

MINDFIT WARRIOR® FUNCTIONAL FITNESS COACH

Hour by Hour Schedule

DAY 1 - September 12, 2021

9.30am - 10.00am - Functional fitness fundamentals overview

- > How Functional Fitness works
- > Define the purpose of functional movements
- > Understand the global principles of functional training

10.00am - 10.15am - Introduction to MindFit Warrior Training System [MWTS]

- > MindFit Warrior® core values and mission
- > MWTS Model overview

10.15am - 11.15am - MWTS movement screening and assessment for group

- > Understand the purpose of movement screen
- > How MW Functional Group Screen works (MW-FGTS)
- > How to apply the MW-FGTS to Small and Limited group

11.15am - 1.30pm - MW Functional bodyweight exercises PART 1 (analysis of single movements)

- > Recognize the common errors and postural misalignments during the execution of the fundamental movements and exercises;
- > Demonstrate the proper technique with progressions, regressions and variations;
- > How to communicate simple and effective coaching cues for each movement;

1.30pm - 2.30 pm - Lunch

2.30pm - 3.00pm - Communication and teaching strategies for group training

- > How to use an efficient communication to manage a class;
- > How to combine movement progressions, volume and intensity to optimize the movement learning process;

3.00pm - 4:00pm - MWTS Corrective exercise fundamentals applied to group training

- > How to choose the right sequence of corrective exercises based on the MW-FGTS results;
- > How to teach corrective exercises fundamentals and put them into Movement Prep and Warm Up phases;

4.00pm - 6.00pm - MindFit Warrior® training protocols (part 1)

- > Practical examples of MW Functional Bodyweight protocols for different targets and needs;

DAY 2 - November 7, 2021

9.30am - 10.00am - DAY 1 Review + Intro DAY 2

- > Quick review about the arguments explained in DAY 1;
- > Intro and objectives of DAY 2;

10.00am - 11.30am - Functional bodyweight exercises PART 2 (analysis of integrated movements)

- > How to combine movements to create a personalized integrated exercise;
- > Bodyweight routines of Warm Up: practice on progressions, regressions and variations;

11.30am - 1.30pm - Movement under load: analysis of fundamental movement patterns using Loop bands, Medicine Balls, kettlebells and dumbbells.

- > Demonstration and practice of:
 - Bend and Lift pattern
 - Single Leg pattern
 - Push and Pull pattern
 - Rotational and Spiral patterns

1.30pm - 2.30pm - Lunch

2.30 - 3.15 - MWTS Functional Group Training: Small and Limited Group

- > Understand the benefits to promote Small Group (3-5) and Limited Group (6-10)
- > How to organize Small and Limited groups
- > How to improve the MW group training experience using online education support

3.15 - 4.30 - MindFit Warrior® training protocols (part 2)

- > Practical examples of MW Functional Fitness protocols for different targets and needs: Bodyweight + Mix equipment

4.30 - 5.00 - MWTS Challenge: the best solution to keep motivated your athletes and monitoring their progress

- > How to create attractive physical challenges to improve the MW training experience and for monitoring medium and long term results;
- > MWTS Challenges: practical examples for different levels and contexts;

5.00 - 5.30 - MindFit Warrior® Pre-package solutions

- > In the first part, we will describe pre-package solutions for online and in person training;
- > In the second part, we will show cases of success used by many fitness clubs, sports societies and personal trainers (national and internationals).

5.30pm - 6.00pm - MindFit Warrior® commercial and legal issues

- > in this session, we will discuss all the informations about MindFit Warrior® trademark, legal requirements and support solutions for coaches and clubs.