

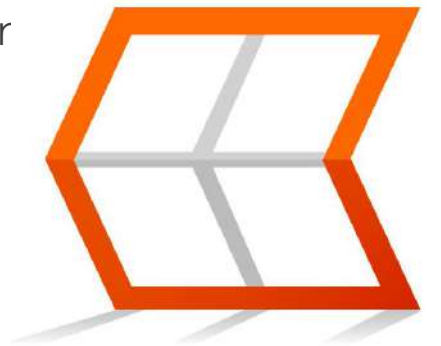
Chapter 1:

Introduction to Penalty Box Fit



Introduction to Penalty Box Fit

- ▶ This Program is a complete body workout program specifically designed to burn unwanted fat and equip you with the physical conditioning necessary to perform at the top of your game.
- ▶ Whether you want to lose weight or become a top athlete the Penalty Box Fit Program is for you.
- ▶ This workout program is tied around a new innovative fitness product, the Penalty Box Fit.
- ▶ With fully developed workout programs and informational explanations on how to use and perform each exercise. Access all of this on your phone in seconds. All the work is planned out for you to bring your clients and team to the next level!
- ▶ With the versatility of Penalty Box Fit Training you'll have a portable fitness solution to train clients in any setting. You'll learn how to properly perform and cue foundational Penalty Box Fit Training exercises as well as the benefits and target muscles of the exercises. Learn modifications and progressions to adapt the exercises to every fitness level.



About Kris Barr, the Creator of Penalty Box Fit

- ▶ Started out training in the corner of a small gym, so I had to innovate. As an athlete, I always wanted to be the most fit and agile person because I wasn't the best skilled or technically gifted player.
- ▶ I was an average player... but I had a huge dedication to the game.
- ▶ After obtaining a USL Professional soccer contract, studying exercise science at Georgian Court University, becoming a NASM certified trainer, and transforming my own mind and body for 10 years, I would like to spread inspiration and knowledge that helped me become the only motivation I ever needed.
- ▶ "I'll do whatever it takes to be the best athlete I could be."



Philosophy of Penalty Box Fit



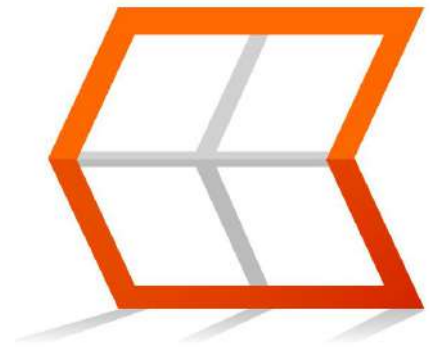
- ▶ “Self motivation is the best motivation!”
- ▶ Fitness is really not about becoming a pro athlete or a fitness model that everyone thinks is perfect. It’s really about developing the consistency and habits of being a successful, confident person. It’s about becoming a better version of you and constantly improving your thought process.
- ▶ Yes, your body will change. But it’s really about the self confidence and boost of self worth you feel every time you push yourself to do “just one more.”

Chapter 2: Safety & Ethical Practice Guidelines



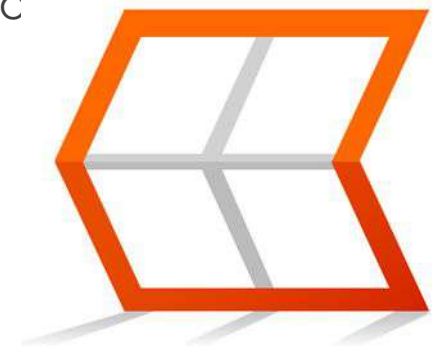
Safety Comes First!

- ▶ Proper footwear is required during PBF training, which includes closed toe, closed heel athletic shoes. Boots or flip-flops are not to be permitted.
- ▶ Always make sure clients are properly hydrated. Take an adequate number of water breaks.
- ▶ Always begin workouts with proper dynamic warm-ups.
- ▶ Prioritize workouts by 1.) safety, 2.) effectiveness, and 3.) creativity. NEVER let creativity to compromise safety.
- ▶ Music should never be louder than the instructor's voice. All participants need to be able to hear clear communication from the instructor.
- ▶ Always train within the scope of your knowledge and skills. Know when you must refer clients.
- ▶ Make sure to have adequate space to perform exercise. Make sure floor is clear of all objects and environment is safe for training.



Ethical Practice Guidelines

- ▶ Always have the best interest of the group, while accommodating individuals.
- ▶ The primary obligation of a group instructor is to do what is best for the class and to provide modifications for individuals.
- ▶ Set realistic goals and provide options which take individual modifications into account.
- ▶ Use honesty, fairness, and integrity to guide all professional relationships.
- ▶ Always speak in a positive way about other trainers, clients, competitive facilities, organizations, or say nothing at all.
- ▶ When a conflict or disagreement arises, focus on facts not on judgmental statements.
- ▶ Present your certifications, training, and education accurately. Always keep renewals up to date.
- ▶ Do not discriminate based on race, age, gender, or physical abilities.
- ▶ Use appropriate means of physical touching, as a way to correct clients' form during exercises. Never inappropriately touch a client when demonstrating exercises.



Ethical Practice Guidelines

- ▶ Always present professionally through your conduct and appearance.
- ▶ Your behavior should display professionalism, physical ability, integrity, and health.
- ▶ Establish a mood which encourages and motivates clients.
- ▶ Always arrive on time.
- ▶ Dress professionally.
- ▶ If there is a health concern, always have the client contact their physician prior to scheduling training sessions.



Chapter 3:

Why PBF Training?



PBF Training is the New HIIT!

- ▶ PBF training incorporates HIIT!
- ▶ What exactly is HIIT?
- ✓ HIIT stands for High Intensity Interval Training.
- ✓ **High Intensity:** this composed of an intense workout period which ranges from 5 seconds to about 8 minutes, and this is performed at 80%-95% of one's estimated maximal heart rate.
- ✓ **Recovery Periods:** HIIT is also composed of recovery periods which are typically performed at 40%-50% of one's estimated maximal heart rate.
- ✓ The HIIT workout continues for the total of 20-60 minutes, alternating between **high intensity** and **recovery periods**.

What is heart rate??

- Measure of how many times your heart beats per minute
- Max heart rate = $220 - \text{age}$

Why PBF Training??

- ▶ PBF training could be easily modified for people of all fitness levels.
- ▶ PBF training can be modified for people with special conditions, such as diabetes, hypertension, or overweight.
- ▶ PBF training could be performed nearly anywhere, included at home, at the gym, outside, or even at work. All you need is about 12 square feet of space, and you got yourself a workout setup!



Why PBF Training?

- ▶ PBF workouts provide you with comparable fitness benefits as long endurance workouts would, but in a much shorter duration of time.
- ▶ PBF workouts burn MORE calories during that short time compared to traditional low-impact training.
- ▶ Since PBF training incorporates HIIT, PBF training has a post-exercise EPOC (excess post-exercise oxygen consumption). This means that the body will continue to burn calories even AFTER the workout.



Acute Benefits of HIIT

- Increased heart rate, venous blood glucose, metabolic reactivity, and lactate levels
- Increased hormones such as cortisol, catecholamines, and growth hormone
- Increased exercise and post-exercise fat oxidation



Chronic Benefits of HIIT

Fitness Benefits

- Increased aerobic and anaerobic fitness
- Increased peak and maximal oxygen uptake
- Decreased abdominal fat
- Increase in carbohydrate sparing, (more use of adipose tissue as fuel)

Health Benefits

- Improved cholesterol profile
- Decreased fasting insulin and insulin resistance
- Decreased body weight while maintaining muscle mass



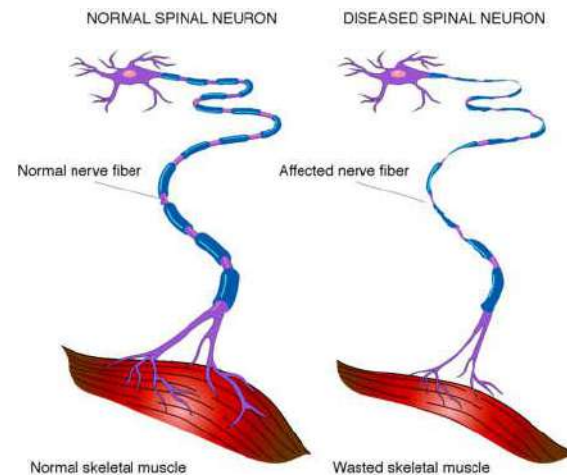
Chronic Benefits of HIIT



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Cardiovascular Adaptations

- Increase in stroke volume
- Increase in cardiac output
- Increase in cardiac contractility
- Improved blood pressure



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Neuromuscular Adaptations

- Increased clearance of metabolic wastes
- Faster diffusion rate of oxygen and fuel into muscle
- Increase in mitochondria (more energy production)
- Increase in fatigue-resistant, slow twitch muscle fibers
- Enhances mitochondrial oxidative capacity
- Increased skeletal muscle adaptations

Effects of Catecholamines

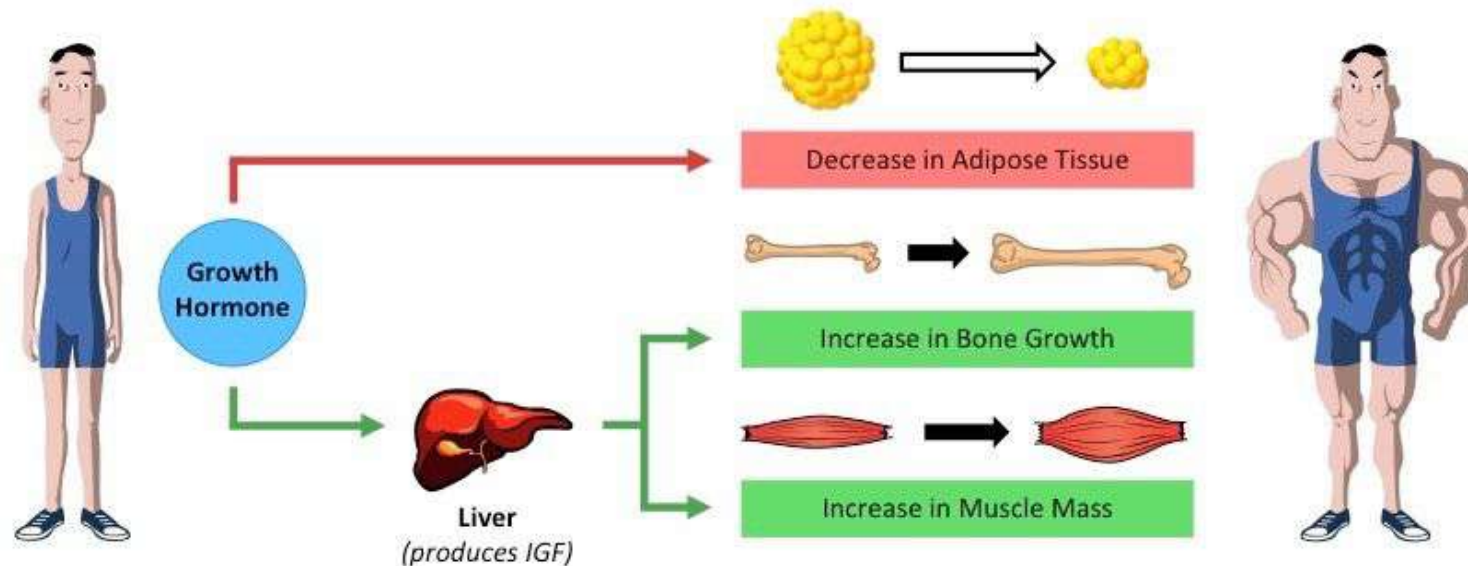
- ▶ Significant catecholamine increases have been seen post-HIIT.
- ▶ Increases in epinephrine and norepinephrine.
- ▶ Higher levels of these catecholamines have been shown to increase lipolysis and to break down fat from both intramuscular and subcutaneous fat stores.
- ▶ Catecholamines lead to increased B-adrenergic receptors in abdominal fat, which suggests that HIIT may especially target abdominal fat stores.



Boutcher SH. High –Intensity Intermittent Exercise and fat loss. *J Obes* 2011; 868305. PMCID: PMC2991639

Growth Hormone

- ▶ After a 1 hour recovery from a HIIT workout, growth hormone concentration may still be up to 10 times higher versus baseline.



Skeletal Muscle Adaptations

- ▶ HIIT leads to an increase in mitochondria, which is known as the energy factory of the cell.
- ▶ The mitochondria uses oxygen to produce ATP (adenosine triphosphate), which is what provides energy to the cell. The production of ATP is performed during the breakdown of carbohydrates and fat.
- ▶ Thus, with increased mitochondrial density, there will be more energy available for the working muscles, for a longer duration of time.
- ▶ An increase in mitochondria also leads to more fat and carbohydrate breakdown, in the production of energy.



Chapter 4

HOW TO USE THE PRODUCT



What exactly is a Penalty Box?

What's the Concept?

- ▶ Agility Mat & Hurdle All in One
- ▶ Uses four squares to take place of an agility ladder and easily folds into a hurdle
- ▶ Stores away in the shape of an L



Two ways to make a Hurdle and High Hurdle

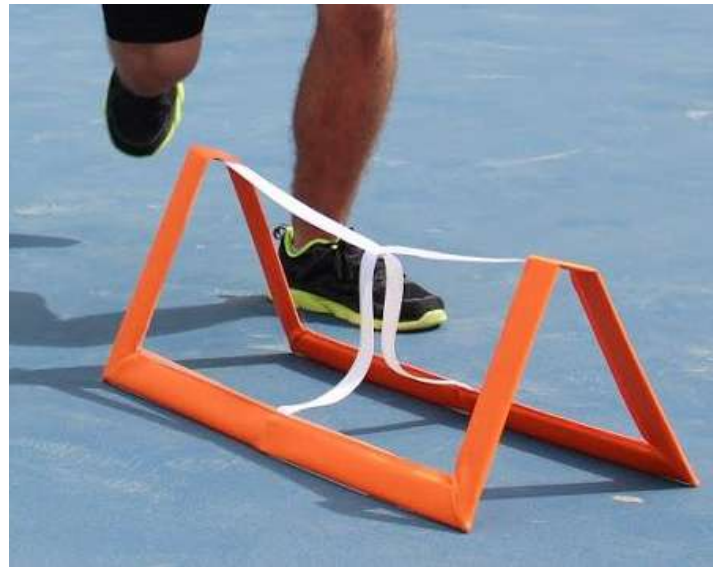
- ▶ Hurdle- Fold so the Surfaces are Flat at the Top
- ▶ High Hurdle- Fold so the Penalty Box Has a Triangular Point



Hurdle Vs. High Hurdle

- ▶ Using the regular size hurdle is recommended for all beginner and intermediate athletes
- ▶ Use the High Hurdle only if Client is at the advanced, pro status

- The Regular Size Hurdle has a flat surface at the top.



- The High Hurdle forms a Triangle at the top and is a total of three inches higher.



Agility Mat

- ▶ The Penalty Box opens up to form a four square grid.
- ▶ This allows multiple movements for speed and agility to be possible.
- ▶ Takes the place of an agility ladder and rings.



Benefits of using a Penalty Box

- ▶ Easy to Carry
- ▶ Portable solution to train anyone, anywhere
- ▶ Convenient and Time efficient
- ▶ Weighs less than two pounds
- ▶ Save Time setting up Training Sessions
- ▶ Use easy equipment to carry around and simply use during workout sessions. Set up training in seconds by using The Penalty Box. With fully developed workout programs and informational explanations on how to use and perform each exercise. Access all of this on your phone in seconds. All the work is planned out for you to bring your clients and team to the next level!
- ▶ With the versatility of Penalty Box Fit Training you'll have a portable fitness solution to train clients in any setting. You'll learn how to properly perform and cue foundational Penalty Box Fit Training exercises as well as the benefits and target muscles of the exercises. Learn modifications and progressions to adapt the exercises to every fitness level.



Instructions on Folding Penalty Box to Store Away

1. Fold from top to bottom.



2. Fold from left to right.



3. Slide in Bag.



Chapter 5:

Fitness Evaluation



Client Screening

Prior to taking on and training new clients, once must screen them for:

- Medication use
- Past medical history
- Recent illness/hospitalization
- Family history
- Orthopedic problems
- Medical diagnosis
- Lifestyle and work history



Fitness Evaluation Sheet

Penalty Box Fit Evaluation Sheet

Your Fitness Level means your body's ability to withstand a physical workload and to recover in a timely manner. Complete the directions below to see which Workout Series to begin with.

DIRECTIONS:

- 1) CLICK Exercise link to show demonstration of each exercise.
- 2) Perform each exercise for 60 seconds.
- 3) Record how many repetitions you completed each exercise within time frame.
- 4) Rest 60 seconds between each exercise.
- 5) Add and apply total repetitions to table on next slide

			
Exercise	Day 1	Day 15	Day 30
Lateral Agility with Tap			
Mountain Climber Hurdle Jumps			
U-Line Shuffle			
Hurdle Jumps			
Z-Hops Agility			
Moving High Plank			
U-Line Bear Crawls			
TOTAL REPETITIONS:			

Click [here](#) to access chart

Calculating Skill Level

How to Calculate Score:

- Add all repetitions performed from all exercises
- Apply your score to the table below

Start Workout Program Series in Calculated Skill Level	Total Evaluation Repetitions
Beginner	1-120 Reps
Intermediate	121-220 Reps
Advanced	221-320 Reps
Pro	321+ Reps

Click [here](#) to access chart

Body Measurements Chart

How to Take Body Measurements:

- 1.) Use a Body Tape Measuring Ruler
- 2.) Measure circumference of body
- 3.) Note on chart

Click [here](#) to access chart

Measurements

Body Part	Day 1	Day 30
Chest		
Right Arm		
Left Arm		
Waist		
Hips		
Right Thigh		
Left Thigh		
Weight		

Chapter 6: Exercise Library



Exercise Library

- Over 119 exercises to perform inside the Penalty Box Fit!
- Beginner, Intermediate, and Advanced clips
- Categorized into Plyometrics & Explosive, Speed & Agility, Hurdle Hustlers, Core Cardio, Resistance Bands, and Combination Exercises
- Explanation on how to cue each exercise
- Primary muscle groups targeted
- Modifications to exercises



Plyometric & Explosive Exercises

BEGINNER

Squat Jumps



Forward Hop Squats



Adductor Tuck Jumps



Mid-Line Taps



Split Lunges



Side Hop Squats



X-Jumps



Adductor Jumps



INTERMEDIATE

A-Jacks Agility



Power Jumps



Half Court Power Jumps



Half Court Squats



Low Stance Squats



Moving Split Lunges



Side Hop Power Jumps



Single-Leg Squat Touch



ADVANCED

Connect Four Power Jumps



Lateral Jump Shuffle



Mid-Line Tap Power Jumps



Single-Leg Power Jumps



Switch Kicks Power Jump



Two Forward Hops Power Jump R/L



Lateral Power Jump Single-Leg Hop



Side Hop Lateral Jumps



T-Line Agility Power Jumps



Click [here](#) to access Plyometric & Explosive Exercise clips

Benefits of Plyometric Exercises



What is plyometrics?

- Plyometrics is a training method used by athletes of all sports for the increase of explosiveness and strength.
- Plyometrics is comprised of an eccentric action (rapid stretching of the muscle), and then followed by a concentric action (shortening action of the same muscle).
- Plyometric workouts usually consist of stopping, starting, and changing directions; all done in an explosive manner.

- 1.) Chu D.A. (1998) Jumping into plyometrics. Champaign, IL: Human Kinetics
- 2.) Baechle T.R., Earle R.W. (2000) Essentials of strength training and conditioning. 2nd edition Champaign, IL: National Strength and Conditioning Association
- 3.) Asmussen E., Bonde-Peterson F. (1974) Apparent efficiency and storage of elastic energy in human muscles during exercise. Acta Physiologica Scandinavica 92, 537-545 [\[PubMed\]](#)
- 4.) Adams K., O'Shea J.P., O'Shea K.L., Climstein M. (1992) The effects of six weeks of squat, plyometrics, and squat plyometric training on power production. Journal of Applied Sports Science Research 6, 36-41
- 5.) Stone M.H., O'Bryant H.S. (1984) Weight Training: A scientific approach. Minneapolis: Burgess
- 6.) 6.) Miller M, Herniman J, et al. The Effects of a 6-Week Plyometric Training Program on Agility. J Sports Sci Med 2006; 5(3): 459-465

Benefits of Plyometric Exercises

How Does Plyometrics Help an Athlete?

- The stored energy within a muscle gets used to produce even more force which could be produced from just the concentric action alone.
- Research has shown that when plyometric training is combined with strength training, it can lead to improvements in acceleration, muscular power, vertical jumps, leg strength, agility, and overall proprioception.
- Agility is defined as the ability to control and maintain a certain body position, while rapidly changing direction during multiple movements and exercises.
- Plyometric workouts have been utilized in sports such as soccer, football, tennis, hockey, and many others for the improvement of players' agility.

1.) Chu D.A. (1998) Jumping into plyometrics. Champaign, IL: Human Kinetics

2.) Baechle T.R., Earle R.W. (2000) Essentials of strength training and conditioning. 2nd edition Champaign, IL: National Strength and Conditioning Association

3.) Asmussen E., Bonde-Peterson F. (1974) Apparent efficiency and storage of elastic energy in human muscles during exercise. Acta Physiologica Scandinavica 92, 537-545 [\[PubMed\]](#)

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Speed & Agility Exercises

BEGINNER



INTERMEDIATE



ADVANCED



Click [here](#) to access Speed & Agility Exercise clips

Benefits of Speed & Agility Exercises

- Speed training may improve the rate which force is produced and also the speed of muscle contraction.
- Agility training may enhance one's dynamic balance. Dynamic balance is defined as the ability to control and maintain balance while in motion.
- Quickness and reactivity drills and exercises may help improve natural reflexes, which will help to move faster in just about anything.
- Speed and agility exercises generally use more muscles than solely running would, which will lead to more calories burned during the workout.
- Since speed and agility training is a movement variability training, it can help minimize the risk of injuries related to rapid changes in direction and speed.



Hurdle Hustler Exercises

BEGINNER

CrossCross Agility



Forward & Back Agility



Forward Hops



Slide Hops



High Knees Sprint



Jumping Jack Agility



Lateral Agility



Lateral Agility with Tap



Out & In Agility



Two Footed Lateral Hops



INTERMEDIATE

Icky Shuffle



Dashline Agility



Forward/Back & Out/In Agility



Trapezoid Hops



C-Hops Agility



Single-Leg Lateral Hops



Switch Kicks



L-Hops Agility



Moving Jumping Jacks



U-Hops Agility



Shuffle Taps Agility



ADVANCED

Single-Leg Diamond Hops



Ski Sprinters



Moving Switch Kicks



T-Line Agility Taps



Side Hop Pivot Agility



Z-Line Agility



Tetris Hops Agility



Tetris Agility



Out & In Agility Double Hop Back



Plus Sign Agility



Click [here](#) to access Hurdle Hustler Exercise clips

Benefits of Hurdle Training

- Hurdle training helps one to apply the horizontal force needed when sprinting.
- This has similar benefits as plyometric training.



Core Cardio Exercises

BEGINNER



INTERMEDIATE



ADVANCED



Click [here](#) to access Core Cardio Exercise clips

Benefits of Core Exercises

- The core is the solid central link of the body, connecting the upper and lower body together. No matter when a motion starts, whether it is in the upper or the lower body, it will ripple upward or downward the chain. Therefore, a weak core can greatly impair your performance.
- A strong core enhances one's stability and balance.



Resistance Bands Exercises

BEGINNER



INTERMEDIATE



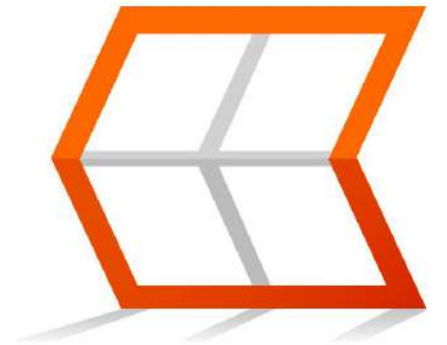
ADVANCED



Click [here](#) to access Resistance Bands Exercise clips

Benefits of Resistance Bands

- Resistance band training allow one to perform strength-training exercises without the use of weights.
- This could add more intensity and variety to strength-training exercises.
- This appears to produce greater levels of muscle activity for some muscles, that when the same exercise is performed without resistance bands.
- With resistance band training, the muscle activity of the primary muscle is greatest at the contracted position. The primary muscle will work harder, causing more metabolic stress, and thus leading to more hypertrophy.



Combination Exercises

BEGINNER



INTERMEDIATE



ADVANCED



Click [here](#) to access Combination Exercise clips

Benefits of Combination Exercises

Combination Exercises	Explanation
High Knee Sprint (Hurdle Jump) Quick Feet Sprint	Call out switch, jump over hurdle into quick feet Call out switch, jump over hurdle into high knees
Shuffle Taps/Power Jumps/Switch Kicks	Call movement out and the athlete/trainee reacts to the movement
Mid-Line Tap Explosion	Mid-line tap into forward & back agility The forward and back agility should be a sprint
Air Raid Flood/Forward & Back Hurdle Jumps	Quick feet, call out air raid, client goes chest to ground, call out flood client explodes up into quick feet, call out forward and back hurdle jumps, client reacts to call out
Ski Sprinters/Single Leg Balance Agility	Ski sprinters behind penalty box usually for 30 seconds, then switch into single leg agility balance for a minute, repeat three times
Ab Evolution Explosion	Explosive quick feet forward and back when you push up after three ab evolutions
Split Lunge/Power Jump/X-Jump Hurdle Sequence	Plyometric sequence
V-Kicks/Hurdle Jumps Sequence	Make sure to count up by 2's... for example Two V-Kicks, Two Hurdle Jumps, then go 4 and 4, 6 and 6, 8 and 8, all the way to 12 and 12

- Penalty Box Fit combination exercises are similar to reaction training.
- Different exercises are chosen and called out by the trainer, with the goal of improving reaction time.
- Aim is to see how fast client can transition from one exercise to another.

Explaining Penalty Box Fit Exercises

Plyometric & Explosion Exercises	Explanation
Beginner Exercises	
Squat Jumps	Start with one foot in each box Squat down with weight in heels Knees never go past the 2 nd & 3 rd toe Small Hops about 2 inches off the ground Use your arms for momentum to hop upward
Forward Hop Squats	Start with one foot in each box Hop Forward into the top box and squat down Make sure weight is in the heels Arms come forward when squatting Use your arms for balance and momentum Hop Back into starting position
Adductor Jumps	Start behind the box or two feet in one box Feet come and stay together Knees come and stay together Exploding up and landing softly, bending our knees slightly when we land to engage the quads
Mid-Line Taps	Start with one foot in each box Hop Backwards behind the penalty box Squat down with weight in the heels Knees never go past the 2 nd & 3 rd toe Tap the Penalty Box Hop Back in to starting position Use your arms for balance and momentum
Split Lunges	Start with one foot in the bottom box One foot outside the box Lunge down and Jump alternating legs and arms Use your arms for coordination and balance Put all your weight in the front leg heel Knees never come past your 2 nd & 3 rd toe
Side Hop Squats	Start with one foot in and one foot out of the box Side Hop into the middle squat down Always squat when both feet are in the penalty box Side hop back out Weight in the heels when we squat Knees never go past the 2 nd & 3 rd toe Arms come forward when squatting in the middle

What you will learn:

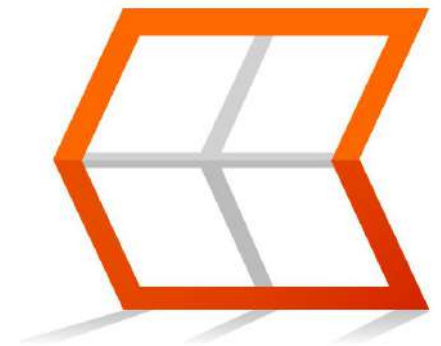
- Explanation of Exercises
- How to explain exercises to Clients
- Proper Biomechanics and Form

Click [here](#) to access the Explanation of Exercises PDF

Modifications to Certain Exercises

Modifications should be made to certain Exercises for Clients who haven't worked out in a while, have limited flexibility, limited ranges of motion, recently had an injury, overweight, etc.

Exercise	Modification
Forward Hop Squats	Forward Hops
Side Hop Squats	Side Hops
Power Jumps	Standing Jumps
Hurdle Jumps	Step Over Hurdle
Pushups	Holding a High Plank
Mountain Climbers/Ab Evolution	High Plank/Alternating Steps



Key Notes to Point Out (Biomechanics)

Biomechanics (make sure your clients are doing it right)

Engage the Core

Weight in heel when squatting, Hips go back, Knees never past the second or third toe, chest up, look forward

Breathe in through the nose out through the mouth

Hands underneath the shoulders when performing high plank exercises, tuck the hips under, and keep your midback inline with neck and lower back

Drive through your shoulders when performing speed agility exercises, stay light on the feet

Land Softly when Jumping, use your calves as springs to absorb shock

For more information on key points click [here](#)

Chapter 7

BRING THE INTENSITY!



Motivation is Key

- ▶ Motivating clients is key to optimal performance
- ▶ Make sure to provide uplifting energy when training
- ▶ Come on! You Can do it! Push Through it!
- ▶ Self Motivation is the best motivation!
- ▶ Check Out the Energy We Want YOU to Bring!
- ▶ Click [Here](#) to watch a video of a training session

