Creating the Ultimate Workout Experience
By Orangetheory Fitness and Chan Gannaway, cpt

CREATING THE ULTIMATE WORKOUT EXPERIENCE

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I did not say cut trends out of your life, just be cautious.
Whatever your label, you can create the Ultimate Workout Experience for your clients or members if you commit to intelligent program design and move away from trends or fads. I did not say cut trends out of your life, just be cautious.

LET’S DISCUSS YOUR PROFESSIONAL LABEL.

PERSONAL TRAINER
GROUP TRAINER
GROUP EXERCISE INSTRUCTOR
BOOT CAMP INSTRUCTOR
SPINNING INSTRUCTOR
PERSONAL COACH OR TEAM COACH
FITNESS MANAGER OR FITNESS DIRECTOR

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SHORT LIST OF CARDIO INTERVAL TRAINING “NEED TO KNOWS”

1- Internal Training rates of Work to Recovery
   1:5  1:1  1:1.5  1:2  1:3
2- Internal Intensity and Duration dictates not only Recovery period but also type of recovery. Plan Ahead.
3- Full Recovery vs. Active Recovery (Question to Attendees)
4- Can I monitor the client’s Heart Rate?
   Ex: 2 min to 165 bpm, Full recovery to 120 bpm (repeat)
5- Is the client taking medication that affects resting heart rate?
6- Definition of an Interval (Question to Attendees)

STEP ONE – CARDIO

WHAT DO YOU HAVE ACCESS WITH REGARDS TO CARDIO TRAINING?

1- Questions to ask yourself?
   3- Does the Cardio Component allow fixed interval training?
   - Tread, Step, circuit, hiit, etc...
   - At Orangetheory, we offer tread, rower, bikes and swim.

3- Does the Cardio Component allow speed/distance monitoring?
   - Can I monitor speed or rpm’s or cadence or pace?
   - Do I have a way to measure distance in miles, meters, yards, imperial, vertical, etc? Goal setting is used for client motivation.
   - At Orangetheory, distances and speeds on the tread, bike and swim are right in front of you.

Ultimately, you do the best you can with the tools you have available!
What I see out there are tools not using what is available.

TREADMILL INTERVAL TRAINING

KEY ITEMS:
1- Are you training walkers or runners?
2- Consider long and short intervals to start session.
3- Focus on incline intervals for walkers to help them get a bit uncomfortable, but ease into it.
4- Can you track heart rate recovery? Why?
5- Regularly, put yourself through one of your treadmill interval sessions to ensure that design is doable.
6- Do you have any education on walking/running cad? Or personal training. Make notes on “work to recovery” ratios and client responses.
7- If you use smart W to R ratios, you will give clients the best opportunity to continue giving you big efforts each and every interval. Discuss my observations with trainers and W to R ratios.
STEP TWO – POWER

First things first.... Do you understand Power training?

Question for attendees... Define Power Training.  

**General Definition:** Power training relates to humans producing force and controlled velocity or speed. An increase in force or velocity will result in an increase in power.

What do you have access to with regards to Power Training?

- **Challenges:** the client’s ability to accelerate and decelerate
- Power Training will have some element of speed or temps, a speed or temps that is relative to the client
- By default, Power Training engages the core muscles supporting the spine and hips.
- **Question for attendees:** How do we train Power with De-conditioned to Intermediate Level Clients?

Considers Rowing as a great option for low to no impact Power Training.

- **Low Level:** Step, Step 360, BOSU, Swimming Pool, light DB’s, Workout Benches of all sizes and shapes, etc...

These can all be good Power training tools for non-elite level clients.

The key is timing these power sets! ... And time the recovery.

POWER TRAINING – BRANCH OUT WITH ROWING!

**Key reasons why rowing could be great for your clients:**

1- Low to No impact on the joints which is very unique to traditional Power Training
2- Tremendous muscle system involvement (84% some studies states)
3- Easy to write interval programs on the rowing
4- Big Calorie burn per session if worked properly
5- Sneaky way to get Core training in for your clients
6- All shapes and sizes can participate

**Sample Progressive Designs for training sessions**

- **360, BOSU, SWIMMING POOL:**
  - 30 Meters Hand Over Hand @ 24.00 Strokes per minute
  - 60 Meters Hand Over Hand @ 24.00 Strokes per minute
  - 90 Meters Hand Over Hand @ 24.00 Strokes per minute

**500 METER INTERVALS:**

- 100 Meters Hand Over Hand @ 20.00 Strokes per minute
- 200 Meters Hand Over Hand @ 20.00 Strokes per minute
- 300 Meters Hand Over Hand @ 20.00 Strokes per minute
- 400 Meters Hand Over Hand @ 20.00 Strokes per minute
- 500 Meters Hand Over Hand @ 20.00 Strokes per minute

**1200 METER INTERVALS:**

- 100 Meters Hand Over Hand @ 16.00 Strokes per minute
- 200 Meters Hand Over Hand @ 16.00 Strokes per minute
- 300 Meters Hand Over Hand @ 16.00 Strokes per minute
- 400 Meters Hand Over Hand @ 16.00 Strokes per minute

**WARM-UP:**

- 5-6 Minutes on linear rowing

**COOL-DOWN:**

- 5-6 Minutes on linear rowing

Resistance Training Programming 2013

What noted or popular philosophies or programs are out there? (Attendees Answer)

1.

2.

3.

4.

Are there programs for everyone? All shapes and sizes?

What’s your philosophy? Do you have a known philosophy?

Is your philosophy supported by science?

Do you want to train a niche of the population or everyone?

Resistance Training continued.....

Orangetheory Philosophy/Program as an example to help get you started.

Total Body workouts with timed interval and resistance training blocks programmed with muscle endurance, strength or power focus.

Our clients complete 250-500 reps in 20 minutes of work!

Resistance Training continued.....

Frequency should greatly influence how you design your client’s program.

Personal Training allows very detailed programming as we know.

Group Exercise comes with challenges, however...

You need to have a philosophy that people buy into!

**Full Body each workout?**

- **Strength focus?**
- **Power focus?**
- **Endurance focus?**

**Body Parts?**

**Boot Camp Killer Workouts for all!!!**

Buns of titanium DVD
6 Pack abs – guaranteed

Does your philosophy match your desired clientele?

It does not matter whether it’s PT or Group?

Resistance Training – Final Thoughts

**Don’t be that trainer!**

I totally get the motivation, but as a Fitness Director and Education Director for the last 17 years, this used to drive me nuts!

**Example:**

Over the weekend, a fitness trainer goes to a lecture or workshop on a specific program or philosophy.

The Monday after, this fitness trainer has all of their clients performing BOSU exercises for elite athletes.
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50 locations nationally open in 3.5 years
161 licenses sold

Locations now in the UK-London and in Canada.
Regionally here in Florida, we have 6 locations in the Tampa Region, 15 in Southeast Florida and 3 in Development in Orlando. Jacksonville is under development also.
Positions in the fitness department are Head Coaches and Fitness Coaches.

Come by our booth for more details on employment opportunities and where we are opening next.

VIDEO

Thank you ACE Fitness for allowing me the opportunity to talk about the future of program design and how we can all benefit from a few great ideas.