

Introduction

- What do “Good” and “Great” look like in the fitness industry?
- Learn the difference (and skills) of a: instructor, teacher, trainer, coach, and/or mentor

Setting the Stage

Harness Your 4 Pillars of Performance



Mindset



Habits



Movement



Fuel

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The 4 Pillars of Performance

- Mindset
- Habits
- Movement
- Fuel

Movement



Activity



Exercise



Fitness



Performance



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The Movement Spectrum

- Movement
- Activity
- Exercise
- Fitness
- Performance

From Good to Great: *Coaching, Cueing, and Creating a World Class Fitness Experience*

Program Design Summary

- **Clients/Goals**
- **Patterns**
- **Planes**
- **Focus**
- *Sequence*
- *FITT*
- *VIM Options*
- *Format*

The Art of Effective Cueing

- Common Cueing Mistakes
- What is a cue?
- Types of cues
- When should cue be used?
- How should a cue be used?

Coaching in Group Settings

- The “Cyborg” Scan (Fast)
- Voice Variation
- Individual Touch Points
- Positive & Corrective Cues
- Cue to Individuals & Group
- Always moving (360 & Touch)
- Verbal & Visual Cues
- Have Fun, Be Positive, Be Open

Attendee BONUS Downloads

*1 Year of Functional Fitness Programming (250+ sessions)
Success Guide: Avoid 5 Functional Fitness Mistakes Made by Fitness Pros
Plus one more valuable bonus!*

Visit teachmovement.com/CFP19 to download today!