



Themes, Templates and Matrixes

Working Smarter not Harder

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I am here to make your lesson planning and client programming a little simpler & more structured. ~~Working~~ Planning smarter, not harder!

Who has spent hours creating lesson plans and client programs, just to do it all over again next week?
Let's free up some of your time and still be able add that WOW factor into your planning.

This session will be broken into three segments:

Themes
Templates
Matrixes

If you have any questions please feel free to ask.



THEMES

A theme allows you to add a WOW factor to your classes, allows for modifications on the fly, and reduces planning time.

TEMPLATES

I love systems and templates! A way of standardizing your programing and freeing up your time.

MATRIXES

Just a fancy name for an exercise library, your personal and special exercise library



“The best (fitness) advice I can give you: Sleep soundly, eat protein and vegetables, drink water, lift things off the ground, put them overhead, and carry them for time and distance.”

Dan John



What is the “WOW” factor?

Have you ever had a workout or exercise routine that you remember for a long time?

A workout or exercise routine that your clients keep bringing up and asking for? Or asking not to bring out again?

The “WOW” factor is a special workout or exercise routine that is remembered. Something that is requested again, looked forward to, or even dreaded! Heh, our industry is special. Give your clients the “WOW” factor now and then and they will stick with you and remember your for a long time.

Do any of you have any examples of WOW workout or routines from your classes or clients?



WOW Factor Example

Near the beginning of the Covid Plague I was teaching a fitness kickboxing class over Zoom and all the participants showed up with 'Smurf Blue' pants/shorts on! From that point on when anyone said “Smurf” it was 5 squats and we all had a Smurfalicious good time and that workout is remembered to this day.

That is how you create a 'Theme' on the fly while adding the WOW factor.

It is also why I do not create 'solid' lesson plans, but rather themes and templates. I need the ability to modify my session plans on the fly. Who hasn't had a client come in and say they just did a big hike or soccer tournament the day before? Well, there goes squat day! You need a backup, fast!


I'm not saying having a solid lesson plan is wrong, just not right for me and I do see where it would be prudent planning to have one.



Themes

A theme allows you to add a WOW factor to your classes, allows for modifications on the fly, and reduces planning time. Now, this is just one way to plan your classes while adding a memorial experience.

Here are a few theme ideas:

- object of the week or day, for example: Medicine Ball week where every class will have a medicine ball focus
 - body part/movement/exercise theme, for example Squatober
 - holidays, help your clients celebrate holidays, birthdays, anniversaries, grand kids, etc really adds that personal touch.
For example a 15th wedding anniversary, all sets are now 15 reps
 - calendar holiday workouts, 12 days of Christmas, Easter egg workout (put exercise names in plastic eggs along with a Hershey Kiss, then pick someone to lead the first exercise and they get to pick the next persons egg
 - Spring shape up, get ready for summer fashion with more than normal mirror muscle exercises to look good in summer fashion
 - Team or partner play/games
 - music theme, by the genre or decade
 - funky outfit, decade or holiday ideas
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Does anybody have any themes they have successfully used?

And yes, recycle/reuse your themes! Either as is or with slight modifications, your clients will love you for this.



“The best workout plan is one your clients will follow”

Jonathan Goodman



Templates

I love systems and templates! A number of my classes run on a solid template, here's my 50+ Strength & Mobility class template:

0-15 minutes, warm-up. This is a fixed warm-up and I dare not change it ~ yes I get yelled at when I try to change the warm-up.

16-30 minutes, standing strength/movement exercises with the equipment of the day. Varying the exercises from session to session

31-45 minutes, floor strength exercises with the equipment of the day. Varying the exercises from session to session.

46-60 minutes, stretching. Once again, this is a fixed stretch routine

The standing and floor strength/movement portions of the workout is where I change up the exercises, the equipment, sometimes for fun & variety and other times for patrons needs.

I also have such systems for TRX, kettlebell, and kickboxing classes. This makes planning so much easier and my clients know what to expect when they arrive. And still leaves room for variation, fun and the “WOW” factor.



Templates

For one-on-one sessions I also use templates and it is not one of those “Internet cookie cutter workouts”. Here is my one-on-one movement pattern template:

push
pull
lift
rotate
carry

When you take a close look at your client list you will find that you generally work with the same portion of the population, either by design or the way it worked out. From here you should already have a number of workouts at the ready using your pattern template for your average clients. For example the majority of my one-on-one clients are:

Female, 30-45, little or no weight room experience
Female, 30-45, home workouts
Female, 30-45, weight room experience



Here's an example of a one-on-one workout using the above template for a female, 30-45, with little or no weight room experience

landmine overhead press

landmine meadows row

lunges

stability ball hamstring curls

pallof press

suitcase carry

Now your exercise selection will vary and is determined by the available equipment, clients goals, trainers knowledge and experience, etc.

Also, I don't always get every movement pattern in my template into every workout, either by planning or just running out of time. I do ensure that my clients get each movement pattern multiple times per week.



Matrix

Just a fancy name for an exercise library, your personal and special exercise library

I'll show you a sample of my exercise matrix and you will need to come up with your own. No, I'm not being lackadaisical about this! We all need to create our own matrix. As we all have different styles, experiences, clients, equipment, etc. we will have different looking matrixes.



Movement Pattern	Base Exercise	Exercise Name	Equipment	YouTube
Lower Body Push	Squat	Ball Squat	Stability Ball	https://www.youtube.com/watch?v=ZeA9Yd2vBXw
		Squat		https://www.youtube.com/watch?v=aQ68BW45jdw
		Goblet Squat	DB or Kettlebell	https://www.youtube.com/watch?v=eZhljs3dn1o
		Landmine Squat	Landmine	https://www.youtube.com/watch?v=_mfORB47xMs
		Back Squat	Barbell	https://www.youtube.com/watch?v=Dy28eq2PjcM&t=60s
	Lunge	Lunge		https://www.youtube.com/watch?v=QOVaHwm-Q6U
		Single DB Lunge	DB or Kettlebell	https://www.youtube.com/watch?v=MNzVmSILsJ8
		Lateral Lunge		https://www.youtube.com/watch?v=ZFMlzD0Q6_I
		TRX Lunge	TRX Lunge	https://www.youtube.com/watch?v=4htPnx0MoC8
		Elevated Lunge	Bench	https://www.youtube.com/watch?v=k_4mFV9mgcQ

Now, how do you organize and use an exercise matrix?

There are as many ways of organizing and using an exercise matrix as there are trainers in this room! Here are a few examples on how you can organize your matrix:

- Movement Pattern (shown in the example)
- Equipment
- Progressions

- Created on a spreadsheet
- Use one of the personal trainer software packages (Trainerize, PT Distinction, QuickCoach, etc)

And here are some examples of how you can use your matrix:

- Simple reference tool
- On hand progression demonstrator
- Cut & Paste for program planning



Any Questions?

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