



THE LEAN BERETS

AVENGERS OF HEALTH!

Fitness “Foundations” Orientation Class

Why Foundations? Safety first. Fitness second. You’ll be safer and get the most out of our group training or your own training if you have a working knowledge of the Foundations.

Establishing proper foundation gives you the best *structural start*—and the best safety. The sedentary or technology-driven lifestyles of sitting for extended periods are creating serious structural or “postural” imbalances that can lead to pain and injury. If these rounded upper back and tight joint postures enter into fitness training without correction, we might make things worse...remember that posture sets up movement, so if you have a poor posture or starting structure, the movement will be compromised.

The actual foundational movements are basic exercises that we use to get you fit. Consider the movements the “scales” before the “concerto.” It is good to know the foundational movements with correct structure before you add weight, speed, or jumps. Think about trying to play a concerto without total knowledge of basic scales—it wouldn’t sound too good!!! If you have these moves down, you can make significant fitness gains and reduce the risk of injury as well.

1. Squat
2. Plank
3. Row
4. Side-to-Side Lunge
5. Deadlift
6. Lunge Front-to-Back
7. Push Up
8. Pull Up (or Flexed Arm Hang)

Ankle/Hip/Shoulder Mobility/Stability: Your ankles, hips, and shoulders need to have the right balance of mobility and stability—these are the three major focus areas for us. If mobility is lacking in one of these areas, the potential for injury goes up. Lack of strength can also compromise movement—or even cause injury. These exercises will also help you increase strength. We can help you modify the movements to keep you safe while you are working on gaining the right balance of mobility/stability.

Equipment: We use a variety of equipment in the gym. This class will help you understand the correct use for the greatest fitness gains in a safe manner. We use TRX Suspension Trainer, TRX Rip Trainer, pull up bar, Sandbags, Kettlebells, bands, tubing, medicine balls, foam rollers, Indian Clubs, free weights, stability balls, plyometric step boxes, and more. *Lots of fitness—and fun too!!!*