

12 More, 12 Less!

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Session Overview With time being the biggest perceived obstacle to achieving one's exercise goals, 12 minutes maybe the perfect compromise and jumping off point for interesting workout designs. This no excuses, fast and furious recipe for success uses creative exercise combinations that take only 12 minutes. Whether you add them up or simply do one or two, these combos will provide a fresh and idea filled tool box of workout ideas!

Getting Started Learn how to *first* identify 12 elements to "add" that enhance client experiences and 12 elements to "subtract" that detract from effective programming. Next, we will discuss how to streamline class formats, increase participant engagement, and optimize instructor delivery. Last, put together three blocks of moves using the power of a dozen.

Key Concepts 12 More Elements, 12 Less Elements, 12 Minutes or 2 Moves

12 "More" Elements

Adding value to workouts can lead to increased client satisfaction, improved outcomes, and higher class retention. This portion explores elements to enhance classes with:

1. More Variety in Movement Patterns

Incorporate multiple planes of motion and multi-joint exercises to improve functional strength and range of motion.

2. More Purposeful Cueing

Use precise, motivational cues tailored to individuals' needs, improving technique, safety, and engagement.

3. More Mind-Body Connection

Introduce mindful elements, like breathwork and body awareness, that boost concentration and reduce stress.

4. More Recovery Time

Allocate sufficient time for recovery within and between sets, aligning with research supporting muscle repair and mental readiness.

5. More Functional and Core Strength

Add exercises like planks, anti-rotation movements, and compound lifts to build stability and resilience.

6. More Progressive Overload Techniques

Gradually increase intensity, reps, or weights to challenge participants safely over time, fostering consistent progress.

7. More Customization Options

Offer modifications and progressions, making workouts adaptable for varying fitness levels and mobility limitations.

8. More Team-Building Exercises

Incorporate partner and group drills to foster a sense of community and motivation among participants.

9. More Emphasis on Technique

Prioritize form over volume, allowing participants to gain maximum benefit while minimizing injury risk.

10. More Interval Training Variety

Introduce different formats, such as Tabata or EMOM, to keep the workout fresh and participants engaged.

11. More Integration of Balance and Flexibility

Add balance-focused exercises and stretches to improve functional performance and reduce injury risk.

12. More Fun and Playfulness

Incorporate gamified elements to enhance enjoyment, such as challenges, mini-competitions, or themed music.

12 "Less" Elements

Removing certain elements can streamline classes, reduce distractions, and promote a more focused and effective environment:

1. Less Emphasis on Perfection

Shift the focus from “perfect” form to functional, safe movement to reduce participant self-criticism and increase enjoyment.

2. Less Downtime

Minimize idle time during transitions between exercises, keeping energy levels high and maximizing time efficiency.

3. Less Overuse of Equipment

Simplify class setups by reducing the number of different pieces of equipment, focusing on versatile tools like dumbbells or bands.

4. Less Fixed Routines

Avoid repetitive or overly structured formats that lead to monotony; encourage adaptable, evolving programming.

5. Less Distraction from Over-Cueing

Avoid excessive verbal cues that can overwhelm participants; opt for concise, clear instructions instead.

6. Less Impact on Joints

Limit high-impact moves, especially for beginners, focusing on joint-friendly exercises to improve accessibility.

7. Less Cardio Overload

Balance cardio and strength segments to prevent burnout and optimize metabolic outcomes without over-taxing participants.

8. Less Focus on Time Limits

Move away from rigid time structures when possible, allowing participants to focus on quality over speed.

9. Less Neglect of Mobility

Address joint range of motion in warm-ups and cool-downs, emphasizing flexibility and reducing stiffness.

10. Less Complex Choreography

Simplify movements so participants focus on effort and intensity rather than coordination challenges.

11. Less Negative Self-Talk

Foster a positive class environment where instructors encourage progress rather than focus on limitations.

12. Less Competition

Emphasize personal goals over competition, allowing participants to feel successful regardless of others' performance.

Research Highlights

- **Variety and Engagement:** A study by the American Council on Exercise found that diverse and adaptable programs improve adherence in group settings.
- **Mindful Recovery:** Research in *Sports Medicine* shows that adequate rest within workouts reduces risk of overuse injuries and enhances performance outcomes.
- **Community in Group Fitness:** Social support has been shown to improve motivation and consistency in fitness settings, enhancing participant satisfaction.

Additional Programming Ideas

Functional Circuit

- Design a circuit incorporating squats, push-ups, lunges, and balance exercises. Use light weights and body weight to keep it accessible, with options for progression.

Mindfulness-Enhanced Intervals

- Between high-intensity intervals, include 30-second breathwork segments to promote recovery and focus.

Gamified Partner Drills

- Pair participants for quick competitive or cooperative drills, such as passing a medicine ball or counting repetitions in sync.

Inclusive Challenge Options

- Provide “choose-your-own-challenge” moments, where participants select their preferred intensity or exercise type within the circuit.

End-of-Session Stretch and Reflection

- Incorporate a guided cool-down that emphasizes stretching and reflection, allowing participants to set personal goals or recognize progress.

In Summary:

- Incorporating the "12 More, 12 Less" principles can revitalize fitness programming, making classes more engaging, accessible, and efficient.
- By focusing on what enhances versus detracts from the client experience, instructors can design sessions that are motivating, effective, and inclusive.

Perceived Obstacles: Time **Industry Trends:** Shorter Workouts **In-Class Experience:** 12 Moves

In it to Win It!

1. Lunge forward, squat side, double step touch
2. 4 step touches into timed shuffles
3. Step touch into side leg lift
4. X-Body Pull; oblique focus; circle the arms
5. Pistol Squat (heel tap), knee lift, press away
6. Runners lunge, knee up, touch down, repeater knees to finish (repeat 3-6)
7. Hinge (both feet, hands behind head, good morning), single leg + reach
8. Walk out: Dead Stop Push Up (option from knees)
9. Crunch into a Glut Bridge
10. Froggy Lift
11. Elbow Crunch

Here we Go, Go, Go!

1. Light jog into football feet (1,2 hold)
2. Squat to touch down; add variations
3. X jacks, march 8
4. Lateral lunges into calf raise + power hop Repeat
5. Low squat jacks
6. Hinge to balance
7. Walk out into bear walk
8. Plank row
9. Side lying clam, to reach + extensions
10. Side lying triceps push up
11. Ab set

Tick Tock Let's Rock!

1. Duck Walk forward to stand and duck walk back
2. Step touch into skaters
3. Lunges forward & reverse + curtsy x 2
4. Hinge, walk out into push up
5. Kneeling push up; walk hands together
6. Superhero into extensions
7. Scapular retractions; single arm variation
8. Bow and Arrow
9. Back contractions (kneeling)
10. Bridge walk outs
11. Cross-warding abs, leg extend and lift

Thank you!!