

# “Ten Take Homes”

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# Where are we?



- Hudson, Que, Can
- Population: 5000
- 45 minutes west of Montreal on the banks of the Ottawa River
- 1.5 hrs from Ottawa



# Who are we?



- Over 200 clients in a group exercise program
- Began 25 yrs ago
- 3 classes daily, m-f
- 1 class saturday
- Strength and Cardio based classes
- Age group: 40-100 yrs

# Aristo-Fit Objectives



- Have FUN in a safe environment
- Offer a VARIED program\*
- Keep clients living independently for as long as possible
- Provide “Fun”ctional fitness to enable clients to maintain their activities of daily living
- Educate clients about healthy living

# Offer a varied program



“ The biggest enemy of fitness or group fitness is boredom....It's not so much that Gay (Aristo-fit) is knowledgeable about fitness....it is that she realizes that variety is key to adherence.”

*George - (Seen left)*

# Provide “Fun”ctional Fitness

S= strength  
C=Cardio



	Mon	Tue s	Wed	Thu	Fri
7:00	S	C	S	C	S
8:00	C	S	C	S	C
9:30	C	S	C	S	C



# Our Facility



# Facility and Equipment

- Access to kitchen and smaller hall
- Access to outside
- Storage also made available
- Steps
- Stability balls
- Free weights
- Tubing
- Medicine balls
- Weighted balls,
- Fit discs
- Body bars
- “Some” bosu balls
- Mats
- Gliders

*Average class size:*

**25-45**

*Most registered **4 x week***

*About **25% male***



# What is the formula that I use?



- Who are my clientele?
- What do they need?
- What have I done in the last week? In the last month?
- **Cardio formula?**
- **Strength formula?**
- Music?

# Cardio formula

Type of cardio	Music: Beats per minute (BPM)	Length of time
High/low	125-160	30 min-55 min
Power Walking (Gait Training)	125-135	Same
Step	125-140	Same
Medicine ball madness	125-135	Same
Circuit	125-135	Same
Intervals	135-160	30 sec to 1.30
Tabata	Usually 150 ish	30 min plus

# Variations on Cardio formula

- Variations on the formula

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- Power Walking in combination with step, weights or tubing
- High/low in combination with anything
  - Split cardio
  - Cardio at end of class



# Strength training formula

- Regular weights-3 sets
- Hvy weights- 1 set to failure
- Lighter weights for 2.5 min, hvy weights for 30 sec
- Tubing
- Gliders
- Body bar
- Medicine ball
- Body weight
- Any combination of the equipment on the left
- In partner's or groups
- Circuits
- On unstable base
- Tabata

# Theme classes



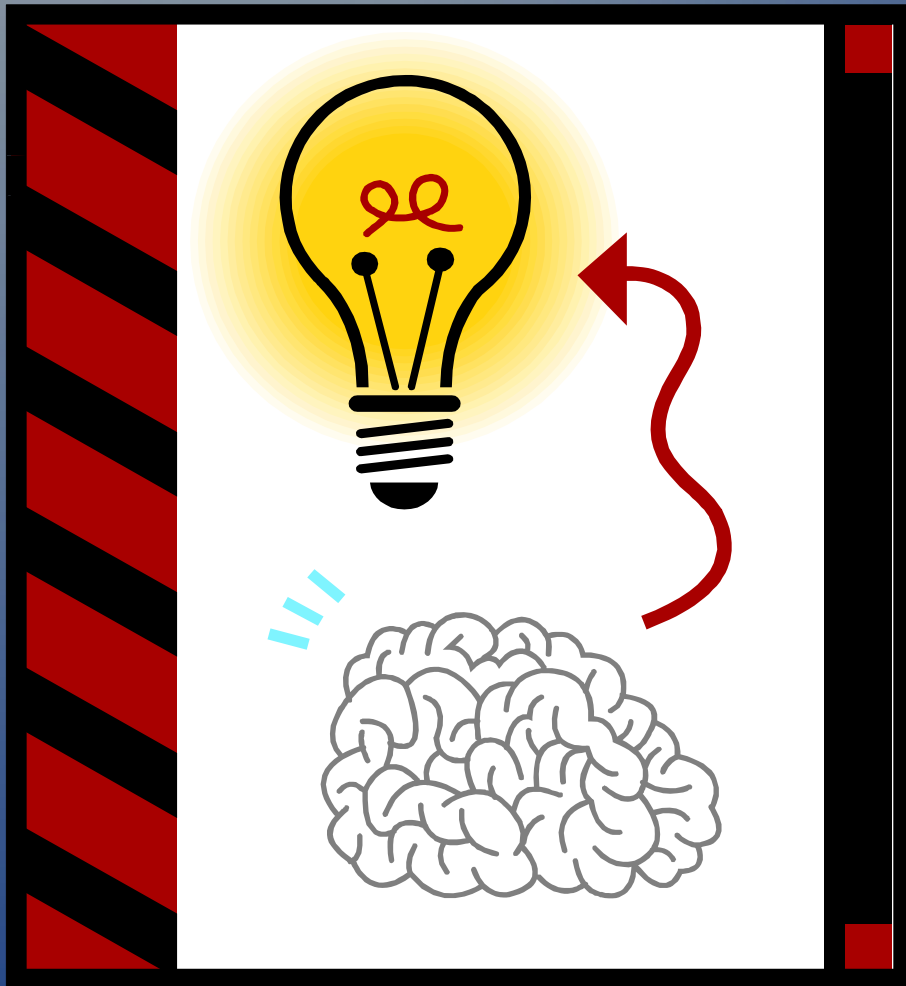
- Jack O lunges .Drums Alive
- Valentine's day. Maori Dance
- Leap year day
- Golf fit

# My monthly calendar

Monday	Tuesday	Wed	Thursday	Friday	Saturday
4 All step	5 Gliders&Body bar	6 Walk w wts, 90 sec strenth int	7 PostActiv ation Potent	8 Dbl step	9 Step and bosu
11 "circuit Circus"	12 H.I.s.T	13  Xxx	14 xxx	15 Gait training	16 Outside walk
18 50's cardio	19 b.Bar	20 2 step	21 Ab circuit	22 Alt step w lt wts/cardio	23 xxx



# Sources



- Magazine's, journals
- Conferences
- Sleepless nights
- [www.turnstep.com](http://www.turnstep.com)
- [www.ideafit.com](http://www.ideafit.com)
- aahperd

# Music:



- Aerobic (125-160)
- Mid tempo (130-138)
- STEP (125-130)
- Intervals
- Spinning CD's
- Relax, stretch/warm-ups/cool downs

# Your 'Ten take homes' (...and more!!!!)





# Medicine Ball Madness



# Tubing

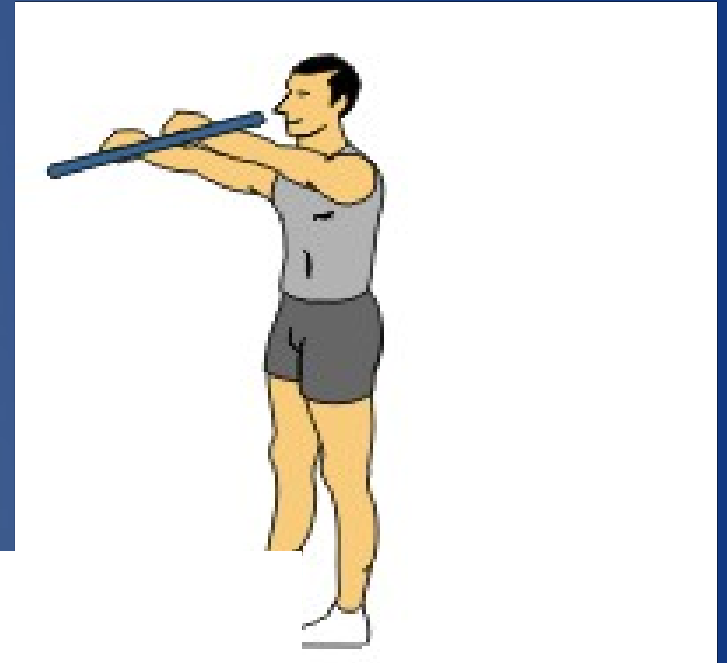




# Power walking and step



# Gliders and body bar



# Variations on a step class



- Step with height intervals
- Cardio with step intervals
- Step and body bar
- Step with light weights
- Low, faster tempo
- Alternating step and cardio or power walking
- Sport step
- 3,2,1
- Cycle Cd's
- Step class with partners
- Two steps
- Step combo's
- Incline step
- Step and ball
- Tabata step



# Power walking and step- theme class (For food Bank)



# 3,2,1

3 minutes Cardio	2 minutes Gliders	1 minute weights
Step	Side lunges- R	Victories
<div> <p>Not necessary to Follow beat</p> <p>Don't have to use Step in 2 minute intervals</p> </div>	Side lunges l	Upright rows
	Rear lunges R	Lateral lifts
	Rear lunges l	Row back R
	Diagonal lunges l	Row back l
	Diagonal lunges r	Bicep curls
	Squats	Triceps

# Cardio with high step intervals and strength training

## 3-1-1

3 min Cardio	1 min Higher step	1 min Regular weights
	Basic	Lunges r foot on step
	Basic	Lunges l foot on step
	Repeaters r	Sitting on step- tricep dips
	Repeaters l	Sit down and stand up
	March r lead	Plank hands on step
	March l lead	Plank- feet on step
	Straddle step	Lunges back r foot
	Side to side leaps	Lunges back l foot
	Lunges side to side	Curl ups

# Strength training alternating with cardio





# Strength class: Upper body alternating with lower body # 1

Go through sequence 3 times. 8-15 reps

Squats with victories  
Lunges with row backs L  
Lunges with row backs R  
Wide squats with upright rows  
Dead lifts with laterals  
On Mat: Triceps with bridges



# Strength workout: Upper body and lower alternating # 2

•Lighter weights 2.5 min	Hvy weights 30 sec
Squats	Hold squat
Victories	Hvy weights
Lunges l	Hold lunge
Lunges r	Hold lunge
Row backs l	Hvy weights
Row backs r	Hwy weights
Wide squats	Hold wide squat
Upright rows	Hvy weights
Dead lifts	Hvy weights
Triceps	Hvy weights
Bridges (on mat)	Hold bridge up

# Gait training, with intervals and core work



# Tabata

## Strength training

- No equipment
- Medicine balls
  - Tubing
- Free weights
  - Outside

## Cardiovascular

- Step
- No step
- Medicine balls
  - Outside



# Goodbye

