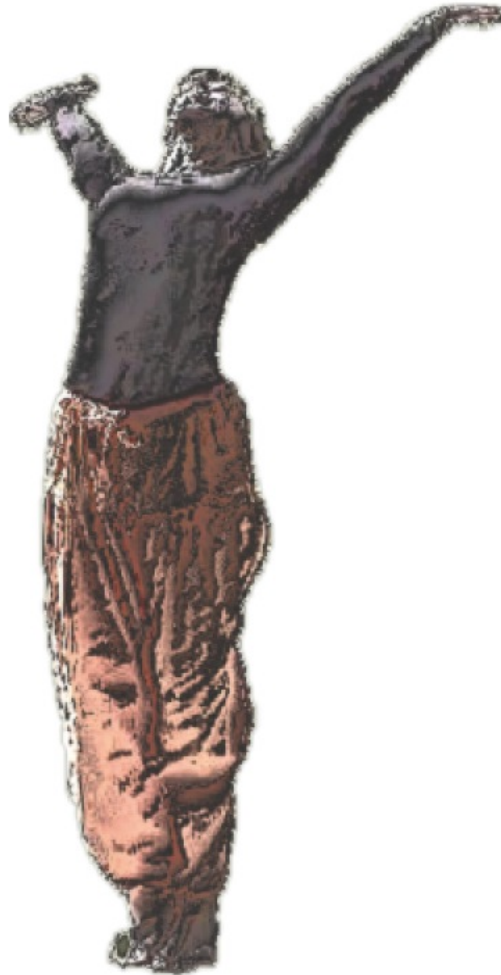


CHAPTER 4: CYCLES, FORMAT & SAFETY

- I will worship with my life -



*I urge you brethren, by the mercies of God
to present your bodies a living sacrifice, holy and acceptable to God
which is your spiritual worship. Romans 12:1*

Cycles

WholyFit's pre-designed classes follow a fitness format fulfilling the American College of Sports Medicine group exercise standards and guidelines, and provides optimal training results.

Church Format– 45 minutes plus 15 minutes socializing and prayer

CYCLE 1 Warm-up	10 min
CYCLE 2 Standing	10 min
CYCLE 3 Balance	5 min or less
CYCLE 4 Mat Work	15 min
CYCLE 5 Restoration	5 min

Health Club Format– 60 minutes

CYCLE 1 Warm-up	15 min
CYCLE 2 Standing	15 min
CYCLE 3 Balance	5 min
CYCLE 4 Mat Work	15-20 min
CYCLE 5 Restoration	5 min

Home Practice

10 minutes of any CYCLE



Purpose of Each Cycle

Warm-up: Total body, range of motion, light, low impact cardio, upper body strength, spinal agility, stability training and lower body toning

Standing: Stamina, lower body- includes hips, quads, gluteals, waist, core, stability, deep flexibility, spinal agility

Balance: Stability, equilibrium, body sense (proprioception), hips, core, spinal agility, deep flexibility

Mat Work: Strength, flexibility, core, hip opening, spinal agility, deep flexibility

Restoration: Stress management, relaxation, recovery

Multi-Layer System

Layer 1: Stability

Layer 2: Strength

Layer 3: Flexibility

Layers 4-6 may be learned through three-hour seminars called 'Gatekeepers and Workups'

Format

Cycle 1 Warm-up with Scripture memorization

Purpose: Mind-body purpose is Scripture memorization. The physical purpose of the Warm-up is to gain normal range of motion and raise internal muscle core temperature. Teach the postures to new participants one at a time, then link them with the breath. You may shorten the cycle or do all the postures. Remember to teach Layer 1 first, and be sure to encourage people to progress at their own pace, and to modify below Layer 1, if necessary. Teach Layers 2 and 3 only to those who need to progress because they have mastered the Layer before.

Transition between the Postures:

Postures all contain built-in transitions when performed in sequence. You may choose to add or omit "shield sequences" between postures. However, remember to keep the postures in their proper sequence.

Transition between the Cycles:

Choose a Universal Transition

Selah

Yadah

(See a more detailed explanation of the Warm-up following)

Cycle 2: Standing Stamina and Lower Body Strength Exercises

Purpose: Stamina, lower body including hips, quads, gluteals, waist, core, stability, deep flexibility and spinal agility.

The Standing Cycle builds stamina and leg strength and is the most challenging athletically. Hold each movement for at least 5 breath cycles. Remember that all exercises are shown in three Layers so that the workout is always comfortable. The standing sequence is usually only performed one time; if you want to emphasize lower body toning and stamina, repeat this sequence, However, be aware that this will bring up your intensity level. Choose only a few at first; include more exercises as you get stronger. Layers 1-3 are given for each exercise, covered in Mod 2., during Gold certification..

Transition between the Postures:

Postures all contain built-in transitions when performed in sequence. You may choose to add a "Shield sequence" between postures.

Transition between the Cycles:

Choose a Universal Transition

Selah

Yadah

Nakar

Repeat the Warm-up cycle to a posture with a good transition

Shield Sequence

Cycle 3: Balance for a Firm Center and Down to Earth Roots

Purpose: Stability, equilibrium, body sense, hips, core, spinal agility, deep flexibility.

Hold the pose(s) as long as you like; return to Nakar. Repeat on other side. Pick one or two centering postures from the balance section. Some balance postures are relaxing, others are strenuous.

Choose 1 or 2 postures of praise that work to develop physical grace, defined as efficiency of movement. Grace affects postural awareness, equilibrium and “centering” because of the reliance on body sense for control of position in space. The Balance section is the key to learning to move correctly, efficiently, consciously and gracefully.

To help beginners to overcome their common reticence of the balance postures, allow them to learn the pose from a seated position first, or using a wall or chair. The secrets to the Balance section are:

1. Move in Slow Motion - as though swimming in peanut butter.
2. Eyes Focused - on a pinhead-sized diameter space on the floor 3 feet in front of you. OR focus on something that does not move.
3. Grounded Support—hip of supporting leg not twisted (rotate from front from axis = femur at hip socket), toes wide

Tree Grace: Reaching Up, Rooting Down

Stability in a spiritual sense comes from being “grounded” in the Word of God as we imagine our roots going deep down into Him.

But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. Psalm. 1:2-3

I pray that out of his glorious riches he may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3: 16-19

Vestibular Senses

Balance also has much to do with the information received from our surroundings through the eyes, ears, etc... These vestibular senses are important to develop, so train by keeping the eyes single-mindedly focused on any one tiny spot 3 feet in front of you.

So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness. - Colossians 2: 2-4; 6-7

We need to keep our eyes on Jesus and often closed in prayer to keep our lives balanced in Him. For stability in life keep your eyes focused on Jesus. He is the One who does not change. He is always faithful and good. He will always be there and He is always in control. He never stops loving you, no matter what. Jesus Christ is the same yesterday, today and forever.

Transition between the Postures:

Postures all contain built in transitions when performed in sequence. “Nakar” is best to use during the Balance cycle between postures.

Transition between the Cycles:

Choose a Universal Transition

Selah

Yadah

Nakar

Repeat the Warm-up cycle to a posture with a good transition

Shield Sequence

Cycle 4: Matwork for Open Hearts, Hips and Hams

Purpose: Total body strength, flexibility, core work, hip opening, spinal agility, deep flexibility.

Mat Work contains core work, strength training and the deep flexibility work. Hold each stretch at least 5-10 breath cycles until you feel the muscle release. This “holding period” varies from person to person and even from day to day. At the half way mark, Mat Work is started. Going from standing to seated gradually equalizes blood pressure. (Going from Mat Work to standing is counter-intuitive, uncomfortable and can cause fainting in some participants.)

Mat Work is set up in intervals: Work it, and then stretch it. Strengthen then stretch. Mat Work contains strength training and the deepest flexibility work in your session. Hold each stretch until you feel the muscle release. This holding period varies from person to person. Hold each strength building exercise for at least 5 deep, slow breath cycles.

Now that the intensity will be varied instead of constant, you have the opportunity to work on flexibility and connect verbally with participants. Holding periods provide time for focusing on body alignment and technique. Holding periods provide interaction time between each other and with the Father. Praise participants for the fine modifications they chose or made up themselves so that the exercise worked for them. Educate as to the benefits of WholyFit. Expound on a Scripture verse. God's Word brings health to the whole body. A well spoken word is a tree of life. Inspire, uplift and edify. Connect on a personal level - get to know your participants. Holding stretches is a great time to connect with the Lord as well, through reflection, prayer, or simply being quiet to enjoy His Holy Spirit.

Basic Matwork Exercises:

- Boats and Fishes core series
- Butterfly
- Wide Angle
- Dove Series (hip opener)
- Reverse Sit-up
- Supine Weapon

Transition between the Postures:

Postures all contain built in transitions when performed in sequence. “Nakar” is best to use during the Balance section between postures.

Make a deliberate transition between exercises in the Mat Work cycle. If you do them in sequence, the transition is built in. If you change the sequencing, make sure you think through the transition and cue your class through it. For example, from “Boats and fishes

core series,” to get to “Butterfly” you could hold a “Boat” and set the feet down so that you are seated upright. You could even cue the class to lower the legs out of boat into a wide angle position.

The best transitions are exercises in themselves! For example, if you go from “Boats and fishes core series” to “Bridge,” you would cue the reverse sit-up with focus till the class is in supine position, and then cue them up into “Bridge.” Always avoid saying “do this” or “now do this.” You need to give them cueing strategies for every movement so that they move slowly, purposefully and safely from one exercise to the other. Make the transition the best part! Transitions are everything!

Cycle 5: Restoration - Every Day Sabbath Postures

Purpose: Mind/body purpose: Teacher takes the opportunity to “wash participants in the Word” by repeating the Scripture memory verse and any other verses the Lord puts on the teacher’s heart. The teacher may wish to play a meaningful song or direct participants to be quiet before the Lord. Restoration is everyone's favorite. In just 5 or 10 minutes you can experience a wonderful, prayerful time of offering up your cares to the Lord. At the end of a workout, relaxation has proven to be deepest.

Physical purpose: Restoration brings about stress management, relaxation, and renewed energy through prayer, rest and biblical meditation. Restoration is to be completed after every session. Do not skip it. Restoration is necessary after every practice session because it allows blood pressure, breathing and heart rate to return to normal.

Do Restoration Anytime During Your Day

“Ahhhhh....” The Restoration period at the end of the workout: is everyone's favorite. In just five minutes you can experience a wonderful, prayerful time of offering up your cares to the Lord. Restoration is based on the “Sabbath” principle and is therefore necessary physically after every session. If the "Sabbath" is skipped, as in traditional exercise programs, you may end your workout with a "crashed" feeling. Restoration allows blood pressure, breathing and heart rate to return to normal and makes you feel that you have more energy than you started the workout with. Restoration may be the only part of the workout you do on some days.

Restoration can be used in and of itself for stress management in tough moments of your day or on an ongoing basis, and may be helpful for those dealing with grief or difficulty. It may take you some time to be able to relax but with practice you will find it easier and easier to enter the "Quiet Place" beneath the wings of the Almighty.

A Word about Rest Postures

Optional rest postures (Selah, Yadah, Nakar) can be used at any time during the workout for self-pacing. They are also used as universal transitions. A well-timed rest can give you an emotional or physical break and give your body time to process lactic acid and

other by-products of muscle fatigue. Rest postures are interchangeable. For example, Yadah, the half-rest posture can be substituted for Selah, the full resting posture.

These rest postures can be used at any time during the workout.

Selah [Say-la'] – Strong's dictionary 5542: Hebrew for: “suspension (of music), i.e. pause.” Used as a musical notation in the Psalms. Posture for Biblical Meditation, from ancient Hebrew.

Yadah [yah-dah] – Strong's dictionary 3034 Yâdâh: Hebrew for “praise.” This rest posture is also called the “Praise Triangle.”

Nakar [naw-kar] - Strong's dictionary 5234 Nâkar:”to regard, acknowledge, respect, revere.” Stand Firm posture, with arms crossed over chest.

Taking an indiscriminate rest; however, when you don't really need it, can short circuit your energy, especially in a health club environment. Make rest periods special times. The amount to which you integrate rest enables you to make your individual sessions a challenge or a relaxing get-away from it all, depending on your needs for the day.

The most common mistake novice instructors make is pacing a class too slowly and taking too many rests. This is associated with boredom in participants and cuts down on the time-efficiency of the workout. Minimize “dead airtime” and make workouts time efficient so that participants feel they have accomplished something at the end of your class.

Details of the Warm-Up Cycle

Purpose: The purpose of the Warm-up is to gain normal range of motion and raise internal muscle core temperature.

The Warm-up is not intended to work flexibility, but rather to get a cardio vascular effect. Each pose is not held very long, but rather “touched” on while trying to establish a flow. The first repetition through the warm-up routine each pose can be explained, but not in depth. Leave that for the standing section when you are holding each pose for at least 5 breath cycles. Each repetition of the Warm-up pattern should get faster and faster till eventually each exercise is completed on one inhale or exhale. However with beginner classes, this may not realistically be a possibility. Don't go faster than your participants can handle, but once they learn the exercises, you will be able to eventually go through as a flow. This usually takes about 6 weeks (one class per week) to accomplish.

Warm-up is always completed as directed at the beginning of each practice session. In this flowing pattern you'll perform simple movements with arm work transitions (Shield sequence) containing light, low impact cardio, and toning/strengthening exercises while freeing up the spine and centering the body. (Centering is a term we use in HolyFit which means to be balanced, aware of equilibrium in a rooted position conscious of your center of gravity.)

This cycle is intended to be repeated as many times as you like until you feel warmed up; the key to creating maximum flexibility. Warming up prepares the whole body for movement, prevents damage to skeletal muscle and connective tissue and allows for gradual changes in blood pressure. It increases blood flow and causes muscles and joints to become more pliable and thus more resistant to tearing. The largest muscles of the body, the quads and gluteals, are targeted in order to move larger amounts of blood. Arm work is deliberately included to pump blood to the chest, heart and lungs.

The Warm-up is composed of the fundamentals that we call "Gatekeepers". Gatekeepers are the basic postures that are to be repeated in each workout because they open the body over time, providing a gateway to progression. The Warm-up creates a rehearsal of movements that you will use throughout the workout. The warm-up is very basic and very similar from module to module. Educate participants and provide the reason for the warm-up. Use the warm-up to connect with students and teach "Mirror Image" as much as possible for eye contact.

Exercise Should Not Feel Like Torture

When done properly a Warm-up gradually increases core temperature comfortably. The Warm-up cycle activates neurology and triggers the body to secrete endorphins - natural pain killers and mood lifters. These physiological changes influence emotional perception and really do make the exercise easier. By "easier" I mean experiencing a feeling of lightness and perceived ease: you'll feel "on top of it" instead of feeling like you're drowning.

"Why does exercise feel like torture to me?" This is a familiar complaint to personal trainers. Improper sequencing of exercises and most often a lack of a good warm-up are the most common reasons for this experience. Exercising an unprepared body feels horrible because it can cause injury. Our bodies are equipped with pain receptors to keep us from straining and hurting ourselves. We need to listen to them for our protection. Proper Warm-up and sequencing will give you the ability to do even the most difficult exercises with more ease and enjoyment. There will still be effort and work, but if you follow the format described in this book, you certainly should never experience the kind of exercise induced pain associated with "torture" ever again!

WholyFit is provided as an alternative to yoga in order to bypass dangerous or uncomfortable yoga philosophy, but there's more. There are some physical drawbacks to many (not all) yoga classes and styles:

1. Inadequate Warm-up with rushed deep flexibility work
2. Promotion of flexibility over strength

Warm Muscles Stretch, Cold Muscles Tear

It has been proven that warm muscles stretch more easily and safely than “cold” muscles which are in a shortened state and therefore more resistant to stretching. Physics dictate that cells which are cold in temperature contract and are less mobile; warm cells expand. The water molecules in a teapot are mobile when heated to a boil. The internal body temperature needs to be raised for increased flexibility, especially in the case of previous injuries or arthritis. In WholeFit, the warm-up is most important for bringing efficiency and comfort to the workout, and thus achieving more in less time. After the warm-up, the body is enabled to stretch more deeply and safely.

Can You Warm-up by Exercising in a Hot Room?

The activity of “warming up” indicates the ELEVATION OF MUSCLE CORE TEMPERATURE, unrelated to the temperature of the environment. The warm-up is a process of readying your body, not a measure of the external room temperature. Even in a warm environment, you still need to “warm-up.” “Cold” refers to your state of unpreparedness for exercise. Before exercise, for example, when you roll out of bed in the morning your body is unprepared for vigorous activity. The warm-up cycle is repeated until the body is ready for the deep flexibility work that follows. A good gauge for proper warm-up is the beginning of a slight sweat, or “glow.”

A cold environment makes it take a little longer perhaps, to get warmed up. However runners who live in cold environments will tell you it doesn’t really take that much longer. Training in heat is something that takes time to become accustomed to and may not be healthy for a general population with no prior health screening, because one bout with heat stroke can weaken your tolerance for heat for the rest of your life and in a worse case, can cause sudden death. Heat does accentuate flexibility, especially in injured joints; however for most people, a warm bath or spa before working out would be a healthy, pleasant compromise (as long as you don’t get overheated or dehydrated). It is best to rely on a good warm-up for intramuscular temperature elevation instead of relying on a heated room.

Movement 101

Stretching to increase flexibility is NOT warming up. Stretching to increase flexibility should be done AFTER muscle core temperature is elevated. The warm-up is always a rehearsal, specifically planned to open up the body for the demands of the exercises planned for that session, so they could be categorized as “basics,” the fundamentals.

Key concept: The WholyFit warm-up is done to gain normal range of motion – not increased flexibility. It is composed of a combination of smooth rhythmic limbering and static stretching along with a special breathing pattern to increase cardiovascular output. The cycle is repeated with deeper and deeper stretching until the muscles are warm and full range of motion is gained.

Key concept: There are two different stretching modes:

1. Stretching when cold – shallow.
Goal: to gain your normal range of movement at beginning of session.
2. Stretching when warm – deep.
Goal: to increase flexibility.

Stretches during the warm-up are shallow, done to gain your normal full range of motion and prepare the musculo-skeletal system for movement. Deep flexibility work is done after the warm-up period.

Warm-up Tips

“Deep” and “shallow” are subjective terms. Some people can roll out of bed in the morning and easily touch their toes, especially if they practice a consistent stretching routine. In addition, well conditioned people take less time to warm-up. This may account for the misunderstandings about how deep to stretch in the Warm-up cycle. Very flexible people may appear to be working on flexibility during warming up since they perform such big stretches. For them however, these stretches feel shallow, easy and therefore appropriate for warm-up.

It's a good idea to teach each exercise in the Warm-up cycle and then link them in a flow when your participants are comfortable with each one. Link each exercise by focusing on the transitions, executing the end of each exercise as the beginning of the next exercise. Perform the whole sequence as a complete cycle, working toward more fluidity each session. All exercises are combined in "posture pairs" designed to fit together in succession like a puzzle. Build up your skill to the point at which you can repeat the Warm-up cycle five to ten times for the cardio benefit.

Warm-up Breathing

When you are not exercising, and want to completely relax, your breathing will be low in the abdomen. But when the core is engaged during exercise, it will extend the ribs, front, side and back. If your shoulders lift during exercise the breath is too high. Bring it down by making sure that the air stays low in the trunk. If you can't, your intensity may be too high.

One breath cycle equals one inhale and one exhale. Each posture can be held for one half of a breath cycle, or more. Start each exercise on either an inhale or an exhale. You might cue, "On the next inhale come up into helmet." Generally, the upward, opening exercises start on an inhale and exhale on effort: generally the downward or folding postures.

Key concept: Generally, the upward, opening exercises start on an inhale and exhale on effort: generally the downward or folding postures.

In WholyFit, breathing is done for physical health benefits. This emphasis is completely different from yoga. WholyFit breathing exercises during the Warm-up cycle strengthen, stretch and relax the respiratory diaphragm and auxiliary breathing muscles of the back, rib cage and chest. This allows you to breathe easier and more deeply at all times. Strengthening, stretching and relaxation of auxiliary breathing muscles is especially beneficial for those with asthma or scar tissue in the lungs due to asthma, emphysema or chronic bronchitis. Exercising the lungs will keep the zone between the diaphragm and chest wall healthy and slippery. Core work like twists, bends, reaches and lifts will lengthen the respiratory diaphragm muscle's connective tissue fibers and will also keep the breathing organs healthy. Thus you will be able to exhale more completely and comfortably at all times because the muscle fibers will lengthen.

The object of the Warm-up cycle is to be able to eventually flow from one movement to the next using only an inhale or an exhale. Breath control is learned by "stre-e-e-ting" out your breathing just as a swimmer does.

Breath control goal: 5-7 seconds; Beginner goal: 3-5 seconds

You will process large quantities of air during exercise, so breathe in through the nose to "filter" any impurities in the air and exhale through the mouth through pursed lips if it helps. Teachers need to hear their students breathe. (This is different than yoga.) Exhaling out the mouth is more de-toxifying than exhaling through the nose. Proper breathing helps to relax muscles, especially those of the neck and shoulders. You'll be able to tell if your participants are "holding" their breath or restricting it in some way. Shoulders raise, the breath seems to be high in the chest instead of low in the abdominal and rib area. This will also reveal that they are tense or uncertain. Muscles of the neck and shoulders should be relaxed throughout the whole workout from start to finish. This may be a good goal suggestion at the opening of class which will help them to breathe properly throughout the class.

Postures for Emphasis on Inhales

- Breastplate
- Helmet
- Sword
- Overcomer I (Front Stance)

Postures for Emphasis on Exhales

- Belt
- Shield
- Peace Shoes
- Fire Extinguisher

Rest Postures - return to normal breathing

- Selah
- Yadah

Transition Moves - exhale on effort

- walk up or back
- jump up or back
- lunge up or back








THE BREATHING CONCEPT

Key concept: Instead of memorizing which postures you inhale on and which you exhale on, learn the purpose of breathing and apply this purposeful concept to all postures:

1. Alternate inhales and exhales (obviously).
2. Postures are sequenced to alternate postures that begin on inhales with those postures that begin on exhales
3. Exhales enhance core engagement, so when a posture needs power from the core it is emphasize exhales and begin on an exhale

4. Exhale on downward, folding, or closing (diaphragm compressive) postures
5. Inhale on upward, (diaphragm expansion) opening postures

CHAPTER 5: QUICKSTART

	<h1>PROGRAM 1</h1> <h2>Silent Weapons</h2>
	Opening Meditation & Prayer
	Cycle 1: WARMUP (5-15 Min.)
	Cycle 2: STANDING (5-10 Min.)
	Cycle 3: BALANCE (5 Min.)
	Cycle 4: MATWORK (15-30 Min.)
	Cycle 5: RESTORATION (5-10 Min.)

PRE-CLASS

Gathering Time: Pre-class Instruction--Get to the class location 30 minutes ahead of time.

Before class is time to:

- Pray around the room as you clean and organize it.
- Set out your marketing materials, DVDs and T-shirts for sale.
- Set up a laptop computer or big screen with announcements rolling.
- CREATE AMBIENCE with soft music and lighting, aroma.
- Greet people and introduce yourself
- Instruct people on where and how to set up their mats.

How to Set Up Mats

Be extremely particular about the way mats are set up. People are coming for stress management. This may be the one place in their lives that is orderly and neat. Take time to make sure mats are lined up in a neat pattern with no holes or weighted sides of the room.

I like the wagon wheel design the best for large groups because everyone can see. The teacher is in front, center, standing at the top of the vertically oriented mat directly facing the participants. Each participant stands facing the instructor at the top of each mat, also oriented vertically. All the mats make a semi circle or wagon wheel design. Once the class starts, walk around the room and demonstrate from many different points, but keep the mat in its central location.

Always start on time. Don't wait for people to come it. If you wait, class will start later and later and people will be late on purpose so they don't have to wait. If people come late they need to know they will miss something important! If you have what I call an "opening ceremony," no one will want to miss it!

Developing Your Opening Ceremony

At the beginning of your class, people's minds need to be harnessed in to focus on the class and to connect with their bodies. I highly suggest starting the class in seated position at the top of your mat, facing your class. Begin with a 2-minute "ritual" that you repeat every time class begins to teach breathing and core work. You can use "crowns and thrones" or spinal rolls to Layer 1 boat position. In this 2-minute "gathering" time, teach exhales on core work and "closing" postures and inhales on "opening" postures. Teach core set-up at this time to get them focused in. More ideas for your 2-minute "gathering" time will be taught in Live Training time.

Another Idea: Rolling Boats--Bring the knees into the chest and fix your eyes low on your Belt of Truth. Keeping tight in a ball, roll back and forth up to three times, using the core, not momentum and "stall out" when you come back to the top, balancing on your sitz bones, holding the position still with your core. Look at it.



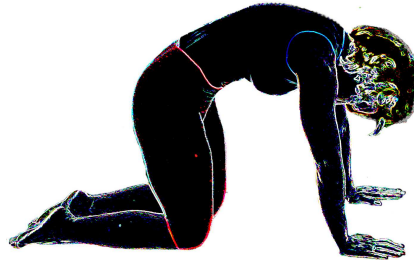
I always begin my class with a very formal procedure. Everyone expects that I will do exactly the same custom each time. Here's how mine goes, but you can develop your own. Everyone seated on the floor. While I talk and tell a joke, quote Scripture, offer small talk, a fitness tip or a thought. I take them through a couple gentle twists, reaches and breathing—the same ones every time. Having something familiar makes people relax and focus. My classes are never the same and my participants never know what I'm going to ask of them the rest of the class, but they

know that at least, they will be on top of the class opening. It helps them get rid of anticipatory fear. I always use this time to teach about core and breathing, and pelvic placement.

Caution: Do not spend too long here. (Get the class going!)

Core Set-up and GTO Work

Once a month teach zipping up the core during the pre-class or opening time. It's important to build the core to a point where you can unconsciously hold it in all day. This amorphous term, "core," is extremely difficult to communicate. You don't want to harden your whole torso as though bracing for a punch because then you couldn't breathe. The core that we will focus on in WholyFit is 3 fingers below the navel, like a seatbelt low and tight across your lap, but begins much lower and deeper internally. Try this exercise to find your "core." Crown posture is a good way to teach zipping up the core.



We cast our crowns before the Throne.

Bend forward and release the abdominal area completely. It is easiest to activate the core in this position. Initiate the core from the lowest point, then upward, Visualize a Hammock strung between 'sitz' bones, (If your participants cannot activate the pelvic hammock, have them sit cross legged on the floor and feel the sitz bones.) Start there at the pelvic hammock first to lift the lower abdominal muscles. "Zip up the core" like a pair of pants from the pelvis up to the navel.

Major muscle /groups: Transverse abdominus, rectus abdominus, gluteals

Description: Spinal flexion, scapular abduction, neck flexion, knee flexion, hip flexion, ankle plantar flexion, wrist super extension, legs slightly abducted, core engaged.

Cueing: Bend knees, hands on thighs. Pull the lower abdominal (3 finger widths below the navel) up and in toward the spine. Bend slightly fwd with your hands on your thighs. Set up your core by pulling in the lower abdominal muscles upward and inward toward your spine.

Purpose: To become aware of consciously contracting the transverse abdominus, 3 fingers below the navel.

Background: During relaxation, you release your core unconsciously, but during exercise, keep the lower abdominal and pelvic hammock contracted. Keep the area above the navel free to breathe so that ribs can expand front, side and back. (If your shoulders lift, the breath is too high.)

Your core is your power center. The core is not precisely the abdomen. It's the whole hip, back, pelvis and deep abdominal muscle area all the way in to the deep internal attachments at the spine. All through the Bible, the power center is referred to by a funny sounding word, the "loins" (KJV). Power is often described or symbolized by "loins" because the hips control the whole body. In martial arts sparring, you can watch the opponent's hips to discern where he/she is likely to move next. Pelvis placement is everything! If your core is not engaged, your lower back is not protected and it will be obvious if your tailbone flips up. Watch for and correct this "sway back" position in your clients.

Parlor Tricks

Once in a while, during class opening, it's really fun to demonstrate the Musculo-neural Activation Technique, the principle which all WholyFit is built upon. There are 2 ways to do it:

1. Your participants can do it on themselves
2. You can demonstrate it on a volunteer.

Method 1:

(Caution: Deconditioned individuals should perform from chair or leaning against a wall as it may be stressful to the lower back. This is not a repetitive exercise; it is only done occasionally.)

Before any warm up at all, have everyone GENTLY reach toward their toes (with support) and measure where their finger tips go.

Next cue your participants to wrap up their legs and have a tug of war with their arms. Arms pull in, legs push back. Neither arms nor legs "win." Breathe and count out 5 seconds.



Lastly cue them to release their arms and come into a forward bend again. The Golgi Tendon Organ sensors in the joints will send a neurological signal to the hamstrings to lengthen. The difference should be at least 2-3 inches!

This proves that M.A.T. does work. Instruct your participants to activate those GTOs throughout the rest of the class by activating the muscles being stretched. Tell them NOT to relax muscles during the stretch. (This is opposite of most yoga systems and one of the reasons WholyFit technique is better than yoga technique.)

Method 2:

As your class for a volunteer and let it be known it has to be someone who thinks they are very, very inflexible in the hamstrings. Have the volunteer lay on his/her back and raise one leg. Have the volunteer completely relax the hamstring of the lifted leg while you stretch the hamstring to maximum by gently pushing the leg (being sure to support the weight of the leg well). Have everyone take note of the where the leg 's maximum stretch it.

Now repeat the same motion, but this time tell the volunteer to push his/her leg into your hand with hard resistance. Encourage them to push really hard to resist your motion (and breathe.) Hold the tug of war for at least 5 seconds.

Signal the volunteer to release now and repeat the same motion. The hamstring will lengthen dramatically causing great surprise and wonder. Again, this proves that M.A.T. does work. Instruct your participants not to forget to activate the muscles being stretched during the rest of the class.

OPENING

Opening a Class with Prayer

In church classes, during the opening ceremony open the class with prayer. I pray as I do the twists and may have the class lift their hands or express submission to God in some way. It might go like this:

Dear Father,

Please bless this time we've dedicated to you and accept these movements as praise. I offer every breath with thanksgiving to you for the gift of movement. Thank you for creating me and sustaining my life. Thank you for access to Your throne through the precious Name of Jesus Christ, Amen.

For wherever two or three are gathered (drawn together as My followers) in (into) My name, there I AM in the midst of them. - Matthew 18:20 (Amplified Bible)

Now stand up and get to it!

(Note: Do not talk too much about standing posture at the beginning of class as this is BORING. Exercise classes need to *move*! Yoga does a lot of quiet sitting and standing around. WholyFit does not. There are good times to teach posture throughout the class during Nakar, as purposeful breaks or sequals in the routine.)

Nakar Posture

Nakar position is the “Stand Firm” position, a perfect posture position with the arms crossed over the chest. It is used to meditate on Scripture and make affirmations.

Be strong in the Lord and in the strength of His might. Put on the full armor of God. Stand firm then...

Perfect posture focus is on the major muscle /groups: spinal erectors.

Description: all joints in anatomical position, except for arms.

Cueing: Stand up straight at the front of the mat, feet parallel, directly under shoulders. Stack each vertebra one at a time, on top of the other, starting at the tail bone with head coming last. Head is neutral; shoulders are neutral, back and down, stacked above the pelvis, pelvis over feet. Lengthen the lower back. Stack the spine like a string of pearls. Point the tailbone slightly downward toward feet (this will initiate your core). Let shoulders fall down at sides. Neck is long, chin slightly tucked. chest.





- Neck long
- Top of head lifted as though string attached from crown to ceiling
- Shoulders down and back
- Pelvis neutral
- Core engaged
- Ears over shoulders
- Shoulders over hips
- Hips over ankles
- Weight evenly distributed in feet

QUICK STICKS WITH SCRIPTURE SCRIPT
Ephesians 6:10-18 (NIV)

Optional Opening Meditation:

(Nakar) ¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. (Nakar) Stand Firm then,

1. with the belt of truth buckled around your waist,

2. with the breastplate of righteousness in place,

3. and with your feet fitted with the readiness that comes from the gospel of peace.

4. In addition to all this, take up the shield of faith,

5. with which you can extinguish all the flaming arrows of the evil one.

6. Take the helmet of salvation

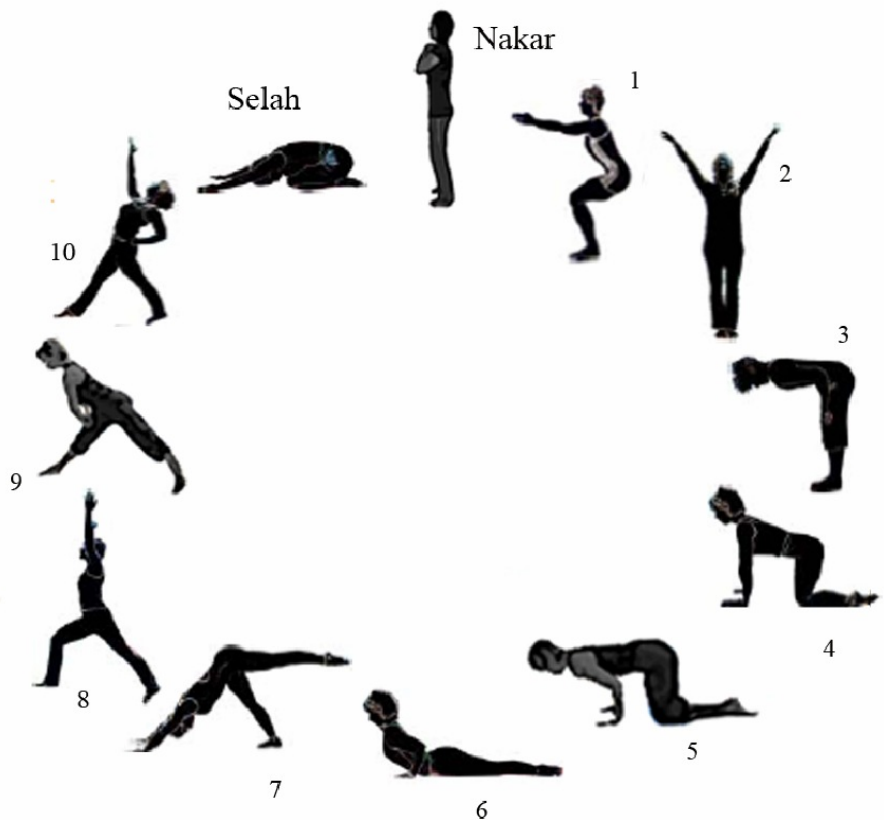
7. and the sword of the Spirit,

8. which is the word of God.

9. And pray in the Spirit on all occasions with all kinds of prayers and requests.

10. With this in mind, be alert and always keep on praying for all the Lord's people.

Selah (rest)



Keep it Real

Your self-practice is essential. To become an excellent WholyFit instructor you must put in the hours of additional training beyond certification and practice at home. You need to spend time perfecting your skills. Allow God to work in your heart through the Scriptures and let Him be your coach. Your personal experience will be what you bring to your students. Work out at home! Even as you become a seasoned instructor, you will always need "fresh wind, fresh fire" from the Lord. You now have the responsibility of becoming a spiritual leader with God's help. We can do nothing of ourselves. We need His Holy Spirit. Your personal worship and Bible study times are the most important part of being a spiritual leader just as your own private class time will make you a good class leader. Walking in the Spirit is far and away the most important part of being a spiritual leader in any ministry.

Speaking of Disciples at Pentecost, J. Oswald Sanders says:

“Without the filling of the Holy Spirit at Pentecost, how could the apostles have faced the superhuman task ahead? They needed superhuman power for their truce less warfare against the devil and hell” (See Luke 24:49; Ephesians 6:10, 18)

“To be filled with the Spirit means simply that the Christian voluntarily surrenders life and will to the Spirit. Through faith, the believer's personality is filled, mastered, and controlled by the Spirit.”

This involves true humility and openness in our relationship to the Lord. We come clean before the Lord and admit our failures and shortcomings. We ask Him for His help and empowerment.

“When we invite the Spirit to fill us, the Spirit's power grips our lives with this kind of strength and passion.” (The kind the Apostles had.)

Make Long-Term Goals

The WHOLYFIT fitness system is something that you can practice for a lifetime. Love yourself because you are loved by God. Remember that you can do all things through Christ. Exercise your spirit by practicing patience and all the fruits of the Spirit. Focus on these character traits even more than your body. With regular practice, the skills you've learned during the certification process will continue to grow with time. WholyFit does not require athletic ability; it takes character. The most eternal benefits of exercise are always seen in the development of the fruits of the Spirit:

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. - Galatians 5:22-23

Your next recertification routine is Galatians, which will give you opportunity to meditate on what it means to live the Spirit-filled life.

Closing Prayer

Lord, we ask for your Spirit: not for a new brain, but for a new mentality; not a new tongue, but new speaking effectiveness; not a new book, but for the Bible to come alive to us. We ask for Your Spirit to indwell us because Jesus has made a way for us to receive You. It is because of the cross and His sacrifice that we boldly come to You and it is because He rose again that we ask You to enliven us and give us new life.

Amen

It is not our adequacy in ourselves that makes us a
good leader.

It is our submission to the Lord, Jesus Christ.

May the God who makes everything holy and
whole, make you holy and whole, and keep
you fit—body, soul and spirit —
for the return of our Master, Jesus Christ.