

# PANONI—PHASE 2

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>6</b>	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) WALK (45 minutes)	PUMP & SHRED (45 minutes)	FLOW (20 minutes) HARD CORE ABS (20 minutes)	WALK (45 minutes)	PUMP & SHRED (45 minutes)	REST
<b>7</b>	PUMP & BURN (30 minutes) HARD CORE ABS (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	HARD CORE ABS (20 minutes) WALK (60 minutes)	PUMP & SHRED (45 minutes)	FLOW (20 minutes) HARD CORE ABS (20 minutes)	WALK (60 minutes)
<b>8</b>	PUMP EXTREME (55 minutes)	HARD CORE ABS (20 minutes) WALK (45 minutes)	PUMP & SHRED (45 minutes)	REST	FLOW (20 minutes) HARD CORE ABS (20 minutes)	PUMP EXTREME (55 minutes)	WALK (60 minutes)
<b>9</b>	PUMP REVOLUTION (55 minutes)	REST	PUMP EXTREME (55 minutes)	FLOW (20 minutes) HARD CORE ABS (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	WALK (60 minutes)

# Instructor Program Manual For Bodypump

**Sharon Henderson, Ann Arbor  
Transportation Authority**



## **Instructor Program Manual For Bodypump:**

The Total Fitness Manual Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym. The Total Fitness Manual has everything here you need to get fit and stay fit for life. Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training, cardio, nutrition, flexibility, and more. Cardio: With cardio machines, classes, swimming, or running, you have more choices than ever for getting a heart-pumping workout, and this book outlines your options to help you select the best for your needs. Getting Strong: Whether you are looking to tone up or bulk up using bodyweight alone, gym machines, or a home barbell set, you need to know the correct techniques to avoid injury and know what exercises work which muscles. Nutrition: Hydration and diet are just as important as getting to the gym. Gold's Gym is here to ensure you have enough calories to burn, have the best post-workout snacks, find the best protein shake for you, utilize crucial hydration tips, and more. Recovery: Stretch properly and know when to schedule a rest day to stay injury-free. The Twelve Week Challenge: Gold's Gym annually challenges its members to commit to achieving their goals in just three months. For the first time, this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey. You can also gain inspiration from success stories from past Challenge winners. So pick up your copy of the Total Fitness Manual and get training today.

**Human Resource Management** David G. Collings, Geoffrey Wood, 2009 Drawing on contributions from the leading figures in the field, Human Resource Management provides students with a well-grounded and critical overview of the key issues surrounding HRM from a theoretical and practical perspective.

Teaching for Physical Fitness Bo McMillin, George Ezra Schlafer, Karl Webber Bookwalter,

**Police Physical Fitness Instructor's Course** Charles H. Howe, Maine Criminal Justice Academy, Maine State Police, 1993

*Instructor's Manual for Life-long Fitness Course* Tony Sedgwick, Neville Owen, 1982

**Group Fitness Instructor Course Manual** Christina Maria Truscott, 2014

**Group Fitness Instructor Manual**, 2000 A handbook for today's fitness instructor. Group fitness instructors may be expected to offer participants a wide range of activities such as indoor cycling, yoga, and strength training, as well as aerobics. The contributors to this book are experts in a variety of fields including exercise physiology, psychology, and the law. The manual offers the foundation of knowledge necessary to teach fitness in a group setting. Topics covered include exercise physiology, fundamentals of anatomy and applied kinesiology, nutrition, health screening, designing a group exercise programme, teaching the class, adherence and motivation, disabilities and health limitations, exercise and pregnancy, injury prevention and emergency procedures, and legal and professional responsibilities.

**Ace Fitness Instruction Manual** American Council on Exercise, 2007-03-01 ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor

Manual is an excellent resource addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of nine of the most popular modalities including aquatic exercise, fitness, yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations including pregnant women and those with significant weight challenges. Companion DVD included. **Aerobics Instructor Manual** Richard Thomas Cotton, Robert Lewis Goldstein, 1993. Suitable both for people setting out to be instructors and for seasoned professionals, this resource provides a guide to the scientific, instructional, and professional knowledge required of group fitness instructors. Chapters include exercise physiology, fundamentals of anatomy, biomechanics, and applied kinesiology, nutrition, and weight control, health screening, fitness testing, and aerobic programming, teaching an aerobic class, special populations, and health concerns, exercise and pregnancy, musculoskeletal injuries, emergency procedures, and legal and professional responsibilities.

**Fitness ABC's** Chuck Krautblatt, 2007-03 **Instructor's Manual for Lifetime Physical Fitness and Wellness** Ray A. Petersen, 1995 **Fitness Instructor Training Manual** Marla Gold, McGill University. Campus Recreation-Instructional Program, 1987 *Instructor's Manual* Lisa Raufman, 1998 *NDEITA Aerobics & Fitness Instructor's Training Manual* Kay Olson-Fischer, National Dance-Exercise Instructor's Training Association, 1990 **Professional Group Exercise / Dance and Fitness Instructor Certification Course Manual** Joseph E. Antouri, 2011-06-01. A detailed analysis of the crucial scientific principles of Aerobic Fitness, Dance, and Cardio Vascular Training. Part 1 of 2 **The Fitness Instructors Course** Roger Pederick, Kevin Haag, 1983 **Fundamentals of Instructor Training**, 2000 **Instructor's Manual to Accompany Weight Training for Life**, 1995 *Instructor Training Manual* Sharon Henderson, Ann Arbor Transportation Authority, 197? **Exercise Design Course**, 1984

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