



LIT 101 (Low Impact Training)

PRESENTED BY

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**BA-Marketing (Univ. at Buffalo) & NASM CPT/PES
Collegiate & Professional Football Player (AFL)
12 Years & Counting in the fitness industry**

**From Mopping Floors to Regional Management overseeing over 8 clubs and over 50
coaches**

**TV Coach w/ Daily Burn, Total Gym, and QVC
Creator of the Fit Pro Gameplan Career System & Clubhouse**



What's Ahead For Us:

- What is LIT?
- Foundations of LIT
- Assessing the Need and Problems
- Advantages
- LIT Hacks
- ***THE WORKOUT***
- Wrap Up!

What is LIT?

Method of programming that eliminates plyometric and ballistic movements without sacrificing intensity.

Joint & Tendon Friendly
Power & Force Opportunities Still Exist
Does NOT = Low Intensity

Foundations of LIT

**All Movements Are Grounded w/ at least
One Foot**

Easy Ability to Control ROM

Discourages Sudden Joint Compression



Assessing the Needs & Problems

Clients just starting: **Safety & Strategy**

Coming back from injury: **Managing Expectations**

Aging Clients: **Practical Purpose**

Capable Clients: **Intensity w/ Integrity**

Advantages of LIT

Clients just starting: **Confidence & ability for progression**

Coming back from injury: **Safe & pain free exponential intensity of work**

Aging Clients: **Assures & Educates**

Capable Clients: **Satisfaction from loaded, grounded, and impactful movements w/o imposing unrealistic demands**

LIT Hacks

Tempo & Speed Create Intensity: **Boxing, Rowing, Cycling**

Continuing to Program Power/Force: **Velocity Intervals**

Changing Levels & Using PHA: **Keeps HR Elevated**

Hypertrophic Focuses: **Strong, Steady, & Sweaty!**

Mobility + LIT: **Weaving in opportunities to lengthen & rotate**

Let's Get LIT!

The Warm-Up

Standing T-Spine Rotations

Heel Toe Stretch

Lunge Series

Standing Alt. Woodchops

Duck Unders

Quick Feet

Let's Get LIT!

Strength

DB Frankensteins

Alt. Curtsy Lunge to Row

Diagonal OH Press

Plank DB Push/Pull

Alt. SL V-Up to Bridge

Let's Get LIT!

HIIT

30/15

Lateral Lunge to Standing Twist Crunch (R)

OH Squat to Side Bend Crunch (R)

Push-Up to 3 Legged Down Dog (R)

Supine Alt. Straight Leg Raises

Push-Up to 3 Legged Down Dog (L)

OH Squat to Side Bend Crunch (L)

Lateral Lunge to Standing Twist Crunch (R)



Let's Get LIT?

2 Minute Drill

Side Shuffle to Breakdancer: 30s

"Jump Shot" Rotations (R): 30s

Side Shuffle to Breakdancer: 30s

"Jump Shot" Rotations (L): 30s

LIT in Action:

- As an intro workout or as an active recovery day
- Creation as a new group class format
- Semi-private quick allocation
- Virtual fitness cuing pivots
- *Foundation building for youth athletes*

THANK YOU SO MUCH IDEA COMMUNITY!

14



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TEXT ME TO CONNECT IN MY COMMUNITY GROUP:

**Text DANE to
877-590-2260**