Fundamentals Manual
Skills Active
Synrgy 360 Fundamentals Course

Course Aims:
To give the students a basic understanding of the Life Fitness Synrgy 360

Course Outcomes:
By the end of the course the students will be able to:
1. Identify the different Synrgy 360 spaces
2. Demonstrate safe and effective exercise technique on a range of the Synrgy 360 exercise
3. Teach with technically correct coaching points with regards to joint, body position and exercise position appropriate to the participants’ needs and level of experience
4. Identify and correct unsafe exercise technique with coaching points
5. Enhance the exercise performance of the client through the utilization of clear and effective coaching points
6. Incorporate the exercises into an exercise program designed to meet a client’s health, fitness or recreational sport goals

Pre-requisites:
The student must possess or be working towards Level 2 Gym Instructor or level 2 Studio Instructor Certificate

Student / Tutor ratio:
12 to 1

The Assessment:
The Student will be assessed teaching a minimum of 3 different Synrgy 360 exercises against the Life Fitness Fundamentals criteria (see assessment checklist)

The assessment will be carried out in a continues assessment manner across the day

All criteria across all 3 exercises must be achieved to receive an overall pass

Mapping:
This course carries 8 Skills Active CPD points and is mapped against The National Occupation Standards C316, C317 & D452
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Introduction and Overview

The fitness market is known for its evolutions around various market trends. One specific trend is how the fitness floors of clubs are transforming. With the increased focus on personal training as a source of secondary revenue, clubs are making more space available for their trainers to be able to perform their training.

Some facilities have executed this well with built-in storage for all the accessories in a nice area that is identified for this type of training, but for the most part the areas in facilities seem fairly unorganized, not something that is actually an attractor for new members or new clients, nor beneficial for training efficiency.

Synrgy360 was started with the idea of creating a product which not only allows a fitness facility to highlight their personal training program, but in addition gives the trainers a better environment in which to perform their training.

It is a tool that synergizes different types of:
- training goals
- training applications
- exercises

It synergizes all these elements into one concept in a way that makes training more productive for the personal trainer and exerciser. In addition there is a large amount of programs that can be built around Synrgy360 such as:
- Boot-camp style
- Sport-specific
- Special population
- Youth
- Active older adults

In addition, Synrgy360 helps exercisers reach several common goals including improved:
- balance and coordination
- speed, agility and power
- strength
- cardiovascular and muscular endurance
- weight loss (metabolic)

These goals are met through several total-body, dynamic training applications that when done in a program can elevate the heart rate and burn more calories. Applications include:
- complex training
- boxing
- Suspension Training® bodyweight exercise
- core training
There are two products in the Synrgy360 line- Synrgy360x and Synrgy360s. The "X" and "S" describe the shape of the products.

**The X unit** includes the following spaces: Cable Motion, Versa Cable Left and Right, Versa Boxing, Rebounder, & Versa Spaces.

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<thead>
<tr>
<th>Cable Motion</th>
<th>Versa Cable Left</th>
<th>Versa Cable Right</th>
<th>Versa Boxing</th>
<th>Rebounder</th>
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**The S unit** includes the following spaces for the left or right side of the unit: Versa Space, Cable Motion Space, & Versa Boxing Space. The S unit also includes the following spaces for the center of the unit: Rebounder, Versa Boxing, and Versa Space.

<table>
<thead>
<tr>
<th>Left/Right Space Options</th>
<th>Center Space Options</th>
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<tbody>
<tr>
<td>Versa</td>
<td>Rebounder</td>
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<td>Cable Motion</td>
<td>Versa Boxing</td>
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Synrgy360 Guidelines and Safety Recommendations

Safety is essential when using any piece of equipment that you are not with. We would recommend that you follow the basic rules of exercise which are detailed below and then work through the journey of the Synrgy360 as set out in this manual.

- Perform an adequate warm-up before starting any type of exercise program. This will ensure that the muscles are warm and have a good blood supply to it in order to respond to the training stimulus.

- Perform a quick visual inspection of all the equipment to make sure that all of the working components are in good working order; including step and dip platforms. Make sure all of the handles, bars, cables and accessories that will be used with the Synrgy360 are in good working order and free from tears, sharp edges, etc.

- Make sure that the surrounding area is free of anything that could cause a potential danger in relation to the exercises you are about to perform; allow for adequate space.

- Make sure that the surface/flooring is dry and free from any spillage of water which could cause a potential hazard to the exerciser

- Learn the exercises and movement patterns sufficiently in order to execute properly and safely.

- Be certain to include an adequate warm-up and cool-down for all exercisers.

- Wear appropriate clothing and footwear at all times.

- The Synrgy360s must be bolted into ground.
Anatomical Planes and Axes of Movements

Human movement occurs in three dimensions and is universally discussed in a system of planes and axes. Three imaginary planes are positioned through the body at right angles so they intersect at the body’s center of mass.

Movement is said to occur primarily in a specific plane when that movement occurs along or parallel to the plane. Although movements can be dominant in one plane, no motion occurs strictly in one plane of motion. Movement in a plane occurs around an axis running perpendicular to that plane. The three planes of motion include:

1. **Saggital**—divides the body into right and left halves. Movements in the sagittal plane occur around a frontal axis and include flexion and extension. Examples include: cable rows, front lunges, calf raises, walking, running and climbing stairs.
2. Frontal – bisects the body into **front and back halves**. Movements in the frontal plane occur around an anterior-posterior axis and include abduction, adduction, lateral flexion of spine and eversion and inversion of foot-ankle complex. Examples include: cable side arm raises, side lunges and side shuffling.

3. Transverse – bisects the body to create **upper and lower halves**. Movements in the transverse plane occur around a longitudinal or vertical axis and include internal and external rotation for the limbs, right and left rotation of the head and trunk and radioulnar pronation and supination. Examples include: cable rotations, reverse cable flys, turning lunges, throwing a ball and swinging a bat.
Movement and Positioning Terminology

Common terms used to describe anatomical positioning:

**Abduction**: a movement along the frontal plane away from the midline of the body (see D)

**Adduction**: a movement along the frontal plane toward the midline of the body (see E)

**Anterior**: a structure that is toward the front

**Circumduction**: a combination of movements in one fluid motion (i.e. arm circles) (see F)

**Depression**: a movement where a structure is lowered as a unit (i.e. returning the shoulders back to their usual position after performing a shoulder shrug)

**Distal**: a structure that is further away from the center of the body

**Dorsiflexion**: the movement at the ankle joint where the top of the foot is pulled toward the shin

**Elevation**: a movement where a structure is lifted up or “elevated” as a unit (i.e. shoulder shrugs elevate the scapula)

**Eversion**: movement at the ankle joint where the sole of the foot points away from the sagittal plane (i.e. rolling the ankle to the inside) (see I)

**Extension**: a movement where the angle at the joint increases (i.e. a leg extension is extension of the knee) (see B)

**Flexion**: a movement where the angle of the joint decreases; i.e. an arm curl is flexion of the elbow (see A)

**Horizontal abduction**: a movement along the transverse plane from the midline of the body (i.e. reverse dumbbell flys) (see D)

**Horizontal adduction**: a movement along the transverse plane toward the midline of the body (i.e. dumbbell flys) (see E)

**Inferior**: a structure that is below another

**Inversion**: movement at the ankle joint where the sole of the foot points toward the sagittal plane (i.e. rolling your ankle to the outside) (see I)
Lateral: a structure that is away from the midline of the body

Lateral flexion: a frontal plane movement that rotates away from the midline, usually used to describe movement of the trunk, neck or pelvis (i.e. tilting the head away from the midline of the body)

Medial: toward the midline of the body

Plantar flexion: the movement at the ankle joint where the toes are pointed down and away from the rest of the body

Posterior: a structure that is behind or toward the back

Proximal: a structure that is closer to the center of the body

Pronation: a movement in which the palm is moved downward or backward (see H)

Rotation: a movement that involves rotating around the long axis of a joint (see C)

Supination: rotation of the forearm so that the palm faces upward when the arm is outstretched (see G)

Superior: a structure that is above another
Movement Classification System

All Synrgy360 movements are classified using three general characteristics:

1. **Movement Type**: Synrgy360 movements are categorized as a “volume, “load”, or “power” based movement type based on energy systems.
   - **Volume** (aerobic) movement: Identified through its’ primary utilization of the “oxidative” energy system (fat utilization)
     - Intensity (low): RPE Talk-Test – minimal challenge or limitation in ability to talk
     - Duration (high): 2-3 min
   - **Load** (anaerobic) movement: Identified through its’ primary utilization of the “glycolytic” energy system (carbohydrate utilization)
     - Intensity (moderate): RPE Talk-Test – Noticeable compromise in ability to talk
     - Duration (moderate): 30-120 sec
   - **Power** movement: Identified through its’ primary utilization of the “phosphagen” energy system (ATP-PC utilization)
     - Intensity (high): RPE Talk-Test – Labored ability to talk
     - Duration (low): 10-30 sec

2. **Movement Level**: All Synrgy360 movements are categorized into one of three levels, which indicate the degree of movement integration. The higher the “Level”, the greater the systemic “integration” of that movement:
   - **Level 1**: Minimal integration
   - **Level 2**: Moderate integration
   - **Level 3**: Maximal integration

As movement specialists we view the body as 3 aligned and interconnected regions; the lower body region, the trunk region, and the upper body region. Upon movement execution we note that these regions assume either a “static” (stationary) or “dynamic” (active) role.

- A movement in which only one region is noticeably active, and the other two regions are relatively stationary, is identified as a “minimally integrated” **Level 1** movement.
- A movement in which two regions are noticeably active, and one region is relatively stationary, is identified as a “moderately integrated” **Level 2** movement.
• A movement in which all three regions are noticeably active is identified as a “maximally integrated” Level 3 movement.

3. **Movement Pattern:** Within each of the above noted body regions (upper/trunk/lower) there is inherently one region which dominates the overall movement. The orientation and direction of the movement within that dominant region dictates its principle pattern of motion, which may be performed in any or all of the three planes of movement (saggital, frontal, transverse).

There are two primary Synrgy360 fundamental movement patterns for each of the three body regions. These movement patterns are:

- Upper Body Push *(UPh)* - identified by the movement of the arm(s) away from mid-line of body
- Upper Body Pull *(UPl)* - identified by the movement of the arm(s) toward the mid-line of body
- Trunk Bend *(TB)* - flexing or extending the spine through either the saggital or frontal plane
- Trunk Rotate *(TR)* - twisting of the spine through the transverse plane
- Lower Body Push *(LPh)* - identified by the movement of the leg(s) away from mid-line of body
- Lower Body Pull *(LPl)* - identified by the movement of the leg(s) toward the mid-line of body

**Movement Icons**
Each movement in this manual has a movement icon to help you quickly identify the characteristics of that movement.

### DEFINING MOVEMENT

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<tr>
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<td>Upper Body Pull  – UPl</td>
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<td>Trunk Bend       = TB</td>
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<td>Lower Body Push  = LPh</td>
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<td>Lower Body Pull  = LPl</td>
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*Example – Push-up*

Movement Type – Load
Movement Level – L1
Movement Pattern – Upper Body Push
### Movement Icons Key

**Levels 1, 2, 3:**

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Movement Pattern Modifications

With the Life Fitness Synrgy360 versatile functionality, it allows for a vast range of fitness levels to exercise on the various spaces. With that in mind, a trainer should always keep in mind the necessity of progressions and regressions of exercises that may need to take place with certain individuals throughout their program.

There are many ways to progress and regress. For example, one can progress/regress by:

*Changing Stance
**Moving from Stable to Unstable Base
Moving from Static to Dynamic Movement

Below a cable chest press is shown to demonstrate twelve ways an individual can progress with this exercise:

*1 a. Standing chest press with split stance
*2a. Standing chest press with square stance

**Standing single-arm chest press
**Seated on stability ball (SB) chest press
*Standing on BOSU chest press

**Supine SB chest press

***Supine one-arm SB chest press

*Standing on one-leg chest press

**Supine SB chest press with reciprocating arms

***Supine one-arm SB chest press

Other ways to progress/regress movements include:

*Moving from Symmetrical to Asymmetrical Movements
**Add Reciprocating Movements
Chest press with forward lunge

One-arm chest press with rotation

From the examples above, examine how the stability changed from seated to standing to balancing. Next the movement pattern changed from performing chest press with single-arm to reciprocating arms. And finally the exercise went from a static position to a dynamic movement pattern.
Synrgy360 Exercise Modalities & Stations

The following section will provide an overview of the various exercise modalities that are utilized within and around the various Synrgy360 stations. In addition details on adjustments and anchoring will be provided, along with basic training guidelines for each modality.

In this Synrgy360 Fundamentals Guide basic exercises and integrated movement patterns will be recommended, along with progressions or regressions for each of them.

Dual Cable

Some of the key features found on the dual cable include:

- High movement value - Transverses multiple planes of motion – moving on from fixed path machines that operate on linear lines to moving across the various planes of motion and around the axis’s in order to create a more natural movement.
- Easy entry and exit; can be utilized with wheel chairs for disabled individuals.
- Utilizing both weight stacks allows each arm to lift its own resistance.
- Utilizing one stack allows the other stack to be open for other exercisers to utilize.
- Individuals can also perform an exercise progression from seated on a bench to seated on a ball to standing; as well as from static to dynamic and bi-lateral to uni-lateral movement.
- The cables allow the exerciser to define their own path of movement. This provides a the individual with the ability to train movements that are more true to life.

Safety and Progression

- The pulley systems have a starting resistance of 2.5 lbs (1kg) and provide incremental increases from 2.5 (1kg) to 100 lbs (45kg).
- Smaller increments in resistance provide the exerciser with more opportunities for progression; as well as high velocity training.

Four Components of Transfer

1. Speed of movement
2. Coordination
3. Contraction Type
4. Range of Motion
Speed of Movement

- The pulley configuration of the Dual Cable allows the user to train at a more functional 1:4 ratio. 1:4 resistance profiles allow users to train at higher velocities with less inertia in the weight stack.
- Less inertial means less of a kick-back at the end of the movement; which is ideal for training movements that require more speed.
- Research has shown us that speed transfers from the training environment to the real world or goal activity. It can be said that if you train slow, you’ll move slow.

Total Body Coordination

- The majority of exercises using the Dual Cable are performed in the standing position.
- Standing can make the difference between what does and does not transfer from your facility to the real life. Standing while performing movements that mimic goal activities provides greater total body coordination, core stability and postural preparation – all which maximize transfer.
- Without external stabilization supplied by a machine, the user must rely upon his or her entire body to create, prevent or change the direction of movement. In real life, the effectiveness of movement is directly associated with the ability to coordinate what happens between the ground and the user’s hands.

Contraction Type

- Traditionally we refer to three types of contractions as concentric, eccentric and isometric. The Dual Cable allows users to address all three types of contractions, often during one movement. This is how it happens in real life.
- Stabilizing contractions (isometric) occur in the the core and leg muscles when producing movement with the upper body in the standing position. Exercises can also be designed where the upper body and core are stabilizing during a lower body movement.
- Accelerating contractions (concentric) are the most common trained contractions and the Dual Cable allow you to accelerate in all planes of motion against a constant resistance without inertial buildup.
- Decelerating contractions (eccentric) are commonly missed in a training program because the machine reduces the load or there is an artificial end stop. The Dual Cable requires that the user use their muscles to slow the motion, just as they would in real life, and train the muscle specific to this contraction. Think of the pitcher notion of “throwing your arm out” – Exercise on the Dual Cable can train the muscle of a pitcher’s arm to decelerate the arm and reduce the risk of “throwing the arm out.”

Range of Motion

- The Dual Cable simulates pressing motions, allowing the user’s hands to move the wide to narrow (converging) through the range of motion.
- Users can travel approximately 12 feet (3.5m) away from the pulley.

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With two stacks and the great distance that can be traveled, two clients can be training at the same time. Performing mirror drills, cone drills, lateral movements, back pedaling, decelerating lunges, etc.

- This tool works great in both individual and small group training environments.

Dual Cable Exercises

Reverse Drill: Training backward movement against resistance along with deceleration on return movement. Wearing the Hammer Strength Vest, attach front (orange or green) torso clips to cable column at approximately hip height; back pedal to full distance allowable, then return towards cable column (can be performed with belt).

Progression: add decelerated lunges after back pedal as the return to the cable column.

Decline Press: Press handles down and toward center until they touch in front of body at about waist level.

Progression: stand on BOSU while performing decline press.

Chest Press with Forward Lunge: Perform a two arm chest press simultaneously with a forward lunge, alternating legs.

Progression: change to walking lunges with alternating arms.
**Cross Cable High Pull:** Grasp the opposite handle (left hand on right handle). Maintaining a consistent posture and arms extended, pull arms back to even with body; retract scapulae.

**Regression:** perform movement while sitting on a bench.

**Dual Cable Exercises**

**Lateral 2-Feet In-Out Drill on Ladder**
A lateral quickness drill performed against resistance. Wearing the Hammer Strength Vest, attach one (green or purple) side clip to one cable column. Moving laterally, step both feet in each square of the entire ladder and return back through the ladder towards the cable column (can be performed with belt).

**Progression:** single-leg hops through ladder and back

**Alternating Step Up and Knee Drive:** Wearing the Hammer Strength Vest, attach the bottom, back (silver) clip to a low height adjustment on the cable column. Step up onto step, drive knee, and return, alternating legs (can be performed with belt).

**Progression:** add a hop or increase step height
**High to Low Rotation:** With side facing pulley, grasp the handle with both hands. With both arms extended, pull the cable down across in front of your body as you also rotate your torso.

**Progression:** add lateral step while rotating

**One-Arm Row with Reverse Lunge:** With your weight on your right leg and holding the handle with your left hand, simultaneously perform a cable row and a backward lunge.

**Regression:** remove lunge

**Squat Row:** Connect both handles to a single cable end. Starting from a squat position with arms extended, pull handles to waist while standing and reverse back to the squat position.

**Progression:** add a hop
Straight-Arm Pull-down: With right side facing pulley, grab handle with right hand. Lower arm to side, maintaining consistent posture.

Progression: add a lateral squat as the cable is pulled down to side.
Step Attachment

Adjust step height by carefully detaching step platform from U link to desired height. Be certain both top hooks are attached securely to U link.

Don’t Forget:
1. There are five, chrome U links that allow adjustments in 4” (10 cm) increments.
2. Make certain both feet land completely on step platform.
3. When landing on step, land with slightly bent knees; do not allow knees to reach full or hyperextension.

Alternating Step-ups: Adjust step platform to desired height. Step up and down onto platform alternating feet. Be certain entire foot makes contact with the step for each repetition.

Progression: add a one-arm overhead press with Kettlebell.
**Single-leg Repeater with Knee-up:** Start with one foot on platform. Step up onto platform and lift opposite knee up to waist high. Keep original foot on platform while other returns to floor. Repeat on other side.

**Jump Up, Step Down:** Plyometric jump onto platform and step down.

**Drop Jumps:** Drop off platform and immediately jump upward.

**Progression:** add power hop to knee repeater.

**Progression:** hop down off platform.

**Regression:** remove jump after landing.
Lateral Step-overs: Standing to the left side of the platform, step up on platform with right foot, then left, step off platform to the right first with right leg then left. Reverse direction.

Progression: add power hop to knee repeater.

Arm Step-ups: From plank position, alternate moving hands up onto platform and back to floor.

Progression: add push-up when both hands are on platform.
Dip Attachment

Adjust height by lifting dip platform hooks from both U links. Adjust to desired height, ensuring both top hooks are attached securely to U links.

Don’t Forget:
1. There are five, chrome U links that allow adjustments in 4” (10 cm) increments.
2. Be certain height of dip attachment is appropriate for individual size and range of motion.

Dips: A classic upper body, body weight exercise; with hands grasping the end of the dip handles, keep an upright torso, bend elbows until upper arms are no farther than parallel with ground, then return by straightening the elbows; Do not lock elbows or allow elbows to flex greater than 90 degrees.

Regression: decrease range of motion
And/or hold in extended elbow position

L-sit and Hold: Facing outward with body elevated on dip handles and arms extended, raise legs and hold so body forms an "L".

Regression: perform with knees bent.
Jumping Dips: Jump up onto dip handles, slowly lower body and drop down to floor for next repetition.

Progression: add a burpee after each jumping dip
Boxing

Life Fitness recommends wearing gloves when performing punches.

Performance Tips:
- Keep wrists neutral with upper body punches.
- Maintain correct posture and technique while performing kicks.
- Progress boxing exercises by adding dynamic movements and combinations.
- Regress boxing exercises by performing slower movements in a more static stance.
- Always adjust intensity based on fitness level and knowledge of exerciser.

**Jab:** punch quickly with your leading hand straight from the chin in direct line to your target.

**Cross Drill:** power punch with dominant hand while pivoting on back foot; keep core engaged.
**Alternating Hook:** sideways, inside power punch delivered with the elbow bent so the arm forms sort of a hook.

**Alternating Kicking Drill:** balance on back foot; slightly leaning back, lift front leg through the hip and deliver a front snap kick to the bag. Alternate legs.
Pull-up

Wide grip pull ups: the traditional wide grip pull-up. With an overhand grip on the handles slightly wider than shoulder width, pull your body up, return to the hanging position and repeat. Be sure not to completely rest at the bottom of the movement, nor allow elbows to lock.

Did you know? You can regress a pull-up by attaching looped resistance bands at the top of the bars. The thicker the band, the more assistance provided.

Narrow underhand grip pull ups: grasp the narrow grips with palms facing each other, pull chest up to handles and return. Be sure not to completely rest at the bottom of the movement, nor allow elbows to lock.

Did you know? You can progress a pull-up by adding weight or by taking a wider, pronated grip.

Hanging knee raises: while hanging from pull-up bars, raise knees to just above waist level, return and repeat.
**Twisting knee raises:** while hanging from pull-up bars, raise knees to just above waist level alternating between rotating to right and the left.

**Regression:** utilize looped resistance band for assistance.

**Did you know?**
There are several different grips on pull-up space. Vary your grip to challenge yourself.
The following are advantages of training with a medicine ball (MB):

- Multi-purpose training tool that can be used for improving sports specific movement patterns, functional movements, muscular power, muscular strength and muscular endurance
- Used to develop speed and power for the torso, because of their versatility in size and weight, dynamic rotational movements can be trained safely
- Exercises such as throws, catches and wood chops work the entire body at the same time. These exercises condition and integrate the body as a whole.
- Ground based MB exercises, such as tosses and throws, teaches summation of force from the ground through the legs, through the torso and finally out through the arms.
- MB throws train acceleration through a complete range of motion, with a follow through, after the ball has left your hands.
- MB catches train deceleration and the responsiveness of muscles.
- MB can be performed alone or with a partner.

Guidelines for exercising safely and effectively with a medicine ball:

- Beginners should always start with lighter medicine balls & slower speeds of movement.
- Initially perform all exercises slowly with control and proper form. Speed should only be increased when you have developed good technique.
- When performing throws, catches, tosses or rebounds work out in an open space away from other people or objects and start with your weakest side first.
- When performing partner activities try to match partners with someone of a similar size, strength and ability.
- Always make sure your partner is ready to catch the ball before you throw it. When passing the ball grip from the sides.
- When catching the ball reach out to meet the ball as it comes towards you with hands slightly apart and open enough to receive the ball.
- Do not attempt to catch long throws or very high tosses as it is possible to injure the wrist and fingers.
- The emphasis should be on proper form, exercise technique and speed of movement, not ball weight.
- When the velocity of the exercise increases, the intensity of the exercise increases too. When in doubt choose a lighter weight.
There are four different adjustment points on the rebounder. Each one changes the direction of the path of the MB:

- Position 1, at the top of adjustment range, correlates to a 60 degree angle; this directs the MB flight path towards middle of torso (or below).
- Position 4, at the bottom of adjustment range, correlates to a 35 degree angle; this directs the MB flight path higher in the air.
- LFA recommends utilizing a MB less than or equal to 6 pounds (3 kg).

**Standing Overhead Throw (position 4):** holding MB with both arms overhead, throw MB at the rebounder, catch, and repeat.

**Progression:** add a squat as MB is thrown.
**Standing Overhead Throw (position 1):** holding MB with both arms overhead, throw MB at the rebounder, catch, and repeat.

**Standing Side Throw:** stand with split stance and side facing rebounder and throw MB with a torso rotation.

*Progression: make movement even more dynamic by rotating sides.*

**Stability Ball (SB) Curl-up and Throw:** lying back on SB with MB overhead, simultaneously curl up and throw MB, catch and return to lying position.

*Progression: perform movement with alternating arms.*

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**Medicine Ball Other**

**Overhead Side Bend:** with MB held in both hands overhead, bend to side keeping MB in consistent alignment to upper body.

*Progression: add lateral lunge.*

**Medicine Ball Squat and Reach:** starting with MB near the floor and in a squat position, stand up onto your toes while simultaneously reaching MB as high as possible.

*Progression: add a jump.*

**Alternating Medicine Ball Lunge and Rotate:** with MB held at chest level, lunge forward with right leg while rotating MB to right side, return and repeat with left.
Low to High Diagonal Rotation: squat down moving MB toward right foot, extend and raise ball overhead over left shoulder.

Medicine Ball Push-up: perform traditional push-up with both hands placed on MB. Keep core engaged to avoid lower back from arching.

Progression: bring alternating knees towards chest during the eccentric phase of push-ups.

Stability Ball (SB) Russian Twist: start with upper back and head on SB and feet on floor. Hold MB directly over chest, keeping arms straight and stable relative to torso. Rotate MB to one side and then the other.

Progression: extend one knee and stabilize on one foot.
Monkey Bars

Available on the Synrgy360X, the monkey bars can be configured in an alternating pattern of high and low or can be the same height across all the bars. In addition, the monkey bars also have the TRX® zone to attach the Suspension Trainer straps and even the Rip Trainer. LFA recommends wearing gloves for comfort.

Monkey Bar Shuttles: the classic hand-over-hand monkey bar fun from your youth; travel down and back through the full distance of bars.

Pull-up Alternate Right Left: a variation of a traditional pull-up, first pull your body up and over toward your right hand and then toward your left; alternating sides.
**Assisted Band Pull-ups**: the traditional wide grip pull-up, but using a band in order to offset some of your body weight.

**Did you know?**
The thicker the band is the more assistance is provided. Don’t forget to regularly inspect the bands for wear and tear.

**Burpee Pull-ups**: jumping up, grab the bar for a pull-up then perform a burpee.

**Regression**: remove either the pull-up or the burpee.
Battling rope

Battling ropes are a modality of exercise that forces the exerciser/athlete to use velocity in the initial movement of the ropes but continue this velocity in order to create continuous movement and establish an effective exercise pattern. It uniquely combines both muscular strength (initial movement to overcome inertia) and speed (of movement of the associated limbs) in order to create the velocity needed to replicate the required movement patterns of the rope exercise.

Ropes are an underrated training method, seldom used by Personal Trainers or Strength and Conditioning Coaches due to an inherent lack of understanding of the principles behind the method. Once the correct intensity has been achieved to create the movement of the rope this intensity must then be sustained in order to prolong the exercise which leaves the individual very little time to rest either the body or the mind during the exercise and so creates a great tool for use with HIIT Training Principles and general Interval Conditioning Training.

Types of training utilizing ropes:

- **Velocity training:** being the first or creation of wave patterns, both in a linear and lateral direction in order to emphasize different movement patterns, planes of motion and the engagement of different muscle groupings.
- **Push/pull method:** performed either vertically or horizontally.
- **Strength related exercises:** for example, pulling back on the rope whilst performing a lunge or shoulder press, body-weight pull-ups from ropes, single-leg squats and rope pulls through the Synrgy360 U links to name a few.

**Did you know?**

- The longer the rope, the higher the intensity
- For pulling exercises, increase the resistance by increasing the number of U links the rope is looped through.

**Rope Drummer:** alternate "drumming" your arms in order to set up an undulating rhythm in the rope.
Squat Rope Drummer: perform a rope drummer exercise while also squatting up and down.

Up, Down Rope Slam: quickly move both arms together, up and down with force.

Rope Pull: feed rope through U rings in order to create resistance. Pull the rope through the rings starting on one end and then moving to the other.

Note: This exercise will cause wear and tear on rope and decrease the life of the rope; be certain to inspect rope on a regular basis. Some facilities may prefer to not teach this exercise.
**Kettle bell (KB) raise and lower:** tie KB to rope and drape rope over high support. Pull on the rope until KB is at the top and then lower in a controlled manner.

*Note: This exercise will cause wear and tear on rope and decrease the life of the rope; be certain to inspect rope on a regular basis. Some facilities may prefer to not teach this exercise.*

**Triceps Rope Press:** grasp the rope, maintain a plank position, lower and raise body through flexion and extension of the elbow.

**Tip:**
Keep elbows in alignment with shoulders and do not allow more than 90 degrees flexion. Keep spine neutral with core engaged. Changing angle of the body will adjust intensity.
Looped Resistance Bands

Bands add variation, adaptability and versatility to resistance training programs. Bands with higher elasticity have been used in therapy and rehabilitation to allow injured or special populations to safely perform prescribed exercises. Bands with lower elasticity can be used during heavy resistance training. This variable resistance training has been proven to increase strength and power more than traditional resistance training alone. When elastic bands are stretched during exercise, the resistance increases with motion; this promotes more forceful and efficient muscle contractions.

Safety Notes:
- Regularly inspect bands for nicks or other defects. Replace regularly.
- Do not stretch the band beyond its recommended length.
- Before exercising, ensure that the bands are firmly anchored to the Synrgy360 bars or the U links

Recommended Usage:

<table>
<thead>
<tr>
<th>Resistance</th>
<th>Body Placement</th>
<th>Training Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grey (black) 10-35lbs</td>
<td>around-leg/in-hand</td>
<td>static balance/endurance</td>
</tr>
<tr>
<td>Purple 30-50lbs</td>
<td>in-hand/around-waist</td>
<td>dynamic strength</td>
</tr>
<tr>
<td>Green 65-85lbs</td>
<td>around-waist/shoulders</td>
<td>ultra-dynamic power</td>
</tr>
</tbody>
</table>

Recommended Placement:

<table>
<thead>
<tr>
<th>U-Link Anchor Position</th>
<th>Path of Motion</th>
</tr>
</thead>
<tbody>
<tr>
<td>lower leg → upper leg</td>
<td>from low-to-high</td>
</tr>
<tr>
<td>hip → shoulder</td>
<td>horizontal</td>
</tr>
<tr>
<td>head → overhead</td>
<td>from high-to-low</td>
</tr>
</tbody>
</table>
**Resisted Forward Run:** with band attached to D ring and wrapped around the waist, move away from unit and then return in a controlled manner.

Caution!
Be careful with the recoil and deceleration while utilizing bands.

**Resisted Lateral Run:** with band attached to D ring and wrapped around the waist, face sideways and move away from the unit against resistance and then return in a controlled manner.

**Band Reciprocating Decline Press:** Attach two bands to one D ring and grasp one band with each arm. From a split stance, alternate pressing each arm downward and return.
**Resisted Squat Jumps**: Attach band to D ring and with a band over each shoulder, squat and jump and repeat.
TRX® Suspension Trainer™

COMPONENTS OF THE TRX SUSPENSION TRAINER

1. Suspension Anchor
2. Intermediate Anchor Loops
3. Anchor Carabiner
4. Bottom Anchor Loop
5. Main Carabiner
6. Equalizer Loop
7. Locking Loop
8. Mid Length Marks
9. Adjustment Tabs
10. Cam Buckles
11. Handles
12. Foot Cradles
13. Main Strap

TRX Suspension Trainer Setup
The TRX Suspension Trainer can be used safely and effectively on your Synrgy 360.

Ideal Set Up:
- Your anchor point should be seven to nine feet high (2.1m by 2.7m) and strong enough to support your full bodyweight
- The equalizer loop should hang six feet (1.8m) off the ground
- With the TRX fully lengthened, the bottom of the foot cradles should hang three inches (7.6cm) off the ground

Anchoring onto the Synrgy360:
1. Wrap the Suspension Anchor several times around the attachment point.
2. Clip carabiner into the appropriate intermediate anchor loop so that the equalizer loop hangs six feet (1.8m) above the ground.

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Body Positions:

The reference point for all six body positions is the anchor point.

1. Stand facing (SF) towards the anchor point (i.e. TRX Low Row)
2. Stand facing away (SFA) from the anchor point (i.e. TRX Chest Press)
3. Stand sideways (SSW) to the anchor point (i.e. TRX Standing Hip Drop)
4. Ground facing away (GFA) from the anchor point (i.e. TRX Crunch)
5. Ground facing (GF) the anchor point (i.e. TRX Hamstring Curl)
6. Ground sideways (GSW) to the anchor point (i.e. TRX Side Plank)
TRX Basic Use

Adjusting the Length of the Suspension Trainer
The TRX Suspension Trainer is lengthened or shortened to enable a wide variety of exercises and accommodate all ranges of motion.

To shorten the TRX Suspension Trainer
1. Hold one strap of the Suspension Trainer. Depress the cam buckle with your thumb and grasp the adjustment tab with the other hand.
2. Simultaneously pull the adjustment tab up along the strap. Repeat on the other side.

To lengthen the TRX Suspension Trainer
1. Simultaneously depress both cam buckles and pull down away from anchor point.
2. Always make sure the Suspension Trainer straps are not twisted before adjusting.

Placing Your Feet in the Suspension Trainer

Heels In
1. Sit facing the Suspension Trainer and hold each foot cradle with your index finger.
2. Roll backward bringing your knees into your chest and simultaneously place both heels into foot cradles.
3. Press down with heels and extend legs.

Toes In
1. Sit facing the Suspension Trainer and hold each foot cradle with your index finger.
2. Place the right foot, toes first, into left cradle (A). Cross left foot over right and place into right cradle (B).
3. Roll to the right while pointing your toes to allow feet to rotate inside the foot cradles, onto hands and knees position.

Adjusting Intensity

TRX Suspension Training allows exercise progressions to include changes in resistance, reduction in stability or a combination of both, which we refer to as intensity. There are three primary ways to make TRX exercises harder or easier listed below.

Modify your body angle
Make most standing exercises harder by adopting a steeper body angle. Move your feet towards the anchor point to increase challenge (and vice versa).
**Widen or narrow your base of support**
Make most standing exercises harder by narrowing your base of support. For instance, increase the difficulty of a TRX Chest Press by bringing feet together or extending one leg forward, backward or to the side (and vice versa).

**Offset your feet**
Make some standing exercises easier by moving one foot slightly forward and supporting some of your bodyweight with it. An offset foot stance will also provide more stability.

**Change your start position**
Make most floor exercises harder by positioning your body farther away from the anchor point before starting the exercises (and vice versa).

**Raise or lower your center of gravity**
Make most floor plank exercises easier by supporting your body with your forearms. Supporting your body with your hands, arms extended, will increase the challenge.

**Train Safe**
When exercising on the TRX Suspension Trainer, it is important to observe the following guidelines for optimal results, comfort and safety.

**Posture**
For all exercises, engage your core and maintain a neutral spine with your hips, shoulders and ears in alignment.

**Keep Straps Tight**
The TRX should never hang loose while you are performing an exercise. Remember to apply an even amount of pressure throughout the entire movement.

**No Sawing**
The TRX is NOT a pulley. Avoid sawing motions with the handles to prevent premature wear to the Suspension Anchor™. Keep equal pressure on the handles throughout all movements.

**No Rubbing**
Never allow the straps to rub against your arms in order to stabilize. Move your hands higher to prevent rubbing.
TRX Suspension Training Exercises

TRX Body Position Key:
The reference point for the six body positions is the anchor point.
- SF: Stand Facing the anchor point
- SFA: Stand Facing Away from the anchor point
- SSW: Stand Sideways to the anchor point
- GF: Ground Facing the anchor point
- GFA: Ground Facing Away from the anchor point
- GSW: Ground Sideways to the anchor point

Length
The optimal length of the Suspension Trainer depends on the user’s size and the exercise.
- L: Long: Fully lengthen so the bottom of each foot cradle is about three inches off the ground.
- MC: Mid-Calf: Adjust the straps so the bottom of each foot cradle is at mid-calf level, roughly eight to 12 inches off the ground
- M: Mid Length: Adjust the straps to mid length by positioning the adjustment tabs to the middle of the Suspension Trainer main strap
- S: Short: Fully shorten the straps by positioning the adjustment tabs at the top of the Suspension Trainer main strap

TRX Squat
Adjustment: M
Position: SF
- Stack elbows under shoulders, feet hip-width apart.
- Lower hips down and back, weight in heels and drive through the heels, squeeze glutes and lift chest.

TRX Single Leg Squat
Adjustment: M
Position: SF
- Stack elbows under shoulders, center one leg to anchor point, lift opposite leg to 90 degrees at the hip
- Lower hips down and back, weight in the center of your foot and knee over ankle; drive through heel of grounded leg, extend hips, eyes forward.
TRX Sprinter Start
Adjustment: L
Position: SFA
- Straps under arms, hands beside chest, body-weight on handles, walk body to 45 degree plank position.
- On balls of feet, center one leg to the anchor point, place bodyweight on centered leg.
- Reach back with opposite leg, bend working knee and lower hip to 90 degrees, weight on ball of foot. Drive through ball of foot, squeeze glutes, extend hips.

TRX Hamstring Curl
Adjustment: MC
Position: GF
- Feet under anchor point, lift hips, engage core. Pull toes toward body, drive heels down, pull knees over hips.
- Extend legs back toward anchor point, knees slightly bent at full extension.

TRX Low Row
Adjustment: S
Position: SF
- Pull shoulders down and back, bend elbows, palms facing, hands beside chest, walk feet toward anchor point until there is a squeeze in back.
- Lower body down until arms are fully extended, maintain plank. Pull body toward anchor point by driving elbows back beside body.
TRX Chest Press
Adjustment: L
Position: SFA
- Extend arms in front of shoulders, choose appropriate foot stance.
- Maintain plank, lower body by bending elbows. Drive through palms while squeezing chest, maintain plank.

TRX T Fly
Adjustment: M
Position: SF
- Extend arms to sides in a T position, palms forward, tension on straps, offset feet.
- Lower body down, keep arms extended, maintain plank.
- Pull on handles, drive knuckles back, lift chest, eyes on anchor point.

TRX Kneeling Roll Out
Adjustment: L
Position: GF
- Kneel, extend arms in front of shoulders and in line with hips
- Maintain plank, lean forward and let arms move upward to appropriate level. Drive through palms, shoulders away from ears, maintain plank.
TRX Crunch
Adjustment: MC
Position: GFA
- On forearms (or hands), engage core.
- Life knees and hips; bring knees to chest.
- Extend legs back toward anchor point in a strong plank position.

TRX Atomic Oblique Push-Up
Adjustment: MC
Position: GFA
- On hands and knees, engage core, life body into a hand plank position.
- Lower body down, bend elbows to 90 degrees.
- Drive through palms, lift hips slightly; bring knees toward one elbow.

To learn the fundamentals of TRX® Suspension® & Rip Training and how to incorporate it into your training programs visit [http://www.trxtraining.com/](http://www.trxtraining.com/)

Become a qualified TRX® Trainer by participating in a one–day, hands–on course that gives you the tools you need to differentiate yourself and grow your training business.
[www.trxtraining.com/education](http://www.trxtraining.com/education)
TRX® Rip® Trainer

TRX Rip Trainer Setup
- Attach Rip Trainer to Synrgy360 on the U Links or other bars.
- Clasp carabiner to resistance band.

Basic Use
- For each starting position, move away from the anchor point so that you have the appropriate resistance throughout the movement.

Body Positions
- Stand facing away (SFA) from the anchor point
- Stand sideways (SSW) to the anchor point
- Stand facing (SF) the anchor point

Foot Positions

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Hand Position
- Powerhand: Hand closest to the resistance cord
- Basehand: Hand furthest from the resistance cord
- Midzone: Hand placement in the middle of zone 1 and 2, or zone 4 and 5

Standard Hand Configurations

Adjusting Intensity

By changing your hand or body position, movement speed or the level of resistance cord you use, you can instantly adjust the level of difficulty for each exercise.

Hand Position
The further your hands are from the resistance cord, the harder the exercise.

Body Location
The further away from the anchor point you are, the harder it gets.

Movement Speed
Increasing the speed of the movements increases the level of difficulty.

Resistance Cord Levels
Use light, medium, or heavy resistance cords to adjust tension levels.
Train Safe

1. Always use the safety strap: slide wrist through safety strap then tighten cord around wrist.

2. Maintain posture: keep a neutral spine. Be sure not to over flex or over extend your spine.

3. Rotate through your hips keeping shoulders and pelvis in alignment; avoid twisting through the low back.

4. Keep Rip Trainer extended away from body: proper Rip Trainer position eliminates rubbing of resistance cord on body.
TRX Rip Training Exercises

Rip Straight Arm Squat
Adjustment: Palms down, Midzones
Position: SFA
- Stand facing away from anchor point.
- Grip TRX Rip Trainer with a standard hand grip, resistance cord on right side.
- Place feet in wide symmetrical stance and extend both arms away from body.
- While keeping arms extended, lower hips toward ground.
- Return to start position.
- Repeat on opposite side.

Progression:
Squat down while turning body.

Rip Press
Adjustment: Palms down, Midzones
Position: SFA
- Stand facing away from anchor point.
- Grip TRX Rip Trainer with a standard hand grip, resistance cord on right side.
- Place feet in long off-set stance, right foot back.
- Start with Rip Trainer against chest.
- Extend arms in a smooth, consistent motion away from body.
- Return arms to start position.
- Repeat on opposite side with left foot back.

Progression:
Add a chest press at the bottom of the squat position.
Rip Row  
**Adjustment:** Palms down, Midzones  
**Position:** SF  
Stand facing the anchor point.  
- Grip TRX Rip Trainer with a standard hand grip, resistance cord on right side.  
- Place feet in off-set stance, right foot back and extend arms.  
- Pull arms towards chest in a smooth, consistent motion.  
- Return arms to start position.  
- Repeat on opposite side with left foot back.

Rip Straight Arm Turn  
**Adjustment:** Palms down, Midzones  
**Position:** SFA  
- Stand sideways to anchor point.  
- Grip TRX Rip Trainer with a standard hand grip, resistance cord on right side.  
- Place feet in symmetrical stance, arms extended.  
- Keeping arms straight, turn entire body away from anchor.  
- Return arms to start position.  
- Repeat on opposite side.

Progression:  
Elongate feet into a lunge stance.  
Lunge up and down while rowing at the bottom of the lunge.

Progression:  
Take a small step forward with front foot while performing the press motion.
Rip Hockey Slap Shot
Adjustment: Powerhand right Zone 4 palm up, Basehand Zone 1 palm down, perpendicular bar
Position: SSW
- Basehand at top of hip; Powerhand extended, bar parallel to right thigh at a low angle; feet double shoulder-width stance.
- Slightly drop right knee toward floor.
- Simultaneously rotate bar and torso back to anchor, pivot on balls of feet.
- Pivot on balls of feet away from anchor, strike low.

Rip Overhead Axe Chop
Adjustment: Powerhand right Zone 4 palm up, Basehand Zone 1 palm down, Vertical Bar
Position: SFA
- Extend right arm forward, left hand underneath right elbow, left foot forward in offset stance, right heel slightly lifted, hips square.
- Bring Powerhand to right shoulder, Basehand moves away from anchor, pivot feet sideways to anchor.
- Pivot on balls of feet away from anchor, strike overhead with right arm, bring left hand underneath right elbow.

Progression:
Squat down while turning body.

Progression:
Take a small step forward with front foot while performing axe chop

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Kettlebell

Kettlebells (KB) are a well-known strength training product and can be used for a multitude of exercises. KB exercises are very effective for various fitness goals including developing strength, power, muscular endurance, flexibility, cardiovascular fitness and motor skills. They provide a training modality that is highly adaptable, easy to learn, unique and fun and even allows for similar movement patterns as dumbbells and barbells.

The recommended starting weight should be approximately:

KB weight should be determined based on the training goal and movement pattern (i.e. cardiovascular fitness, muscle endurance, strength, power) and individual fitness level.

<table>
<thead>
<tr>
<th>LOW</th>
<th>HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>15lbs</td>
<td>20lbs</td>
</tr>
<tr>
<td>20lbs</td>
<td>30lbs</td>
</tr>
<tr>
<td>30lbs</td>
<td>40lbs</td>
</tr>
</tbody>
</table>

Fitness Level → Ability Level → Complexity of KB Movement

There are a large amount of KB exercises that target the posterior kinetic chain of the body. The main muscles include:

- Erector spinae
- Gluteus maximus
- Hamstrings

These are some of the largest and strongest muscles when performing bigger lifts. The posterior chain is fundamental in performance in generating forward motion and acceleration. It drives performance in jumping, sprinting, throwing, kicking and punching.
Many of the KB exercises involve integrated movements and include the different planes of the body: sagittal (forwards and backwards), frontal (side-to-side) and horizontal (rotational). Therefore KB exercises are excellent for developing whole body strength and improving motor skills of everyday activities and sports.

**Kettlebell (KB) Two-hand Swing:** start with both hands on KB in squatting position. Swing the KB up to head height as you extend your knees. Decelerate KB back down toward start position.

**Kettlebell One-hand Swing:** with one hand on KB, start in squatting position and swing the KB up to head height as you extend your knees. Decelerate KB back down toward start position.

**Did you know?**
The “hip snap” is the key technique in developing power in exercises such as the swing. The hip area can be used as the power zone where the forward motion and acceleration to effectively perform lifts is generated. (O’Shea, 1995)
**Kettlebell Squat, Curl, and Press:** a great total body extension exercise. Holding KB at sides from a squat position, extend hips and knees and simultaneously curl and press KB while coming up from the squat.

**Plié Squat:** start with feet spread wider than shoulder width and pointed 45 degrees outward. Keep chest up and knees tracking in line with direction of feet. While holding the KB at chest, squat down and up.

**Overhead Press:** press KB overhead while maintaining a stable torso position.
**Turkish Get-up:** a total body exercise which is much more difficult than it looks. Lay in supine position with one KB held directly extended from chest. Without moving the arm, bring the body into a standing position.

**Side Bend:** hold the KB directly overhead and laterally flex spine toward one side and then the other maintaining a stable hip position.

**Kettlebell Figure 8:** swing the KB between and around legs switching hands when it comes to the center.
Addendum Exercises

The exercises listed over the next several pages can be performed off and in between the Synrgy360. Remember to adapt the intensity level and movements based on individual needs and fitness levels.

Warm-up/Cool-down Exercises

**Jog:** jog in place.

**Tap Backs:** with hands on hips, alternate tapping each foot backward to floor.

**Elbow to Knee Criss-cross:** start with elbows at shoulder height in frontal plane. Alternate rotation to touch opposite knee to elbow.
**Full Squats:** standing with feet shoulder width apart, bend knees into full squat position keeping back straight.

**Reaching Side Lunges:** standing with legs wide, shift weight toward one leg while reaching that same direction with opposite hand.
Inner Unit (Speed, Agility, Quickness and Power)

**Shuttle Runs:** sprint to a pre-determined point, touch that with your hand, sprint back to the start, touch with hand and repeat.

**Hurdle Hops:** hop over hurdles with both legs together, run around and repeat.

**Ladder Drill Out-In-In-Out:** build your quickness with this lateral training drill.
**Single Leg Hop Shuttles:** hop on one foot into each ladder box, turn and repeat to return to start.

**Standing Long Jump:** with feet about hip width apart, squat, swing arms, and jump forward as far as possible, finishing in a stable, standing position.

**Explosion Down-Up-Down Drill:** push up fast, moving your feet forward so you can stand. Drop back to the push up position and repeat.
Circuit Transition Exercises
The following exercises can be utilized anywhere during the program in between exercises. In addition, they work very well with large groups and as modifications to other exercises.

**Burpee:** combines a squat thrust, push-up, and jump into an intense total body exercise.

[Images of a person performing a burpee]

**Inch Worm:** with hands and feet on floor, walk out with hands with feet stationary and then walk forward with feet with hands stationary.

[Images of a person performing an inch worm]

**Jump Rope Skipping:** return back to your childhood with an easy and yet effective exercise to get warmed up and build cardiovascular endurance.

[Images of a person jumping rope]
6-point Lunge: lunge to 12, 3, and 6 with right leg and then 12, 9, and 6 with left leg.

Jumping Jacks: jump up raising arms and legs outward, returning prior to landing, repeat.

Speed Skaters: dynamically jump side to side keeping torso low and swinging arms.
Core Exercises

**Supine Bicycle Crunches**: lying with your back on the floor, raise your legs off the floor. Pull right knee back over chest and touch left elbow to knee, repeat on opposite side.

**Dynamic Bird-dog**: traditional bird dog exercise, but instead of coming back to starting position, continue to bring knee and elbow toward one another, touch and extend back to extended position.

**Glute Bridge**: lie on floor with knees bent and feet on Bosu (or floor). Raise hips so body is straight with shoulders remaining on the floor. Return and repeat.

**Stability Ball (SB) Plank**: hold position with feet on floor and elbows on ball, directly under shoulders.
**Stability Ball (SB) Ab Rollout:** start from plank position with elbows on ball and roll ball forward and then back to start position.

**Full Body Extension on Bosu:** seated and balanced on the Bosu trainer, extend arms overhead and at the same time extend legs and then return to balance position.
Balance Exercises

**Single Leg Swing Forward/Back:** stand on one leg and swing other leg forward and back in sagittal plane.

**Single Leg Squat, Swing and Reach:** stand on left leg, squat down and touch left foot with left hand while letting right leg swing back, return to upright position, swing right leg in front, return, and repeat.

**Single Leg Side to Side Hop and Stick:** balance on one leg, hop to side, regain balance, and hold position. Hop back to original position and hold. Repeat.
**Bosu Single Leg Balance:** stand on the BOSU, then balance on one leg, regain balance and hold position. Repeat on other leg. Increase the challenge by closing eyes.
**Stretches**

**Seated Adductor Stretch:** sit up with knees out to side and soles of feet touching each other. Keeping a flat back lean forward at the hips

**Seated Triceps Stretch:** sit upright (or stand), bring elbow up above shoulder with elbow bent and hand behind head. Create more stretch using other hand on elbow if desired

**Cat Stretch:** on hands and knees with hands under shoulders and knees under hips, push back toward ceiling.
**Standing Quad Stretch:** stand on one leg, flex the other knee, reach back and grab the foot with your hand, pull, and hold. Grab a nearby object if required for balance.

**Standing Hamstrings Stretch:** extend one leg in front, keep that leg straight with heel down and toe up, bend back leg and lean forward at waist.
Additional Resources

Exercise videos for the various Synrgy360 spaces can be located at:
http://www.lifefitness.com/synrgy360

Additional Synrgy360 videos, to include promotional videos, can be located at:
http://www.youtube.com/lifefitness

*Synrgy360 On-site Trainings qualify for continuing education by the following:

**Fundamentals Workshop:**
ACE, NASM, NSCA, AFAA

**Small Group Training Workshop:**
ACE, NASM, NSCA, AFAA

*Subject to change*