



# Coach the Coach

Phoenix Instructional Series

Rules and guidelines



Safety

Quoox & Myzone

Syllabus

Class 1: Onto the basics

Topics



# ARTTI Policy and Guidelines



Conflict of Interest



Housekeeping



Professionalism

# Top Housekeeping Rules



Safety. Safety. Safety!



Re-rack your weights



Clean your equipment



Take home all personal belongings



Remove all liquids from POS desk



Communicate any damages or worn equipment to a supervisor

# General Safety



Lock Doors Once Class Begins



Stay in the Lobby until Members arrive

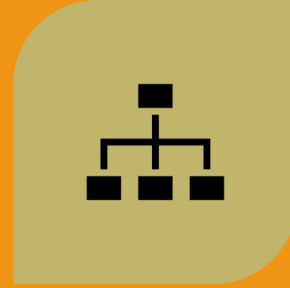


If you can't park in the back, park in the Front where the cameras can see you



Communicate!

# Class Safety



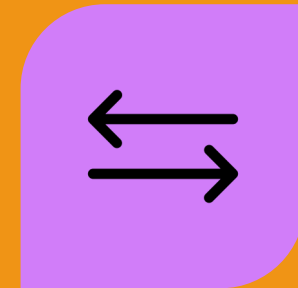
CLASS STRUCTURE



CLASS LAYOUT



START CLASS WITH A  
QUICK SAFETY  
BRIEFING



KNOW YOUR DAILY  
ENVIRONMENT  
CONDITIONS

# Quoox Basics: *HIPPA REGULATIONS APPLY*

Getting Started	Patient sign ups & Management
Checking people in	Right Classes and Membership Plans
Taking payments	Memberships/Cash/Cards
Scheduling	1-on-1 Training
Patient notes	Medical Records & Other Notes
Personal bests	Adding New Stats & Numbers

# Myzone & Trainers



- Increases Effort by athlete
- Accurately Gauges efficiency
- Records activity
- Keeps athletes consistent
- Allows Trainer to identify more involved athletes in group settings
  - More attention
  - More Workload



Class 1: Onto the basics

Class 2: Myzone & Functional Fitness Testing

Class 3: Advanced Cues and Overcompensations

Class 4: Mobility

Class 5: Group Training vs Solo Training

Class 6: Sprinting Drills & Proper mechanics

Class 7: Olympic Weightlifting

Class 8: Sports-Specific Training: Striking/MMA, Soccer, Football, etc.

Class 9: Wellness Conversation Process

More Classes To come!

# Syllabus

# Onto the Basics

Class 1

# Topics

Our Philosophy

Client Etiquette

Terminology

Warmups

Neuromuscular Patterns

Know Your Equipment

Questions

# Our Philosophy:

- A scientifically-designed program that will enhance athleticism
  - ◇ Structured program designed by Licensed medical professionals.
  - ◇ Large focus on Neuromuscular Patterns
  - ◇ Create Metrics using Myzone, Functional Fitness Tests, and Personal Bests
- Athleticism
  - ◇ Strength
  - ◇ Mobility
  - ◇ Speed and Agility
- Neuromuscular Patterns
  - ◇ Functional Movements with emphasis on mind-muscle connections for maximum performance and injury prevention

# Client Etiquette

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Asking for recent injuries, Past injuries, surgeries

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Ask about background with exercises/wellness

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Ask about their fitness goals

# Terminology

- AMRAP
  - BW
  - DU
  - EMOM
  - ALT
  - Rds
  - KB
  - DB
  - BB
- CC
  - SQ + Row
  - WBS
  - HCL
  - MB
  - JJ
  - ROM
  - BP
- K2E
  - T2B
  - OHSQ
  - FSQ/SQ
  - G2OH
  - KBS
  - RDL
  - SJ
  - P

Look for more in the notes!

# Warmups



PURPOSE



DYNAMIC  
MOVEMENTS



DURATION



# Neuromuscular patterns



Technique



Cues



Common Mistakes



Simple variations

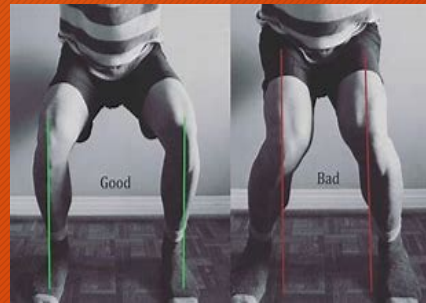
# Neuromuscular patterns: Squat

## Technique & Cues

- Head facing FWD
- Shoulders and back down
- Chest open
- Neutral spine
- Core engaged
- Hips back
- Knees inline with toes
- Feet hip-width apart

We should be concerned about *when* the knees move forward past the toes, not if.

## Common Mistakes & Proper Form



## Variations & Examples

- Ball Slams
- Wall Ball Shots
- Goblet Squats
- Front Squats
- Cleans/PowerCleans/ Snatch
- CC Squat
- Broad jumps
- Air Squats
- Sit-2-stands

# Neuromuscular patterns: Press-Extension (Bench Press & Shoulder Press)

## Technique & Cues

BP:

- Arched back
- “Put Lats in your Pockets”
- Feet down and kicking out
- Wrist in line w/ Bar

P:

- Grips slightly wider than the shoulder width
- Push Bar over center of mass
- “Push Head Through Window”
- Keep Core Tight To Prevent Over Extension

## Common Mistakes

BP:

- Bar rolling fingers into extension.
- Flat back

P:

- Narrow grip
- Pushing away from head
- Overextension of the spine
  - Ribs Sticking out
- Elbows are Bent / Shoulders not active

## Variations & Examples

- Push ups
- Handstand variations
- Planks
- CC Planks/push variations
- Jerk
- Thrusters
- Turkish Get-ups
- Landmines
- Paloff Press
- Push Press

# Neuromuscular patterns: Pull-Flexion (Pull ups & Bent Over Row)

## Technique & Cues

### PU

- Face Palm away
- Hands are shoulder-width apart
- Lead with chest and try to touch the bar with it
- Arms should be about 45°
- Chin should go past the bar

### Rows:

- Stand with mid foot under the bar
- Bend over and Grab the bar
- Unluck knees while keeping hips high
- Lift the chest and straighten back
- Pull bar against the lower chest

## Common Mistakes

### PU

- Hands too wide
- Chin not clearing the bar
- No scapular pull

### Rows:

- Rounding back
- Holding bar in between sets
- Head not in neutral spine
- Inhaling at bottom/exhaling at top

## Variations & Examples

- Bent BB over rows
- Dumbbell Row
- Pull ups
- Ring Rows
- Kipping Pull ups
- Inverted Row
- CC Row

# Neuromuscular patterns: Deadlift/Hinge

## Technique & Cues

- Keep core tight
  - Locking elbows and Internally rotating Shoulders
- Create thoracic pressure
- Bring head FORWARD
  - not upwards
- “Keep the Spine in line”
- Hips and torso should raise in a coordinated fashion
- Engagement of Glutes for more power

## Common Mistakes

- Letting the bar “jerk”
- Cranking the neck the upwards
- Hips rising first
- Letting the back round

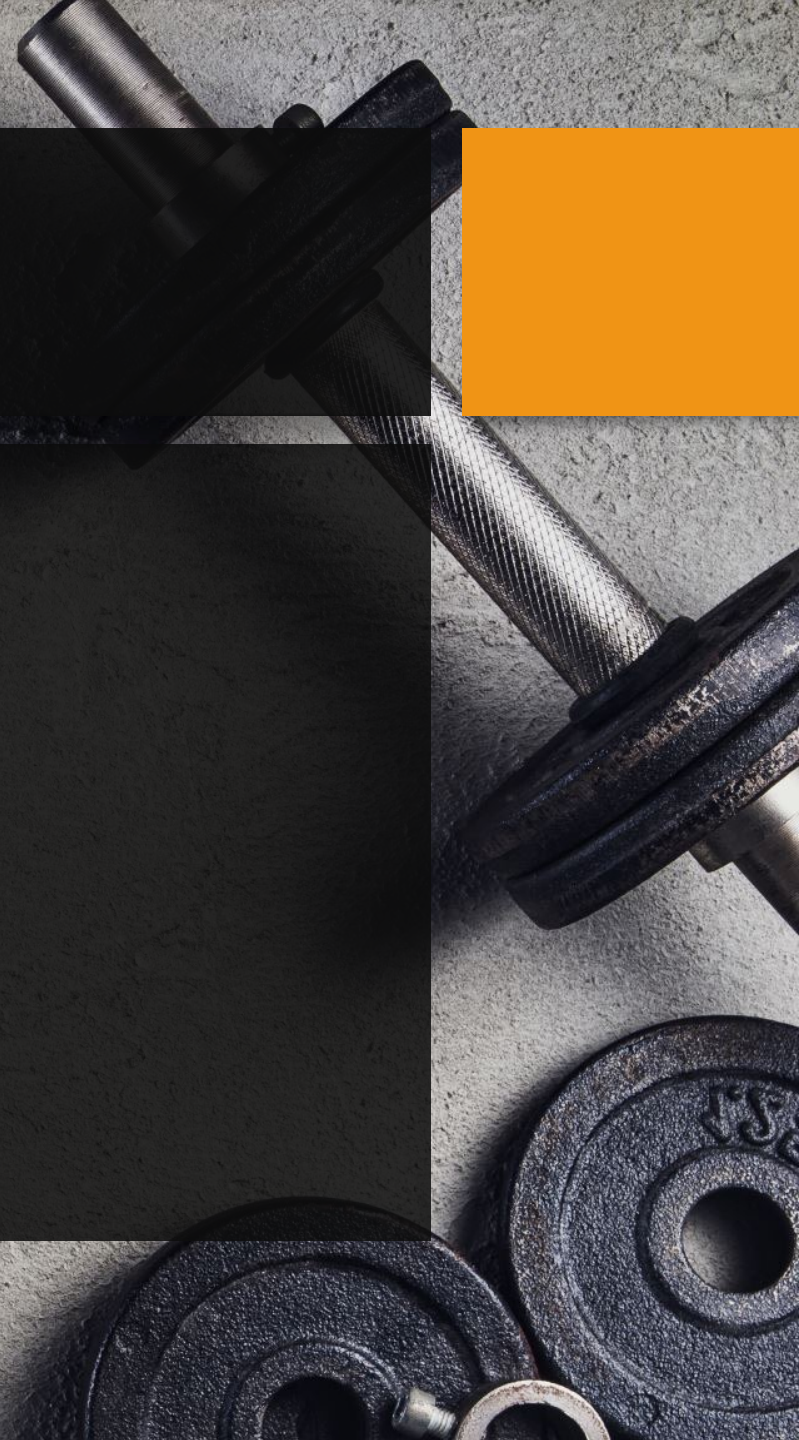


## Variations & Examples

- Sumo Deadlift
- Traditional
- Deficit
- KB
- Romanian
- Single Leg RDL
- Snatch-Grip Deadlift
- Trap/Hex Bar Deadlift

# Tools of the Trade: Know your Equipment/Gym

- Barbells
- Resistance Bands
- Rigs
- Mats
- Timers
- Audio System
- POS
- Supplements



The background features a gradient from light beige at the top to dark brown at the bottom. On the right side, there is a cluster of 3D question marks in a dark brown color. A solid black horizontal bar spans across the middle of the image. To the right of this bar is a solid orange square.

Questions?