



Small Group Training

Practical Program Design Mastery



Warm-Up

- Changes weekly.
- Cycle through the 12 Warm-up sequences.
- Perform the entire warm-up as a group.
- May have to run the Get Loose and Get Athletic as a three exercise circuit:
 - Station 1: Mobility exercise
 - Station 2: Mobility exercise
 - Station 3: Power exercise
 - Station 4: Rest



Overview

- Total-body workouts for up to 12 people.
- The workouts change daily.
- Warm-up and finisher changes daily or weekly. *Use the Warm-Up and Finisher sequence charts.*
- Alternate between Strength Day and Endurance day.
- You can alternate between two different finishers each week.
- Workouts consist of strength training-based circuits (3 exercises each)
- Gives people the challenging, varied and faster-paced workout they crave.



Use an SE Programming Framework

- It's the SPE framework without the Power day.
- Alternate between Strength Day and Endurance day
- You can also use the Power day but with 3 rounds through, and add the finisher(s).
- A few differences in the exercise selection for small group training (5-12 people).
- Main difference is no basic barbell exercises used – just Angled Barbell exercises. (Logistics)
- The other difference is emphasizing default exercises/ grab-and-go exercises.



The Tri-Set Program System

Private and Semi-Private		Small Group
	Warm-Up	
Everyone Together <i>Abbreviated for Beginner/Base clients</i>	Get Warm - Get Loose - Get Athletic	Everyone Together
	Tri-Set #1	
Stays consistent for 4-6 workouts -->	Main Exercise: Hip Hinge or Knee Bend	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
	Tri-Set #2	
Stays consistent for 4-6 workouts -->	Main Exercise: Pull	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
	Tri-Set #3	
Stays consistent for 4-6 workouts -->	Main Exercise: Push	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
Changes every workout -->	Non-competing Compound or Isolation Exercise	<-- Changes every workout
	Finisher	
Based on individual program	Fat Loss 5 (FL5) Circuit or Metabolic Conditioning Protocols (MCPs) or Muscle Burnout Protocols (MBPs) or Isolation Paired-Set or Tri-set	Everyone Together



Organizing the Group

Group A →

- Person 1:** First exercise
- Person 2:** Second exercise
- Person 3:** Third exercise
- Person 4:** Rest (follow person 1)

Group B →

- Person 1:** First exercise
- Person 2:** Second exercise
- Person 3:** Third exercise
- Person 4:** Rest (follow person 1)

Group C →

- Person 1:** First exercise
- Person 2:** Second exercise
- Person 3:** Third exercise
- Person 4:** Rest (follow person 1)

Tri-Sets = Mini Circuit Stations

First exercise = Station 1
Second exercise = Station 2
Third exercise = Station 3
Rest = Station 4

- In groups of three, do tri-sets where everyone does all three exercises, then rests together.
- In groups of four, do circuits where someone starts at the rest station.

Private vs. Small Group Training



Private and Semi-Private (2 to 4 people)
Warm-Up (Everyone Together) <i>Abbreviated for Beginner/Base training clients</i>
Get Warm - Get Loose - Get Athletic
Tri-Set #1 (1-2 people) <i>Main lift is based on each person's program</i>
Main Exercise: Hip Hinge or Knee Bend
Non-competing Compound or Isolation Exercise
Non-competing Compound or Isolation Exercise
Tri-Set #2 (1-2 people) <i>Main lift is based on each person's program</i>
Main Exercise: Pull
Non-competing Compound or Isolation Exercise
Non-competing Compound or Isolation Exercise
Tri-Set #3 (1-2 people) <i>Main lift is based on each person's program</i>
Main Exercise: Push
Non-competing Compound or Isolation Exercise
Non-competing Compound or Isolation Exercise
Finisher <i>Based on person's program</i>
Fat Loss 5 (FL5) Circuit or Metabolic Conditioning Protocols (MCPs) or Muscle Burnout Protocols (MBPs) or Isolation Paired-Set or Tri-set

Small-Group (up to 12 people)
Warm-Up <i>(Everyone Together)</i>
Get Warm - Get Loose - Get Athletic
Mini Circuit #1 (Group A - up to 4 people)
Station 1: Hip Hinge or Knee Bend
Station 2: Non-competing Compound or Isolation Exercise
Station 3: Non-competing Compound or Isolation Exercise
Station 4: REST (Person 4 follows person 1)
Mini Circuit #2 (Group B - up to 4 people)
Station 2: Pull
Station 2: Non-competing Compound or Isolation Exercise
Station 3: Non-competing Compound or Isolation Exercise
Station 4: REST (Person 4 follows person 1)
Mini Circuit #3 (Group C - up to 4 people)
Station 3: Push
Station 2: Non-competing Compound or Isolation Exercise
Station 3: Non-competing Compound or Isolation Exercise
Station 4: REST (Person 4 follows person 1)
Finisher <i>(Everyone Together)</i>
Fat Loss 5 (FL5) Circuit or Metabolic Conditioning Protocols (MCPs) or Muscle Burnout Protocols (MBPs) or Isolation Paired-Set or Tri-set

Exercise Selection System

In Every Total-body Workout

Include one exercise for each of the 6 Mandatory Lifting Movements

1. Hip Hinge
2. Knee Bend
3. Vertical/Diagonal Pull
4. Vertical/Diagonal Push
5. Horizontal Pull
6. Horizontal Push

Tri-Set Workout Design Process

Step 1

Pick 3 of the mandatory lifting movements:

1. *Hip hinge or Knee Bend*
2. *Vertical/Diagonal or Horizontal Pull*
3. *Vertical/Diagonal or Horizontal Push*

Program them as *Main lifts* (that stay the same).

Step 2

Program the remaining 2 mandatory lifting movements as *Secondary exercises* (that change).

2 or 3



Step 3

For the remaining 4 exercises in each Tri-set, program isolation exercises for full range strength.

3 or 4



In Every Tri-Set

Use the *Mobile-Immobile* Method

Group exercises requiring immobile equipment (e.g., squat rack or machine) with exercises using *mobile* equipment (e.g., dumbbells, resistance bands).

Mobile Equipment: *The Killer B's*

Bodyweight

Balls: Stability-balls and Medicine Balls.

Bands: NT Loops, JC Bands, Superbands and Hip Bands.

Bells: Barbell, Dumbbell, Kettlebell.



Session Pace and Cues

- Mark each station with a numbers.
- Separate the groups to their areas/stations after the warm-up.
- Go to each group separately and teach them just the three exercises they'll be doing.
- Do ^ this with each group.
- During the workout, have each group watch what the next group they're following is doing.
- After the groups switch areas to move onto the next tri-set sequence, walk to each group to make sure they know each exercise they're doing.
- Walk around and coach up exercises as the workout is in progress.
- **You don't move to the next station until the person there is done their set.**
- **Let the coach know when the entire group has finished all rounds of their stations.**
- **The coach only has groups switch areas when *everyone* has finished.**

