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**MASTERY OF VARIATION**

Karyn Silenzi

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**Let's be Frank**

This stuff is not easy!

- Are you getting paid enough?
- Do you ever feel 'stale' or worry about being 'boring'?
- You need to be creative.
- Your participants must become their own advocate.

Experience 7 different factors of movement variation you can use to create progressions, regressions, and turn one exercise into dozens.

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**This is Me....**

Group Fitness Instructor (ACE, canfitpro) Presenter, and Educator  
Team ICG (North America) Master Trainer  
Canfitpro (Canada) PRO TRAINER PTS & FIS  
Life Fitness Academy (North America) Master Trainer

Author, presenter, mentor, loves dogs

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### What Could Possibly Happen During Class?

(aside from your music not working or you getting sick)

- Someone gets hurt
- Someone walks out
- Someone tells you 'you suck'
- You forget your lesson plan
- Members can not do what you are asking of them

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### Assessment on the Go

- Who is in your class?
- Equipment -what happens when you can't just "change your weight"?
- How can you make your job easier- how to make your workout work for them?
- What if they are getting bored or switch out of your class?

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### Foundational Movement Patterns

- Push
- Pull
- Squat
- Hinge
- Loaded carry
- Rotation\*

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### Variations Methods

A progression is advancing a movement to increase the technical difficulty in order to elicit a higher training response.

A regression is a movement which allows the participant to get a similar training response while training in a way that is appropriate to their developmental level or current readiness.

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### Seven Methods of Variation

- Lever Length
- ROM
- Position
- Fatigue
- Movement/stability
- Tempo
- Focal points

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### Lever Length

Altering lever length and the effects of gravity can change how hard an exercise is.

If you want to make an exercise harder move the weight farther away from the fulcrum/joint. If you want to make it easier, simply do the opposite.

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### Push Ups From the Toes

Lever	
What can you shorten or lengthen?	
Knees	<p style="text-align: center;"><b>Please put these in order from easiest to hardest</b></p>
Wall	
Hands higher	
Feet higher	

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### Range of Motion

Range of motion is the extent of movement of a joint, measured in degrees of a circle. It is the joint movement carried out to assess, preserve, or increase the arc of joint motion.

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### Push Ups From the Toes

Lever	ROM
What can you shorten or lengthen?	Is a smaller ROM easier?
Wall	Top half
Knees	Bottom half
Hands higher from knees	Full ROM
Push up from toes	Combo
From toes hands higher	
From toes feet higher	

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## Position

Changing the body position influences the emphasis of the exercise in terms of the muscles used.

Gravity  
 Change of Angle  
 Developmental Position  
 Position of Load

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### Push Ups From the Toes

Lever	ROM	Position
What can you shorten or lengthen?	Is a smaller ROM easier?	What about the position can be changed?
Wall	Top half	Diagonal offset
Knees	Bottom half	Broad base
Hands higher from knees	Full ROM	Narrow base
Push up from toes	Combo	One hand raised/bench
From toes hands higher		Military
From toes feet higher		Diamond
		Pike push up
		Table top
		Dolphin

**Which of these is the most basic Developmental position?**

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## Movement/Stability

Lift and Shifts – Multiplanar movements

Movement is getting the right muscles to fire, with right amount of force, in the proper plane of motion, at the right time.

Stabilization is the movement system's ability to provide optimal dynamic joint support to maintain correct posture during all movements.

Stabilizer muscles are just as important as primary muscles.

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### Push Ups From the Toes

Lever	ROM	Position	Movement/Stability
What can you shorten or lengthen?	Is a smaller ROM easier?	What about the position can be changed?	Is the goal stability or mobility?
Wall	Top half	Diagonal offset	Walking
Knees	Bottom half	Broad base	Pu with rotation
Hands higher from knees	Full ROM	Narrow base	3 pt pushup
Push up from toes	Combo	One hand raised/bench	One arm tricep push up
From toes hands higher		Military	One arm or leg wall touch
From toes feet higher		Diamond	Toe tap push up
		Pike push up	PU jacks
		Table top	Spiderman push ups
		Dolphin	

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## Fatigue

Loading schemes can add or decrease intensity of a workout or on a particular muscle group.

Pre-fatigue – This is when an exercise is performed that exhausts a single muscle group immediately followed by a multi-joint exercise using that muscle.

Post-fatigue – This is when a multi-joint exercise is followed immediately by a single joint movement that uses one of the main muscles of the multi-joint movement.

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### Push Ups From the Toes

Lever	ROM	Position	Movement/Stability	Fatigue/Rest
What can you shorten or lengthen?	Is a smaller ROM easier?	What about the position can be changed?	Is the goal stability or mobility?	How do you build fatigue or rest?
Wall	Top half	Diagonal offset	Walking	Super sets
Knees	Bottom half	Broad base	Pu with rotation	Stretch rests
Hands higher from knees	Full ROM	Narrow base	3 pt pushup	Push up plus (scapular)
Push up from toes	Combo	One hand raised/bench	One arm tricep push up	
From toes hands higher		Military	One arm or leg wall touch	
From toes feet higher		Diamond	Toe tap push up	
		Pike push up	PU jacks	
		Table top	Spiderman push ups	
		Dolphin		

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## Tempo

Slow exercise speed allows strict posture and accurate alignment.  
Faster exercise speed increases intensity, but also increases potential for injury risk and improper posture and alignment.

Concentric  
Eccentric  
Isometric

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Lever	ROM	Position	Movement/Stability	Fatigue/Rest	Tempo	Focal Point
What can you shorten or lengthen?	Is a smaller ROM easier?	What about the position can be changed?	Is the goal stability or mobility?	How do you build fatigue or rest?	How can you play with timing of movement?	
Wall	Top half	Diagonal offset	Walking	Super sets	Pulses	
Knees	Bottom half	Broad base	Pu with rotation	Stretch rests	Pauses	
Hands higher from knees	Full ROM	Narrow base	3 pt pushup	Push up plus (scapular)	3 and 1	
Push up from toes	Combo	One hand raised/bench	One arm tricep push up		1 and 3	
From toes hands higher		Military	One arm or leg wall touch		Ecc only	
From toes feet higher		Diamond	Toe tap push up		Conc only	
		Pike push up	PU jacks		Plyo	
		Table top	Spiderman push ups		Hand release/chest to floor	
		Dolphin				

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## Focal Points

Two important characteristics of good form:  
Minimize the chances of injury for the individual  
Employ efficient body mechanics, to maximize the available strength and energy of the movement.

Proper technique is a combination of body stability and mobility in the respective appropriate areas.

Rather than moving with momentum, you move with control. Moving with the intention of control funnels the stresses to the appropriate areas of the body rather than to regions prone to break down and injury.

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Push Ups From the Toes						
Lever	ROM	Position	Movement/Stability	Fatigue/Rest	Tempo	Focal Point
What can you shorten or lengthen?	Is a smaller ROM easier?	What about the position can be changed?	Is the goal stability or mobility?	How do you build fatigue or rest?	How can you play with timing of movement?	Will change with exercise
Wall	Top half	Diagonal offset	Walking	Super sets	Pulses	Shoulders back
Knees	Bottom half	Broad base	Pu with rotation	Stretch rests	Pauses	Back long
Hands higher from knees	Full ROM	Narrow base	3 pt pushup	Push up plus (scapular)	3 and 1	Tight glutes
Push up from toes	Combo	One hand raised/bench	One arm tricep push up		1 and 3	Mobilize between shoulderblades
From toes hands higher		Military	One arm or leg wall touch		Ecc only	Weight in the heel of the hands
From toes feet higher		Diamond	Toe tap push up		Conc only	
		Pike push up	PU jacks		Plyo	
		Table top	Spiderman push ups		Hand release/chest to floor	
		Dolphin				

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Master Variations	
Lever	What can you shorten or lengthen to add or reduce difficulty?
ROM	If a smaller ROM is easier or can you combine to progress?
Position	What about the position can be changed to add variation?
Movement or Stability	If the goal is mobility draw attention to stability within move.
Fatigue or Rest	How do you build fatigue or rest? What is your intention?
Tempo	How can you play with timing of movement?
Focal Point	Will change with exercise, but proper cuing and attention to form will ALWAYS make the exercise more effective.

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Thank you for attending!

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