

THE FITNESS COURT® AMBASSADOR WORKBOOK

ACTIVATE YOUR LOCAL FITNESS NETWORK



WELCOME!



AMBASSADOR WORKBOOK



Fitness Court Ambassadors are community leaders who are positive and informed resources for healthy living. You will be a part of a national network of like-minded people that love The Fitness Court® and want to share their enthusiasm around health and wellness to help others discover it themselves.

OVERVIEW



NATIONAL FITNESS CAMPAIGN HISTORY

THE FITNESS COURT:

Seven Stations

Basics

What do the Fitness Courts do?

WHY BECOME AN AMBASSADOR?

QUICK GUIDE TO:

Coaching

The App

COMMUNITY SAFETY

ACTIVE PLAY

FITNESS COURT MOVEMENTS

CLASS EXAMPLES

CAMPAIGN HISTORY

Official Media Kit



1979



1979

**FITNESS COURT®
INVENTED**

1980



3 COUNTRIES
10,000
FITNESS COURTS®



1980-2000

CAMPAIGN EXPANDS

2012



2012

**NEW CAMPAIGN &
WORLD CLASS TEAM**

2018



2018 - PRESENT
**WELCOMING OUR
500TH HEALTHY
COMMUNITY**

2030



2030

**NFC REACHES 10,000
COMMUNITIES**

THE FITNESS COURT

Seven Stations



7 Stations, hundreds of movements and unlimited possibilities to build your own unique workout. Whether you are just starting your fitness journey or competing in your next elite race, the Fitness Court can get you moving in the right direction.

The Seven Stations :



The American-made Fitness Court is an adaptable outdoor bodyweight circuit training system, crafted as civic art and designed for adults of all ages and ability levels. It is the world's best outdoor gym, featuring high intensity seven movement circuit training routines, challenges and classes.



THE FITNESS COURT

Basics



- The Fitness Court was designed to help users achieve the most effective workout in the shortest amount of time.
- Circuit-style training has been present since early history. The modern form of circuit training however, was developed by R.E. Morgan and G.T. Anderson in 1953 at the University of Leeds in England.
- The Fitness Court supports a similar style of training, using only one's bodyweight. Workouts on the Fitness Court are super-efficient, adaptable, fun and FREE!
- Functional training has been seen to improve strength and endurance while efficiently burning excess body fat.
- When executing exercise at high intensity, positive changes have been observed in insulin resistance with as few as 8 active minutes week.
- Exercises in a functional circuit should be placed in an order that allows for opposing muscle groups to alternate between working and resting in subsequent exercise stations.



THE FITNESS COURT

What do The Fitness Courts do?



The 7 movement, 7 minute system provides a full-body workout to people of all ability levels, and The Fitness Court can be used in thousands of ways.

PROMOTES strength development for all major muscle groups.

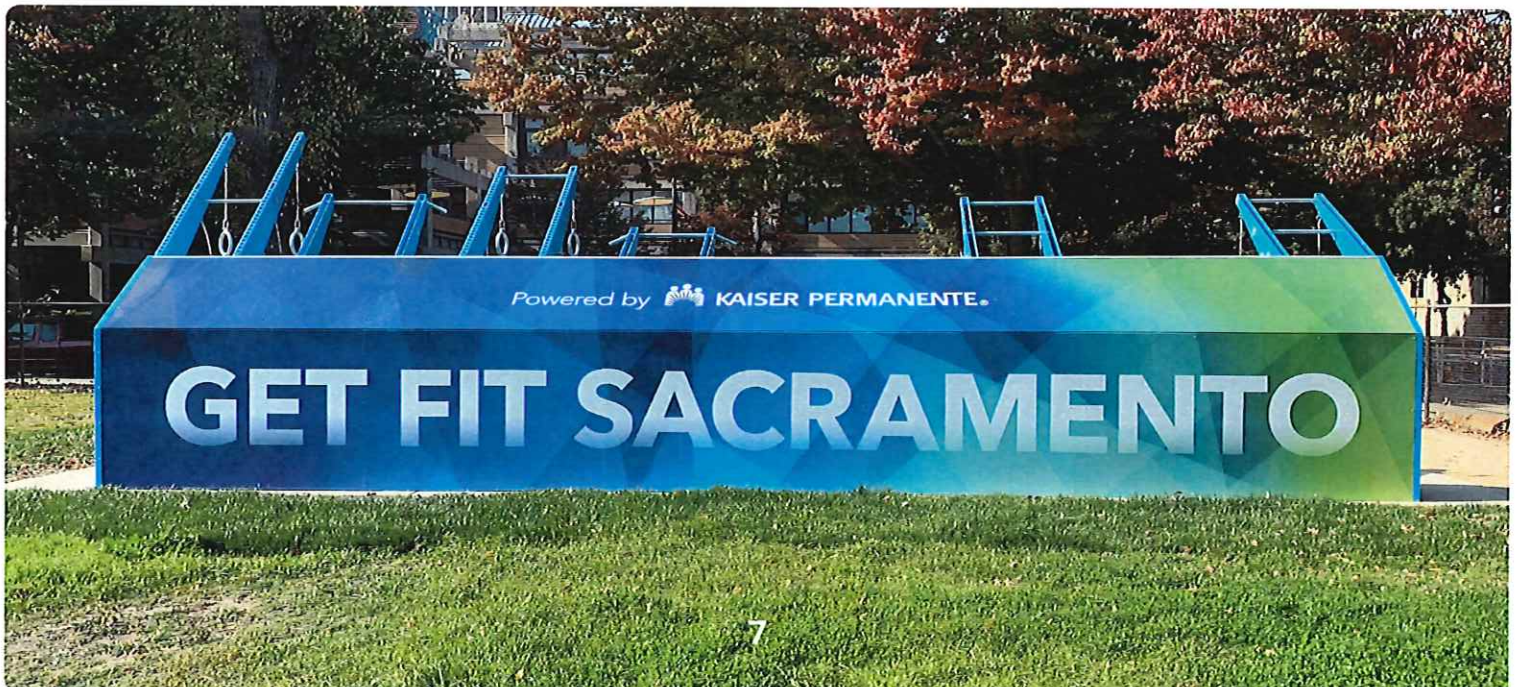
ACTIVATES large muscle groups to create the appropriate resistance and aerobic intensity.

CREATES a balance of strength throughout the body.

ADAPTS immediately to increase or decrease exercise intensity.

TRANSITIONS easily to accommodate minimized rest time.

To maximize the metabolic impact of the exercise, time should be sufficient enough to allow for the proper execution of 15 to 20 repetitions of a movement. 30 seconds per exercise are adequate, because most participants are able to acquire and maintain appropriate intensity for this length of time.



QUICK GUIDE TO...

Coaching



To be good at group training, first you must learn how to communicate effectively with people. Listen first, speak second! Become better at coaching large groups by immersing yourself in group settings as often as possible.

NFC offers guidance - through workshops and forums - to help you learn what is needed to get comfortable. Exercise selection on the Fitness Court can be as simple or advanced as you choose. We've designed it to be user and trainer friendly. A good program starts with a good plan. Master the plan, and your classes will improve!

Programing is built in three major cycles:

MACRO

Long term goals.
Think about this as a
yearly plan.

MESO

Quarterly or monthly
goals. Use this as an
opportunity to dig in a
little more.

MICRO

Weekly or daily goals.

Try and follow a 3-day template. Here's an example: Mondays are GX classes, Wednesdays are single movement days, and Fridays are challenge days. Each day complements the other, and all begin with dynamic warm-ups.



ACTIVATION ON THE APP

Opportunity for Continued Programming



Have fun and get the most out of your workout with the official app of National Fitness Campaign: **Fitness Court**



Users can easily locate Fitness Courts near them, and stay in the loop about Fitness Courts opening soon! You can register for local classes.



Users of any fitness level can learn the basics of all seven stations.

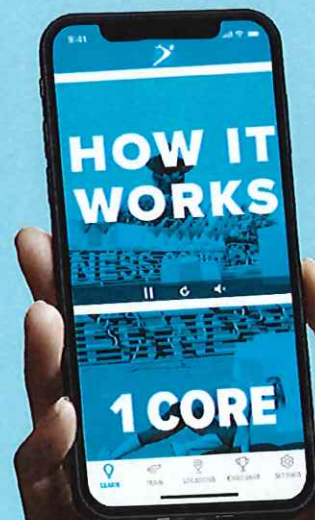


Community members will train with guided audio from in-app celebrity trainers.

A Coach in Your Pocket

Taking outdoor wellness activity to the next level, the Fitness Court® is supported by our integrated Fitness Court® App, with new workouts and challenges delivered on a regular basis.

The Fitness Court App for iOS and Android is a complete digital training system designed to keep people excited about staying fit outdoors.



Scan this QR code to download or download at

www.nfchg.com/app

COMMUNITY SAFETY



National Fitness Campaign is passionate about community safety. Although moderate physical activity is safe for most people, our training team suggests users talk to their doctor before starting an exercise program.

Use these two movements to easily check mobility:



Shoulder Impingement Test



Cobra Pose

Both movements will allow you to see the basics of joint movement. Again, if an individual can't perform one of these movements or experiences pain, it is advised that they consult with their doctor before continuing to train on the Fitness Court.



ACTIVE PLAY

45 Second Circuits



Active play is a fun and quick way to introduce the Fitness Court to your community for the first time. This activity encourages individuals to experiment with each station, using their own intuition and existing knowledge of exercises as they move through the Court. This allows participants to workout at their own fitness level and pace, progressing comfortably before the formal training begins.

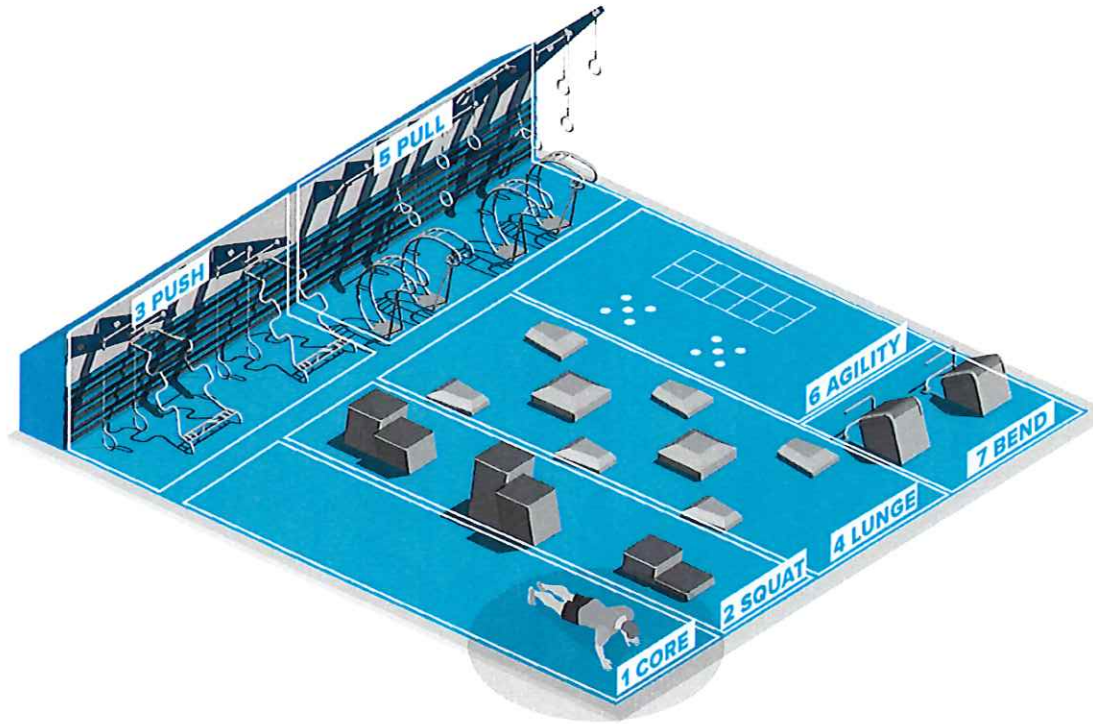


Set a timer for **45 seconds of work** and **15 seconds of rest**.

Instruct participants to do whatever movement feels comfortable to them at the station they're on. After 45 seconds of work, participants will have 15 seconds to rest and rotate to the next station. Repeat for all seven stations.



1. CORE



A person's functional movements are greatly dependent upon their CORE strength. People who lack core development may experience a predisposition to injury. The major muscles of a person's core reside in their abdomen and in their mid and lower back, to include their hips, neck, and shoulders.

BASIC MOVEMENTS:

BEGINNER:

- Plank (High, Low)
- Bird Dog
- Bridge

INTERMEDIATE:

- Bicycle Crunches
- Mountain Climbers
- Russian Twist

EXPERT:

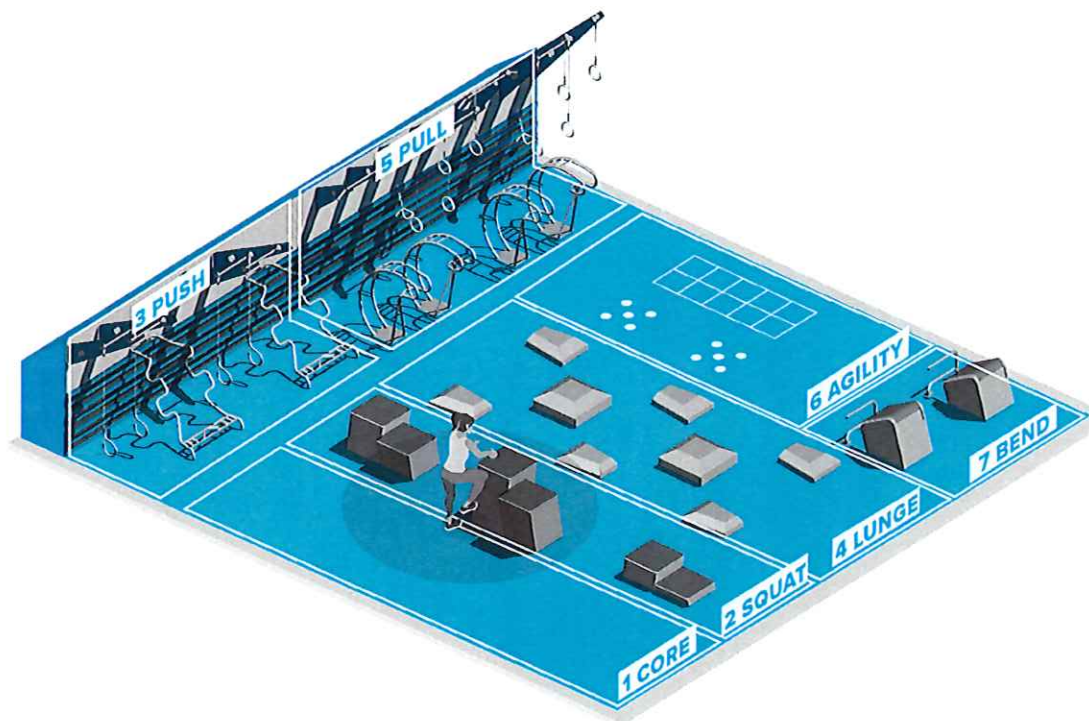
- Windshield Wipers
- Plank with Hip Dips



MAJOR MUSCLE GROUPS:

- Pelvic floor muscles
- Multifidus
- Transverse abdominis
- Rectus abdominis
- Erector spinae
- Longissimus thoracis
- Diaphragm

2. SQUAT



SQUATS are one of the best functional exercises for the human body, a simple motion dating all the way back to our hunter-gatherer beginnings. Performing squats builds muscle, helps your muscles work more efficiently, and also promotes your mobility and balance. All of these benefits translate into bodies moving more efficiently in the real world.

BASIC MOVEMENTS:

BEGINNER:

- Squat
- Step-up

INTERMEDIATE:

- Step-up to High Knee
- Jack Squats
- Jump Squats

EXPERT:

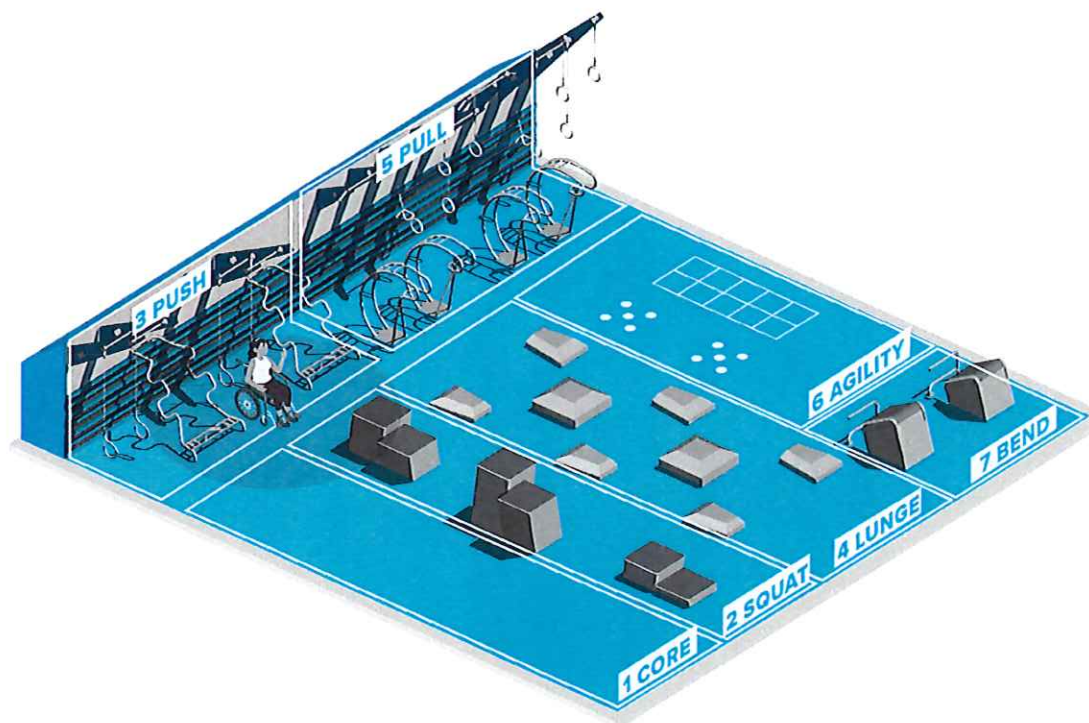
- Pistol Squat
- Box Jump



MAJOR MUSCLE GROUPS:

- Thighs
- Hips
- Gluteal
- Quadriceps femoris muscle (vastus lateralis, vastus medialis, vastus intermedius and rectus femoris)
- Hamstrings

3. PUSH



PUSHING movements are a category of exercises that involve moving weight straight out in front of you, away from the torso. Therefore, it consists of movements in the sagittal (shoulder flexion) and/or transverse plane (shoulder horizontal adduction) with elbow extension.

BASIC MOVEMENTS:

BEGINNER:

- High Push
- Mid Push

INTERMEDIATE:

- Push-Up
- Dips
- Lateral Push

EXPERT:

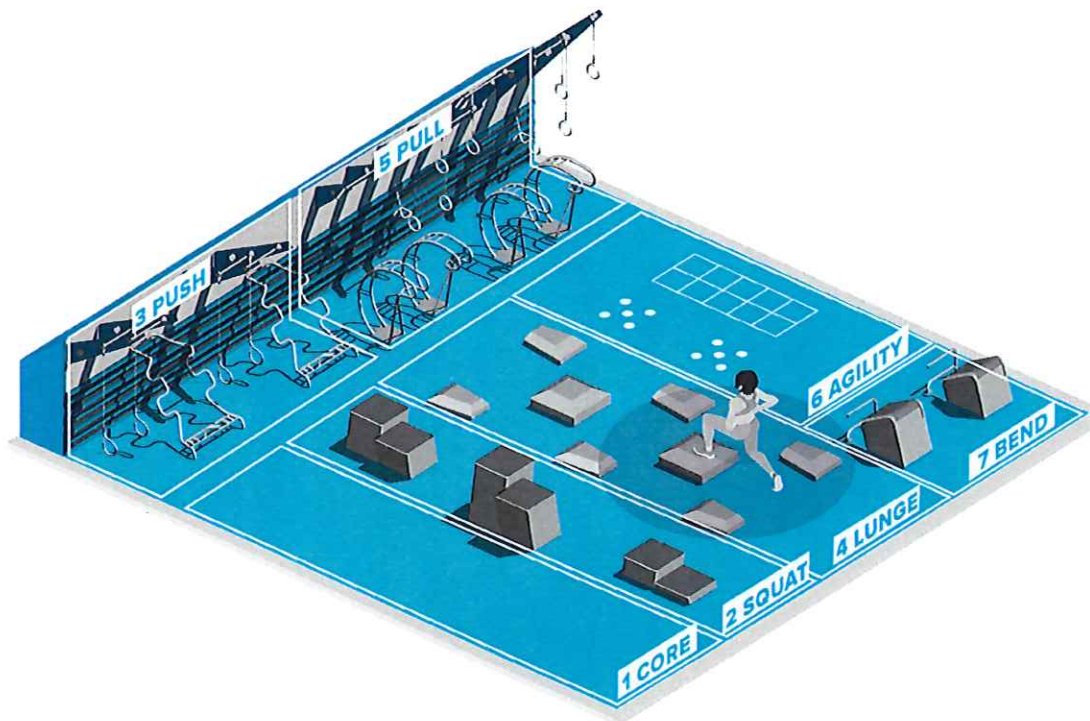
- Destabilized Ring Push
- Monster Push Up
- Decline Push



MAJOR MUSCLE GROUPS:

- Pectoral
- Triceps
- Deltoids
- Abdominals
- Serratus Anterior

4. LUNGE



LUNGES develop lower-body strength and endurance, and unlike the squat, they are highly defective at equalizing muscle imbalances. They're also a great move for beginners.

BASIC MOVEMENTS:

BEGINNER:

- Forward Lunge
- Reverse Lunge

INTERMEDIATE:

- Lateral Lunge
- Incline/ Decline Lunge
- Walking Lunge
- Transverse Lunge

EXPERT:

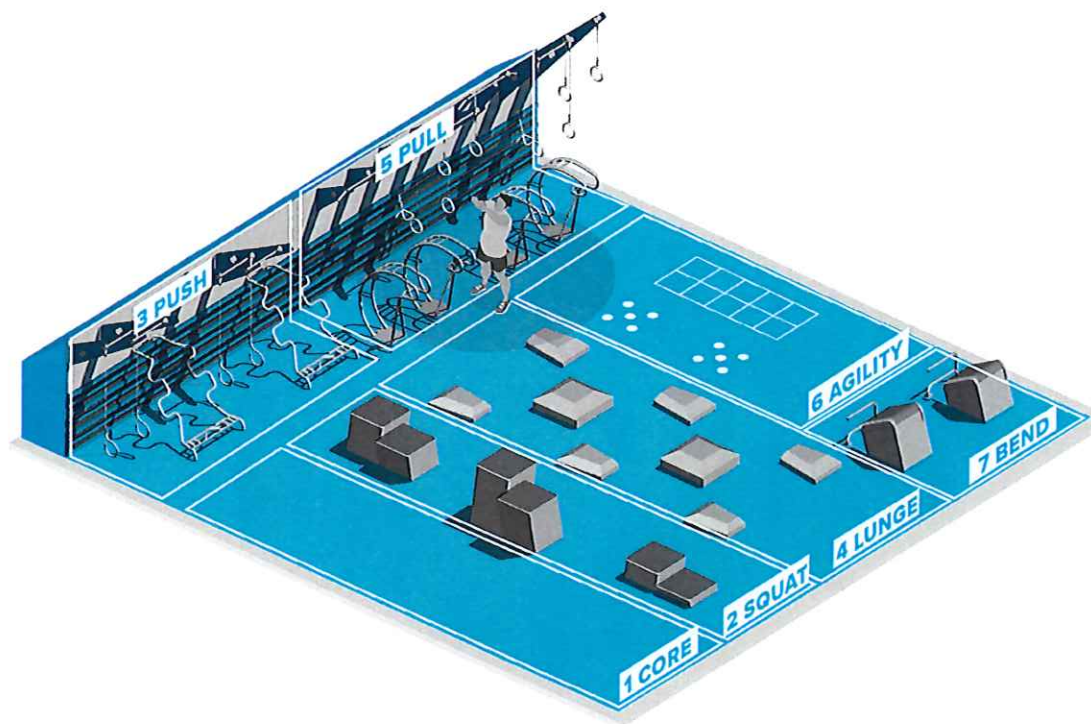
- Jump Lunge
- Curtsy



MAJOR MUSCLE GROUPS:

- Glutes
- Hamstrings
- Quadriceps
- Calves
- Thighs
- Abdominals

5. PULL



The opposite of a pushing motion, a PULL movement involves moving a weight vertically towards the torso. It usually consists of movements in the sagittal (shoulder extension), frontal or transverse planes (shoulder adduction). This normally means that pull movements create shoulder extension and/or adduction with elbow flexion.

BASIC MOVEMENTS:

BEGINNER:

- Low Pull
- Assisted Pull
- Easy Mid Pull

INTERMEDIATE:

- Mid Row
- Chin-up
- Destabilized Row

EXPERT:

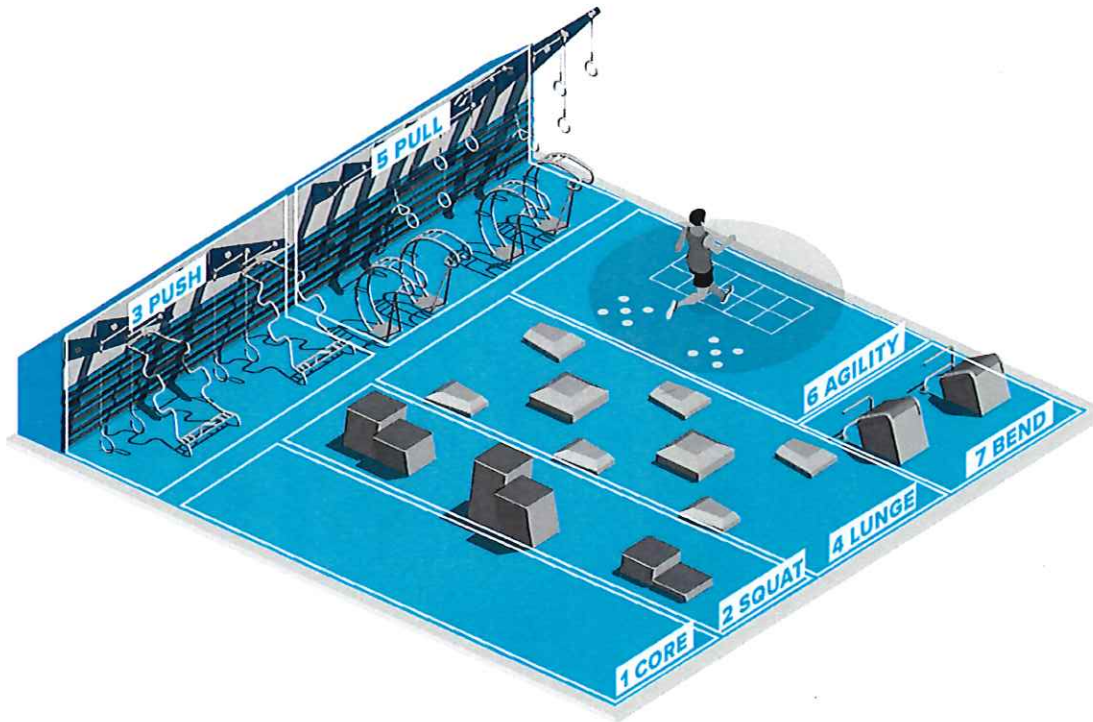
- Wide Pull-up
- Destabilized Pull-up



MAJOR MUSCLE GROUPS:

- Latissimus Dorsi
- Abdominals
- Biceps
- Forearms
- Trapezius

6. AGILITY



The AGILITY station is where the full body strength training exercises happen and it is the ultimate example of functional fitness. Each rep is designed to work all muscle groups in the arms, chest, quads, glutes, hamstrings and abs. After a few sets of any agility movement, the legs should begin to feel challenged or fatigued.

BASIC MOVEMENTS:

BEGINNER:

- Jumping Jacks
- Jogging in place

INTERMEDIATE:

- Dot map
- Body Builders
- Up/Downs
- Speed Skaters

EXPERT:

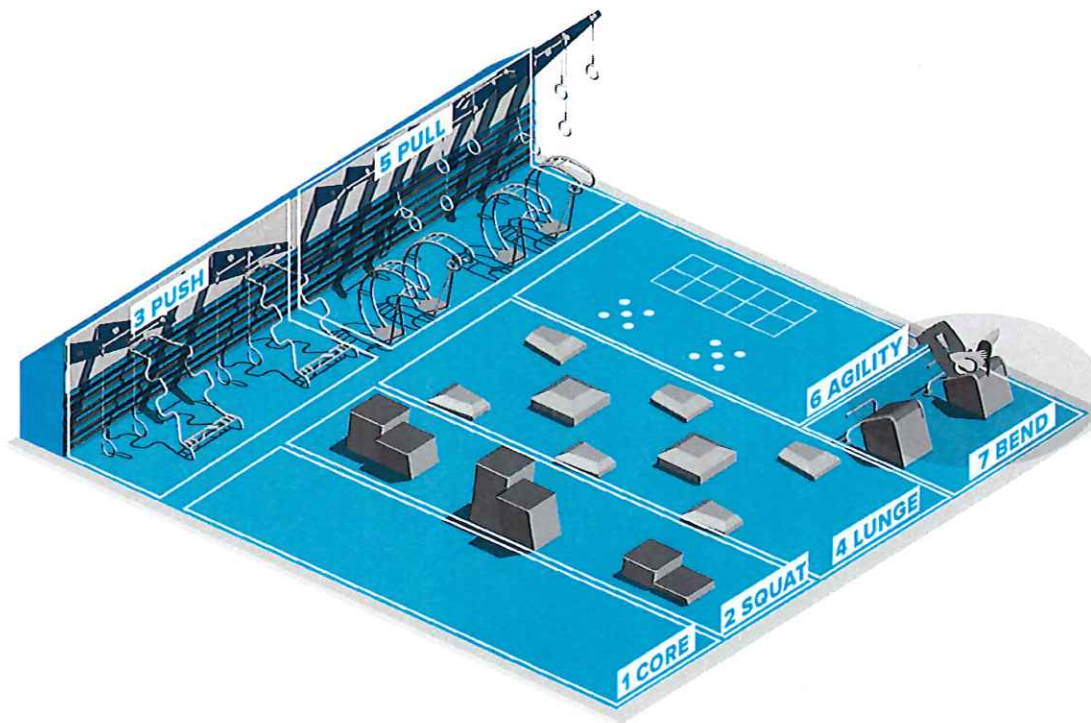
- Burpees
- Ladder Drills



MAJOR MUSCLE GROUPS:

- Gluteals
- Hamstrings
- Quadriceps
- Pectorals
- Latissimus Dorsi
- Abdominals

7. BEND



No matter what BEND movement you choose, the primary muscle group involved is the erector spinae. A healthy back allows for movement in different directions, including side-to-side motion (lateral flexion). This helps to increase strength and flexibility of the low back and abdominals, while helping to improve posture.

BASIC MOVEMENTS:

BEGINNER:

- Hinged Windmills
- Candle Sticks

INTERMEDIATE:

- Back Extension
- Leg Lifts
- Oblique Crunch
- Side Bend

EXPERT:

- Single Leg Romanian Deadlift
- Back Extension with Twist



MAJOR MUSCLE GROUPS:

- Iliocostalis lumborum
- Longissimus thoracis
- Spinalis

CLASS TEMPLATE

Mobility Flow and Basic Class



MOBILITY FLOW

10 movements
15-20 minutes

1

CORE



2

SQUAT



3

PUSH



4

LUNGE



5

PULL



6

AGILITY



STATION

10-15
BREATHS

CAT/ COW

TWISTED
MONKEY

SEATED FIGURE
WITH RINGS

DRAGON
POSE

HAMSTRING
STRETCH

TIP TOE
POSE

10-15
BREATHS

RING HIP
HINGE

JUMP
LUNGE

CROSS BODY
LOUNGE

10-15
BREATHS

STANDING T
ON RINGS

FORWARD
LUNGE

LONG TORSO
STRETCH

- Hold each pose for 10- 15 breaths. Relax the body into the pose on the exhale.

BASIC CLASS

7 movements
14-35 minutes

1

CORE



2

SQUAT



3

PUSH



4

LUNGE



5

PULL



6

AGILITY



7

BEND



STATION

45 SEC

PLANK

SQUAT

MID PUSH

FORWARD
LUNGE

LOW ROW

JUMPING
JACK

WIND MILLS

ROUNDS

REPEAT CIRCUIT 3-5 TIMES

REST

REST BETWEEN STATIONS: 15 SEC REST • 45 SEC ACTIVE RECOVERY • THEN NEXT STATION

- Use 7 body weight movements that fit class participants. Stay on each station for 45s with 15s of rest between. Repeat 2-3x for beginners and 4-5x for advanced users.
- Class size: 14 participants or fewer


CLASS TEMPLATE

Mass Circuit and NFC 700 Challenge




MASS CIRCUIT
14 movements
25 minutes


1
CORE




2
SQUAT




3
PUSH




4
LUNGE



6
AGILITY



7
BEND




90 SEC	PLANK	STEP-UPS	ROW	BLOCK WALKS	BODY BUILDERS/ NO STANDING	SUPERMAN
90 SEC	SHARKS/ PUSH	BOX JUMPS	PULL/ LEG TUCK	MATRIX	BURPEE	BIRD DOG
REST	2 MINUTE REST AFTER CIRCUITS					


- Workout is done in 90s increments.
- After the first circuit, rest for 2 mins and demo circuit #2. There can be up to 6 people per station.
- Class size: up to 36 participants

NFC 700 CHALLENGE
7 movements
700 repetitions


1
CORE




2
SQUAT




3
PUSH




4
LUNGE




5
PULL



6
AGILITY



7
BEND



100 REPS	MOUNTAIN CLIMBERS	STEP-UP	INCLINE PRESS	FORWARD LUNGE	ROW	HIGH KNEES	BACK EXTENSIONS
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MUST COMPLETE 100 REPETITIONS BEFORE TRANSITIONING TO THE NEXT ROUND

- Athletes must complete all 700 repetitions during this timed event. Starting from any station, athletes must complete all 100 repetitions before transitioning to the next round.
- Athletes must be filmed and submit video to NFC @success@nfchq.com
- Class size: up to 28 participants

CLASS TEMPLATE

The Pulse



PULSE CLASS

During NFC'S ambassador training, you'll watch a tutorial video to learn the PULSE class workout so that you can teach your community how it works!

THE PULSE CLASS TEMPLATE

THE PULSE 14 movements 35 minutes	1 CORE	2 SQUAT	3 PUSH	4 LUNGE	5 PULL	6 AGILITY	7 BEND
STATION							
30 SEC	PLANK	SQUAT	MID PUSH	FORWARD LUNGE	LOW ROW	JUMPING JACK	WIND MILLS
30 SEC	MOUNTAIN CLIMBER	STEP-UP	RING PUSH	JUMP LUNGE	MID ROW	BURPEE	LEG RAISES
30 SEC	PLANK	SQUAT	MID PUSH	FORWARD LUNGE	LOW ROW	JUMPING JACK	WIND MILLS
30 SEC	MOUNTAIN CLIMBER	STEP-UP	RING PUSH	JUMP LUNGE	MID ROW	BURPEE	LEG RAISES
15 SEC	REST	REST	REST	REST	REST	REST	REST
45 SEC	ACTIVE RECOVERY	ACTIVE RECOVERY	ACTIVE RECOVERY	ACTIVE RECOVERY	ACTIVE RECOVERY	ACTIVE RECOVERY	ACTIVE RECOVERY

Additional Content Library on NFC website

www.nfchq.com/content-library

WORKOUT OF THE WEEK



Ambassadors can easily create a Workout of the Week template to boost engagement and empower individual usage on the Fitness Court. Focus on keeping the circuit simple, easy to understand yet challenging enough to ensure participants get a good workout!

WEDNESDAY W.O.W.

“SHOREBIRD”

Tabata 3x + 20 sec work, 10 sec rest at each station.

After the 8 movements, rest 1 min and repeat

Cross-body Mountain Climbers

(Station 1)

Squats (Station 2)

Push Ups (Station 3)

Lunges (Station 4)

Low Pulls (Station 5)

Jumping Jacks (Station 6)

Leg Raises (Station 7)

WEDNESDAY W.O.W.

“THE MARINA GREEN”

AMRAP 14 Minutes

56 Jumping Jacks (Station 6)

14 Mid Rows (Station 5)

14 Lunges (Station 3)

14 Mid Push-ups (Station 3)

14 Step Ups (Station 2)

