

Copyrighted Material

BY THE NUMBERS

*A Practical Method
for Instructing
Multi-Modal
GPP Training*

Sean Manseau

Photographs by **Daniel Poon**

Sean Manseau

By the Numbers



[continue reading](#)

All paperback purchased in Amazon.com add a free Kindle version via Kindle MatchBook! Neophyte trainers will get themselves in over their heads when teaching complex skills to sets of varying capability, and athletes, lacking clear exercise progressions, may attempt motions they're not ready for, leading to poor type and retarded progress. However the explosive development in popularity of MMGPP training may also be problematic. Working, rowing, weightlifting, gymnastics—today's innovative fitness applications draw from many different disciplines and combine them to develop what could be termed Multimodal General Physical Preparedness (MMGPP) training. That's why I developed BY THE NUMBERS. 116 exercises organized into easy-to-educate progressions Teaching scripts for every exercise, and approaches for repairing common faults 1500+ photographs 23 workouts analyzed and restructured for logical progression A philosophy of MMGPP instruction, training tips, and more! This 568 web page manual includes. It's effective whether you're teaching yourself, or leading a class with dozens of athletes. It builds exercises pose-by-pose, movement skill exercise-by-exercise, and checks motion skill with incremental raises in quantity, load, and strength.. By the Numbers is a system for instructing MMGPP that emphasizes progression at every level. By the Amounts is about creating the best moving general human population gyms in the world. Want yours to be one of them? Begin using BY THE Amounts today!



[continue reading](#)

Required Reading for the CrossFit Coach By The Numbers is a long overdue in the CrossFit community. Sean provides compiled teaching strategies and progressions and positioned them into one place.' moments in even our long term athletes who have been frustrated during difficult functional movements. This is actually the teaching functions manual for the affiliate. Wonderful reserve..! Quality is often referenced as an amorphous concepts without definition. I love the details, I'm a information person and Sean covers them very well. Most of the progressions and concepts used in By The Amounts are what I've used to build up my athletes and teams who have qualified for the CrossFit Video games. To willingly disregard these details is performing a significant disservice to your athletes.Great work. An absolute must read for anyone who coaches CrossFit! By the Quantities (BTN) is an essential text message for all people who trainer CrossFit and also for athletes who wish to get better at performing CrossFit. It knocks those sportsmen that just aren't there yet, back to the inspiration of the movement, to create success in the long run. Anyone can yell encouragement at their sports athletes and contact themselves a "coach", however in the end having the ability to communicate obviously and get a new athlete relocating the correct way takes skill. BTN provides a method that is repeatable and just functions. No matter whether the class includes 20 people or simply 1, the methods shown in BTN work. Be kind to yourself if you desire to learn a thing that will set you apart from other fitness coaches in the market, buy and learn this book. We have 'implemented' BTN at our affiliate marketer and seen an instantaneous increase in motion quality and 'a-ha!Most of all it generates a foundation. Information in this reserve worth thousands of dollars. Step-by-step photos and and instruction make it the best book I've used. Didn't think I'd need it, but it is a superb tool! Your level 1 cert is merely the beginning and you need to understand repeatable, consistent means of teaching movement. Many veteran instructors have frequently discussed the need for such a publication as this. Upon re-reading BTN, I realized we have still only scratched the surface of the philosophy implementation..It really is a complete culture change.. Five Stars This book is awesome, it should become the standard at every CrossFit container.Every coach and gym owner should read this and make a conscious decision never to use it. (40+ sports athletes and six groups)By The Numbers is an indispensable tool to develop coaches. Among the things that people prided ourselves on was our training and our progressions. This publication goes step by step with positional movements, graduating to the harder versions of every movement, and makes sure that you know that poorly executed motions create bad habits. This is just what we have to get everyone on a single page while training. This should be an organization-wide philosophy or you won't work. A must have! This book has been extremely beneficial to my development as a Crossfitter. All the coaches within my gym use it too!! The pictures are excellent and make it simple to use the publication for quick reference (although I recommend reading the whole lot through once). Do yourself a favour and grab this very well executed book to increase and improve your repertoire.I also love the book because it helps me collection goals predicated on the hierarchy of movements. I am then conveniently in a position to track my improvement against, which is actually fun.While I came to Crossfit as a beginner, my hubby has been an stamina athlete his very existence and did Crossfit for years before I got on board. He also loves the reserve and frequently uses it.Anyone thinking about performing functional movements PROPERLY should absolutely own this book! Worth every penny I purchased this book because I understand the author, in fact he taught my initial fighting techniques class ever. He is one of the individuals who is directly in charge of my love affair with martial arts. I love it so far and its own helping me significantly learn how to trainer to have successful sports athletes. For years I have been searching for a

better way to train new clients in simple and high complex specialized movements using the tools at my disposal. This is a description. The most valuable operational resource open to a gym owner. is. I frequently find myself finding out about movements after a WOD or focusing on a particular movement in the home, using the book. The data within this book continues to reveal itself weeks and a few months after initial reading. I wasn't in a hurry to read this since I have already been coaching for over 20 years (CrossFit specifically for over 10). We grew our gym to multiple places (close to 1000 members), and we've been getting individuals, groups, and masters to the CrossFit Video games for 7 years. We have changed our whole philosophy around this book, the framework is usually invaluable. That said, Sean nailed it! Please note: an individual coach will not be able to put into action within a facility independently. Five Stars Awesome Five Stars Amazing book! Sure there are a few things that people do in a different way, but I wouldn't say anything I have seen in the book would be considered "wrong". If you are currently a CrossFit coach then this book is an total must for your professional library and you will no doubt reach for it again and again. A spot of discussion for head coaches, coaches, and customers. It can help eliminate the ambiguity that clients get when two (or more) coaches inform them conflicting info. I knew that developing the basics was the ultimate way to insure long term success for just about any new trainee, I just did not understand how to approach it in a traditional MMGPP gym.-jj great info good info Five Stars Fantastic resource. Five Stars I use this as a reference guidebook for our CrossFit coaches. The introduction to training basics in the beginning is great, however the photos and progressions are perfect. One of the main reasons quality teaching methods have not been codified. It is extremely well written and crystal clear. Every crossfit trainer should memorise this!!!! amazing. I really like it so far and its helping . Athletes must modification their expectations and settings (Learning/Practicing/Performing) and Instructors must deliberately move between teaching, training for practice, and training for performance. Game Changer This book has completely changed just how I view and teach movement. I'm no more than 140 pages into this book, but I must say. Quality of training has been a large bogey guy for the 11+ years I have already been coaching CrossFit. BTN is indeed much more than simply adding numbered poses to your teaching/training protocols. it. I have actually recommended it to a few coaches I understand from other sports plus they LOVE as much as I do. amazing. With the backstory out let's reach it. Literally, these details is worth tens of thousands of dollars to an affiliate marketer owner. Being able to take anyone who has hardly ever set feet in a fitness center before and successfully teach them how to move safely and effectively is an art that's not developed overnight. The book should be required reading for anyone who wants to be a CrossFit coach.. I really do NOT have a cross fit package but I really do own a fighting techniques gym and I actually have integrated a great number of the methods in the publication into my classes and fighter conditioning. Nevertheless I knew there had to be a better way. This is required reading if you want to become a coach in a 'mixed modal general physical preparedness' facility (like CrossFit). Enter By The Numbers, a different way of teaching motion through positions. Basic, easy, and effective. Never before had I seen such simpleness in movement design. In conjunction with the Movement Hierarchy (A masterpiece of design IMO) it was godsend! Now that I understand how to logically train a complex movement additionally it is better to help explain it to my customer(s). If you are considering becoming a CrossFit coach after that this book may be the first thing you should grab. Only when both coach and athlete are aware of this full philosophy will the athlete be able to gain the complete good thing about the BTN method.



[continue reading](#)

download By the Numbers epub

download By the Numbers pdf

[download free Character Strengths Matter: How to Live a Full Life \(Positive Psychology News\) mobi](#)

[download free I'm Retired...Now What?: 99 "Adventures" To Fulfill During Retirement fb2](#)

[download free The Mindful Geek: Secular Meditation for Smart Skeptics ebook](#)