

canfitpro | 2020

VIRTUAL SERIES

Body Weight Barre

Can-Fit Pro

Presented by Tricia Murphy Madden @murphmadden

A. Eliminating Equipment

- a. Science of body weight work and the body benefits
 - i. Can you build muscle with body weight training?
 - ii. Less obstructions physically
- b. Benefits for offering classes during a global pandemic
 - i. Eliminates home equipment needs
 - ii. Creates an equipment less workout in-person for less

B. Program Design

- a. Doubling up on Sequencing
- b. Spending more time in the “working zone”
- c. Creating core work without tools in all three planes of motion
- d. Dynamic stretching between sequences to keep heart rate lifted
- e. Include cardio work to up the calorie expenditure and perceived workout intensity

C. Focus on the sequencing

- a. Predictable
- b. Challenging but suitable to your audience

D. Understanding the value of your music selection

- a. Drives people to move more
- b. Inspires confidence

* Choreography notes will be provided to all attendees from this session
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