

BALANCED BODY: THE ART OF TEACHING

Connecting, Cueing and Coaching

WHAT MAKES A GOOD FITNESS INSTRUCTOR?

What you know

- Knowledge of the exercises or techniques
- Understanding of anatomy and biomechanics
- Physical skill
- Experience

How you deliver what you know

- Passion
- Personal charisma
- Communication skills
- Ability to connect
 - Creativity
 - Be You!

THE THREE C'S

Workout



Cueing

- Direction
- Progression
- Destination

Refinement



Coaching

- Disposition
- Observation
- Motivation

Experience



Connecting

- Engage
- Interrelate
- Inspire



VERBAL AND NON VERBAL CUES

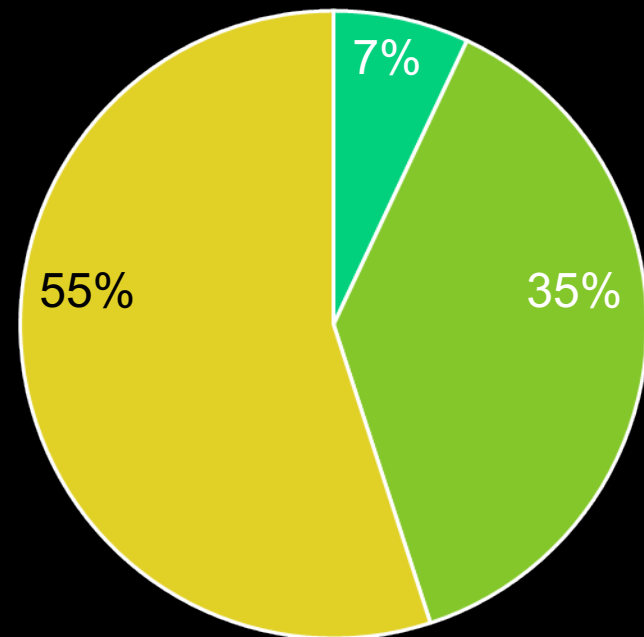
Dr. Albert
Mehrabian's
7-38-55 Rule:

The **words**
we say
are less
important
than

**How we
say it** and

**How we
move** as
we are
saying it

Communication



■ Spoken word
■ Body language

■ Tone of voice
■

CUEING FOR SUCCESS

1) Exercise direction

Clear and consistent



2) Refine the movement

How does it
feel?

How do I do
this better?



3) Provide the purpose

Why is this useful to me?



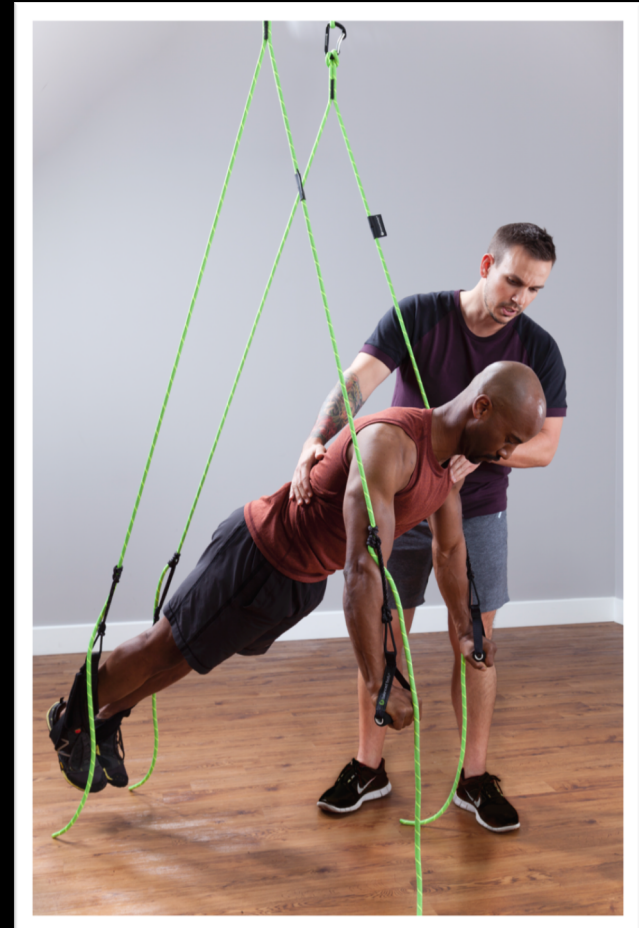
EXERCISE DIRECTION CUES

EXERCISE DIRECTION

Be straightforward,
simple and consistent!

- Exercise name
- Equipment setup
- Body position
- Movement sequence
- Number of reps

Prioritize for success



EXERCISE DIRECTION CUES

What is the most important thing to say?

Body position

Movement sequence

Sitting,
standing,
supine, all
fours,
sidelying etc.

Set up details
– feet are hip
width apart,
lower back is
neutral

What is
moving –
focus on
major joints
first: hip knee,
spine

Where is it
going – use
common
language:
bend your
knees

EXERCISE DIRECTION DRILLS

Level 1 “Do and Cue”

- Do the exercise while you Cue the exercise. Explain exactly what you are doing.

Level 2 “Short and Sweet”

- Cue the exercise while watching the client with as few words as possible.

Level 3 “Blind Cueing”

- Cue the exercise without watching the client. The client can only do exactly what you

Practice cueing the Plank in these
3 ways



REFINING MOVEMENT CUES

Three keys to mindful movement

Breath

Form

Sensation



REFINING MOVEMENT CUES

Instructor directed cues

Breathe

- “Breathe in as you lower, breathe out as you rise”

Form

- Observation and correction
- Alignment – “Keep your knees over your toes”
- Minimize compensations

Sensation

- Creating an internal experience
- Effort – “Notice the work in the back of your legs?”
- Relaxation – “Relax your shoulders”
- Coordination/timing – “Straighten your legs as you raise your arms”

Imagery

COACHING FOR SUCCESS

1) Identify your style

Drill Sargent vs. Cheerleader
vs. Caretaker



2) Identify your client's style

Likes to be
pushed

Prefers
reassurance



3) Expand your style

Train flexibility



CONNECTING FOR SUCCESS

1) Engage

Eye contact

Be present



2) Facilitate Interaction

Encourage competition and support



3) Cultivate Community

Learn to expand your abilities as an instructor



CONNECTING DRILL

How you begin the class can encourage or discourage connection.

- Practice your introduction. Who are they taking the journey with? What will they learn?
- Have students introduce themselves to each other.
- Greet students as they enter class.
- Help to connect students to each other.

How you end a class can also encourage or discourage connection and retention.

- "Thanks for coming and I look forward to seeing you in the next class.."
- Be available for questions when class is over.

