



Workshop notes



## The BrainFit Workout™ Notes Workout 1

Bristol - 1pm - 4pm -Talk  
1pm - 1:30pm Talk  
1:30pm - 2:30pm Class 1  
Research?  
2:45pm - 3:45pm Class 2  
3:45pm - 4pm Q and A and Close

\*Talk about emotional health, fitness Instructors - the hustle, the stress, learning choreography, 1 day courses, competition....go go go go....miss choreography

\* Stress is stealing our lives and our happiness.

\* Meditation and mindfulness can be whatever you want it to be.

The time is right to create a new style of group fitness classes.

**BrainFit Workout™ is a 30 minute flowing conditioning workout designed to engage the mind, body and soul.**

*My Favourite Mantra's*

I Have Complete Confidence in My Abilities

I Feel Positive

I Am Powerful

I am Happy

### **Why BrainFit and Why Now**

There is nothing quite like exercising and moving in a group. Feeling the power of like minded individuals all coming together to share energy and positivity in an amazing experience.

The BrainFit Workout™ fuses simple repetitive moment sequences and patterns to vocal free tribal music with strong affirmations.

Putting movement behind affirmations gives them increased power and meaning.

Rewire the brain and step into your power.

The human brain contains approximately 100 billion brain cells, and each one of these communicates with up to 10,000 other brain cells via connections known as synapses.

Every aspect of our cognition, such as thinking and remembering, is supported by specialised groups of connected brain cells called neural networks. But the connections that make up our brain networks are not static; they are changing all the time. T

The more two brain cells communicate with one another, the stronger the connections between them become. And so, with each new experience and each remembered event or fact, the brain slightly rewires its physical structure. This process is called neuroplasticity.

One of the most astonishing features of mindfulness meditation is that you can see its profoundly positive effects actually changing the brain. Recent scientific advances allow us to see the parts of the brain associated with such positive emotions as happiness, empathy and compassion becoming stronger and more active as people meditate. The new science of brain imaging means that we can watch as critical networks in the brain become activated, almost as if they were glowing and humming with renewed life, and, as they do so, unhappiness, anxiety and stress begin to dissolve leaving a profound sense of reinvigoration. And you don't need to spend years meditating to see the benefits. Every minute counts. Research has shown that committing yourself to daily practice over a period of eight weeks is sufficient for you to see the benefits for yourself.

### **Self Sabotage**

#### **Critical and Negative Self Talk.**

#### **How to address it and**

#### **New Positive Thought Patterns are Created.**

The constant dialogue we have going on in our mind

### **What Is Stress Doing To Us?**

It is making us sick and tired mentally and physically.

#### **Chronic daily stress is:**

- \* Zapping our energy
- \* Causing inflammation
- \* Contributing to hormone decline.
- \* Making us depressed and anxious
- \* Making us unhappy and sad.
- \* Not allowing us to live our true potential

#### **What is negative self chat doing to us:**

- \* Eroding confidence and self esteem

- \* Paralyzing us into not taking action.
- \* Limiting us.
- \* Boring us
- \* Playing small

You have the power to change this and influence your participants to do the same. Take care of the mental self chat and use exercise to give positive affirmation power and strength,

### **How can mindfulness and meditation help you and your classes?**

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### **What Is an Affirmation**

How affirmations work

All our beliefs are stored in the subconscious mind.

**\*\*\*\*The Brain Does Not Distinguish Between What Is Real, Made Up, Imagined And Fantasy.**

in order to change your beliefs and create a new reality, you have to bombard your subconscious mind with thoughts of your desire.

But not just think it and say it but feel it and believe it.

### **AFFIRMATION TIPS - Do with a Partner - Let's Drop the embarrassment asap**

#### **• Use the present tense**

Don't use the future tense. If you say, 'I will lose weight', The subconscious mind tries to bring about what it is asked to do.

So instead say, 'I am healthy', or 'I choose to be healthy'.

“ I am fit”

“I choose to be healthy”

According to psychologists, the term ‘choose’ is better as being healthy or fit then becomes your choice.

- **Be positive.**

Only positive statements work. It seems the subconscious mind is incapable of dealing in negatives. So if you say. ‘I am not fat’, when that statement reaches the subconscious mind the term ‘not’ is ignored and it becomes ‘I am fat’.

- **Affirmations can either be spoken or written down.**

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When speaking, repeat the affirmation emphatically, throughout the day.

Go for twenty times in the morning and twenty times in the evening just before you go to sleep. You can also write them down at least fifteen times. Writing is a faster way of impressing your subconscious mind. Do this several times a day.

Type it into your screen saver.

Put it on your white board.

- **Repetition.**

In order to bring about significant changes in your life, affirmations have to be done several times a day till such time that they become a reality.

Consistent action brings results.

Just like training your body and your muscle you have to train your brain.

- **Mirror technique - Louise Hay**

Stand in front of a mirror, look into your own eyes and repeat the affirmations with gusto, strength and meaning.

Put energy into them. Looking into your own eyes deeply helps connect with your subconscious mind. whenever you pass in front of your mirror, stop and repeat the affirmation a few times. This is a very powerful technique.

## **MY FAVOURITE POSITIVE AFFIRMATIONS**

1. I take daily action towards my goals!
2. I am a genius.
3. I do what it takes
4. I do what I love and love what I do!
5. I am enthusiastic, inspired and feel powerful in my life!
6. I love exercising daily.
7. I create success in all that I do, say and am!
8. The past is gone. I live only in the present!



- 9. My values match my goals!
- 10. The past has no effect on my present.
- 11. I have complete confidence in my abilities.

### Affirmations for The BrainFit™ Workout

- I choose to be healthy
- I choose to be fit
- My muscles are strong
- My back is strong
- I am flexible
- I am positive.
- I choose to eat nutritious food.
- I choose to be active.
- I am focussed.
- I am inspired.
- I am successful.
- My training feels fab.
- My mind is clear.
- I have unlimited energy.
- My Vibe is high.

### Workout 1

- Set The Intention For The Class
- Strong
- Dominant
- Purposeful

### Block 1

\*\* Not on the video, extra movements

Count	Upper Body	Lower Body	Affirmation
1 - 8	R Arm Up. L arm Down	Hold	I FEEL POSITIVE



Both Out	Side Squat	
9 - 16 Reach Both Arms Up	2 x Alternate Lateral Lunge	I HAVE ENERGY
***17-24 2 x Alternate Fwd Lunges	Both Arms Rotate	I AM CONFIDENT
***25-32 2 x Knee Raise	Both Arms Push back	Choose an affirmation

## Block 2 Retraction - Posterior Chain Workouts

Focus on retraction and activating the posterior chain

Knee Raise  
Scapulae Retraction  
Hip Extensions

Squats taking the arms up and placing x2 fwd, wide, back, rotation

1 - 16 4 x Scap Retraction	MY VISION IS CLEAR
16 - 32 4 x Alternate Hip Extension	
1 - 32 8 x Deep Squats	

Repeat Both Blocks adding powerful affirmation

Adding Squat Matrix

32 x Front Lunges with forward leaning

## Block 3 Floor Work

There is no set count or repetitions for the Bridge Section

Bridge

Single leg bridge



Affirmations - MY GLUTES ARE STRONG

## Workout 2 Cardio BrainFit™

Counts	Moves	Affirmation
1 - 8 9 - 16	4 x Alternate punches and hold Repeat	I Feel Inspired.
17 - 32	4 x Deep squats touch the floor Jump up with arms up	My Vibe Is High!
1 - 16	Jog with arm circles	My Mind Is Clear
17 - 24	4 x Knee Lifts	I Feel My Power.

## Block 2

- 1 - 8 Jog 1,2,3 hold on count 3  
Repeat Left
- 9 - 16 Repeat Leading Left
- 17 - 32 2 x Double Step Travelling Forward
- 1 - 8 \*\*Line Dancing Tap/Cross/Tap Grapevine  
Repeat x 4

Block 3 Isometric Exercise Promoting Mind Body Connection





Isometric Exercises are moves where you hold in a position under tension. And often when we think of “core” isometric moves, we think of Planks. And while Planks are great isometric core moves, they aren’t the only great Isometric Core Exercises.

1. Seated Squats
2. Single Leg Lunges
3. Straight Arm Plank
4. Bent Elbow Plank
5. ON All fours toes of the ground
6. Posterior Plank
7. Seated Squat thighs together
8. Push up on 3 levels
9. Plie
10. Down Dog Grab Ankle - Bound Dog
11. Glute Bridge Hold

Mix up with lunge metric and Squat Matrix patterns

Block 4 Posterior Chain Work

Forward leaning lunges.  
Lateral Lunges with hold  
Standing Core Reaches.