

HANDBOOK

THE ——— PFCA  
FFC HANDBOOK



BECOME A QUALIFIED FUNCTIONAL FITNESS COACH

HANDBOOK



# FORWARD

The Functional Fitness Coaching Certification is undoubtedly one of the most impactful courses to enter the UK fitness education space since I started coaching over 15 years ago.

The depth of knowledge and the extensive work compiled by Jenz & Craig will revolutionise the way the modern day fitness professional coaches for time to come.

The course is both thought provoking yet direct, cutting through the noise and delivering the coach with the tools and know how, thus facilitating a greater level of autonomy and empowerment.

The FFC is a necessity for the coach who has aspirations are for a long and successful career, which not only brings a huge amount of fulfilment but perhaps more importantly will ensure the consumer is front and centre at all times.



## WELCOME TO YOUR NEXT STEP IN MASTERY

We created this course to disrupt what is currently considered as the norm. To change what it means to be a coaching professional and start to make a larger impact in the world.

The job role of a personal trainer goes far beyond sets and reps in a gym. We wanted to give the coach the skills required to thrive in an industry where the best can truly shine.

In addition, with the right skills - we as coaches can certainly change lives.

The structure and flow of this course are like NO OTHER.

Do not rush it, take your time - digest the information, allow the opportunity to truly absorb the information, and apply it to make it your own.

We care that this course empowers you, challenges you, and makes you earn your certificate.

Along your journey please do share your experiences on social media and be sure to tag the team, it serves as a great accountability tool for yourself and inspires others to do the same. Your clients will also value your time, investment and commitment to improving your coaching product.

@the.pfca on IG

A portrait of Jenz Robinson, a man with a full brown beard and glasses, wearing a black t-shirt with the PFC A logo. He has his arms crossed and is wearing a black watch on his left wrist. The background is dark.

# JENZ ROBINSON

I am incredibly proud of the work the team and I have put out here in this course, I believe this course will deliver on levels few will ever understand.

My hope is that coaches around the world see this as something they are truly proud of having earned the certificate and represent themselves and the PFC A in the highest order.

Thank you for your investment, lets get stuck in.

A portrait of Craig Massey, a man with short brown hair and a beard, wearing a black t-shirt with a green and white logo. He has his arms crossed and is looking directly at the camera against a dark background.

# CRAIG MASSEY

What an experience creating this course has been! Digging into the archives of our minds and experiences, what you get here is the outcome of our many combined amazing years on the frontline of fitness – exactly where you stand right now.

My hope for this course is that what we have chosen to share within it is particularly useful at this point in your coaching journey, and it empowers you to create your own unique experiences; experiences that one day you will get the opportunity to draw upon in order to create your own version of contribution back to the broader collective.

Now, time to take action, coach – go change the game.



## MODULE 01

Elevate the coach

## MODULE 02

Client-centric coaching

## MODULE 03

Sleep, nutrition & behaviour change

## MODULE 04

Functional anatomy

## MODULE 05

Movement screening

## MODULE 06

Developing space, dynamic stability & strength

## MODULE 07

Exercise mastery

## MODULE 08

Programme design

## MODULE 09

Weightlifting for functional fitness

## MODULE 10

Gymnastics for functional fitness

## MODULE 11

Applied case studies

## BONUS MODULE

Delivery





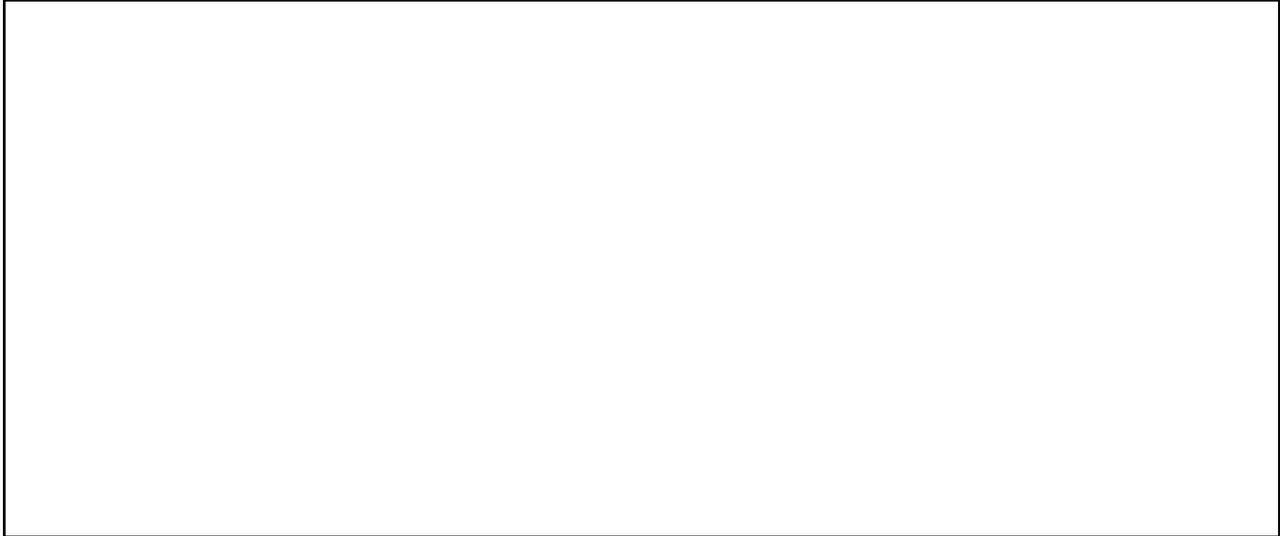


**MODULE 1**  
**ELEVATE THE COACH**

# INTRO

## PFGA CULTURE

- Create a mark of excellence - pursuit of mastery
- Make a stand against what's been accepted as the norm
- Balancing the confident coach and the humble student



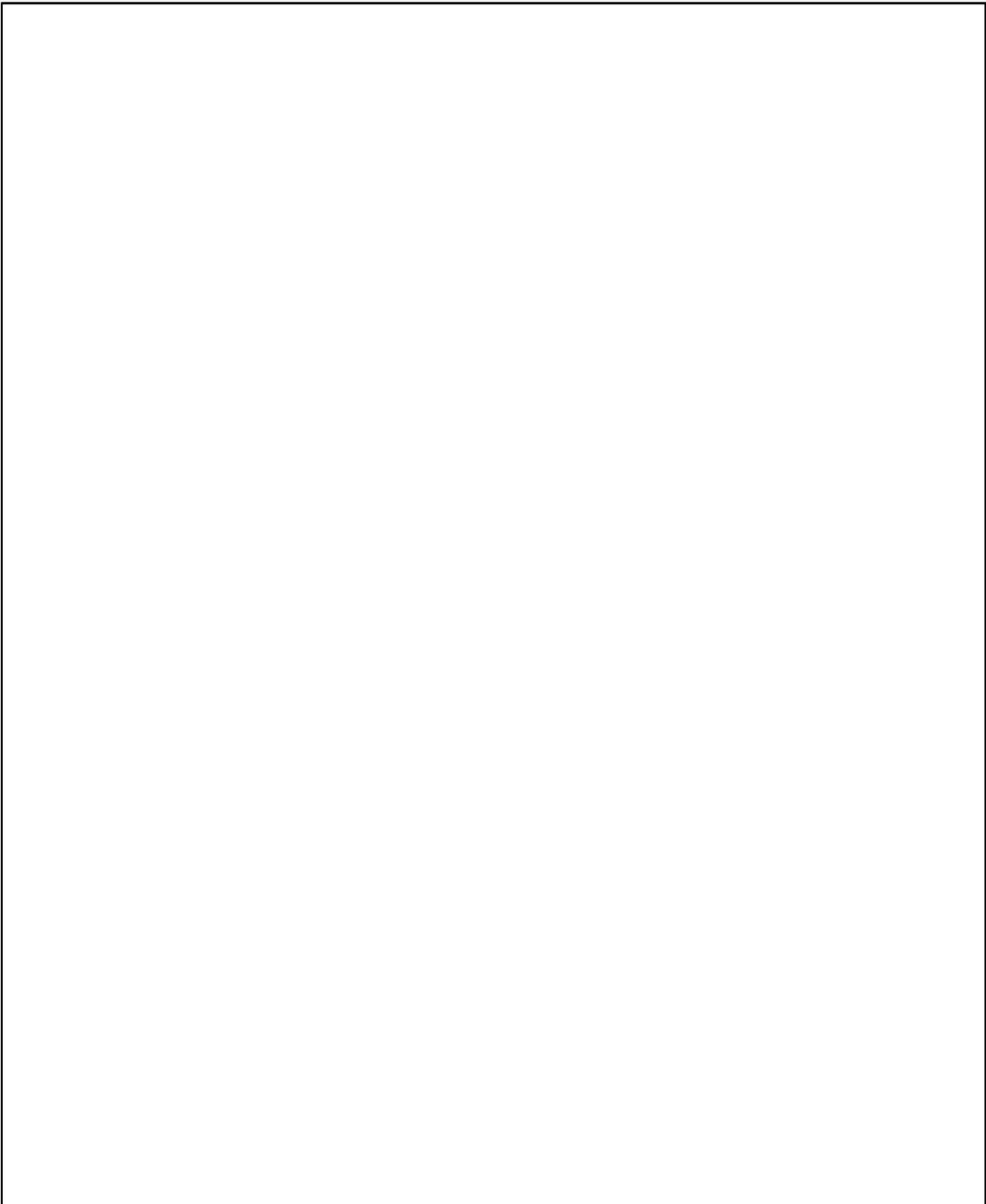
## ELEVATE THE COACH

- Acknowledgement of your own career pathway
- Establish your departure point
- Equip you with the tools to do meaningful work
- Move with purpose & direction. Forwards, not straight
- Be responsible for the upgrade of consumer expectations and experiences



# PRINCIPLES OF COURSE UTILITY

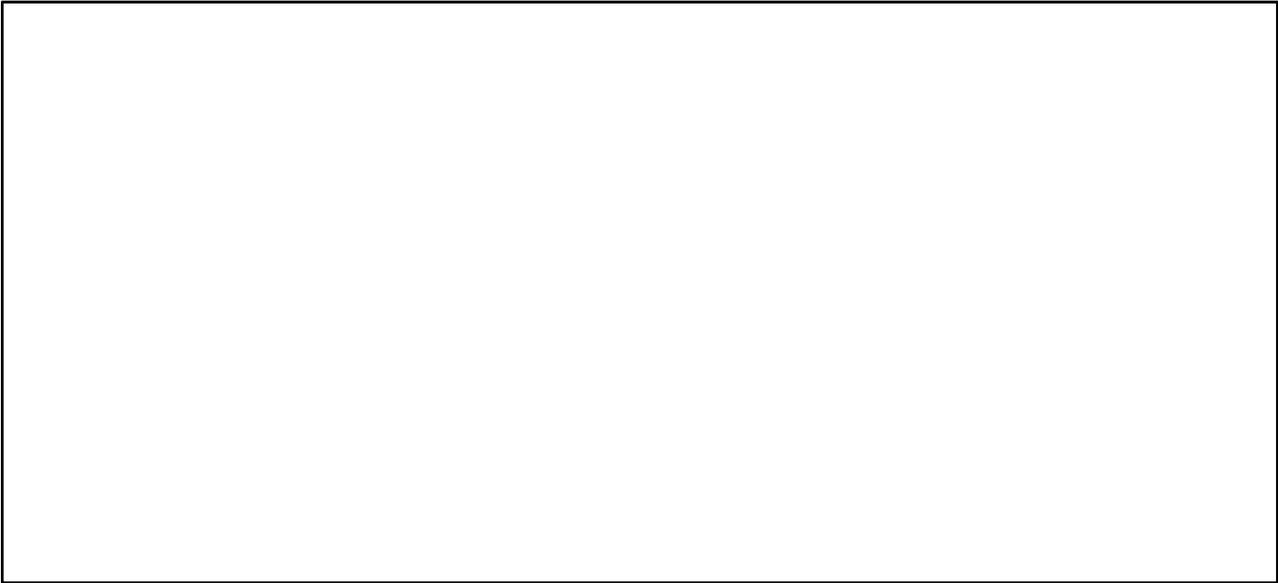
- Take the time you need to digest
- Ingest, Digest, Absorb
- Knowledge of no value without personal application
  - + APPLY + OBSERVE + REFLECT + REFINE
- Do no harm



# COACH/SELF/YOU

## “LEARN MORE ABOUT YOU, TO MAKE IT ALL ABOUT THEM.”

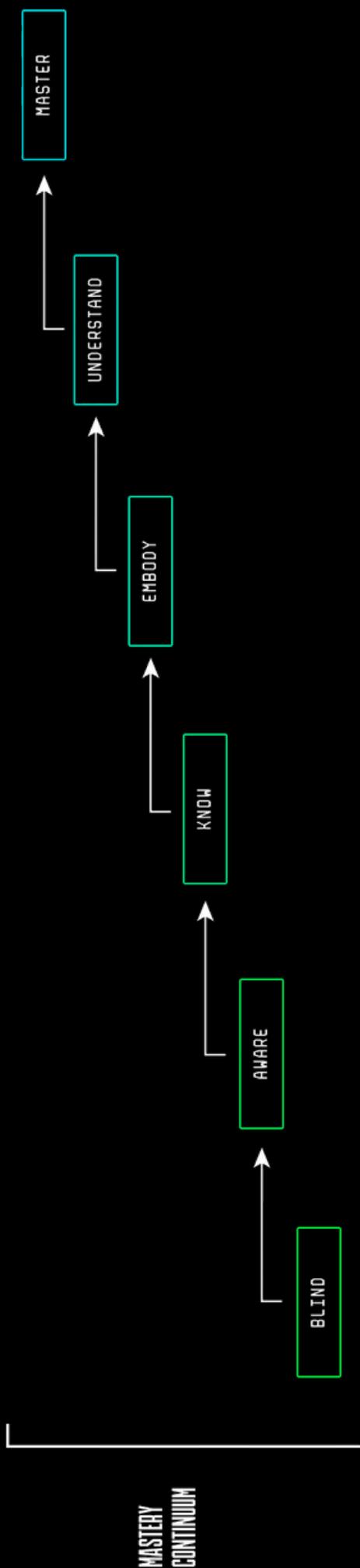
- Deeper understanding of biases, beliefs, values
- Your lens is where perception of impressions take place
- You are the conduit
- "Tabula Rasa?". No - you have an influential story



# INSPIRATION

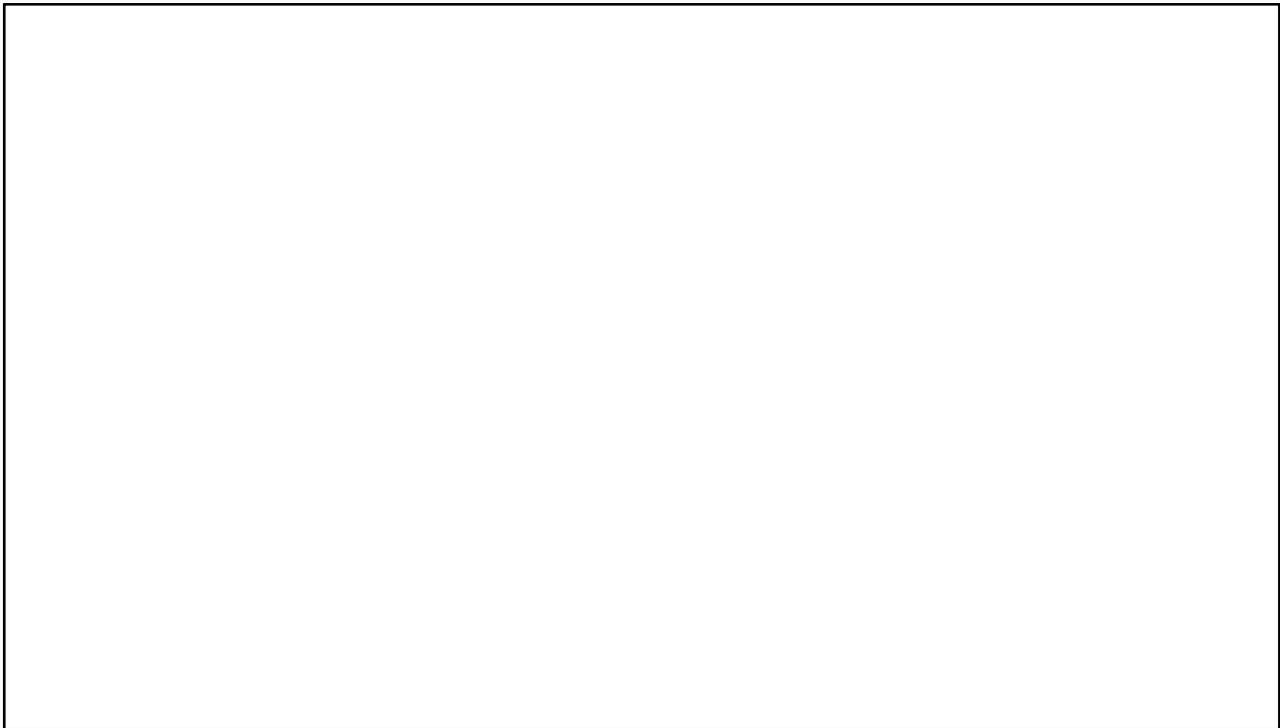
- Personality & style
- Allow your style to flavour the recipe-season
- Autonomy Continuum





# **COACH/SELF/YOU**

## **AUTONOMY CONTINUUM**

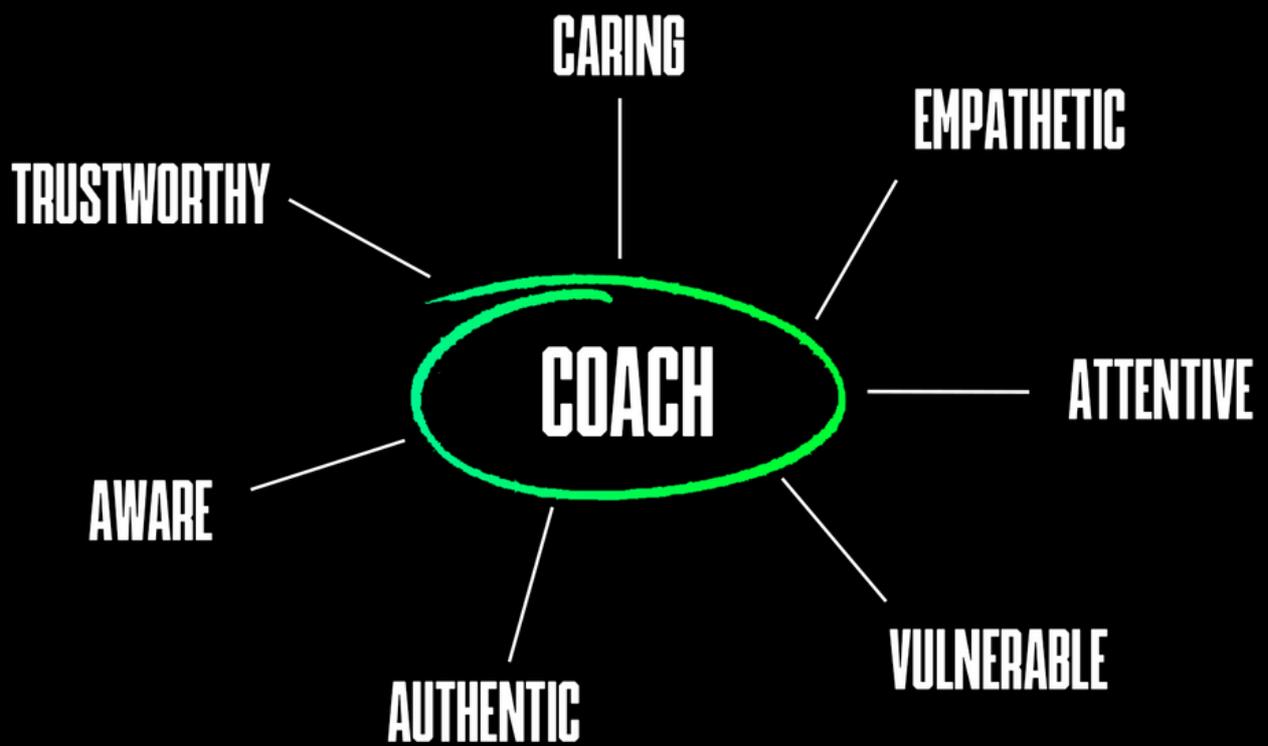


## **YOU CAN ONLY ATTEND TO WHAT YOU CAN SEE**

- Pressure & expectation of oneself
- Courageously authentic



# ATTRIBUTES



# ATTRIBUTES

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# CONTRIBUTION

## DEFINITION OF SUCCESS

- YOURSELF: COACH
- **YOUR** BUSINESS
- **YOUR** CULTURE
- **YOUR** CLIENTS

## AUDACIOUS VS REALITY

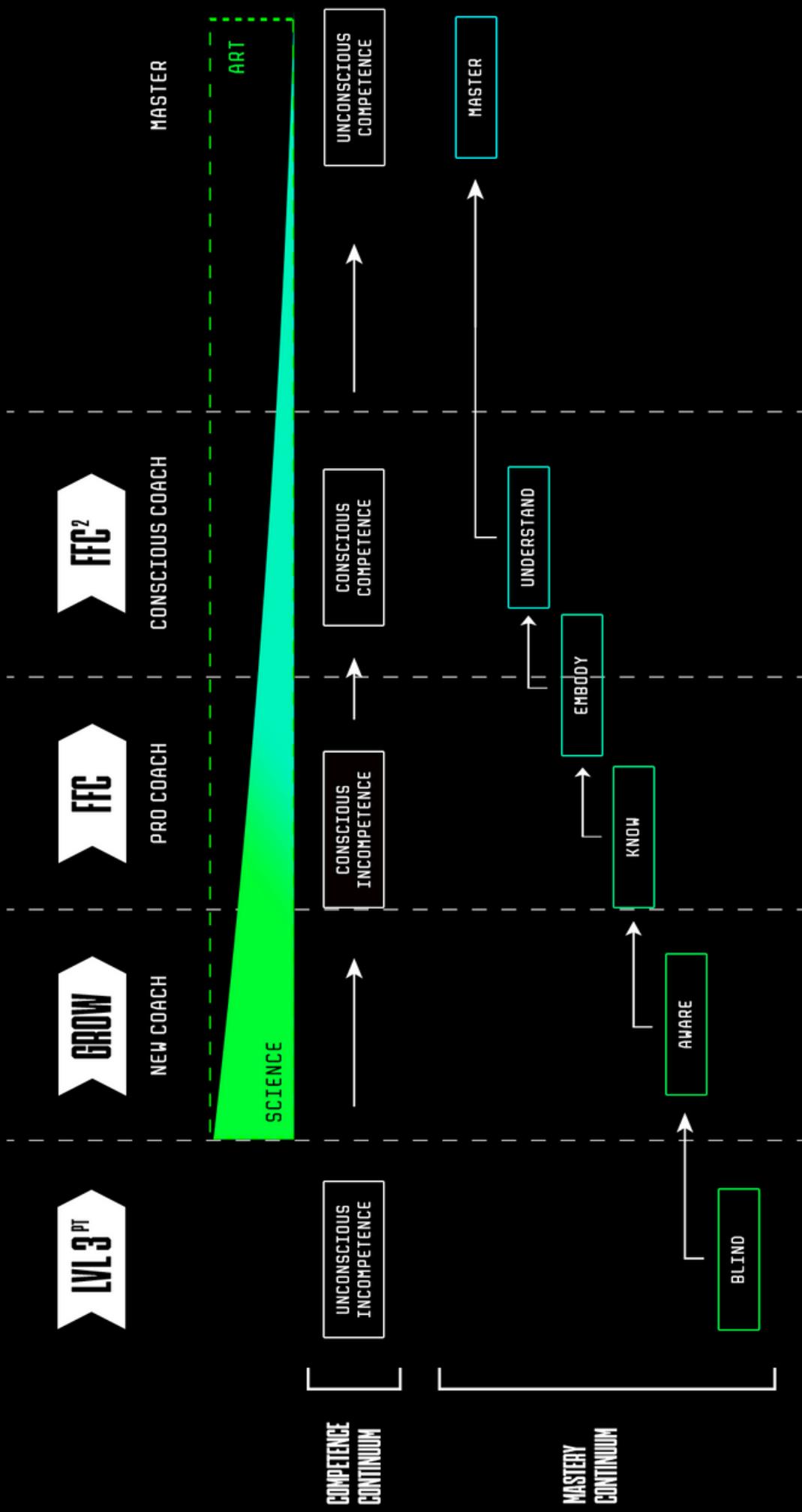
- ALIGNMENT will be the definition OF SUCCESS - manage expectations here



## WAVES & RIPPLES

- DEFINITION- IMPACT
- Our DEFINITION OF IMPACT
- Shared IMPACT

**BE THE GUIDE.**

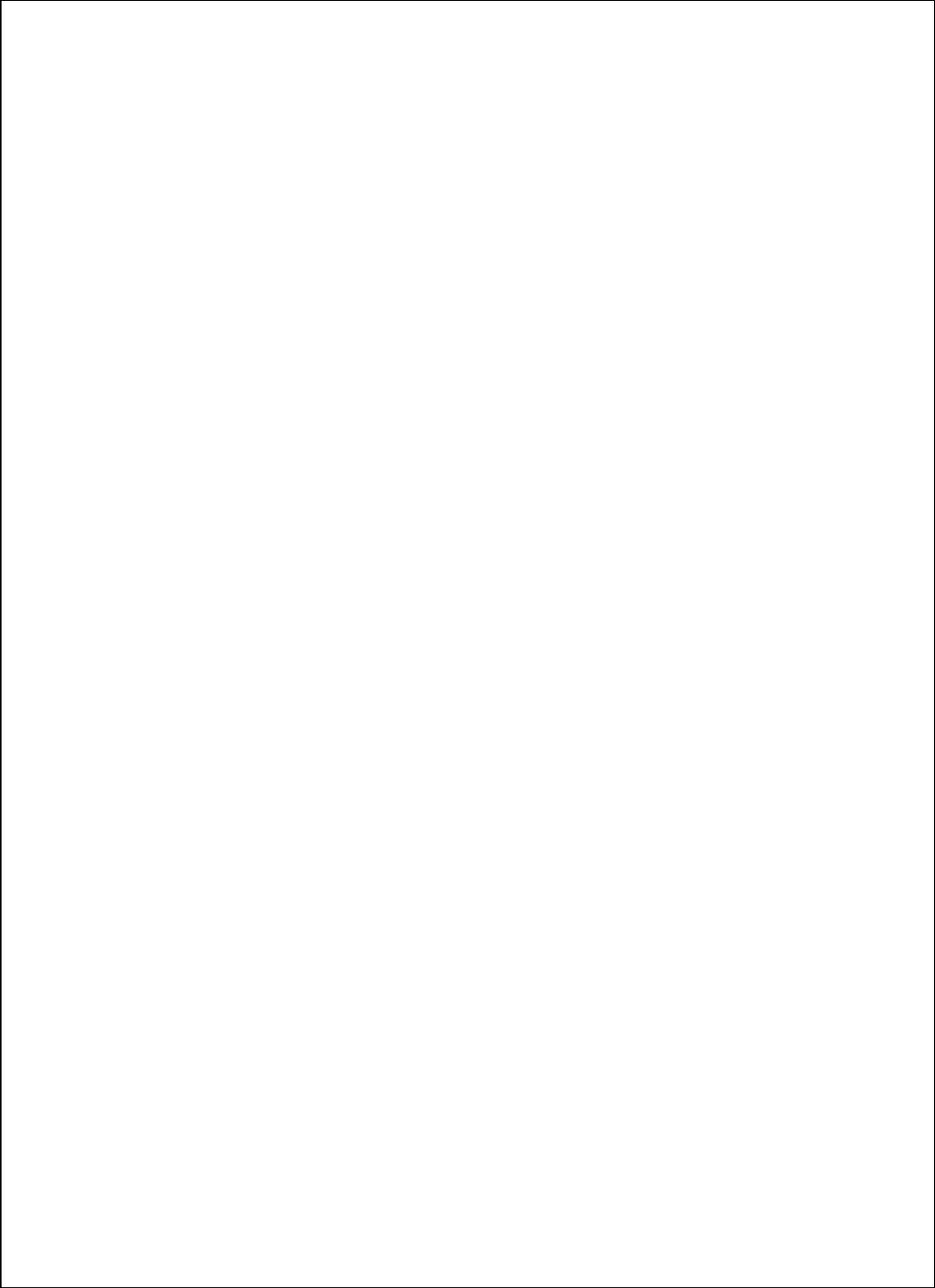


COMPETENCE  
CONTINUUM

MASTERY  
CONTINUUM



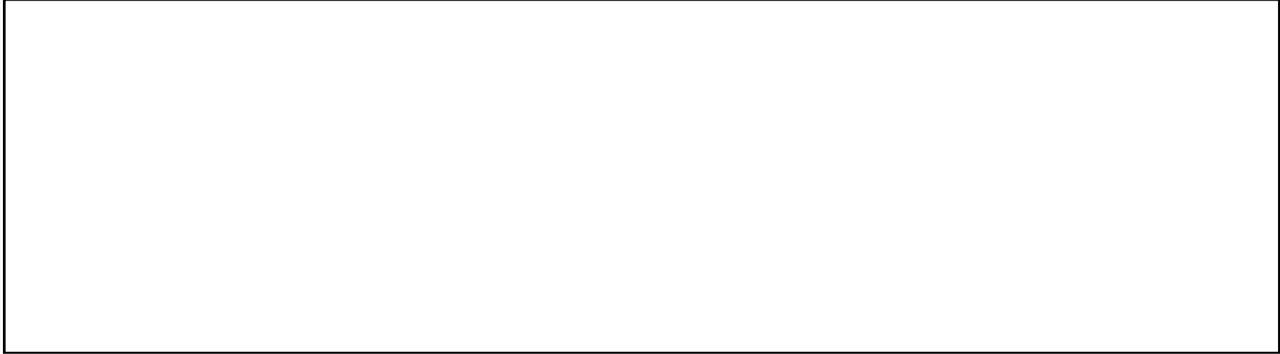
# CAREER PROGRESSION



# EDUCATION

## "SAPERE AUDE"

- Dare to know
- Humble student, confident coach
- Pursuit of education fed by the curious mind



## "EDUCATION-CENTRIC"

- Opportunities that lay before you
- The Potter's touch
- "If effort is the only currency, then education is the only commodity"



## COACH - CLIENT

Education is what you do with someone



**“THE WHOLE IS  
BETTER THAN  
THE SUM OF  
ITS PARTS”**

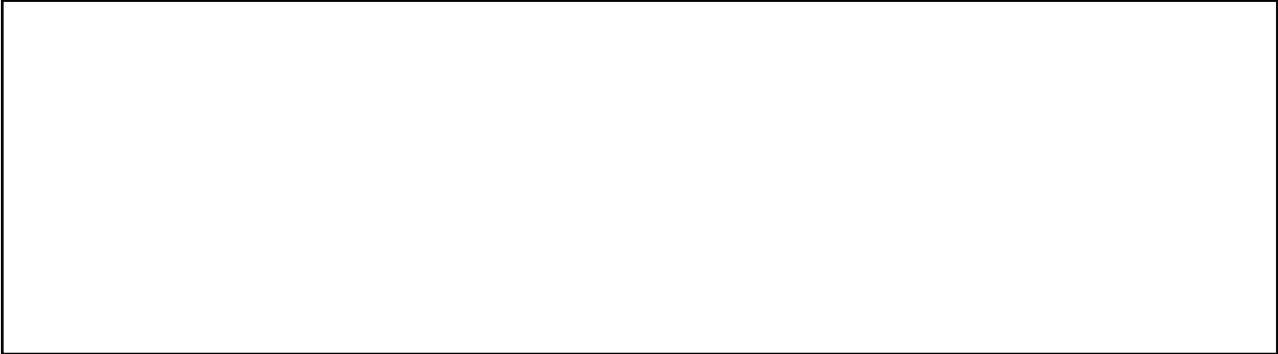


**LET'S MAKE IT SOCIAL**  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# SKILL DEVELOPMENT

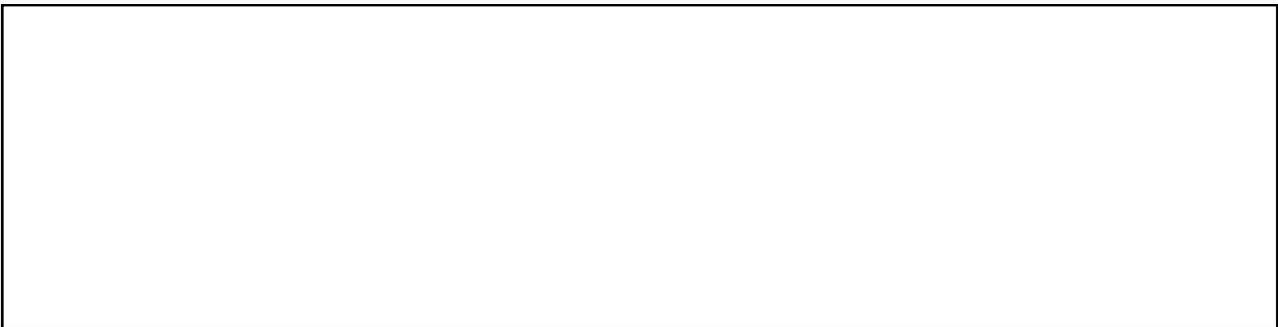
## "THE WHOLE IS BETTER THAN THE SUM OF IT'S PARTS"

- Career timeline
- Recognise the building blocks of a career



## "THE PARTS ONLY OBTAIN THEIR MEANING IN TERMS OF THE PURPOSE OF THE WHOLE"

- What is the whole?
- Student // Coach
- A coaching career with purpose

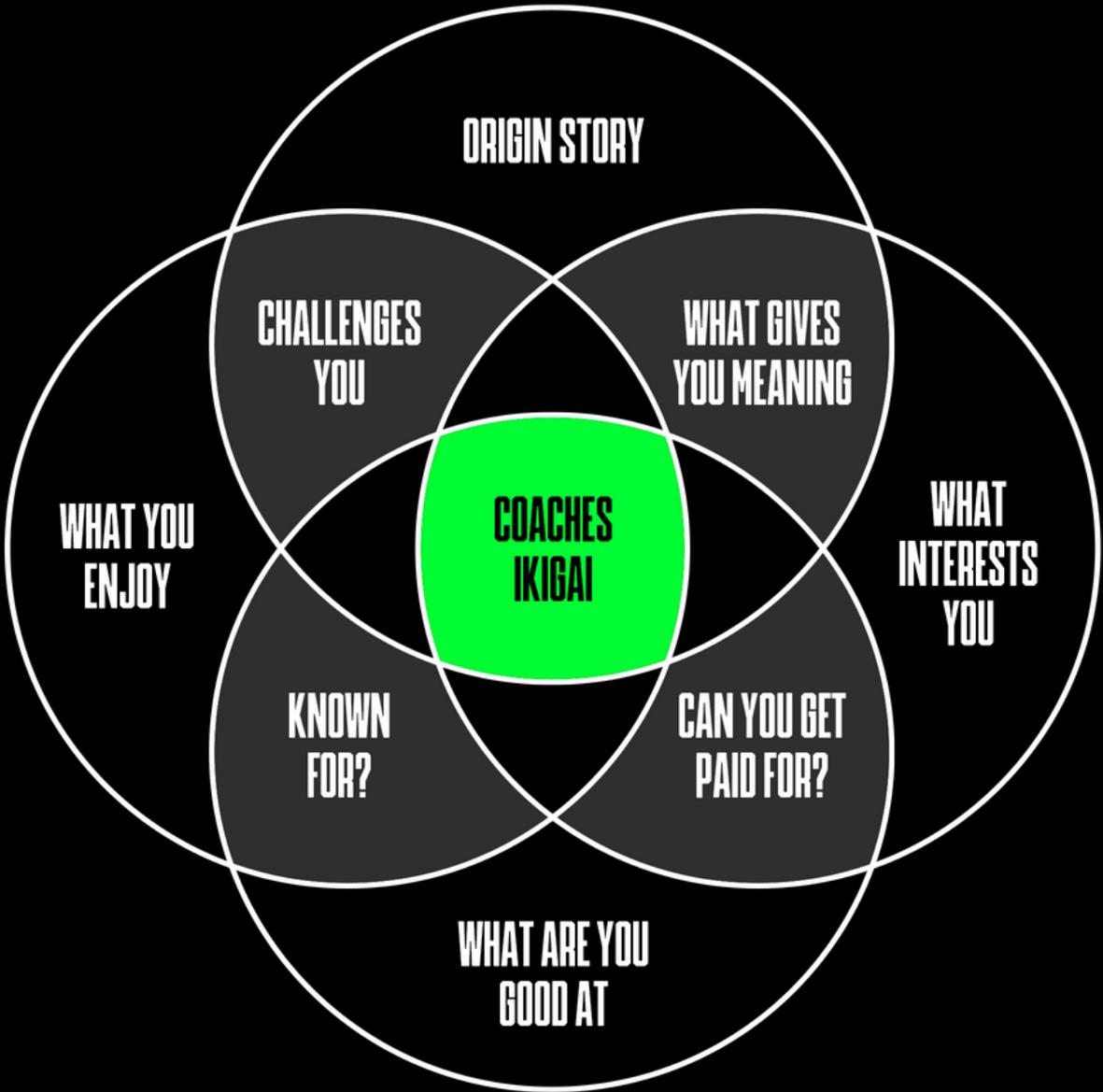


## ELEVATE THE COACH

- Your role in this?



# COACHES IKIGAI



# COACHES IKIGAI

## ORIGIN STORY

- Tabula Rasa
- The version of you they need.

## WHAT INTERESTS YOU

## WHAT ARE YOU GOOD AT

## WHAT DO YOU ENJOY

**WHAT GIVES YOU MEANING**

**WHAT CAN YOU GET PAID FOR**

**WHAT DO YOU WANT TO BE KNOWN FOR**

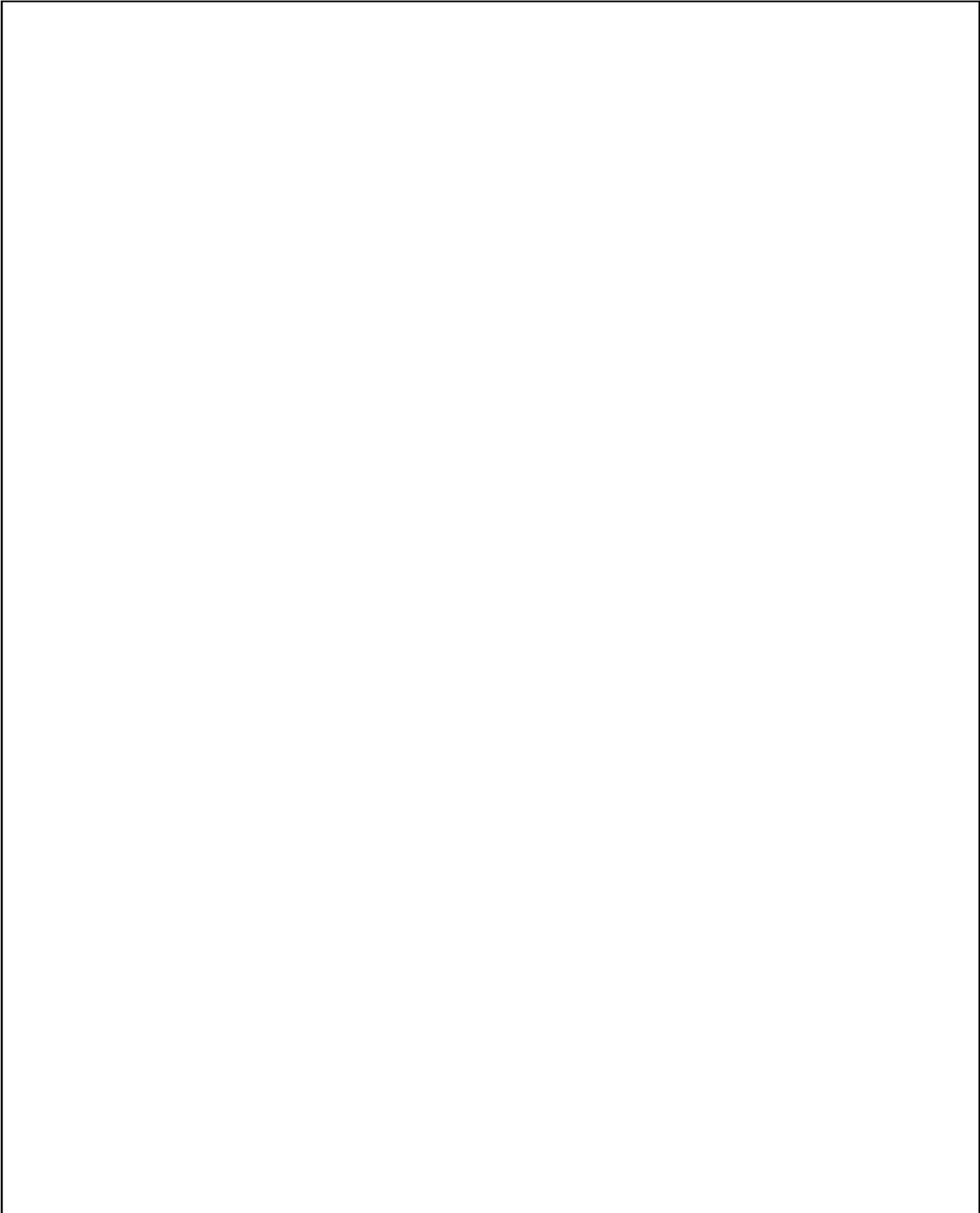
**WHAT CHALLENGES YOU**



# COACHES IKIGAI

Exercise:

Write in the box below what you see to be your Coaches Ikigai. Aim to say it with as few words as possible. Then, elaborate as to why you chose this and what it means to you. Feel free to share it with us via socials.

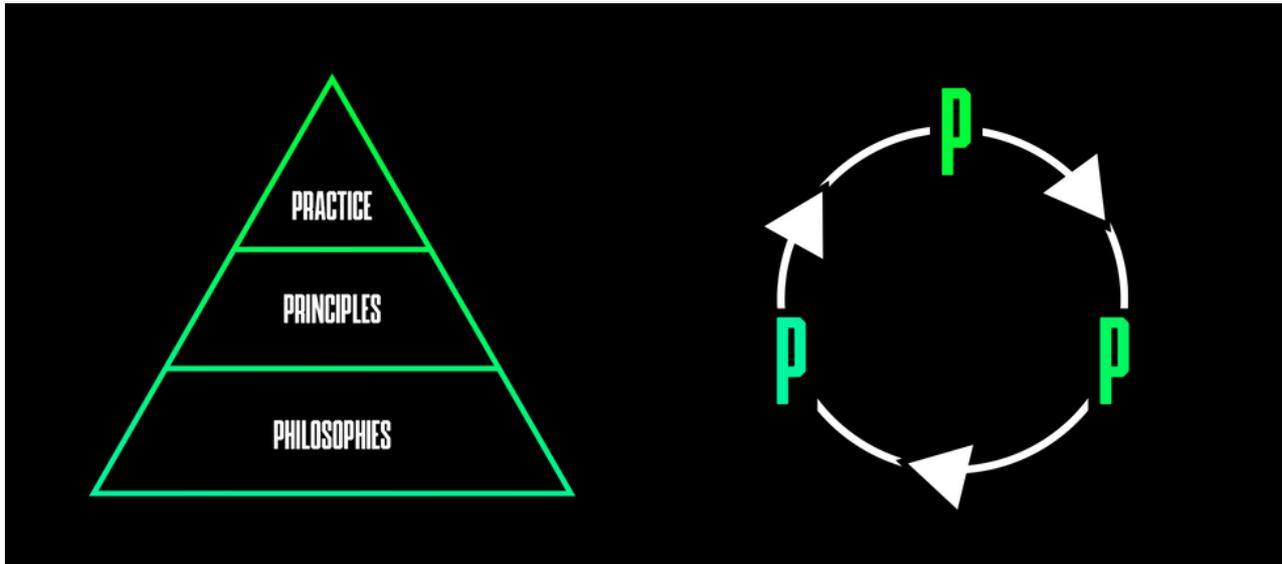
A large, empty rectangular box with a thin black border, intended for the user to write their response to the exercise. The box is currently blank.

**“ THE EASIEST PERSON  
TO DECEIVE IS ONE'S  
OWN SELF ”**



**LET'S MAKE IT SOCIAL**  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# PRINCIPLES



## Principle Examples

Awareness	Connection	Friendly	Compassionate	Open-minded
Excitement	Flexibility	Equality	Mindful	Humility
Curious	Love	Assertiveness	Courageous	Self-development
Fairness	Generosity	Chaos	Humour	Resourceful
Responsibility	Authenticity	Fitness	Challenge	Controlling
Self-care	Energetic	Contribution	Order	Independence
Caring	Empathetic	Creativity	Patient	Kindness
Supportive	Trustworthy	Hard-working	Skilful	Valuable

# PRINCIPLES

Principle 1

Principle 2

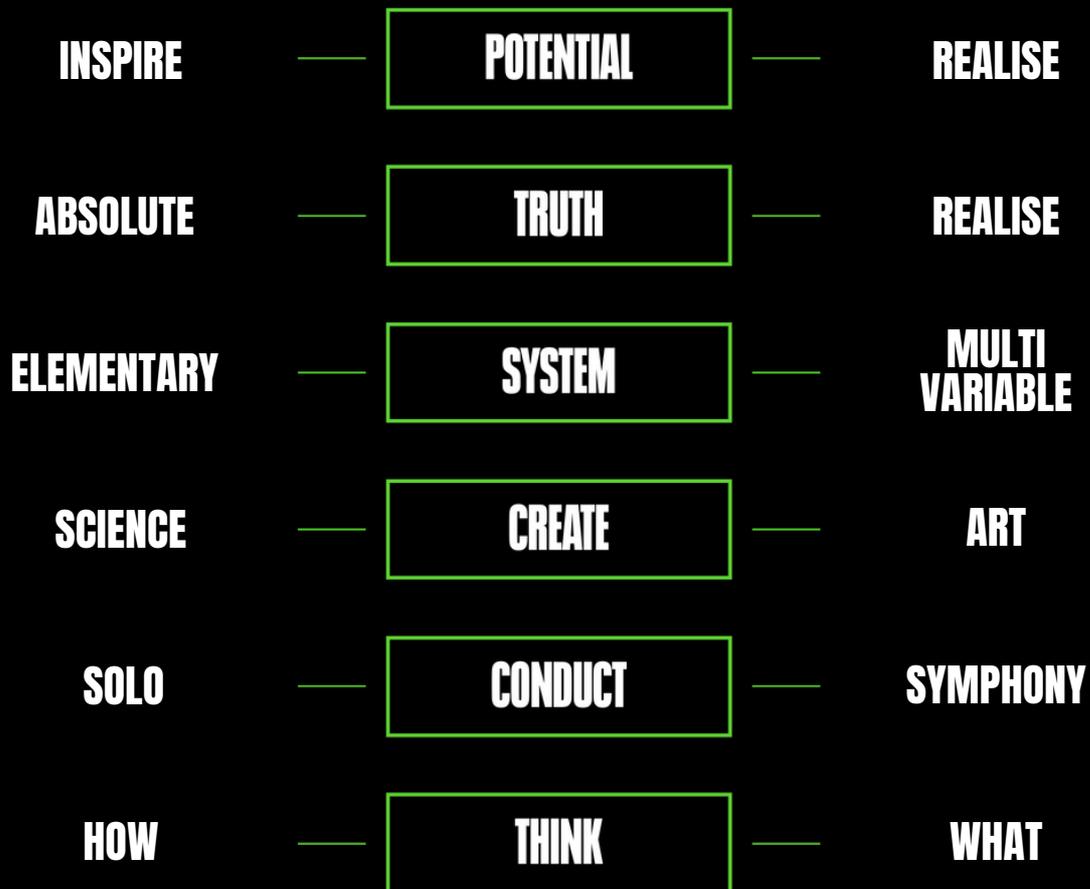
Principle 3

Principle 4

Principle 5



# A PATHWAY OF DEVELOPMENT

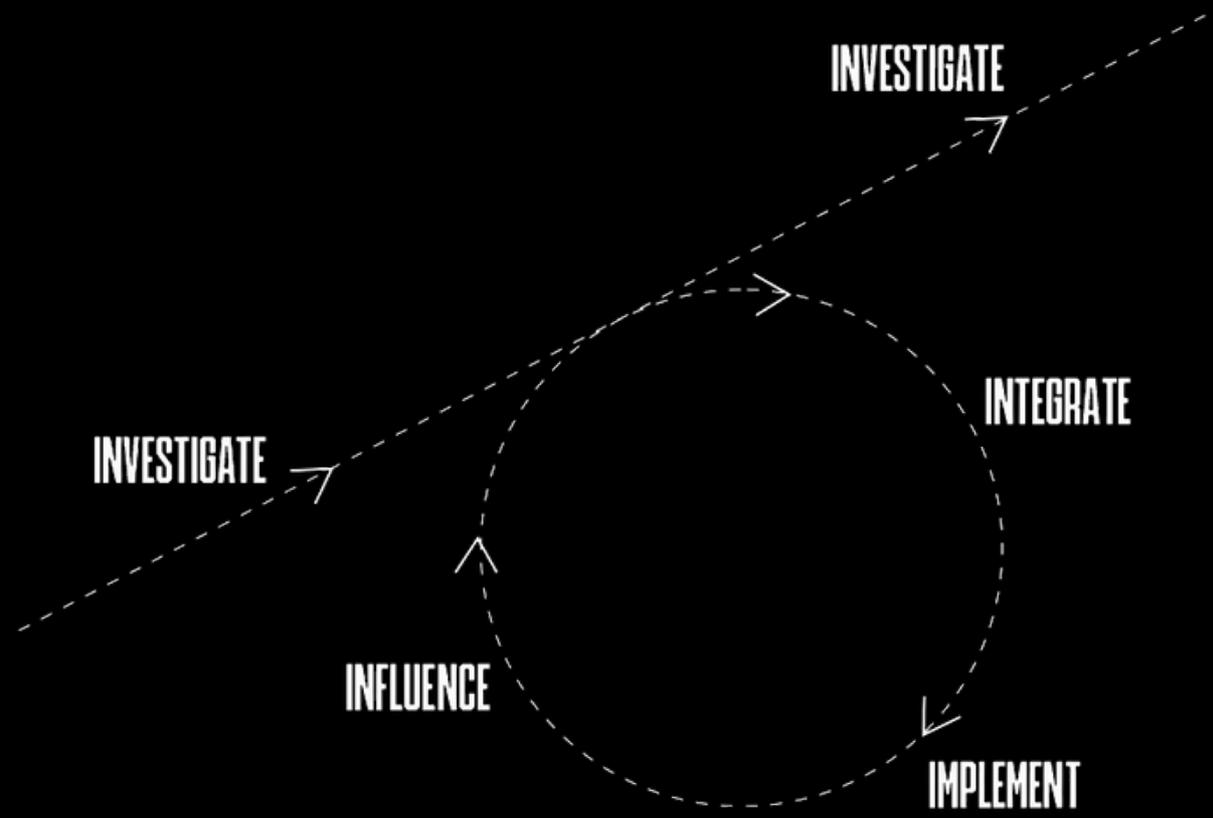




# THE PFCA 4 I'S

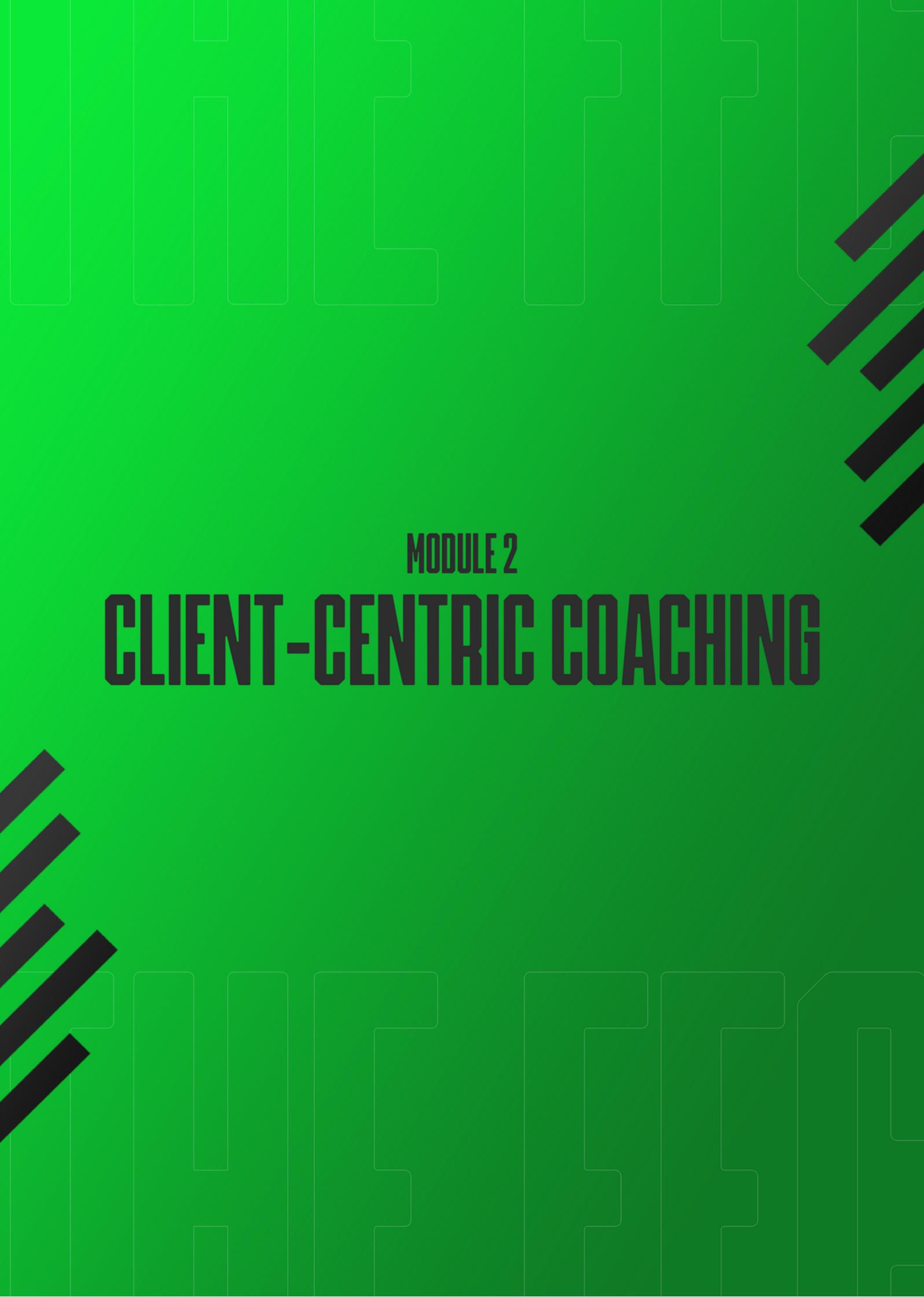
A principle based approach to ALL things coaching  
Introducing the 4 I's

- Investigate
- Integrate
- Implement
- Influence



# THE 4 I'S

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for the student to write their response to the 'THE 4 I'S' prompt.



MODULE 2

# CLIENT-CENTRIC COACHING

**“LEARN MORE  
ABOUT YOU TO  
MAKE IT ALL  
ABOUT THEM”**



**LET'S MAKE IT SOCIAL**  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# CLIENT - CENTRIC COACHING

- “Learn more about you to make it all about them”
- Ego vs Coaching
- A push towards elevation & autonomy

<b>EMPOWER</b>	<b>ENABLE</b>
<b>FACILITATE</b>	<b>FIX</b>
<b>GUIDE</b>	<b>SHOW</b>



# WHAT DO PEOPLE PAY FOR?

- What you don't see?
- Problem to solution matrix
- Surface level motives & drivers

# PROBLEM TO SOLUTION MATRIX

What YOU think they need vs what THEY think they need is often two different things.

Below is an example survey where the question was "what is the main reason you signed up to x gym?"

Key points to note:

- This gym is the most expensive in the area
- They provide small-group personal training
- They are in a small town ( a small pool of potential cliens)
- **Their clients are normal people with normal goals**

Here is what they said:

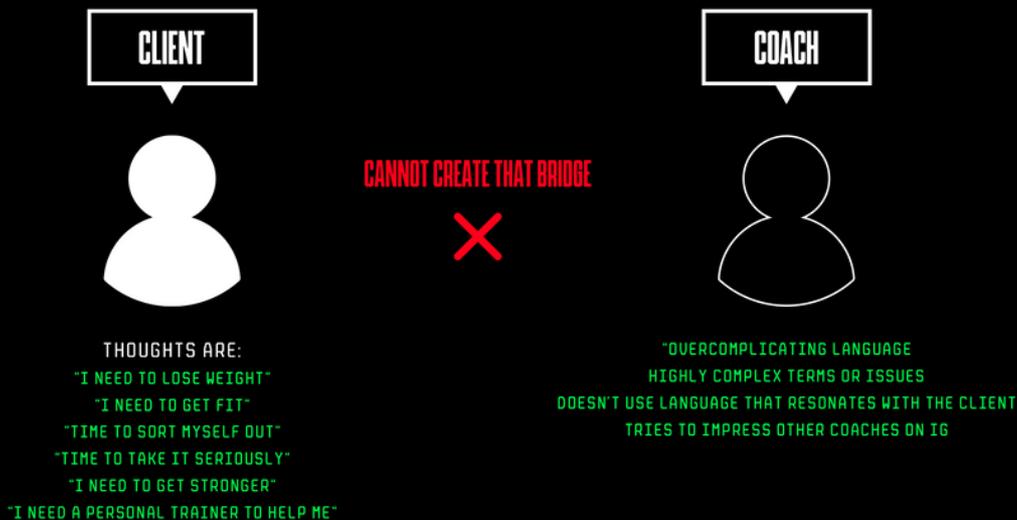
Adam	Josh C	Nick
Weight Loss	Confidence/Health	Strength & Mucle Gain
Amanda	Katie	Pete
Friendly Enviroment	Programming/Enviroment	Technique & Enviroment
Alice	Kris	Flip
Lifting Technique	Enviroment	Strength & Technique
Anna	Leia	Poppy
Improved fitness	Weight Loss	Pain Relief
Arthur	Libby	Rae
Strength & Muscle Gain	Weight Loss	Programming/Facility
Bob	Lisa	Sam E
Friendly Enviroment	Strength & Technique	Rugby Performance
Cath	Liv	Sam W
Weight Loss	Programming/Facility	Weight Loss/Confidence
Clare	Logan	Scotty
Strength & Technique	Strength & Technique	Get fit
Dave	Marcus	Sharon
Strength & Muscle Gain	Lifestyle Change	Weight Loss
Emily	Mark	Sophie
General Health	Programming/Facility	Improved Work Performance
Emyr	Mary	Stu C
Improved Work Performance	Weight Loss	General Health
Fiona	Meg	Stu D
Weight Loss	Weight Loss	Weight Loss
Fred	Mike S	Tim
To be pushed	Weight Loss	Get Jacked
Gillie	Mike B	Tommy
Stress Relief	Strength & Technique	Strength & Rehab
Harley	Molly	Vicki
Confidence	Programming/Facility	Weight Loss
Harry	Niccy	Will
Socialising	Kick up the arse	Strength & Mucle Gain
Jake	Jo	
Weight Loss	Weight Loss	

# PROBLEM TO SOLUTION MATRIX

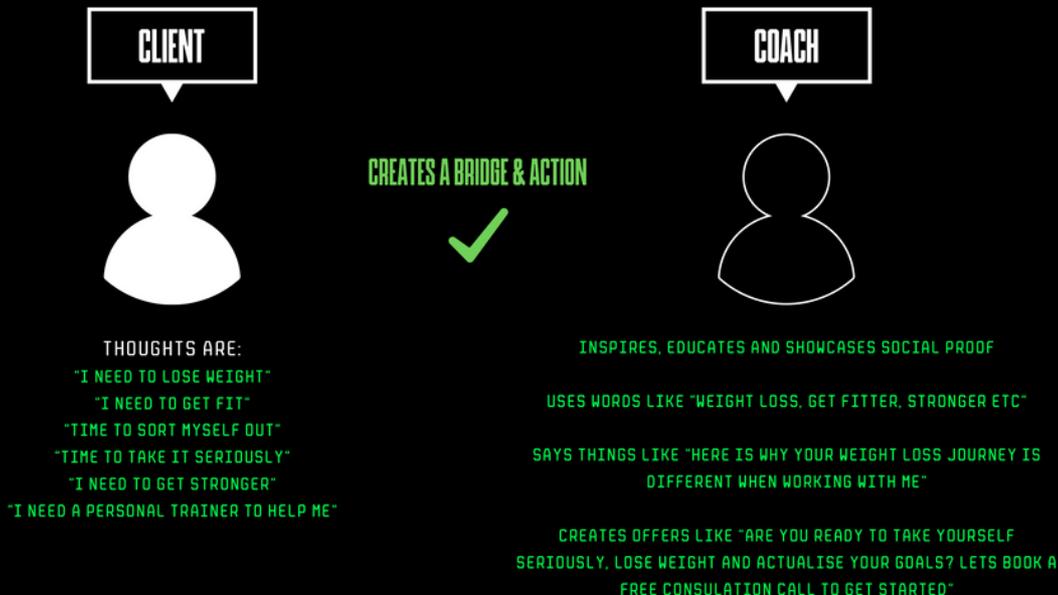
Most overcomplicate this whole process. Meeting the client where they are is not as complicated and fancy as you try to make it out to be.

There is a gap between you and the client. In order for them to come to you they need to cross the bridge. What triggers them to come over is your ability to speak in their language, not yours.

## TYPICAL SITUATION



## IMPROVED SITUATION



# PROBLEM TO SOLUTION MATRIX

- Understand the problem -->
- Speak in their language -->
- Sell the potential outcome -->
- Showcase proof of concept -->
- Create calls to action



## **SELL OUTCOME - COACH PROCESS**

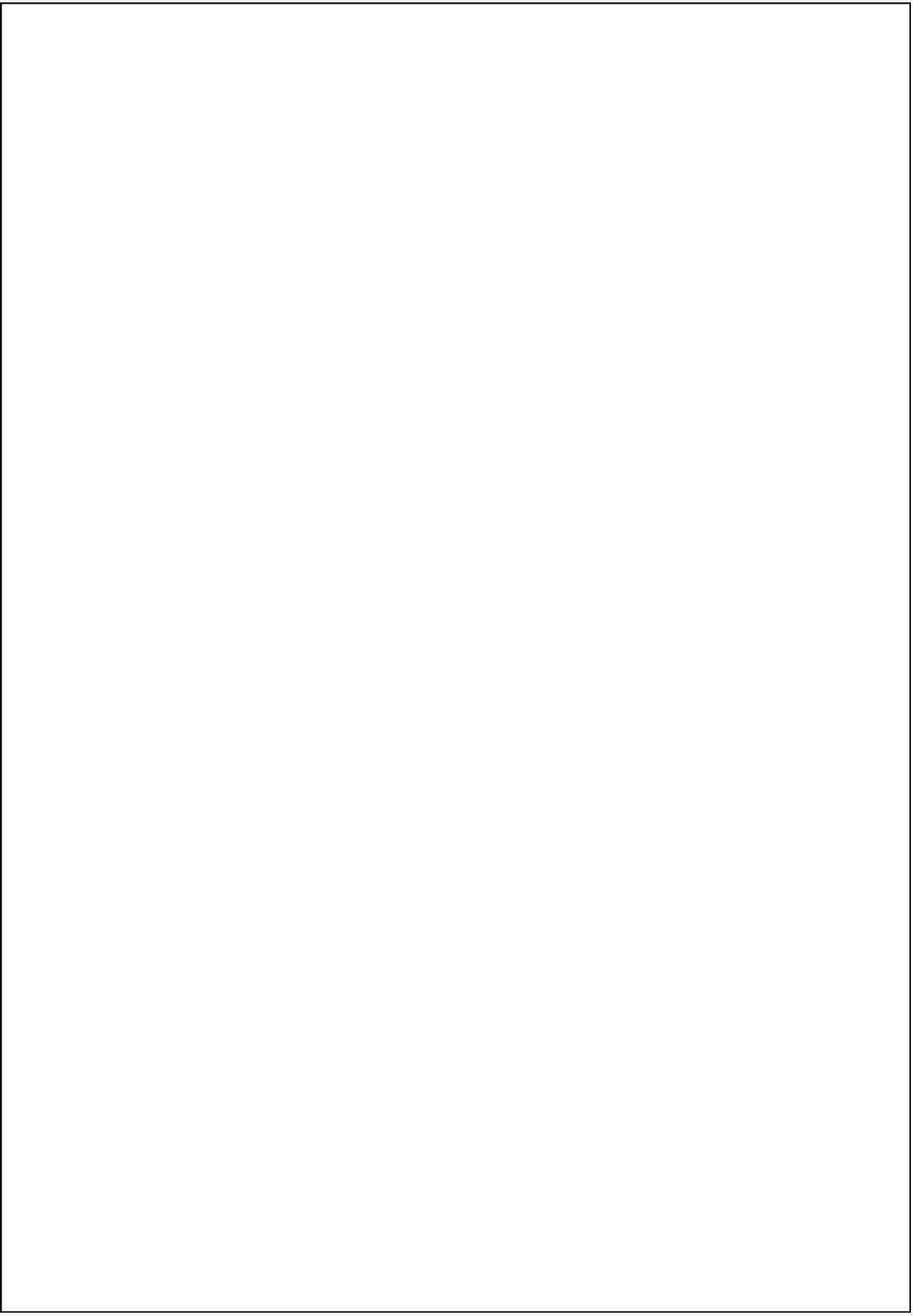
- What attracts might not retain
- Departure point, not destination
- Upgrade intentions



## **JOURNEY-CENTRIC COACHING**

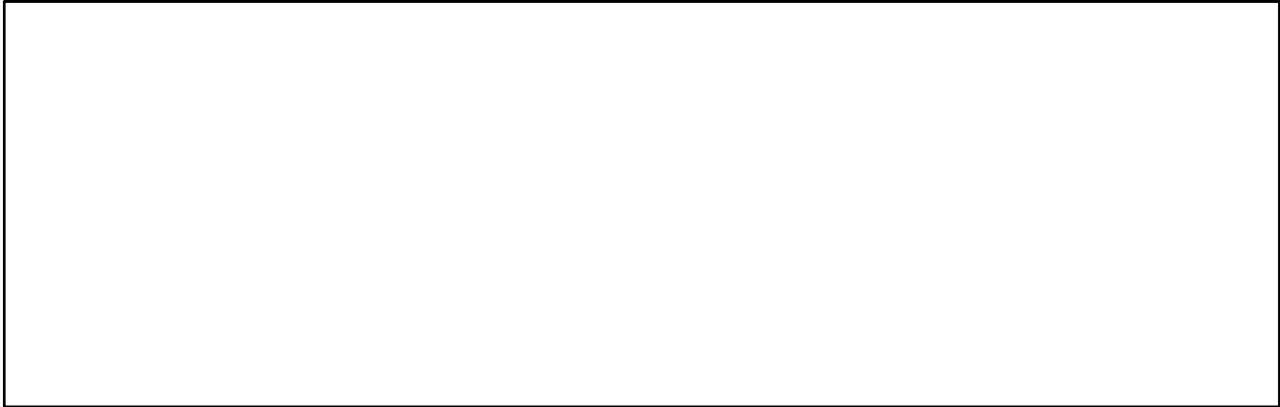
- Smart goals suck
- Transformational vs Transactional
- Forwards, not straight



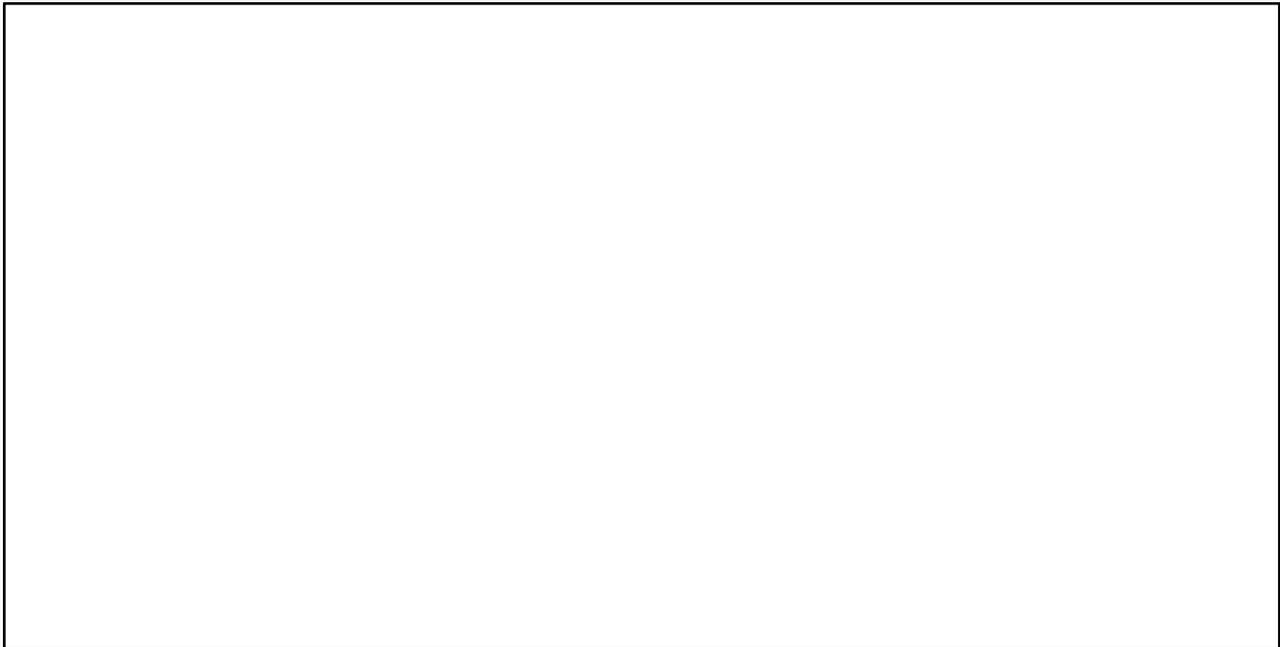


# GOAL-SETTING THE PFCA WAY

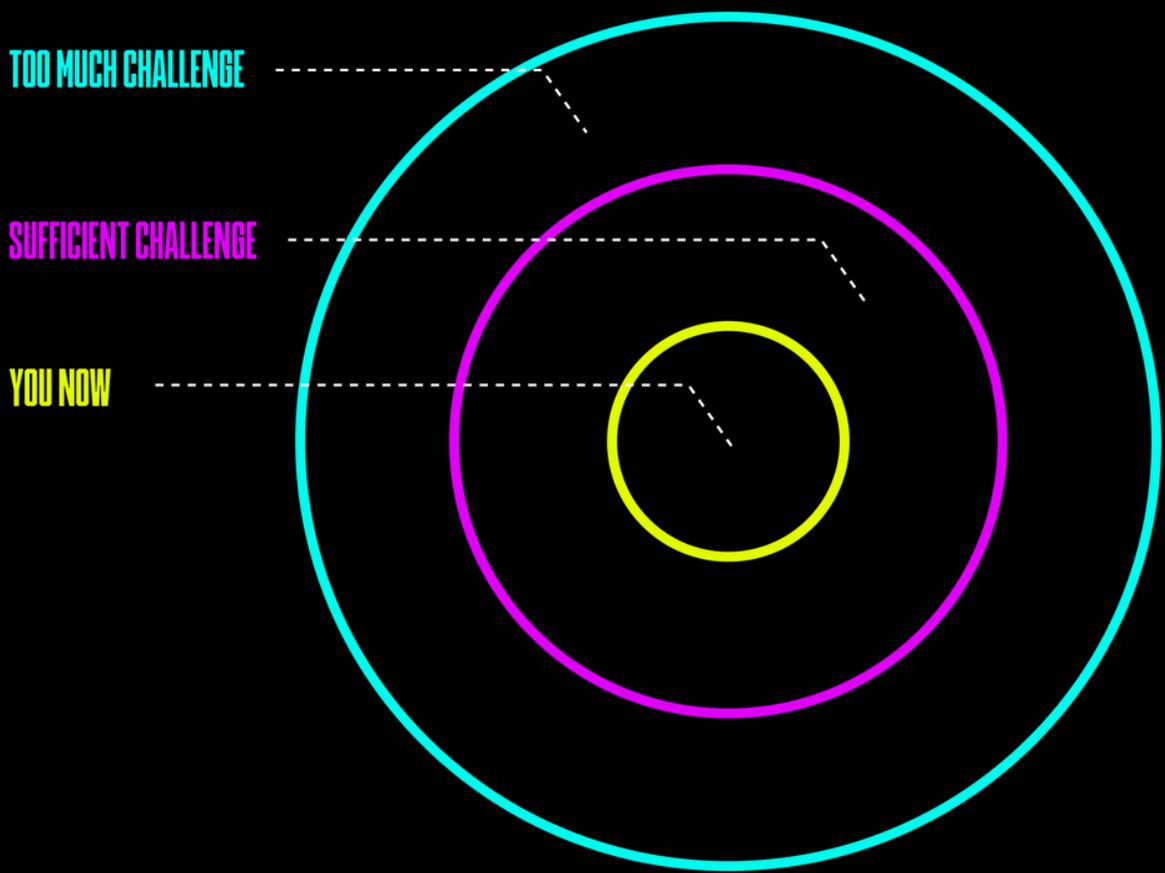
- Start analog - aim towards flow state
- Micro-engineered challenges
- Feed the zone of proximal development



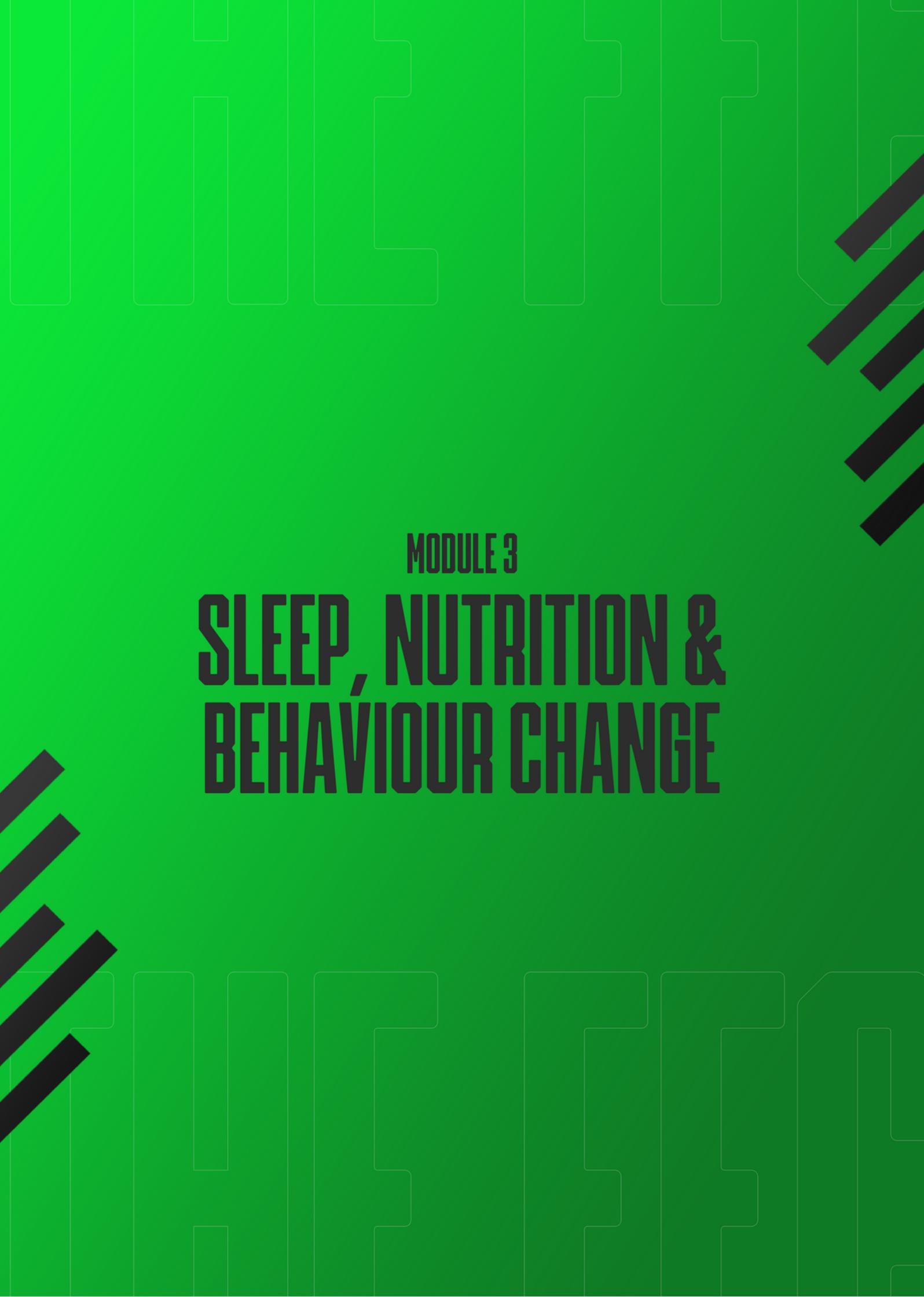
- 1) WHAT - HOW - WHY PRINCIPLE
- 2) PLOT THE TREE
- 3) IDENTITY - PROCESS - OUTCOME
- 4) IMPLEMENT
- 5) INFLUENCE - MI



# ZONE OF PROXIMAL DEVELOPMENT



re Lev Vygotsky

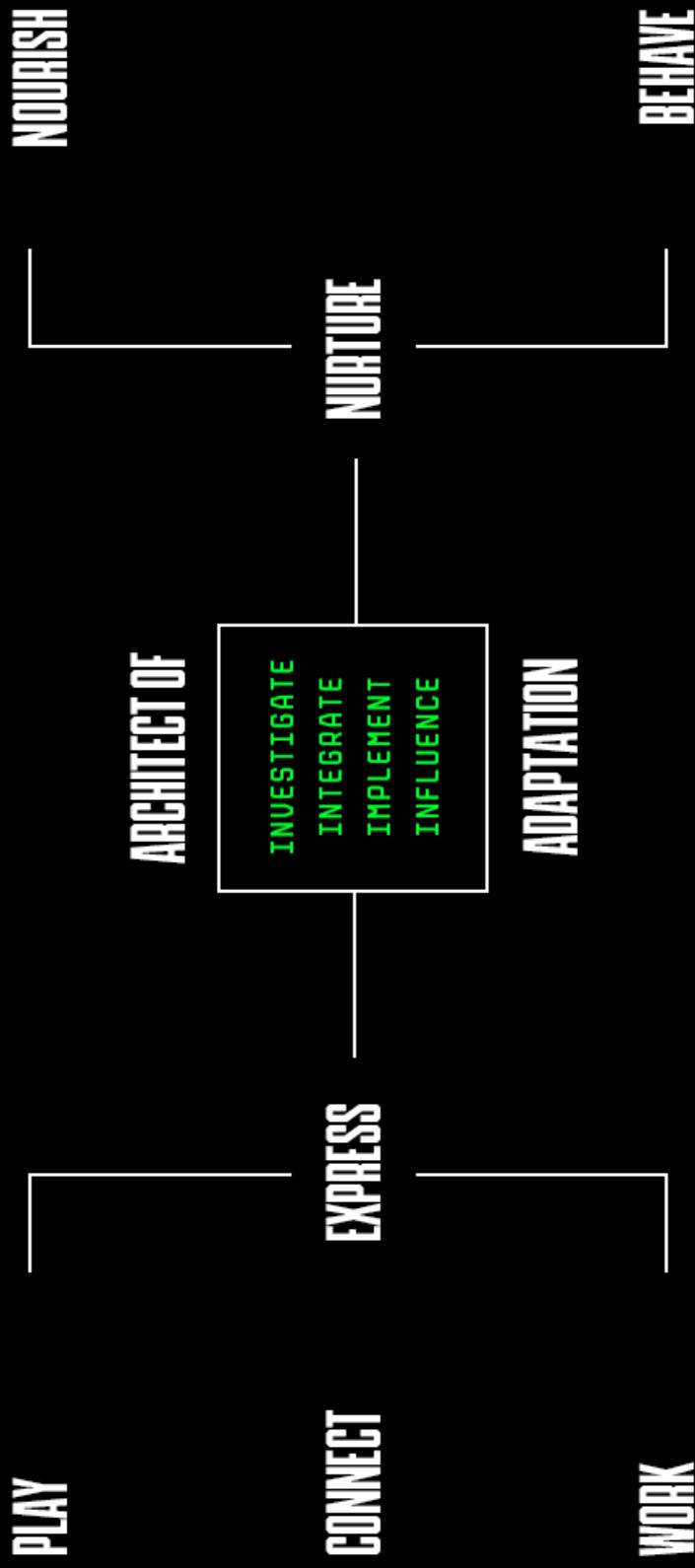


MODULE 3

**SLEEP, NUTRITION &  
BEHAVIOUR CHANGE**

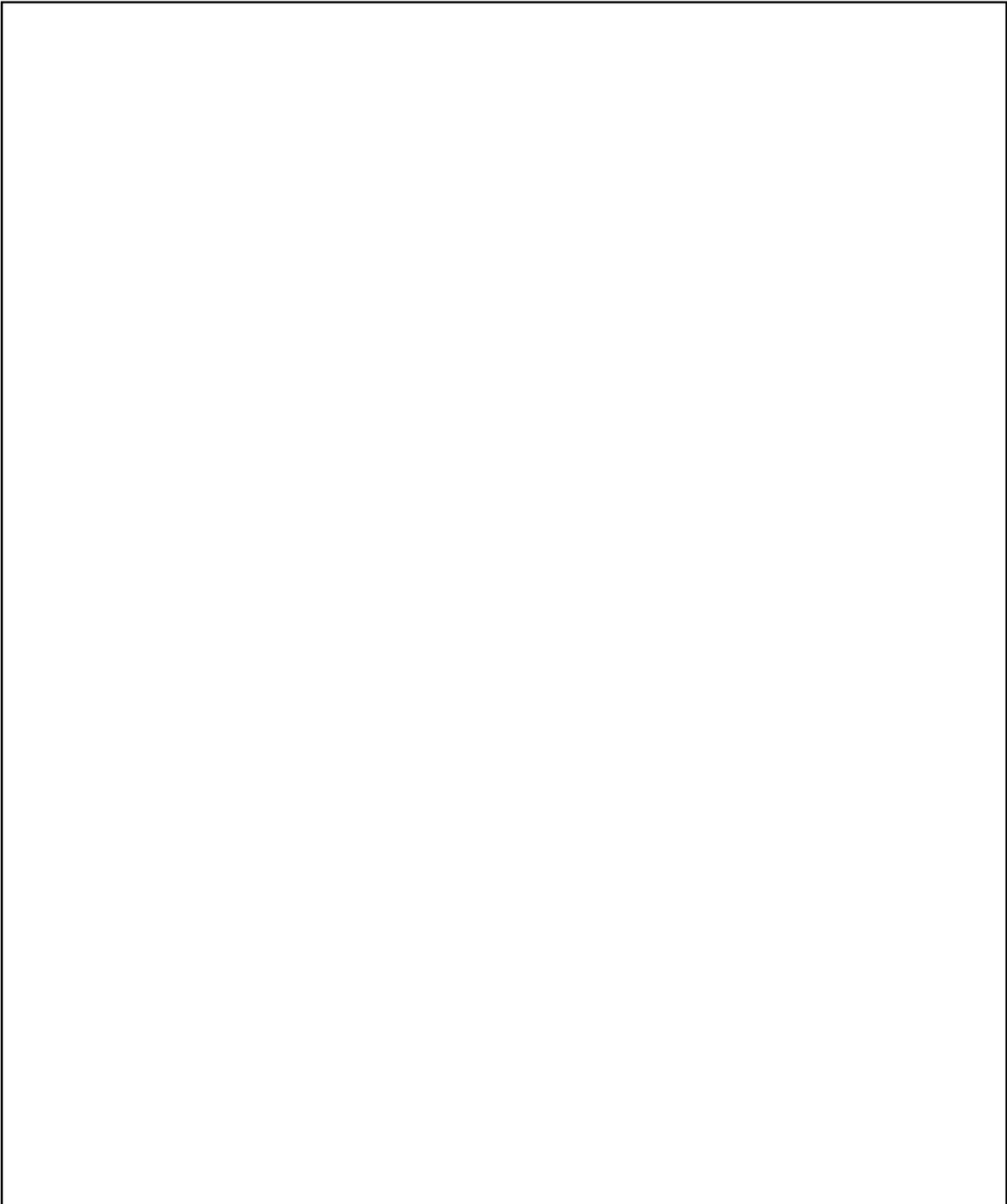
# THE PFGA OPERATING SYSTEM

- A principle-based approach to feed curiosity of thought and means for design
- Express & Nurture



# **NURTURE**

- Sleep
- Our best source of health
- Essential physiological function
- Rejuvenating resource
- Restoration, Optimisation, Actualisation
- Aim to achieve better
- Quality > Quantity



# STAGES OF SLEEP

40-50%	LIGHT SLEEP	STAGE 1	THETA	TRANSITION FROM WAKEFULNESS TO SLEEP
		STAGE 2		GRADUAL DECREASE IN HR, RESPIRATION, BODY TEMP, MUSCLE TENSION
15-20%	DEEP SLEEP	STAGE 3	DELTA	FURTHER DECREASE IN HR, RESP, TEMP, MUSCLE TENSION
		STAGE 4		DEEPEST STAGE OF SLEEP / LESS LIKELY TO BE WOKEN
20-25%	REM	REM	BETA	RAPID EYE MOVEMENT VOLUNTARY MUSCLES ARE PARALYSED
8-15%		AWAKE		

- Why is sleep important
- Principles of sleep coaching basics



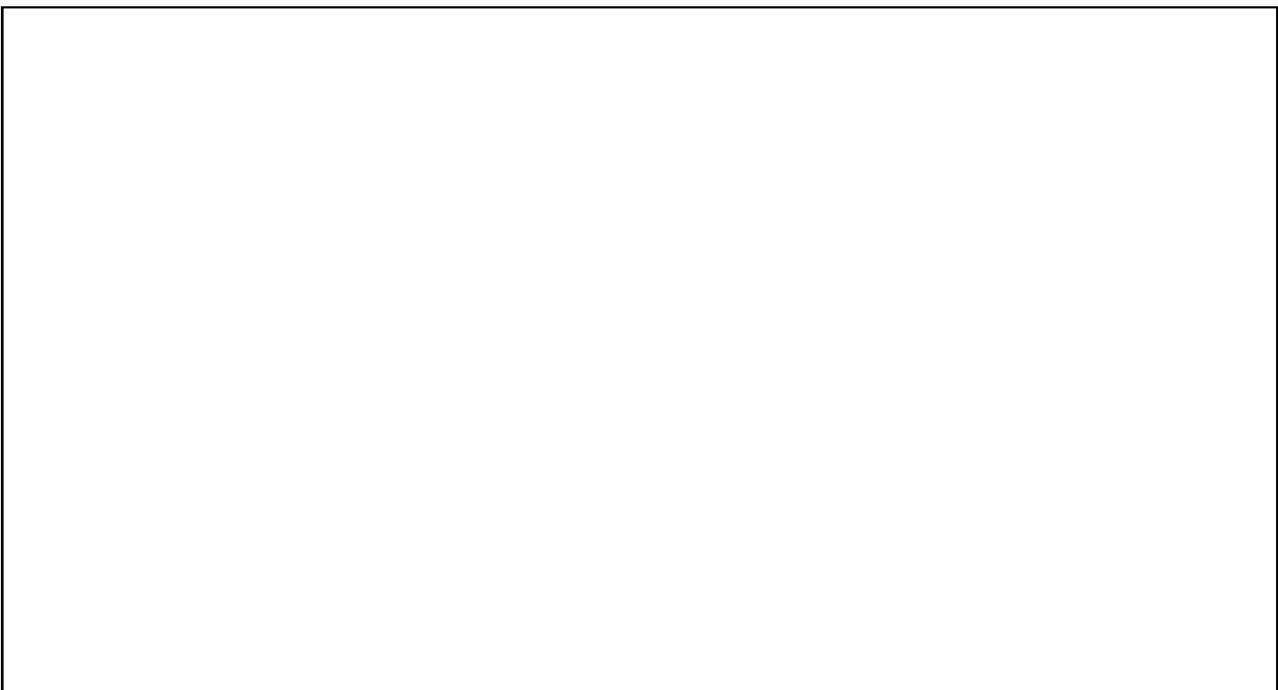
## **ADHERANCE & BUY-IN IS KEY**

- Build context
- Relatable
- Attractive
- Celebrate
- Tools for accountability



## **BUILD CONTEXT**

- Assess
- Evaluate
- Educate
- Actualise/Systemise



## SLEEP ASSESSMENT BASICS

- Simple questions about sleep
- Wearables & apps
- Sleep diary

## RELATABLE

- Connecting the dots for the client, where they are to where they wish to be
- Building a greater perception of value for good sleep
- Value defined as - best solution for my problem

## ATTRACTIVE

- It's not what you do on your best day that matters. It's what you can do even during the challenging times that counts
- Open-ended and collaborative
- Attractive and motivational



# CELEBRATE

- Building the success loop
- Feeling and performance
- Ease of repeatability
- Positive reinforcement

# TOOLS

- Tools exist for a certain purpose
- Enable vs Empower
- Our role: Educate, Encourage, Empower
- Descriptive words
- Awareness moving towards autonomy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Date	Date	Date	Date	Date	Date	Date
What time did you go to bed?							
What time did you turn the lights out to go to sleep?							
Roughly how long did it take you to fall to sleep?							
Did you awaken during the night? Roughly how long were you awake for? (Total time awake during the night)							
What was your final wake up time this morning?							
What time did you get out of bed?							
Roughly how many hours did you sleep last night?							
Are you using any sleep medication? (include dose)							



## OTHER FACTORS THAT AFFECT SLEEP

1. Sleep & Nutrition
2. Caffeine
3. Alcohol
4. Circadian Rythym
5. Shift Patterns
6. Relationships
7. Stress
8. Sleep Hygiene



## STARTS WITH SYSTEMS - ENVIRONMENT - TOOLS

- 15 tips for utility

FIND YOUR ROUTINE	YOUR BED IS FOR SLEEPING	USE A SLEEP DIARY
SLEEP WHEN SLEEPY	DIM THE LIGHTS	EXERCISE & GET OUTSIDE
GET UP AND TRY AGAIN	SLEEP RITUALS	NUTRITION
AVOID CAFFEINE AFTER MID DAY & NICOTINE ALL TOGETHER	BODY TEMP	THE BEDROOM
AVOID ALCOHOL	NO CLOCK WATCHING	KEEP THE DAYTIME ROUTINE THE SAME

# STRESS MANAGEMENT

- What is stress?
- Necessary in order to drive strength and adaptation
- Expression pillar - Sufficient dose of stress = Positive Influence



## 3 TYPES OF STRESS

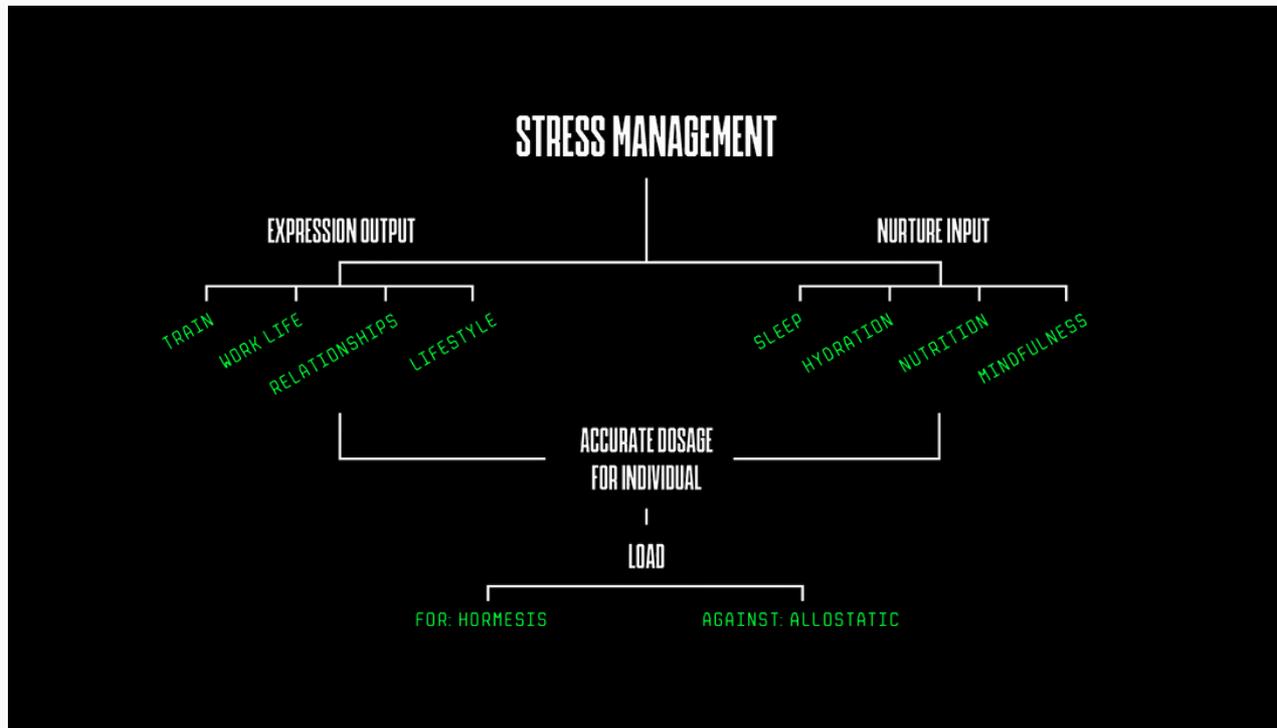
- Physical
- Emotional
- Environmental



## 3 SCIENTIFIC TERMS FOR CONSIDERATION

- Homeostasis
- Hormesis
- Allostatic Load (overload)





## COACHING STRESS MANAGEMENT PRINCIPLES

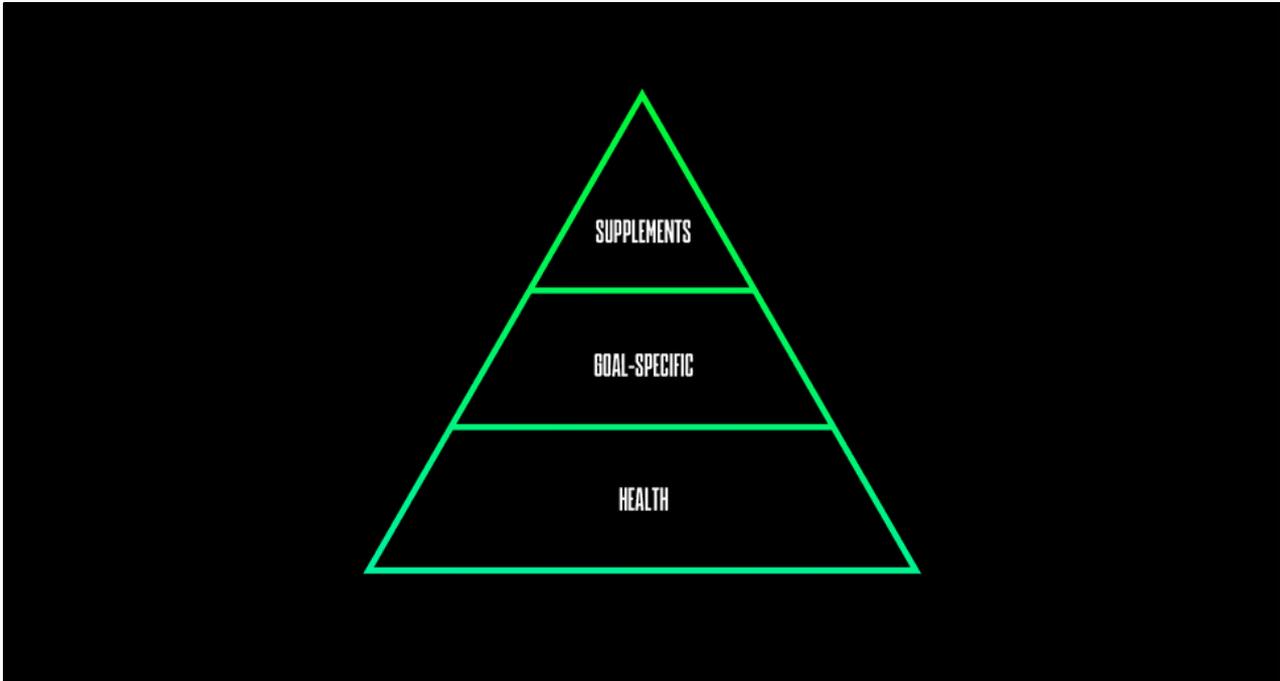
**FFC 1** - Start with the low-hanging fruits that can contribute to a more restorative state. Build foundations. The bigger the base, the greater potential for heights

**FFC 2** - Building intuition behind your dosage. Tools for measure and dose



# NOURISH

- Elementary science
- There's a hierarchy of importance when it comes to nutrition, no matter what your goal is



First, do no harm. You need to ensure your nutrition and lifestyle is covering all the basics so it isn't taking you further away from health. This includes things like stress management, sleep, recovery, consistency and vitality.

You can then move onto goal specific nutrition.

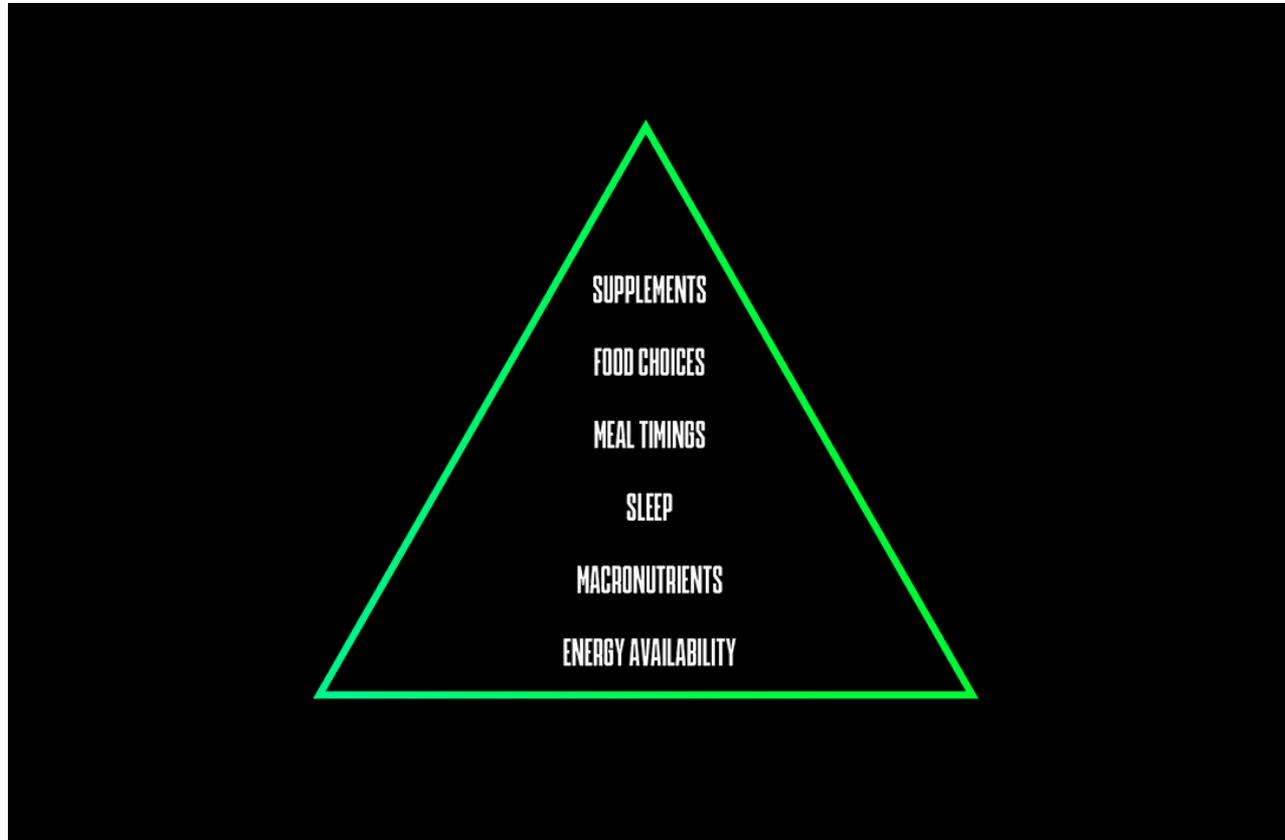
Supplements will always come last - they're the cherry on top that can make the extra difference once you've nailed all the basics.

So what does goal specific nutrition look like?



# GOAL-SPECIFIC NUTRITION

The following 6 pages of education are to serve as an additional resource but DO NOT contain any accompanying videos.



# WHAT IS ENERGY?

## WHAT IS A CALORIE?

A calorie is the amount of heat (energy) needed to raise the temperature of one kg of water by one degree celsius.

## ENERGY AVAILABILITY

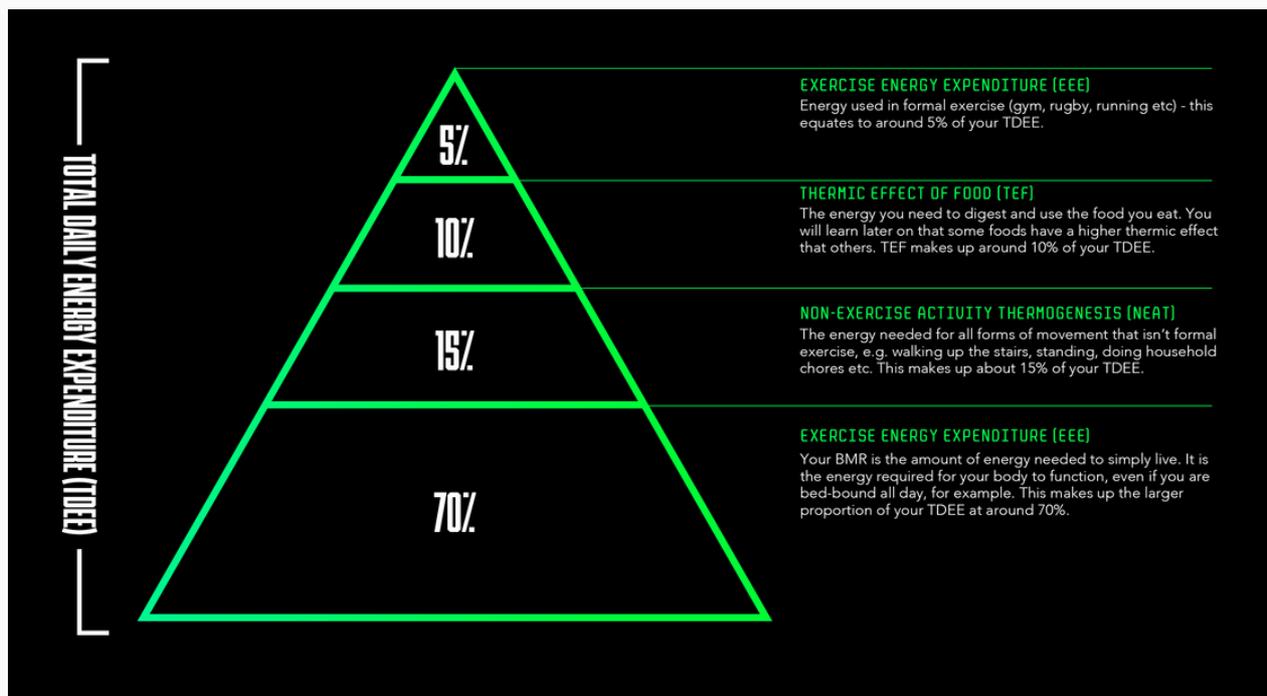
Without appropriate energy availability (total calories), all the other layers of the pyramid are redundant.

Chronic lack of energy availability can not only disrupt performance but can impact hormone function, bone density, risk of injury, metabolic rate, hair loss, immunity and more.

The amount of energy you expend on a daily basis is known as your Total Daily Energy Expenditure (TDEE), which depends on the four variables as shown below.

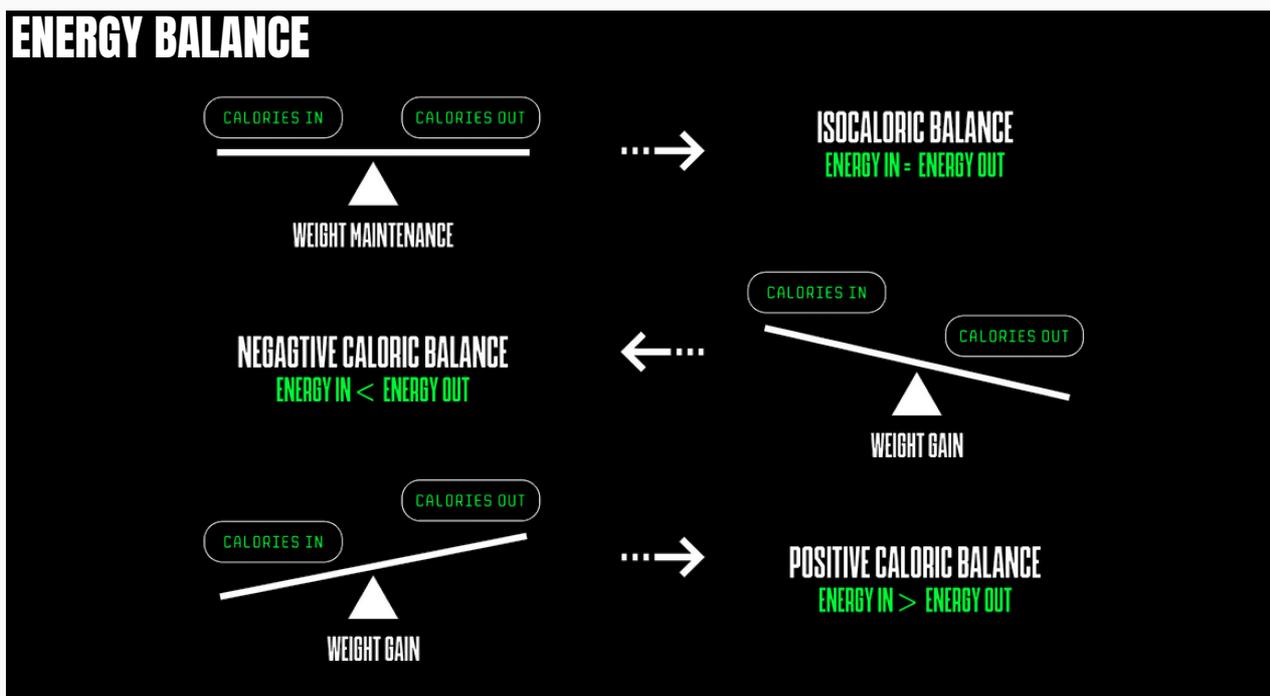
These determine how much energy you require - how many calories you need to eat. These variables differ from person to person, depending on numerous things including: age, gender, height, weight and previous dieting habits.

The biggest misconception we see with regards to energy balance is to do with exercise. People often think they need to be slaving away for hours in order to burn calories and lose weight, when actually as you can see from the pyramid below, there are other things that might have a greater impact.



## ENERGY BALANCE

Energy Balance is the relationship between 'energy in' (food & drink calories) and 'energy out' (calories being used in the body for our daily energy requirements). This relationship, which is defined by the laws of thermodynamics, dictate whether weight is lost, gained or remains the same.



## MACRONUTRIENTS

### WHAT IS OUR FOOD MADE UP OF?

Food is made up of three macronutrients that make up the biggest component of nutrients in our food;

## PROTEIN

1g protein = 4 kcals

### Function:

The building blocks of the body. Essential requirement in almost every bodily function. Used for muscle and cell growth and repair.

Protein supports muscle adaptations following resistant training and aids muscle recovery.

### Benefits:

High protein diets have been linked to fat loss and maintenance following fat loss, time and time again. It is the most satiating macronutrient, leaving you fuller for longer. This can also mean you're less likely to overconsume excess calories through snacking. In addition, protein has a higher thermic effect of food meaning it uses more energy to just digest it.

Protein helps prevent muscle breakdown, which is even more important as we get older. High protein diets (and resistance training) can help offset sarcopenia, the degenerative loss of muscle mass and strength, commonly seen in the elderly.

### Practicality:

1.2g-2.4g/kg of bodyweight dependent on goal/activity levels

Sedentary Individuals: 1.2g+/kg bodyweight

Active Individuals: 1.4-1.6g/kg bodyweight

Weight Loss: 1.6-1.8g/kg bodyweight

Muscle Growth: 1.8-2.4g/kg body weight

Endurance: 1.4-1.7g/kg bodyweight

- Aim for a source of good quality protein at every meal, 20-40g
- Prioritise protein after training

**Sources:**

There are two main categories of proteins - animal and plant based.

The main difference between animal and plant proteins is their amino acid profile. Most animal proteins are complete proteins, meaning they contain all 9 of the essential amino acids (EAAs). Most plant proteins are considered incomplete proteins, meaning they are missing at least one essential amino acid.

Complete Proteins: meat, fish, eggs & dairy products

Incomplete Proteins: beans, legumes, nuts, seeds

## CARBOHYDRATES

The body's primary source of energy and the brain's preferred energy source.

1g carbs = 4 kcals

**Function:**

Once consumed, carbohydrates are converted into glucose and are stored in our liver and muscles as readily available energy, glycogen.

**Sources:**

Simple carbs: Rapidly increases blood sugar levels, giving you a sudden energy boost. E.g. sweets, biscuits, jams, dried/fresh fruits.

Complex carbs: Provide energy that will be released much slower than simple sugars, providing you with sustained energy throughout the day.

Complex carbs are often found in their whole, natural state making them often high in fibre too. E.g. wholegrains, beans, legumes and vegetables.

## FATS

1g fats = 9 kcals

**Function:**

Important for cell structure, hormone production. Fats help to maintain a healthy immune system, can have a positive effect on our mood and inflammatory conditions, as well as helping absorb fat soluble vitamins. While at rest and during low intensity exercise, free fatty acids are the predominant energy source.

**Sources:**

Saturated Fats: butter, red meat, coconut oil

Unsaturated (Mono&Poly): avocado, olive oil, oily fish (e.g. salmon) nuts, seeds

Hydrogenated/Trans-Fat: Should be limited in the diet. Sources include margarine, fried foods, pastries, highly processed snack foods.

**Practicality:**

- Try to limit trans fats.
- Dietary fat is essential for optimal health.
- RDI minimum 15% of total daily intake, 20-30% advised based on preference.



## ALCOHOL

Alcohol is the *fourth*, but non-essential macronutrient.

1g alcohol = 7 kcals

Liquid calories from whatever source all contribute to your total energy balance, however, alcohol can often have a large impact.

Beer	Wine (large glass - 250ml)	Gin & Tonic	Prosecco	Espresso Martini	Pina Colada
200 kcal	220 kcal	110 kcal	85 kcal	300 kcal	490 kcal

It is clear to see that alcohol might be contributing negatively to energy balance. It can also have a negative impact on muscle growth and recovery. As little as 1-2 drinks can impact sleep quality by up to 24%. Aside from the impact it can have on body composition, it can be a massive hindrance to performance.

## FIBRE

Found in carbohydrates, it is recommended to consume between 30-40g of fibre a day which is often more than most people are used to (the average in the UK is less than 15g a day).

Like protein, fibre keeps us fuller for longer and at around 2kcal per 1g fibre, it adds low energy density to our diet. Adequate fibre can help lower cholesterol as well as contributing to the maintenance of our gut health.

Two types of fibre:

Soluble Fibre - e.g. oats, beans, citrus fruits

Insoluble Fibre - e.g. wholegrains such as brown rice and root vegetables

## MICRONUTRIENTS

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Although micronutrients don't play a direct role when it comes to body composition and performance, they play a large role in both our mental and physical function.

### Are WE getting enough?

A varied diet containing 5+ portions of fruit and vegetables along with a good source of protein and essential fats is a simple step in the right direction.

Fruits and vegetables contain different phytonutrients so it is important to get a range of colours in your diet. The phrase 'eat the rainbow' is an easy one to remember.

## **HYDRATION**

Water in the body is essential for many important processes to take place. From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy.

How much you need to drink will be individual to each person, but will be somewhere between 2-4 litres which includes anything non-alcoholic.

The best way to judge and monitor your hydration is to look at the colour of your urine - you are aiming for clear wee! Headaches, fatigue and thirst itself can all be signs of dehydration and an indication you need to have a drink.

## **THE OTHER VITAL SIDE OF FOOD FOR CONSIDERATION**

- Social
- Emotional
- Fuel for life
- Regeneration

## **7 LAWS OF NUTRITION COACHING AS A PERSONAL TRAINER**

1. Stay in your lane
2. Stay open-minded
3. Do not impose your bias
4. Be empathetic & Patient
5. Understand the science/value the person
6. Collaborate do not dictate
7. Do not be a dick



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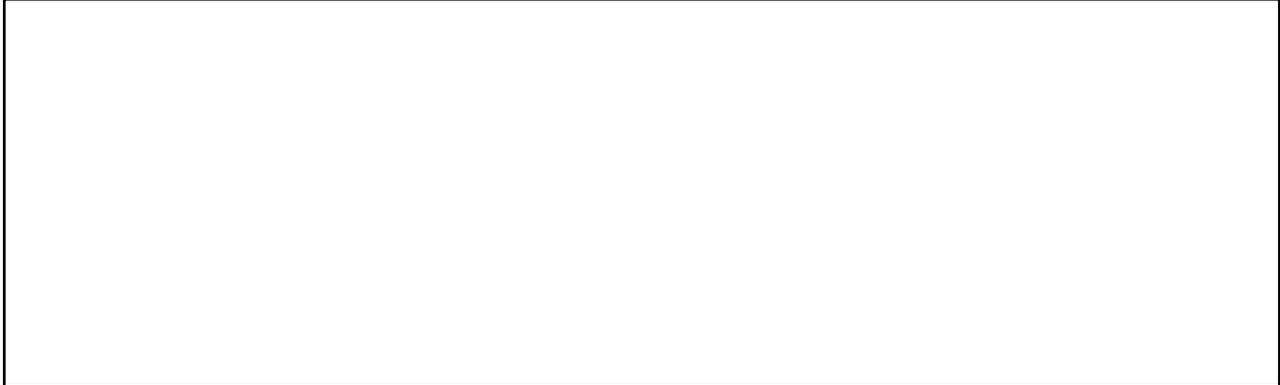
# ELEMENTARY BEHAVIOUR CHANGE

## What is behaviour?

A subconscious predicted solution to problems we routinely face.

## What is our role in this?

- Be a guide
- Lead with humility & patience
- We start as the architect of adaptation and system creation
- Aim to empower them as their own architect of adaptation



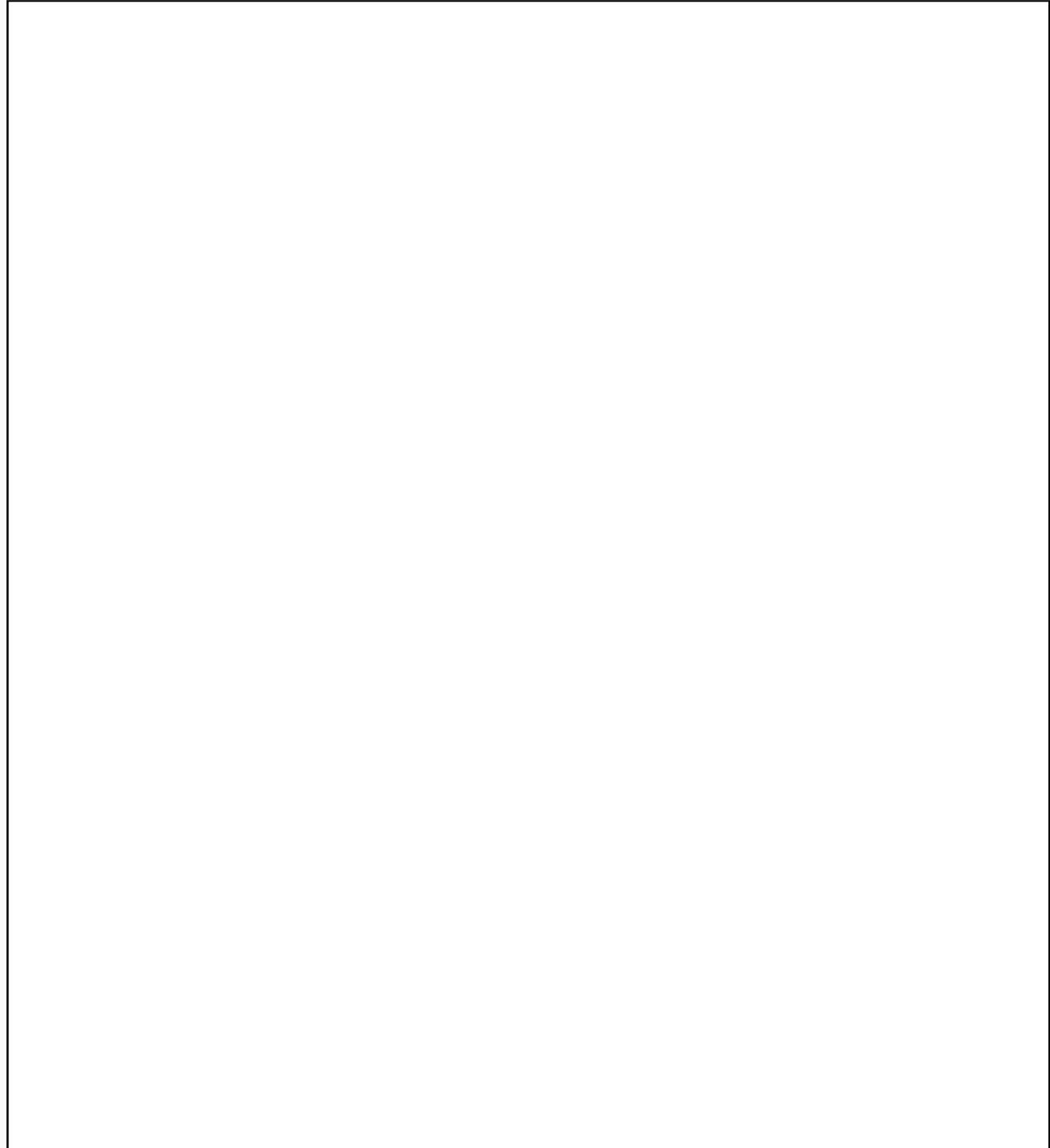
## What does success look like?

- Clients become their own problem solvers
- A true identity shift
- Remove the pressure to “change” but rather “challenge”



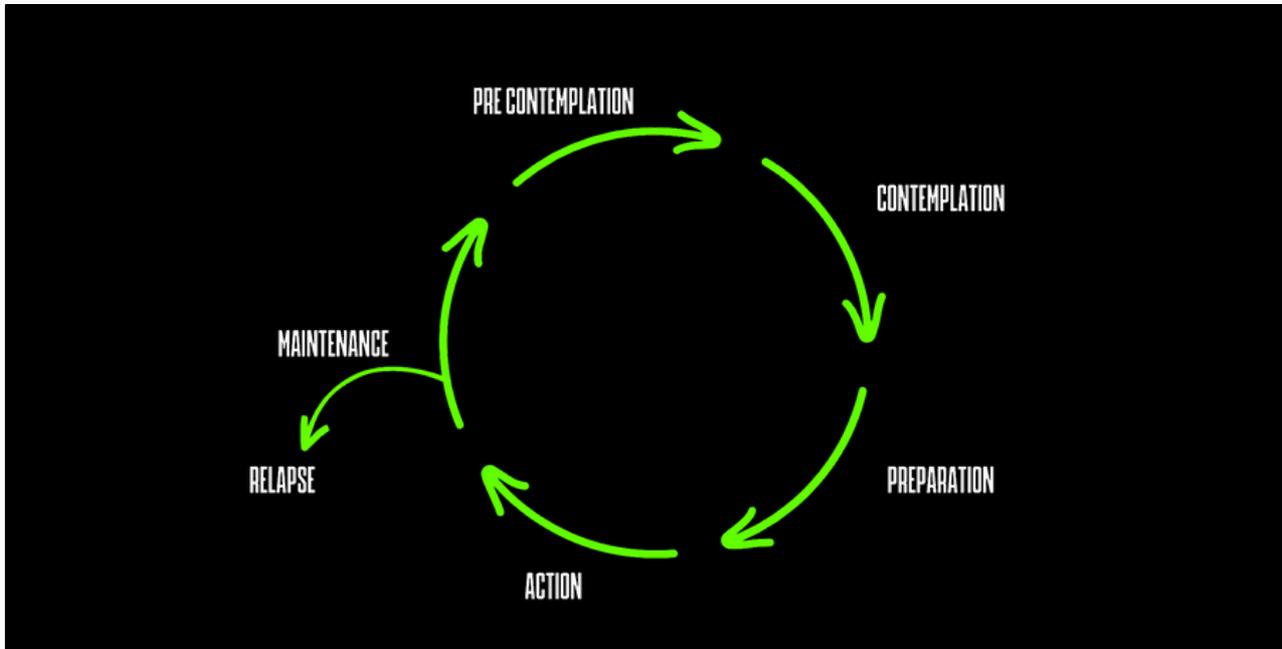
# NEUROPLASTICITY

- Science of change, learning and refining.
- 86 billion neurons
- Synapse activation is key
  
- It's our opportunity to rewire/reprogram the system
- Aim to learn and then "make easy"
- Turn paths less travelled into superhighways
  
- The aim- replace habits with new ones that replace the exact same need
- Needs to be Positive - Rewarding - Conducive



# TOOLS FOR UTILITY WITHIN “BEHAVIOUR CHANGE”

- **Transtheoretical Model** - Procheska & DiClemente 1980's
- 5 stages of change

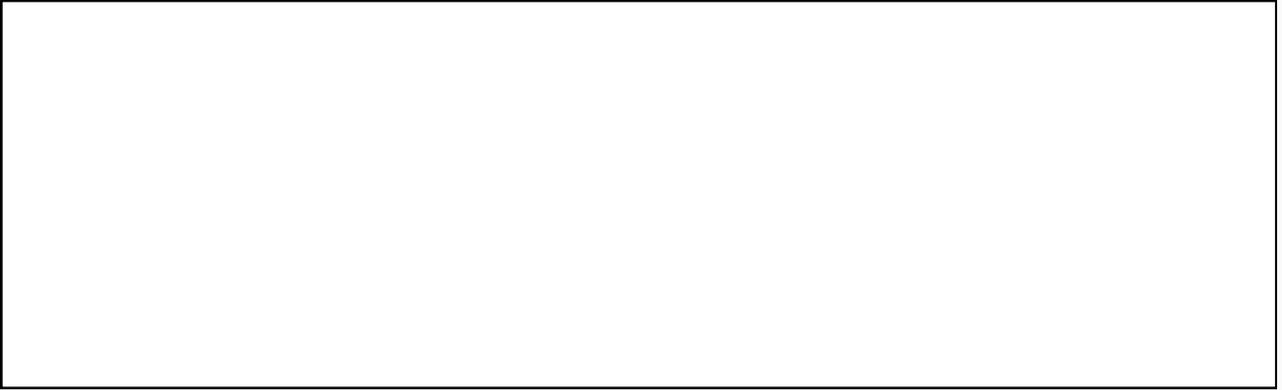


## ACKNOWLEDGMENT OF FEARS

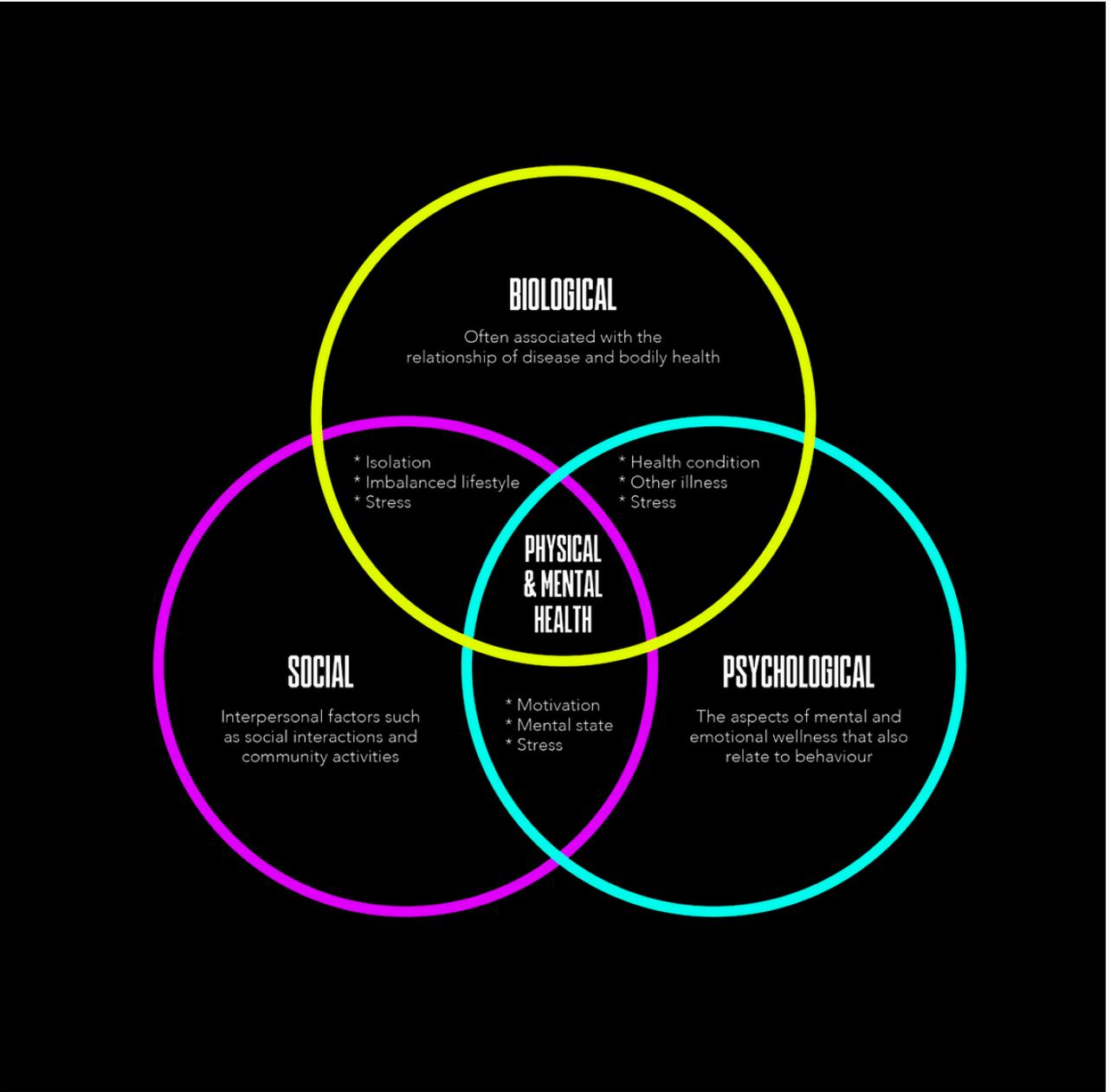
## FAILURE

## ENORMITY

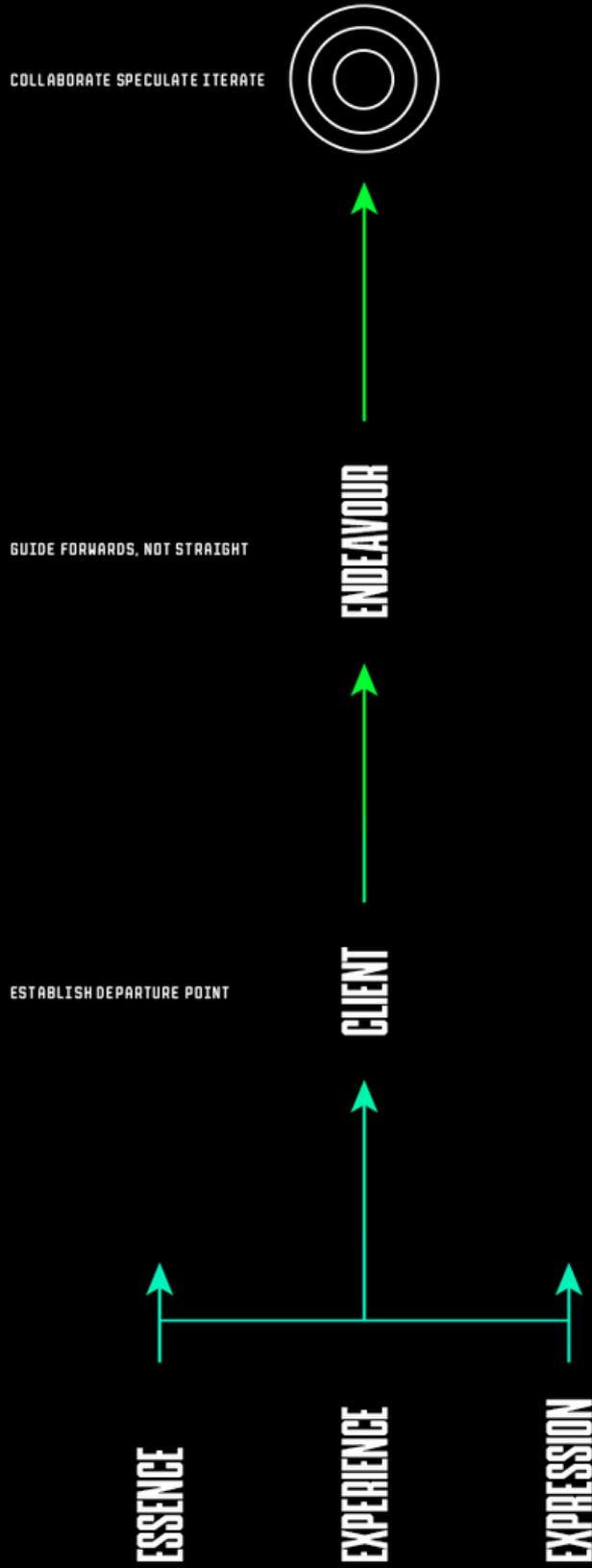
# SUCCESS



# BIOPSYCHOSOCIAL MODEL



**THE PFCA MODEL FOR CREATING  
SUSTAINABLE BEHAVIOUR CHANGE**





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# MOTIVATIONAL INTERVIEWING

- The Use of Motivational Interviewing and change talk to influence better conversations and provide opportunities for sufficient challenge.
- MI - R. Miller & S. Rollnick 1980's

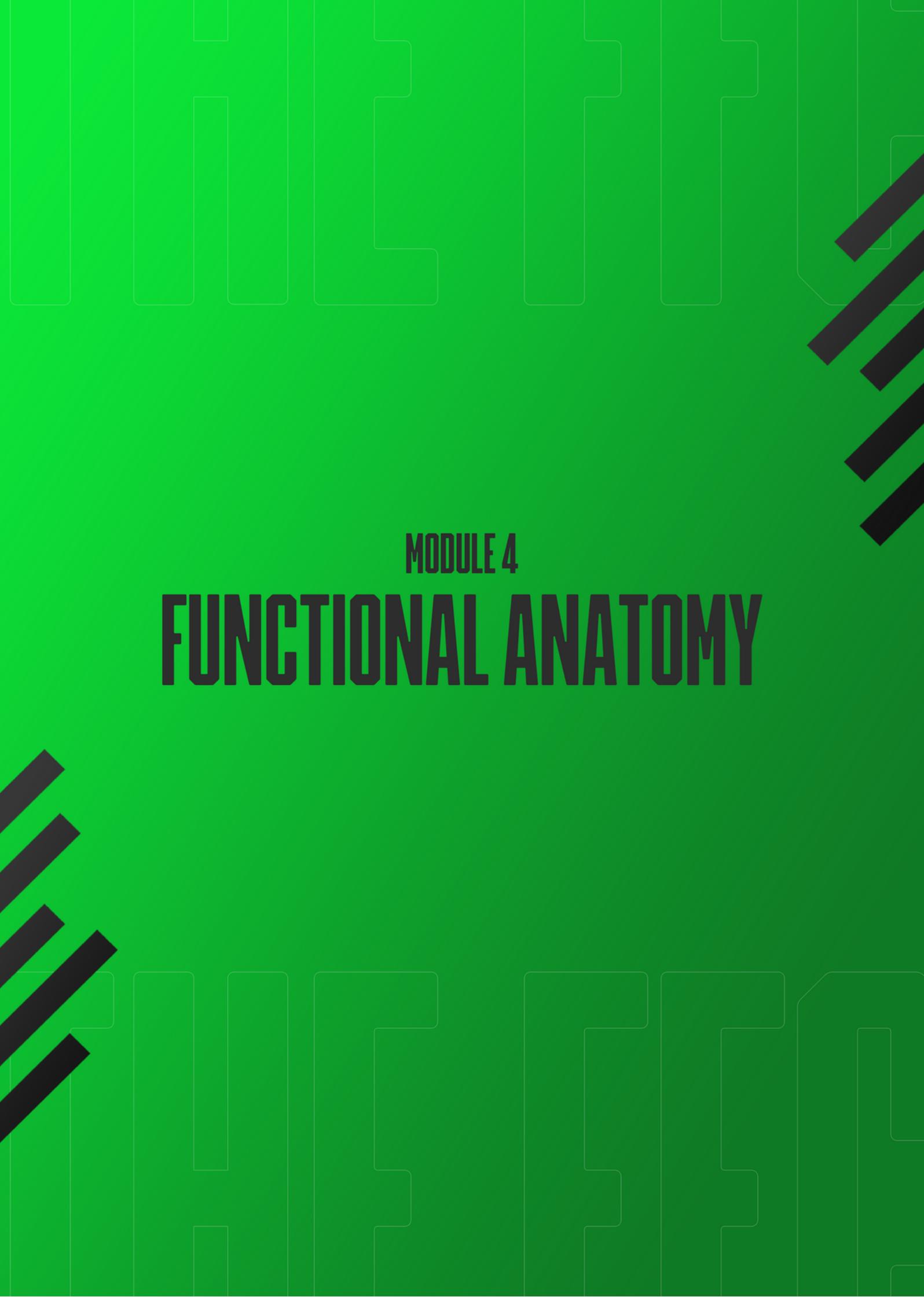
## VALUES/ACTIONS

- R - Resist
- U - Understand
- L - Listen
- E - Empower

- Educate
- Facilitate
- Co-create = ( Implement )

## CHANGE TALK EXAMPLES FOR UTILITY

- What do you think is hindering your progress?
- What does success look like for you?
- How will things look different for you when you reach your goal?



MODULE 4

# FUNCTIONAL ANATOMY

## **FUNCTION**

- Defined as an activity that is natural to or the purpose of a person or thing

## **ANATOMY**

- Defined as the study of the inner workings of a person or thing

## **FUNCTIONAL PATTERNS**

Breathe // Walk // Run // Squat // Hinge // Unilateral Knee // Unilateral Hip // Horizontal Push/Pull // Vertical Push/Pull // Core Isometric // Core Isotonic



LET'S MAKE IT SOCIAL  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

**BREATHE WALK RUN**  
**SQUAT HINGE**  
**UNILATERAL KNEE**  
**UNILATERAL HIP**  
**HORIZONTAL PUSH/PULL**  
**VERTICAL PUSH/PULL**  
**CORE ISOMETRIC**  
**CORE ISOTONIC**

# PARTS

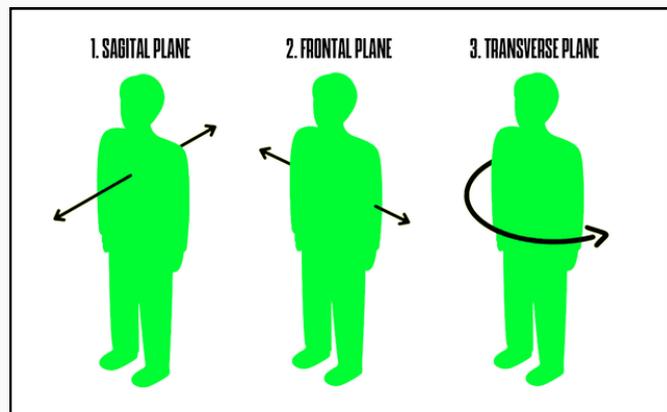
- Referring to the joint/joint segments required for consideration

# FASCIA

- Soft tissue component, adjoining various muscles in a continuous structure of 3D structural support

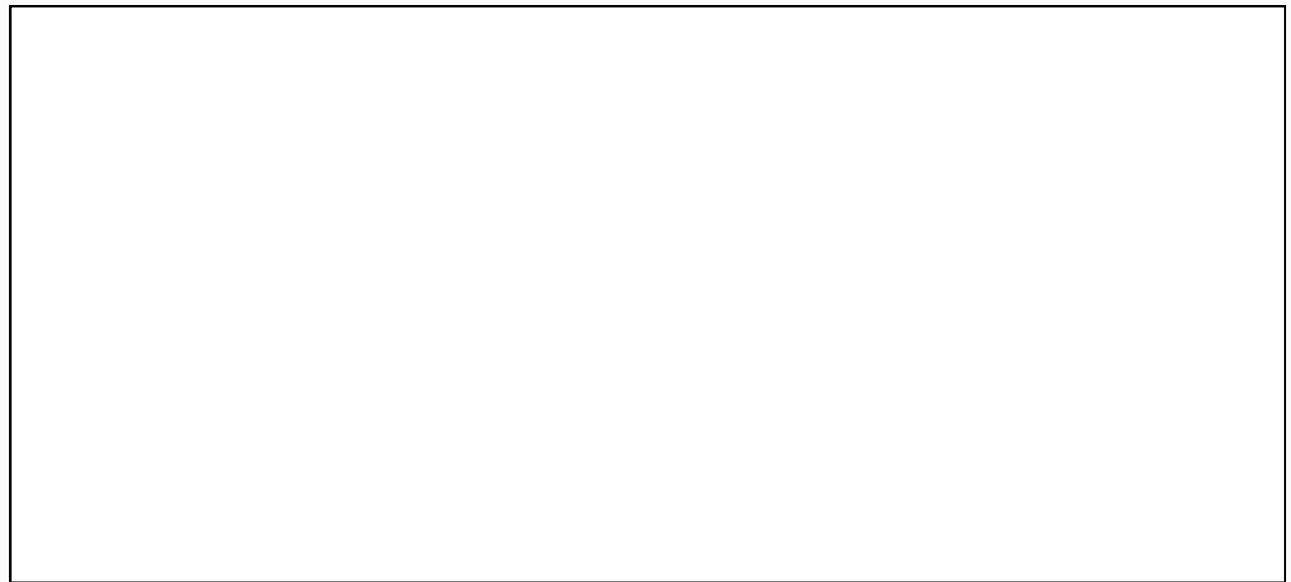
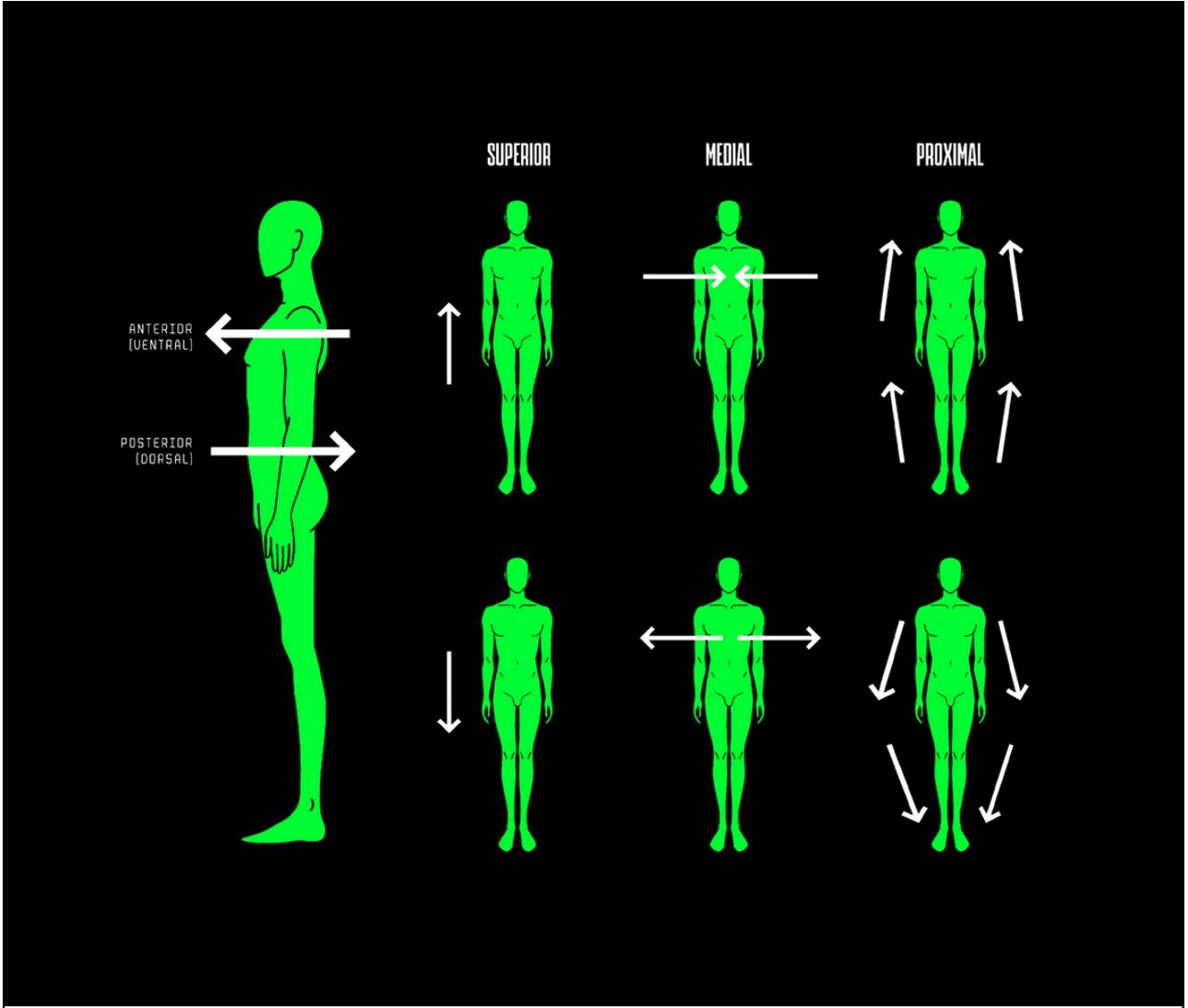
# PLANES OF MOTION

- Saggital
- Frontal
- Transverse



# ANATOMICAL DIRECTION TERMS

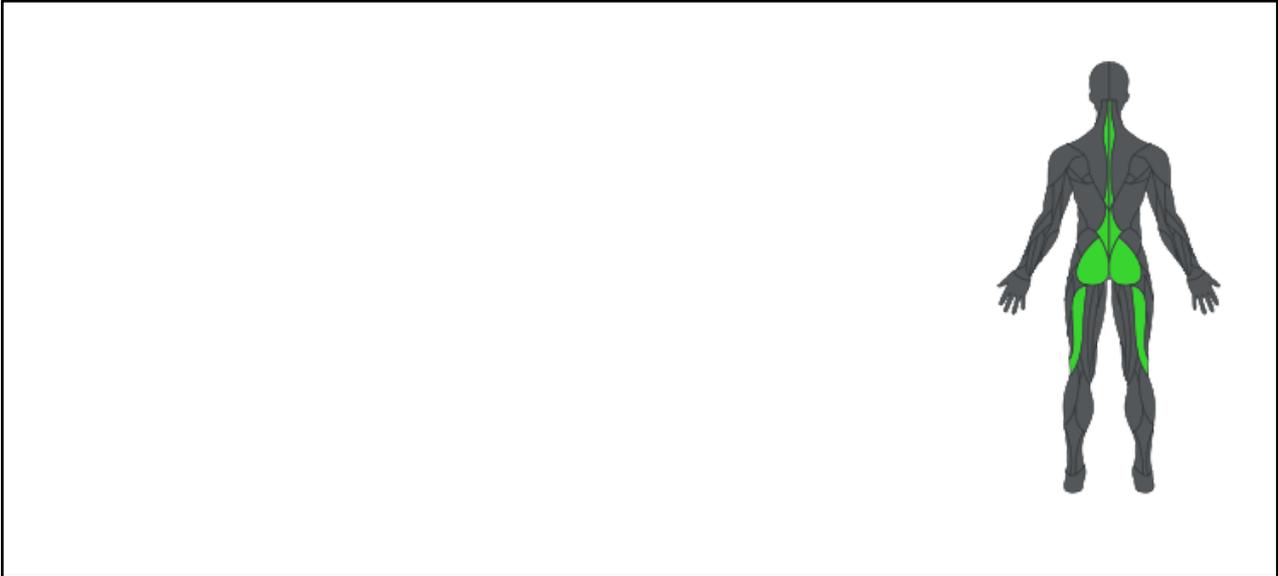
Medial // Lateral // Proximal // Distal // Superior // Inferior // Anterior // Posterior



# KINETIC CHAIN

- A term referring to the interconnected workings of the system

The Foot // The Ankle // Foot and Ankle // Knee // Hip & Pelvis // Lumbar Spine // Thoracic Spine // Scapulothoracic // Glenohumeral Joint



# DEFINE CORRECTIVE EXERCISE

- Corrective exercise is a buzzword within fitness to challenge the perception of the value of one exercise over the other. All exercise can be corrective if the utility of the exercise is understood and is appropriate for the client.

- The old adage reigns true: strength training is corrective and corrective exercise is strength training



# FUNCTIONAL ANATOMY

The recognition of the body in motion and the relevant joint/joint segments and their associated tissues that contribute to resisting and/or creating force.

Through this we can better prescribe exercise based on our findings through continual assessment.

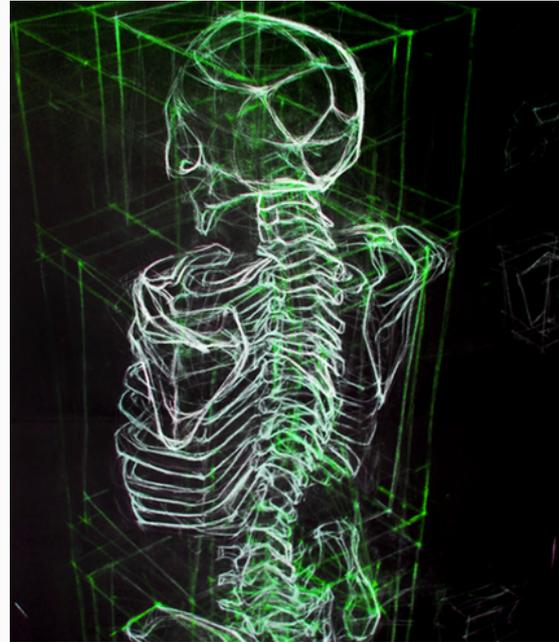
We encourage you to see the body motion through 3 different lenses;

## Patterns - Parts - Patterns

**Patterns** - (Walk, Run, Breathe, Squat, Hinge, Uni Knee, Uni Hip, Push, Pull, Core Isometric, Core Isotonic)

**Parts** - What are the joints or joint segments and soft tissues that play a vital role in creating movement, contributing towards dynamic stability, absorbing force and/or creating force

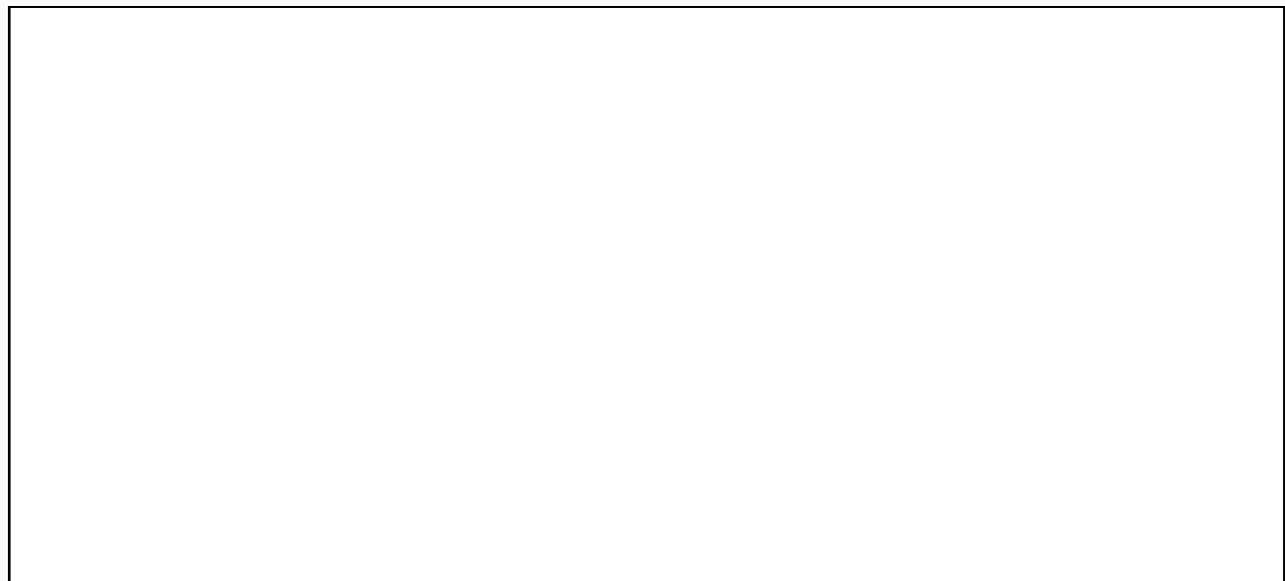
**Patterns** - As we return to the pattern, what intervention has provided some form of progression. This could be better control, improved ROM etc



Our goal for you, to see the pattern, parts and patterns all within milliseconds.

Our ability to see movement and break it down into small segments allows us to prescribe exercises that will have the greatest contribution to the system.

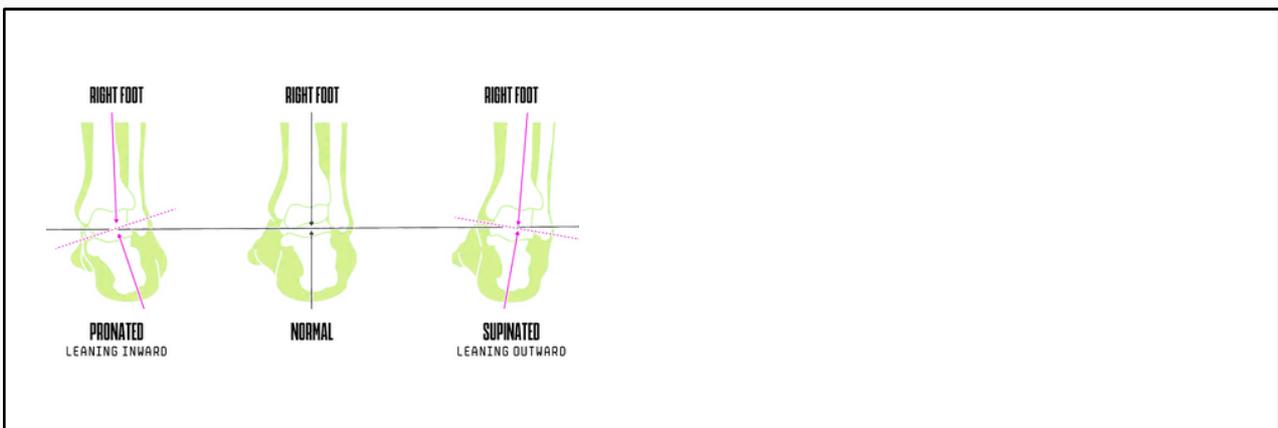
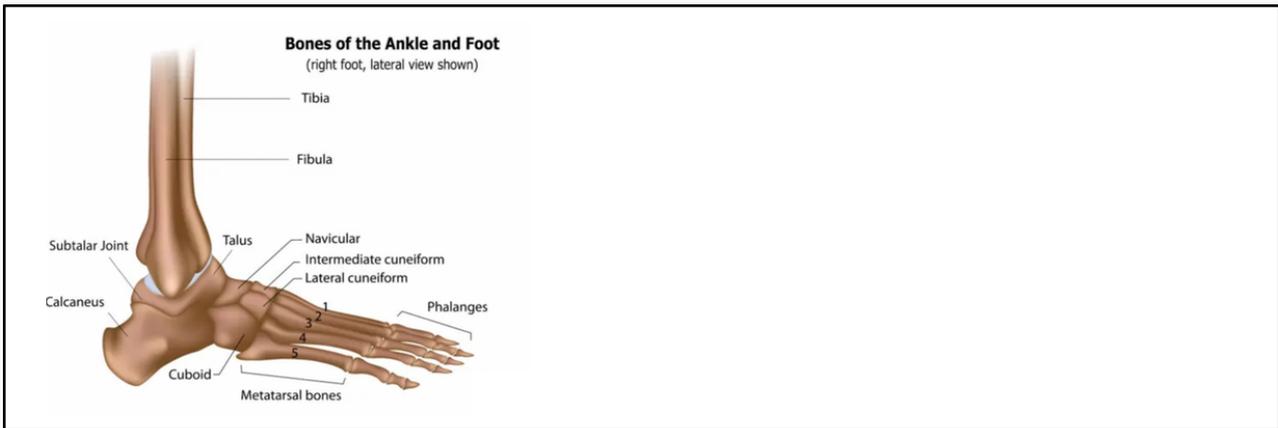
It will serve as a lens in which to look through. A means of discerning your best starting point.



# FOOT

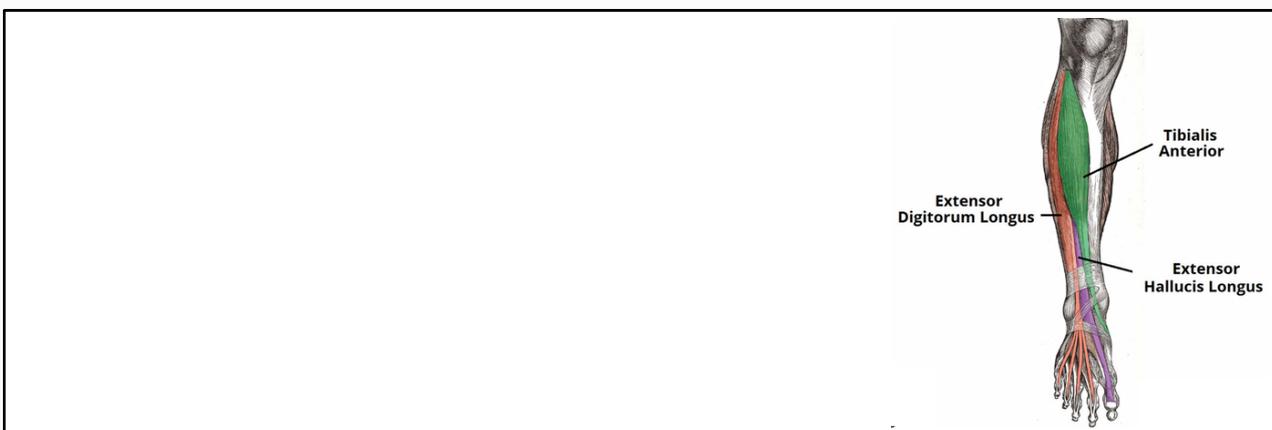
Manages force  
Shock Absorbers  
Propulsion of Weight

3 Groups of bones:  
Tarsal, Metatarsal, Phalanges  
26 Bones  
3 Regions of the foot



# ANKLE

<b>Joint Actions Include:</b>	<b>Muscles</b>
Dorsi Flexion	Tibialis Anterior
Plantar Flexion	Gastrocnemius Soleus
Eversion	
Inversion	



# ANKLE

## Function of the ankle:

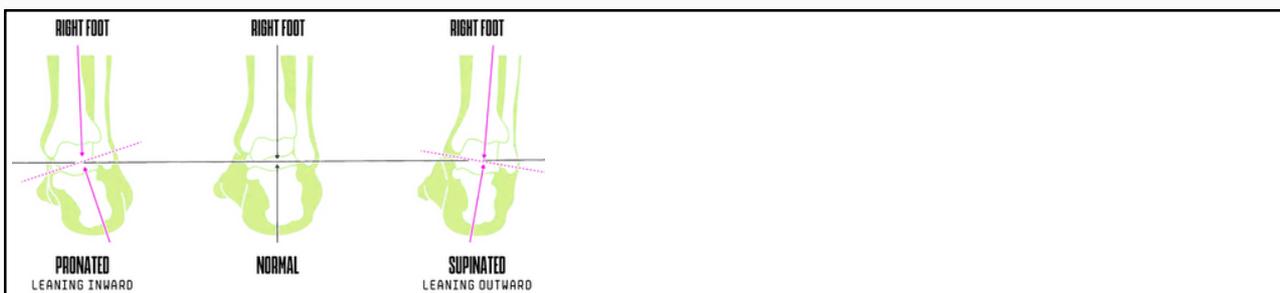
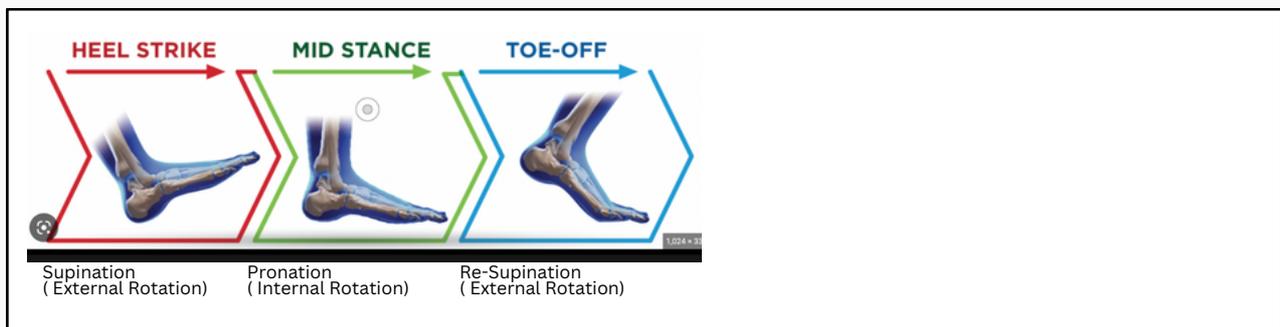
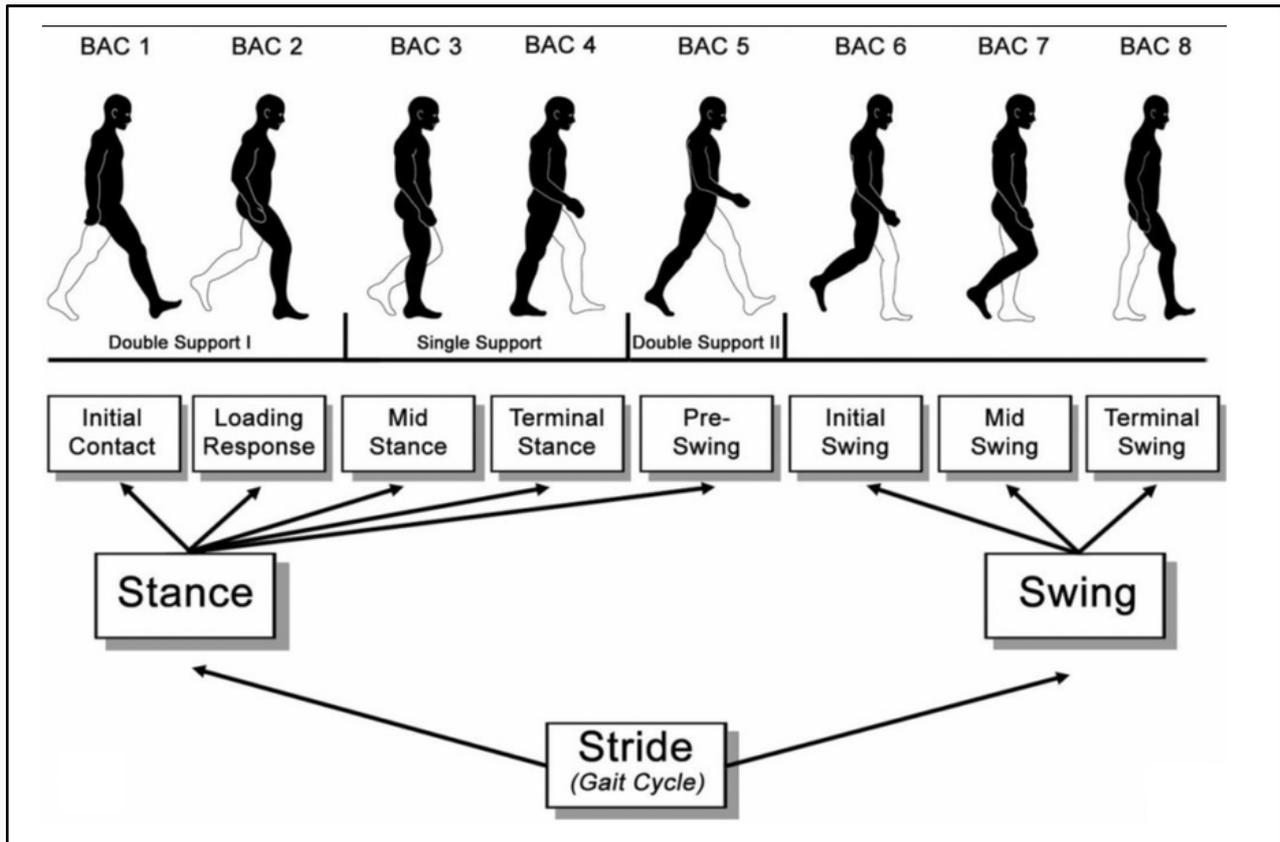
Significant role during gait cycle as it adapts to the surface which one walks.

Gait - Forward Progression, Stance Stability and Conservation of Energy

2 Phases of GAIT - Stance & Swing Phase

Foot will be in one of 3 phases

- Heel Strike - Initial Contact, decelerate
- Mid Stance - Continued acceptance of load and move forward
- Toe Off - As we continue to propel forward





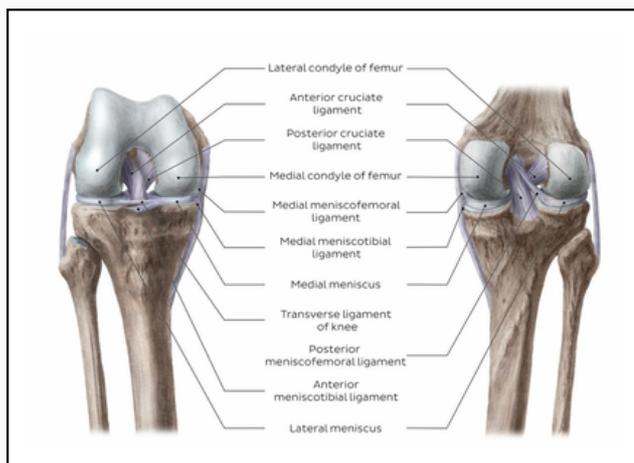
# KNEE

## Function of the Knee:

The primary role is flexion and extension at the knee. It plays a significant function in shock absorption, load acceptance ( eccentric strength ) and weight propulsion (concentric)

It is the largest joint in the body and is very complex. There is 4 bones and an extensive network of ligaments and muscles.

Considerations of the Tibiofemoral Joint and the Patellofemoral Joint



## Key Muscles of the knee

### Chief Extensors:

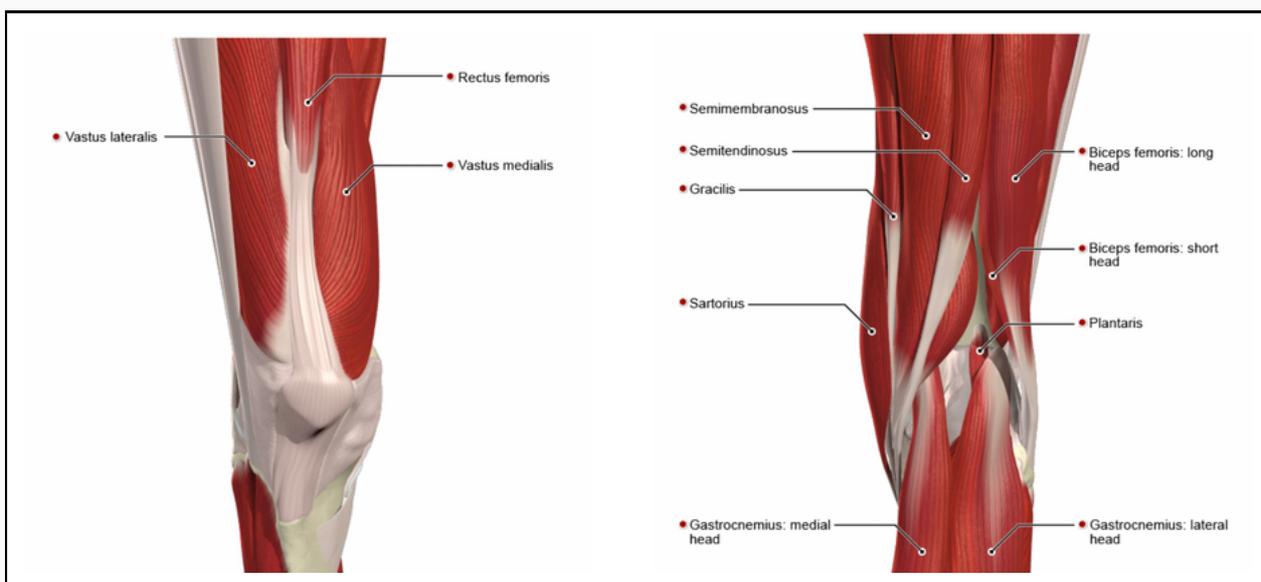
- Rectus Femoris
- Vastus Medialis
- Vastus Lateralis
- Vastus Intermedius

### Chief Flexors:

- Semi Tendinosus
- Semi Membranosus - (assists in knee IR)
- Bicep Femoris - (Assists in hip extension)

### Weak Flexors:

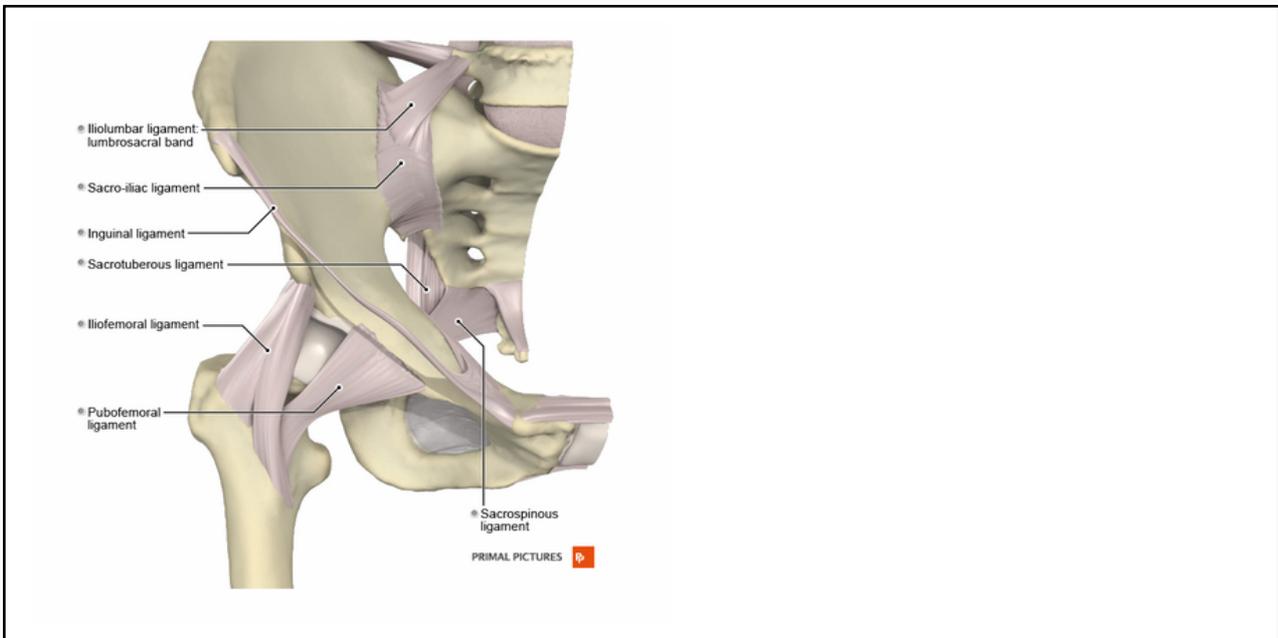
- Gracilis
- Sartorius
- Gastroc



# HIP

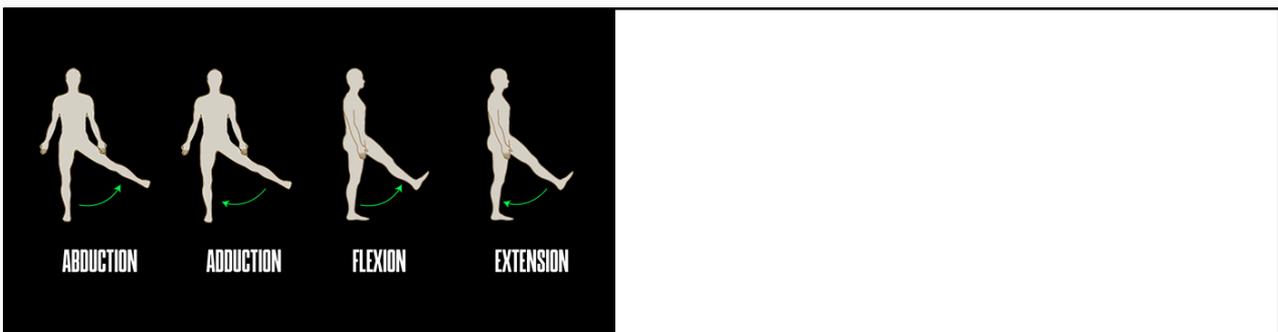
The hip joint is a ball and socket joint that is the point of articulation between the head of the femur and the acetabulum of the pelvis.

Primary function of the hip joint is to provide dynamic support the weight of the body/trunk while facilitating force and load transmission from the axial skeleton to the lower extremities, allowing mobility.



Motions at the hip include:

- Flexion
- Extension
- Adduction
- Abduction
- Internal Rotation (Femur on Pelvis)
- External Rotation



# HIP

Muscles of the hip joint can be grouped based upon their functions relative to the movements of the hip.

## Flexors:

- Psoas Major
- Psoas Minor
- Iliacus
- Pectineus
- Rectus Femoris

## Extensors:

- Gluteus Maximus
- Semitendinosus
- Semimembranosus
- Biceps Femoris (long head)

## Adductors:

- Adductor Magnus
- Adductor Longus
- Adductor Brevis
- Gracilis
- Pectineus

## Abductors:

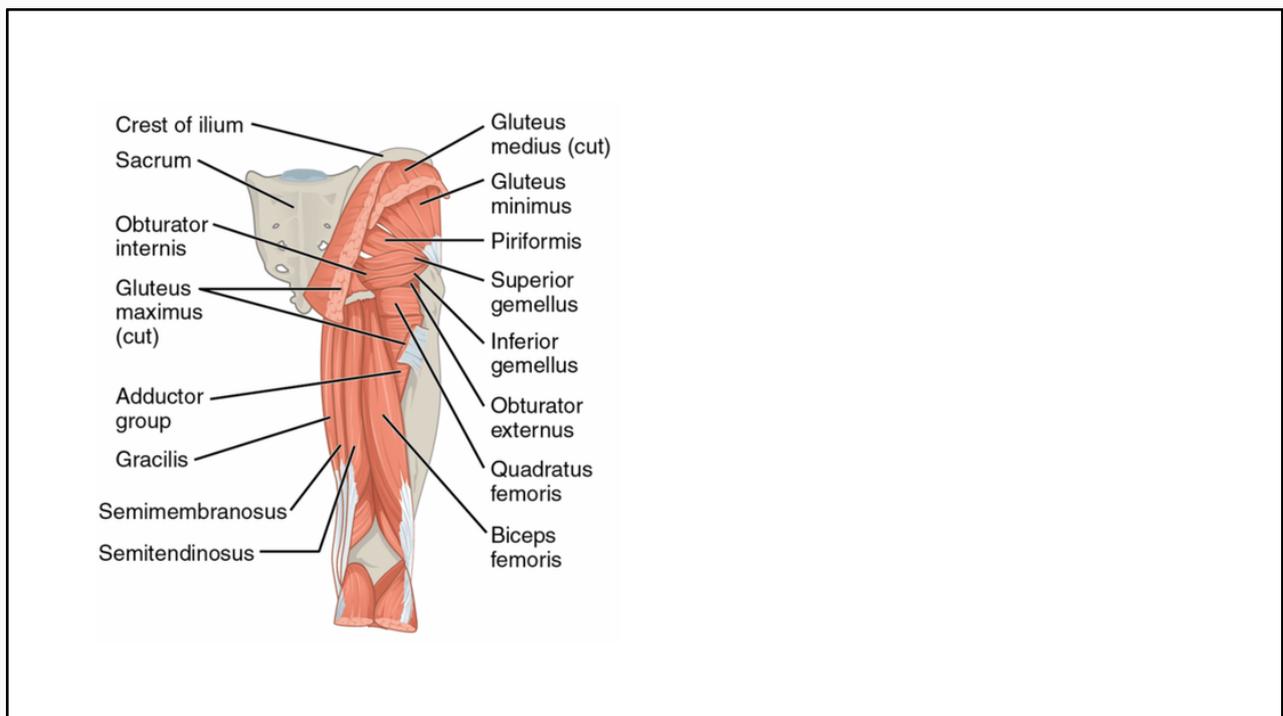
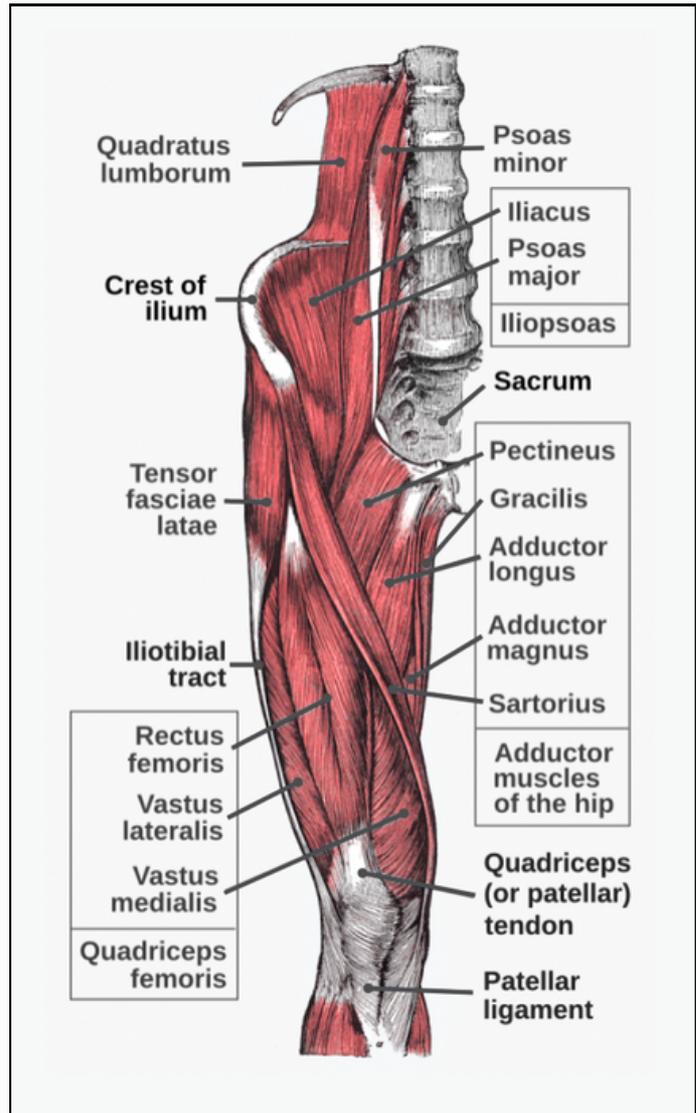
- Gluteus Medius
- Tensor Fascia Latae

## Internal Rotators:

- Tensor Fascia Latae
- Gluteus Minimus

## External Rotators:

- Gluteus Maximus
- Gemellus Superior
- Gemellus Inferior
- Obturator Externus
- Obturator Internus
- Quadratus Femoris
- Piriformis



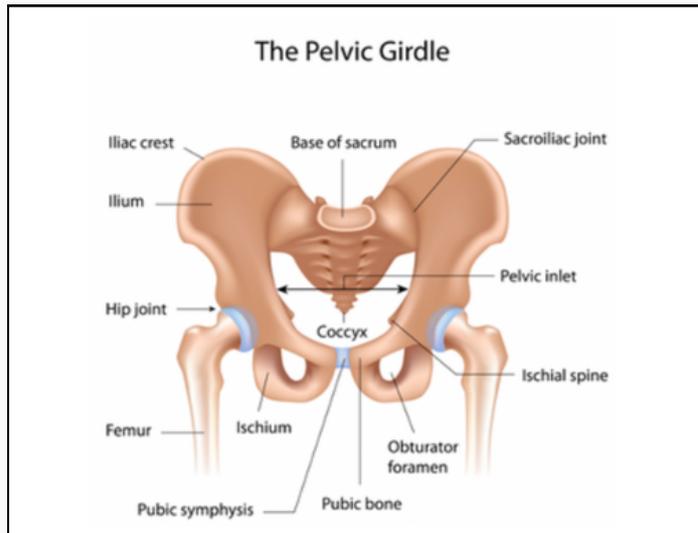
# PELVIS

The pelvis consists of the sacrum, the coccyx, the ischium, the ilium, and the pubis.

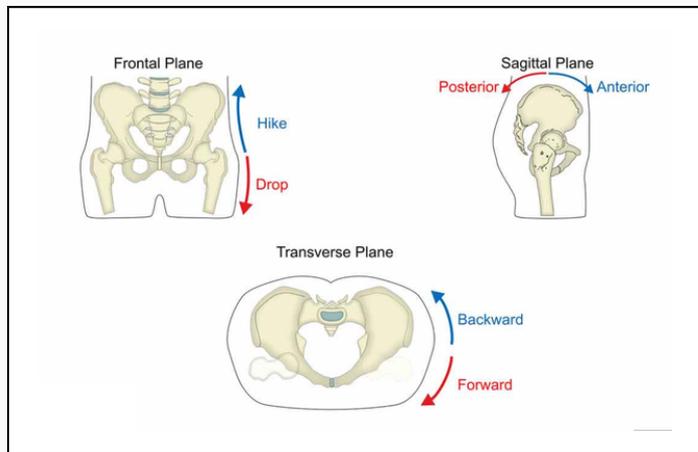
Often times the Ilium, Ischium and Pubis are referred to as the innominates.

The structure of the pelvis supports the contents of the abdomen while also helping to transfer the weight from the spine to the lower limbs.

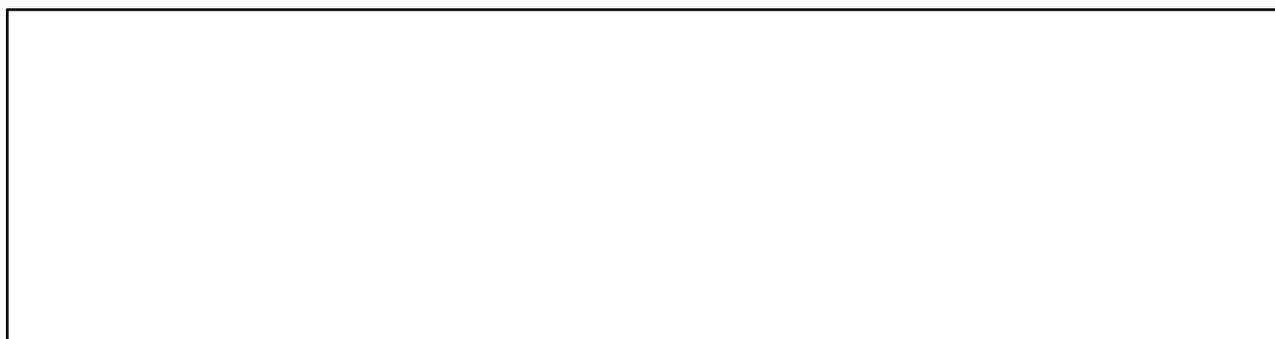
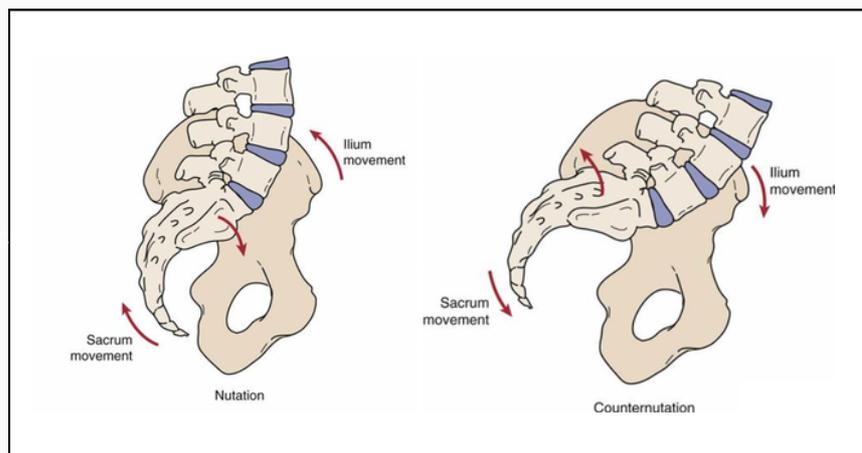
During gait, the joints within the pelvis work together to decrease the amount of force transferred from the ground and lower extremities to the spine and upper extremities.



Movements that occur at the pelvis are:  
 Anterior Posterior Tilt  
 Posterior Pelvic Tilt  
 Lateral Flexion  
 Rotation  
 Elevation



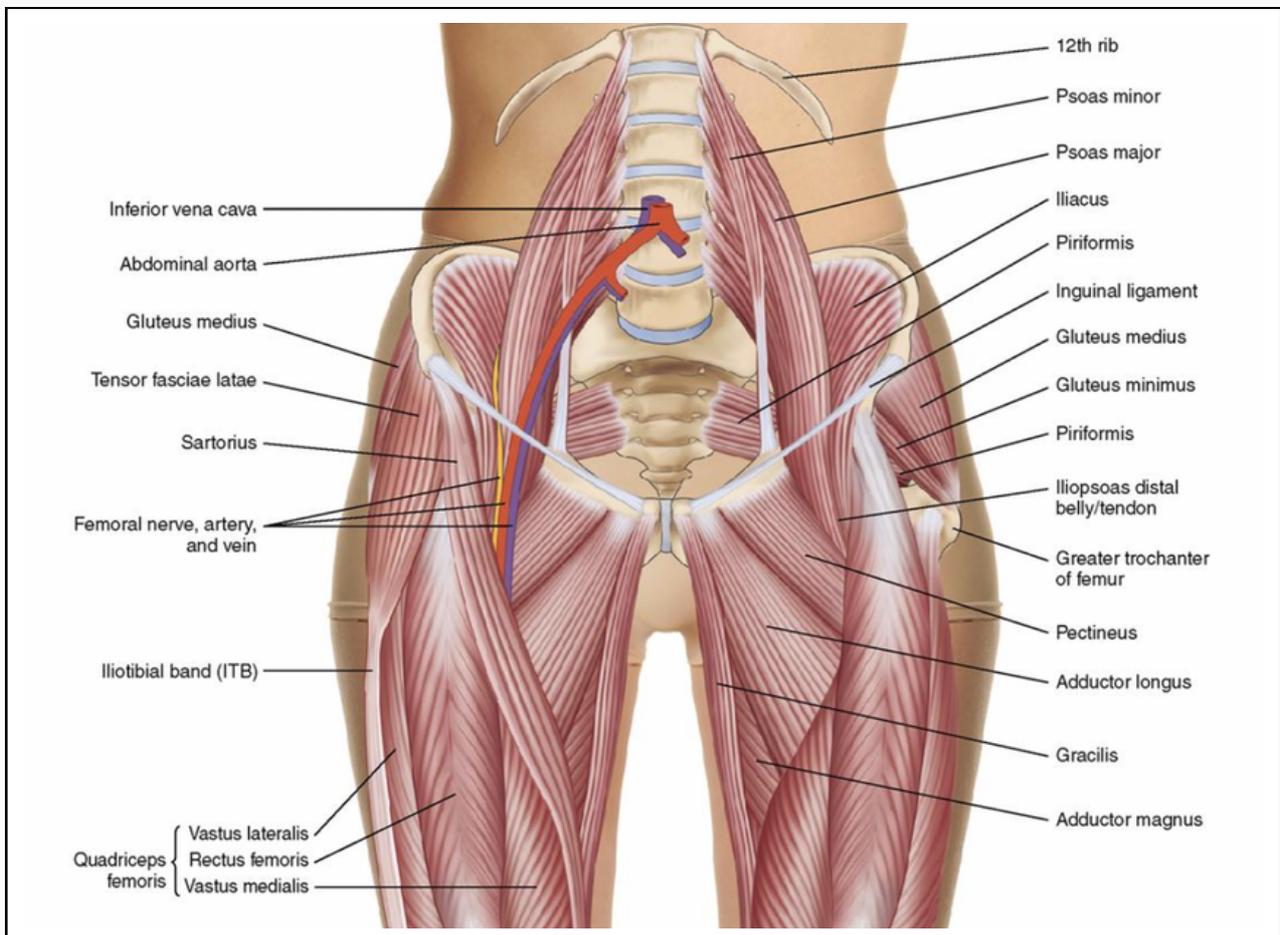
Sacral Movements include  
 Nutation  
 Counternutation



# PELVIS

Muscle that crossover and influence the pelvis. There are 36 muscles that attach to the sacrum or hip bone (innominates). The purpose of these muscles is primarily to provide stability to the joint.

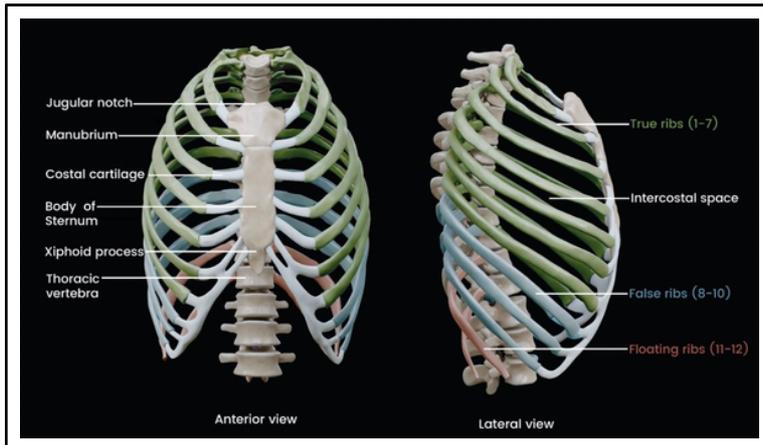
Adductor brevis	Adductor longus	Adductor magnus	Biceps femoris - long head	Coccygeus
Erector Spinae	External oblique	Gluteus maxiumus	Gluteus medius	Gluteus minimus
Gracilis	Iliacus	Inferior gemellus	Internal oblique	Latissimus dorsi
Levator ani	Multifidus	Obturator internus	Obturator externus	Pectineus
Levator ani	Piriformis	Psoas minor	Pyramidalis	Quadratus femoris
Quadratus lumborum	Rectus abdominis	Rectus femoris	Sartorius	Semimembranosus
Semitendonosus	Sphincter urethrae	Superficial transverse perineal ischiocavernous	Superior gemellus	Tensor fascia lata
Transversus abdominis				Ref: Physiopedia



# THORACIC SPINE

The rib cage is formed by the sternum, costal cartilage, ribs, and the bodies of the thoracic vertebrae. The rib cage protects the organs in the thoracic cavity, assists in respiration, and provides support for the upper extremities. During inspiration the ribs are elevated, and during expiration the ribs are depressed.

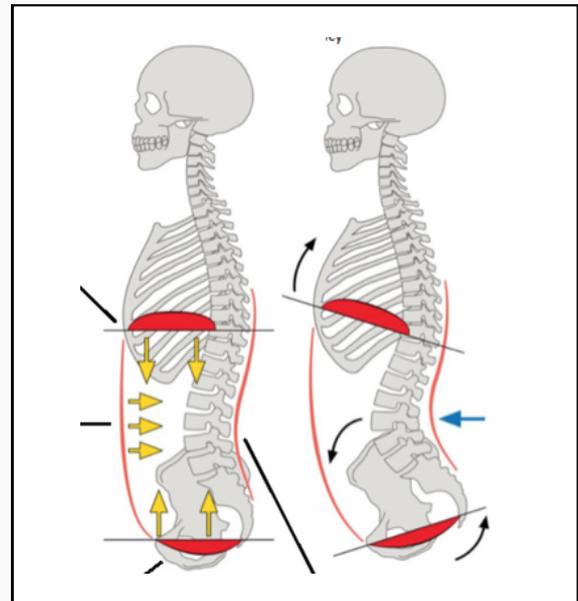
A significant role of the rib-cage is its role on centre of mass (COM) and it's influence on movement and function.



This image illustrates the difference between remaining "stacked" or not. This is commonly referred to as the cannister position.

For many new clients, giving them awareness of this position is useful and can be trained isometrically. The goal with any postural presentation is to give the client access to what they currently dont have.

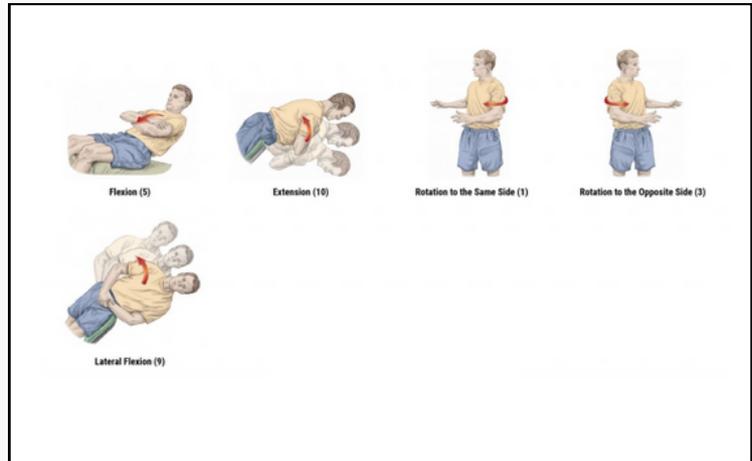
ie : too extended? Give access to more flexion etc.



# THORACIC SPINE

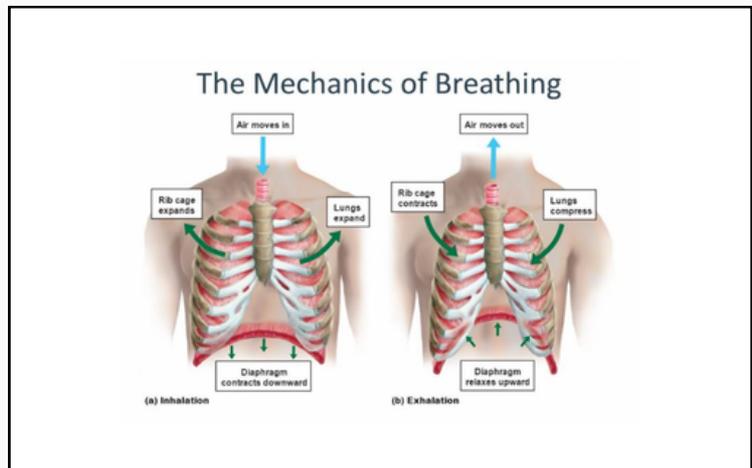
The movements that occur at the ribcage include:

- Flexion
- Extension
- Rotation
- Lateral Flexion



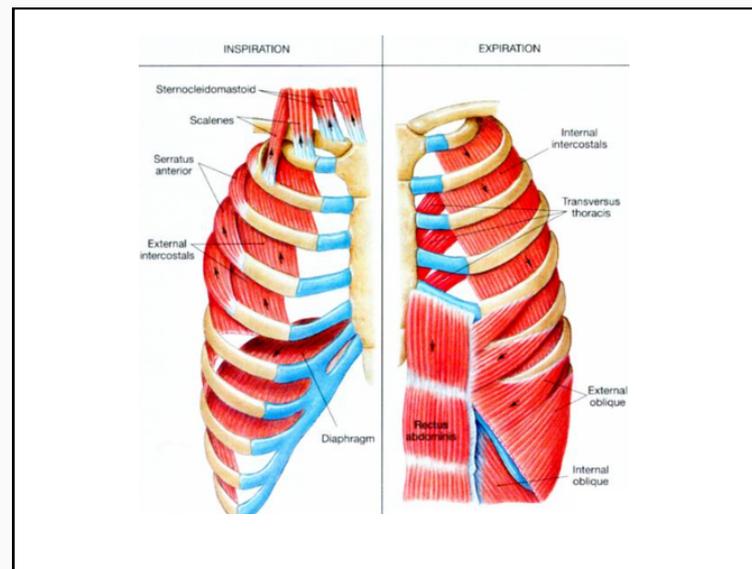
Significant motion that occurs at the ribcage includes breathing and the movements that occur during respiration.

Mechanics of breathing include elevation during inspiration and depression during exhalation. Other terms commonly used are Expansion and Compression of the Ribcage. ref - Bill Hartman



Some key muscles for considerations as it regards to the thoracic spine.

- Internal/External coastal muscles
- Serratus Anterior
- Pec Group
- Serratus Posterior
- Diaphragm
- Scalenes
- Sternocleidomastoid



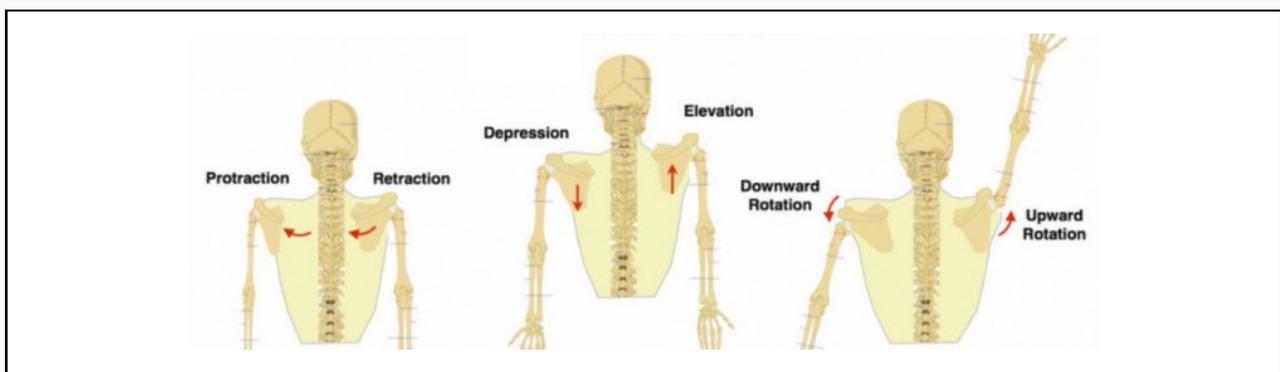
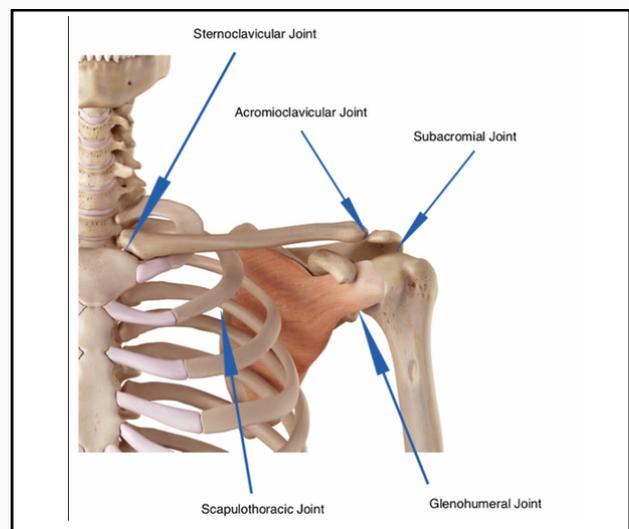
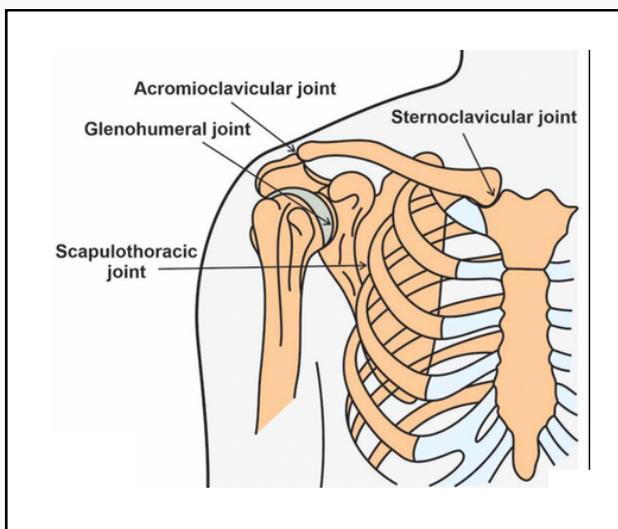
# SCAPULA THORACIC

The Scapulothoracic (ST) “joint” is not a true anatomic joint as it has none of the usual joint characteristics.

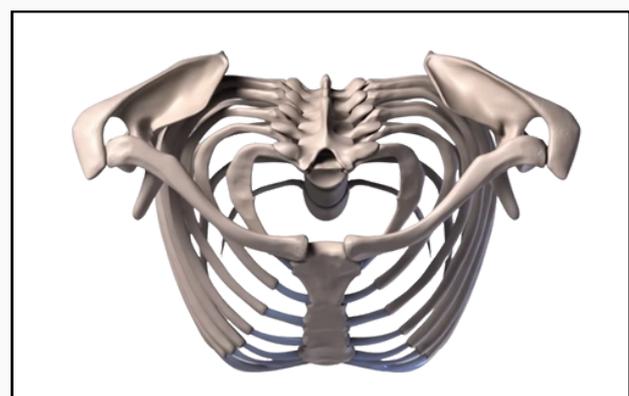
It is an articulation of the scapula with the thorax which depends on the integrity of the anatomic Acromioclavicular (AC) and Sternoclavicular (SC) joints.

The SC and AC joints are interdependent with the ST joint because the scapula is attached by its acromion process to the lateral end of the clavicle & through the AC joint; the clavicle, in turn, is attached to the axial skeleton at the manubrium of the sternum through the SC joint.

Any movement of the scapula on the thorax must result in movement at either the AC joint, the SC joint, or both; that is, the functional ST joint is part of a true closed chain with the AC and SC joints and the thorax.



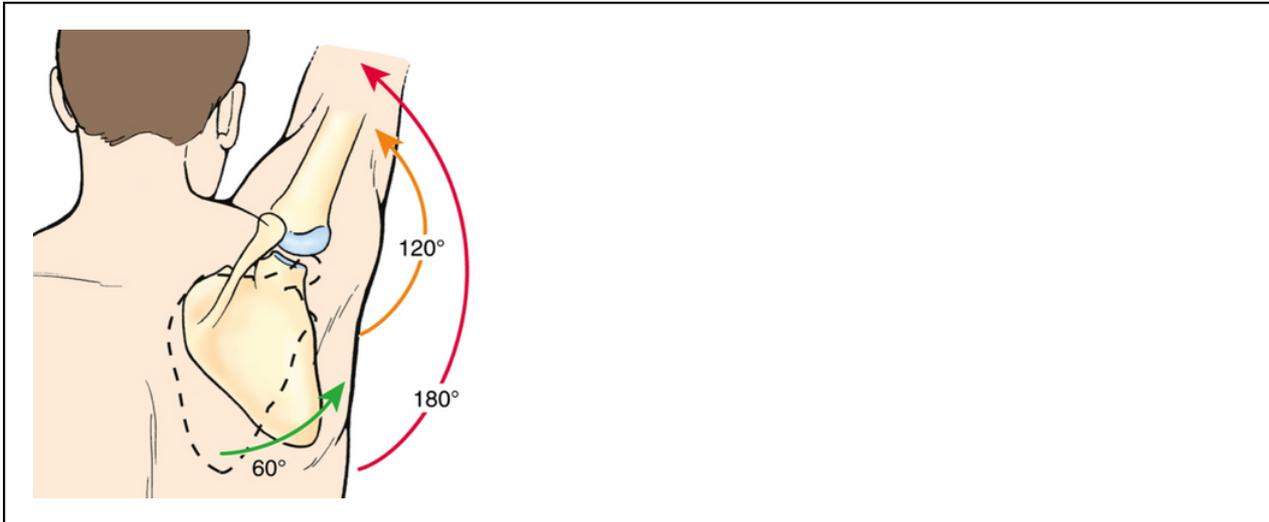
The movements that occur at the scapula thoracic joint. These are heavily influenced by the shape of the ribcage in order to promote a great surface for which the scapula can articulate upon.  
Convex Ribcage = Concave Scapula



# SCAPULA THORACIC

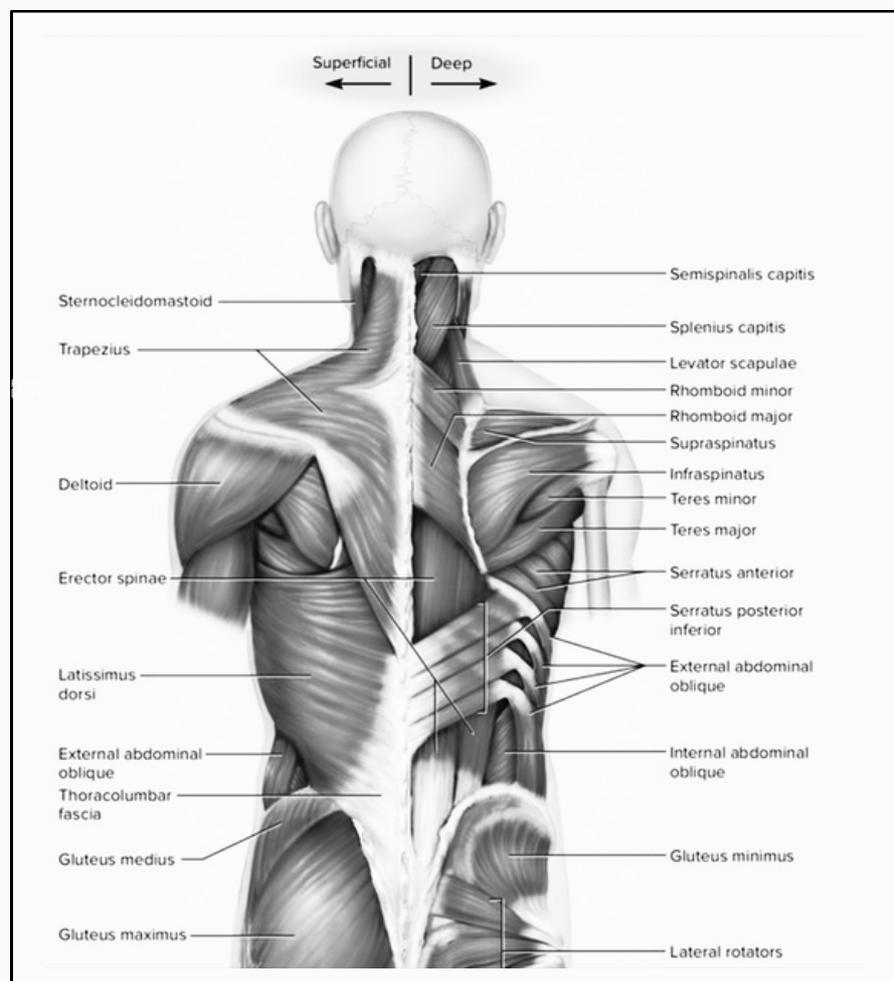
The muscles that contribute to movement and/or stability are included in the list below. It is important to note that a large portion of what occurs at the scapula will have an impact on the glenohumeral joint (GH) and where the humerus will travel.

This is referred to as the scapulohumeral rhythm. This is a natural rhythm of which for each 1' of movement from the scapula will move the humerus 2'.



Rotator Cuff Group  
 Subscapularis.  
 Infraspinatus.  
 Teres minor.  
 Supraspinatus.

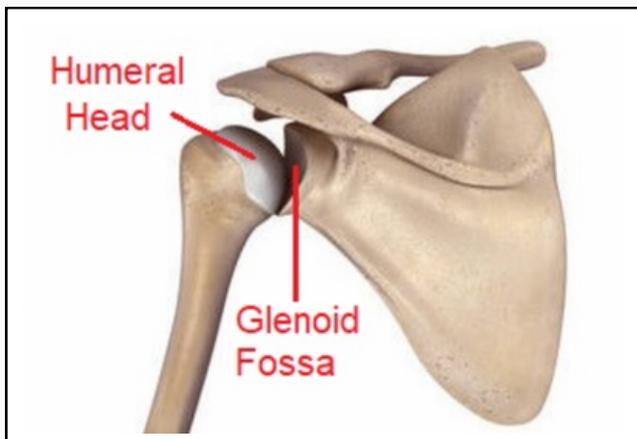
Levator Scapula  
 Rhomboids  
 Trapezius  
 Tricep (long head)  
 Serratus Anterior  
 Lats  
 Coracobrachialis  
 Biceps



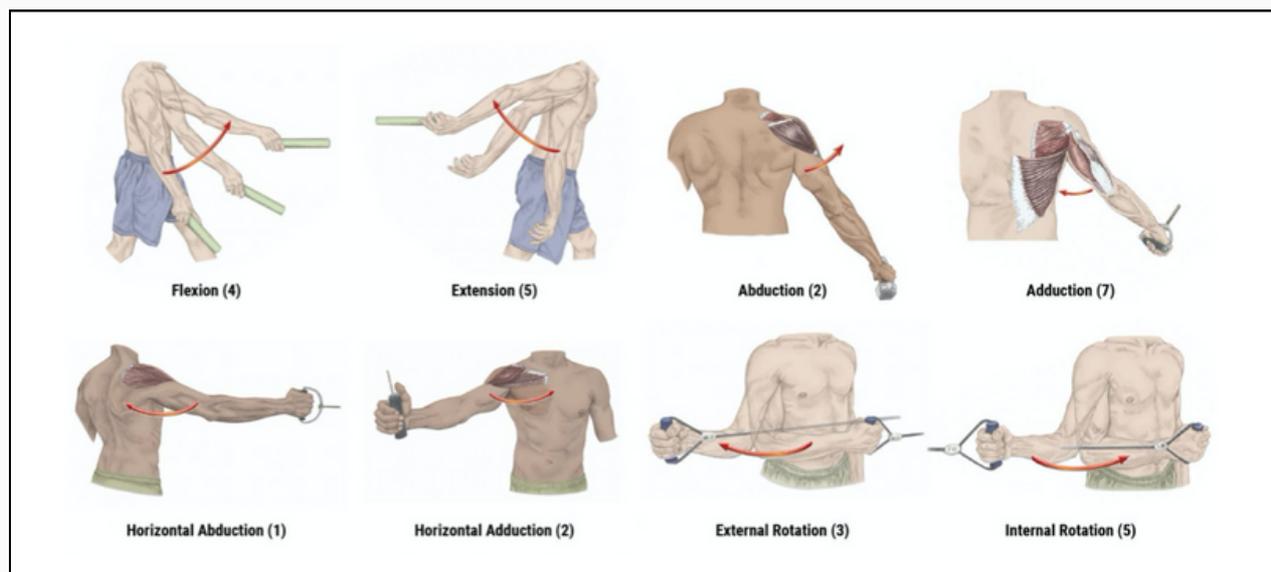
# GLENOHUMERAL

The glenohumeral (GH) joint is a true synovial ball-and-socket joint, is responsible for connecting the upper extremity to the trunk. This joint is formed from the combination of the humeral head and the glenoid fossa of the scapula. This joint is considered to be the most mobile and least stable joint in the body.

The GH requires stability from the muscles and tendons.



The movements that occur at the shoulder play a vital role in exercise selection.



Muscles that play a significant role in strength or stability of the GH include:

Rotator Cuff Group

- Subscapularis.
- Infraspinatus.
- Teres minor.
- Supraspinatus. ( greater influence on glenohumeral joint)

Levator Scapula

Rhomboids

Trapezius

Tricep (long head)

Serratus Anterior

Lats

Coracobrachialis

Biceps

# GLENOHUMERAL

Muscles that play a significant role in strength or stability of the GH include:

Rotator Cuff Group

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Levator Scapula

Rhomboids

Trapezius

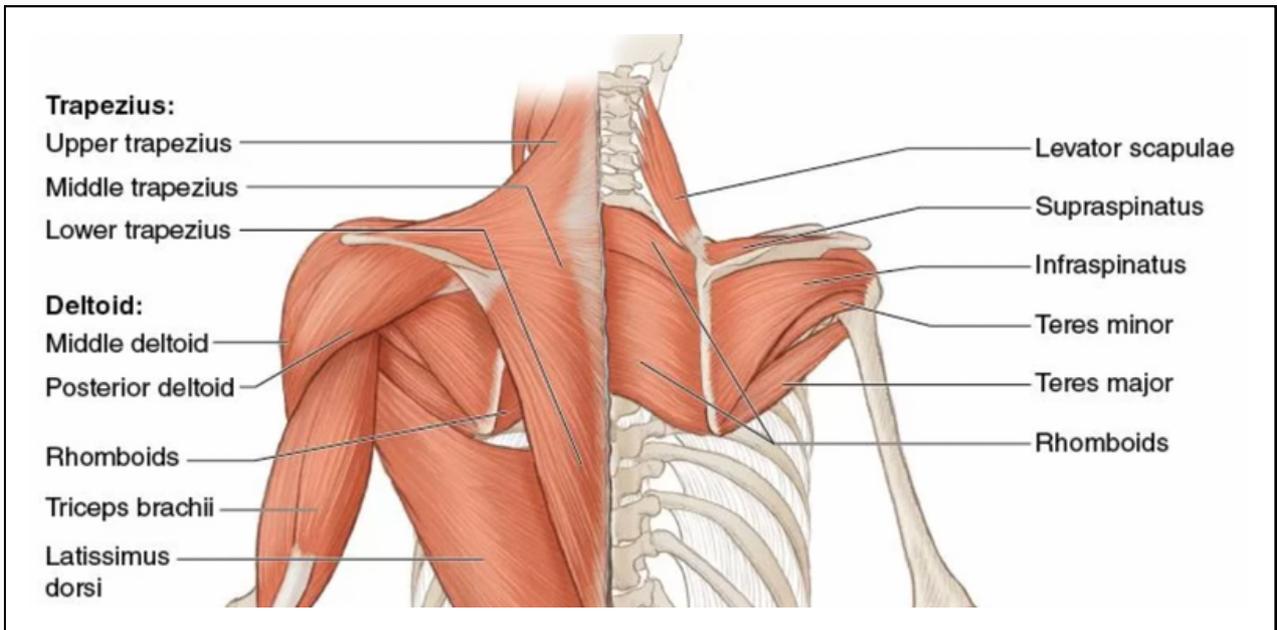
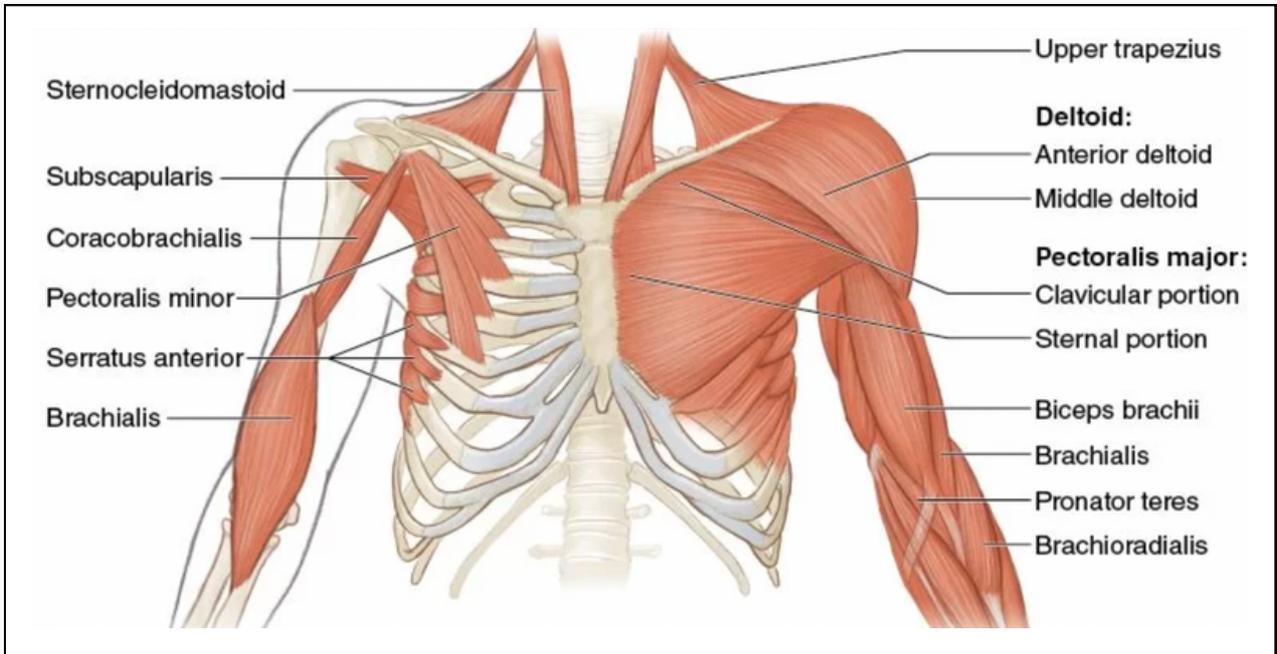
Tricep (long head)

Serratus Anterior

Lats

Coracobrachialis

Biceps

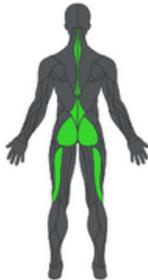


# FUNCTIONAL SLINGS

Slings play a significant role in the lens in which you see the body during movement. Up until this point we have gone deep to pay attention to the smaller working parts of movement. Now we start to come further out and the next layer is the anatomical slings and/or trains.

The body is connected by fascia and the muscles tend to work within a integrated system not in isolation of one another. It is through this system we can start to piece exercise selection in line with opportunities to influence these various slings as listed below.

## DEEP LONGITUDINAL SUB-SYSTEM

	<p>Erector Spinae Thoracolumbar fascia Sacrotuberous ligament Bicep femoris</p> <p><b>Exercises / Actions Include:</b> Deadlift Hinge Patterns Spinal Flexion</p>
---	---

## ANTERIOR OBLIQUE SLING

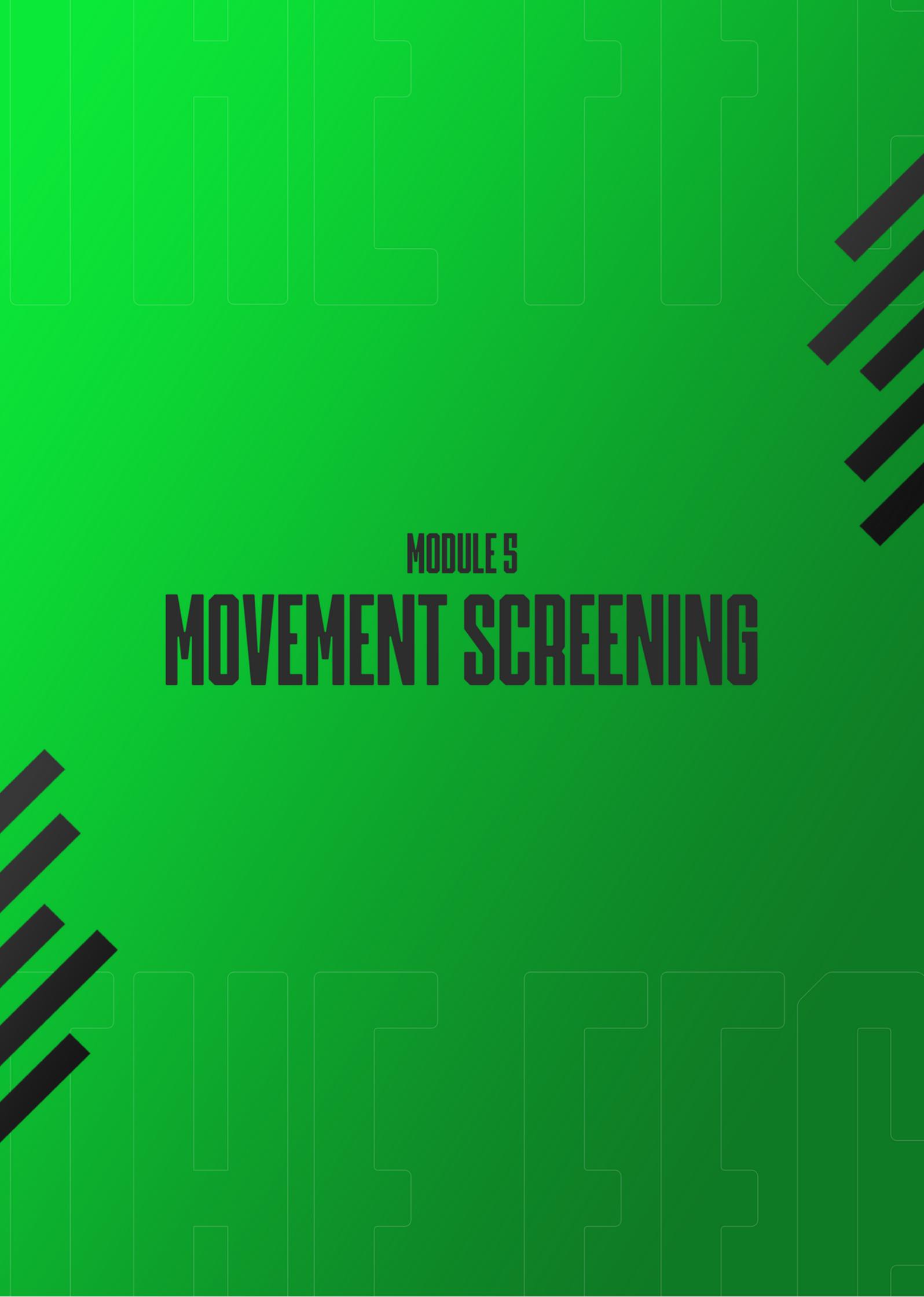
	<p>Internal obliques External obliques Abdominal Fascia Adductors (Also including Pec major &amp; serratus anterior)</p> <p><b>Exercises / Actions Include:</b> Walking Throwing Kicking Deadbug Variations</p>
--	---

## POSTERIOR OBLIQUE SLING

	<p>Lats Thoracolumbar fascia Glute max Bicep femoris</p> <p><b>Exercises / Actions Include:</b> Compound posterior chain work Contra-lateral loaded hinge patterns Single-leg glute bridge Variations</p>
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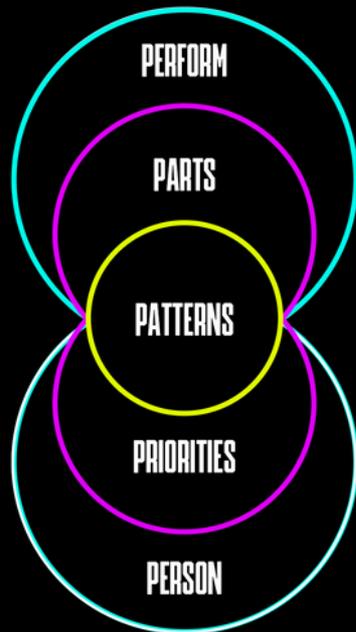
## LATERAL SUB-SYSTEM

	<p>Quadratus Lumborum Glute Med Adductors</p> <p><b>Exercises include:</b> Ipsi-lateral Loading Suitcase carries Frontal plane exercises</p>
---	--



**MODULE 5**  
**MOVEMENT SCREENING**

# GOAL-FOCUSSED PHYSICAL ASSESSMENT



|  
**PATTERNS**

SQUAT  
UNI KNEE  
UNI HIP  
HINGE  
STACK  
REACH



GOBLET SQUAT  
SPLIT SQUAT  
B-STANCE RDL  
KB RDL  
HIGH PLANK  
SN KNEELING PRESS

|  
**PARTS**

FOOT  
ANKLE  
KNEE  
HIP  
LUMBO-PELVIC  
T-SPINE  
SCAP-THORACIC  
GLENOHUMERAL



FUNCTION  
ACTION  
STABILITY  
STRENGTH  
CAPACITY

|  
**PERFORM**

PHYSICAL EXPRESSION  
60/30 AEROBIC  
15 MIN MIXED MODAL  
SPORTS SPECIFIC



THE DECONSTRUCTION OF THE  
PHYSICAL EXPRESSION  
RELEVANT TO THE  
CLIENTS ENDEAVOUR



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**PFCA MOVEMENT SCREEN**

# OPTIONAL PERFORMANCE TESTS

Listed below is a series of performance related test examples to serve as inspiration for your continued investigation phase. It is important to recognise this is a opportunity to record objective data and gain a point of reference for your programme design.

For many clients, this might look like their previous 5km run time, their most recent struggle to run after the bus etc or the time it takes to complete a favourite hike.

These are all markers of which they have first hand experience of what it felt like and the time it took to perhaps complete. For this - we do not need to test.

However, from time to time we may utilise in-house tests to gain this objective data. Below is a series of examples to utilise. It is important to note that repeatability of these "tests" are vital in determining their place on the programme and being clear on the intended information you wish to gather.

## Personal Expression of Fitness

**5km Run time**  
**Favourite Hike time**  
**Family Play**  
**Weekend Warrior**  
**Work Performance**  
**Energy Availability**  
**etc**

## Assault Bike Repeatability Test

**Assault Bike 7 Rds**  
60 sec ON  
30 sec OFF  
  
**AIM -**  
Repeatable rounds  
Conversational pace

## LONG Mixed Modal

**AMRAP 30**  
1 mile assault bike  
40m Farmers Carry  
40 sec High Plank  
60 Single Unders  
  
**AIM -**  
Repeatable rounds  
Conversational pace  
  
**~ 5 Rounds**

## Long Outdoors

**2 hour Hike**  
Notice breath rate  
Record Thoughts/ Self-talk  
Record Feels -Niggles/Struggles  
Record Pace/Distance  
  
**AIM -**  
Consistent Aerobic FLOW  
Enjoyable Pace

# PFCA MOVEMENT SCREEN

SQUAT

UNILATERAL KNEE

UNILATERAL HIP

HINGE

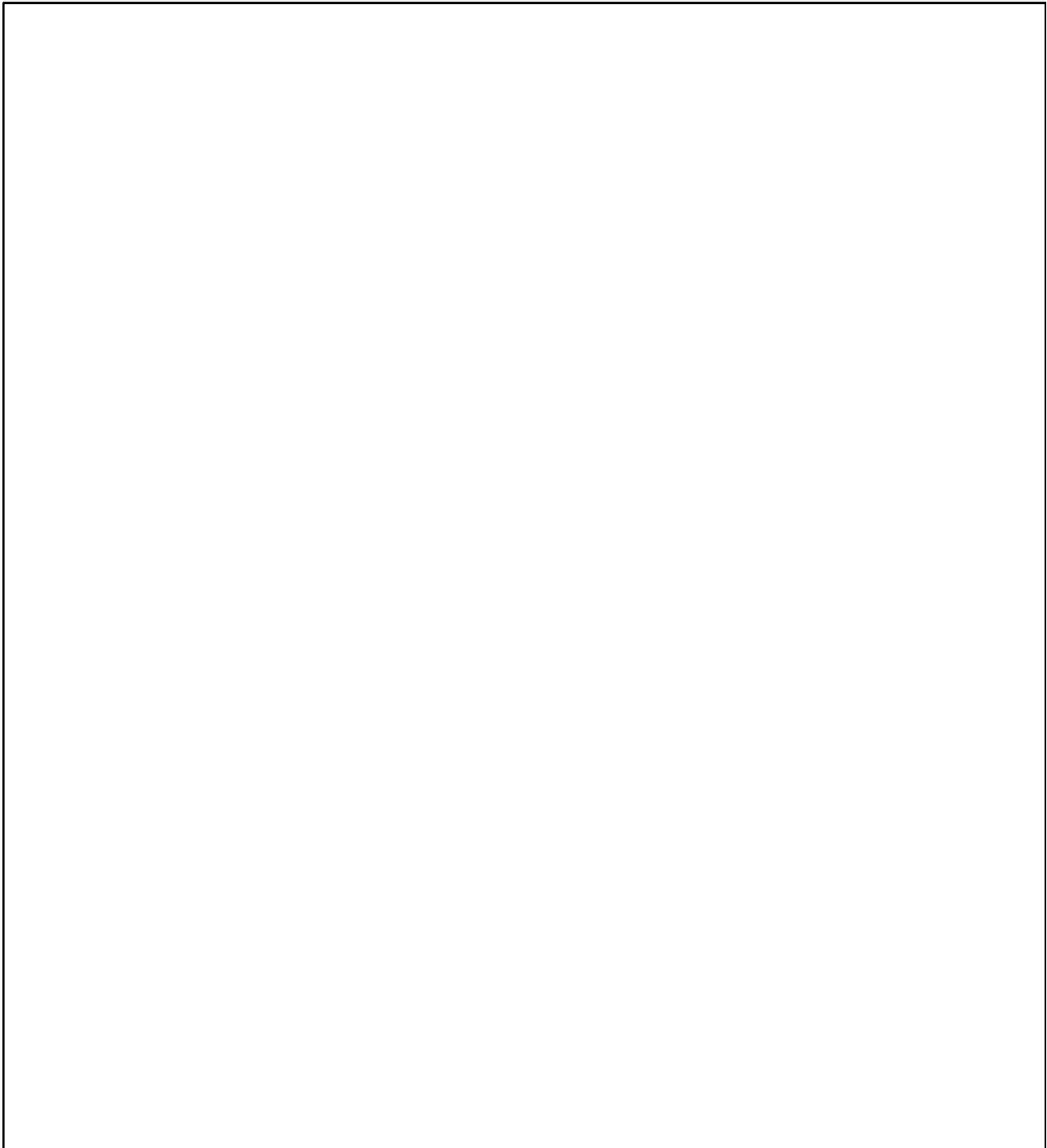
STACK

REACH



# **PARTS & OPTIMISATION**

FOOT	FUNCTION
ANKLE	ACTION
KNEE	STABILITY
HIP	STRENGTH
LUMBO-PELVIC	CAPACITY
T-SPINE	
SCAP-THORACIC	
GLENOHUMERAL	



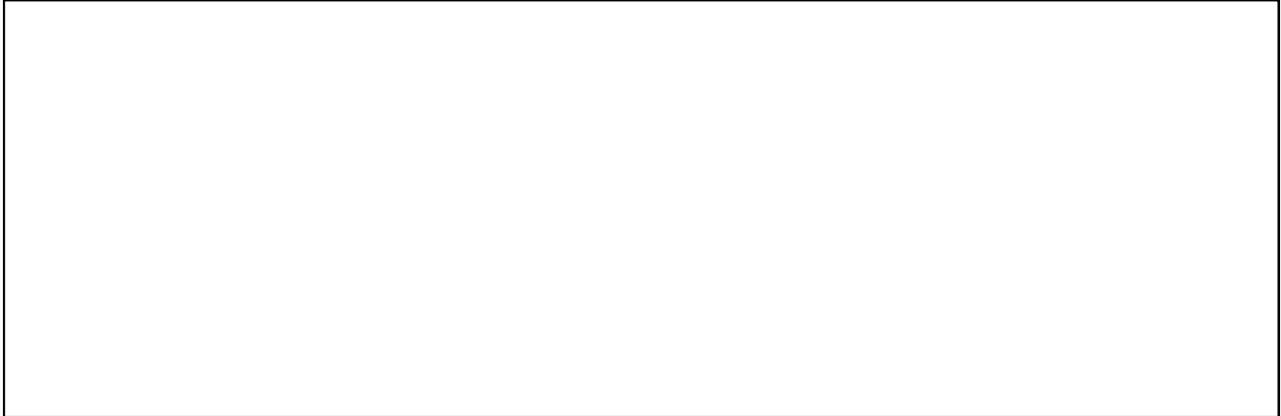


MODULE 6

**DEVELOPING SPACE,  
DYNAMIC STABILITY &  
STRENGTH**

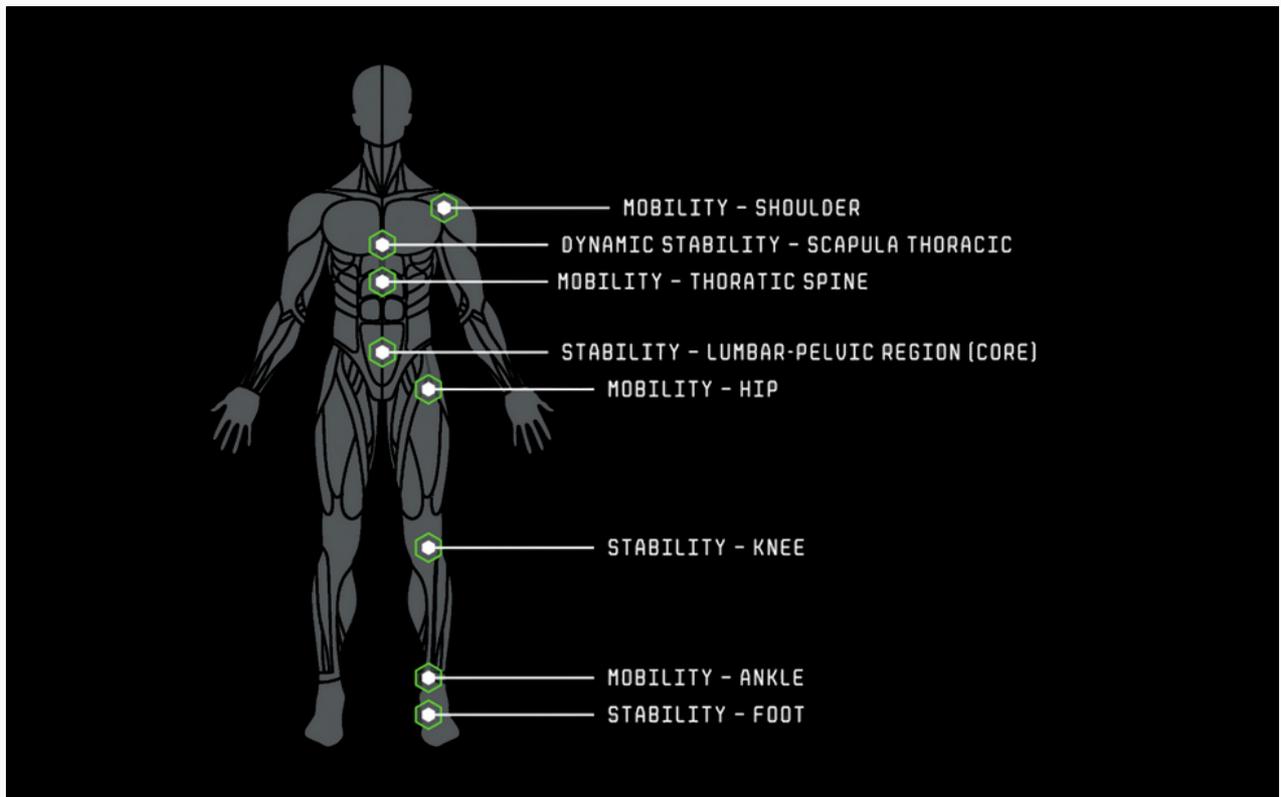
## DEVELOPING SPACE, STABILITY & STRENGTH

- Mobility, Flexibility, Active and Passive Range
- Stability, Dynamic Stability, Neuro Demand, Skill Acquisition
- Strength defined as a greater resilience, increased capacity and/or tolerance



## KINETIC CHAIN; ISOLATED // INTEGRATED

- Joint by joint theory
- Great starting point to see patterns / parts / patterns



## ALL JOINTS REQUIRE RELATIVE MOBILITY AND STABILITY;

Foot and Ankle / Knee // Hip // Lumbopelvic // T-spine // Glenohumeral

# ALL JOINTS REQUIRE RELATIVE MOBILITY AND STABILITY



LET'S MAKE IT SOCIAL  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# DEVELOPING MOBILITY

- Is creating more mobility required and/or requested?
- State of the whole system vs state of the joint segment
- Fascia - a consideration not to be missed
- Muscle Spindles
- Central vs Peripheral Systems
- Increasing ROM - Stretching, Static vs Dynamic, PNF, SMR
- Increased tolerance to stretching but no tissue changes occur
- Strain rate dependency

## WEPPLAR et al 64

- Extensibility tolerance
- No change at muscular level

## Self-Myofascial Release

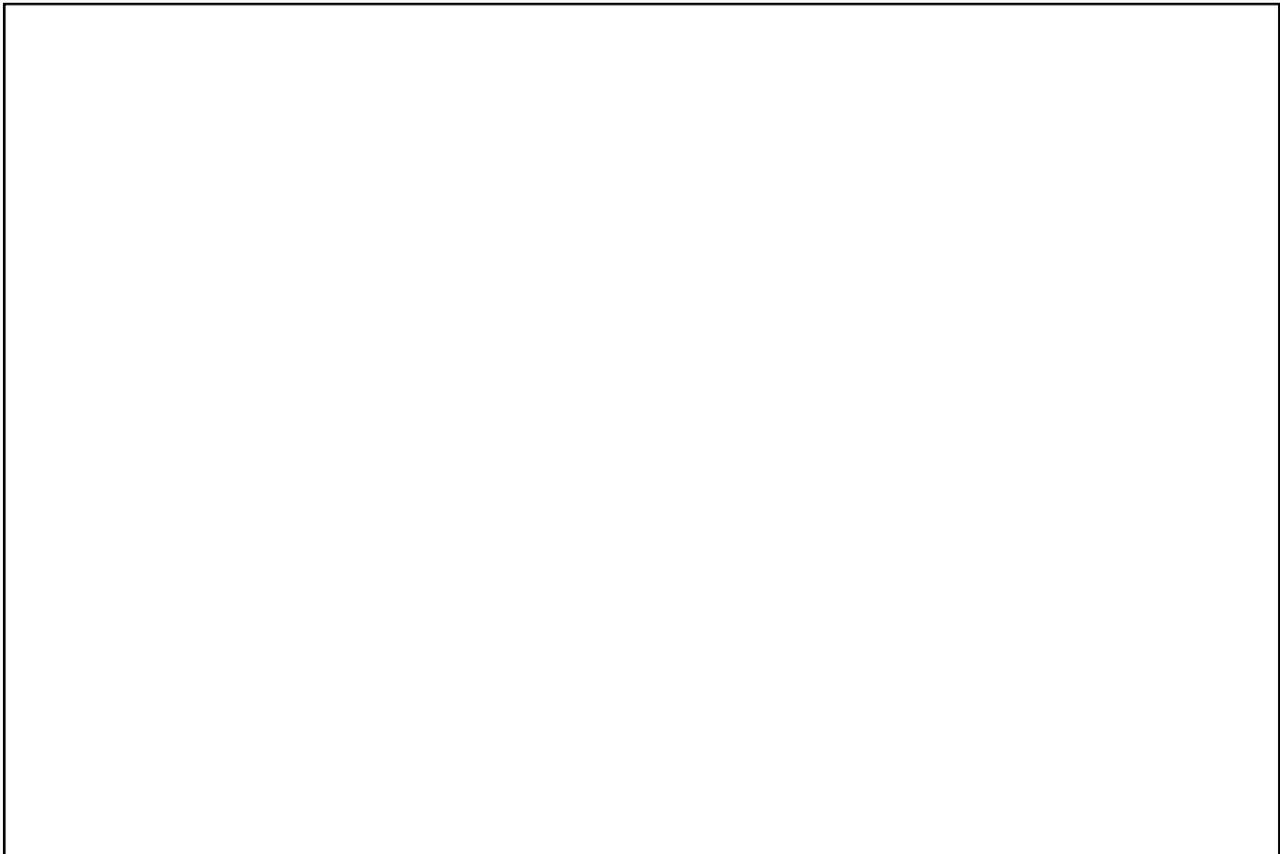
- Short term changes in ROM - Explained by increased tolerance to stretching and/or decreased pain sensitivity

## Mechanoreceptors, Ruffini & Pacini corpuscles

- Pressure may drive the nervous system to reduce tension in the muscle (reduced tonicity)

## Unfreeze then aim to hit save button

- End range ISO's
- Strength at end range
- Increased skill in new range
- For the aim to make this more familiar (nuero) and increased sarcomeres at that level (physiological)



# PROTOCOLS FOR CREATING MORE SPACE AT JOINT/JOINT SEGMENTS

## AXIAL SKELETON VS APPENDICULAR SKELETON

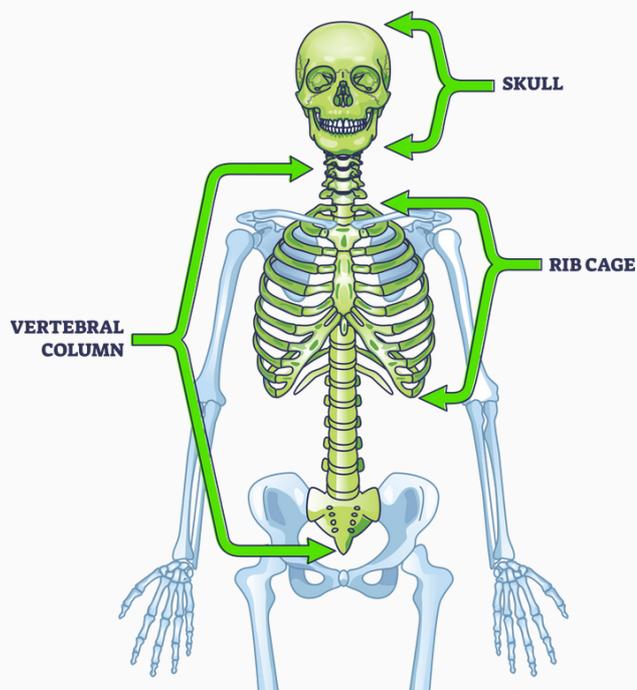
“If you are tight all over, start with the axial skeleton” - David Grey

- Restore breathing mechanics
- Pelvis to rib cage relationship
- Breathing - bracing - creating relative tension

**ALWAYS REMEMBER - is more range required?**

- SMR Muscles affecting the joint segment
- End range isometrics
- Progressive overload

## AXIAL SKELETON



# PROTOCOLS FOR CREATING MORE SPACE AT JOINT/JOINT SEGMENTS

## IMPROVE DORSI-FLEXION

### SMR - Soft-tissue that affects the joint articulation

- Foot
- Gastroc/Soleus

### Restore Movement

- The ankle is a complex hinge joint
- Often referred as a tenon & mortise joint
- The motion is not limited to plantar and dorsi flexion as these movements occur in conjunction with subtalar & midtarsal joints

### This means:

- Plantar flexion - Adduction & Inversion allowing supination
- Dorsi Flexion - Abduction & Eversion allowing pronation
- The aim : movement variability, dynamic stability and give them back what they don't have access to.
- Train in full ROM, Strengthen Gastroc, Soleus and Intro Plyos



# IMPROVE HIP MOBILITY

Optimism - A great hip can internally rotate and extend

## Establish what is missing:

- IR on one side?
- IR on both

## Start with pelvic orientation and its effects on the hip function and access.

- Breathing + Bracing
- Hamstrings (PPT)

Potential option:

- SMR Rectus Femoris, Vastus Lateralis

## Train in ranges to utilise space - RFESS (Rear Leg Bias//Eccentrics)

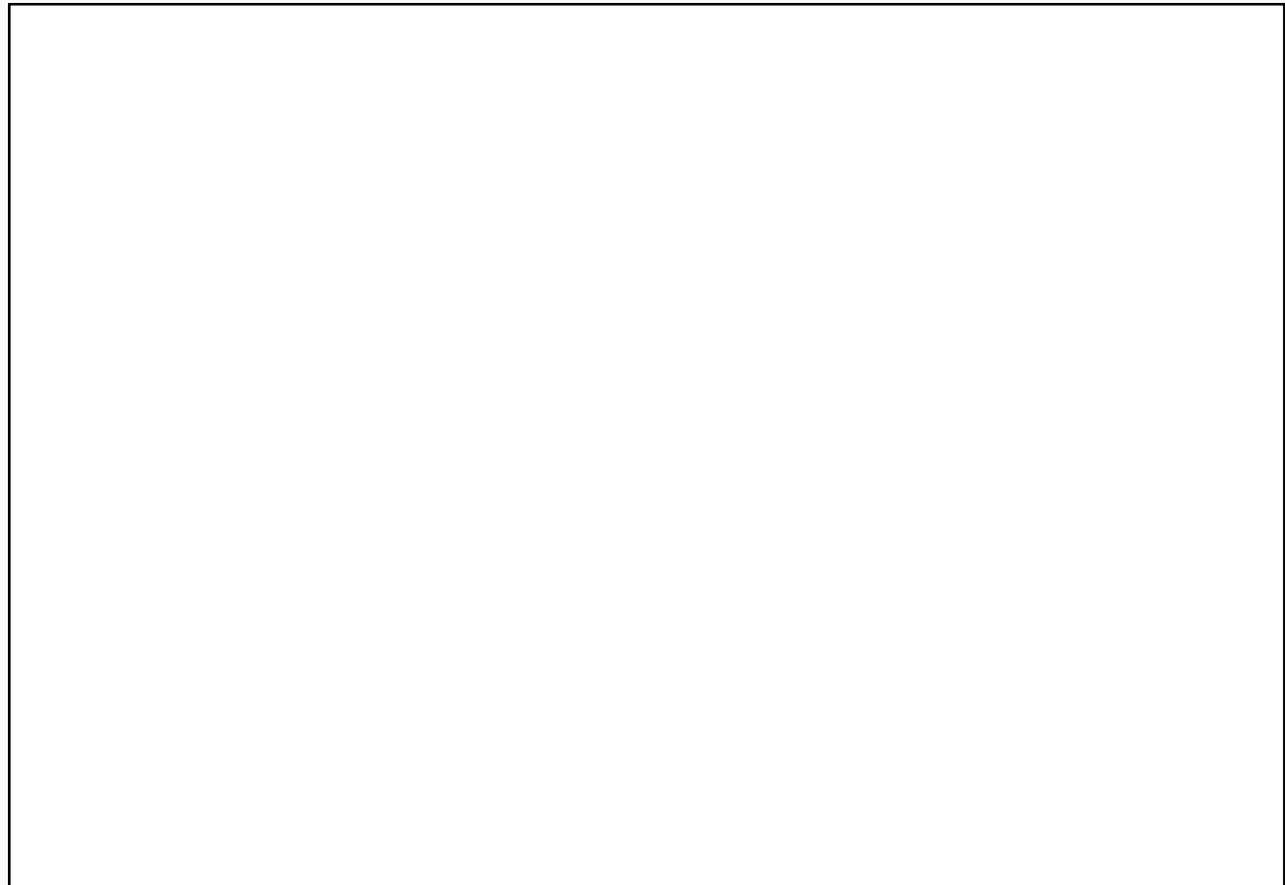
- Long lever step-off Reverse lunge
- Posterior Pelvic Tilt (PPT) exercises
- Distal to proximal hamstring work

Potential option:

- SMR Posterior Hip

## Train in ranges to utilise space

- Hip Aeroplane
- RFE RDL
- B-stance RDL
- Retrostep RDL



# IMPROVE THORACIC MOBILITY

Start with breathing mechanics

Respiration Biomechanics

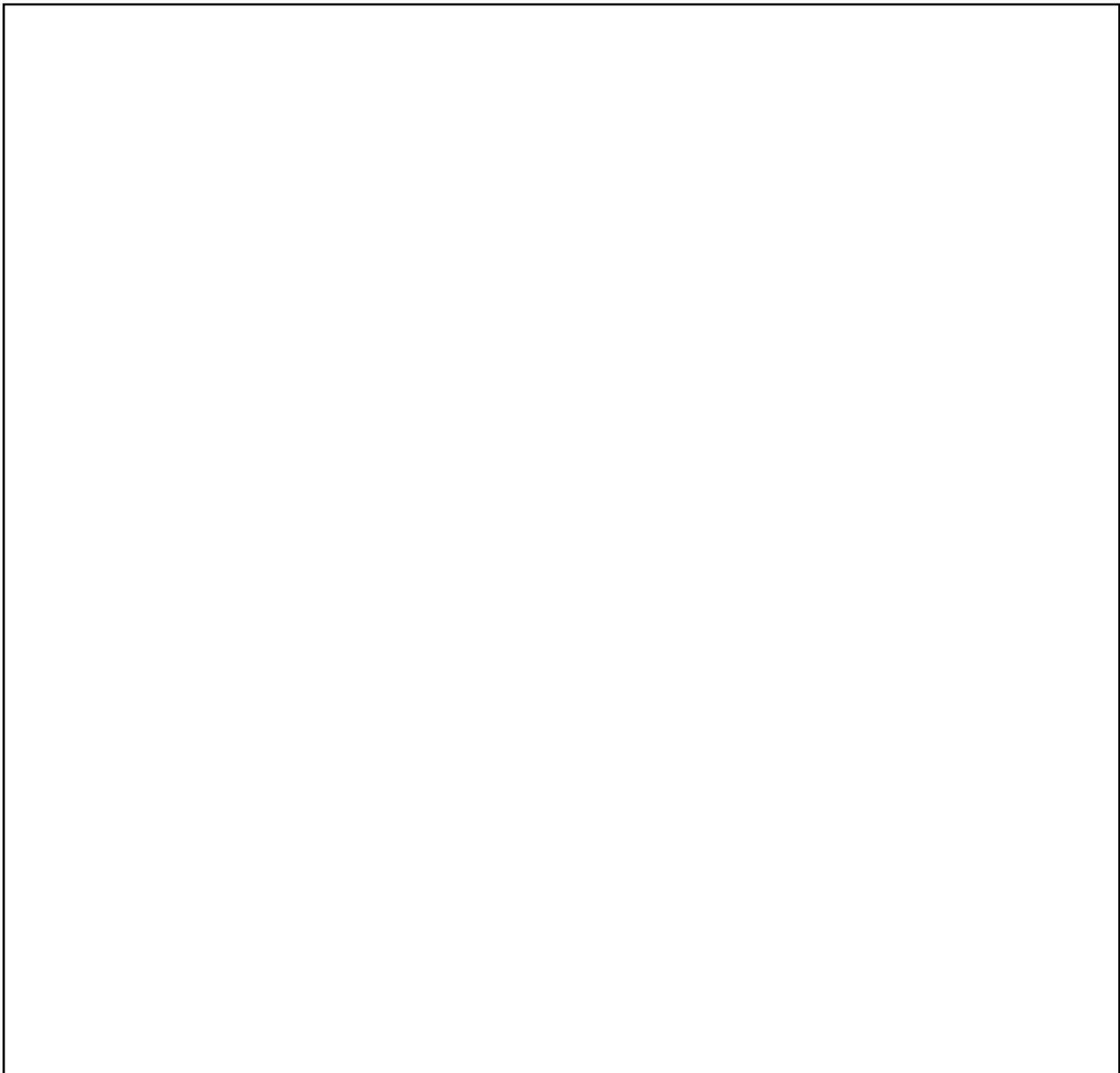
- Bucket Handle
- Pump Handle
  - Expansion
  - Compression

Potential SMR Opportunities

- Lats, Rhomboids, Pecs

Restore movement variability

- Breathing into spaces
- Deadbug with reach
- Armbars
- Functional row



# IMPROVE SHOULDER MOBILITY

- Restore breathing mechanics, loaded breathing drills

## SMR Opportunities

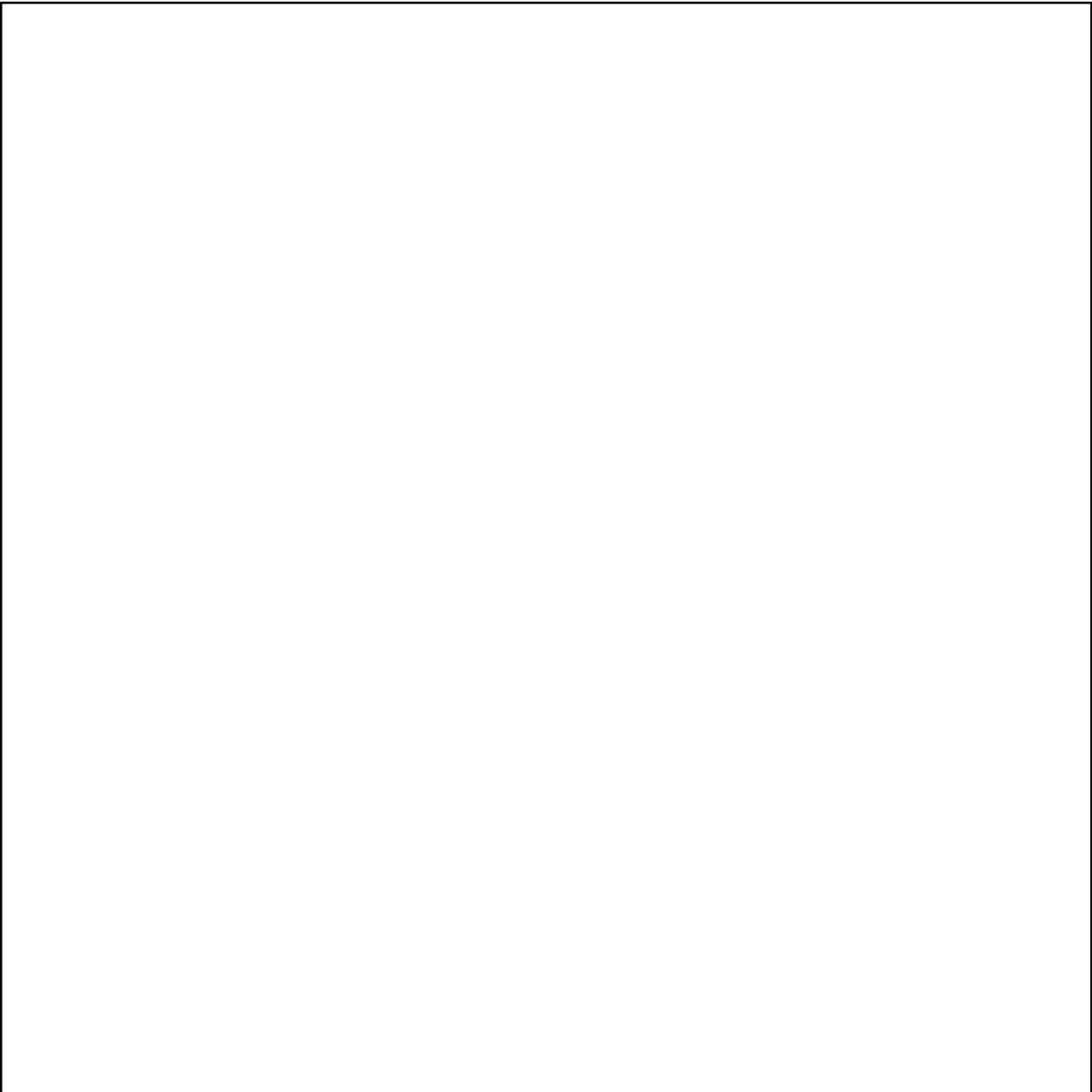
- Lats, Post Cap, Pec

## End Range Isometrics

- Armbars, ER Holds, Positional Isometrics

## Isolated Strength Options

- Cable/Band/db external rotation (if required)
- Cable/Band/db internal rotation (if required)



“

BEFORE I STUDIED THE ART, A PUNCH TO ME WAS JUST LIKE A PUNCH, A KICK JUST LIKE A KICK. AFTER I LEARNED THE ART, A PUNCH WAS NO LONGER A PUNCH, A KICK NO LONGER A KICK. NOW THAT I'VE UNDERSTOOD THE ART, A PUNCH IS JUST LIKE A PUNCH, A KICK JUST LIKE A KICK. THE HEIGHT OF CULTIVATION IS REALLY NOTHING SPECIAL. IT IS MERELY SIMPLICITY; THE ABILITY TO EXPRESS THE UTMOST WITH THE MINIMUM. ”



**MODULE 7**  
**EXERCISE MASTERY**

A woman with blonde hair in a ponytail is performing a squat in a gym. She is wearing a black tank top, black leggings, and black sneakers with orange accents. She is holding two black dumbbells in front of her chest. The background shows gym equipment, including a rack of weights and a blue barbell. The word "SQUAT" is overlaid in large, white, bold, sans-serif capital letters in the center of the image.

**SQUAT**



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HINGE

PFC

BLK BOX  
20KG

BLK BOX  
20KG



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A man in a black t-shirt and shorts is performing a lunge in a gym. He is holding a dumbbell with both hands in front of his chest. His right leg is forward and bent, while his left leg is back and bent at the knee. The gym background is filled with various pieces of equipment, including a rack of weights and a blue machine. The lighting is dim, with some blue highlights.

# KNEE-DOMINANT UNI



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A muscular man is shown from the back, performing a vertical pulling exercise on a cable machine. He is shirtless, and his back muscles are highly defined. He is holding a wide grip bar with both hands, pulling it towards his chest. The background is a gym setting with various pieces of equipment and a blue light source. The text "VERTICAL PULLING" is overlaid in the center of the image in a bold, white, sans-serif font.

# VERTICAL PULLING



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A woman with blonde hair in a ponytail is shown in profile, performing a kettlebell vertical push. She is holding a black kettlebell with both hands, pushing it upwards from her chest level. The background is dark, and the lighting highlights her muscles and the kettlebell. The text 'VERTICAL PUSHING' is overlaid in the center in a bold, white, sans-serif font.

# VERTICAL PUSHING





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A shirtless man is shown from the back, performing a horizontal pulling exercise on a cable machine in a gym. He is wearing dark shorts. The background is slightly blurred, showing other gym equipment and a bright light source. The text "HORIZONTAL PULLING" is overlaid in the center in a bold, white, sans-serif font.

# HORIZONTAL PULLING



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A woman with blonde hair in a ponytail is lying on a black exercise bench in a gym. She is holding two black hexagonal dumbbells with both hands, pushing them upwards from her chest. The background is a blurred gym environment with various pieces of equipment. The text "HORIZONTAL PUSHING" is overlaid in the center of the image in a bold, white, sans-serif font.

# HORIZONTAL PUSHING



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A woman with blonde hair, wearing a black tank top and leggings, is lying on her back on a dark grey gym mat. She is performing a core exercise, with her right arm extended upwards and her left leg bent at the knee. The background shows a gym setting with various pieces of equipment, including a squat rack and a water bottle on the floor. The lighting is dim, creating a focused and professional atmosphere.

# CORE PROGRESSIONS



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A shirtless man is shown from the back, standing in a gym. He is wearing dark shorts and has his arms raised, possibly holding a kettlebell. The gym environment is filled with various pieces of equipment, including weight plates and cables. The lighting is dramatic, with strong highlights and deep shadows. The text "KB, DB & WALL BALL" is overlaid in the center of the image in a bold, white, sans-serif font.

# KB, DB & WALL BALL



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A woman with blonde hair is lying on her back on a gym floor, performing a deep hamstring stretch. Her legs are raised and bent at the knees, with her feet flat on the floor. Her arms are extended upwards, and her hands are open. The background shows gym equipment, including a blue machine and other exercise machines, slightly out of focus. The overall lighting is dim, creating a focused and intense atmosphere.

**D > P HAMSTRING**



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 *concept 2*

# SKI & ROW



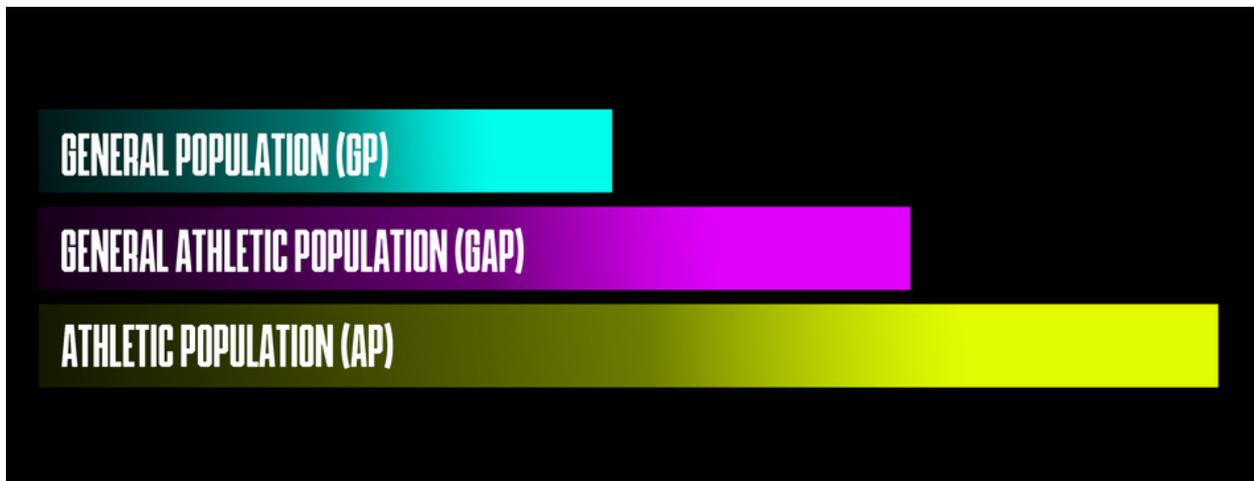
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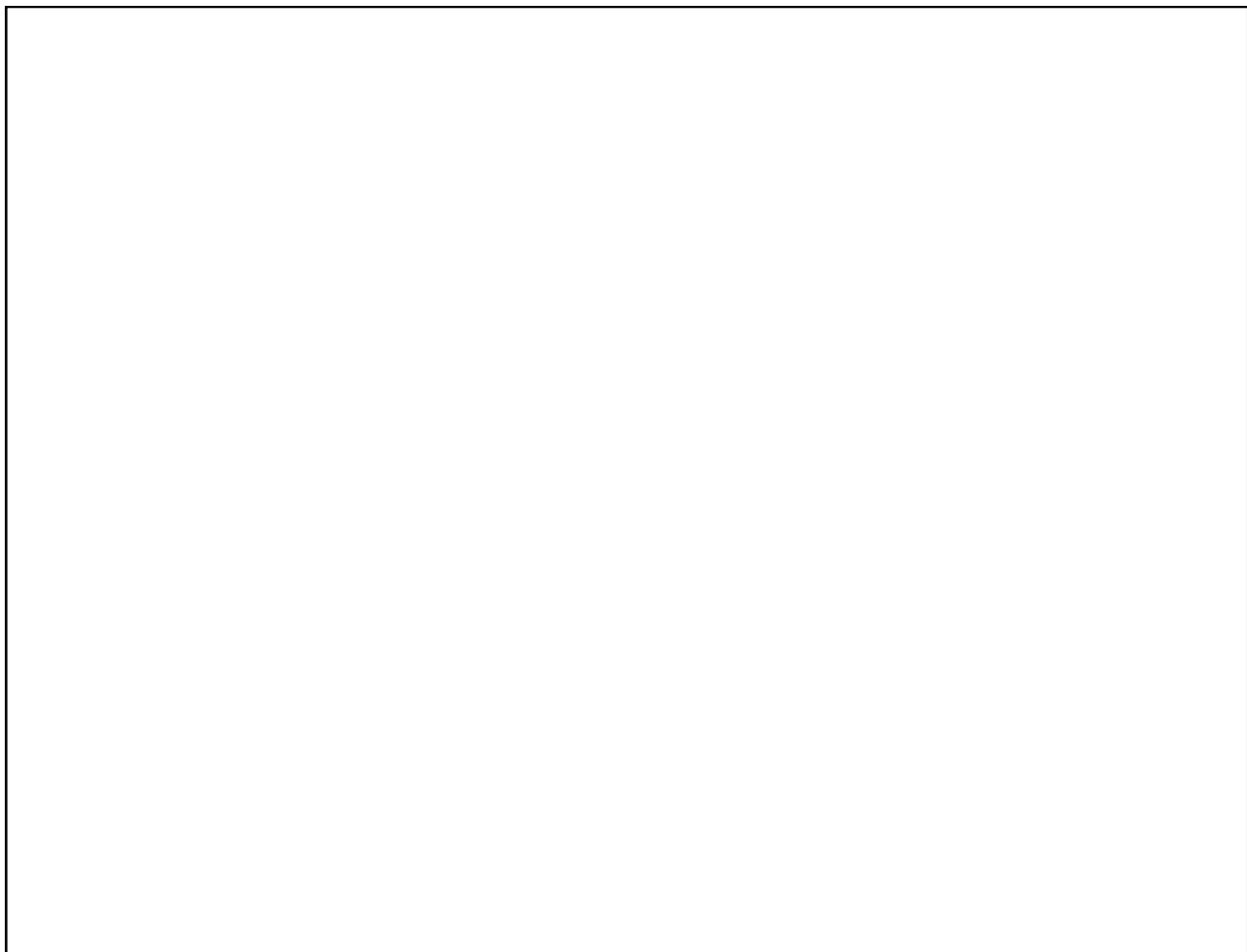
**MODULE 8**  
**PROGRAMME DESIGN**

# DEFINE FUNCTIONAL FITNESS

- Handling stress responses through adaptation to strengthen resilience. It has to be:
- Purposeful
- Progressive
- Task-dependant



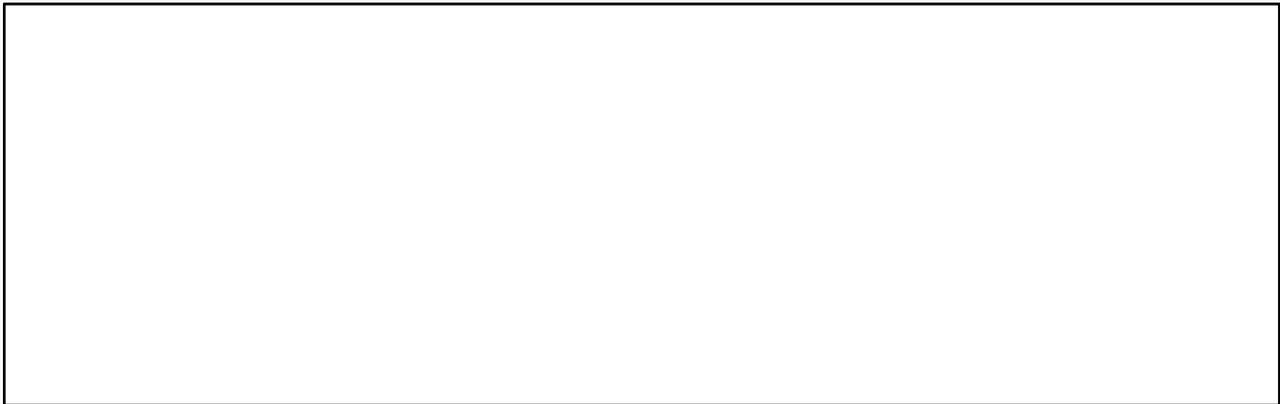
- General Population (GP)
- General Athletic Population (GAP)
- Athletic Population (AP)



# PROGRAMME DESIGN

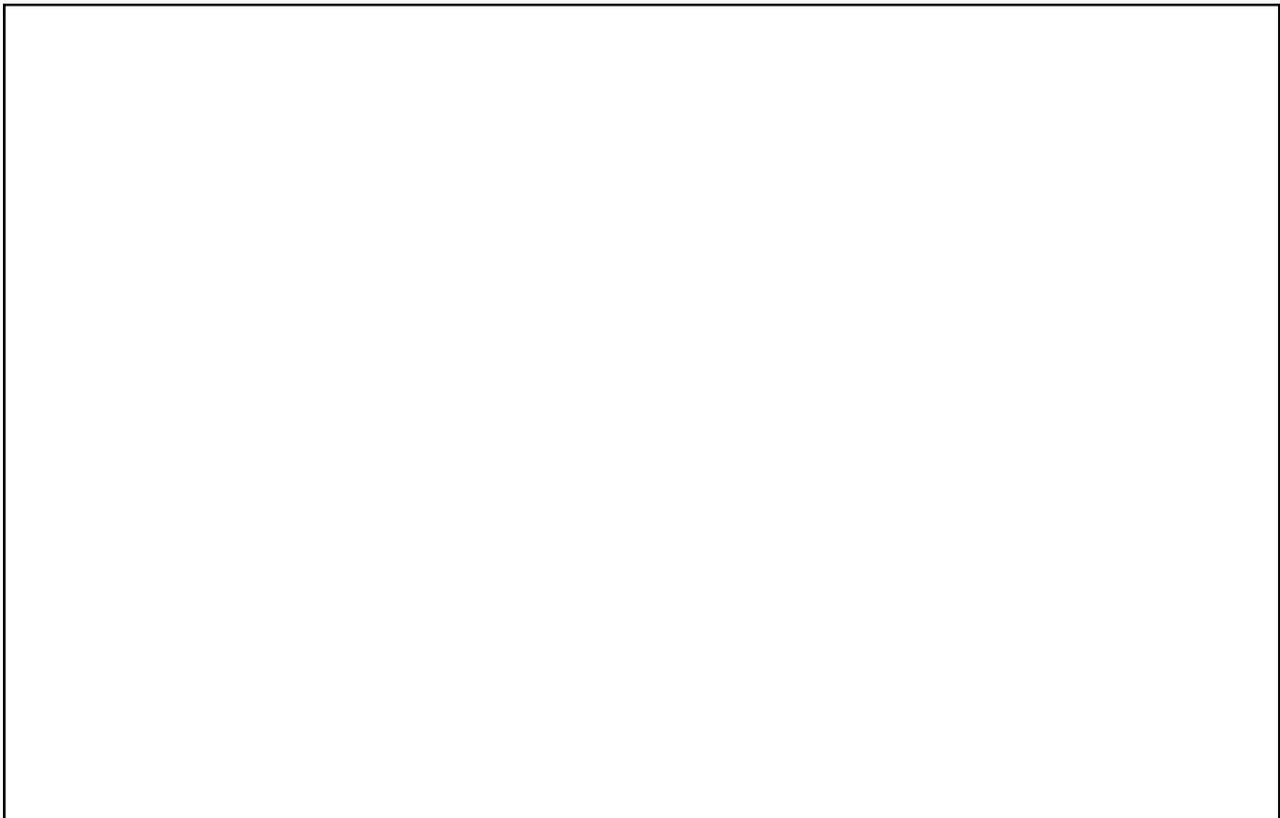
## PRINCIPLES

- Art meets science
- Only programme what you know
- It's all wrong
- Client-centric ( Needs vs Wants )
- Technical/Experiential/Progressive

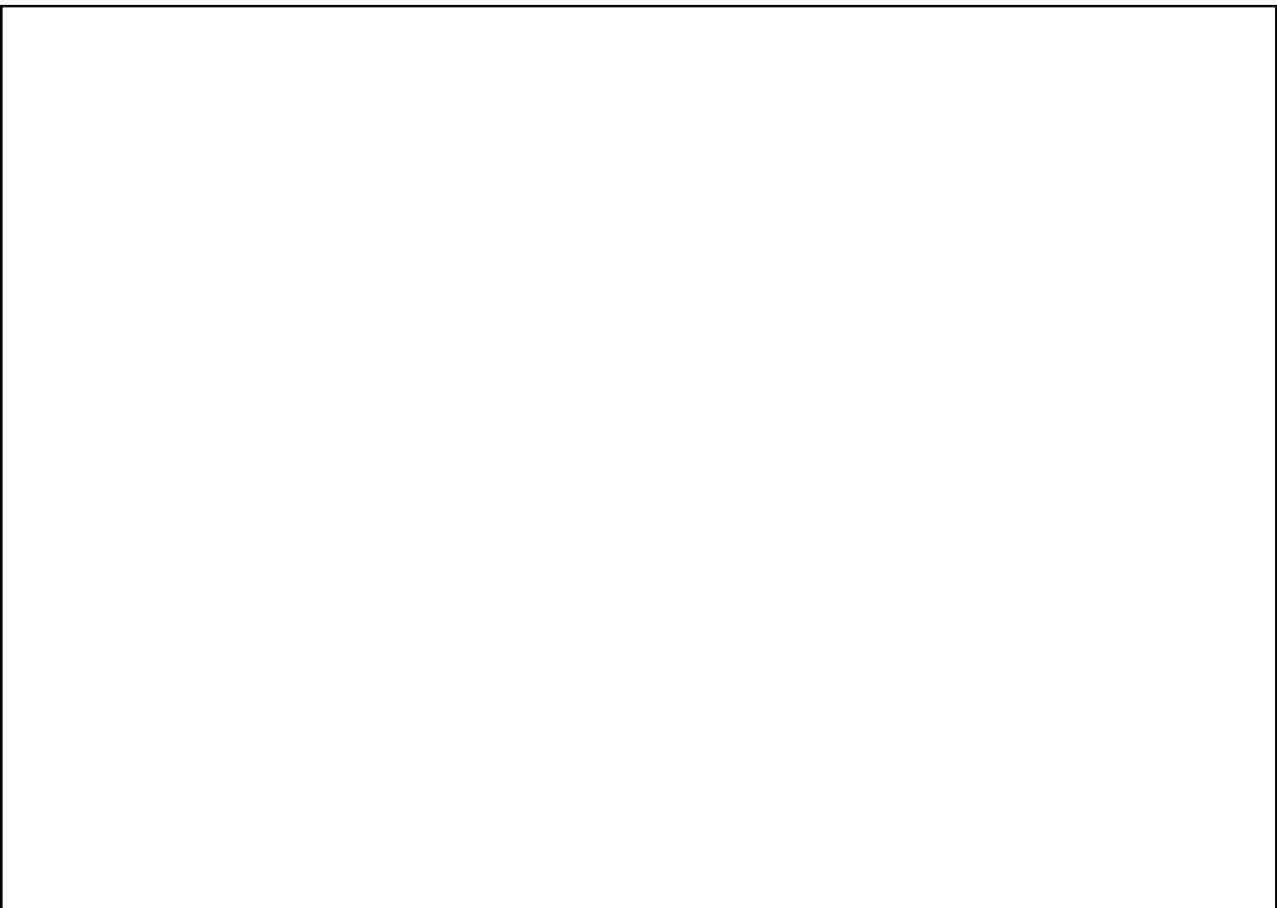
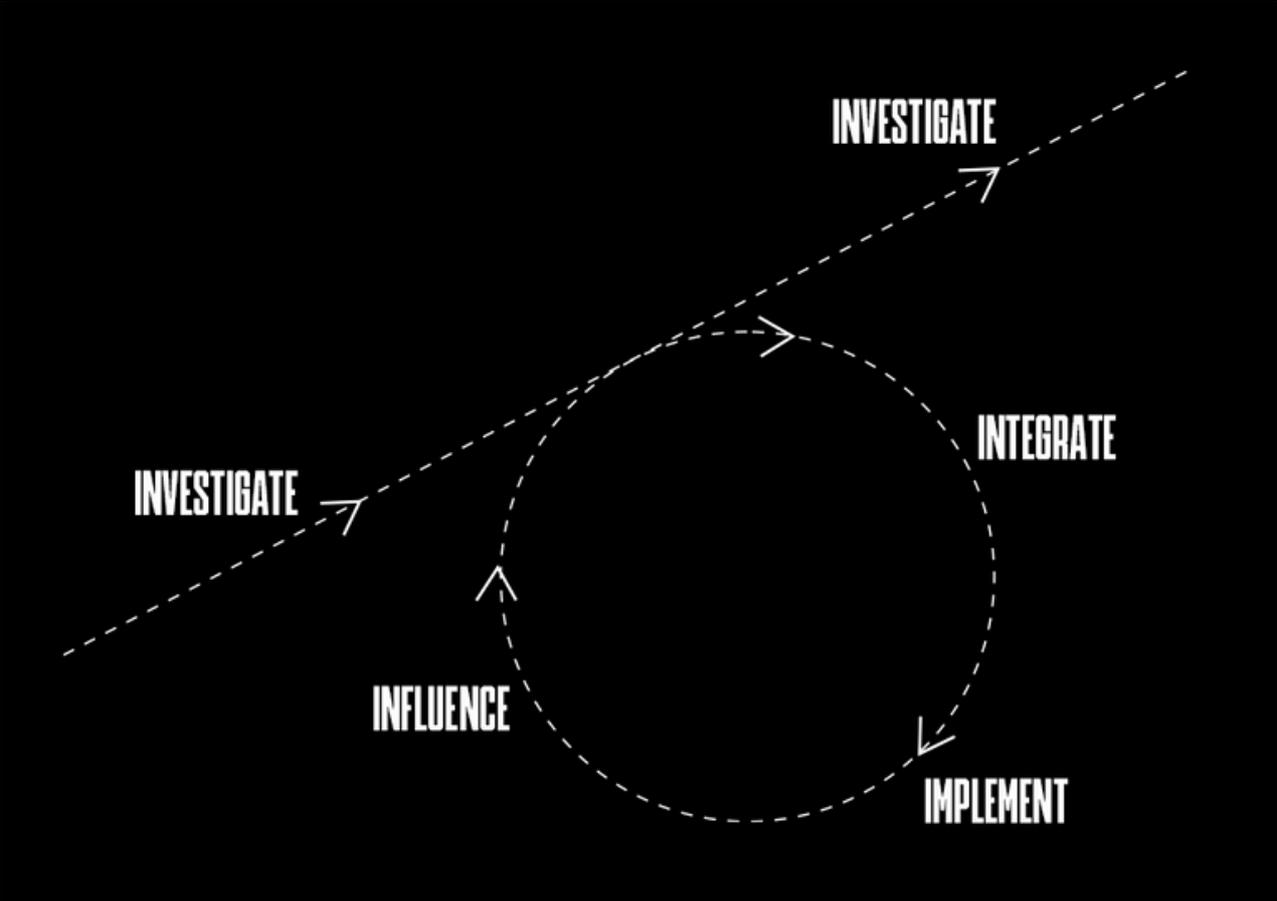


## DONE IS BETTER THAN PERFECT

- Programme mastery only comes from stress testing
- Think critically and keep your mind open
- Buy in + Adherence + Effort = Essential Recipe for success

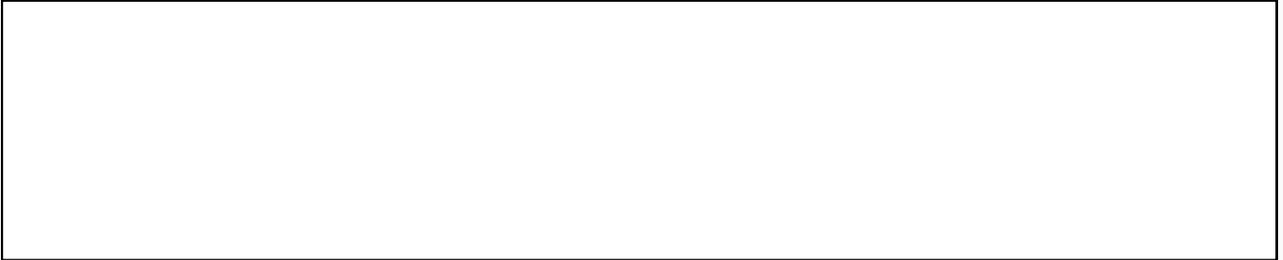


# THE 4 I'S IN ACTION



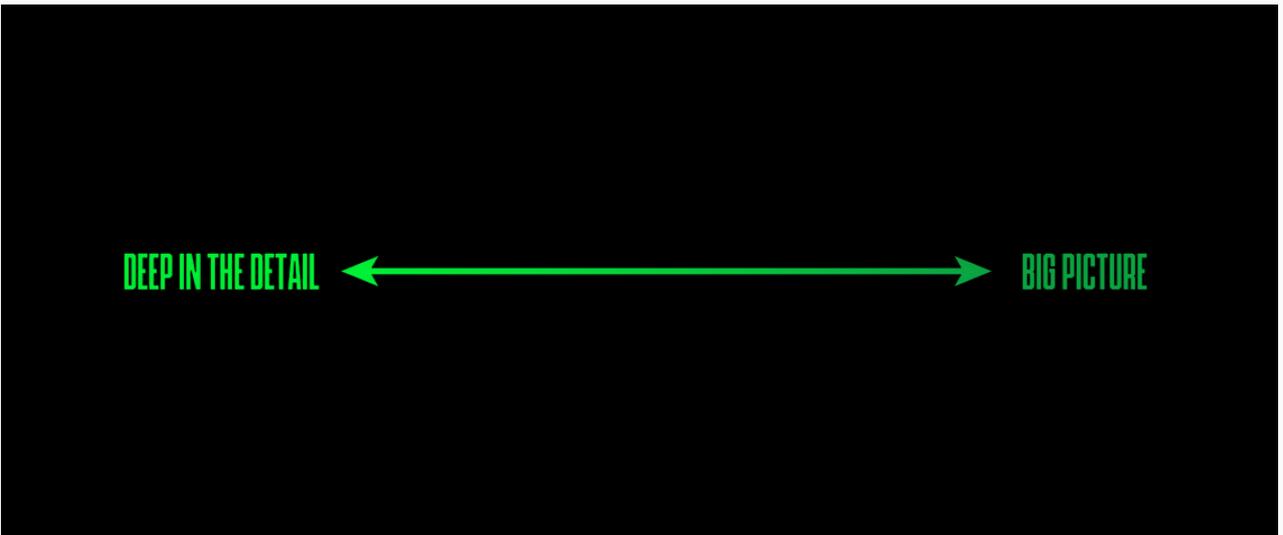
## NEEDS VS WANTS

- Striking the balance of the coaches priorities and the clients priorities.
- Make it more about them and less about you



## KNOW WHERE YOU ARE GOING IN ORDER TO KNOW WHERE TO START

- The whole is greater than the sum of its parts
- **2 archetypes** on a spectrum

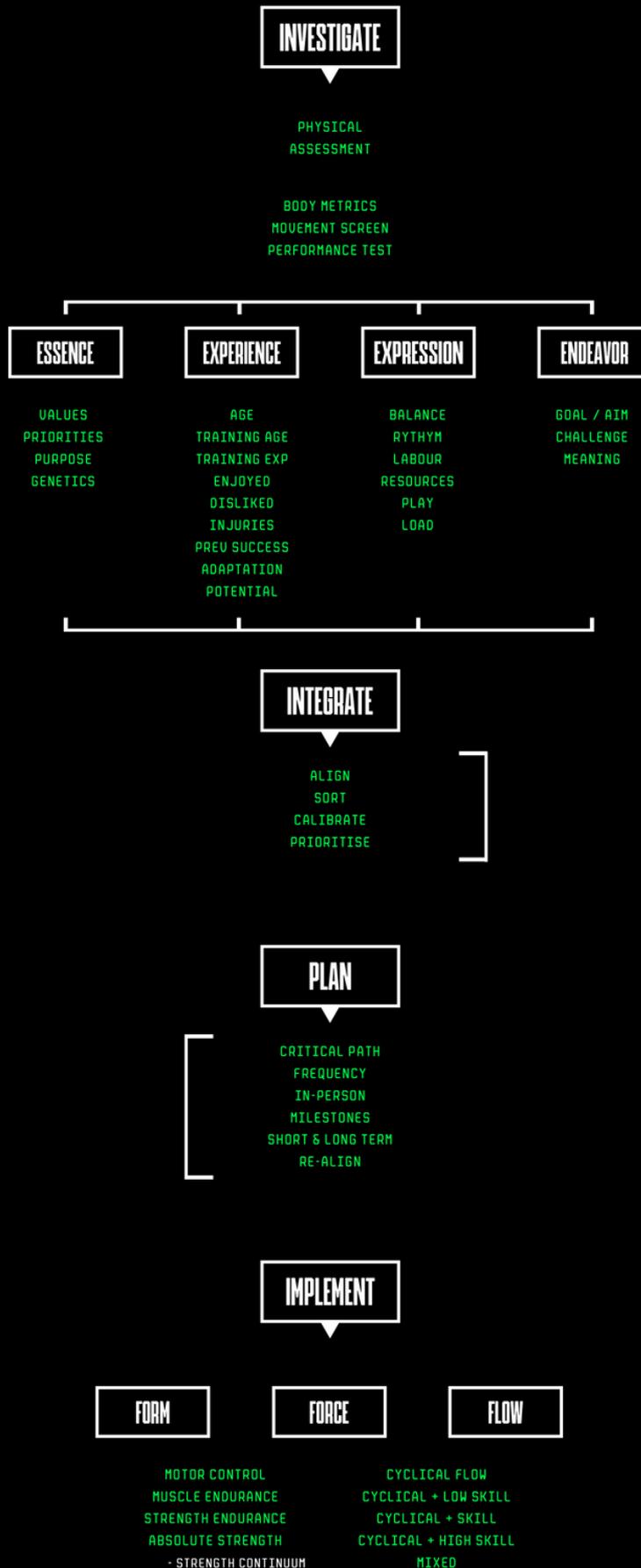


**KNOW WHERE  
YOU ARE GOING IN  
ORDER TO KNOW  
WHERE TO START**



**LET'S MAKE IT SOCIAL**  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# THE PFCA PROGRAMME DESIGN OPERATING SYSTEM

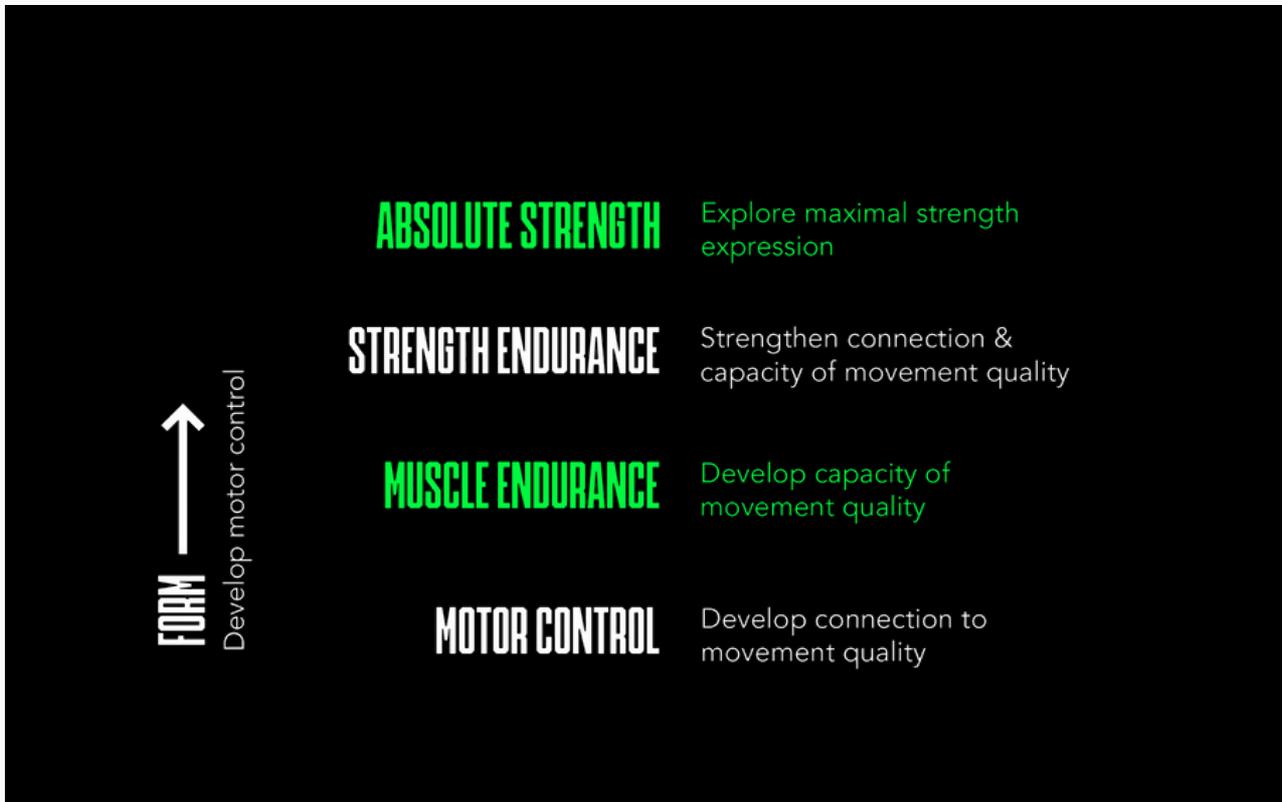




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# FORM

- Developing motor control for improved movement quality and efficiency with the aim to increase resiliency



## Bigger Base // Taller Pyramid

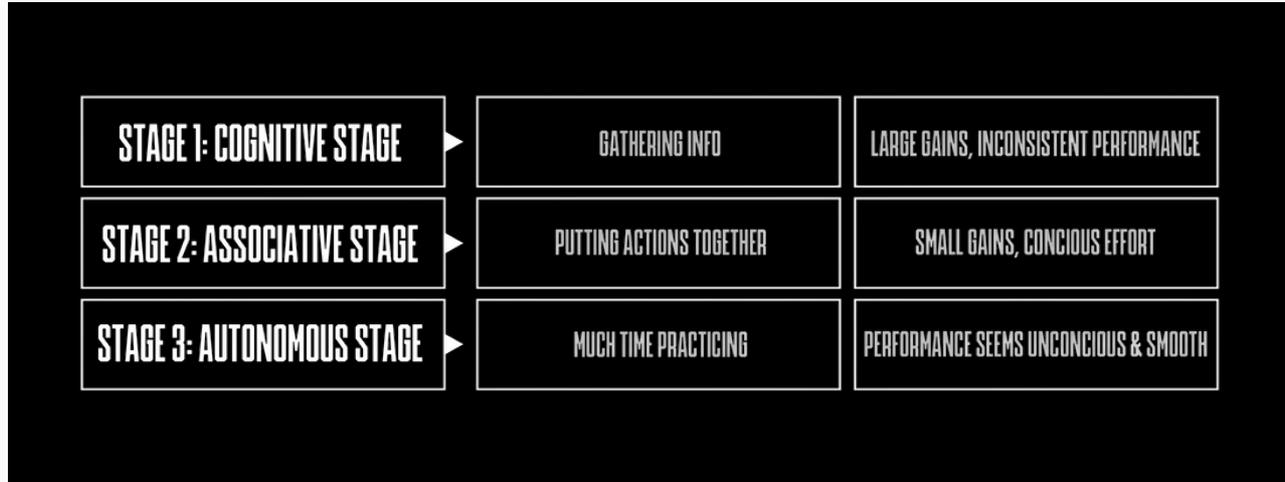
- Resiliency, Antifragile
- Aim - Multidirectional Capacity
- Strength is key
- Neuromuscular efficiency



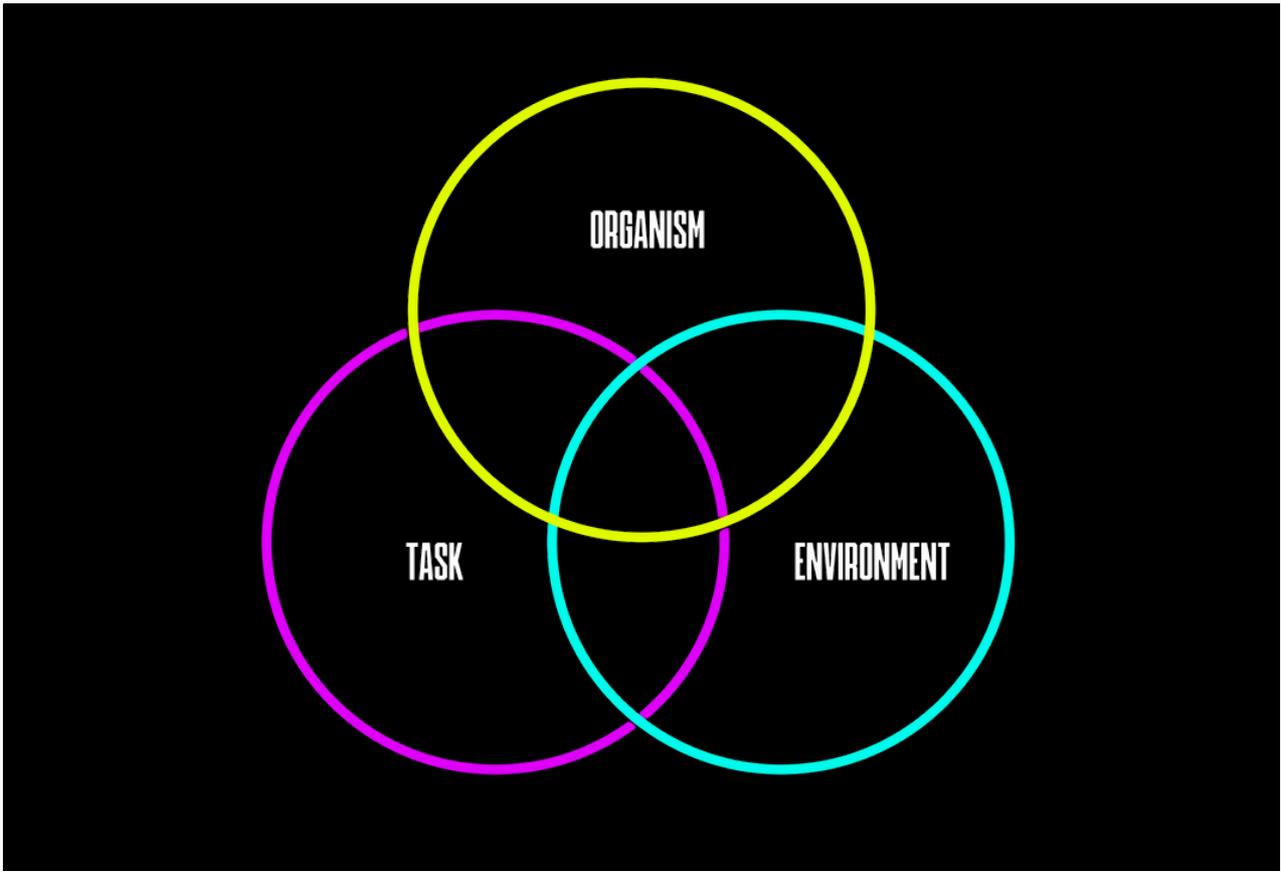
# SKILL ACQUISITION

- Efficacy & Efficiency
- Building resilience
- [Build] not break

# STAGES OF LEARNING

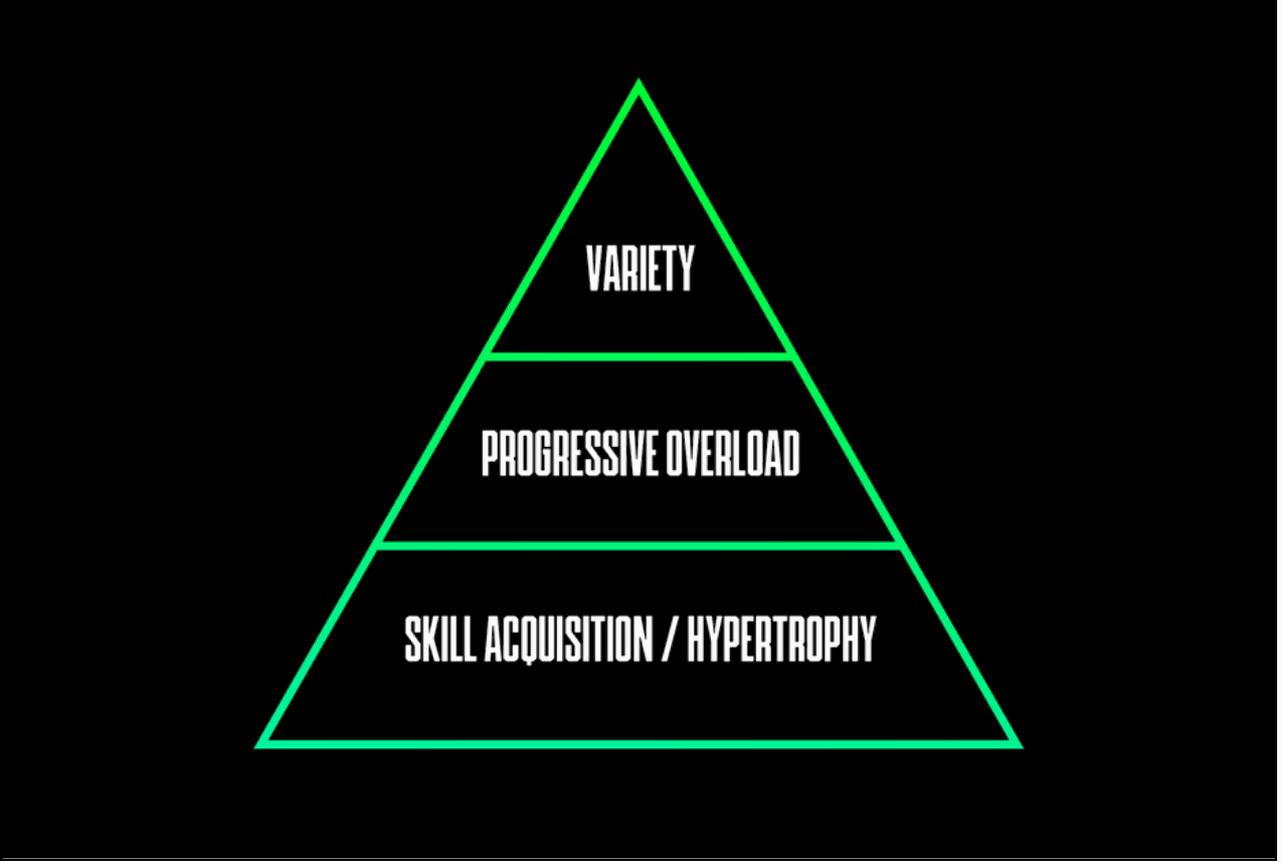


# DYNAMICAL SYSTEMS PERSPECTIVE



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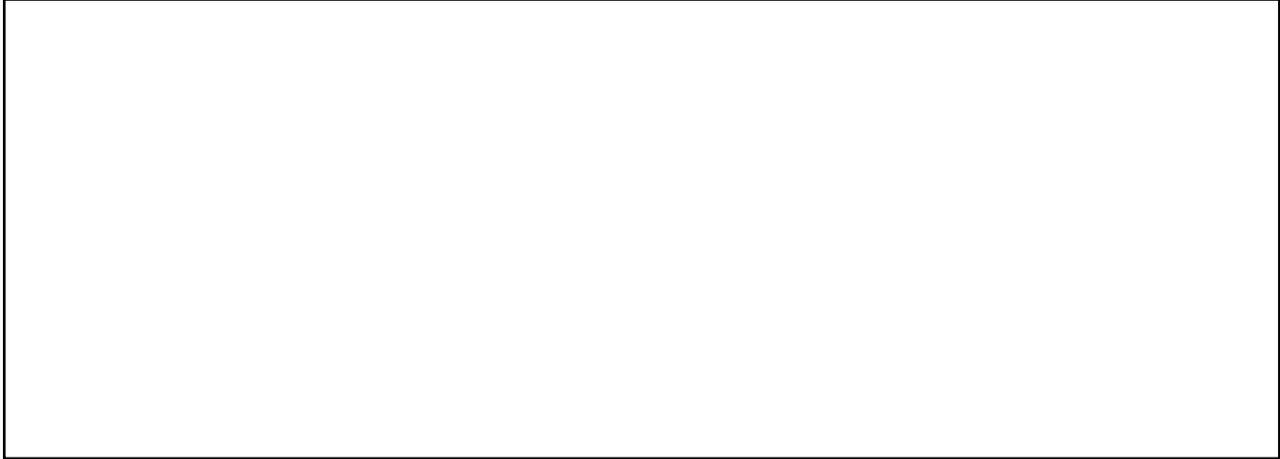
# HIERARCHY OF SKILL ACQUISITION



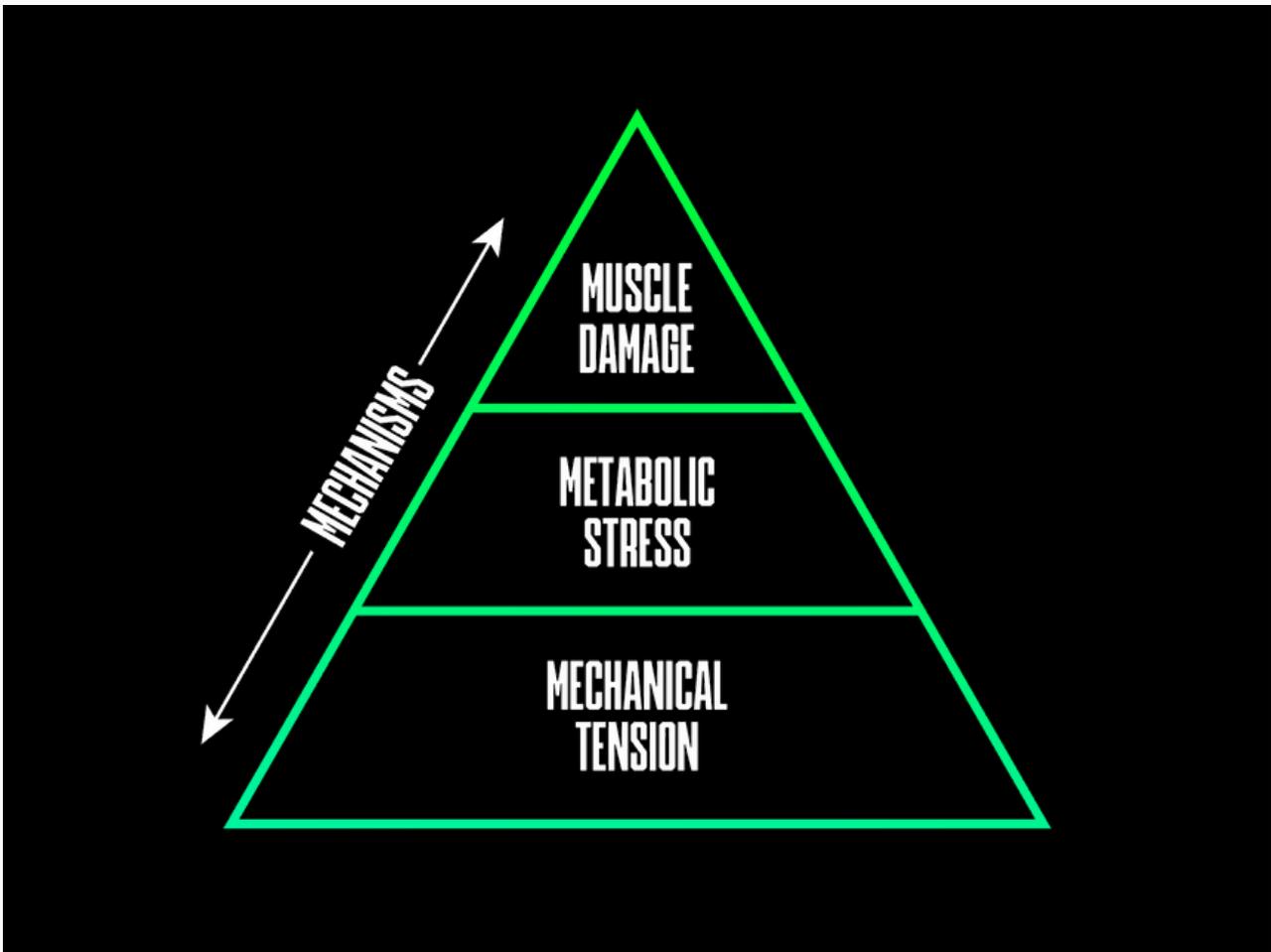
# HYPERTROPHY

**Muscle Endurance or Strength Endurance - What is the intent?**

- Gain or Maintain Muscle Mass
- Muscle Growth defined as
- Enlargement of muscle fibres
- Protein Content increase

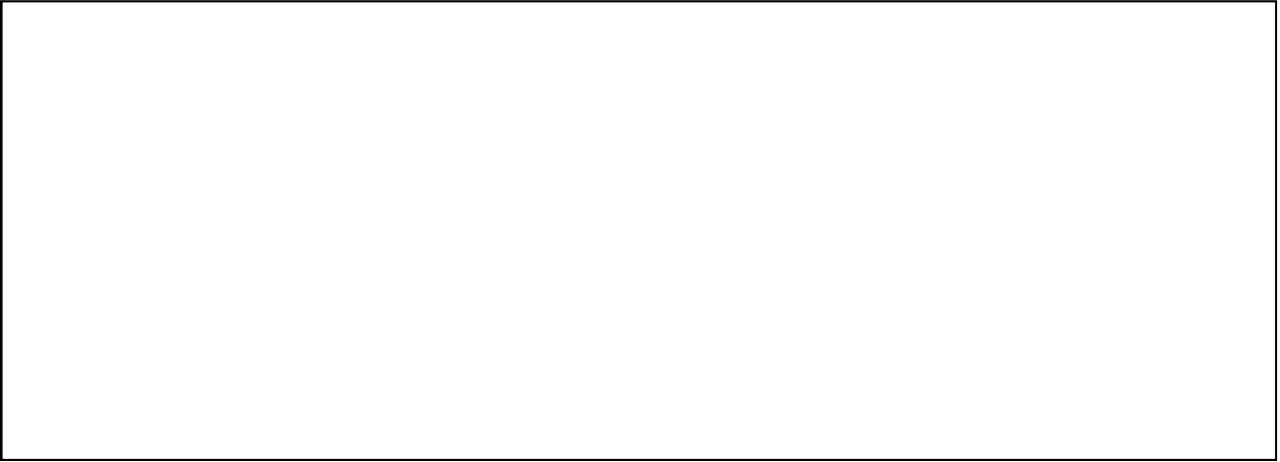


## ESSENTIAL MECHANISMS OF HYPERTROPHY



## MECHANICAL TENSION

- Include concentric and eccentric
- Move through a decent ROM
  
- Create a maximal contraction
- Light and moderate until failure
- Max Effort / High Load
  
- Underpinned by progressive overload and mind muscle connection
- Ample and regular signalling
- Enough stimulating reps



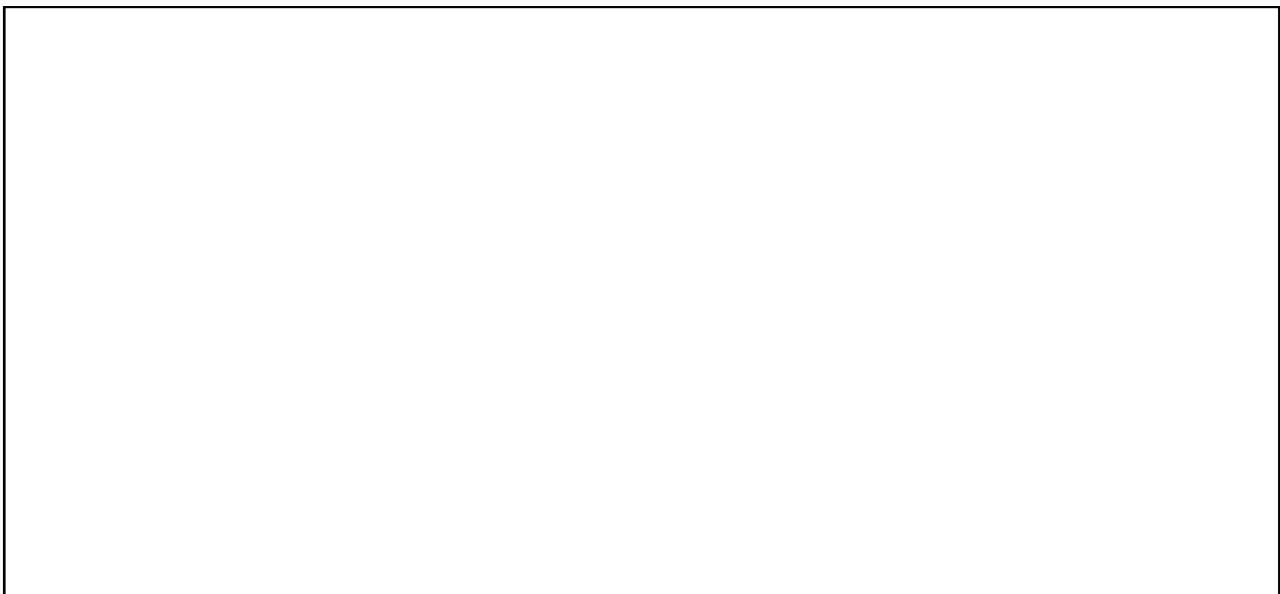
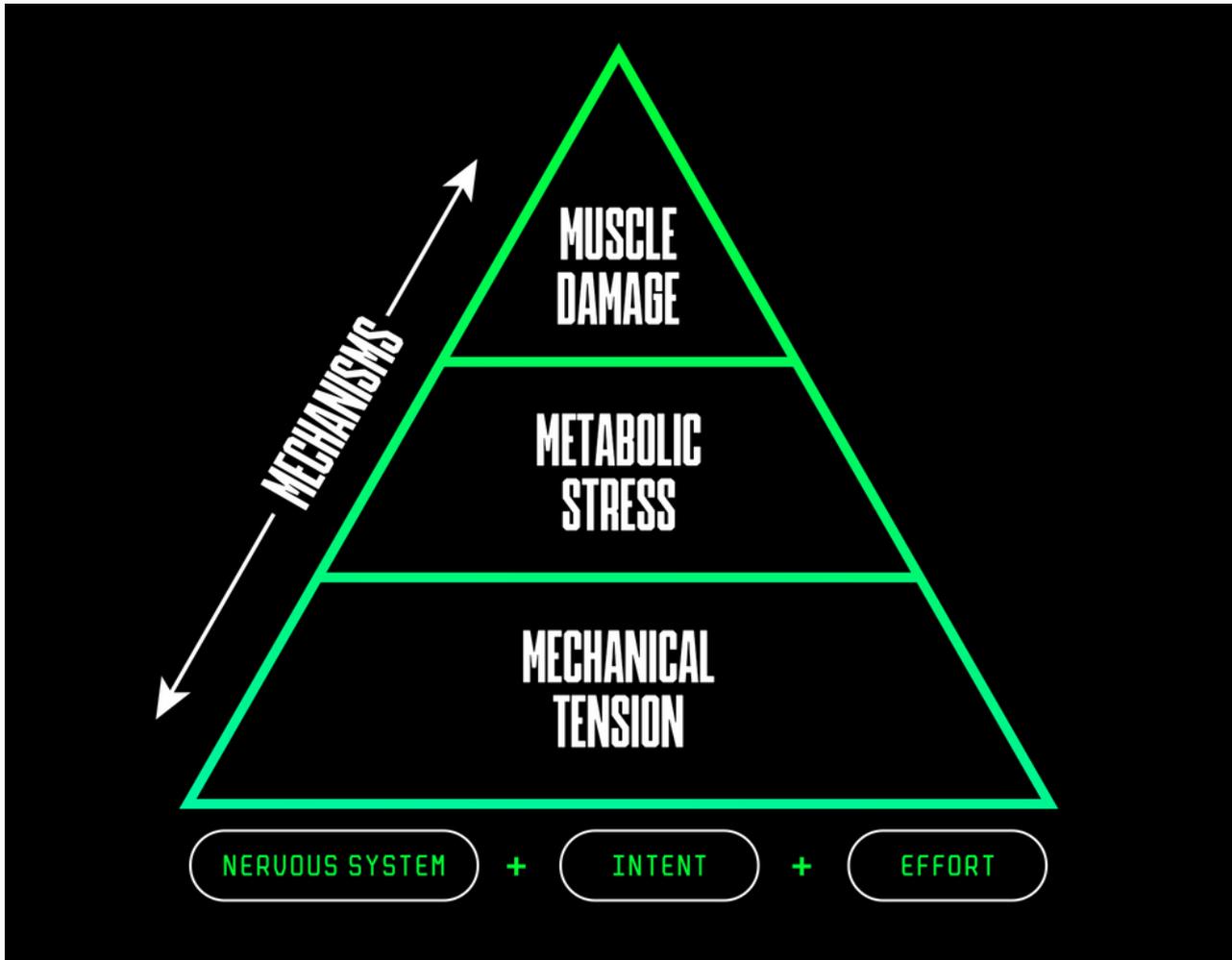
## METABOLIC STRESS

- Cell swelling ie: The PUMP (Blood Pooling)
- The occlusion of veins by persistent muscular contractions
- Hypoxia - lack of O<sub>2</sub> Supply within the muscles due to blood being trapped



# MUSCLE DAMAGE

- Micro-tears, lesions, inflammations
- Frequency rules intent here
- Generally overrated
  
- Novelty / Unfamiliar / Bigger stretch / Enhanced eccentrics

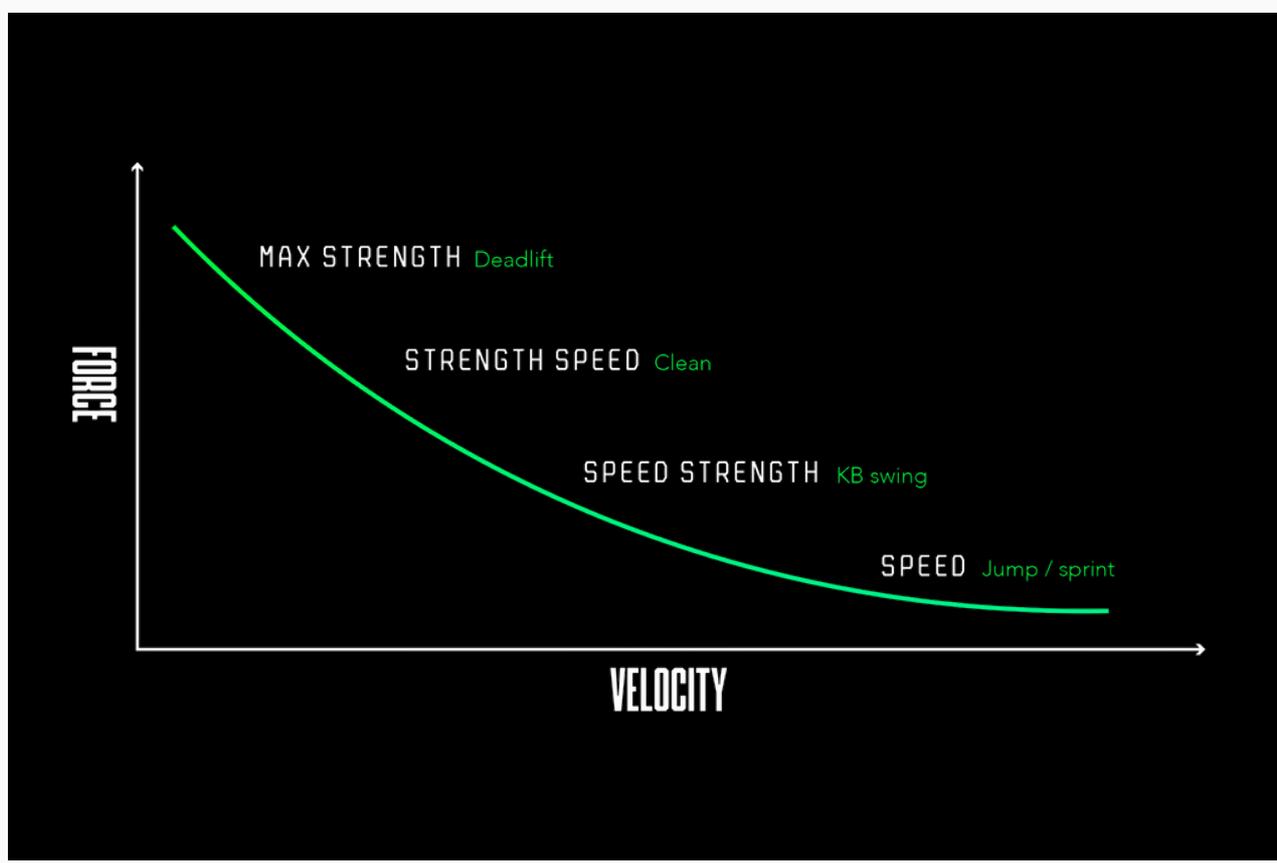




# ALL STRATEGIES IN PLAY

REP RANGE	1-6 REPS	6-12 REPS	12-25 REPS
% OF VOLUME (HARD SETS P/U)	15% OF TOTAL VOLUME	70% OF TOTAL VOLUME	15% OF TOTAL VOLUME
PROXIMITY TO FAILURE (REPS IN RESERVE)	RIR 1-4	RIR 0-5	RIR 0-2
BEST PRACTICE	COMPLEX MOVEMENT PATTERNS, MULTI-JOINT. E.G. SQUATS	LOW SKILL MULTIJOINT E.G. LESS PRESS	MACHINE & SINGLE JOINT E.G. LEG EXTENSIONS
CONSIDERATIONS	JOINT STRESS TOTAL VOLUME TIME	TECHNICAL BREAKDOWN ACCURACY ON FATIGUE	CENTRAL FATIGUE WITH PERIPHERAL FATIGUE ACCURACY ON FATIGUE

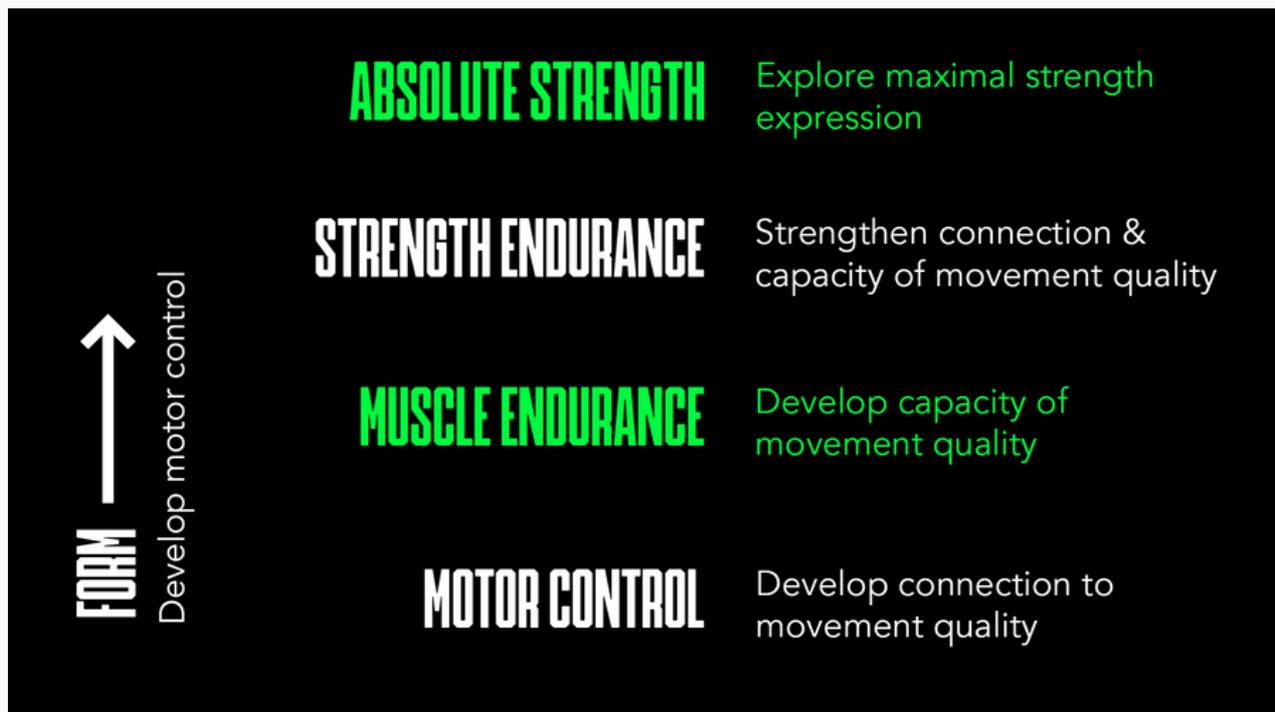
# STRENGTH CONTINUUM



## COMMON METHODS FOR UTILITY

- Superset
- Triset
- Circuit
- Pre-fatigue / Pre-exhaust
- Clusters

## FORM PROGRESSION



# FORM FORCE FLOW



## ENERGY SYSTEMS

**FORM** - Creatine Phosphate

**ANAEROBIC**



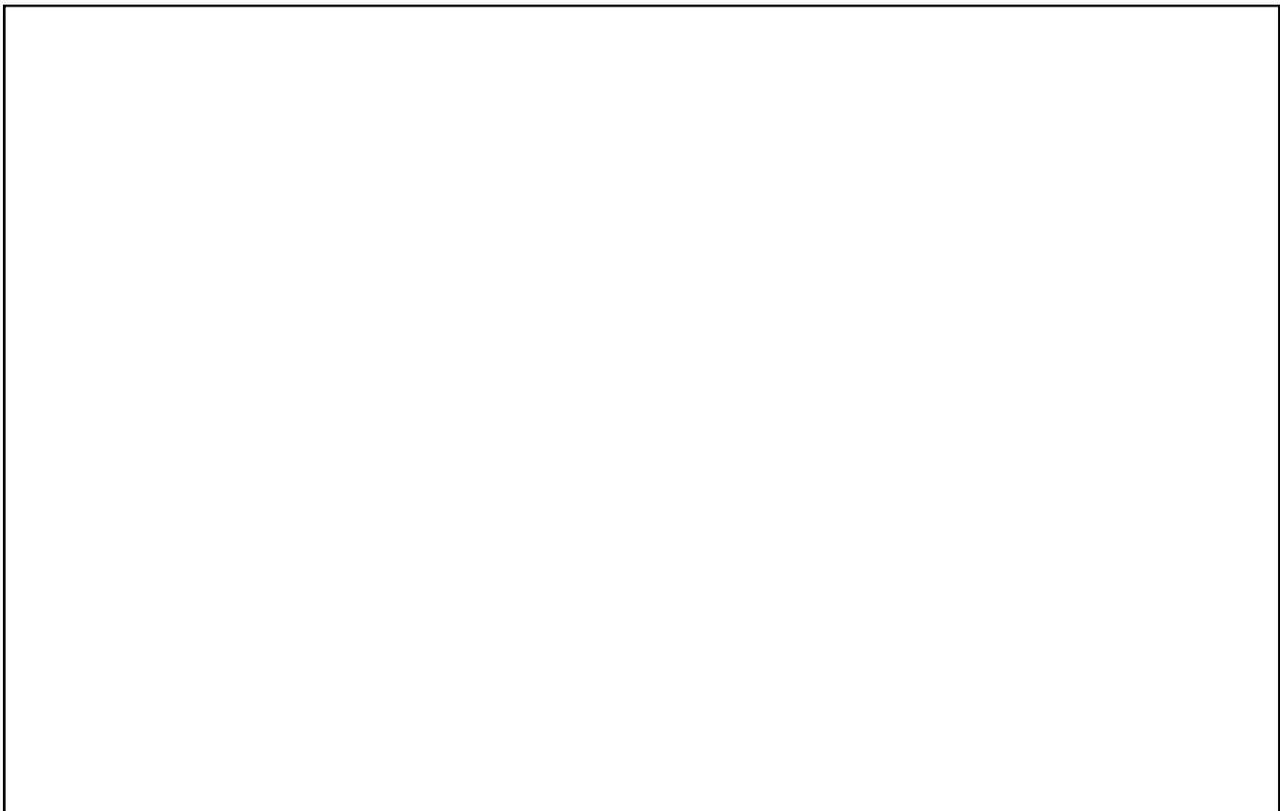
# FORM FORCE FLOW



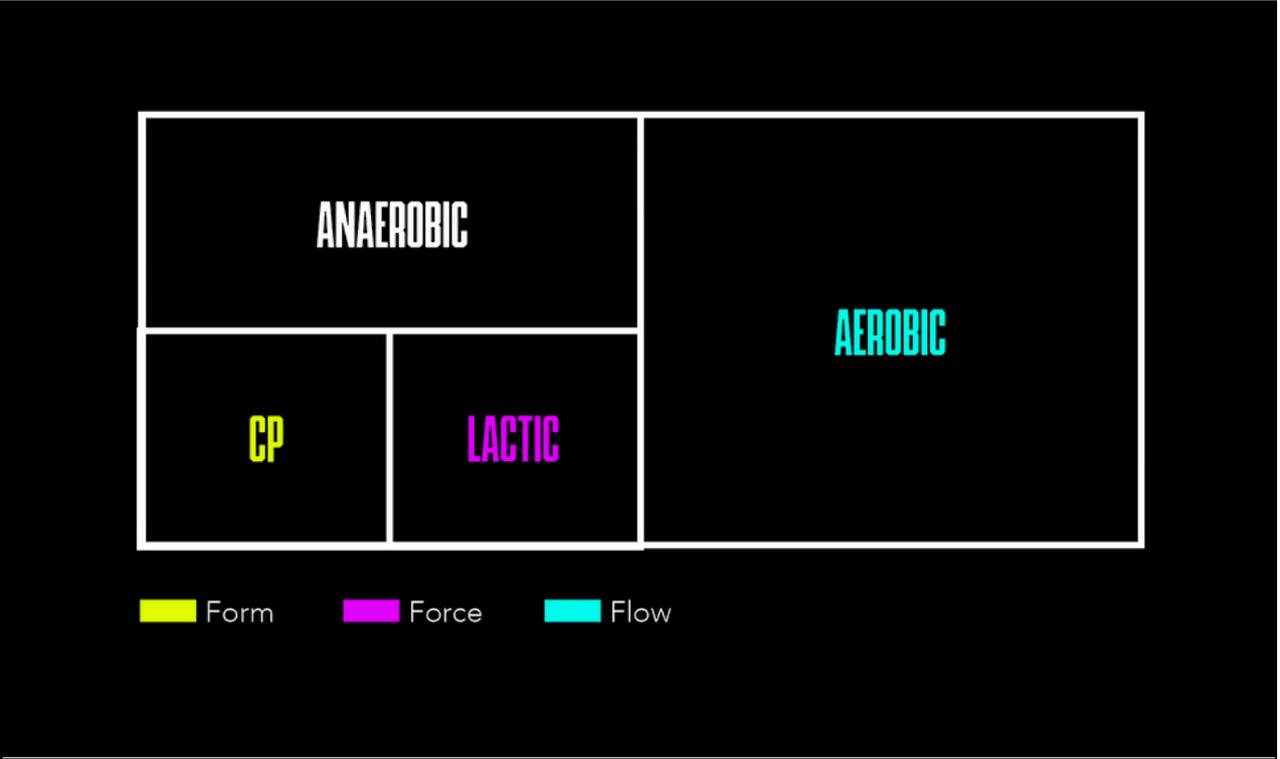
## ENERGY SYSTEMS

**FORCE** - Lactic

**ANAEROBIC**



# FORM FORCE FLOW



**ENERGY SYSTEMS**  
**FLOW - Aerobic**  
**AEROBIC**



**“ INCREASE  
AWARENESS TO  
UPGRADE  
INTENTIONS ”**

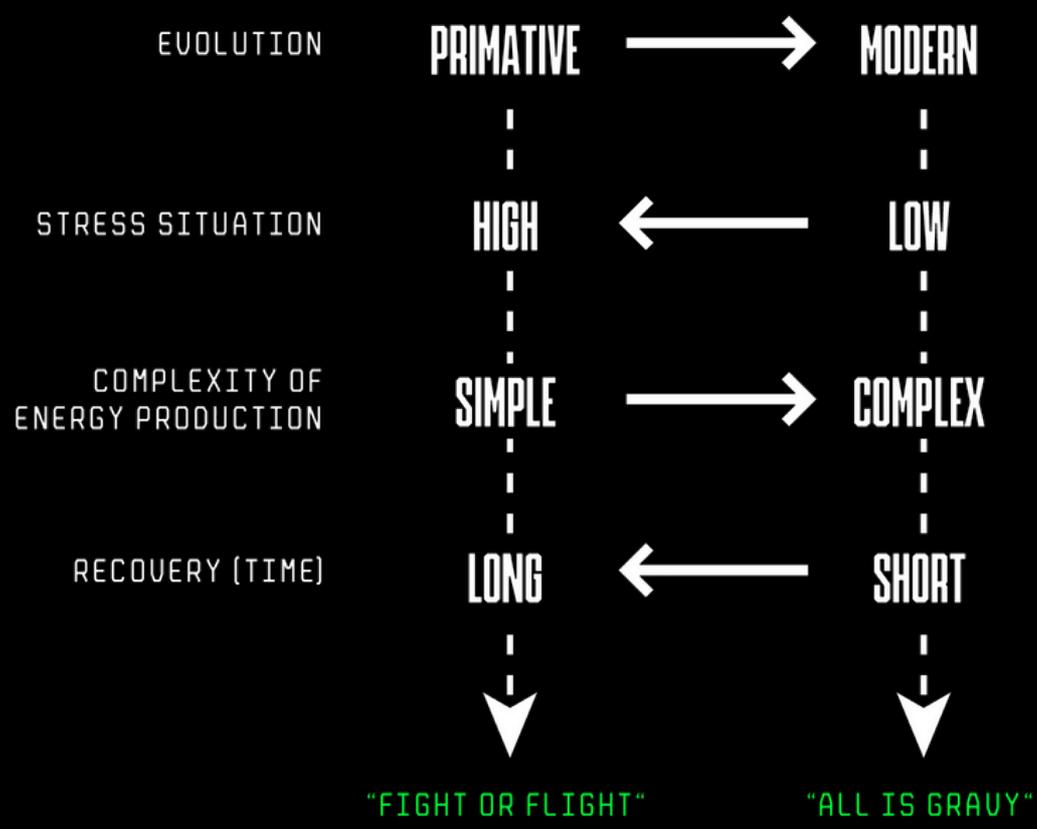


LET'S MAKE IT SOCIAL  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# ENERGY SYSTEMS



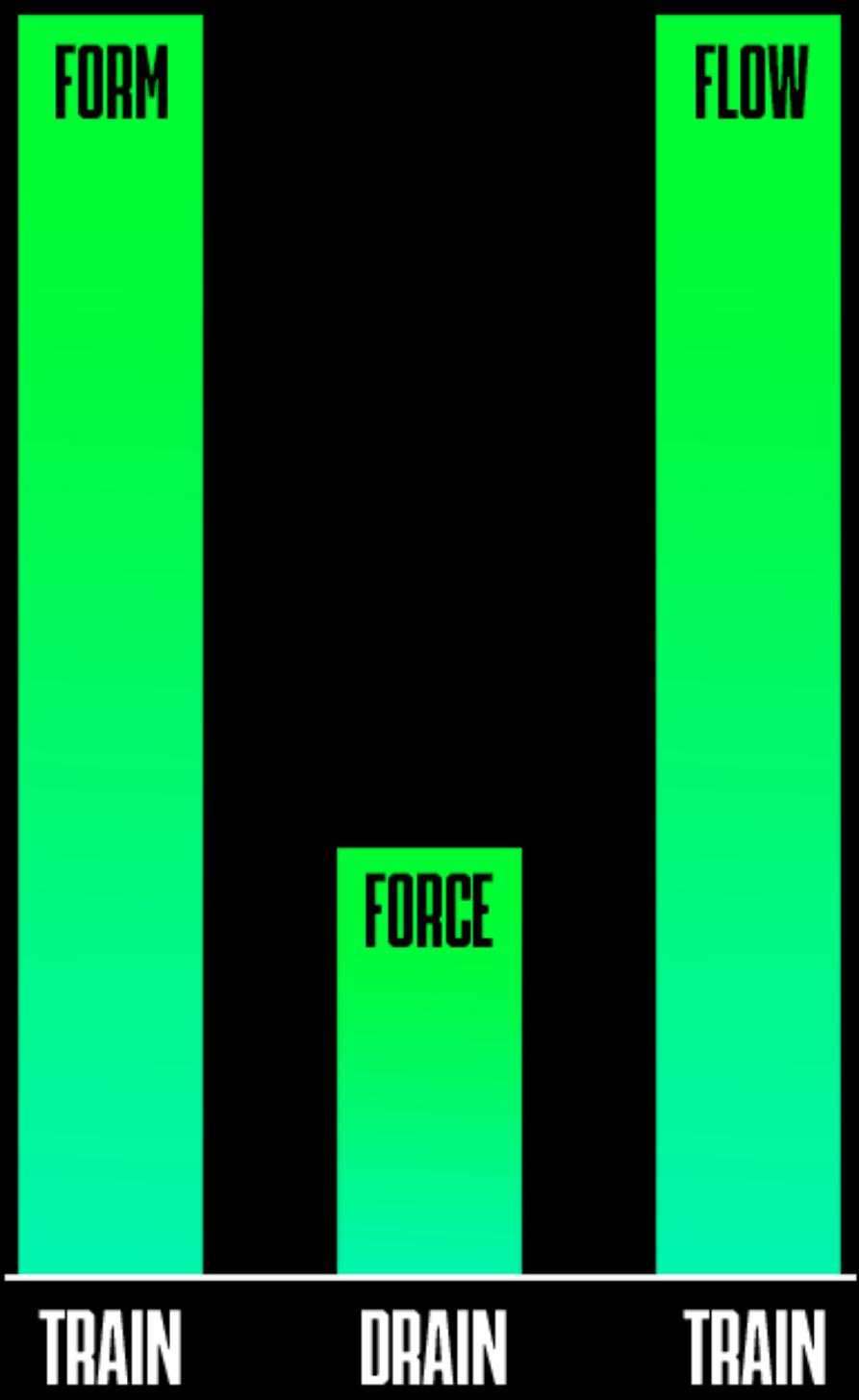
Form       Force       Flow



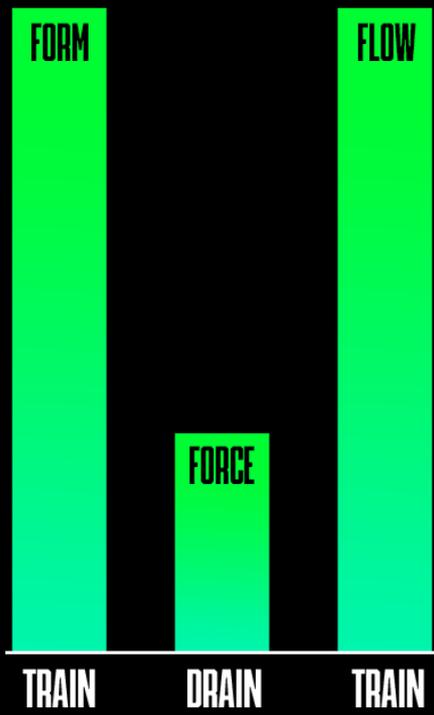
# ENERGY SYSTEM NOTES

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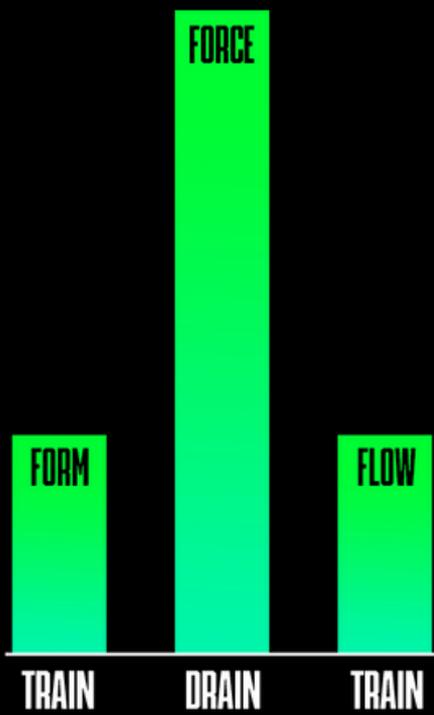
# PILLARS FOR HEALTH



# PILLARS FOR HEALTH



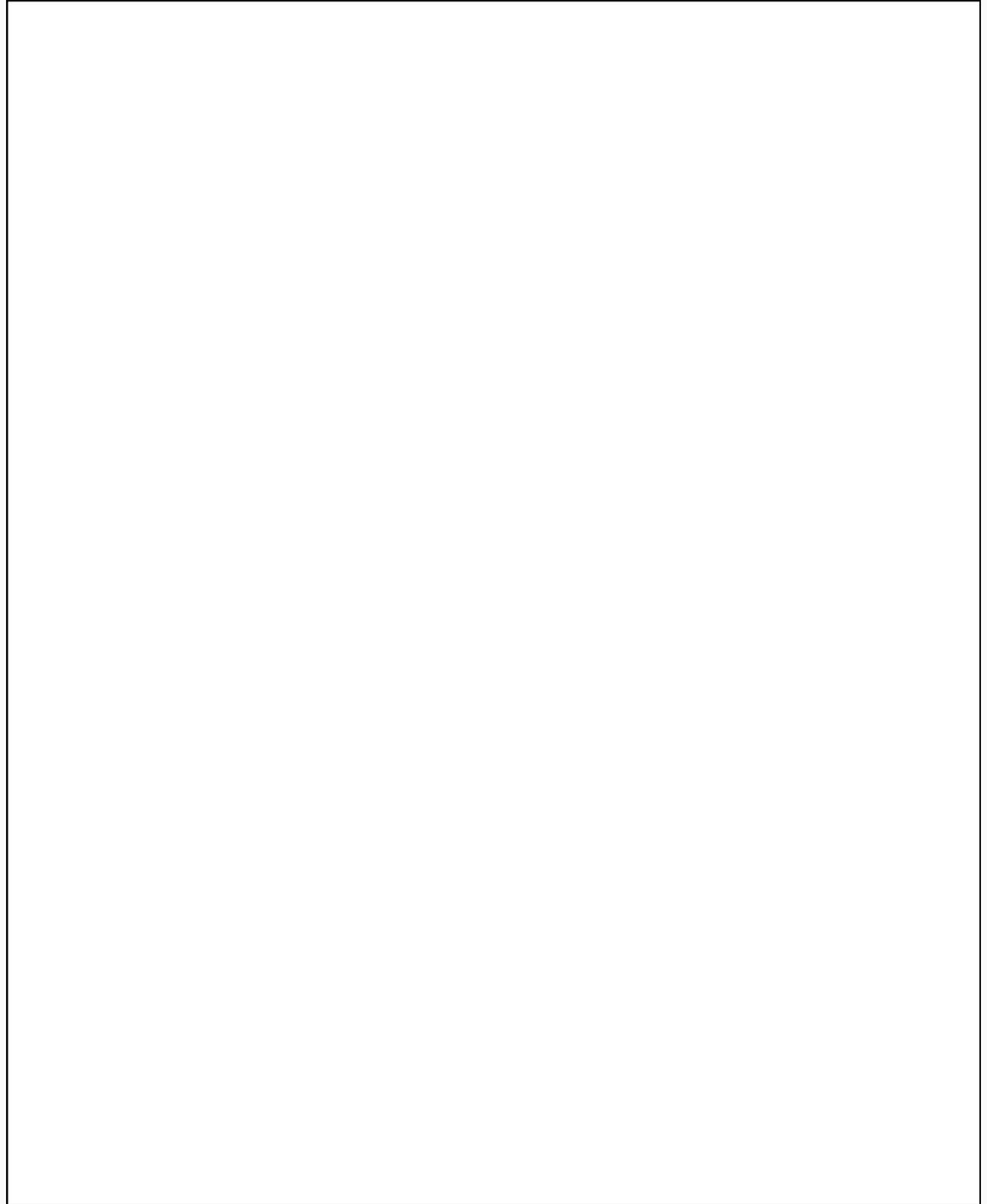
**POSITIVE PATHWAY**



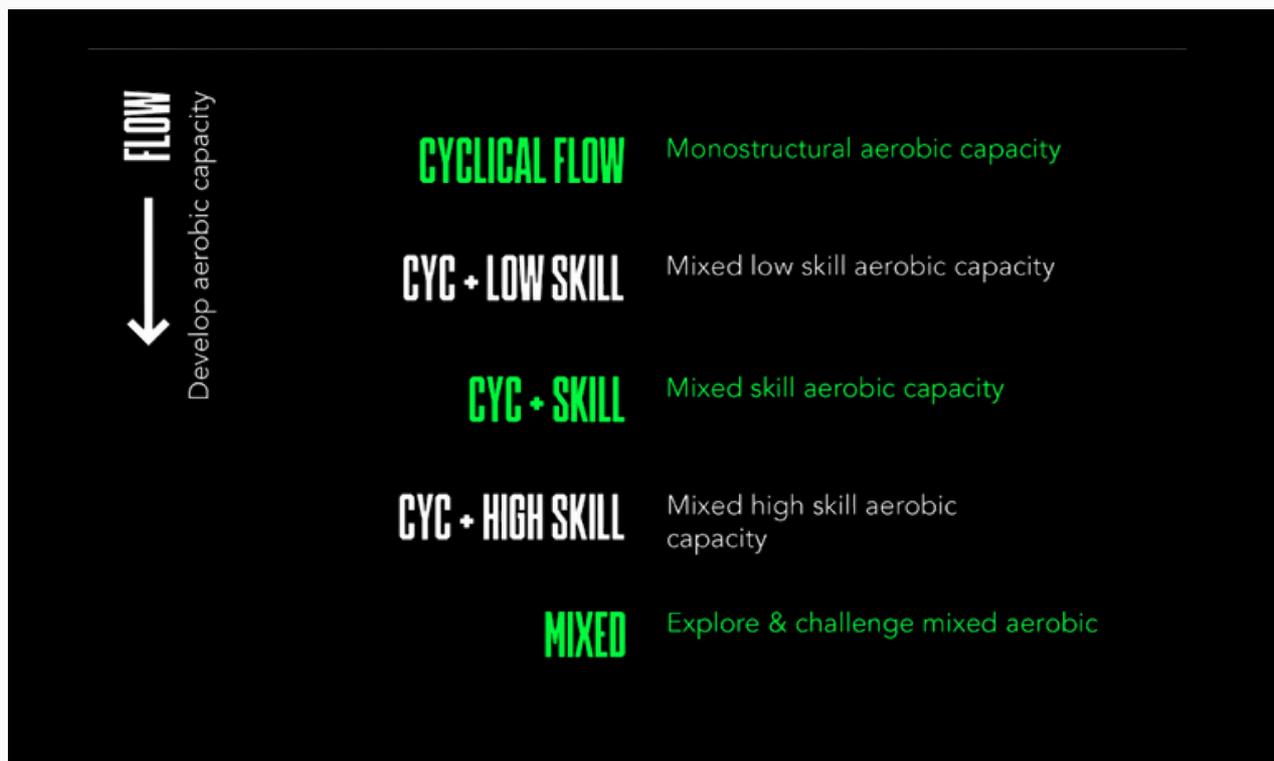
**NEGATIVE PATHWAY**

## PILLARS FOR HEALTH

- Awareness Piece
- **FORM** - Strength
- **FLOW** - Aerobic Capacity
- **FORCE** - Drain of Energy
- Intention and Awareness are key
- FORM AND FLOW should be championed for long-term health and performance



# PROGRAMMING FLOW



## Principles:

Essential for developing health

Aerobic - Repeatable - Recoverable

**The prerequisite for mixed conditioning is monostructural work for the same timeframe**





# SKILL CHALLENGE

SKILL ONLY



SKILL + FLOW



SKILL + FLOW + COMP . FAT



SKILL + NON.COMP.FAT



SKILL + FLOW + NON.COMP.FAT



B U I L D V O L U M E

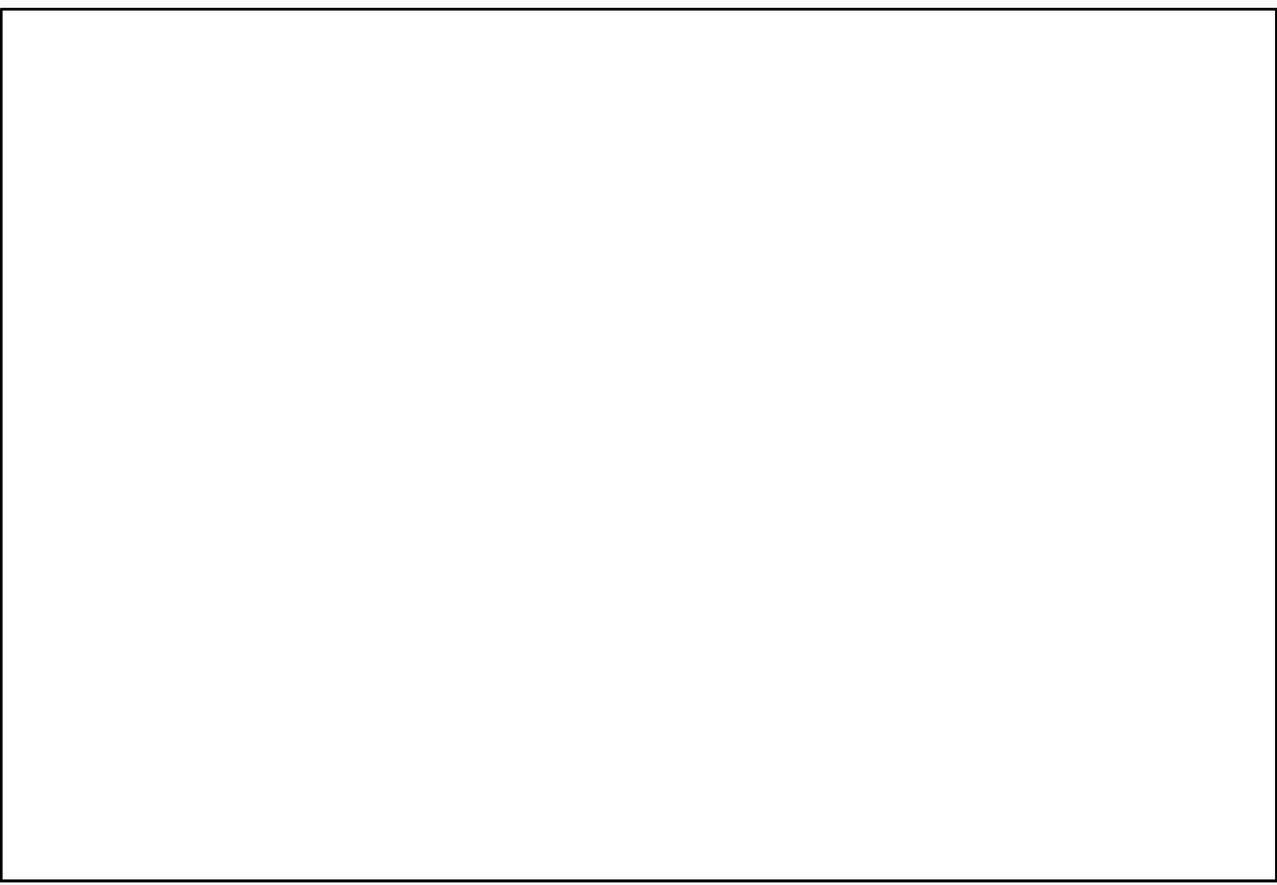
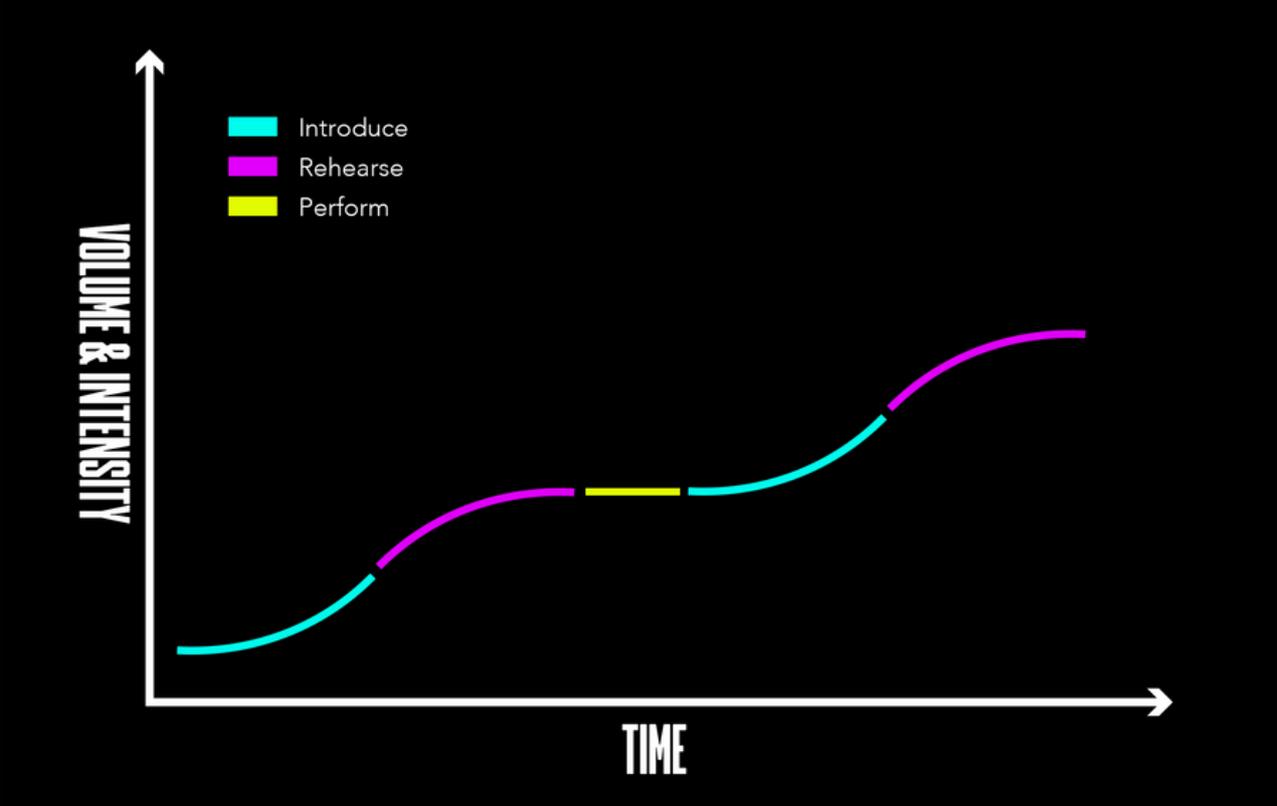
# SKILL CHALLENGE

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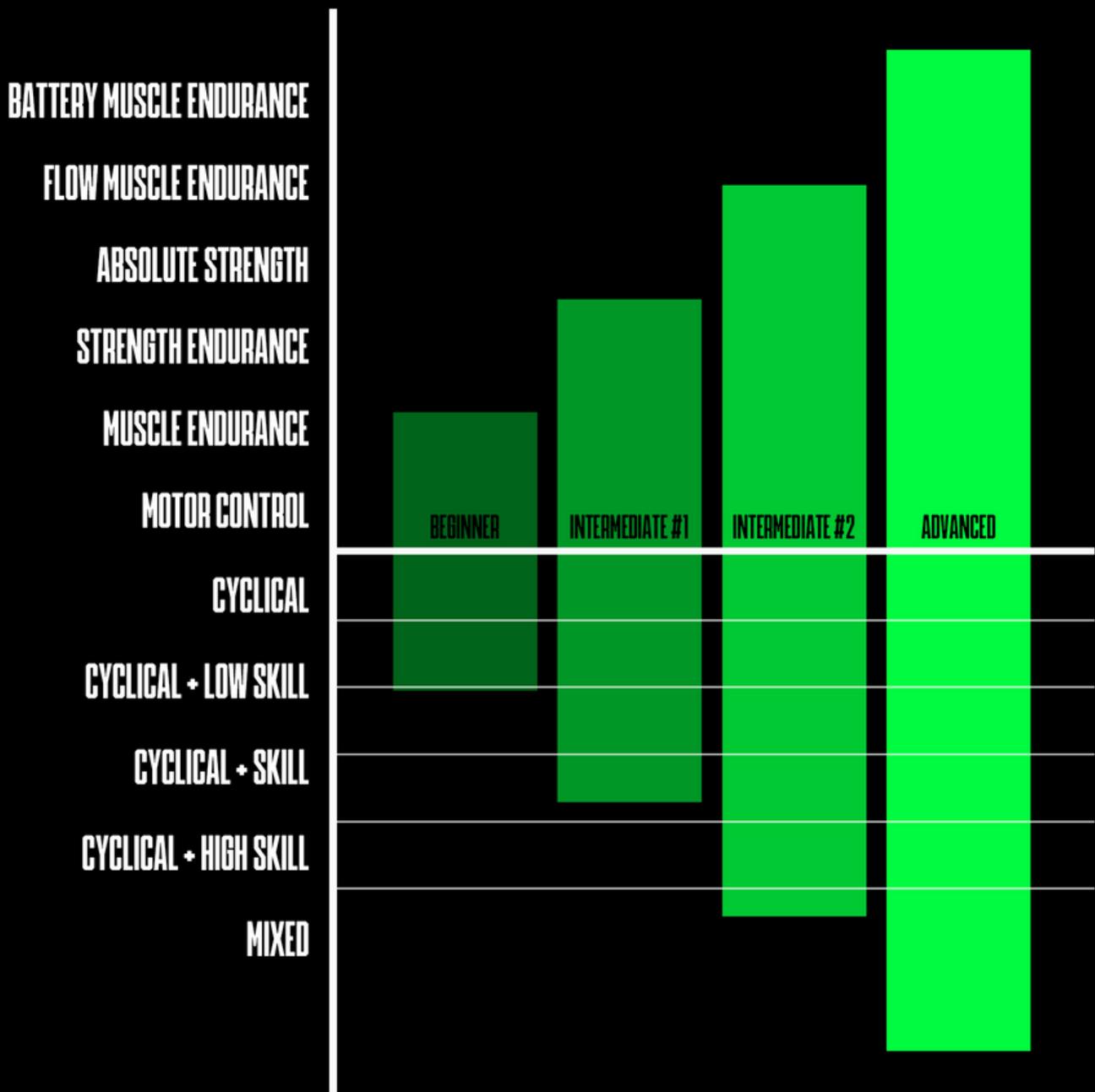


# PERIODISATION

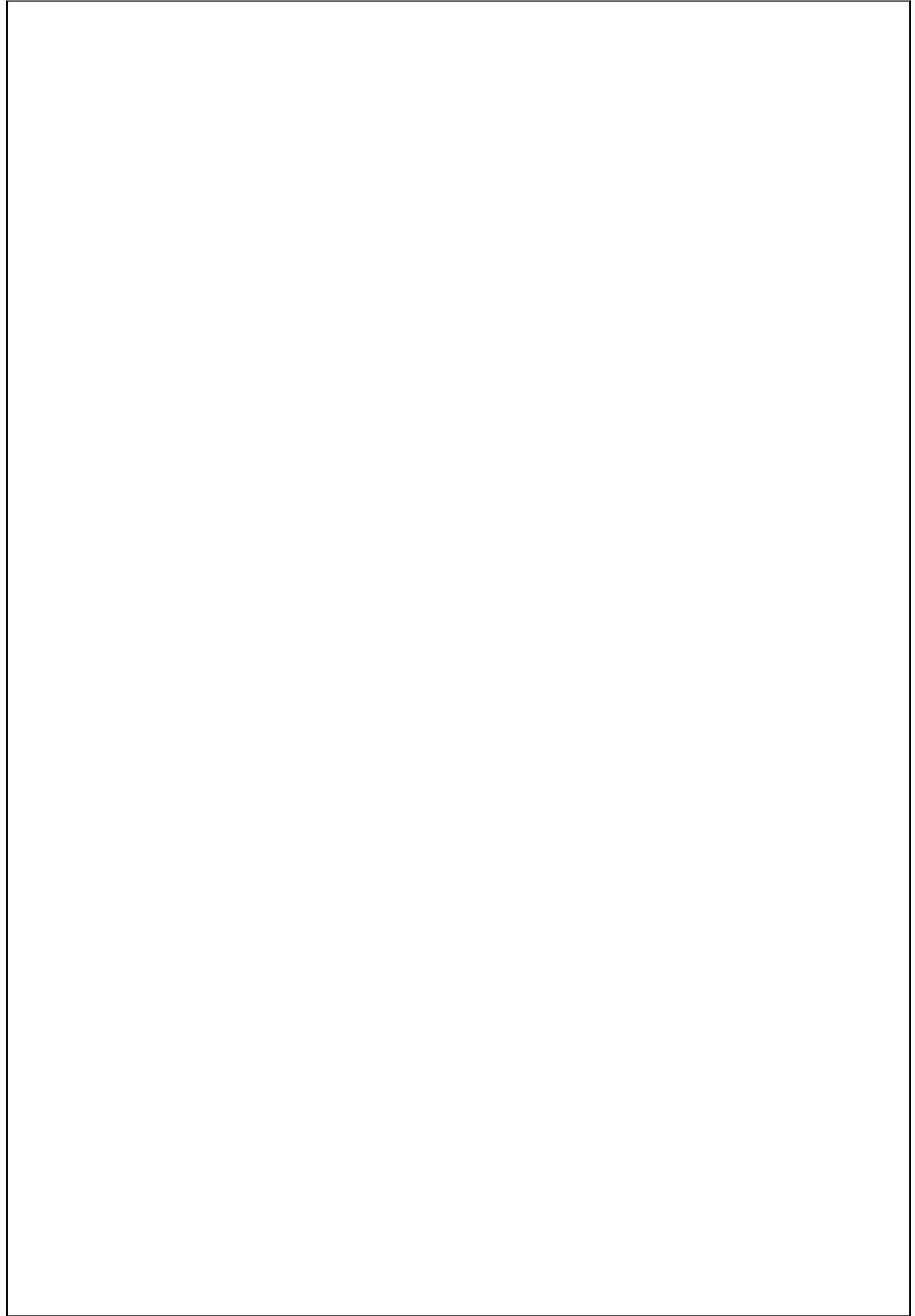
- Taken from sport
- Maintain connection, meaning, and purpose



# FORM & FLOW LIFECYCLE



# FORM & FLOW LIFECYCLE



# WRITING EMOMS & AMRAPs

Before implementing either of these specific strategies within your program design, we must return to first principles:

We return to the equation 'Who + What + Why = How, in order to decide if an EMOM or an AMRAP should actually be the 'How' in any given scenario.

We must check back through our **investigation** and **integration** notes to immerse ourselves within the person in question, to understand their **experience**, their **expression**, and their **endeavour**, before making a decision.

We must consider the utility of both, in order to confirm either way that an **EMOM** and/or **AMRAP** is the best system with which to challenge the client at this moment in time.

Let's consider their utility and when and where they could be used...

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# WRITING EMOMS & AMRAPs

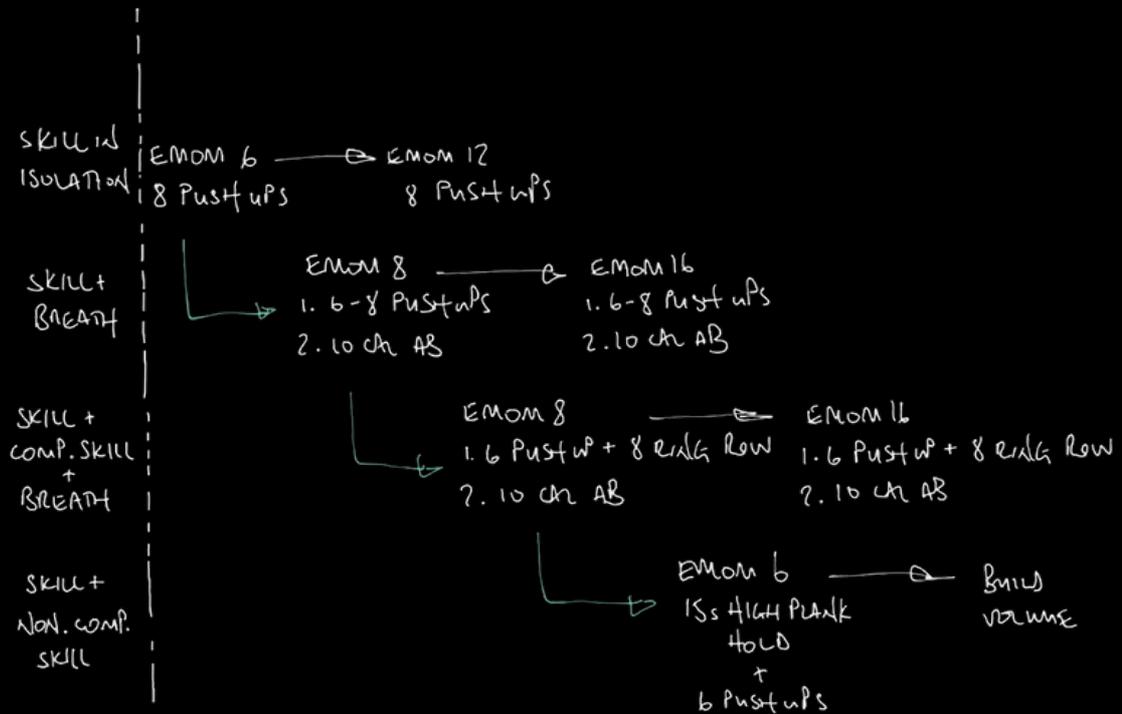
## EMOMs

- EMOMs created fixed work:rest ratios – meaning we can create a significant amount of order and structure when using EMOM's as part of the prescription, so long as we know how long the work within each minute for the individual in question will take.
- Skill Development setting:
  - EMOM sets would sit beyond any focus on motor control due to the relative fatigue based setting.
  - However, relatively short amount of work vs relatively longer rest means that we can use EMOMs to challenging muscle or strength endurance in single modality setting.
  - The skill can then be paired with complimentary or non complimentary elements to challenge the skill in a set time frame as skill dev progresses.
- Density Setting:
  - The opportunity to combine high volume of movements with limited rest = high density. Programmed incorrectly, the intention of density could result in intensity and quality suffers as a result. Density is effectively a form of strength endurance, so be careful here to create density as a challenge to movements and skills which have solid motor control and muscle endurance as a prerequisite.
- Flow Setting:
  - relatively longer work vs rest ratio = aerobic in nature if pace is correct.
  - could be used to help an individual transition into mixed aero work with set work:rest ratios for someone who is struggling to 'feel' or express the intended stimulus or self organise.
- Flow/Force Setting:
  - could be used in threshold piece to force limited rest in extended high output setting or battery muscle endurance work.

## Challenges / Questions to ask prior to implementation of EMOM's:

- Has the individual earned the total functional volume included in the overall EMOM?
  - Can they maintain quality of movement throughout?
  - Can they maintain power output throughout?
  - Therefore, can they truly express the entire piece?
- Have the skills involved been developed sufficiently in an isolated and focussed motor control setting outside of a fatigued setting, in order for the EMOM to be of use?
- Are intentions for both coach and client clear?

# SKILL PROGRESSION WITH EMOMs



## DENSITY WITH EMOMs

- EMOM 30 [ADVANCED GYMNASTIC DENSITY]
- MIN 1: AMRAP (-3) STRICT CHEST TO BAR Pull up
  - MIN 2: AMRAP (-3) STRICT HANDSTAND Push ups
  - MIN 3: 20-30s RING SUPPORT HOLD
  - MIN 4: 8-10 HORIZONTAL RING ROW
  - MIN 5: 8-10 KB DIAMOND Push ups @ 30lb
  - MIN 6: REST

## FLOW WITH EMOMs

WK 1	WK 2	WK 3	WK 4
EMOM 10	EMOM 10	EMOM 10	EMOM 10
30s ROW	35s ROW	40s ROW	45s ROW
[DISTANCE]	[DISTANCE]	[DISTANCE]	[DISTANCE]
- REST 3-5 MINS -			
EMOM 10	EMOM 10	EMOM 10	EMOM 10
30s BIKE	35s BIKE	40s BIKE	45s BIKE
[DISTANCE]	[DISTANCE]	[DISTANCE]	[DISTANCE]



# WRITING EMOMS & AMRAPs

## AMRAPs

- An AMRAP is a time dependent task; which means it is a fixed time flow expression.
  - Fixed and measurable time frames create order/control of flow progression for both the coach in prescription, but also the client in expression.
- Opportunity to practice and develop pacing within set time frame.
- Sets expectation around time duration of session for prescription and expression.
  - Good for junior coach in PD who is still to develop understanding of how long things should take.
  - Good for beginner exerciser for same reason.
  - Alternatively – task dependant requires better understanding of pace from both coach and client around how long things will take, and therefore the pace at which it should be approached.
- Opportunity for individual to self organise pacing with movements involved within time frame prescribed = safe exposure to + better understanding of pacing.

Challenges / Questions to ask prior to implementation:

- Does the individual have the capacity to hold a consistent aerobic pace in a mono-structural setting for the set time frame first, before exposing them to mixed work?
- Is the individual far enough along the skill development continuum with the elements involved in the task, to enable consistent quality, pace and output of...
  - The skill itself
  - The skill under complimentary fatigue
  - The skill under non complimentary fatigue
- Are intentions for both coach and client clear?

## AMRAP EXAMPLES...

### AMRAP 30

1500m BIKE

40m FARMER'S CARRY

30s FRONT LEANING REST

- MAINTAIN PACE + EFFORT THROUGHOUT
- APPROX 5 MINS / ROUND  
HOLD IN COACH'S MIND  
= ~ 5-6 SETS TOTAL  
= 7.5-9km BIKE  
200-240m CARRY  
150-180s HOLS
- LONGER TIME FRAME  
= SLOWER PACE

### AMRAP 15

400m RUN

5 STRICT PULL UPS

30s SORENTSON HOLD

10 GDSUET SQUATS

- MAINTAIN PACE + EFFORT THROUGHOUT
- APPROX 3-4 MINS / ROUND  
HOLD IN COACH'S MIND  
= ~ 4-5 SETS TOTAL  
= 1.6-2km RUN  
20-25 PULL UPS  
2-2.5min SORENTSON  
40-50 GDS. SR.
- MODERATE TIME FRAME  
= MODERATE PACE

### AMRAP 10

250m ROW

10 ALT. KB CLEAN

+ PUSH PRESS

- MAINTAIN PACE + EFFORT THROUGHOUT
- APPROX 2.5-3 MINS / ROUND  
HOLD IN COACH'S MIND  
= ~ 3-4 SETS TOTAL  
= 750-1000m ROW  
30-40 KB GDM
- MODERATE - SHORTER  
TIME FRAME + SHORTER  
TIME FRAMES WITH EACH  
ELEMENT = QUICKER PACE



MODULE 9

# WEIGHTLIFTING FOR FUNCTIONAL FITNESS

# PRINCIPLES

Weightlifting is a sport based on total weight lifted from ground to overhead through two movements, the snatch and the clean and jerk. If you're taking this course, you likely already know this. However, at its core it is a test of strength and power.

The elements of speed and power however have great translation to other sports, and this is where we can start to talk about weightlifting as accessory movements to a well-developed programme or even to simply make a client faster and more capable.

To best perform weightlifting, we need a combination of skill, mobility, stability, strength and speed. Each person that walks into the gym for the first time will display a natural variance in these five. It is our job as coaches to identify where the lowest hanging fruit is in relation to these traits but not to overcomplicate the process for those beginning their journey.

# ASSESSMENT

**Wrist** – Be able to demonstrate close to 90 degrees of flexion in the wrist. Hands can curl as they will with a barbell overhead.

**Shoulder Flexion** – With a locked down core in a seated or standing position, raise the hands overhead with locked out elbows.

**Shoulder IR** – With the upper arms parallel to the floor and elbows at 90 degrees, rotate the arms down as far as possible whilst keeping elbow and shoulder in line.

**Shoulder ER** – The same starting position as above, pivoting the lower arm as far back as possible with little to no rib flaring.

**T-Spine Extension** – From a quadruped position, sit back onto the heels and actively push away from the floor, take note of the degree of extension in the back.



# COACHING THE CLEAN

## Basic Terminology:

**Hand position** – Bar should be taken with a thumbs length from the edge of the knurling.

**Feet position** – Starting position should be a position that the client feels comfortable pulling from the floor from.

**1st position** – With a small knee and hip bend this is the final position that the client will reach before performing the clean movement. Arms are relaxed, knuckles facing down.

**2nd position** – Shoulders over the bar, bar descends to the knee. There should be adequate tension in the posterior chain with mid back engaged.

**3rd position** – Mid Shin, arms long. This position is a couple of centimetres from the floor and will be the starting position once the bar has been loaded with plates.

## Clean Breakdown:

Throughout this breakdown we will be encouraging the client to drive away from the floor in a jump fashion. The top of the extension movement should be a “tall” position where the athlete is encouraged to jump.

At all times we want the bar to remain as close to the body as possible to allow for the most biomechanically advantageous positions.

## Prerequisites:

Front Squat

## Considerations:

Receiving position – For the clean this is our front rack position. The bar will be fully supported on the shoulders by the whole trunk. This position should always be in an upright torso position as shown. Shoulders should be slightly elevated to avoid bruising and skin damage on the collar bones. Elbows should be lifted as high as possible without changing the shoulder position or moving the barbell.



## Variations:

**Power** – Any movement with the word power indicates that the athlete is going to receive the bar above a parallel squat position.

**Squat/Full** – A Squat Clean or Full clean indicates that the client will receive the bar in a full squat position. This by definition should be below parallel with all mobility issues taken into consideration.

**High Hang Power Clean** – Bar is taken from position (1) to receiving position, with the athlete dropping under to meet the bar in the power receiving position. Bar must remain close and the athlete encouraged to jump in order to engage use of the legs.

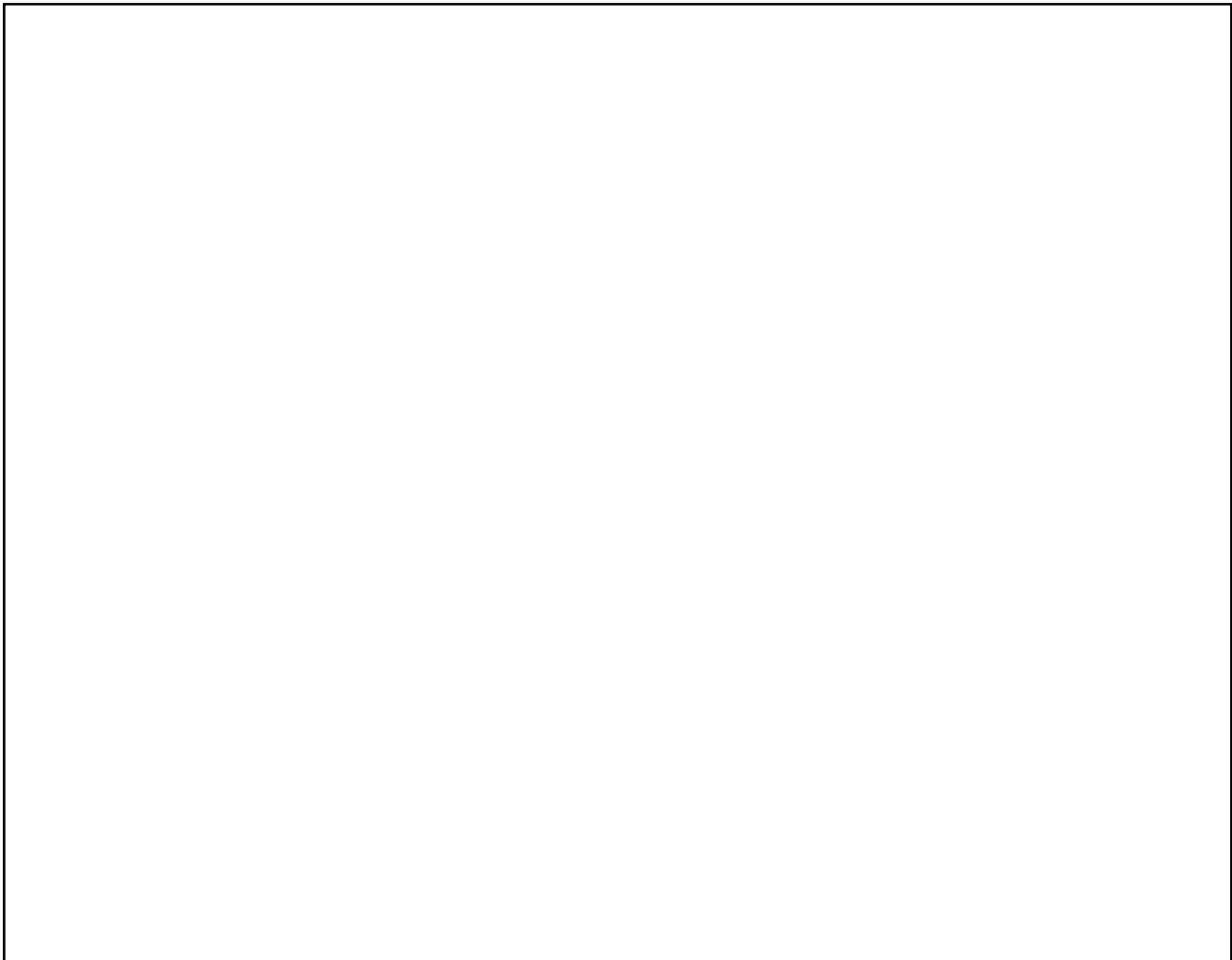
**Hang Power Clean** – Bar is taken from position (2) taking care to pass through position (1) to power receiving position.

**Power Clean** – Bar is taken from position (3) passing through position (2) and (1) to the power receiving position.

**High Hang Clean** - Bar is taken from position (1) with receiving position being in the full squat.

**Hang Clean** – Bar is taken from position (2) with receiving position being in the full squat.

**Clean** – Bar is taken from position (3) with receiving position being in the full squat



# COACHING THE SNATCH

## Prerequisites:

Overhead Squat – arms extended overhead with the bar sitting directly over the mid foot. The client will squat to full range, taking care to stabilise the bar overhead with an active push against the bar.

## Considerations:

Receiving position – for the Snatch this is our overhead squat position. The bar will be fully supported in an arms extended overhead position. The torso should remain upright with the bar positioned over the mid foot. An active push into the bar with wrists flexed to allow for a better positions.

The position (1) in the snatch should always be with the bar sat firmly in the hip. Grip adjustments should be made on the bar to allow for this to happen.

## Variations:

**Power** – Any movement with the word power indicates that the athlete is going to receive the bar above a parallel squat position.

**Squat/Full** – A squat snatch or full snatch indicates that the client will receive the bar in a full squat position. This by definition should be below parallel with all mobility issues taken into consideration.

**High Hang Power snatch** – Bar is taken from position (1) to receiving position, with the athlete dropping under to meet the bar in the power receiving position. Bar must remain close and the athlete encouraged to jump in order to engage use of the legs.

**Hang Power snatch** – Bar is taken from position (2) taking care to pass through position (1) to power receiving position.

**Power snatch** – Bar is taken from position (3) passing through position (2) and (1) to the power receiving position.

**High Hang snatch** - Bar is taken from position (1) with receiving position being in the full squat.

**Hang snatch** – Bar is taken from position (2) with receiving position being in the full squat.

**Snatch** – Bar is taken from position (3) with receiving position being in the full squat.



# COACHING THE JERK

**Hand position** – Ideally the hands will stay where they were in the clean, but moving the hands out for the jerk is fine to facilitate.

**Feet position** – Starting position in the jerk will be equal foot placement to your squat.

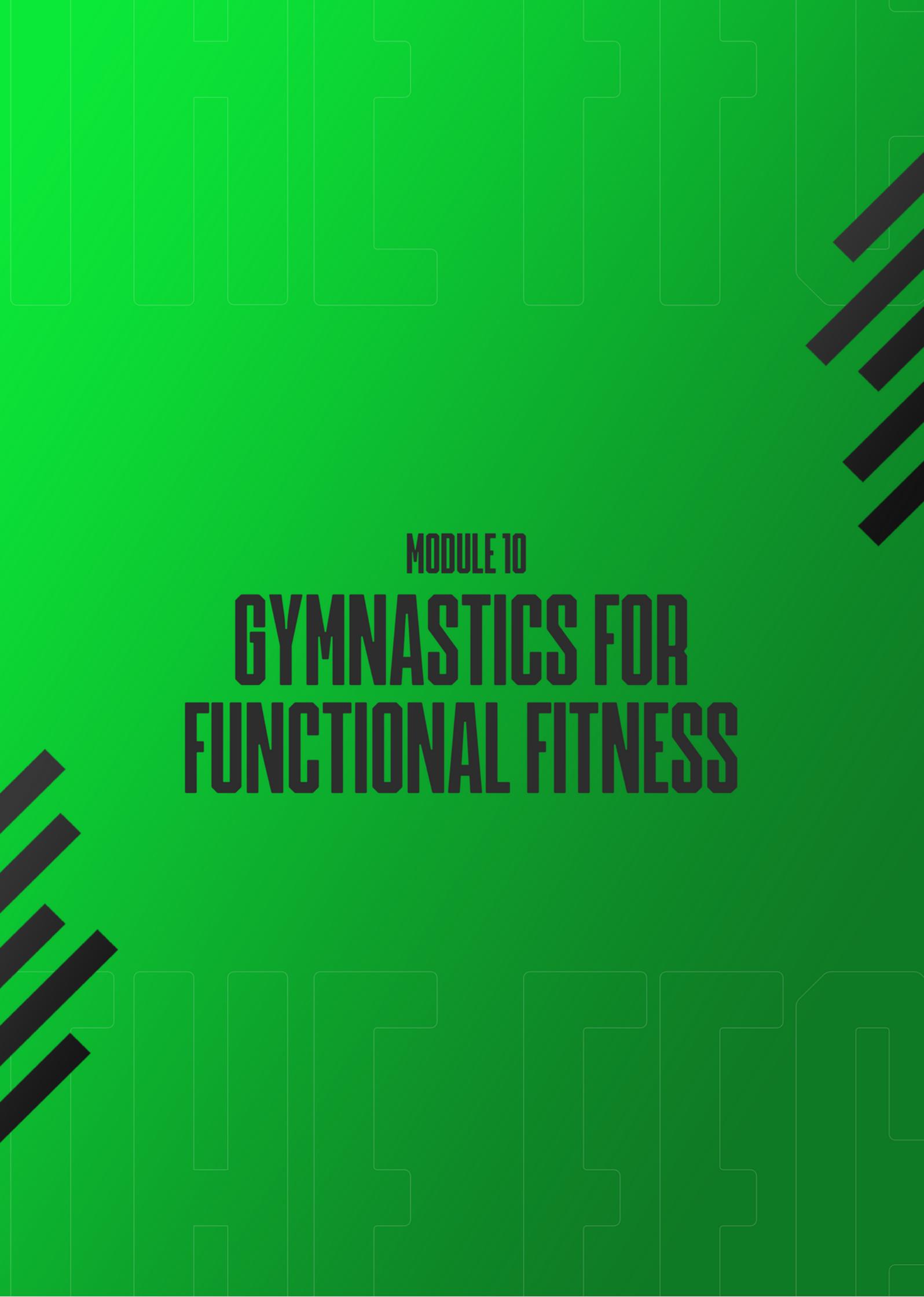
**Split position** – Finishing positions should replicate a high lunge with torso directly in the middle and feet on “tram lines”.

**Dip** – The initial movement performed in the split jerk. A vertical dip where the torso remains upright, knees and hips flex simultaneously. Bar should remain in contact with the shoulders at all times.

**Drive** – A vertical drive upwards, often taught as a jump with the knees and hips hitting full extension, where the aim is to project the bar directly upwards allowing for a “weightless” feeling on the bar.

**Receive** – Receiving position is a strong lunge with soft back knee. Feet are positioned on tram tracks to allow for stability in both the frontal and sagittal plane. Arms extended overhead and should be in line with the hip. No forwards or backwards trajectory of the bar should happen here.





MODULE 10

# GYMNASTICS FOR FUNCTIONAL FITNESS

# PRINCIPLES

Gymnastics as a sport has always prided itself on continuous betterment. It's an approach that we at The PFCA love to take with all of our coaching. Within gymnastics the ability to move one's body in multiple planes through progressively more difficult movements is something of an art. When coaching your clients through the following progressions, many of them may have already experienced some of the movements in question. It is your job as a PFCA coach to educate your client into the process of "earning the right".

Through "earning the right", we lay a foundation that will carry over into more advanced movements and make the journey of betterment feel smooth and liquid like, progressing from one movement seamlessly into another. Often we find that those who have not earned the right simply haven't spent enough time on the foundations.

The next few movements that you will be learning will ultimately be the foundations of gymnastics within functional fitness.

## ASSESSMENT

The carryover of the weightlifting assessment stands true here as general joint health is incredibly important between both sports. The addition of inverted work, hanging work and core strength work is of additional importance when adding gymnastics into your clients programme therefore your assessment should reflect this.

**Wrist** – Be able to demonstrate close to 90 degrees of flexion in the wrist. Hands can curl as they will with a barbell overhead.

**Shoulder Flexion** – With a locked down core in a seated or standing position, raise the hands overhead with locked out elbows.

**Shoulder IR** – With the upper arms parallel to the floor and elbows at 90 degrees, rotate the arms down as far as possible whilst keeping elbow and shoulder in line.

**Shoulder ER** – The same starting position as above, pivoting the lower arm as far back as possible with little to no rib flaring.

**T-Spine Extension** – From a quadruped position, sit back onto the heels and actively push away from the floor, take note of the degree of extension in the back. Additionally this can also be done with hands on a box in front of the body and flexing and extending through the spine appropriately.

**Hold Hollow** - >30s with the lower back connected firmly to the floor and chin "holding a tennis ball". Position the body so there is a reaching sensation with little to no rib flair.

**Hold Arch > 30s** – With belly button connected to the ground keep arms by the ears and arch through the mid and lower back keeping glutes squeezed to avoid any excessive pressure on the lower back.

**Active Hang >30** – This should not be a true deadhang but equally not a position where the scapula are completely depressed. Halfway in between works fine.

**Active Handstand Hold >30s** – Thinking about the body being long, push actively into the ground to create a tall reaching sensation. There should be no lumbar arch here and feet and hands should be inline.



# GYMNASTICS MOVEMENTS WITHIN FFC

## Intro to beat swing

- Learn your hanging hollow
- Learn your hanging arch
- Use momentum transfer through the shoulders to pass fluidly between these two positions
- Hand width is just outside shoulders however can be adjusted for each individual
- Timing is key – it should feel rhythmic

## Kipping knees to chest

- Ensure you have your strict knees to chest position before beginning – this is the position we will pass through regardless of the movement
- Move through the beat swing bringing the knees to the chest to form a kipping knees to chest motion
- Lower the legs back down, searching for the arch position to maintain rhythm
- The timing and the rhythm of this movement should be almost identical to the beat swing

## Toes to bar

- Retain all the movements from kipping knees to chest
- Ensure timing of the shoulder flexion (into the bar) with the flexion at the hip
- If performed correctly the legs should float. Don't force the height to begin with
- Get consistent with leg height before moving up and making the movement more difficult

## Kipping pull up

- Building on from the beat swing, the timing here is the same as the knees to chest or toes to bar
- As we reach the bottom of the swing (transitioning from arch into hollow) we initiate the pull with the arms
- Pulling over the bar we should lock the shoulders and elbows into position
- On the descent we are searching for the bottom of the hollow shape to allow for fluid transfer back into the beat swing

## Wall Walk

- Teaching the wall walk first allows us to get the client used to putting pushing tension through the arms and shoulders
- Starting in a tight hollow shape, place one foot on the wall and push actively through the floor.
- Walk opposite hand and feet up the wall, ensuring retention of the trunk shape
- Go as high as your client is comfortable with until we reach the stage where they are happy being nose and toes on the wall only
- At this point your client may have psychological fears about being upside down so it's important to spot the feet

## Kick up to Handstand

- First we teach locked out arms and receiving the load of the body on the locked out arms
- Practice hinging at the hip and tipping the bodyweight up like a dynamic RDL
- Aim to have the hands roughly a “hand extended forearms” length away from the wall
- Float to wall maintaining active push into the floor

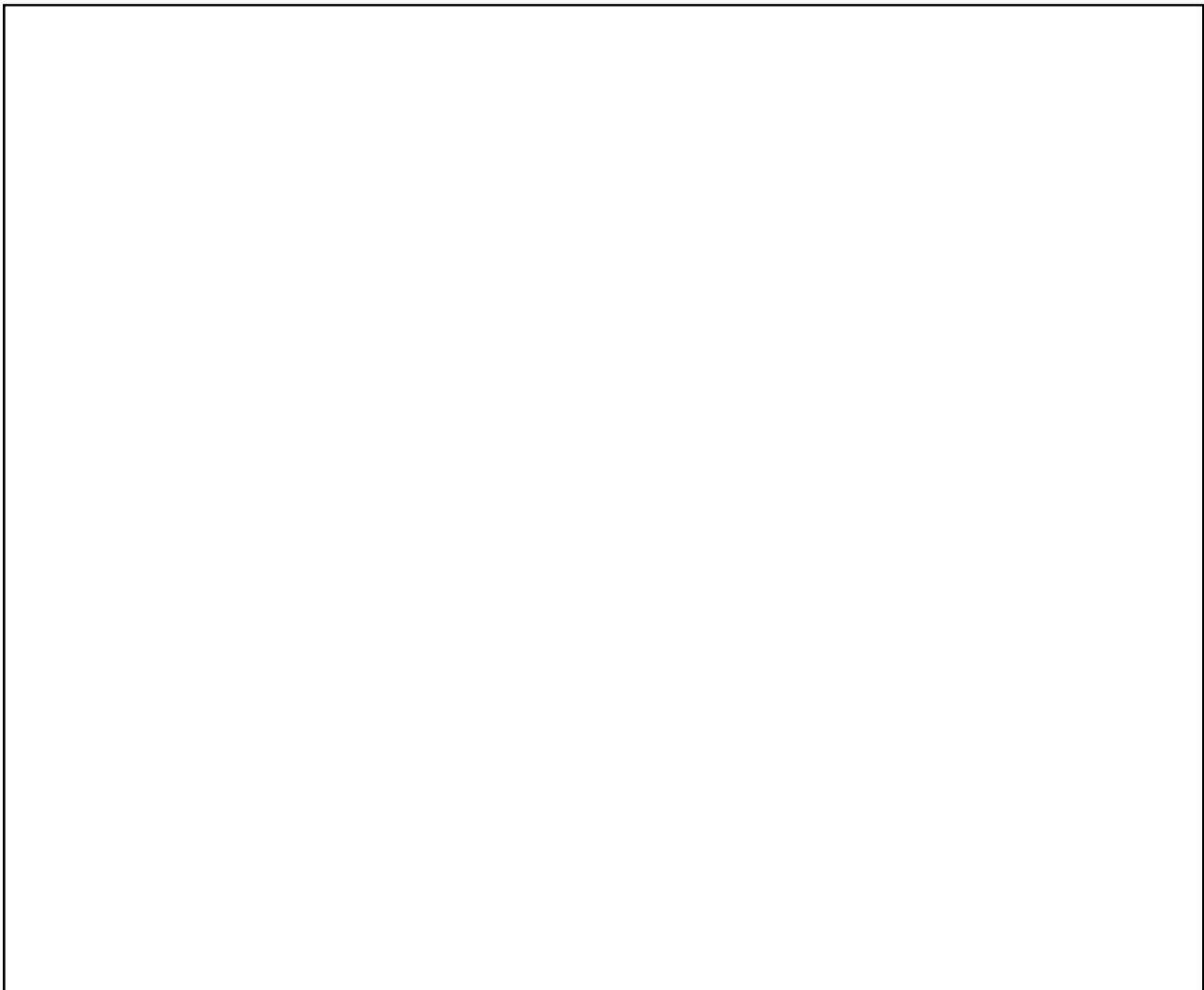
# GYMNASTICS MOVEMENTS WITHIN FFC

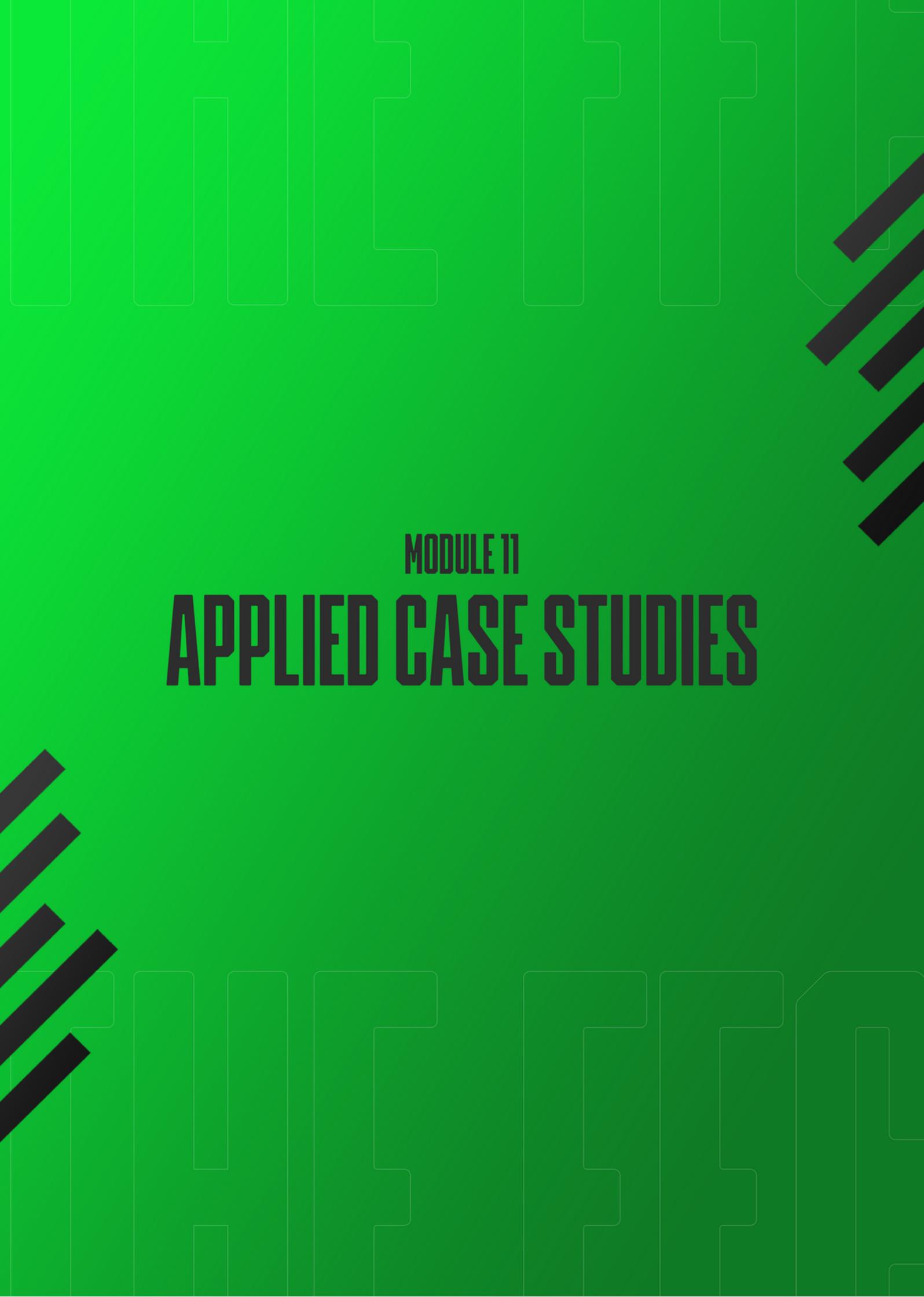
## Handstand Push-up Negative

- Important to coach the negative first as we want to get used to the head being lowered into the tripod position
- If the client is lacking prerequisite strength, then we will take them away and build strength using traditional dumbbell methods
- Aim to lower the head and hands into a tripod position
- We can raise the height of the floor using plates and mats to get the client used to this sensation.
- Once the client can perform 4-5 strict negative reps we can look at introducing the kipping HSPU

## Kipping HSPU

- The aim is to create a weightless feeling or reduce the weight needed to be moved by the upper body
- Pull the legs in and Crouch to a 90 degree position, any further and our back starts to peel away from the wall
- Keep the toes pointed downwards
- Fire the legs up extending the hips and knees engaging the upper body push as the knees and hips reach extension
- Bring the head through at the top of the movement to align the body into a straight line from toes down to hands
- Lower back into tripod position under control and repeat

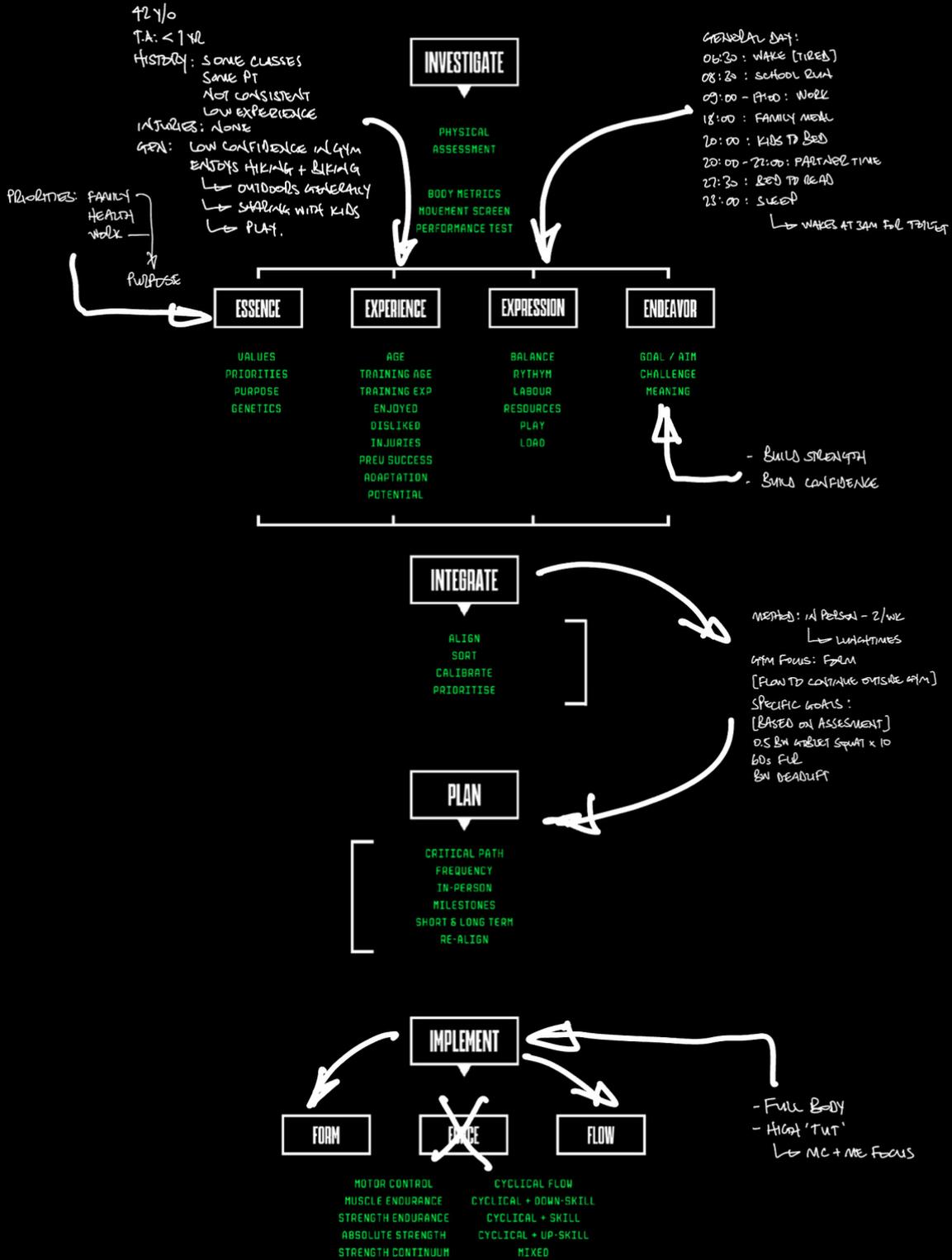




MODULE 11

# APPLIED CASE STUDIES

# DORRIS



CASE STUDY NOTES

Darius.

MON	TUES	WEDS	THURS	FRI	SAT/SUN
P.T. FULLBODY	WALK OUTDOORS	P.T. FULLBODY	WALK OUTDOORS	P.T. FULLBODY	OUTDOOR PLAY + EXPLORE WITH FAMILY.
LUNGE PATTERN		UNILAT. HOLZ. PULL		HINGE	
HINGE + HOLZ. PRESS		+ UNILAT. VERT. PRESS		LUNGE + VERT. PULL	
GR. SQUAT + VERT. PULL + CORE [STATIC]		UNILAT. HINGE + SQUAT		HOLZ. PRESS + DYN. CORE	



# JACK

25y/o  
 T.A.: 2 YRS (S&C)  
 HISTORY: 20 YRS FIELD SPORTS  
 GYMNASTICS AS CHILD  
 4 YRS 'BODYBUILDING'  
 4 YRS FUNCTIONAL FITNESS  
 INJURIES: BROKEN RIGHT ANKLE  
 RECURRENT LEFT ADDUCTOR ISSUES  
 RECURRENT RIGHT SHOULDER ISSUES  
 - ENJOYS BEING COACHED  
 - PICKS UP CUES & SKILLS QUICKLY.

WEEKLY DAY:  
 05:30: WAKE  
 06:30: 1<sup>ST</sup> CLIENT  
 07:30: 2<sup>ND</sup> CLIENT  
 08:30: 3<sup>RD</sup> CLIENT  
 09:30: BREAKFAST  
 10:00-12:00: ADMIN  
 12:00: LUNCH CLASS  
 13:00: LUNCH  
 14:00: TRAIN  
 17:00: 4<sup>TH</sup> CLIENT  
 18:00: 5<sup>TH</sup> CLIENT  
 20:00: EVE. MEAL  
 21:30: BED - SLEEP'S SOMETIMES THROUGH

## INVESTIGATE

PHYSICAL ASSESSMENT  
 BODY METRICS  
 MOVEMENT SCREEN  
 PERFORMANCE TEST

## ESSENCE

VALUES  
 PRIORITIES  
 PURPOSE  
 GENETICS

PRIORITIES:  
 - TRAINING: FIT FOR FOOTBALL + WORK.  
 - HEALTH: RESILIENCE  
 - MONEY: FINANCIAL FREEDOM.

## EXPERIENCE

AGE  
 TRAINING AGE  
 TRAINING EXP  
 ENJOYED  
 DISLIKED  
 INJURIES  
 PREV SUCCESS  
 ADAPTATION  
 POTENTIAL

## EXPRESSION

BALANCE  
 RHYTHM  
 LABOUR  
 RESOURCES  
 PLAY  
 LOAD

## ENDEAVOR

GOAL / AIM  
 CHALLENGE  
 MEANING

GOALS:  
 - IMPROVE S&C FOR FOOTBALL  
 - REFINE SKILLS FOR NFL  
 - IMPROVE CAPACITY FOR NFL

## INTEGRATE

ALIGN  
 SORT  
 CALIBRATE  
 PRIORITISE

## PLAN

CRITICAL PATH  
 FREQUENCY  
 IN-PERSON  
 MILESTONES  
 SHORT & LONG TERM  
 RE-ALIGN

## IMPLEMENT

### FORM

MOTOR CONTROL  
 MUSCLE ENDURANCE  
 STRENGTH ENDURANCE  
 ABSOLUTE STRENGTH  
 STRENGTH CONTINUUM

### FORCE

CYCLICAL FLOW  
 CYCLICAL + DOWN-SKILL  
 CYCLICAL + SKILL  
 CYCLICAL + UP-SKILL  
 MIXED

### FLOW

**CASE STUDY NOTES**

**JACK.**

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
LOWEL BODY MULTI- DIRECT. PLYO'S	<u>AM.</u> PUSH PRESS VOL.	10 MINS DYNAMIC + YNI. LAT LOWEL BODY	<u>AM.</u> OFF	JERK GYM. SKILL [VOL. PULL + PRESS]	FOOTBALL [GAME]	OFF
SPRINT STARTS/ ACCELS. H. POWER CLEAN	UPPER GYMNASTIC DENSITY SETS	TALL CLEAN SQUAT CLEAN + JERK COMPLEX		HOLZ. PULL + HOLZ. PRESS		
WNI. HINGE + LUNGE GRIND PAUSED FS + CORE	<u>PM</u> FOOTBALL TRAINING	CLEAN PULLS	<u>PM</u> FOOTBALL TRAINING	'ARM-ARM'		





**BONUS MODULE**  
**DELIVERY**

# DELIVERY

In order to reach your potential as a coach it is important to maintain the highest standards of energy, quality and care during the delivery of your service. Whether in-person, group and/or online, the way in which you show-up is vital.

## 4 Key Factors of service delivery

- Be Professional
- Be Punctual
- Be Present
- Underpromise, Overdeliver.

As you have made it this far in the course it is a great opportunity to re-assess and re-align your philosophies and principles as a coach. What are the 3-5 core principles that will hold you to your highest standard and why?



# WHEN ONE COACHES, TWO LEARN



LET'S MAKE IT SOCIAL  
TAG @THE.PFCA TO SHARE YOUR JOURNEY

# DELIVERY

## Clarity

- Clarity of intent
- Coach not instruct
- Know yourself to be yourself
- Patterns - Parts - Patterns (The whole is greater than the sum of its parts)

## Challenge

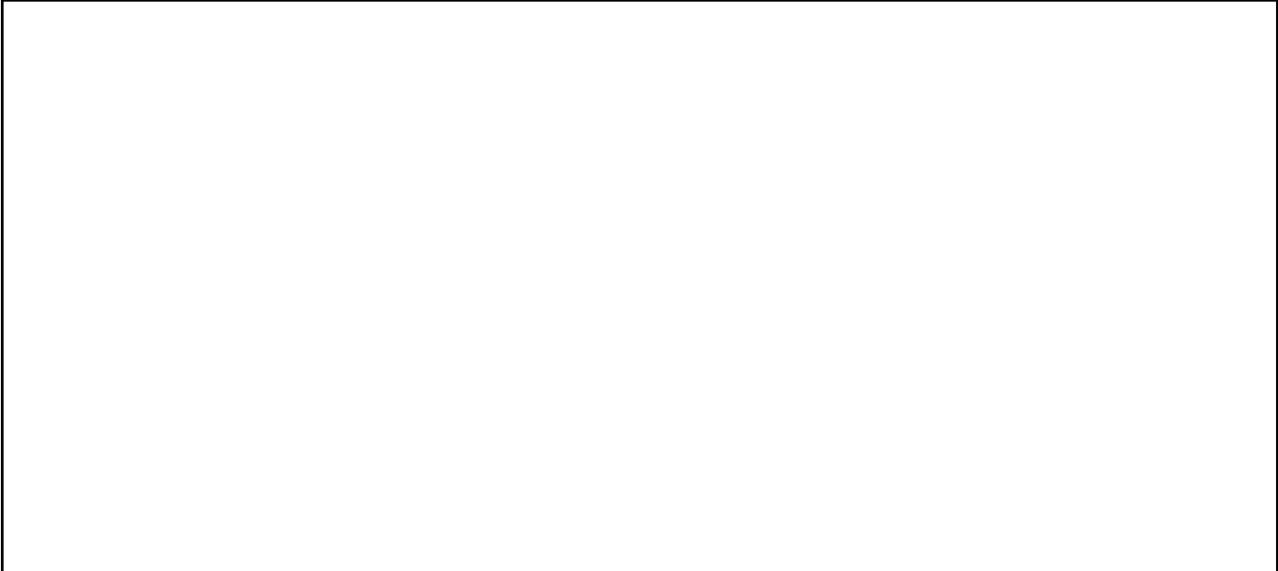
- Safety, Efficacy, Efficiency, Elegance
- Know your audience
- Program Design (Coach/Team ability, def of success, avatar, comms, Timings, logistics)
- Agility
- Sufficient challenge



# DELIVERY

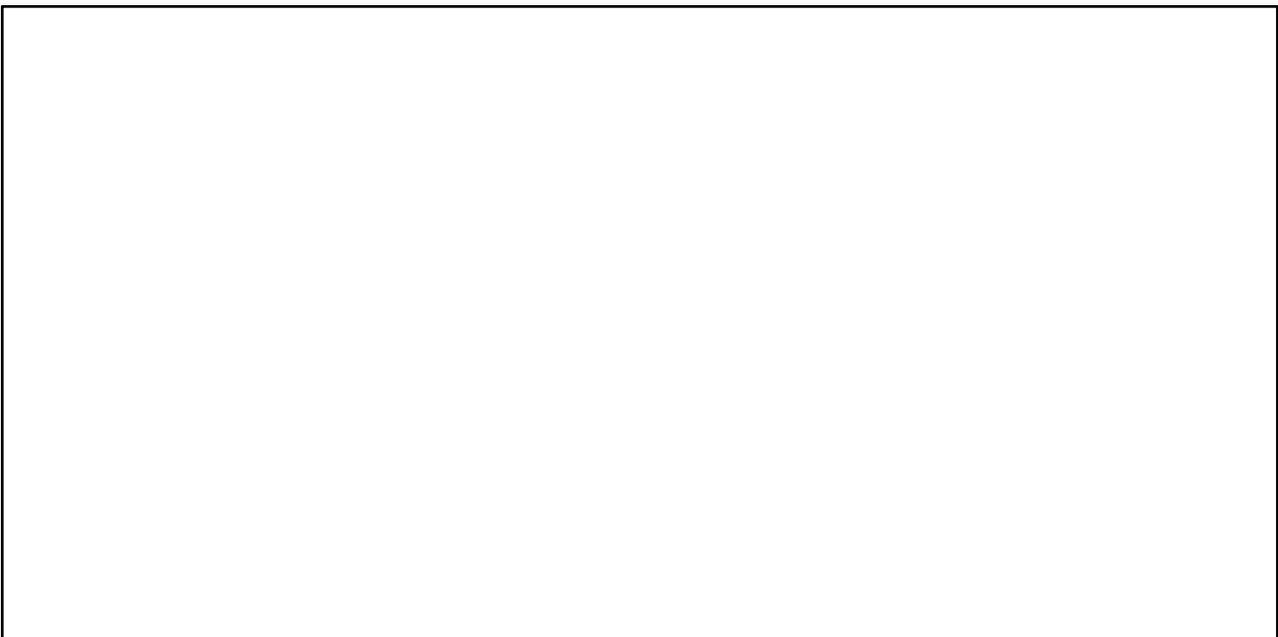
## Communication

- Whisper is the loudest voice
- Watch + Listen > Talk
- Demeanor
- Awareness
- Agility
- Curiosity



## Experience

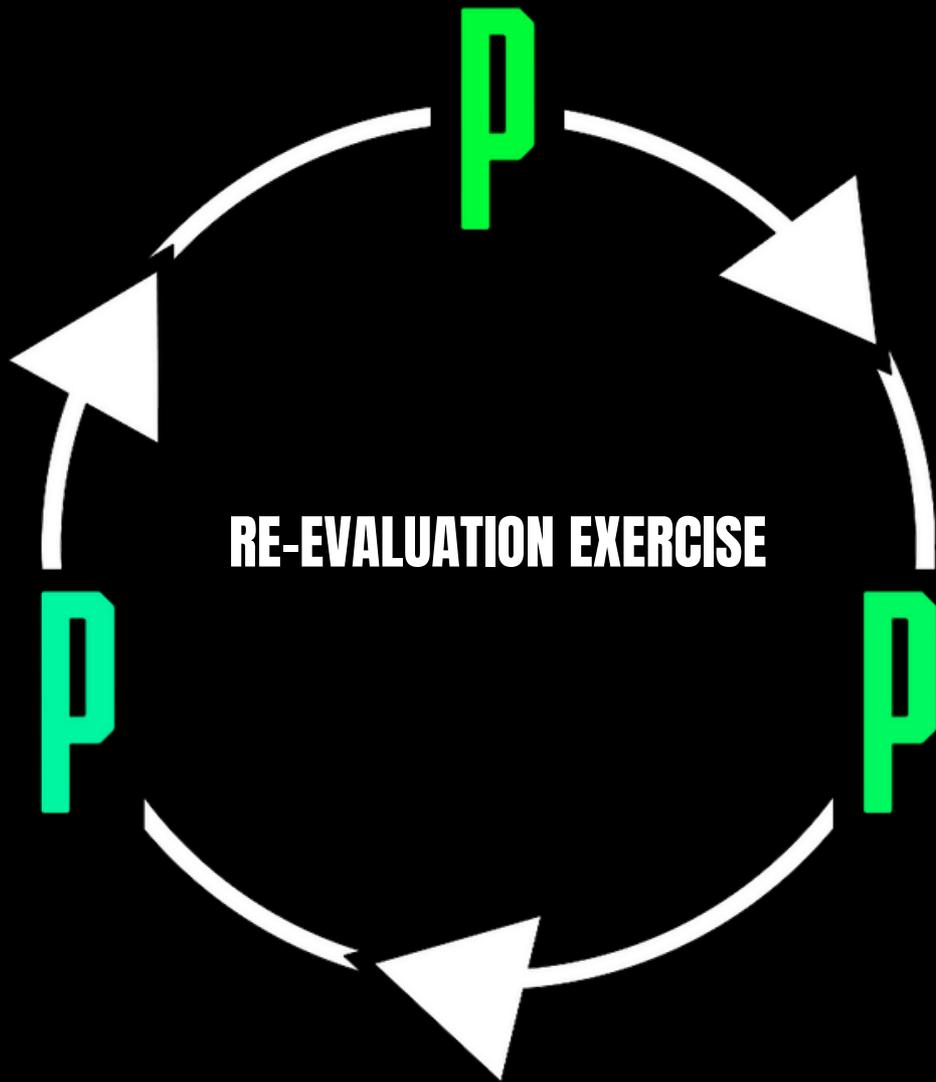
- Professional
- Fun
- Aligned
- Challenging
- Effort
- Education



# MORE REAL WORK, LESS SMALL TALK



LET'S MAKE IT SOCIAL  
TAG @THE.PFCA TO SHARE YOUR JOURNEY



# PRINCIPLES

As mentioned in module 1 - Here is your opportunity to revisit your principles and see how they have changed throughout this course.

Principle 1

Principle 2

Principle 3

Principle 4

Principle 5





THE PECA FFGLI

MARCH

# ELEVATE THE GOAUGH



E  
LDN

POWER ERG

concept

## A SPECIAL THANKS

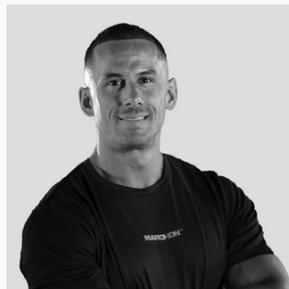
This course is the culmination of a lot of work from incredible people on the PFCA team. A special thanks to each of the people listed below. We trust this course will have a positive impact on you and the lives of the people in your circle.

Thank You for your time, energy, and investment.

Please know that we see you as part of our team and our growing community.



**Jenz Robinson**  
PFCA Co-founder



**Ollie Marchon**  
PFCA Co-founder



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E L E V A T E   T H E   C O A C H