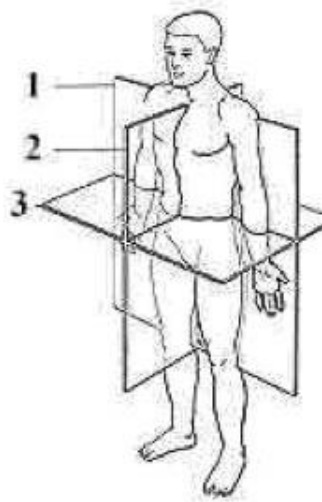


21st Century Body Sculpt – Keli Roberts

Feel stuck in a rut with your body sculpt classes? Need some new ideas? Then this presentation is a one-stop workshop that offers instructors five unique program design ideas ready to update your classes. Utilizing familiar equipment options, review the training principles that not only make your classes effective, but will help your participants get real results. See how the simple ideas work to provide endless inspiring options to end burnout and boredom and bring your classes into the 21st century!

3 Planes of Movement

1. Frontal
2. Sagittal
3. Transverse



5 Functional Training Elements

1. Focus on integrated movement
2. Introduce multi-joint movement that occurs in multiple planes
3. Develop the ability to stabilize and generate force from the core
4. Develop movement patterns that have high transfer to activity
5. Movements create a pattern that involve multiple muscles and demand input from the nervous system for balance, stability, proprioception and motor learning.

5 Functional Primary Movement Patterns

1. Bilateral Bend and Lift (squat, deadlift, hip hinge)
2. Single leg stance (gait, lunge, step up, single leg squat)
3. Push-horizontal/vertical (Shoulder/chest musculature)
4. Pull-horizontal/vertical (Shoulder/back musculature)
5. Rotational and Spiral Movements (Rib cage and pelvis moving in-sync or out-of-sync)

Program 1.

Involves two sequentially performed exercises that target the same muscle groups followed by a core drill with little to no rest between, then perform a second set.
Theme: Three Dimensional Total Body Strength
Goal: Enhance core strength, body control, balance and whole body stability/mobility in all planes of motion
Equipment: Dumbbells
DB = Dumbbells
Time: 45-60 Seconds
Recovery: Inter-exercise 10-15 Seconds, inter-set 20-30 Seconds
Speed: Slow and Controlled
Set Design: Repeat each complex for two sets.

Base Exercise	Compound Movement	Core Drill
DB Goblet Squat	DB Squat and Press	DB Russian Twist
DB Lateral Lunge and Reach	DB Lateral Lunge and Row	DB Golf Chop
DB 1-legged Deadlift w-balance	DB 1-legged Deadlift and Rear Fly	DB Diagonal Chop
DB Transverse Lunge and Reach	DB Transverse Lunge and High Pull	Step-through Plank

Program 2.

Involves two sequentially performed exercises that target the upper extremity followed immediately with the lower extremity with little to no rest between
Theme: Peripheral Heart Action (PHA)
Goal: Enhance muscular endurance and improve the circulatory system
Equipment: Dumbbells
Time: 45-60 Seconds
Recovery: Inter-exercise 10-15 Seconds, inter-set 20-30 Seconds
Speed: Slow and Controlled
Set Design: Perform all exercises as a circuit for three sets

Upper Body	Lower Body
DB Alternating Push Press with Rotation	DB Lateral Lunge
DB Bent Over Row x 2 + Dead Lift	DB Front Lunge
Scorpion Push up	Transverse Lunge
Supine Bicycle	Prone Plank/Side Plank

Program 3.

Involves two sequentially performed complex exercises that target the upper extremity, the lower extremity with little to no rest between
Theme: Compound training Sets
Goal: Enhance muscular endurance, muscle balance and the circulatory system
Equipment: Dumbbells
Time: 45-60 Seconds
Recovery: Inter-exercise 10-15 Seconds, inter-set 20-30 Seconds
Speed: Slow and Controlled
Set Design: Perform each dual complex for 2 sets before resting

Complex Lower Extremity	Complex Upper Extremity
1-Legged Dead Lift + Rear Lunge and Pulse	Curl + Press
X-over lunge + Side Lunge	Row + Shoulder Extension
Front Lunge + Transverse Lunge	Push up + Walk Down
Front + Rear Lunge	Supine Pullover + Triceps Press

Program 4.

Involves four sequentially performed exercises that target lower extremity, a compound movement, upper extremity and core with little to no rest between
Theme: Progressive total body overload
Goal: Enhance muscular strength and endurance
Equipment: Dumbbells
Time: 45-60 Seconds
Recovery: Inter-exercise 10-15 Seconds, inter-set 20-30 Seconds
Speed: Slow and Controlled
Set Design: Perform each quad-complex for 2 sets before resting

Lower Extremity	Compound Total Body	Upper Extremity	Compound Core
DB Front Lunge	DB Bilateral Dead Lift and Row	DB 1-arm Row	DB Diagonal Chop
DB Lateral Lunge	DB Narrow Stance Squat-Curl-Press	DB Over Head Press	DB Golf Chop
DB Transverse Lunge	DB Curtsy Lunge and Halo	DB Curl-Press-Lateral Raise	DB Russian Twist
DB Bridge	DB Bridge and Pullover	Supine DB Triceps Extension with Core	Plank/Side Plank

Program 5.

Involves four sequentially performed exercises that target the upper extremity, the lower extremity, core and an explosive plyometric move with little to no rest between
Theme: Muscular endurance and caloric expenditure
Goal: Enhance muscular endurance and anaerobic power
Equipment: Dumbbells and The Step
Time: 45-60 Seconds
Recovery: Inter-exercise 10-15 Seconds, inter-set 20-30 Seconds
Speed: Controlled DB, explosive plyometric exercise
Set Design: Perform each quad complex for 2 sets before resting

Compound	Upper	Core	Explosive
Front Step-up + Side Step-up	1-arm Row	Plank and Hip Rotation	Side-to-side Jump Squat
Crossover Step-up + Side Lunge + Row	Lateral Walking Push up on Step	Halo Chop (Ribbon)	Knee-Hop
Front Step-up + Rear Lunge + Curl/Press	Alternating Push Press	Russian Twist	Burpee-Jump-up
Sit Squat + Side Lunge + Biceps Curl	V-Sit Seated Biceps Curl	V-Sit with Rotation	Toe Taps on Step

