

# Grouping It All Together

Following is a sample group MAT class format, designed by Rob Glick, developer of the MAT Group Exercise Training Program and director of group fitness for Crunch Fitness in Mission Viejo, Calif. Following a standard warm-up, Glick leads the class in isometric exercises to isolate and jump-start the muscles.

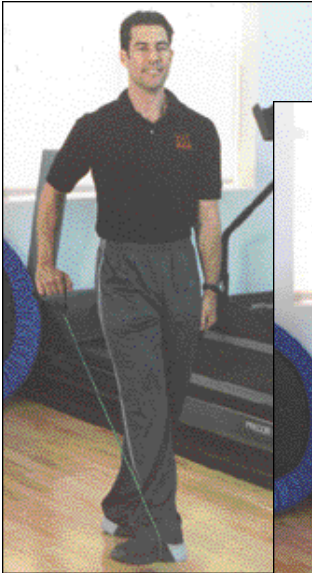
All of the isometric exercises are done in a standing position. Tubing is used for resistance and should be anchored underneath the foot, directly opposing the line of pull. Hold

each of the following exercises at the end of the range of motion for six seconds, repeating for a total of six times; then follow with a set of 12 reps through the full range of motion, keeping the leg rotated. Repeat on the other side before moving on to the next exercise.

Follow the isometric exercises with functional multi-joint movements, such as forward lunges, backward lunges and squats. Begin by having participants pretend they're standing on the face of a clock. Have them work their

way around the clock by instructing them to lunge and squat at various "times." For example, forward lunge at 12 o'clock; squat at 3 o'clock (by stepping the right leg out toward the imaginary 3); backward lunge at 6 o'clock; and so forth. Give specific instructions as to which leg to use for the lunges. To get into more muscle divisions, add other times, such as lunge at 4:30.

End class with a typical cool-down and stretch. ■



Exercise One: Hip externally rotated and adducted



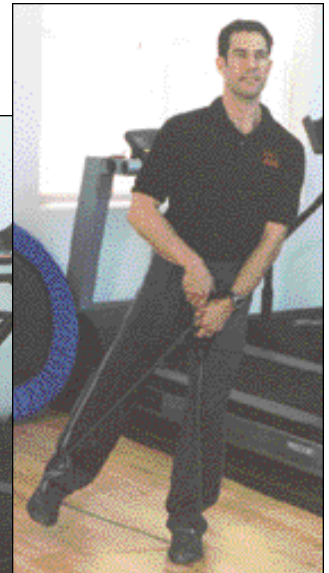
Exercise Two: Hip externally rotated and flexed



Exercise Three: Hip externally rotated and abducted



Exercise Four: Hip externally rotated and extended



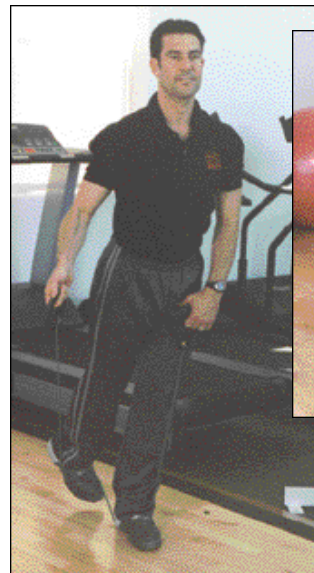
Exercise Five: Hip internally rotated and abducted



Exercise Six: Hip internally rotated and adducted



Exercise Seven: Hip internally rotated and flexed



Exercise Eight: Hip internally rotated and extended



Multi-joint movements are followed by a skill challenge. For example, have participants stand on one foot and reach down to touch different spots on the floor.