

## RAB PARTNER PLAY

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### OBJECTIVES

1. Benefits of Circuit Training
2. Partner Exercises
3. Benefits of Small Group Training
4. Workout

### SUMMARY

Game time! Learn how easy it is to develop fun, new team-building and athletic drills for partners and groups. This exciting Resist-A-Ball® circuit workout will re-energize your classes as well as introduce new skills guaranteed to get results. Participants will experience skills and drills that are designed to enhance speed, agility and quickness (SAQ), all while understanding the modifications and progressions appropriate for all fitness levels. Discover the key to exercise adherence and member retention by creating a sense of community in your classes.

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| <p>A. Circuit Training</p> <ol style="list-style-type: none"><li>1. Benefits<ol style="list-style-type: none"><li>a. Time Efficient</li><li>b. Creating Community</li><li>c. Variety in Programming</li><li>d. Variety in Focus</li></ol></li><li>2. Stationary Circuit</li><li>3. Circuit w/Stations</li></ol> | <p>C. Small Group Training</p> <ol style="list-style-type: none"><li>1. Community</li><li>2. Exercise Adherence</li><li>3. Club/Program Retention</li><li>4. Periodized Programming/<br/>Goal-based Programming</li></ol> |
| <p>B. Partner Exercises</p> <ol style="list-style-type: none"><li>1. Appropriate and Effective Use of Equipment</li><li>2. Bodyweight Exercises</li><li>3. Goal-based Movements</li><li>4. ACSM Guidelines for Conditioning</li></ol>   | <p>D. Workout</p> <ol style="list-style-type: none"><li>1. Multi-planar</li><li>2. Primal Movement Patterns</li><li>3. Functional Training</li></ol>  |

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**