

ROUND 1**1.1 TRX KNEELING ROLLOUT**

- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between legs and chest height.
- Push hands forward away from anchor point, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and drive (knees) back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS

- Standing tall, grab YBELL with a narrow grip, resting YBELL on the shoulder if possible.
- Lower hips down and back, knees and hips to 90 degrees.
- Drive through the floor to return to a standing position, pressing YBELL overhead.

1.3 YBELL ALTERNATING SWING

- Stand with YBELL at waist height in front of feet that are shoulder width apart, hinge over hips. Grab each leg.
- Maintaining a flat back and chest upright, pull or lunge leg off the ground and outwards leg.
- Allow the YBELL to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the hip/groin with the opposite hand and repeat on the other side.

ROUND 2**2.1 YBELL ALTERNATING RENEGADE ROW**

- With a low-grip position on the YBELL set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plane with the opposite arm.
- Return YBELL to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART

- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plane and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE

- Standing tall, grab YBELL with double grip open down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plane push through front foot and return to standing position.
- Repeat with the opposite leg.

ROUND 3**3.1 TRX SINGLE LEG SQUAT**

- Adjust straps to mid-calf.
- Standing tall, raise one knee to hip height, hands chest height, elbow bent to 90 degrees, and tension on the strap.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly bending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS

- Adjust straps to mid-calf on the ground facing the anchor point, place feet in the foot cradles and keep knees to 90 degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT

- Single leg band on squat foot.
- Stand with feet shoulder-width apart, hinge at the hips to grab the hip band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with tension band in the knee.

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Mary M. Yoke, Carol K. Armbruster

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Methods of Group Exercise Instruction Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor. *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services. The authors who have dozens of years of experience thoroughly explain group exercise training principles, correction and progression techniques and safety tips. They also have taught this course within a university setting. This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe and effective classes for clients of differing ages, abilities and interests. *Methods of Group Exercise Instruction* Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design, the proper way to cue participants and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following: Over 100 minutes of online video demonstrating warm ups, routines, drills and 15 new class formats. A new chapter dedicated specifically to instructing older adults. New coverage of high intensity interval training (HIIT). Two additional sample class plans for featured group exercise formats. The text also features a number of additional learning aids to help readers retain and apply the content. Pro Tips offer insights and expertise from industry veterans, boxes and sidebars highlight important topics, research findings and technique and safety checks, practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success. *Methods of Group Exercise Instruction* Fourth Edition will prepare any group fitness instructor for a successful career. Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success.

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that make up the patchwork of evolved biological catalytic sites. The book compares and contrasts the biosynthetic assembly of active sites involving all biological metals. This has never been done before since it is a relatively new fast developing area of research. *Metalloprotein Active Site Assembly* is an ideal text for practitioners of inorganic biochemistry who are studying the biosynthetic pathways and gene clusters involved in active site assembly and for inorganic chemists who want to apply the concepts learned to potential synthetic pathways to active site mimics. [Handbook of Proteolytic Enzymes](#) Alan J. Barrett, Neil D. Rawlings, J. Fred Woessner, 2012-10-30. Extensively revised and updated, the new edition of the highly regarded *Handbook of Proteolytic Enzymes* is an essential reference for biochemists, biotechnologists and molecular biologists. Edited by world renowned experts in the field, this comprehensive work provides detailed information on all known proteolytic enzymes to date. This two volume set unveils new developments on proteolytic enzymes which are being investigated in pharmaceutical research for such diseases as HIV, Hepatitis C and the common cold. Volume I covers aspartic and metallo peptidases while Volume II examines peptidases of cysteine, serine, threonine and unknown catalytic type A. A CD-ROM accompanies the book containing fully searchable text, specialised scissile bond searches, 3D color structures and much more. The only comprehensive book on proteolytic enzymes includes 671 chapters, each written by experts in their field on proteolytic enzymes from all groups of living organisms and the viruses, including those that are currently major targets of pharmaceutical research. Accompanying CD-ROM provides fully searchable text, 2D structures of peptidases in color and links directly to PubMed and MEROPS databases. Each chapter describes in detail the enzyme name, its history, activity and specificity, structural chemistry, preparation, biological aspects and distinguishing features. Over 1000 peptidases included.

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