



Effective Exercise Program Design

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Objectives

1. How to build a program that addresses our clients (boxers) needs on a group level as well as an individual level.
2. Have the ability to modify progressively or regressively at a moments notice.
3. Determine whether an exercise is beneficial for the group and/or client.

WHAT IS EFFECTIVE PROGRAM DESIGN?

*“Effective programming maintains a close interaction between **science**, **yourself** and the **client’s** needs. It goes beyond activities...”*

Douglas S. Brooks

– author of “Foundations of Effective Program Design”

KEY ELEMENTS OF EFFECTIVE DESIGN

1. Boxer's needs are primary
2. Look, listen, evaluate constantly
3. Dynamic, versatile process... progression and regression
4. Encourage open communication with boxers
5. Teaches the *purpose of the exercise*
6. Provides educated coaches who aspire to continue developing... NEVER STOP LEARNING!!!

WHY USE *PROGRAM DESIGN*?

1. Helps coaches define the GOAL

- What should boxers focus on and accomplish today?

WHY PROGRAM DESIGN?

2. ACCOUNTABILITY FOR COACHES

- Will this work for all boxers? (Progressions/Regressions?)
- Will boxers use good mechanics and techniques?
- Will coaches be able to teach/cue/correct/educate?
- Does the room layout work? Is it safe?

WHY PROGRAM DESIGN?

3. Allows for PROGRAM REVIEW

- What worked? (style vs exercise)
- What to repeat?
- What needs more instruction?
- How can I improve the routine?

REMEMBER THE WHY



1. Define the GOAL
2. ACCOUNTABILITY for Coaches (Safety for Participants)
3. Allows for PROGRAM REVIEW

WRITE your plan. WORK your plan. KEEP RECORDS!

PLANS = CALM. AVOID LAST-MINUTE CHAOS!

HOW TO WRITE EFFECTIVE PROGRAMS

Initial assessment should include:

- ✓ medical health history
- ✓ family history
- ✓ previous exercise history
- ✓ known deficiencies/inabilities
- ✓ any other concerns
- ✓ IMPORTANT: Ask the boxer to share their “*story*”

HOW TO WRITE EFFECTIVE PROGRAMS

5 components of fitness for each class:

1. Cardiovascular endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body Composition

ALSO:

- ✓ stability/balance training
- ✓ cognitive/mental focus
- ✓ speed/agility

COMPONENTS DEFINITIONS

1. Cardiovascular endurance

- The ability of the body to give oxygen and nutrients and remove waste products to and from the body cells over periods of time

2. Muscular strength

- The ability of the muscles to exert a single-maximal force to overcome resistance

3. Muscular endurance

- The ability of the muscles to maintain continuous force over a period of time. Body composition - body fat to body ratio

4. Flexibility

- Range of motion at the joint

5. Body Composition

- Body Fat to Body Ratio

MULTI-JOINT EXERCISES

Multi-Joint exercises bend and extend more than one joint, requiring many muscles to not only move but to stabilize and control the body.

Each class should include exercises that are multi-joint:



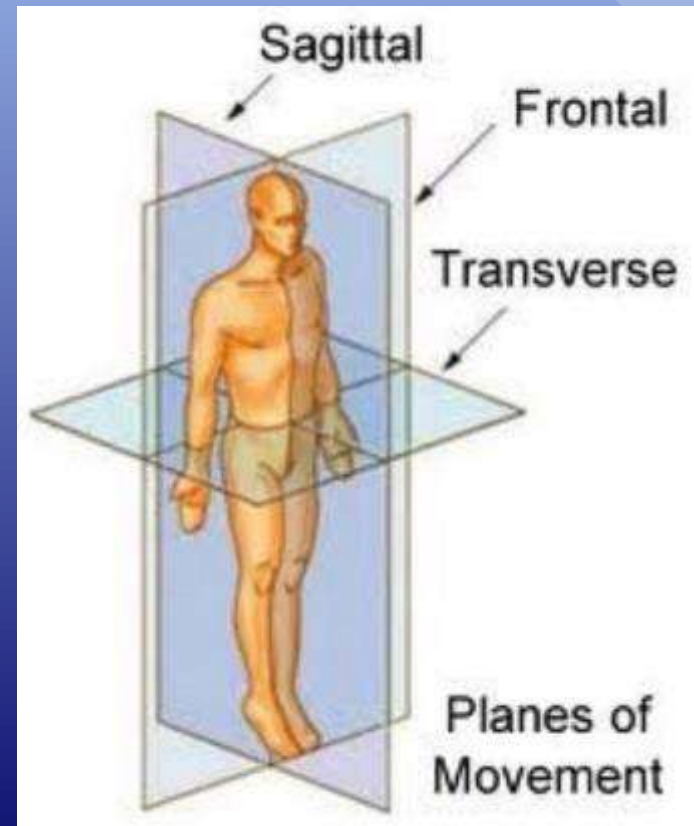
MULTI-JOINT EXERCISE EXAMPLE



THREE PLANES OF MOVEMENT

Each class should include exercises that use the three planes of movement:

1. Frontal
2. Sagittal
3. Transverse



2 PRIORITIES: PERSONAL and CLASS NEEDS

PERSONAL Needs/Skills AND CLASS Needs/Skills

- What are the common issues?
- What exercises are time and physically-efficient for the group's skill level?
- Which exercises may be contra-indicated?

Seek Advise From Advisory Team

RISKY BUSINESS

CRUNCHES...

One exercise I NEVER give my boxers or clients!



- ✓ Risk of vertebral fractures
- ✓ Forward flexion is counterproductive for posture
- ✓ Head/neck management issues
- ✓ Floor abdominal work is usually non-functional

SAFETY BUSINESS

Safe Core Exercises

- ✓ Planks
- ✓ Side Planks
- ✓ Iso-tube Exercises
- ✓ Farmer's Walk
- ✓ And many more that are functional
 - Requires the spine to **stabilize**, not **bend**
 - Engaging muscles the way one might need to get off the floor

CHARTING / PLANNING TOOLS

Customized tool for Charting
and Planning.

CLASS: _____ DATE: _____

ROCK STEADY BOXING

WARM-UP

- ☐ Breathing _____
- ☐ Gait, _____
- ☐ Flexibility _____
- ☐ Cardio (Speed, Agility) _____
- ☐ Posture / Core Strength (Body Weight Exercises) _____
- ☐ Balance _____
- ☐ Cognitive _____
- ☐ Combinations
 - ☐ Gait, Vocal Projection, Posture _____
 - ☐ Gait, Speed, Flexibility _____
 - ☐ Fall Prevention, Cardio, Posture, Balance _____

Routine: _____ Time: _____

- ☐ Gait, Fall Prevention, _____
- ☐ Balance _____
- ☐ Cardio (Speed / Agility) _____
- ☐ Lateral Stability / Stability _____
- ☐ Hand-Eye / Dexterity _____
- ☐ Mental Focus / Memory _____
- ☐ Combinations _____
- ☐ Strength and / or Muscular Endurance
 - ☐ Shoulders, Upper / Mid Back ☐ Calves / Ankles
 - ☐ Chest ☐ Low Back
 - ☐ Glutes / Hips ☐ Torso
 - ☐ Legs

Extra / Cool Down

KEY ELEMENTS OF THE WARM-UP

- ✓ Body Awareness Check
 - Pay attention to your body AND communicate any issues
- ✓ Include large dynamic motions that encourage active ROM and flexibility
- ✓ Increase Cardio output
- ✓ Most Important: the ORDER of exercises

THE “MEAT” OF THE PROGRAM

More demanding/progressive *(if boxer is skilled)*

- ✓ Based on Forced-Intensity (relative to each class)
- ✓ RPE - give them a goal to work toward
- ✓ Multi-joint/planes of motion/modifications prepared
- ✓ Circuit order
- ✓ Transition into the cool-down/stretch gradually

THE FINAL STRETCH

Proper technique:



- ✓ Include static flexibility & breathing techniques
- ✓ Beware of spinal flexion for those with osteoporosis and other spinal issues
- ✓ Emphasize posture

Improper technique:



TIPS ON CUEING

- ✓ Timely
- ✓ Efficient
- ✓ Minimize amount given at once
- ✓ Visually mirror techniques, demonstrate using hands/arms/verbal cues
- ✓ Verbally and actively cue footwork, directional changes, rhythm, etc.

PUTTING IT ALL TOGETHER

WARM -UP

1. Rainbow
2. Figure 8's
3. Frankenstein's with arm circles
4. Tap or Reverse Lunge/"T" arms
5. Cross-body "push"/1/2 Warrior
6. Supported Deadlift
7. Jog in place/press arms overhead
8. Jog Forward/Back/Speed bag arms
9. Lateral shuffle/cuts
10. Call and response

PUTTING IT ALL TOGETHER - Round 1 and 2

ROUND 1

10s Jab/Cross then 10x Rainbows
or Squats

20s Jab/Cross then 20x Rainbows
or Squats

30s Jab/Cross Then 30x Rainbow
or squats

ROUND 2

1. Torso punch/lateral kick
then shuffle to other side
and repeat

2. Iso-tube circles

Round 1 is focused on speed, endurance, legs, posture and more.

Round 2 is focuses on lateral movement, shifting weight, vertical core strength and balance.

PUTTING IT ALL TOGETHER - Round 3 and 4

Round 3

1. Jab/Cross then switch feet
2. Reverse lunge/Row

Round 4

1. Single Jabs- High, High/Low, Low.
2. Single Leg Deadlift

Round 3 is focused on Neuromuscular Patterning, legs, posture

Round 4 is focused on crossing the mid-line (cognitive component), hamstrings, glutes, back and ankles

THANK YOU

For Information or Additional Consultation, please contact me:

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References

- Brooks, D., 1997, Program Design for Personal Trainers, Moves International Mammoth Inc.
- Cook, G., 2003, Athletic Body in Balance, Human Kinetics, Inc.
- Holman, P., 2019, Coaching Rotation using Anti-Rotation, IDEAfit.com

ROCK STEADY CHANT

ROCK, ROCK, Rock Steady (echo)

Rock, Rock, Rock Steady (echo)

I don't know what I've been told (echo)

It's time to go for gold (echo)

Move those arms and stomp those feet (echo)

To the count of 1-2-3 (echo)

1 (echo)

2 (echo)

3 (echo)

Together -----ROCK STEADY!!!