



EFFECTIVE SMALL GROUP TRAINING PROTOCOLS

PRESENTED BY

NICO GONZALEZ

EFFECTIVE SMALL GROUP TRAINING PROTOCOLS

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Owner of Fitness Physiques (Blue Ash, OH) – Fitness/Pilates Studio

Owner of Vital Online Wellness (Global) – Professional Online Resource for Continuing Ed.

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EFFECTIVE SMALL GROUP TRAINING PROTOCOLS

Benefits of Small Group Training

- Economic advantage over Personal Training
- Social aspect
- Competition
- Not personal yet not Group Fitness
- Others?



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Statistics of Small Group Training

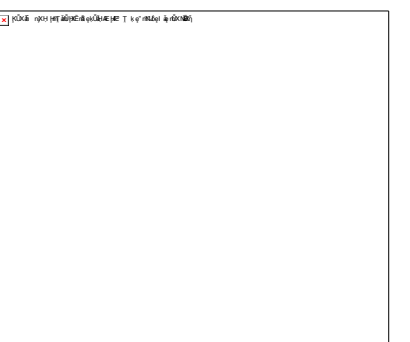
According to IHRSA Fitness Training Report 2019

- Small Group Training is the second largest profit source for top fitness only centers.
- Gen X clients (ages 45-54) are more likely to engage in Small Group Training more frequently.
- Average fee club-goers paid per hourly session of PT \$65.86.
- Average fee paid per hourly session of small group training was \$33.96.

The logo features a green line graph with three peaks and valleys, followed by the word "Official" in yellow and "Statistics" in blue.

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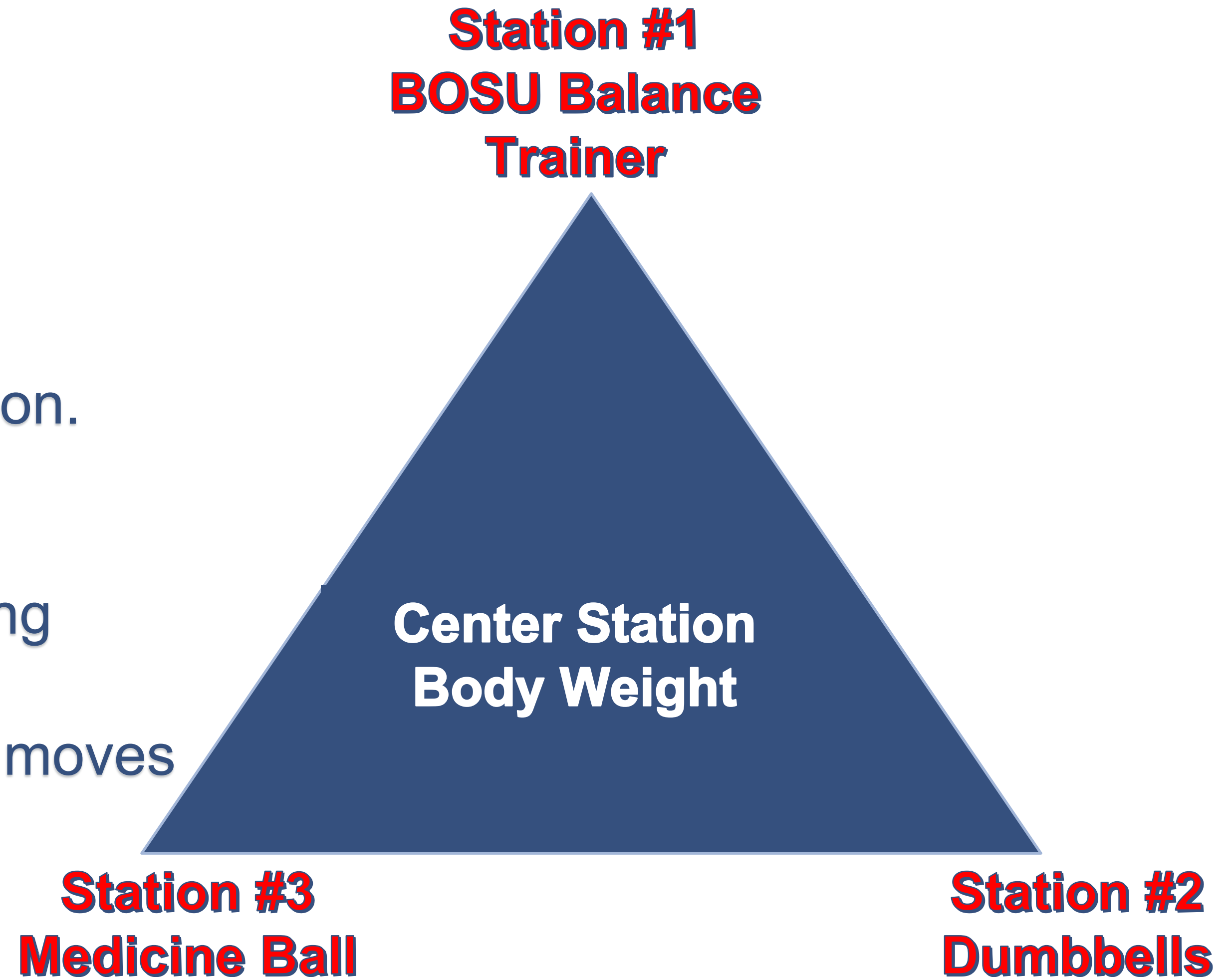
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#1 THREE CORNERS

- Perform all exercises in each station.
- Work – 30 seconds
- Rest – 10 seconds
- Repeat entire station before moving onto next station.
- Center station moves onto #1, #3 moves onto center station.



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EFFECTIVE SMALL GROUP TRAINING PROTOCOLS

#1 THREE CORNERS

STATION 1
BOSU BALANCE TRAINER

Lower Body - Forward Lunges
Cardio - Run on/off
Dynamic Flexibility - Downward /
Upward facing dog

STATION 3
MEDICINE BALL

Lower Body - Bridge
Core - Plank hand on ball
switch
Cardio - Squat toss up

STATION 2
DUMBBELLS

Upper Body - Reverse Fly
Lower Body - Lateral Lunges
Whole Body - Squat/Hinge +
Overhead Press

CENTER STATION
BODY WEIGHT

Whole Body - Forearm Plank
+ Side Plank Dip
Core - Sit up + Tabletop
Dynamic Flexibility - Prone
leg cross backs

Station #1
BOSU Balance
Trainer



Station #3
Medicine Ball

Station #2
Dumbbells

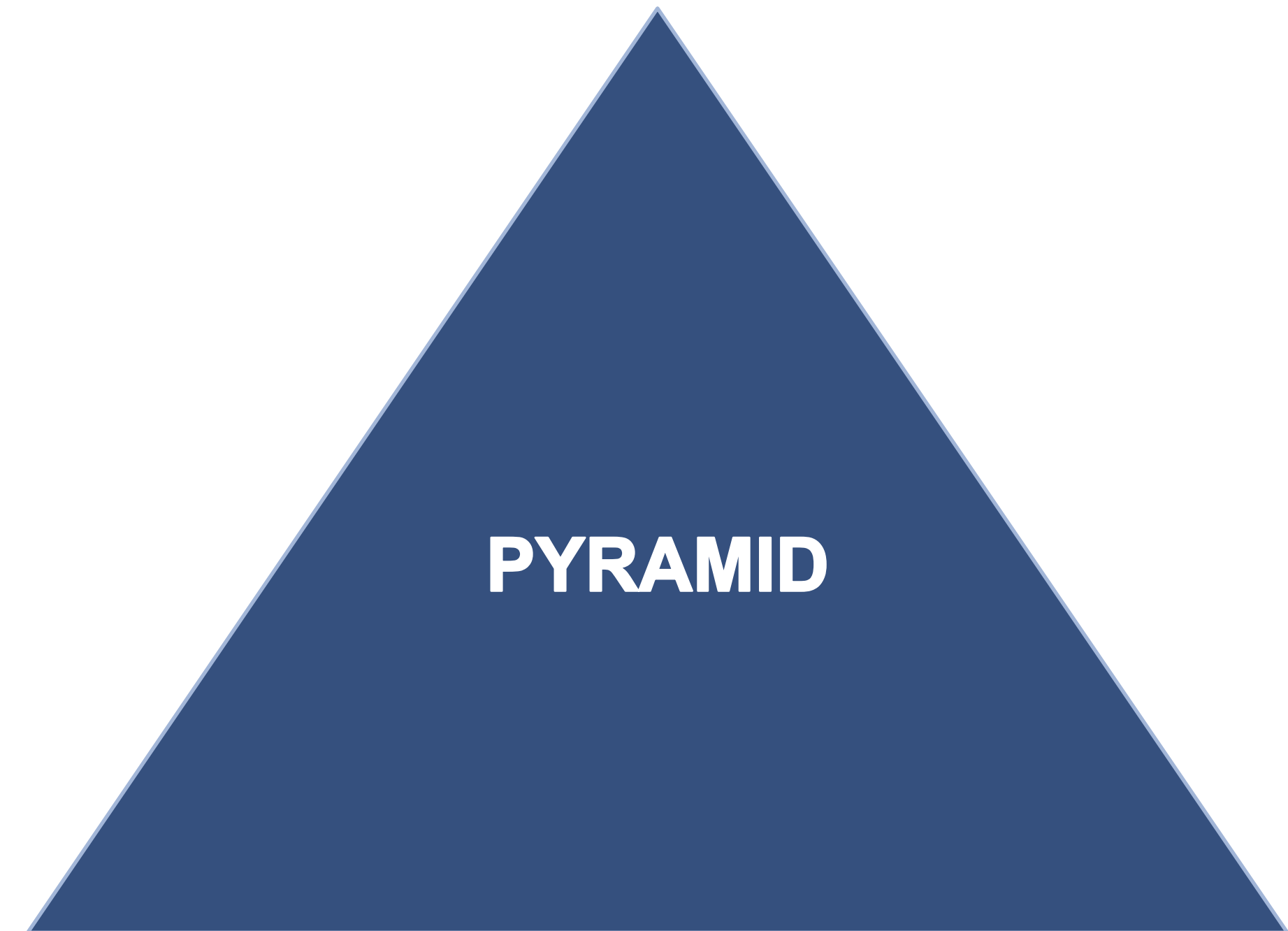
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#2 PYRAMID

- Perform the 1st exercise for 30 seconds.
- Without rest start 2nd exercise for 30 seconds.
- Without rest, return to 1st exercise for 30 seconds, then perform 2nd exercise for 30 seconds.
- Without rest, return to 1st exercise for 30 seconds, 2nd exercise for 30 seconds, then 3rd exercise for 30 seconds.
- Continue returning to 1st exercise and adding a new exercise until you reach the 9th exercise. Then rest!



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#2 PYRAMID

#1 WHOLE BODY BOSU

Walk The Plank

#2 LOWER BODY MED BALL

Rear Lunges ball sweep under leg

#3 UPPER BODY DBS

Front raise / high row / torso twist

#4 CARDIO BODY WEIGHT

Lateral Shuffle single leg balance

#5 WHOLE BODY BOSU

Stand, Sit, Rollback

#6 LOWER BODY MED BALL

Squat Jumps 10 o'clock 2 o'clock

#7 UPPER BODY DBS

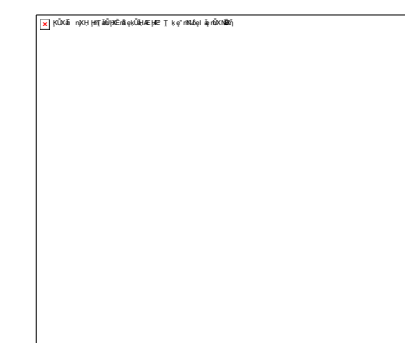
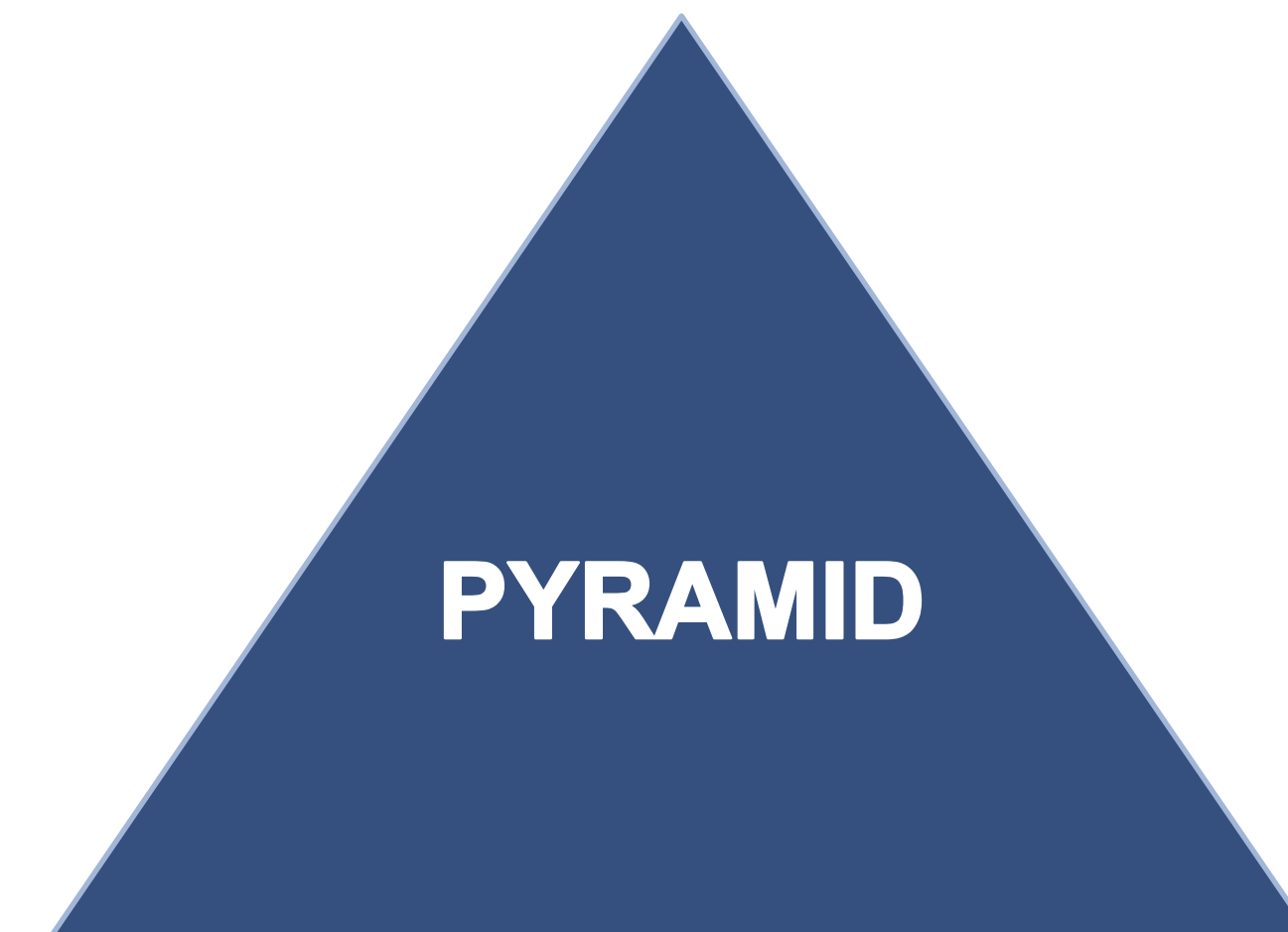
Bicep pumps front/side

#8 CARDIO BODY WEIGHT

Twisted Cat / Cow

#9 WHOLE BODY BODY WEIGHT

Wide Squat / Side Bend
Reach

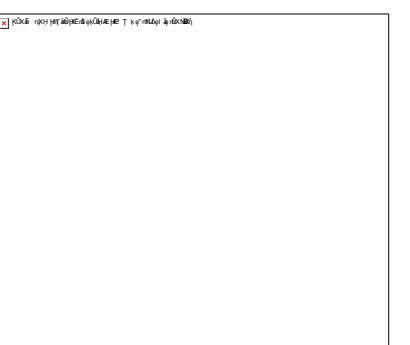
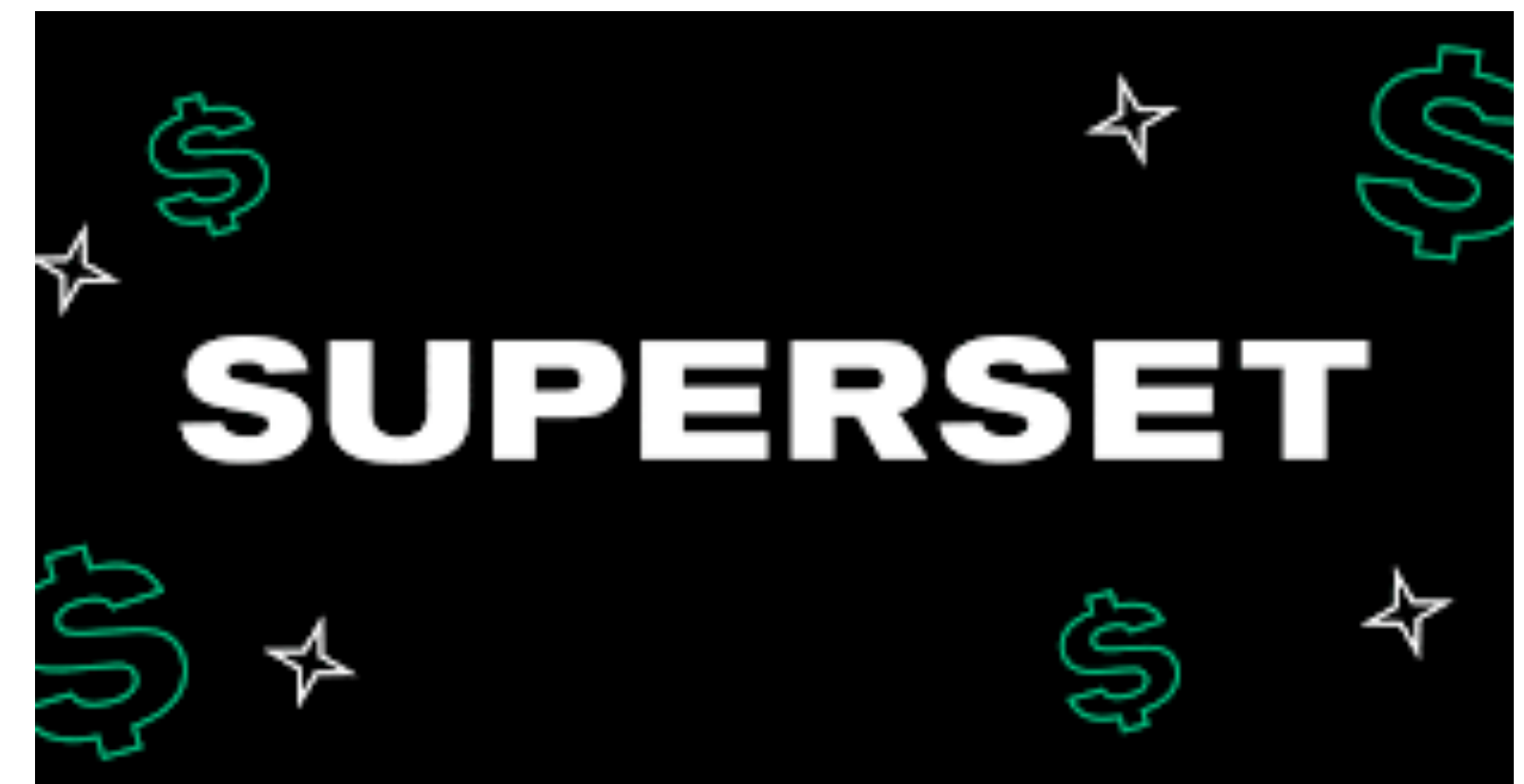


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#3

GIANT (QUAD) SUPER SET

- Perform 4 exercises back-to-back with little to no rest in between.
- 30 seconds work, 10 seconds rest
- Once you complete all 4 exercises, repeat 1-4.
- Once you complete the Quad Super Set perform the Cardio Burst for ONE minute.



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#3

GIANT (QUAD) SUPER SET

SET ONE

#1 WHOLE BODY BOSU

Shield into Plank

#2 LOWER BODY DBS

Cross back lunge

#3 UPPER BODY MED BALL

Half rollback toss ups

#4 CORE BODY WEIGHT

Superman into Side Curl

CARDIO BURST

Squat Jump forward : Shuffle back

SET TWO

#1 WHOLE BODY BOSU

Kneeling on BOSU walk out
to push up

#2 UPPER BODY DBS

Chest Fly Cross Overs

#3 CORE MED BALL

Plank into Hollow Hold

#4 DYNAMIC FLEXIBILITY BODY WEIGHT

Kneeling Hip Stretch with Reach Up

CARDIO BURST

Jump Rope into Ski Run



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