

Planning group training to music sessions

Warm Up

Benefits

Benefits of Group Training to music

- Can target all components of fitness
- Improves social interaction
- Improves adherence
- Supportive environment
- Sense of belonging
- Fun and enjoyable
- Improves health and well being

Components of a group training to music session

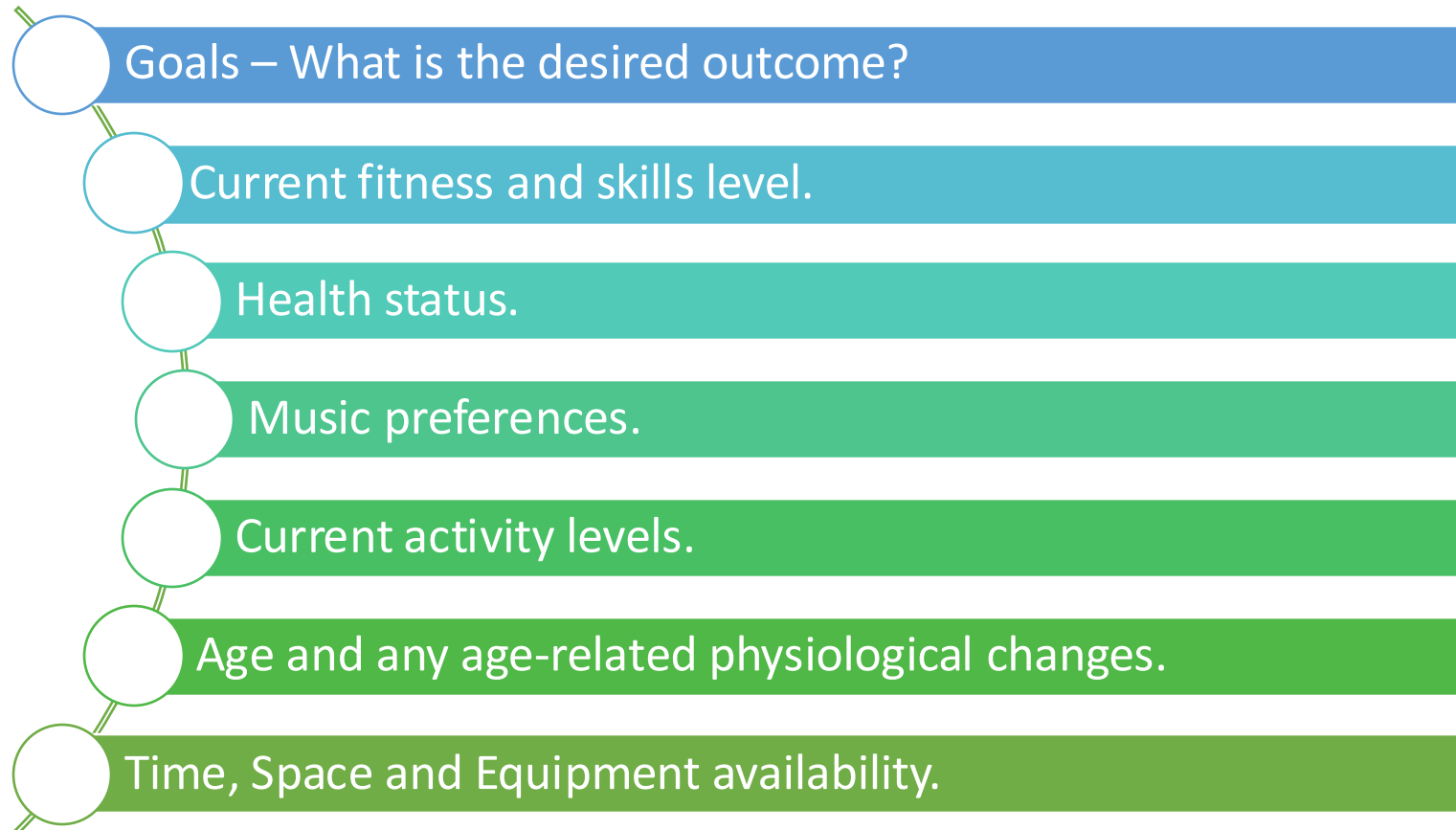
- Welcome and introduction
- Warm Up & Stretch
- Main component (including CV, Muscular fitness, Functional fitness)
- Cool down & stretch
- Closing the session and feedback

Planning considerations

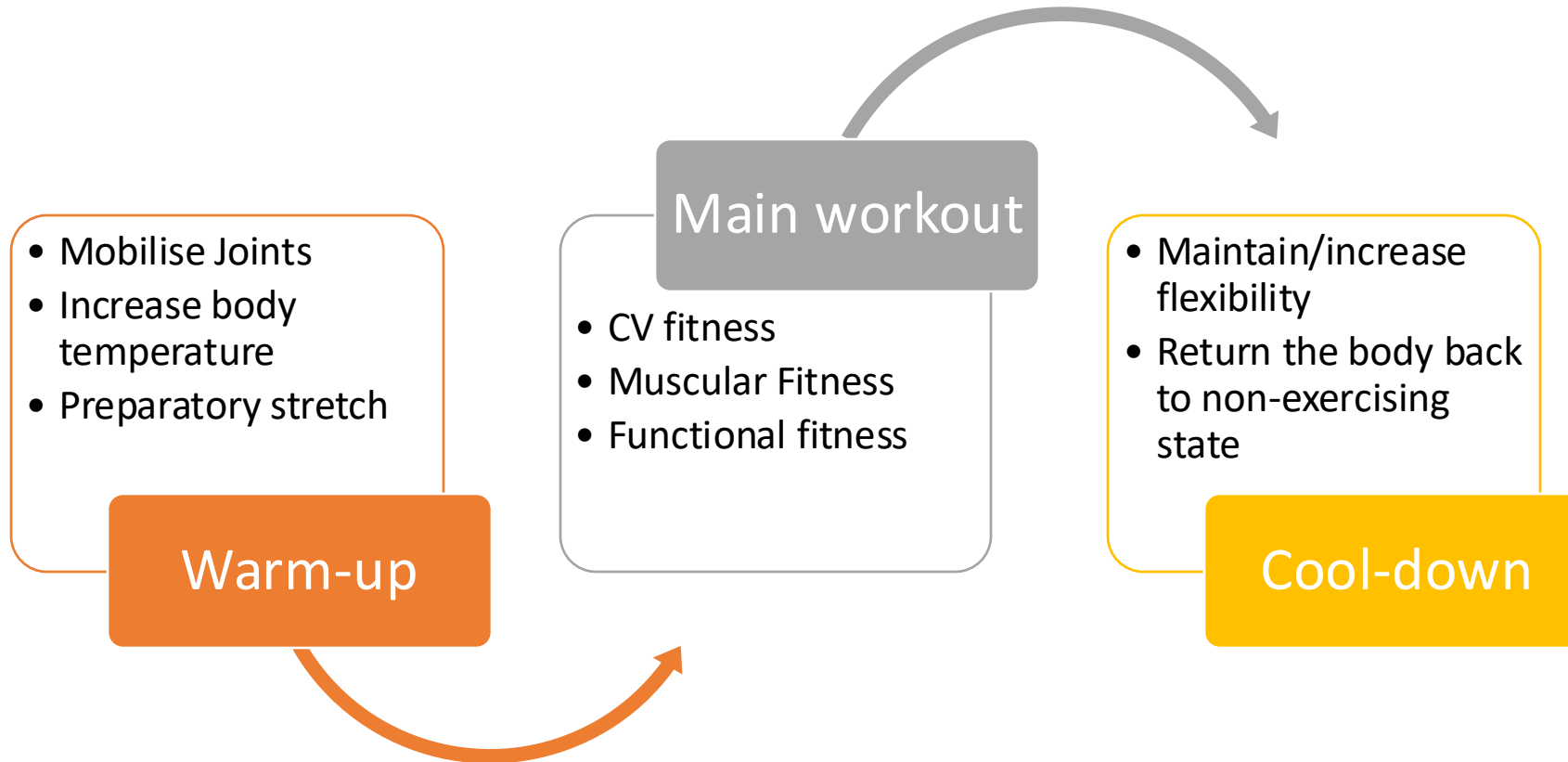


What needs to be considered when planning a group-training to music session?

Planning considerations



Session structure



Purpose of a warm-up

Increase ROM at joints.

Increase body temperature.

Increase pliability and length of muscles.

Reduce injury risk and improve performance

Improve mind–muscle link.

Prepare mentally for the main workout.

Gradually increase heart rate.

Allows the group trainer opportunity to observe posture and technique.

Warm up- guidelines

A preparation of what is to come in the main workout, gradually increasing in intensity.

The warm-up is made up of a minimum of 3 elements:

Mobility (specific/separate exercises if necessary)

Pulse Raiser

Prep Stretch

In a group training to music session the mobility and pulse raising component should be combined

Ideas

Lower body	Upper body
<ul style="list-style-type: none">• Step Touch• Box Step• Heel digs• Double steps• Grapevines• Side Taps• Mambos• Marches	<ul style="list-style-type: none">• Bicep curls• Frontal raises• Lateral raises• Unilateral arm moves (side and front)• Reach and pull

Warm-up guidelines – mobility



- If the group trainer decides to perform individual mobility exercises, it is advised that the joint is taken through its full ROM.
- Specific mobility exercises are only required if:
 - A client is particularly 'stiff' in a certain area/s.
 - Pulse-raising activities did not mobilise all joints.

Warm-up guidelines – mobility pulse-raiser MPR

- A mobility pulse-raiser should take approximately 5–10 minutes for a group of healthy clients in a 'normal' exercising environment. However, this may need to be adapted for colder environments or other factors i.e. client age
- The aim of this component is to gradually increase intensity throughout the pulse-raiser to ensure the client achieves a rate of perceived exertion (RPE) between 4 and 5/6 (1–10 scale), dependent on the intensity of the main workout.
- As mentioned previously, the pulse raiser should be used as a rehearsal to the main component. Therefore, base moves are used ready to progress and adapt later on in the session

Warm-up guidelines – prep stretch

- **Dynamic** stretches are advisable in the warm-up, however this is dependent on the participants' needs and abilities
- If dynamic stretches are used, 8–12 reps for each movement should be performed, however these must be performed to the beat of the track used
- The aim of these stretches is to lengthen muscles to the end of their range of motion under control, while keeping the heart rate elevated and increasing the power output of the muscle, and therefore improving performance in the main workout



Warm-up guidelines: static stretches

- **Static** stretches may be used in the warm-up, if:
 - The client is particularly 'tight' in a certain muscle/s.
 - Dynamic stretches can't be performed safely
 - The client is new to exercise and is not co-ordinated
- If these stretches are planned, they must be performed for 8-10 seconds and it is important to keep the heart elevated as much as possible.
- All stretches must be appropriate to the client's needs and abilities.

