



Semi-Private Training

Practical Program Design Mastery

BUILDING MUSCLE
WITH A PURPOSE

**STRENGTH
ZONE
TRAINING**TM

The Numbers

- Semi-Private = 2-3 Clients per trainer
- Small Group = 5-12 people per class (same program for all)
- What about 4 people?



Semi-Private Warm-Up

- Everyone does the *Get Warm* together.
- Everyone does the *Get Loose* together.
- Not everyone does the *Get Athletic* portion.
- *Beginner* program clients *skip* the *Get Athletic* portion.



Semi-Private Finisher

- Everyone does the *Finisher* assigned to their program.
- Clients on SPE programs do the Finisher on that corresponds to their training day.
- Clients on a Base program get the finisher indicated on the specific Base program they're on.
- Beginner program clients don't do a Finisher.



Workout

Scenario #1

Each client is on a
different program



Semi-Private Workout

- Everyone does the program they've been assigned.
- Start clients on the second or third paired-set in their program if needed to prevent interfering with each other.
- Some equipment you may only have one of.
- Some equipment you can have redundancy in by getting several of.
- ^ Bands, Balls and Dumbbells. *Not Barbells!*



Workout

Scenario #2

Clients are on the same program, or need the same piece of equipment



Semi-Private Workout

- Everyone does the program they've been assigned.
- Try to avoid grouping two clients into the same paired-set, tri-set so they don't feel like it's more like a small group.
- Start clients on the second or third exercise sequence in their program if needed to prevent interfering with each other.
- Make sure they won't each person won't converge on the same piece of equipment you may only have one of.



Workout

Scenario #3

A client shows up late – Has to leave early



(Semi-) Private Workout

- If they come in late, have them do their first round of exercises in the program as a warm-up set.
- If they need to leave early, reduce their number of total sets to get everything in.



Workout

Scenario #4

A new, drop-in
client joins in



The Drop-In Client (Free Workout)

- This could also be a private session that becomes a semi-private session.
- Their first *real* (paid) session is your assessment.
- They want a “test drive” before they know they want to buy (your services).
- You have to be able to give them a great first training experience without a formal assessment.



Semi-Private Workout

- Each client does the program they've been assigned.
- Group the drop-in client with the person that brought them in.
- Don't group them with anyone if they don't know anyone else in the session.
- No *Get Athletic* in the warm-up unless you feel they can do it competently.
- They can try a Finisher that someone else in the session is using. (Not as many reps, rounds, etc.)
- Give them a challenging workout experience without making them too sore (in the legs).
- Use three different total-body Tri-sets (for 2-3 rounds each) using **Default exercises**.
- Position them for success!



Default Exercises for New (Drop-In) Clients



Top Default Exercises: *Lower*

Double-Leg

- Zombie Squat (bodyweight or holding a weight-plate or medicine ball)
- Dumbbell Goblet Squat
- Upright Dumbbell (or Kettlebell) Hybrid Deadlift
- Band Hybrid Deadlift

Single-Leg

- Split Squat
- Leaning Split Squat
- Dumbbell RDL Lunge
- Sled Push

Isolation

- NT Loop Hip Bridge
- One Leg Hip Bridge
- Stability-ball Leg Curl
- Hip Lift (with weight-plate)

Top Default Exercises: *Pushing*

- Incline Push-up
- NT Loop Assisted Push-up
- Band Press with Step
- Standing Band Press
- One-Arm Angled Barbell Press
- Dumbbell Bench Press
- Dumbbell Alternate-Arm Bench Press



Top Default Exercises: *Pulling*

- Suspension Row or Smith Bar Recline Row
- Band Row
- Cable/Band One-Arm Row
- Cable/Band One-Arm Angled Row
- Underhand Grip Lat Pulldown
- Neutral Grip Lat Pulldown
- One-Arm DB Off-Bench Row
- One-Arm One-Leg DB Row



Top Default Exercises: *Core*

- Cable/Band Anti-Rotation Press
- Cable/Band Tight Rotation
- (Stability-Ball or Dowel) Partner Iso-Resist
- Angled Barbell Tight Rainbow
- Dumbbell One-Arm Hip Carry
- Reverse Crunch
- Slider March Plank
- T-Roll Elbow Plank



After the Workout

- Setup their first session where you do your full initial assessment.
- After the assessment, start them on the appropriate program for their current fitness level.

