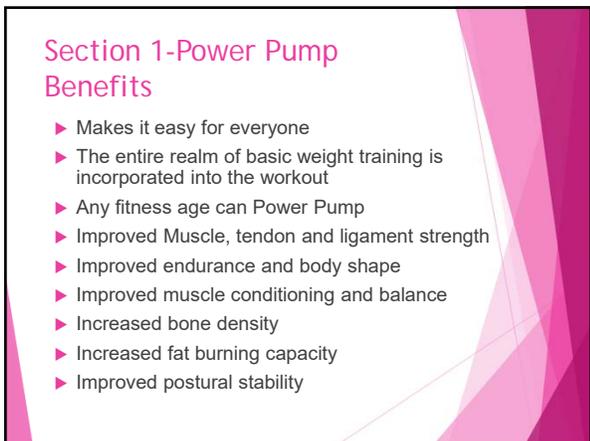




1



2



3

POWER PUMP HOW IT WORKS

- ▶ **Equipment Needed**
 - ▶ Bench
 - ▶ Barbell (weighs approximately 5 lbs)
 - ▶ Weights/Hand Weights
 - ▶ Mat
- ▶ Workout-30/45/60
- ▶ 50-150 repetitions (endurance training)
- ▶ Reps performed during the 3 ½ -6 minute segment songs
- ▶ Pre recorded music specifically designed



4

Formats

- ▶ **Three Different Formats**
 - ▶ 30 Minute
 - ▶ 45 Minute
 - ▶ 60 Minutes

5

30 Minute

- ▶ Warm Up
- ▶ Squats
- ▶ Chest
- ▶ Back
- ▶ Core/Cool Down

6

45 Minutes Workout

- ▶ Warm up
- ▶ Squats
- ▶ Chest
- ▶ Back
- ▶ Lunges
- ▶ Shoulders
- ▶ Core
- ▶ Cool Down

7

45 Minute Workout

- ▶ Warm up
- ▶ Squats
- ▶ Chest
- ▶ Back
- ▶ Combo-Triceps/Biceps
- ▶ Combo-Lunges/Shoulders
- ▶ Core
- ▶ Cool Down

8

60 Minute Workout

- ▶ Warm Up
- ▶ Squats
- ▶ Chest
- ▶ Back
- ▶ Triceps
- ▶ Biceps
- ▶ Lunges
- ▶ Shoulders
- ▶ Core
- ▶ Cool Down

9

4 General Training Principles

- ▶ A movement from legs, back and chest to biceps and triceps
- ▶ A movement from squats and clean/press/power press to biceps and triceps
- ▶ Alternating opposing muscle group
- ▶ Alternating squat then chest, biceps then lunge e.g. alternating lower body movements with upper movements

10

Mechanical Tearing of Myofibrils

- ▶ Cross-training
- ▶ Nutrition
- ▶ Massage
- ▶ Stretching
- ▶ Rest/Sleep

11

Power Pump Workout Structure

- ▶ **Leg:** beginning focus on gluteals, quadriceps, hamstrings and calves
- ▶ **Pectoral work:** involving the bench
- ▶ **Back:** focus on large muscles/Posterior Chain
- ▶ **Tricep/Bicep:** isolation work on the triceps and biceps
- ▶ **Leg:** endurance and toning with lunges, calf raises and squats
- ▶ **Deltoids**
- ▶ **Abdominals**
- ▶ Workout concludes with static stretching to aid in recovery

12

Safety Guidelines

- ▶ Very light weights for new/beginners
- ▶ Weights adjusted based on the muscle groups being targeted
- ▶ Instructor role model and mentor in regard to technique and weight
- ▶ Factors used to determine weight adjustment include ability, experience and current fitness level
- ▶ In order to minimize the risks if injuries, participants should receive instruction on technique in a specialized class prior to the actual prescribed program
- ▶ Power Pump is a balanced exercise program
- ▶ Beats per minute for routines is generally 118-130 RPMs taking into consideration range of movement and tempo variations
- ▶ Special populations warrant specific guidelines which will need ongoing evaluations

13

Special Populations

- ▶ Pregnancy may not be the time to begin Power Pumping
- ▶ Seniors
- ▶ Hypertension
- ▶ Diabetes
- ▶ Children

14

Section 2-5 Key Areas of Instruction

- ▶ Physical Execution
- ▶ Instruction
- ▶ Performance
- ▶ Communication
- ▶ Choreography

15

Physical Execution

- ▶ Techniques included in their training which will enhance these attributes include:
 - Mirror work
 - Coaching
 - Assessment
 - Specific aerobic/weight training

16

Instruction

- ▶ Basic Instruction should include:
 - ▶ Introducing the appropriate weight and stance
 - ▶ Communication technique and timing
 - ▶ TTEN
 - ▶ Tempo, Target Zone, Exercise, Name
 - ▶ Delivering motivation

17

Instruction

- ▶ Vocabulary
 - ▶ Verbal instructions
 - ▶ Technical imagery
 - ▶ Sounds
 - ▶ Postures
 - ▶ Hand signals
 - ▶ Facial expressions

18

Performance

- ▶ The instructor is actually viewed as a performer whose dress, words, face and voice all work together to interpret the music and create a very dramatic effect.
- ▶ How movement is Executed
- ▶ Proper Form
- ▶ Modifications

19

Communication

- ▶ Lead to a warm positive experience
- ▶ Tempo/Stance/Equipment

20

Section 3-Choreography/Music

- ▶ Routines are based on the following:
 - ▶ Music interpretation
 - ▶ Maximum exercise effect
 - ▶ Safety
 - ▶ Simplicity focus

21

Mastering the Track/Music

- ▶ Listen for the spirit of the music
- ▶ Feel the ebb and flow of the dynamics
- ▶ Be aware of the length, number of verses and choruses
- ▶ Know where the irregularities are
- ▶ Sing along with the music
- ▶ Hear the message
- ▶ Feel the emotion of the music

22

Music Approach

- ▶ Two Prong Approach
 - ▶ Verse/chorus sequencing
 - ▶ Musical interpretation
- ▶ Build Up
- ▶ Non Chorus Line
- ▶ Chorus Line

23

Chorus

- ▶ Produces the high energy portion of the song
- ▶ Represented by an equally high energy movement
- ▶ Incorporates a clean and press in the back track
- ▶ Repetitive
- ▶ High Energy movements become intervals in the class
- ▶ Considered the focus of that section

24

Verses

- ▶ Incorporates progressive movements
- ▶ Two stage dead lifts in the first verse
- ▶ Three stage dead lifts in the second phase

25

Choreography-60 Minute

- ▶ 1. Warmup
- ▶ 2. Squats
- ▶ 3. Chest
- ▶ 4. Back
- ▶ 5. Triceps
- ▶ 6. Biceps
- ▶ 7. Shoulders
- ▶ 8. Core
- ▶ 9. Cooldown

26

1. The Warm Up

27

Positioning-Warm Up

- ▶ Set Position
- ▶ Position Setup
 - ▶ Heels under hips
 - ▶ Toes turned out slightly
 - ▶ Knees soft
 - ▶ Hands thumb-distance from thighs
 - ▶ Gently draw the belly in and brace the abs
 - ▶ Lift the chest
 - ▶ Lift the shoulders up, roll them back and draw the blades down towards the spine
 - ▶ Chin tucked in

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Set Position

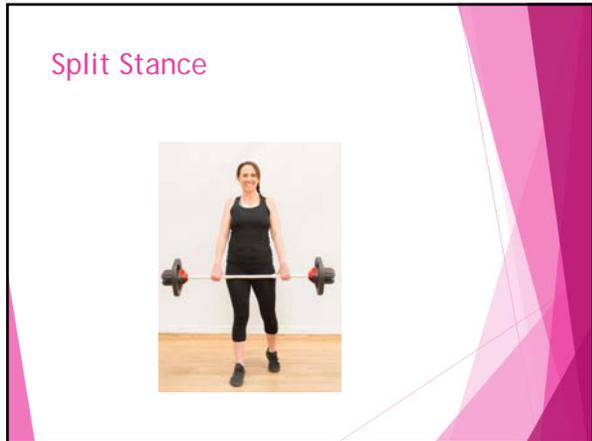


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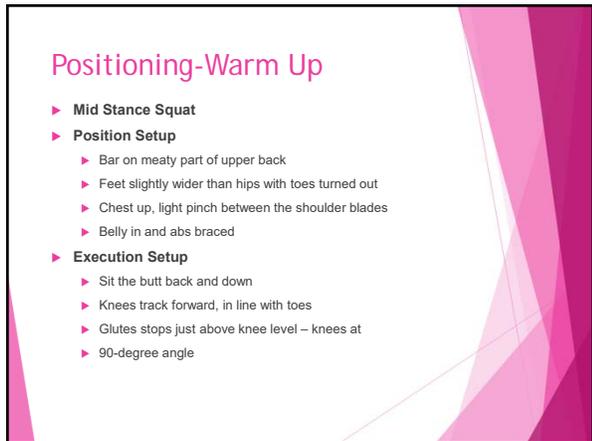
Positioning-Warm Up

- ▶ Split Stance
 - ▶ Position Set Up-Same as Set Position
 - ▶ Feet hip-width apart and parallel
 - ▶ Rear heel lifted
 - ▶ Knees slightly bent
 - ▶ Body weight even in both legs

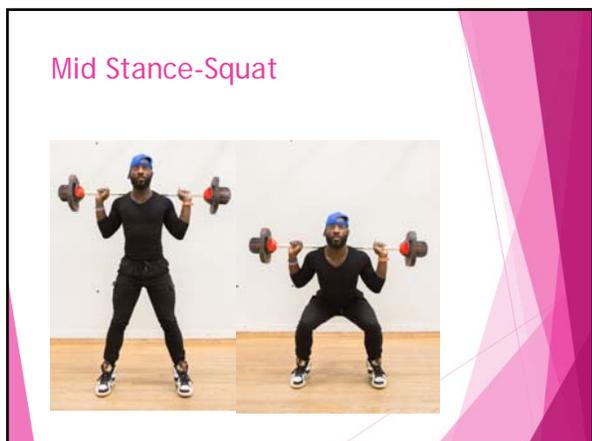
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33

Positioning-Warm Up

- ▶ **Wide Stance Squat**
- ▶ **Position Setup**
 - ▶ Heel-toe wider than Mid Stance
 - ▶ Execution Setup
 - ▶ Hips sit back and down
 - ▶ Knees out
 - ▶ Chest up
 - ▶ Abs braced
 - ▶ Glutes stops just above knee at 90 degrees

34

2. Squats

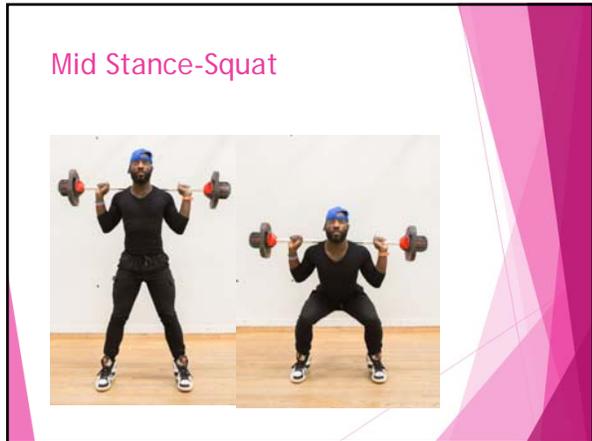
SET	EXERCISE	REPS	Blocks
Squats: Parallel or Sumo/Pile	2/2	4	1
	3/3	4	1
	1/1 (2x's): 2 Bottoms	4	2
4/4		4	2
Repeat for a 2 nd Set			

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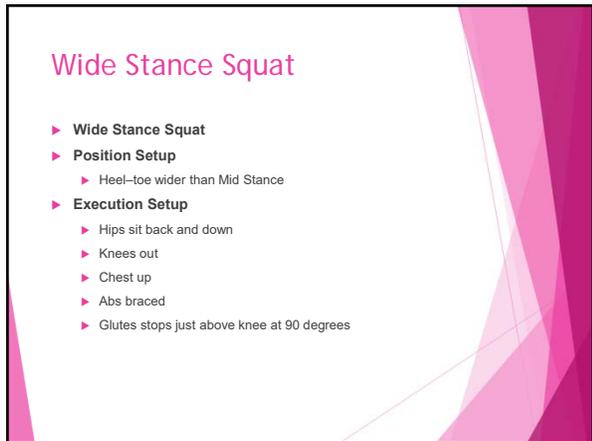
Mid Stance Squat

- ▶ **Mid Stance Squat**
- ▶ **Position Setup**
 - ▶ Bar on meaty part of upper back
 - ▶ Feet slightly wider than hips with toes turned out
 - ▶ Chest up, light pinch between the shoulder blades
 - ▶ Belly in and abs braced
- ▶ **Execution Setup**
 - ▶ Sit the butt back and down
 - ▶ Knees track forward, in line with toes
 - ▶ Glutes stops just above knee level – knees at 90-degree angle

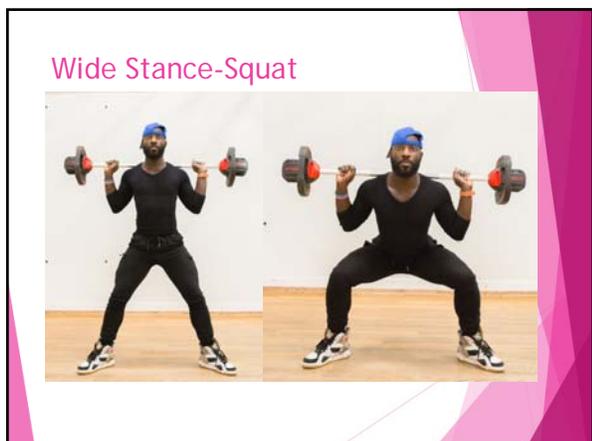
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Squat Press

- ▶ **Position Setup**
 - ▶ Feet slightly wider than hips with toes turned out
 - ▶ Plate parallel in front of collarbones
 - ▶ Elbows under plate
 - ▶ Chest up, abs braced
- ▶ **Execution Setup**
 - ▶ Sit the butt down and back
 - ▶ Knees track forward in line with toes
 - ▶ Half Squat
 - ▶ Brace the abs as the plate moves over head/or in front
 - ▶ Elbows slightly forward

40

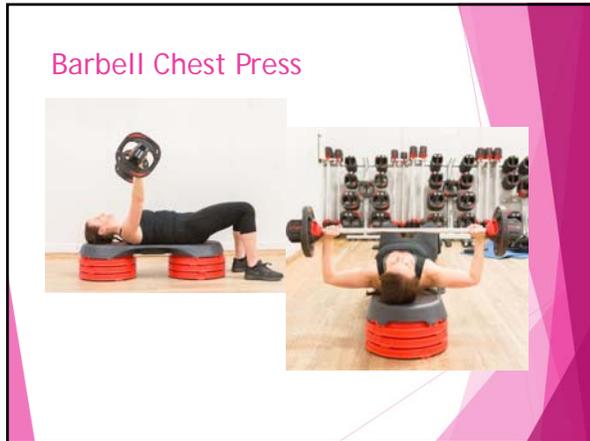
Squat Press

41

3. Chest

SET	EXERCISE	REPS	BLOCKS
	Supine Chest Press on Bench	4x	1
		8x	1
		2x	1
		4x	1
		8x	1
		2x	1
Repeat for a 2 nd set			

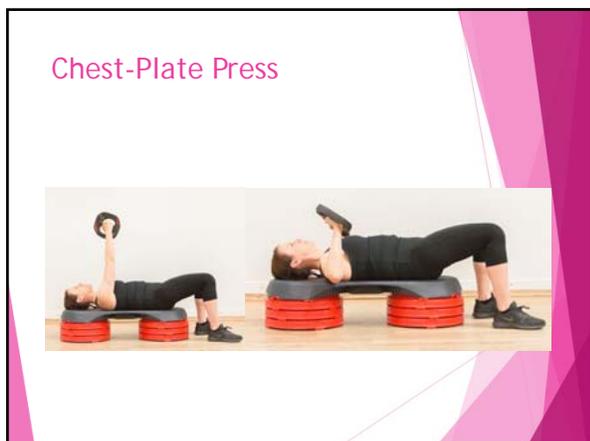
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45

Chest-Plate Fly

- ▶ **Position Setup**
- ▶ Plates facing each other
 - ▶ Shoulder-width apart
 - ▶ Elbows slightly bent
 - ▶ Abs in and braced – lower back towards the bench
- ▶ **Execution Setup**
 - ▶ Open the plates out
 - ▶ Elbows stop in line with the bench
 - ▶ Maintain slight bend in the elbows

46

Chest-Plate Fly



47

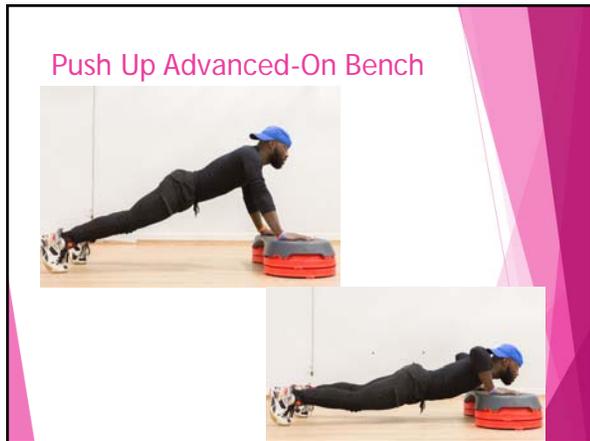
Chest-Push Ups

- ▶ **Position Setup**
- ▶ **Bench/Floor**
 - ▶ Hands wide
 - ▶ Abs braced
 - ▶ Back long and straight
- ▶ **Execution Setup**
 - ▶ Lower chest to elbow level

48



49



50

4. Back

Set	Exercise	Reps	Rests
Dead Lifts	Hold: Cue Form/alignment cues	1	1
	2/2 Squeeze glutes at the top	4	1
Bent Over Rows	Single	4	1
	Triple	2	1
Clean & Press	Super Slow - demo correct movement pattern	2	2
	Single	4	1
	Triple	2	1
Shoulder Balls	Slow - Active recovery	4	1
Dead Lifts	2/2 Squeeze glutes at the top	4	1
Bent Over Rows	Single	4	1
	Triple	2	1
Clean & Press	Single	4	1
	Triple	2	1
Shoulder Balls	Slow - Active recovery	4	1
Dead Lifts	2/2 Squeeze glutes at the top	4	1
Combo	Single: Single Row, Single Clean & Press	4	1
	Triple: Triple Row, Triple Clean & Press	2	1
Shoulder Balls	Slow - Active recovery	4	1

51

Back-Deadlifts

- ▶ **Position Setup**
 - ▶ SET Position
 - ▶ Hands on the bar
 - ▶ Abs braced, chest lifted
- ▶ **Execution Setup**
 - ▶ Bar to the knees

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Deadlifts-Narrow

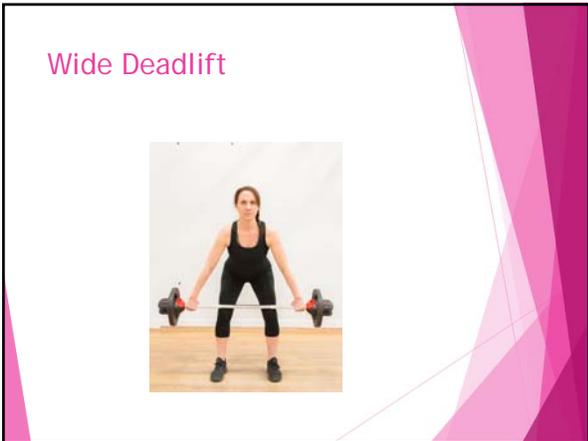


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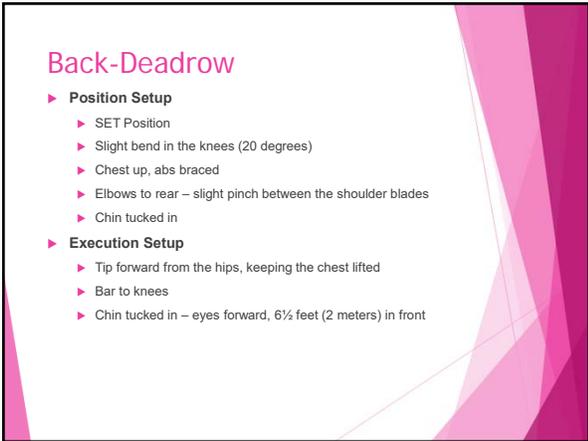
Back-Wide Deadlift

- ▶ **Position Setup**
 - ▶ SET Position
 - ▶ Hands **WIDE** on the bar
 - ▶ Abs braced, chest lifted
- ▶ **Execution Setup**
 - ▶ Bar to the knees

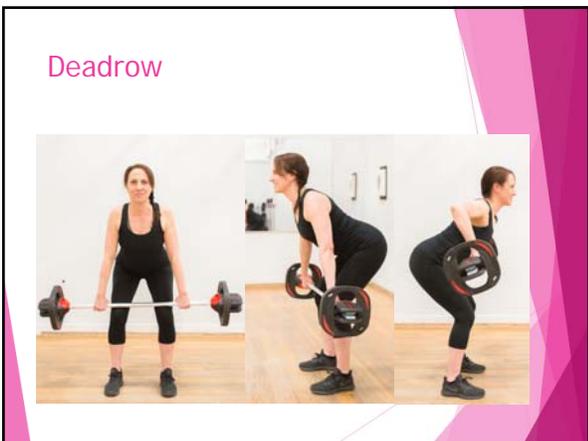
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Back-Wide Deadrow

- ▶ Position Setup
 - ▶ SET Position
 - ▶ Hands wide
 - ▶ Abs braced, chest up
 - ▶ Light pinch between the shoulder blades
 - ▶ Elbows wide and high
 - ▶ Chin tucked in
 - ▶ Shoulders away from ears

58

Wide Deadrow



59

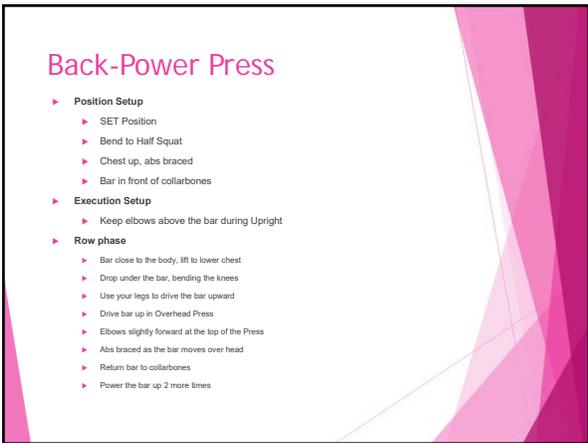
Back-Clean & Press

- ▶ Position Setup
 - ▶ SET Position
 - ▶ Chest up, abs braced
 - ▶ Knees bent
- ▶ Execution Setup
 - ▶ Start with more knee bend and use the legs to drive the bar up
 - ▶ Keep elbows above the bar during Upright
 - ▶ Row phase
 - ▶ Bar close to the body, lift to lower chest
 - ▶ Drop under the bar, bending the knees
 - ▶ Clean the bar and hold in front of the collarbones
 - ▶ Press to the top
 - ▶ Use the legs to drive the bar up
 - ▶ Abs braced as you press above the head
 - ▶ Elbows slightly forward
 - ▶ Bend the legs again, return to SET Position
 - ▶ Bring the elbows up and over to lower the bar

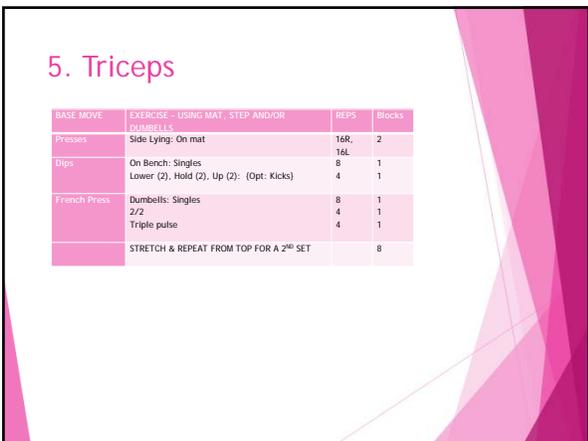
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63

Triceps- Push Ups (Bench/Floor)

- ▶ **Position Setup**
 - ▶ Hands under shoulders
 - ▶ Abs braced
 - ▶ Back long and straight
- ▶ **Execution Setup**
 - ▶ Push down to the bench or to fist width from floor
 - ▶ Return to the up position

64

Triceps-Push Ups

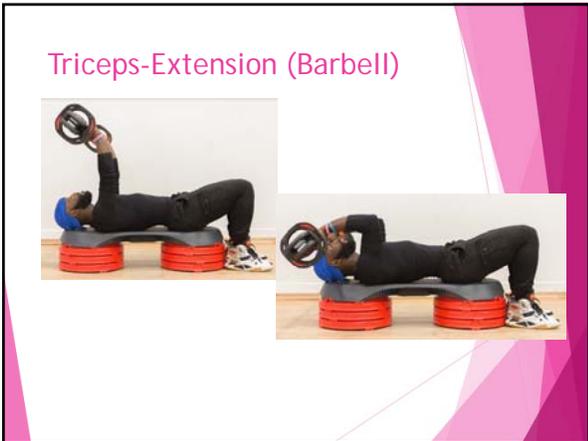


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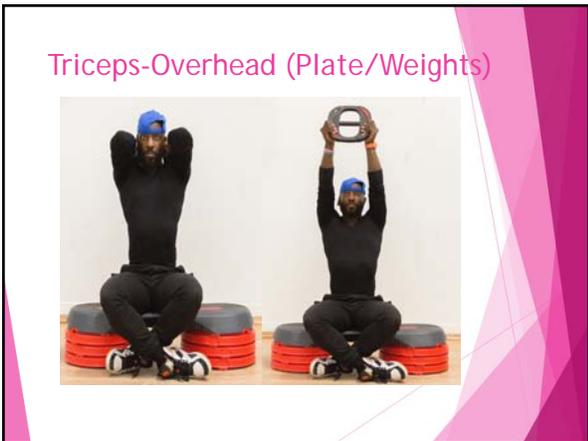
Triceps-Dips



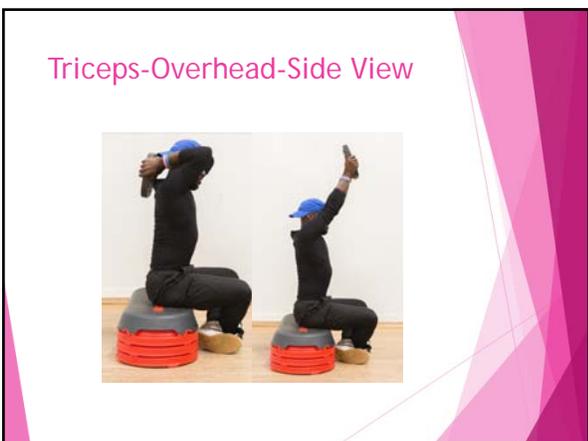
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67



68



69

Triceps-Kickback (Plates/Weights)

- ▶ **Position Setup**
 - ▶ Hinge forward from hips, chest up, shoulders square
 - ▶ Elbow high and close to the body
- ▶ **Execution Setup**
 - ▶ Upper arm parallel to floor – extend the elbow
 - ▶ Upper arm still as you extend

70

Triceps-Kickback (Plates/Weight)



71

6. Biceps

BASE MOVE	EXERCISE - USING MAT, STEP AND/OR DUMBBELLS	REPS	Blocks
Bicep Curls	4/4	4x	2
	3/1	8x	2
	1 Midway	8x	1
	1/1	8x	1
Repeat for a 2nd set			

72

Biceps-Curl(Barbell)

- ▶ **Position Setup**
 - ▶ Knees soft – Split Stance or SET Position
 - ▶ Chest up
 - ▶ Abs in and braced
- ▶ **Execution Setup**
 - ▶ Curl the bar to just in front of the shoulders
 - ▶ Extend all the way down to your thighs

73

Biceps Curl-Barbell



74

Biceps-Row (Plate/Weights)

- ▶ **Position Setup**
 - ▶ As Bicep Plate Curl
- ▶ **Execution Setup**
 - ▶ Tip forward from the hips
 - ▶ Plate to kneecaps
 - ▶ Pull the plate to ribcage, just under chest, rotate plates as you Row
 - ▶ Elbows pull high to the back

75

7. Lunges

BASE MOVE	VARIATIONS	REPS	BLOCKS
Lunges	3/1	4x	1
	1/2	4x	1
	Combo (2/2 - 1x) (1/1 - 2x)	4x	2
Squat	1/1	16x	2
	4/4	2x	2

Repeat on the other side

76

Lunges-Front Squat

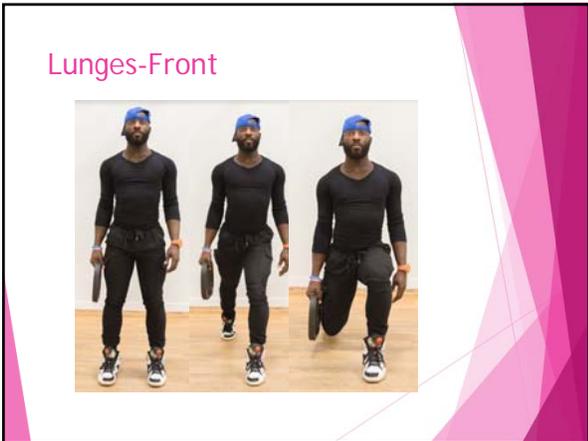
- ▶ **Position Setup**
 - ▶ Feet slightly wider than hips with toes turned out
 - ▶ Plate parallel with the floor, in front of collarbones
 - ▶ Elbows under plate
 - ▶ Chest up, abs braced
- ▶ **Execution Setup**
 - ▶ Sit the butt down and back
 - ▶ Knees track forward, in line with toes
 - ▶ Glutes stops just above knee level – knees at 90 degrees

77

Lunges-Step Backwards

- ▶ **Position Setup**
 - ▶ Long step back
 - ▶ Feet stay hip-width apart
 - ▶ Hips and shoulders even and square to the front
 - ▶ Knees in line with toes
 - ▶ Belly in, abs braced and chest up
- ▶ **Execution Setup**
 - ▶ Bend knees – back knee moves towards the floor
 - ▶ Front thigh parallel to the floor

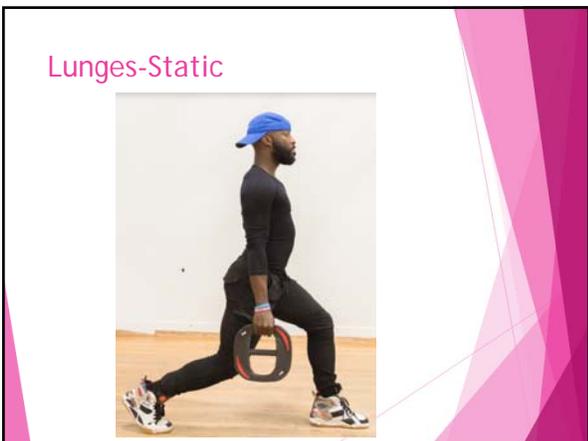
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81

9. Shoulders

BASE MOVE	EXERCISE - USING DUMBBELLS OR PLATES	REPS	Blocks
Front Raise	Stagger: Up-Up-Down-Down Right 4R, 4L	8	2
Lateral Raise	Dips: Lift, lower 1/2-way, lift, lower	4	1
Coordination	L- lifts: One arm lifts front, other to side	4	1
Upright Rows	Singles	8	1
Shoulder Bolts	Slow - Active recovery	4	1
Side Bonds	Singles: 8R, 8L	16	2
REPEAT FROM TOP FOR A 2 ND SET		8	

82

Shoulders-Upright Rows



83

Shoulders-Frontal Raise



84

Shoulders-Lateral

- ▶ Standing
- ▶ Kneeling

85

Shoulders-Lateral Raise w/Rotation

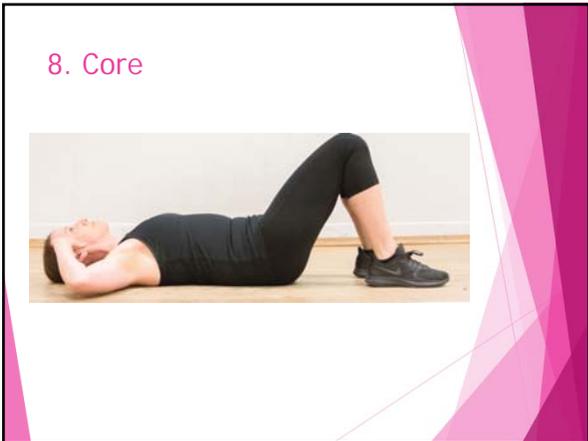


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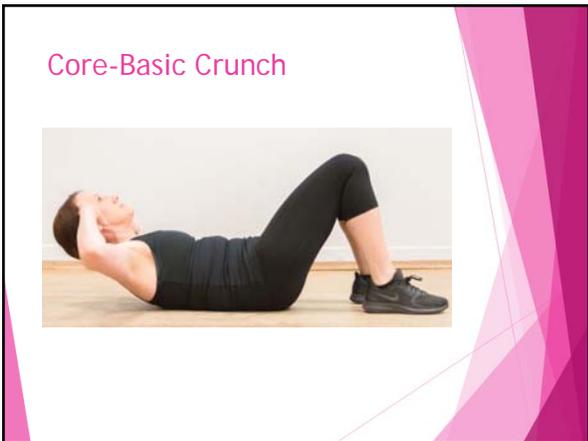
Shoulders-Rear Deltoids Fly



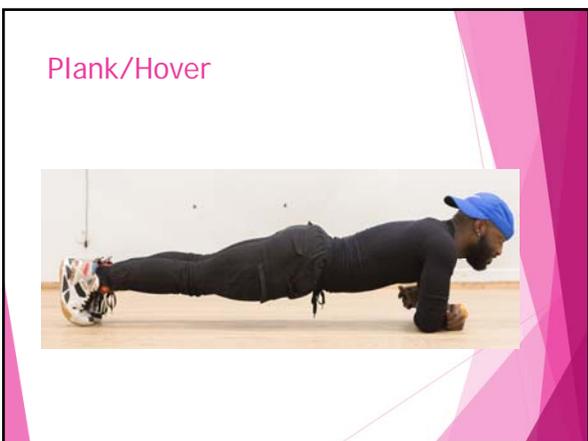
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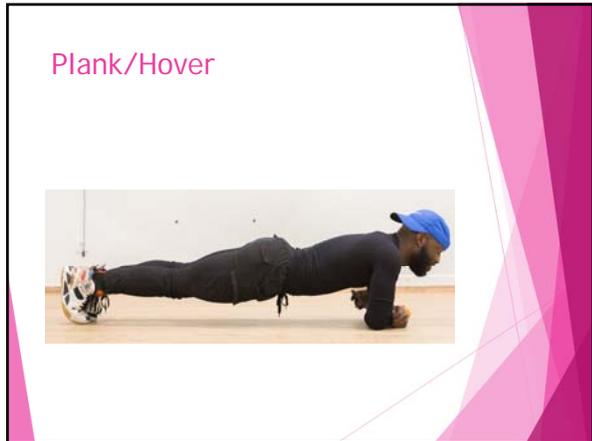
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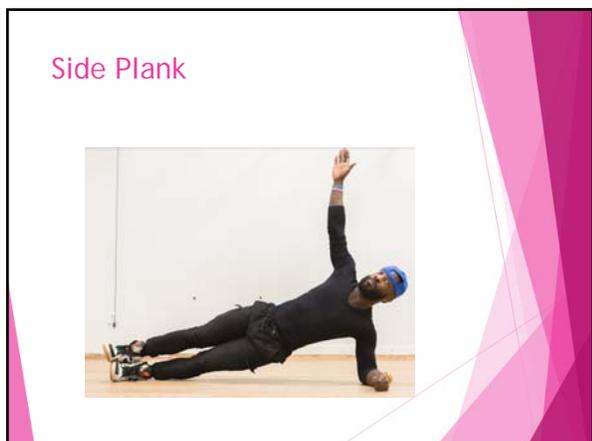
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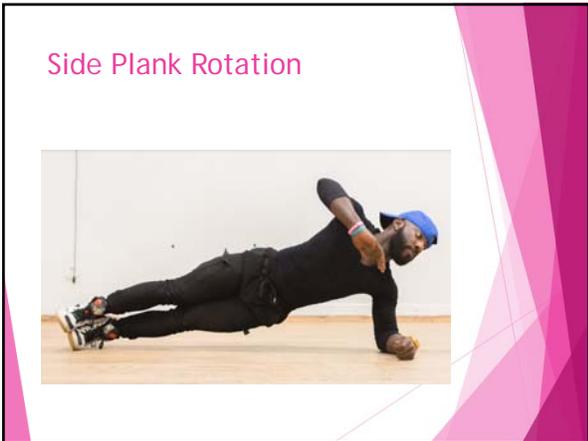
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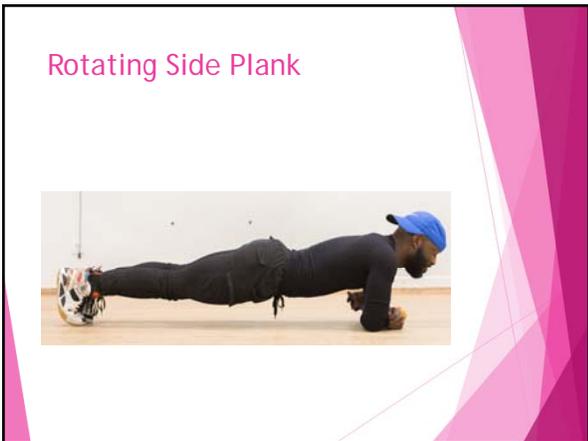
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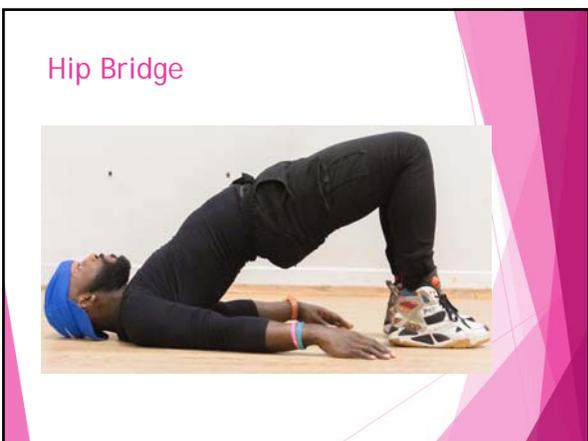
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96

Section 4-Physical Execution

- ▶ Set Up
- ▶ Split Stance
- ▶ Mid Stance Squat

97

Section 5-Instructions

- ▶ Basic instruction should include:
 - ▶ Weight and stance
 - ▶ Communicating technique
 - ▶ Timing
 - ▶ Cueing movement changes
 - ▶ Providing motivation for effect

98

Verbal Instruction

- ▶ Motivation
- ▶ Cue Movement Changes
- ▶ Routine Progression
- ▶ Setting Initial Timing

99

Vocal Delivery

- ▶ Clearly projecting your voice
- ▶ Avoid using a monotone. Alter vocal pitch and expression
- ▶ Avoid using the same word over and over
- ▶ Use a variety of instructions expressing different emotions
- ▶ Vary your voice tone as you vary your instructions
- ▶ Use the CRC Model when correcting the class

100

CRC Model

- ▶ C=Command
- ▶ R=Recommend
- ▶ C=Commend

101

Visual Instruction

- ▶ Prior and During the Tracks
 - ▶ Demonstrations
 - ▶ Postures and Profiling
 - ▶ Signals
 - ▶ Facial Expressions

102

Section 6-Performance

- ▶ Two Main Areas of Performance Skills
 - ▶ Executing
 - ▶ Staging the Show
 - ▶ Instructor Looking the part
 - ▶ Lighting
 - ▶ Music
 - ▶ Presenting the Class

103

Section 7-Communication

- ▶ New Class Members
- ▶ Eye Contact and Smiles
- ▶ Front Row Scowlers
- ▶ Keeping It Positive
- ▶ Practice
- ▶ Be There
- ▶ Go the Extra Mile
- ▶ Become a Real Person
- ▶ Why do we teach?

104

Questions?

105