



Group Personal Trainer Instructional & Educational Training Programs

If you want the best results in the shortest time, then these Adult and Senior Group Training program is for you. RIOT offers an individualized training experience in a group with our friendly and experienced trainers.

PROGRAM [1]: *Anatomy for Fitness and Wellness-Learn the Basics of Anatomy*

Covers:

- Properties of Muscle Tissue
- Movement of the Body
- Location & Function of Major Muscle Groups
- Exercise Applications

PROGRAM [2]: *Biomechanics of Resistance Training*

Learn and practice the best exercises, techniques and program design for maximizing strength training results.

Covers:

- Joint Mechanics
- Anatomical Design & Function
- Upper, Lower and Core Body Exercises
- Exercise Selection & Program Design
- Practical Demonstration of Skills

PROGRAM [3]: *Corrective Exercises for Injury Prevention*

Identify injury risk factors and participate in interactive sessions to prevent injury.

Covers:

- Understanding the Kinetic Chain & Biomechanical Issues
- Biomechanical Concerns of the Female Athlete
- Specificity of Dynamic Warm-Up
- Core Strength is the Foundation

Corrective Exercise Progressions for the Shoulder, Knee and Back Training the Proprioceptive System

PROGRAM [4]: Interval Training

Participate in science based resistance and cardiovascular interval training exercises.

Covers:

Understanding and Identifying Energy Systems

Design & Progress Interval Training Programs & Optimal Performance

Make Work: Rest Ratios Work for You

PROGRAM [5]: Law and Fire Injury Prevention

Tackle the top three injuries of first responders, including the back, shoulder, and knee, with new exercise solutions and ideas to help reduce and prevent injuries.

Covers:

Low Back Disorders

Shoulder Concerns

Knee Problems

Muscle Imbalances

Flexibility Issues

PROGRAM [6]: Law and Fire Group Training

Effectively lead and inspire others to reach their maximum potential in a group workout that is time efficient, can be done anywhere, and can be safely scaled to any fitness level using minimal fitness equipment or a fully loaded gym. Leave with ready-to-implement circuits.

Covers:

Leadership & Motivational Skills

Circuit Training, Intervals, and Running Drills

Exercise Guidelines and Safety Programming

Exercise Modifications and Amplification

Body Mechanics & Controversial Exercises

Partner Strengthening Exercises

Applied Sports Nutrition

PROGRAM [7]: Nutrition for Health & Fitness

What you eat is one of the most important ongoing decisions you make in life. Make poor selections and you'll be opening yourself up to numerous diseases and increase your chances of experiencing a shortened lifespan. At RIOT we'll give you the advice you need to be your healthiest. Gain a thorough knowledge of essential

nutrition and its practical application, including nutrition assessment, popular diets, supplements, and tips for dining out.

Covers:

Dietary Guidelines

Nutrition & Disease Prevention

Popular Diets

Shopping, Cooking and Eating Out

Issues in Weight Management

Understanding nutrition and maintaining a healthy diet at home, work, or when dining out can be a challenge, especially for kids and picky eaters. RIOT has created a comprehensive library of nutrition articles and recipes for both fitness enthusiasts and families. Look for our easy to follow recipe videos, download them as PDFs, or search the hundreds of health recipes in our library of snacks, appetizers, main dishes, and desserts that are sure to satisfy you, your friends, and your family.

YOUTH & FAMILY NUTRITION

Research has repeatedly shown that when children and teenagers adopt healthy habits, they're more likely to carry those habits into adulthood. As part of our effort to eliminate the childhood obesity epidemic, and to promote physical activity and healthful nutrition, RIOT provides free educational materials and information to help parents, teachers, and health and fitness professionals promote healthy eating and physical activity among youth. Check out nutritious recipes, expert insight and more.

PROGRAM [8]: Sports Nutrition

Learn to optimize performance and recovery for strength and endurance training, including nutrient timing and hydration.

Covers

Hydration and Performance

Protein requirements for Athletics

Performance Enhancing Supplements

Recovery: Timing is Critical

PROGRAM [9]: Weight Loss Strategies

Become an expert on realistic healthy weight loss by motivating others to boost calorie burn while balancing exercise and diet.

Covers

Weight Loss: What Really Works
Avoid Relapse to Achieve Long Term Adherence
Aerobic versus Resistance Training for Weight Loss
Learn to Boost Calories Burning
Get Tips for Healthy Eating, Cooking & Shopping

PROGRAM [10]: Weight Management Leadership

Discover science-based strategies for losing weight and keeping it off.

Covers:

Physiology of Weight Management
Nutrition and Physical Activity Principles for Weight Management
The Power of Popular Culture
Coaching Clients on Weight Management

PROGRAM [11]: Senior Fitness for Older Adults & Exercise

Discover how to identify the unique needs of older adults and design exercise programs to improve balance, mobility, bone health, and overall conditioning. Gain a thorough knowledge of essential nutrition and its practical application, including nutrition assessment, popular diets, supplements, and tips for dining out.

Covers:

Functional Fitness Assessments for Older Adults
Corrective Exercises for Postural Abnormalities
Training for Arthritis, Dementia, Hypertension
Fall Prevention and Walking Techniques

PROGRAM [12]: Performance Coaching

Want to improve and up your game? Love sport but want to define your skills and take them to the next level? Achieve peak levels of fitness and performance for your sport and be on the winning side! Workout hard, play harder!

- Improve your overall conditioning, muscular balance & recruitment
- Develop better agility & lateral speed
- Increase your range of multi-directional movement
- Increase your power & rotational speed
- Hit quicker & harder
- Decrease your potential for injuries
- Improve your speed, quickness & lateral agility
- Increase your strength & power
- Better deliver & absorb contact
- Improve your stamina, balance, stability & strength endurance to outlast your competition

- Develop a stronger core
- Increase your muscular & overall cardiovascular endurance
- Reduce potential injury with improved strength & increased flexibility

When you're ready, we're here.

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**