

# Kinesis One Workshop.

## Promotion of the workshop:

- Gym Information Board – Workshop Section (Board updated am checks)
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **15 minutes** time. All members are welcome to attend, please meet (Coach's name) at Reception.
- All available team members to perform a gym floor sweep and invite as many members on the gym floor as you can
- Reception to mention to members as they swipe in
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **5 minutes** time. All members are welcome to attend, please meet (coach's name) at (meeting point)
- Any ad hoc sessions run should follow the same format amending the timings of PA accordingly



## Equipment required:

- Kinesis One

Reserve any equipment you want to use approximately **5 minutes** before session




## At the beginning of the workshop:

- ✓ Introduce yourself to the group
- ✓ Introduce the members to each other

EXERCISE	HANDLES	DESCRIPTION	PICTURE	COACHING POINTS
<b>CHEST PRESS WITH LUNGE</b>	Vertical	Begin facing away from equipment with handles held at shoulder height. Step forwards into a lunge, dropping back knee towards floor; simultaneously push handles out in front of the body to fully extend arms. Alternate legs.		<ul style="list-style-type: none"> <li>• Ensure knees don't fall over toes. For a greater cardio effect, increase the pace of the exercise.</li> </ul>
<b>ARM EXTENSION IN QUARTER SQUAT</b>	High	Begin facing equipment in a quarter squat position. Cross handles and begin with arms curled in front of your body, extend arms to the sides of the body. Control handles back to start position.		<ul style="list-style-type: none"> <li>• Keep elbows by the side of your body.</li> </ul>

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EXERCISE	HANDLES	DESCRIPTION	PICTURE	COACHING POINTS
<b>TRUNK ROTATION</b>	Vertical	Standing side-on to the equipment, take one handle in both hands. Maintaining straight arms, rotate the handle around the front of the body and control handle back to start position.		<ul style="list-style-type: none"> <li>• Ensure the arms stay straight throughout exercise. Keep eyes and hips facing forwards.</li> </ul>
<b>REVERSE FLY IN SPLIT STANCE</b>	Vertical	Begin facing equipment in a split stance, cross handles and hold at shoulder height. Maintaining straight arms, pull handles out to sides, fully extending the chest.		<ul style="list-style-type: none"> <li>• Keep tops of shoulders relaxed through exercise. Imagine pinning the shoulder blades together with each repetition.</li> </ul>
<b>SQUAT WITH ROW</b>	Low	Begin facing equipment with handles at the side of your body. Sit into a squat and extend arms in front of the body. Push up through your legs to stand and simultaneously draw handles in to the sides of your body, squeezing shoulder blades together.		<ul style="list-style-type: none"> <li>• Ensure knees don't fall over toes in downward phase of squat. Keep tops of shoulders relaxed through exercise. Imagine pinning your shoulder blades together with each repetition.</li> </ul>

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