

# SPOTLIGHT: GROUP POWER

Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get *muscle strong* and *movement strong* when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. **POWER UP!**

## DISCOVER WHAT SETS GROUP POWER APART



### TOTAL-BODY STRENGTH TRAINING

Group Power has a comprehensive approach to the whole body. Every workout combines traditional strength training with functional exercises, as well as Loaded Movement Training (explained below). By fusing these training methods together, Group Power maximizes results throughout the entire kinetic chain of the body.



### “WEIGHT FACTOR” PERIODIZATION

Would you keep going to a personal trainer who had you do the same weight and the same number of sets and reps in every workout? No, of course you wouldn't. Group fitness is no different. In Group Power, “Weight Factor” is a way of telling participants whether to use more, less, or the same amount of weight they normally use. Sometimes a muscle group is worked with an “Increased Weight Factor,” so there is a higher weight but less reps and typically more breaks. At other times, the same muscle group might be worked at a “Normal” or “Decreased” Weight Factor, allowing for more successive reps combined with less breaks. Based on the principles of exercise science, any of these variables – reps, rest, speed, position, exercise selection, combination, or order, and more – can create a Weight Factor outcome. This system of periodized training provides greater variability in weight loads, and it is scientifically proven to deliver better strength gains.



### MORE THAN JUST A BARBELL

Every single workout uses body weight, handheld weight plates, and the adjustable barbell. Even The STEP® can be adjusted to an incline position similar to an incline bench. This variety of equipment expands exercise options and provides a greater training effect and more variability in the workout.



### MOVEMENT VARIABILITY

The goal of Group Power is to improve overall health, which requires “outside the box” programming with multiplanar movements, which utilize more rotational exercises than old-school weightlifting programs. To improve people's *movement ability*, it is important to practice these movements both with and without weight. When a weight is used in conjunction with three-dimensional movement, it is called Loaded Movement Training. Inherent in this training is a distribution of load throughout the whole body as opposed to a single joint. This cutting-edge style of training ensures people are becoming muscle strong and movement strong which enables them to be better movers not just in the gym but in their everyday life.



### PROGRAMMED FOR ALL FITNESS LEVELS

Group Power is designed for able-bodied adults of all ages and fitness levels. Instructors receive detailed examples of how to coach options or modifications to ensure that all participants are able to do every part of the workout. This results in a greater sense of *perceived success*, meaning participants are more likely to feel successful and want to keep coming back to keep improving.



### MUSIC WITH BROAD APPEAL

The playlist of Group Power has something for everyone. This means a variety of musical genres and decades. Rather than relying on one type of music, Group Power caters to a mix of musical tastes in order to appeal to a wide and diverse audience of participants.