Trainer-led Sessions

The easiest way to run trainer-led sessions is to simply use the clock for work/recovery periods, however resistance, repetitions and sets can potentially be prescribed depending upon individual goals or the advertised level/goal of the session.

These types of sessions are most popular within a 30-45 minute format. 30-minute sessions should allow enough time for a guided warm up, two complete circuits on each station, and a guided stretch at the end. 45-minute sessions can be used for adding guided bodyweight cardio (such as treadmill, rower, etc. or exercises utilizing the Connexus Step+) in between each weight station.

Workout Format:

1) 60 seconds of performing the exercise
2) 30 seconds to move to the next station and recover
3) Repeat

Role of the Trainer

Before
Greet each participant. If they are new, discuss their level of experience, give them a brief overview of what to expect, suggest where they begin the circuit and place them on one station behind an experienced participant (that way they'll see a demo of each machine exercise before they reach it).

During
Lead the group through a 3-minute warm up and movement preparation. Be mindful of the age groups and fitness levels of all participants. Prioritize movements, joints and muscles which will occur during the circuit. Avoid exercises that require the group to go onto the ground (on their backs or front) as one of the reasons they chose this session may be the easy on and off design features of the Go equipment. At the end of the circuit, repeating the movement preparation can serve as a cool down.

Watching the clock shouldn't be your primary role. A simple "ready, go and stop" is all that's required - counting out the seconds is tedious and can actually diminish participants' performance due to the *exercise paradox.

***Exercise paradox** - The exercise paradox is an internal trigger, such as self-doubt, pain, fatigue or an external stimulant, such as a verbal trigger. Mentally, you can think of the exercise paradox as a voice in your head telling you to take your foot off the gas. For example, shouting out something at the last five seconds of an exercise is likely to cause participants to relax five seconds early rather than working until the end of the set.

Focus on the people that need the most help and carefully consider how your attitude and words will influence the participant's confidence and performance. Compared to group sessions aimed at more experienced and fit participants, the type of people attending a Go Series Circuit are likely to have a different and less confident mindset.

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Participant Mindset Examples:

	HIIT Participant Mindset	Go Series Circuit Participant Mindset
Baseline fitness	Medium to high	Low to medium
Self-efficacy	I know this works	I'm not sure about this
Confidence	I've done this 100 times and know I can do it again	I'm not sure I belong here
Competitiveness	Bring it on!	I hope I can finish let alone be the best here
Fear of injury	I love to feel my muscles 'burn'	If it hurts I must be doing something wrong
Self-consciousness	I'm so good at this I could be teaching the class	I was hoping I could hide at the back

Motivation is often presented with a one size fits all mindset, with the default being a blend of enthusiasm and pushing people to work harder. It's important to consider that many new participants have a fragile relationship with exercise and what they will respond to is reassurance and guidance rather than being pushed outside of their comfort zone.

Example Phrases to Create a Positive Experience:

In HIIT you can say…	In Go Series Circuit it's better to say…
Push yourself really hard, you can recover later	I'm here to support you, I'll let you find the level that feels right for you…. when I think you're ready to work harder we'll make sure you're on board with it
Come on it's called high Intensity for a reason	I never want you to leave this class thinking I pushed you harder than you wanted
I want you to be the hardest working person in the room	This is all about you, let's focus on your performance, don't compare your weights to other peoples - just be sure that you feel you're making progress
If you think this is easy you aren't doing it right	We're all working really well, focus on your speed, and technique. Aim for a full range of motion and control the weight in both directions
Smash it, Own it, Faster, Harder, More!	Well done, every session is progress

Afterwards

While wrapping up the session take the opportunity to answer any questions people may have about improving their performance in the Go Series Circuit sessions, and advise how they can combine other equipment such as cardio products before or after the session to compliment the strength training that they just completed.

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