

10 MANIA® Fitness Pro Conventions

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ABOUT THE CONVENTION

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- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
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- MIND BODY FUSION
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- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
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jeff howard
SCW STAR PRESENTER

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BIIT: Barre Intensity Interval Training

Interval Training Explained

Interval training is a form of exercise in which you alternate between two or more different exercises. This consists of doing an exercise at a high-level intensity for short bursts, followed by a short resting exercise, or one which doesn't require quite as much energy. For example, this could mean that you run at full pace on a treadmill for two minutes followed by 30 seconds of light jogging, repeated multiple times.

Benefits of Interval Training:

- Burning more calories
- Maintain/build muscles mass
- Improved oxygen efficiency
- Healthier heart
- It's fun

In most instances, an interval training format is easier to teach than traditional barre class format. As you will notice in the BIIT Class Outline, minimal exercises are taught, circuits repeat and there are moments to pause which allows you, the instructor, the ability to preview your next move.

BIIT Explained

- Music: apps, BPM, and beat matching
- Timer app
- Class outline (full outline below)
 - Exercise selection
- Class in action (class choreography notes below)



BIIT Class Outline

Timer will be set with these intervals to equal a 55 minute class. If doing the express version (little over 43 minutes) omit one of the circuits so there will be three (each done three times).

WARM UP 3 MINUTES

- Keep it simple and only pick a few exercises.
- Aim to have an exercise in parallel, external rotation or lateral movement.
- Include lateral flexion or rotation in one of the warm up exercises.
- Since your first interval is a cardio interval you will continue to warm up if the 3 minutes feels short.

CIRCUIT 1

CARDIO INTERVAL: 1 MINUTE WITH 10 SEC BREAK

- Big range of motion to get the heart rate up
- Look at your four cardio intervals and put a moderate intensity one to start since it's still early on, keep your more challenging cardio intervals for circuits 2-3.
- If doing something on one side you have the option to do 30/30 (have to watch timer or set it up to alert ½ way) or you can do it all one side and then use this Interval again on the other side in another circuit.
- Cardio intervals can include higher impact work but there always needs to be a low impact option for the move shown first and shown often during the interval.

STRENGTH INTERVAL 1: 45 SEC WITH 10 SEC BREAK

- Make this first interval total body work to keep the heart rate up.
- Standing exercise including upper and lower body.
- Weights or other props can be used.
- If doing a move that is one sided, you will need to have another strength interval with the movement on the other side (no split intervals). This does not have to be done in the same circuit, just at some point in class. A great time to put it in would be your first strength interval in your second circuit.



STRENGTH INTERVAL 2: 45 SEC WITH 10 SEC BREAK

- This strength interval can be more of isolation exercise to bring the heart rate down but up that barre burn feeling.
- Can be done standing, kneeling, prone, supine (anything goes)
- Second and third round of this could incorporate add ons to up intensity, pulsing, isometric holds, etc. Just make sure you watch the clock on those.
- If doing a move that is one sided, you will need to repeat the move on the other side in another strength interval (same circuit or different circuit).

STRENGTH INTERVAL 3: 45 SEC WITH 10 SEC BREAK

- This strength interval can be more of isolation exercise to bring that heart rate down but up that barre burn feeling.
- Can be done standing, kneeling, prone, supine (anything goes)
- In the second and third round of this could incorporate add ons to up intensity, pulsing, isometric holds, etc. Just make sure you watch the clock on those.
- If doing a move that is one sided, you will need to repeat the move on the other side in another strength interval (same circuit or different circuit).

REPEAT CIRCUIT 2 MORE TIMES (3 ROUNDS TOTAL)

- The first round focus on set up, modifications, options to up intensity, and technique. A lot of times the move is done at a slower pace a few times to get the feel but still make sure to get the higher intensity work out there for those that are ready for it. Save 2nd and 3rd rounds to amp up the movements.
- After the third time through there is an extra 20 break (30 total since 10 was in timer after last interval). Use this time for them to rest and you set up next circuit.

CIRCUIT 2

- Follows the same template as circuit 1. You can use a higher intensity cardio interval in this one.
- The strength interval 1 does not have to be standing but make it total body.

CIRCUIT 3

- Follows the same template as circuit 1. You can use a higher intensity cardio interval in this one.
- Strength interval 1 does not have to be standing.

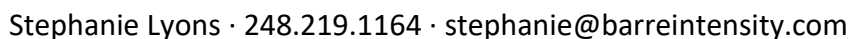


CIRCUIT 4

- Follows the same time intervals as circuit 1 but it has a more mat work/core based focus.
- Cardio interval should be less intense than those used for 2 & 3 (remember to use your big ones there) or if it is a high intensity one just don't put a strength interval that has the participant lying flat on their back). Example: Cardio is Barre Burpee with Reach Through – Strength Interval 1 is Tricep Dip with alt Knee Pulls – Strength 2 is Supine Leg Circles – Strength Interval 3 is Diamond Situps or Crunches (the tricep dips with the knee pulls will work the core but give us time in an upright position to pull the HR down before lying down)

COOL DOWN AND STRECH 4 MINUTES

- Change the music.
- Use first part to talk about breath and slowing down since the class was GO GO right from the start.
- Time to reward those muscles with some stretches.



Equipment: Light Dumbbells and Mat

Playlist: <https://www.steadymixes.com/130aug20/>

If you like Spotify, we created a comparable playlist of 130 BPM songs. [You can find it here.](#)

WARM UP 3 Minutes

Notes:

Warm up is short but your first move in a circuit is a big cardio move so it helps to get body warm.

CIRCUIT ONE – (3 Rounds Total)

S3 - Foot is flexed and really lead with heel (slight internal rotation of thigh)



<p>CIRCUIT TWO - (3 Rounds Total) <i>CARDIO INTERVAL (1 minute with 10 second break) –</i> Wide V Quick Double Pulse and Reach Stand or Hop <i>STRENGTH 1 (45 seconds with 10 second break) –</i> (weights) Tricep Hugs Singles and Pulses (lower body in V Squat position) <i>STRENGTH 2 (45 seconds with 10 second break) –</i> (weights) C Curve Bicep Reach and Pull <i>STRENGTH 3 (45 seconds with 10 second break) –</i> Repeat Side Leg Lifts from Circuit 1 on the other side</p>	<p>S1 - Heels can hold lifted 2 and 3 set S2 – Can add hi/low on reach and quicker tempo 2/3 sets</p>
<p>CIRCUIT THREE <i>CARDIO INTERVAL (1 minute with 10 second break) –</i> Barre Burpee with Alt Oblique Knee Twist on Stand <i>STRENGTH 1 (45 seconds with 10 second break) –</i> (weights, option to double up in one hand) Kneeling Side Bend with single arm Hammer Curl (slow and quick) <i>STRENGTH 2 (45 seconds with 10 second break)– 4</i> Pulse SL Glute Lift in Down Dog to Plank with Oblique Knee Pull <i>STRENGTH 3 (45 seconds with 10 second break) –</i> Bridge Hold with alternating leg Walk Outs</p>	<p>C – Can hop or walk out. Stress to move quick with control, not to worry about moving with music S1 – Free hand can be reaching OH, behind head, or hand on hip. S2 – Options can be up on Glute Lift and then on knee in the knee pull. Or 4pt for GL and Knee Pull</p>
<p>CIRCUIT FOUR <i>CARDIO INTERVAL (1 minute with 10 second break) –</i> Wide V KB/Lunge/Knee Lift or Hop/Lunge alternating sides <i>STRENGTH 1 (45 seconds with 10 second break) –</i> Repeat Kneeling Side Bend/Hammer Curl from Circuit 3 other side <i>STRENGTH 2 (45 seconds with 10 second break) –</i> Repeat 4 Pulse GL/Oblique Knee Pull from Circuit 3 other side <i>STRENGTH 3 (45 seconds with 10 second break) –</i> (weight) 3 Pulse Frog Crunch with Leg Extension</p>	
<p>COOL DOWN – 4 Minutes Knees to side spinal twist, Hamstring Stretch, and Inner thigh stretch on each side Seated Straddle Side Bend Stretch, hamstring, and center fold, repeat other side Standing Quad Stretch</p>	