

Move Better,
Teach Better:
Unlock Mobility for
Group Fitness
Programming

Chad Benson, MSc, CSCS



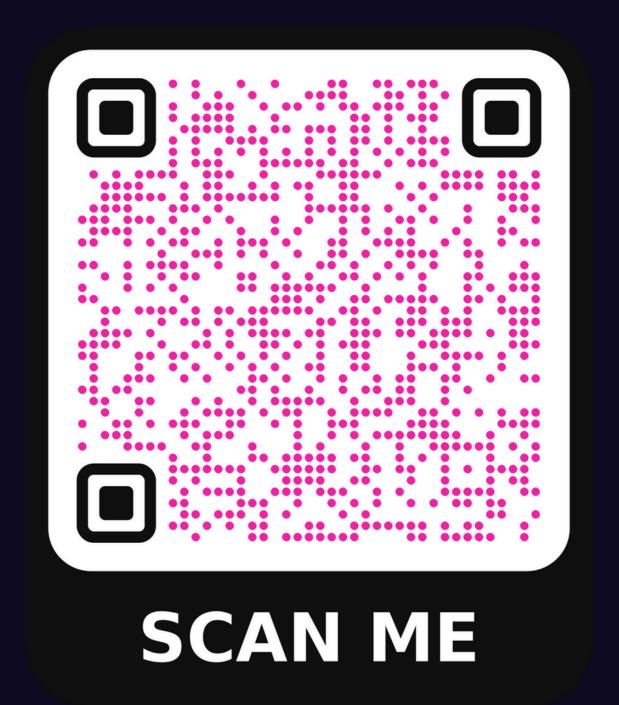






FREE Assessable Warm-ups Seminar

PRESENTED BY CHAD BENSON, PTAcademy.ca



My



Journey





















CanFitPro Data

WHAT DEMOGRAPHIC DO YOU OFFER YOUR HEALTH AND FITNESS SERVICES TO?

GENERATION X (43-58)

14%

WOMEN

13%

BABY BOOMERS (59-77)

13%

MILLENIAL (27-42)

12%

MEN

11%

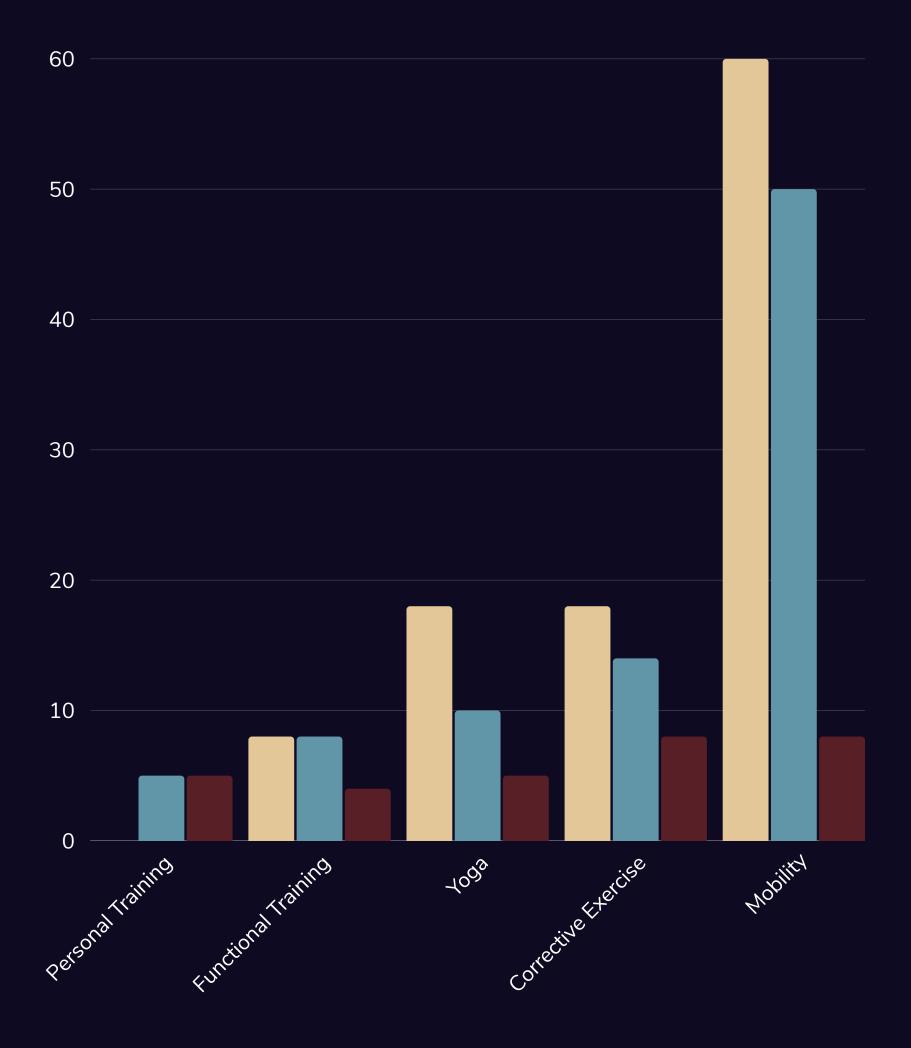
GENERATION Z (13-26)

8%



Santino Pompeo, Divisional Manager of Personal Training at GoodLife Fitness believes more people are aware now that recovery-focused training and technology can help you feel better, with less soreness,

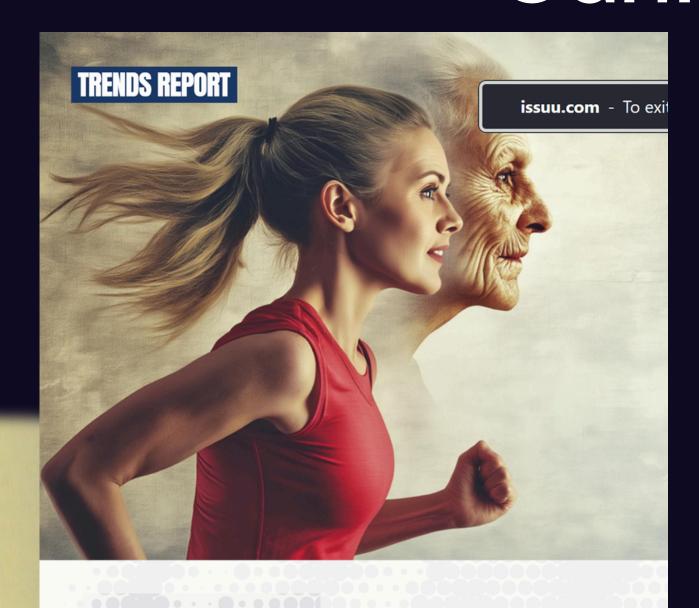




CanFitPro Trends



CanFitPro Trends



ACTIVE AGING AGE STRONGER, LIVE LONGER

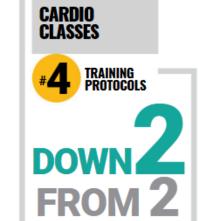
STRIVING FOR FITNESS AND HEALTH,
ACTIVE AGING WILL DOMINATE IN THE
COMING YEARS. THE KEY WILL BE
PROPER ASSESSMENTS OF THE BODY'S
COMPLEX SYSTEMS TO GUIDE EFFECTIVE
TRAINING, AND LEVERAGING AI WILL BE A
GAMECHANGER FOR ACHIEVING FITNESS
GOALS.

DR. KEN KINAKIN, DC, FOUNDER OF SWIS

AS FITNESS PROFESSIONALS, WE MUST PRIORITIZE EDUCATION AND INTENTIONAL PROGRAMMING, BECOMING THE TRUSTED VOICE IN AN INDUSTRY FLOODED WITH MISINFORMATION. WE HAVE THE POWER TO BE THE CHANGE, BUT IT TAKES DEDICATION AND A COMMITMENT TO SAFER, FUNCTIONAL TRAINING FOR ALL.

LESLEE BENDER, OWNER OF AGELESS MOVEMENT ACADEMY, CANFITPRO DELEGATES' CHOICE SPECIALTY PRESENTER OF THE YEAR 2024















REGAP

More Key Trends Supporting the Top 5!

MENTAL HEALTH

MENTAL HEALTH & WELLNESS

HEALTH & FITNESS EDUCATION

MIND BODY PROGRAMS

#

TRAINING PROTOCOLS/ PROGRAMS

ACTIVE AGING

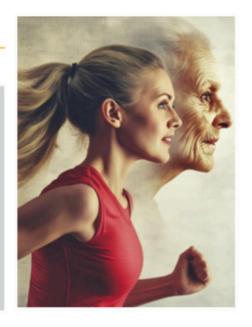
BALANCE AND STABILITY EQUIPMENT

##

EQUIPMENT OFFERINGS

OLDER ADULT EDUCATION

TRAINING PROTOCOLS/PROGRAMS



GROUP FITNESS

GROUP FITNESS
CLASSES/
PROGRAMS

#

FACILITY SERVICES

GROUP FITNESS/ EXERCISE INSTRUCTORS

BUSINESS OPERATOR HIRING NEEDS



FUNCTIONAL FITNESS



STRENGTH AND CONDITIONING PROGRAMS

TRAINING PROTOCOLS/PROGRAMS

FUNCTIONAL RESISTANCE TRAINING

TRAINING

TRAINING PROTOCOLS/ PROGRAMS

PERSONAL TRAINING



PERSONAL TRAINERS

#
BUSINESS OPERATOR HIRING NEEDS

PERSONAL TRAINING STUDIOS

#
FACILITY SERVICES

Rethinking Mobility Opportunities

Considerations

```
S-trengths
```

W-eaknesses

O-pportunties

T-hreats

- Staff mindset / philosophical shift
- Have a system
- Demographics / avatar
- Paid or Included
- PT program & alignment
- Likes & dislikes of members

Class Vs Culture (care = trust)





Instructor Mentorship & Action

Expert cuing Injecting mobility exercises into the classes Vigilance (circulating the class)

Facility Based Mentorship & Brand

Branded mobility classes on schedule
Hiring & renumeration practices
Weaving corrective mobility & assessment into class
Hosting & providing discounts on certifications
Mandatory instructor led staff meetings



MovBetter Philosophy

- Create a safe space to move in
- Build resilience and strength
- Improve adaptability & athleticism
- Do no harm

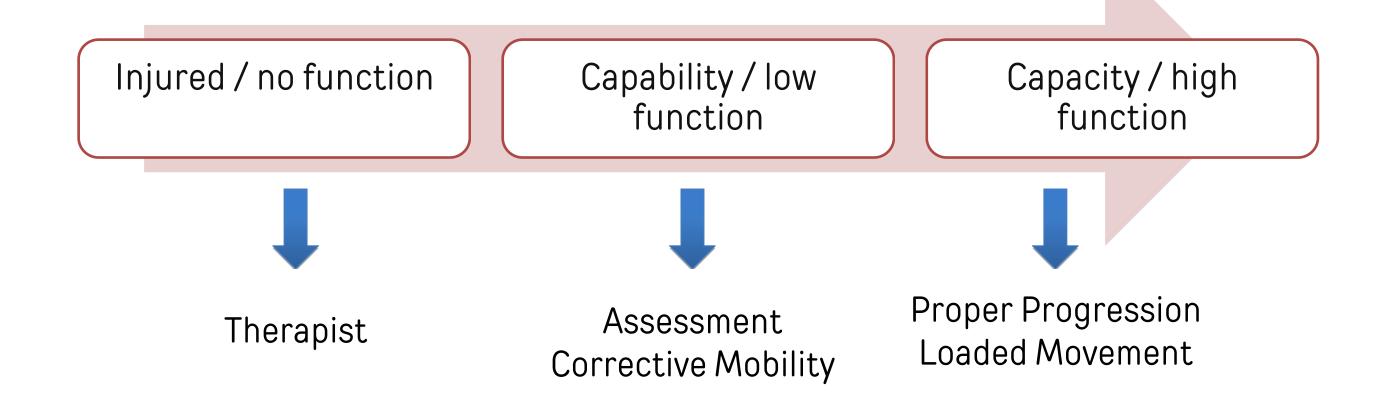


Train Movement Not Muscle

Movement Inventory

Dominant Body Sector	Fundamental Movement Ability / Skill				
	Bridge (A)				
0 (0)	Plank / Crawl				
Core (C)	Side Plank (A)				
	Carry				
	Hinge				
	Squat (A)				
Lower (L)	Stepover (A)				
	Lunge / Split Squat				
	Hang (A)				
Upper (U)	Push				
	Pull				
	Lift / Chop				

Meet Members Where They Are At: Functional Training Continuum??



If You're Not Assessing, You're Guessing?

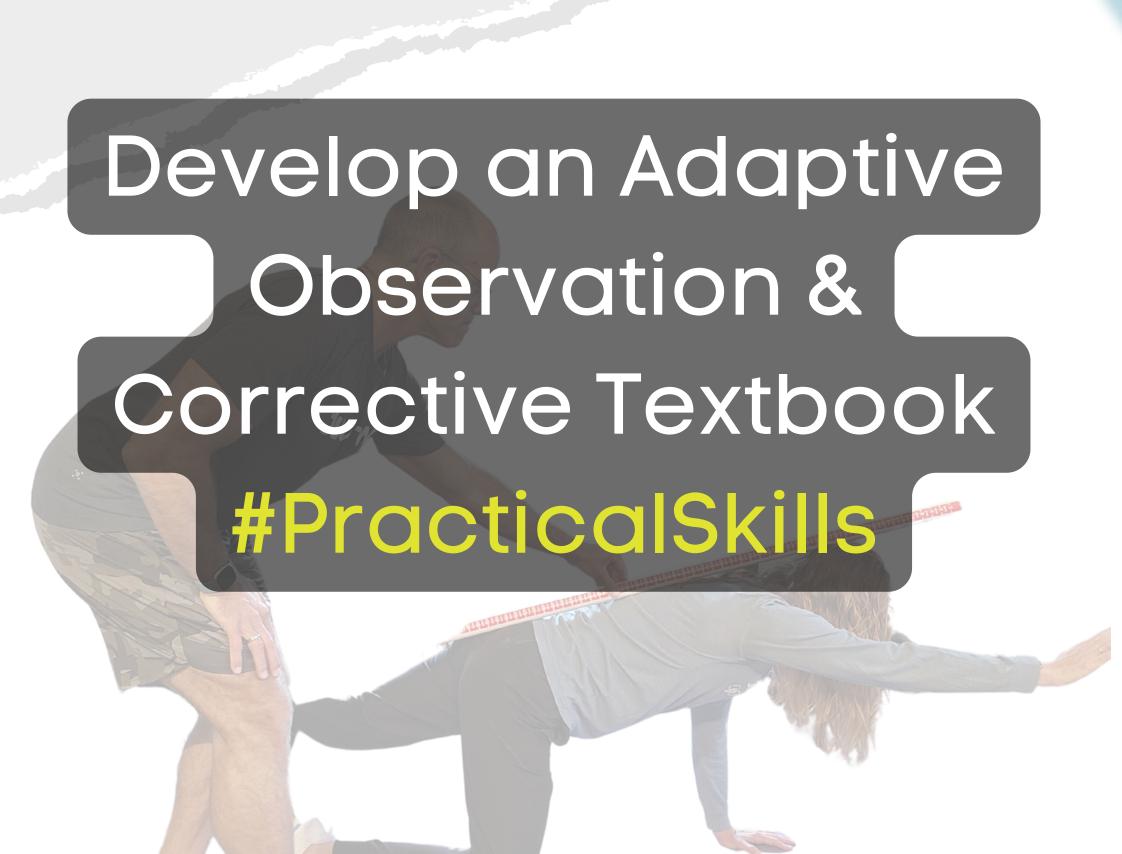
Rethinking Mobility Opportunities

Know Your Participant

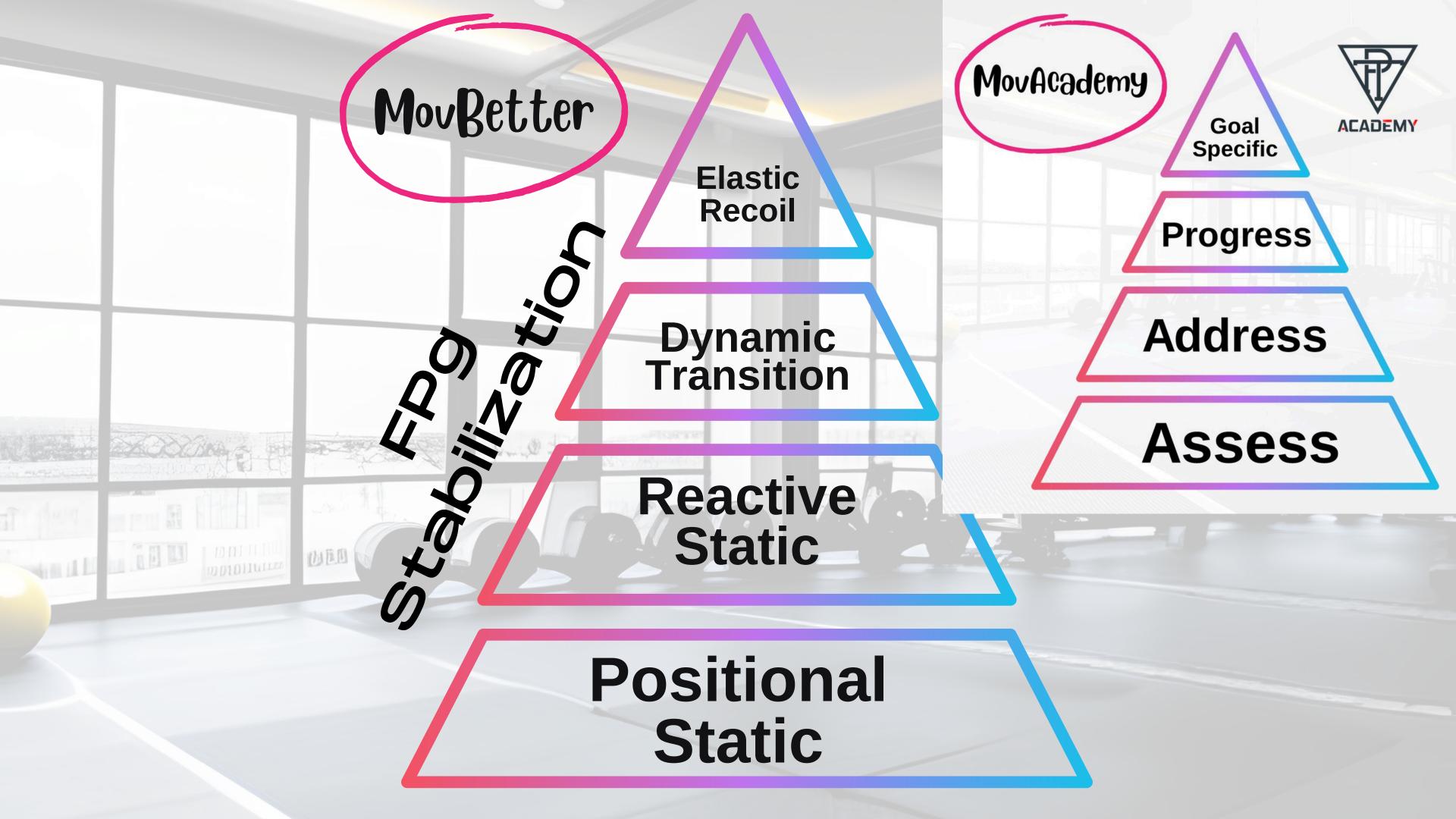
High Function
MovAthletically

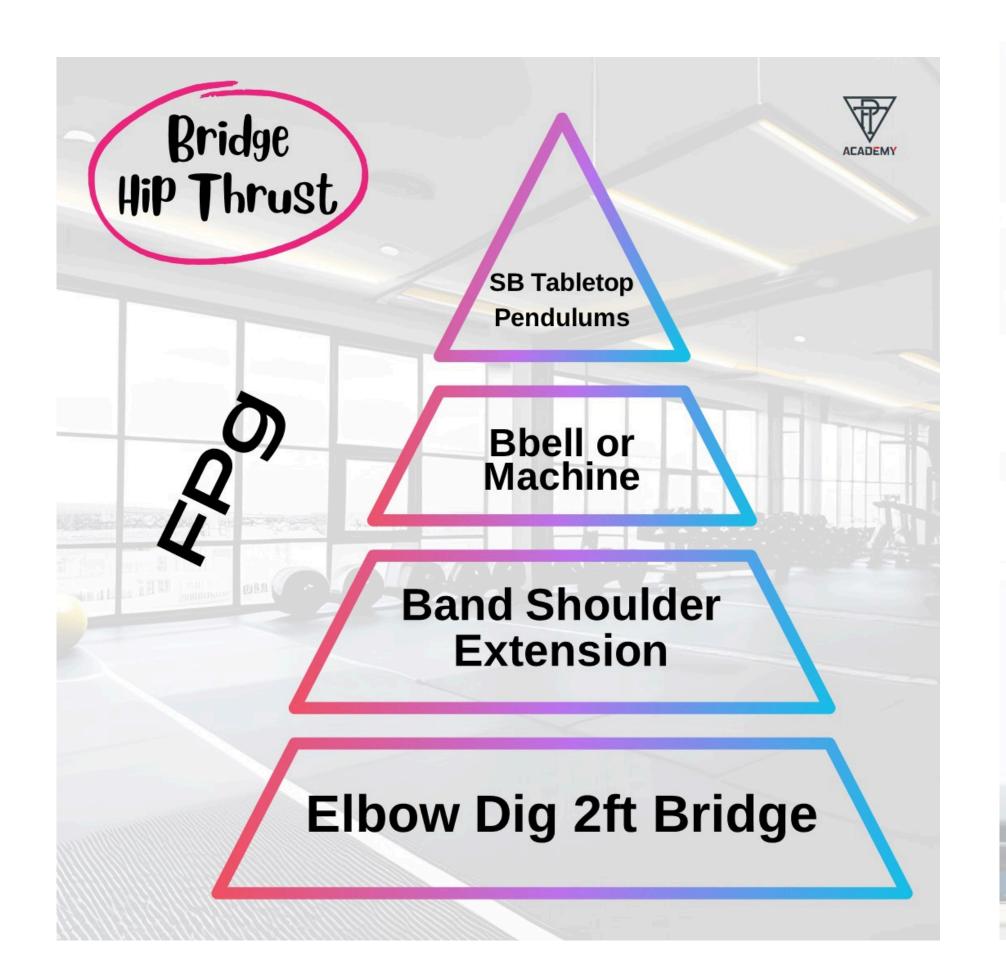
Moderate Function
MovStrong

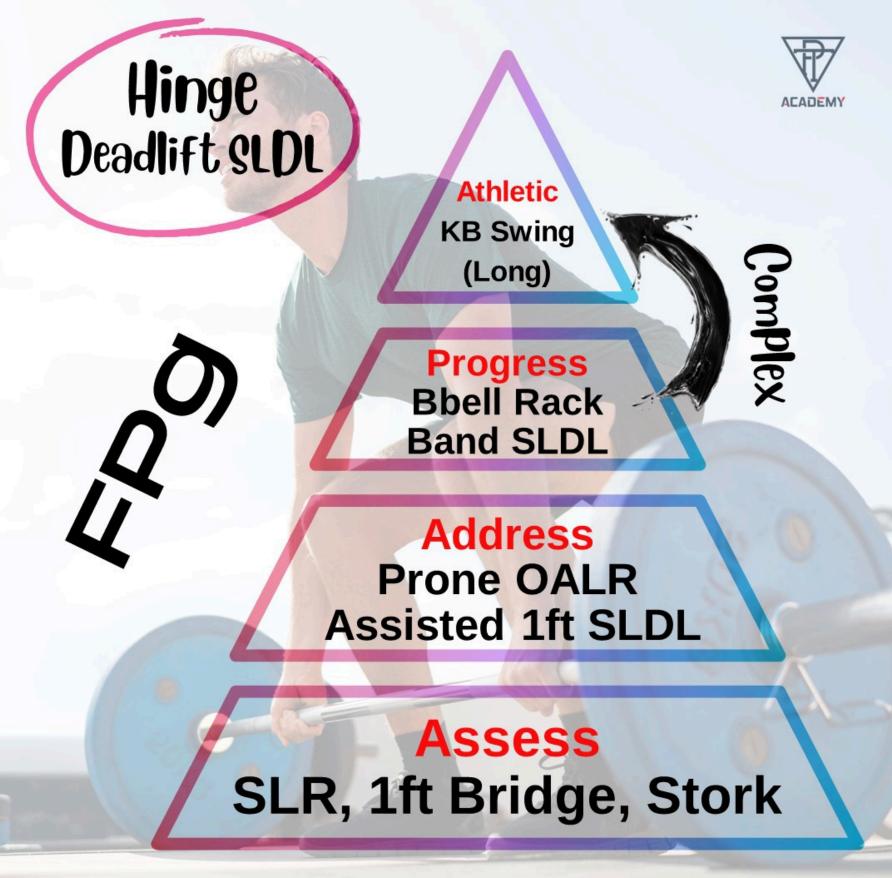
Low Function
MovBetter











Programming Considerations

Level - Format - Goals - Style (equip) - Class Name

Gp Fitness Schedule

Level

MovBetter (low function)

Pre class / bolt on

Stand alone



MindBody

Meditation

Bodypart specific

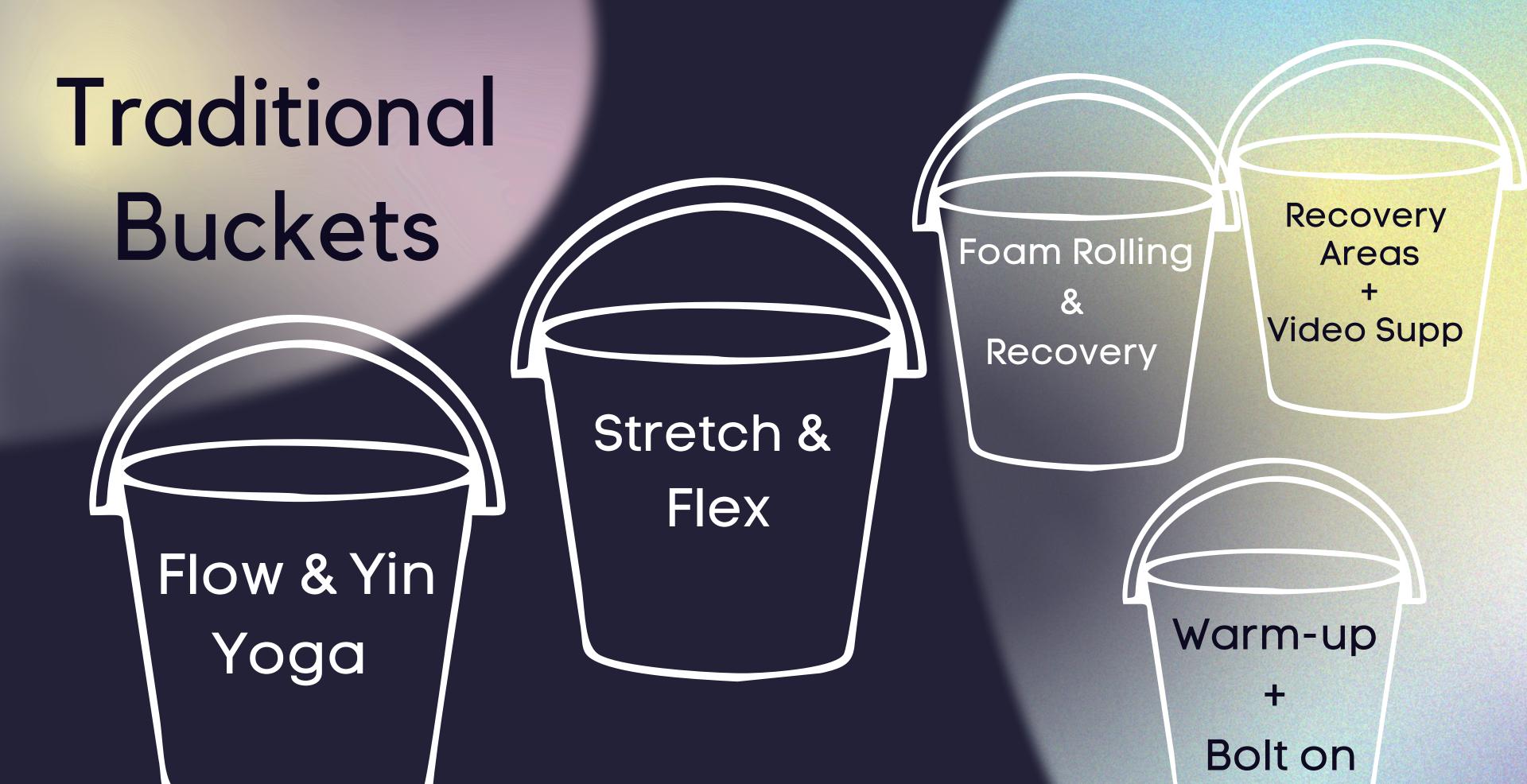
Trend specific

Recovery

Style & Av

Style & Av

Style & Av



Mobility Method Integration

P2P Strategy = Mobility Around Stability

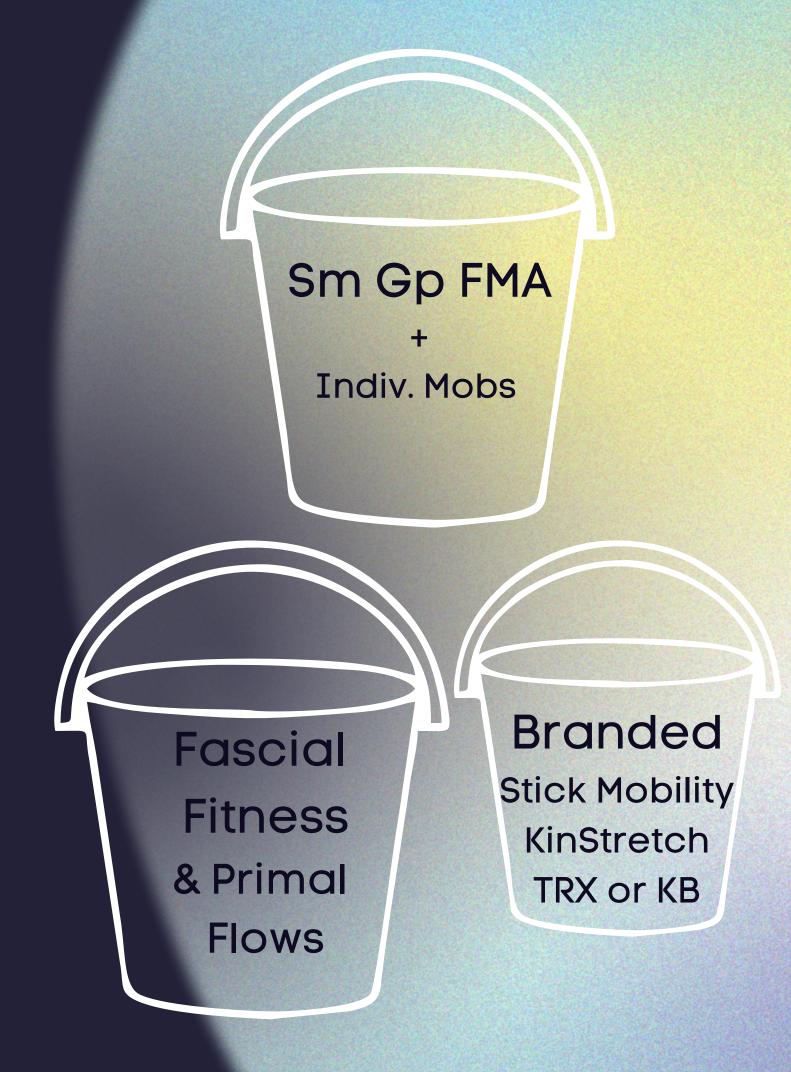
- 1. Foam rolling & vibration
 - Bolt-on or stand alone myofascial compression formats
 - Recovery space or lounge
- 2. Stretch
 - Bolt-on or stand alone class formats
 - Workins
 - Dynamic warm-ups
- 3. Strengthen
 - Corrective mobility as active recovery
 - Hide assessments into warm-up / corrective mob. section
 - Well progressed functional movement inventory



Non Traditional Buckets



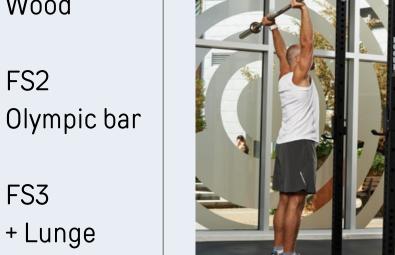




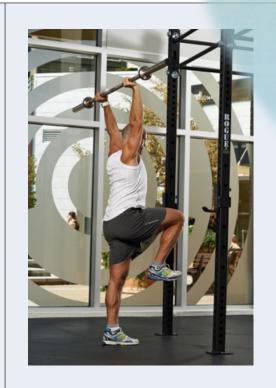
BBell Overhead March March Freeze

FS1 Wood

FS2 Olympic bar







Progress Load & Complexity

+ Rotation

FS3

Dead Bug

Progress

Supine Lying Single Leg Clam & Leg **Extension**



Non moving thigh must remain 90' to torso & not abd. Extending leg toes flex at end of ext.

BOSU DB Dead Bug



Chin Tucks, C of G aligned over middle of BOSU. Aim for full ext or regress.

DB Fly & Alt Leg Lower



Ensure wrist & elbow in same line, avoid low back arching for all moves in this series.

Anterior **Functional** Lines

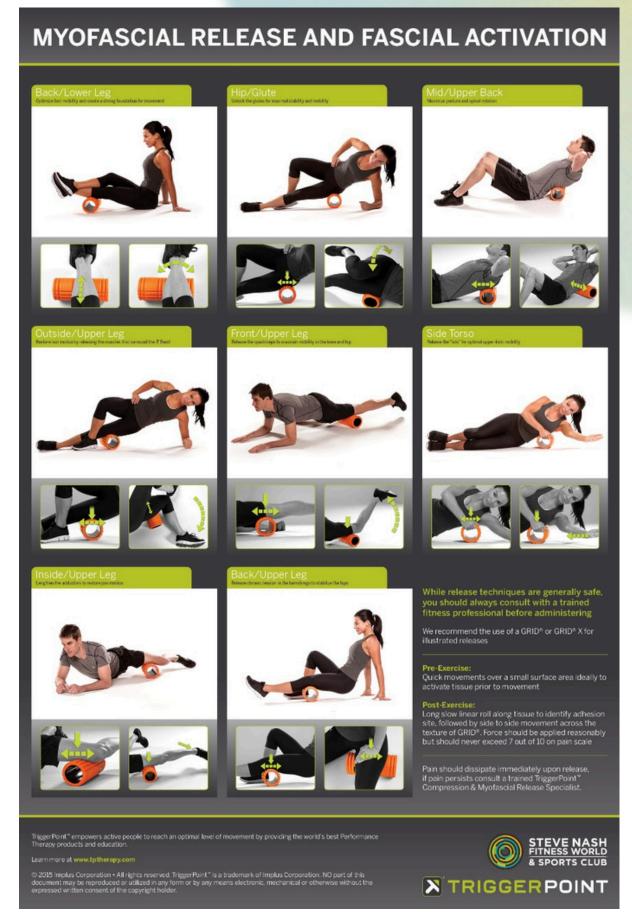
Mob Stab Load Complexity

As Pictured

Fascial Burpee Fascial Speed Rest Int. Volume Spend more time in Up than Down, screw elbows toward each	Pike Walk w Push-up Focus on pulling legs towards chest on walk in, brace core pre push-up	KB / MB Elevated Burpee Keep arms long, load hips into floor, squeeze glutes & extend hips fully on jump
-----------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

Pre Class - myofascial compression & glide

- Self myofascial compression using specialized movements over top of painful trigger points and muscles w restricted range of motion
 - Compression: signals to nervous to down regulate pain signals. Release of compression increases blow flow to the area
 - Vibration: stimulates the muscle spindles
 & upregulates both blood flow and nervous system activation
 - Pin & Move: cross friction, pulling, pivots & spanning techniques. These can be additionally learned during the TP & RAD courses







Superband Hip Mobilization



•While the flexibility with mobilization techniques illustrated are generally safe, you should always consult with a trained fitness or rehab professional before self administration.

•Various tools & procedures can affectively help improve flexibility, the recommended procedure is trigger or myofascial release before performing flexibility.

•Most people are muscle imbalanced. Rebalancing protocols should emphasize the tight side 2x as much as the less tight side.

•Pre exercise: move in and out of the stretch - never hold a stretch for more than a few seconds. Dynamic movements are preferred over static long held stretches pre exercise.

•Post exercise: perform multiple 5s contract and relax pulsing movements with a variety of small directional changes (explore the tissue and movement restrictions. the total time per movement is highly individual but should be a min total of 1–2 min.

•Listen to your body, but it is generally safe to perform flexibility work 4-5days a week after intense / repetitive exercise. If pain is felt during, or increases after application, immediately stop and consult with a rehab professional. If flexibility does not improve after using these techniques diligently for 4 weeks, stop and consult.







Pigeon Glute

High Pigeon

Kneeling Hip Flexor







Kneeling Heel To Butt wRotation



Captain Morgan – Long Adductors



Down Dog / Pike Walk

All Fascial Lines: Full-body P2P

Mobility / Stretch/Stab

MFC: based on FMA or Feeling

P2P1:

https://youtu.be/tfXTzZ8ulwQ





Prepair2Perform



Functional Lines





Assessments: Side Lying Crossover (mobility) Rotation Bird Dog (stability)









P2P1: Bow & Arrow + Neutral Bird Dog & or Si2Si Bent Knee Drops













Controlled Speed MB Fig 8 + Shifting Sumo w Rotation Reach

Fullbody



Assessment(s): Overhead Squat (mobility & stability)



P2P1: TRX Assisted Overhead Squat + Neutral Dowling Hinge







P2P2: Split Kneel Overhead FRC + Band Resisted Postural Shift or Alt Arm Lifts



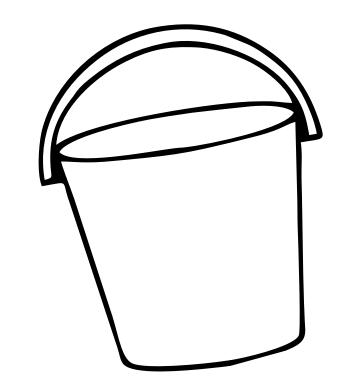


P2P3: Dowling March March Freeze + Bulgarian Bag Pulse Drop

- The recommended procedure is TriggerPoint™ or self myofascial release (SMR) before performing P2P 1-3 corrective flexibility.
 TP & SMR are required less frequently during Ph 2-3
- 2. Most people lack fascial line symmetry. Perform mobility exercises on the tighter side 2x as much as the other. Perform stability
- If it is a Stability test like the Bird Dog or Bridge, the P2P involves increasing mobility over neutral joint stability. Stability is
 challenged the lever length, load or complexity. For ex. If the hips shift sideways during Bird Dog, simplify the movement (i.e. lift
 larm or leg while maintaining a neutral spine, then add complexity (i.e. leg & arm) or load (i.e. light weights).
- Although clients are recommended to perform all fascial phases, those who have minor movement errors, near symmetrical
 movement and only small ROM decrements can begin at P2P2. If an athlete of the same condition P2P3 may be an option.
- 5. It is generally safe to perform P2P1-2 3-5 days a week before exercise. P2P3 is performed prior to high function training. If pain is felt during, or increases after application, immediately stop and consult with a rehab professional or fascial stretch therapist. If flexibility does not improve after using these techniques diligently for 4 weeks, stop and consult.

Create Schedule (Weekly)

		AM / Mid / PM1	AM / Mid / PM2	AM / Mid / PM3	AM / Mid / PM4	AM / Mid / PM5	▼ AM / Mid / PM6	AM / Mid / PM7
MovAthletically (corrective,	C:							
health, performance, recovery)	H:							
	P:							
	R:							
MovStrong (corrective, health,	C:							
performance, recovery)	H:							
	P:							
	R:							
MovBetter (corrective, health,	C:							
performance, recovery)	H:							
	P:							
	R:							







Mobility Class Programming (Integrated)

- Choose 1 or 2 from each Phase
- All should follow proper progression & managed vigilantly
- progression & managed vigilantly
- 30 or 60 min format

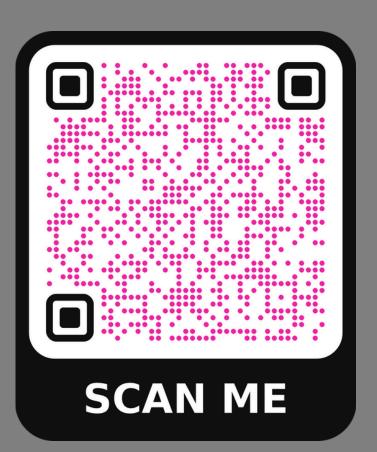
3 Days / Week	Program Var.	Sets / Reps		Tempo
	MFC	1-2 gen 1-2spec.	30s per area 4-6 reps / area	1 inch per sec (ish) 3-4s reps
Tissue Extensibility	Corrective Movement Prep / Mobility	2-3	12-16 reps or 6-8/si	2-5s eROM holds Progress to flow
(5-8 min)	Dynamic Warm-up	2-3	10-15 reps or 5 m	Slowly increase speed & ROM
Phase 2	Core & Shape Stability (loaded without fatigue)	2	20-60s (can be reps)	Control or resist lengthening (anti)
Stability & Tensile Force Focus	Balance (proprioception without fatigue)	2	20–30s (can be reps)	Control joint alignment (varies)
(10–12 min)	Fascial / Elastic Recoil	2	10-20 per	Controlled Elastic Recoil or Tendon Protocols

Mobility Class Programming (Integrated)

- Choose 1 or 2 from each Phase
- All should follow proper progression & managed vigilantly
- 30 or 60 min format

3 Days / Week	Program Var.	Sets /	Reps	Tempo
Phase 3: Resisted Movement Inventory (10–20 min)	Movement Inventory Progressions	2-3	6-12	2-1-1 (sample of control)
	P2P / Corrective Active Recovery	2 2	5-6 10-12/si	1-5-1 1-1-1
	Loaded Movement Training	2-3	6-12/si	1-0-1 (sample of control)
Phase 4:	Dynamic Stretching / Calisthentics	1	4-6/si	1 breath cycle / rep
Recovery (5–8 min)	MFC (rolling or melting hold)	1	30s per area	1 inch per sec (ish)
	Static Stretch	1	30s per stretch	Hold

Sample Programming (Integrated Warm-up)



Movement Check Points & Corrective Warm-up Sequence (choose 2 or 3 assessments)

MovBetter Assessable Warm-ups - Scan

Upper (1-2 sec pause at end ROM)

- 1. Check Pt: Tall Kneel Back Scratch
- 2. Check Pt: Prone Y Arm Lift
- Opposite Arm & Leg Lifts (x6/si)
- 3. Check Pt: Side Lying Active Spinal Rotation (x6/si)
- Bretzel 1 Shoulder Rolls (x8/si)
- Tall Kneel Back Scratch (x6/si: no pain only)
- All Fours Wrist Pull Apart (x6/si)

 CIN: Tall Kneel Back Scratch (improved?)

 ++++ Day 2++++
- 4. Check Pt: Tall Kneel Side Bend (x6/si)
- 5 Check Pt: Kneeling Side Plank
- Side Bending Child's Pose 10 & 2 (x4/si)
- Kneeling Side Plank w Clam (x6/si)

CIn: Side Bend (improved?)

Lower (1–2 sec pause at end ROM)

- 1. Check Pt: Active Knee to Chest (K2C)
- 2. Check Pt: Straight Leg Raise (SLR)
- Alternating Knee to Chest Grabs (x6/si)
- Supine Core Pullover Straight Leg Raise or Dead Bug (x6/si)
- Side Lying Reach & Rotate (x6/si)

CIN: K2C or SLR (improved?)

++++ Day 2++++

- 3. Check Pt: Ankle Mobility (x8/si)
- 4. Check Pt: Hands on Hip Squat (x4/angle)
- Rear Foot Banded Staggered Squat (x8/si)

<u>C^{In}:</u> Squat or Ankle (improved?)

How to P-repair Participants

Ways to enhance current fitness class models.

- 1. Have a culture & system of integration
- 2. Introduce specific mobility / movement inventory education / seminars.
- 3. Use PT's & Kinesiologist for non choreographed classess.
- 4. Create class specific resources for participants to follow (self-directed).
- 5. Introduction of mobility Rx as part of the corrective prep / core ACTivation, or individualized P2P recovery exercises between sets of Resistance exercise.
- 6. Specific Corrective & Dynamic ROM exercises Pre & Post Class, (i.e. Balanced Flexibility formats)
- 7. Engaged instructor error detection, movement management & modification of exercise prescription via effective coaching.
- 8. Do not progress unnecessarily. Unless your client is can perform the assessments or associated movements well (ability).

Best Practices - Adding Mobility to Gp Fitness

- 1. **Communicate & Demonstrate.** Clearly explain each exercise, visually showing proper technique as well as key forms of mechanical breakdown to be aware of.
- 2. **Correct exercise technique** early and as often as required to ensure proper form, coordination, & stability of transitional posture.
- 3. When offering correction always watch for a compensations up or down the kinectic chain / adjacent joints (i.e. path of the least resistance).
- 4. **Killers of Function.** Ensure individual movements are pain free through a full ROM before adding velocity, load, fatigue or complexity (i.e. sequencing or travelling)
- **5. DO NO HARM**

Upcoming Courses

Biomechanics Unlocked Jan 31 & Feb 7



BIOMECHANICS UNLOCKED:

GAIT & TRANSFERABLE STRENGTH

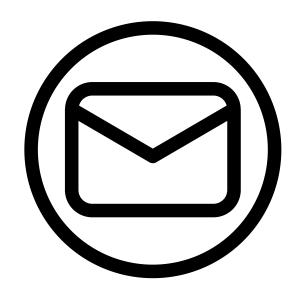






Session Title & Link	https://www.ptacademy.ca/product/excelerated-pts- personal-training-certification/
Date & Time	Personal Training Certification Nov 14th - Dec 6th
Location (Hybrid)	Club 16 Richmond + Zoom Labs
Instructor(s)	Chad Benson + Industry Experts
CEC's	Min of 40 Contact Hr
Price & Promo Code	Code: PTA 200





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