

Chaddy's Epic Circuit

WAFIC 2014



The purpose of this session is:

- To ask *your body* to move as well as it can at this point in time
- To experience multi-directional movements at varying intensities
- To gain *energy* from movement and interaction



During this session we will:

- Improve your movement using your body and tools that you may not have thought of using before
- Move and “exercise” using tools in ways that let you work hard and have fun
- Participate in group activities with varied levels of intensity and fun
- Learn how to “think outside the square” when it comes to movement prescription



The Tools



Elastic
resistance

Asymmetrical
Load

“Static”
strength

High velocity
speed &
power



Safe

Fun

Smart



Group
involvement

Multi
purpose

Constant
load
variation

Mobility



Posterior step
opposite
shoulder reach

Pigeon toe
throw

Halo throw



Foot walk

Quad roll

T Spine Roll

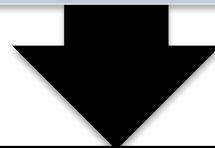
TRX Rip movements & Games:

Rip Stack Balloon 4 Square Tennis

8 People

4 Rip Trainers

1 Balloon

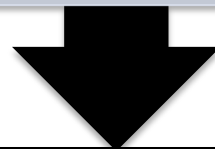


Rip Lunge Static Overhead Axe Chop Volleyball

4 People

2 Rip Trainers

1 Balloon



Rip Squat Row Unders and Overs

4 People

2 Rip Trainers

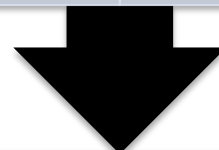
No Balloon

SandBell Movements & Games

Drop the Bell Tag

Whole Group

1 SandBell each



Rob the Nest

Whole Group

1 SandBell each



Fetch

2 People

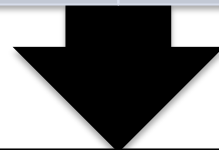
1 SandBell

Battle Ropes movements & Games

Internal Circle Tug of War

8 People

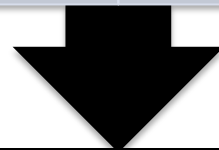
1 Rope



4 way "Cross" Tug of War

8 People

2 Ropes



Sweep Tag

Whole Group

2 Ropes

Recovery



Pigeon Pose (2
Bells)

½ kneel hip flexor +
O/head reach (2
Bells)

Prone T Spine
Alternating lateral
reach
(1 Bell)



Foot walk

Glute Scrub

Shoulder Scrub

How do you feel?

- Did we ask your body to move as well as it can at this point in time?
 - Using SandBells and Battle Ropes
- Did you experience multi directional movements at varying intensities?
 - Using “exercises” and games
- Have you gained energy from movement and interaction
 - By being part of a group environment



To learn more about these tools:

- TRX Rip Training Course (Level I)
 - www.ptacademy.com.au
- Hyperwear SandBells Course
 - www.ptacademy.com.au
- Battle Ropes course
 - www.kettlebellinstitute.com.au



Thank you!

