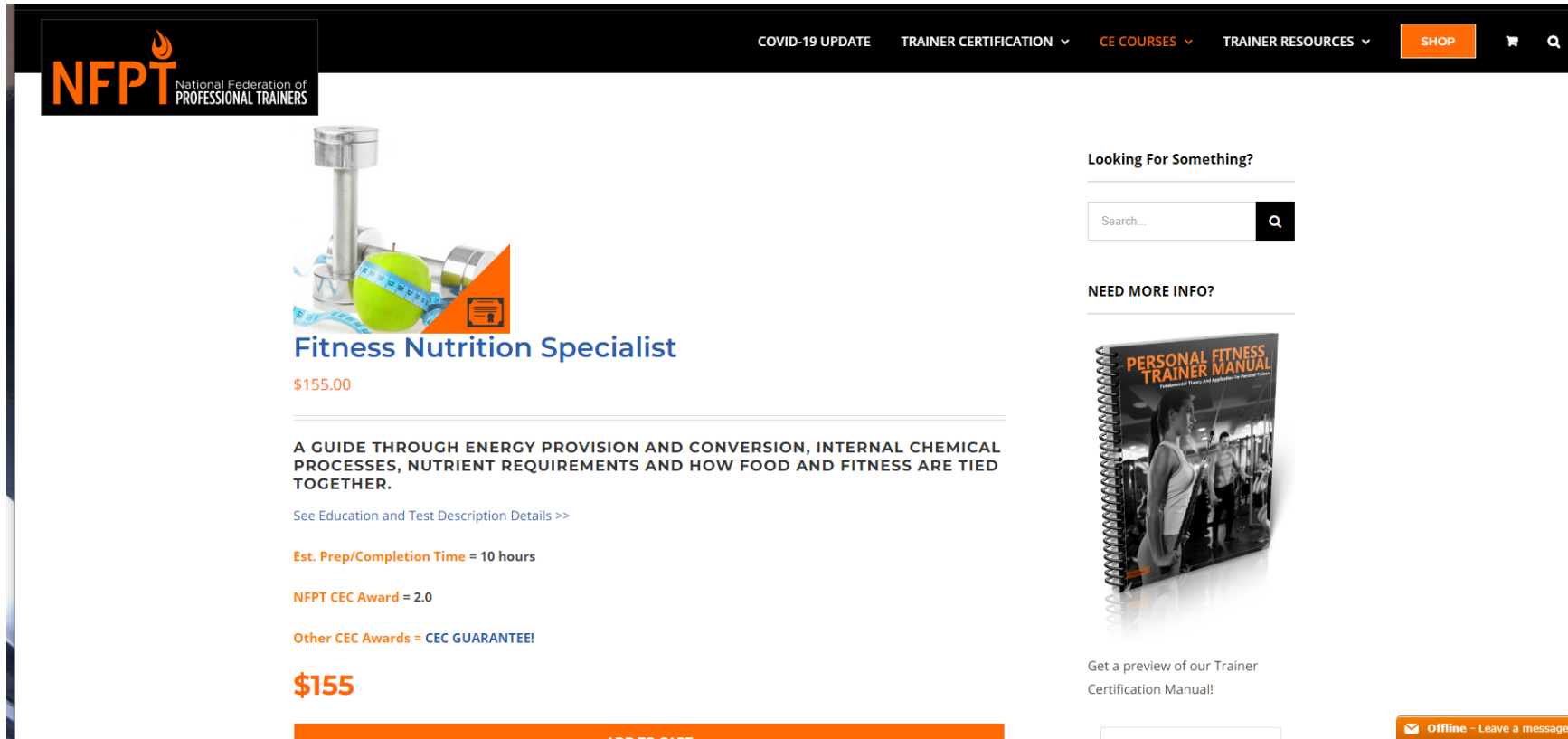
5 : Elbow Knee Side Plank Trunk Rotation



- In side plank position on the elbow and knee, your arm in a vertical position, turn the shoulders while crossing the hand on the other side of your body. Return to starting position and repeat. Keep your abs tight.

Week	Sets	rep.	Note
1	1	12	After this movement, take a small breather and repeat the workout as allowed for a 30 min session

What do we do about Nutrition?



The screenshot shows the NFPT website interface. At the top, there is a navigation bar with links for COVID-19 UPDATE, TRAINER CERTIFICATION, CE COURSES, and TRAINER RESOURCES, along with a SHOP button and search icons. The main content area features a course titled "Fitness Nutrition Specialist" for \$155.00. The course description states: "A GUIDE THROUGH ENERGY PROVISION AND CONVERSION, INTERNAL CHEMICAL PROCESSES, NUTRIENT REQUIREMENTS AND HOW FOOD AND FITNESS ARE TIED TOGETHER." Below this, there are details about preparation time (10 hours), CE awards (2.0), and a CE GUARANTEE. A large orange "ADD TO CART" button is visible. To the right, there is a search bar and a section for "NEED MORE INFO?" featuring a preview of the "PERSONAL FITNESS TRAINER MANUAL" with a "Get a preview of our Trainer Certification Manual!" link and an "Offline - Leave a message" button.

NFPT National Federation of PROFESSIONAL TRAINERS

COVID-19 UPDATE TRAINER CERTIFICATION CE COURSES TRAINER RESOURCES SHOP

Looking For Something?

Search...

NEED MORE INFO?

Fitness Nutrition Specialist

\$155.00

A GUIDE THROUGH ENERGY PROVISION AND CONVERSION, INTERNAL CHEMICAL PROCESSES, NUTRIENT REQUIREMENTS AND HOW FOOD AND FITNESS ARE TIED TOGETHER.

See Education and Test Description Details >>

Est. Prep/Completion Time = 10 hours

NFPT CEC Award = 2.0

Other CEC Awards = CE GUARANTEE!

\$155

ADD TO CART

PERSONAL FITNESS TRAINER MANUAL

Get a preview of our Trainer Certification Manual!

Offline - Leave a message

Promo Code "Webinar2" = 50% through May 31st

**if you have already enrolled to this course in the months of March or April, we will give you a free CE course of your choice, including Specialty Certificate courses*

What Platform ?



www.nfpt.com/dotfit

QUESTIONS & ANSWERS

most popular questions submitted by participants:

- ▶ What about insurance? Am I covered to do in-home training?
 - ▶ Yes, you are covered 😊
 - ▶ See NFPT Blog for detailed answer, at www.nfpt.com/blog
- ▶ What happens when gyms start opening again? Should I still do in-home training?
- ▶ Can I get CECs for this webinar too?
 - ▶ Yes, you will be emailed with a link to the quiz for this webinar.