

THE OFFICIAL

POUND PRO TRAINING

GUIDE



ICON GUIDE

ICON GUIDE

**“PEOPLE DON’T BUY WHAT YOU DO.
THEY BUY WHY YOU DO IT.”**

SIMON SINEK

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GOING INTO THE DAY

Arrive early, prepared and ready to ROCK!

- First impressions are extremely important. Arrive at least 1 hour prior to course start time and set the room before doing anything else. Organize your personal belongings, check the microphone, and have POUND®-inspired music playing softly. NOTE: The room (and you) should be fully set and ready 30 minutes prior to the training start time for participant check-in. This will allow you to give participants your undivided attention from the moment the first participant arrives.

Clarity of purpose

- Know the purpose and the WHY for each section/lecture. Have a plan and clear intention for the day.

Leverage your space

- Move around the room and use your body to help tell the story and deliver each lesson.

Cue to the positive

- Learn to make every cue a positive one.
- CORRECT: “Sarah, feel the stretch of lengthening your back leg in Lunge position. That’s it!” versus, INCORRECT: “Sarah, don’t bend your back leg in lunge.”
- Use audience-appropriate language choices (e.g. modifications vs. options vs. variations - all are acceptable, but one may have a more positive meaning for participants in different regions) and be mindful of gendered language. Try using ‘Pros’ and ‘Rockstars’ instead of ‘guys’.

Facilitate the solution

- When presented with a question that you do not know the answer to, refer to the expertise and experience in the room. “Miguel, that is a great question! Does anyone in the room have experience with this that they’d like to share?”
- When presented a question you and no one in the room knows the answer to, humbly admit that it is something you need to look into. Write down the question and the participant’s name. Send an email (or text depending on the severity/importance of the question) to Joyce or prosuccess@poundfit.com and then follow-up later that week to make sure the participant received the answer they were waiting on.

Recap each section

- Mentally check-off the Training Objectives as you progress through the training day.

IMPORTANT NOTE

The POUND® Pro Training ICON Guide defines the driving concepts, philosophies and principles unique to POUND® Rockout. Workout., and contains key lecturing techniques, talking points, and answers to frequently asked questions. The high-level context in this guide paired with the micro details in the POUND® Pro Training Guide prepare ICONs to confidently educate and inspire a diverse group of aspiring POUND® Pros.

The content in the POUND® Pro Training Guide is essential. The content in the POUND® Pro Training ICON Guide is supplementary. The two work in conjunction with one another for a complete training experience.

COURSE GOALS FOR YOUR PARTICIPANTS

1. A sense of connection to the POUND® family.
2. Clear understanding of POUND® and what makes it different, unique and impactful.
3. Accurate Ripstix® use and an understanding of Ripstix® (and hand) care and floor protection.
4. Basic ability to instruct and execute POUND®'s positions, techniques, modifications, regressions/progressions and cues.
5. Aptitude for reading Sheet Music.
6. Understanding of the importance of Set Lists, where to find them, and how to compose a safe, audience-appropriate class built on the science of POUND®.
7. Confidence in where to find and how to use POUND® Pro resources (*The Label*)
8. Awareness of the specific next steps to follow after their POUND® Pro Training.
9. Knowledge that their Certificate of Completion contains their continuing education credits.
10. Confidence in knowing they can get in touch with POUND® HQ via info@poundfit.com.

WHAT MATTERS?

POUND® Pro Training is our opportunity to show a future Pro what POUND® looks like, sounds like and feels like when a POUND® class is taught extremely well. ICONs bring to life the workout many have only seen on the internet or heard about through their group fitness manager. ICONs show future Pros the potential of the program and the benefits of thorough program planning and preparation. ICONs inspire, motivate, excite, and ignite a Pro's desire to change lives through POUND® instruction. ICONs directly influence the success of a future POUND® Pro and overall program success at their Venues. ICONs help ensure program safety, understanding, efficacy, and accuracy. ICONs have a vital role in POUND® and as such carry immense responsibility.

WHO COMES TO POUND® PRO TRAINING?

POUND® Pro Training doesn't currently have any prerequisites to attend (outside of the UK). As such, it attracts individuals of various ages, levels and fitness experience. Here are some (but not all) of the common participant types we see in training:

- Highly experienced group fitness instructors or fitness managers holding nationally recognized certifications or fitness related degrees
- Certified fitness professionals who hold a non-fitness related day job and teach fitness on the side
- Individuals who have never taught fitness but have been taking POUND® class regularly
- Individuals who have never taught fitness but saw POUND® online and thought it looked interesting
- Individuals who have been working out at home with Backstage and/or POUND® Rockout Results Systems
- Teachers and educators
- Dancers and/or drumming enthusiasts

The key point here is that POUND® Pro Training attracts a wide variety of participants, and it's the ICON's responsibility to make sure every participant (regardless of current ability or past experience) feels welcome, has their learning needs met, and leaves feeling confident and prepared to lead a safe POUND® class. We call this *educating the spectrum*.

EDUCATING THE SPECTRUM

When you *educate the spectrum*, your language choice, course pacing, information repetition, key point highlights, and question responses all enhance the educational experience of your participants – regardless of their background or current ability. When you cater your lecture to your specific audience for the day, you increase the chances that each participant leaves training feeling like they learned something new, that the information learned was meaningful, and with a desire to use the new learnings in life.

KEEP IN MIND: Teaching a course is about more than just delivering content and choreography. It's about establishing trust, demonstrating leadership, modeling safety, and providing constant reflective guidance (reading the room and adapting; assessing a situation and responding, etc.). Successful ICONs identify barriers, offer tools or strategies to overcome these barriers and then create a road map for the ideal outcome. Whether discussing *The Label*, hip flexor fatigue, or purchasing their first set of Ripstix®, an ICON's job is to uncover a Pro's looming (and often unspoken) questions or concerns and to provide a suggested plan for success. The POUND® Pro Training Guide and practical application provided in training exposes participants to the tools, knowledge and skills they'll need for a successful career as a POUND® Pro. ICONs inspire a Pro's desire to practice, master, and use their new knowledge and skills after training. With the knowledge that their ICON and the entire team at POUND® HQ are there to support their ongoing journey as a POUND® Pro after their training day ends, it is important to encourage Pros to refer back to the manual after training.

BEFORE THE COURSE

60 MINUTES PRIOR TO COURSE CHECK-IN TIME

There are several steps ICONs should take to foster the ideal POUND® Pro Training experience before training even begins:

1. Meet the host and deliver a 'Thank You' card
2. Learn, clarify, or confirm the host's expectations for facility use. For example:
 - a. If the facility has its own separate waiver for participants to complete
 - b. If they will allow POUND®ing directly on the studio floor or if POUND®ing should only be done on mats
 - c. The training room's schedule for the day (i.e., if the course backs up to another class or event in the same space or if the training course ends at the exact same time the facility closes, etc.)
 - d. Requests regarding music volume
 - e. If food and drink is permitted in the training room
 - f. If bare feet or street shoes are allowed in the training room
3. Set the room for training
 - a. Set up your projector and screen
 - b. Set mats out in a circle
 - c. Place a pair of Ripstix® on each mat. Note: if Ripstix were sent to the venue, inquire with the host or day-of contact on their whereabouts.
 - d. Hang any posters (optional). Note: If creating your own posters, please ensure they are approved by HQ and professionally done, using a printer, printing service, or extraordinarily nice handwriting
 - i. Poster for social media share
 - ii. Training Objectives
 - iii. The POUND® Formula
 - e. Test the microphone
 - f. Set music to play softly
 - g. Familiarize yourself with the training room – lights, fans, first aid kit, AED, air conditioning, safety hazards, etc.
 - h. Familiarize yourself with the facility – restrooms, water fountains, nearby eateries (for lunch), etc.
 - i. Log in to *The Label* and pull up your training roster to cross-check participants as they arrive

COURSE CHECK-IN

30 MINUTES PRIOR TO COURSE START TIME

Course check-in begins 30 minutes prior to the scheduled course time. During this time ICONs should:

1. Greet participants warmly and congratulate them for attending. Ask their names, verify their attendance using your *Label* roster, and inquire about existing injuries
2. Direct participants to an open mat. Hand each participant a pair of Ripstix® as they arrive (if not already laid out, one on each mat) and inquire if they brought their training manual, either printed or on a secondary device. If they did not, assure them that everything they need will be projected on the screen and offer them pen and paper if they do not have something to take notes on.
3. 10 minutes prior to the scheduled course start time, recommend that participants take care of any final needs (e.g., restroom, water, dispose of Ripstix® packaging, etc.)

COURSE START TIME

Begin the course precisely on time. Honoring your word and sticking to the course schedule builds rapport and trust and bolsters positive feelings towards the overall training experience.

ICON INTRODUCTION

Thank everyone for attending and introduce yourself:

1. Name and fitness/professional background
2. How you came to POUND® and how long you've been a POUND® Pro
3. Your goals for the day/course
4. Let Pros know where they can find key facility amenities (e.g., restrooms, water fountains, etc.)

PARTICIPANT INTRODUCTIONS

Participant introductions give ICONs key insights on the specific audience in attendance and facilitates their ability to educate the spectrum. Encourage participants to share:

1. Their name
2. Where they are from
3. WHY they chose to attend POUND® Pro Training

TRAINING DAY'S SCHEDULE

Inform participants that the day will consist of:

1. A POUND® interactive (ICON Master Class)
2. 2.5 hours of lecture and theory
3. 3.5 hours of movement and choreography
4. Two formal 5-10-minute breaks – one before lunch and one after (participants may excuse themselves at any time, however, for water and bathroom breaks as they are needed)
5. A 45-minute lunch break. **Important Note:** share the approximate time of the lunch break and then stick to it

6. The course end-time. **Important Note:** Do not promise to let out early. Participants should expect the training day to last all 8 hours.

TRAINING OBJECTIVES

Summarize the course training objectives and ask for any questions.

POUND® INTERACTIVE

The POUND® Interactive provides participants a foundation for learning that will support them the rest of the training day. Before you begin the POUND® Interactive, tell participants they should observe and experience the Interactive through both a lens of a student and of a future-Pro and to note examples of:

1. The components of a class introduction
 - a. Class welcome + the POUND® Pro's (ICON) introduction
 - b. Ripstix® use - proper grip, strike patterns and speed indicator + removing jewelry
 - c. Introduction to the POUND® Positions and Movement Spectrum, featuring techniques from class.
 - d. Injury inquiry and accommodations
 - e. Permission to ROCK
2. Mirror-image instruction
3. Verbal cues, specifically verbalizing direction, talking with the beat, and "hup-hup" (double strike)
4. Non-verbal cues, specifically exaggerated movements, Ripstix® gestures, and directional points
5. Ample regressions and progressions
6. Warm, inclusive, and personalized class leadership
7. (And, most importantly) SAFETY monitoring and instruction

THE GOAL of the POUND® Interactive is to give participants a hands-on, clear, and specific example of how to lead a safe, effective and accurate POUND® class. The key teaching techniques featured during the POUND® ICON master class are what separate an instructor who simply guides choreography from a FITNESS LEADER who provides an informative and impactful experience.

The POUND® Interactive is a strong set of tracks totaling approximately 30 minutes, including the Cool Down:

1. **Warm Up – Believer**
2. **Set Level 2 – Hustler**
3. **Lunge Level 1 – Freak Show**
4. **Kit Level 1 – Crush Crush Crush**
5. **T&A Level 1 – Wish You Well**
6. **Set Level 1 – *ICON Choice (Seize The Power suggested)***
7. **Set Level 3 – Hit the Road Jack**
8. **Cool Down – Take it All Back**

DISCUSSION: Following the POUND® Interactive, while everyone is still standing, ask participants: “Now that you’ve experienced a POUND® Class...”

1. What does POUND® look like?

2. What does POUND® sound like?
3. What does POUND® feel like?"

Then allow participants to grab a brief drink, a sweater or jacket, pen/pencil and highlighter, and their printed or digital POUND® Pro Training Guide and/or notebook before returning to their mats for lecture.

DISCUSSION: Once participants are back and seated on their mats, ask the following questions:

1. What instructions did you see during the Interactive that you liked and/or that you thought were effective?
2. What verbal cues did you find helpful? Visual cues?
3. Did you observe several movement options? Cues to form?

Participants should answer with observations that span from your facial expressions, confidence and command, joy and positivity to your visual cues, verbal prompts and frequent regressions. Be sure to highlight any key teaching techniques participants may have overlooked. Reinforce that the focus of training is not the full memorization of choreography (this is a process that can be completed at home using *The Label* for rehearsal and mastery). Instead, one goal of POUND® Pro Training is to make sure participants leave with a clear understanding of what POUND® is and how to create and lead a safe, effective, and addictive class.

WHAT IS POUND®?

THE GOAL of this section is to answer the question, "What is POUND®?" with a response that speaks to the heart and needs of the individual who asked. Pros should know where to find the "definition" of POUND® in their manuals - a "definition" they should use when adding POUND® to their websites, schedules, social media pages, etc. - and the importance of speaking to their personal experiences when sharing POUND® with others.

POUND® is for ANY BODY

- POUND®'s levels, ample regressions, and exciting progressions allow any participant to enjoy the workout safely. POUND®'s application is only as limited as a Pro's imagination. Pros can make the POUND® workout appropriate and effective for any participant by following (and modifying when needed) the POUND® programming formula.
- POUND® is presented at charity events, sports rehab facilities, military bases, community events and much, much more!
- We have POUND® Pros in our network who use the workout with/in the following populations: teens, seniors, participants on the autism spectrum, those with cerebral palsy, visually impaired participants, deaf participants, participants with obesity, those in wheelchairs, and more!
- **Important Note:** when significantly modifying the POUND® programming formula for participant safety and success, POUND® HQ should first be notified by sending an email to info@poundfit.com.

ICONS: Your GOAL is to communicate, beyond doubt, that POUND® is for ANY age and ANY stage. Pros' minds should be open to all ages, genders, abilities, and interests.

POUND® is a FEELING

- POUND® is an instrument that allows participants to become a part of the music. The feel and sound of drumming is tribal, meditative, electric, and for many, therapeutic.
- The Permission to Rock can touch the soul of any participant – adult or child.

ICONS: Your aim is to ease any objections/doubts and inspire belief in POUND®'s inevitable success - a large part of which rests in the program's ability to elicit change from the inside out.

POUND® is a MOVEMENT

- We know POUND® is an effective workout that burns calories and strengthens the heart and body – elevating overall fitness. However, we think POUND®'s magic comes from the internal transformation we see in our participants. We believe physical transformation is a side effect of what's happening emotionally, cognitively, and socially as participants develop confidence in MAKING NOISE and connecting with their communities through POUND®.
- POUND® is a fitness company that holds transformation challenges that require NO before or after photos and NO commitment to weight or inches lost. Instead, POUND® wants to hear about how your THINKING has changed, how your feelings about yourself have transformed, and how you've become a more positive and connected influence in the world.

ICONS: Your goal is to build confidence in POUND®'s purposeful decision to be positive fitness rebels within the industry.

THE POUND® STORY

THE GOAL is to share a small piece of the history of POUND® and the woman behind it. ICONs should strive to convey the WHY that drives the program, how POUND® has gained popularity across the globe and the creative and strategic force behind it all, Kirsten Potenza.

ICON: POUND® was created out of the need for something more, something different...something rebellious. At our core, we aspire to change minds before bodies and use beat and alternative movements to launch people to new heights of self-worth, happiness and human connection. POUND® was designed to release INNER ROCKSTARS in everyBODY- creating spaces that are inclusive, loving and inspiring.

That was over 13 years ago and today, Kirsten Potenza, POUND®'s creator and CEO, fearlessly leads a diverse team of professionals from POUND® HQ in Los Angeles, CA, a global team of ICON master trainers and over 30,000+ POUND® Pros in over 108 countries through her beliefs in creating a community where movement has meaning, students are the stars and EVERY person is welcome.

OUR WHY

THE GOAL is to share POUND®'s mission - the beliefs that drive us forward and the philosophy that guides everything we do.

ICON: To us, POUND® and community are synonymous. Drumming, exercise and coming together to make noise as one is what we DO. Our persistent, positive and deep commitment to others is who we ARE.

WE BELIEVE

- That our Pros have the ability to inspire others across the globe
- That POUND® has the power to turn the fitness industry upside down by challenging the status quo

- That POUND® provides truly alternative ways to ROCK, in class, in life and as humans in general

OUR PHILOSOPHY

DRILL: Ask participants to note the number of the philosophy they connect with the most. **ICON:** begin with the number and read each philosophy below:

1. We believe in the power of music and the freedom of rocking out
2. We support unleashing aggression, discovering new talents, and awakening new senses
3. We encourage sampling new forms of movement, uncovering new rhythms, and tapping into new ways of listening
4. We promote camaraderie, friendship, and bonding
5. We believe in loving our bodies while improving them
6. We believe in handing you the permission to rock

DISCUSSION: Ask participants to share which philosophy resonated with them the most by holding up the corresponding number of fingers (i.e. holding up 4 fingers for “We promote camaraderie, friendship, and bonding”). Ask for volunteers to share why they connected to a specific philosophy, and share yours if it feels right to. Encourage everyone to lean into what speaks to them, as it is likely that is where some of their unique strengths reside.

THE TRIFECTA

POUND® was built on three pillars; the Mind, Body and Inner Rockstar. When first creating POUND®, Kirsten acknowledged that meaningful, positive and lasting changes began with mind. Therefore, initial focus was centered on the potential POUND® had to stimulate and strengthen the mind.

MIND

THE GOAL is to teach participants how POUND® promotes benefits to the mind through drumming, strategic distraction, the layering of instruction and influencing brain biochemistry.

PERCUSSION (DRUMMING)

- Enhances focus, higher-level thinking and decision-making skills
- Enhances pain tolerance
- Decreases anxiety, fatigue and even chronic pain

STRATEGIC DISTRACTION

- Strategically distracting participants from the intensity and duration of the workout, POUND® focuses on the FUN movement, music and making noise
- POUND®ing with Ripstix® taps into the camaraderie and physical and emotional release inherent with drumming

LAYERING

- Layering simple movements to compound movements, POUND®'s choreographic progressions are strategically designed to optimize feelings of success by moving through the stages of learning (slow, simpler moves followed by faster, more complex moves)

BRAIN BIOCHEMISTRY

- Noradrenaline, serotonin and dopamine may all be stimulated by exercise as well as drumming
- Serotonin decreases symptoms of depression and hostility
- Dopamine improves mood and long-term memory
- Noradrenaline increases alertness, sharpens focus and enhances memory formation and retrieval

NOTE: If time permits, please feel free to briefly discuss the findings from one or more of the following articles:

'When the beat goes off' by Taylor Beck. <http://news.harvard.edu/gazette/story/2012/07/when-the-beat-goes-off/>

'Feeling the beat: Symposium explores the therapeutic effects of rhythmic music' by Emily Saarman.

<http://news.stanford.edu/news/2006/may31/brainwave-053106.html>

'Drummers are natural intellectuals' by Gary Cleland. <https://www.telegraph.co.uk/news/uknews/1895839/Drummers-are-natural-intellecuals.html>

BODY

THE GOAL is to detail and demonstrate how audio-physio reinforcement, core-peripheral stabilization, adhering to the principle of adaptation and kinesthetic awareness promote body benefits.

After the mind, focus was shifted to POUND®'s potential benefits to the body:

AUDIO-PHYSIO REINFORCEMENT

- Enhances the brain-body connection through the synchronization of the motor and auditory systems
- The ability to hear your body's movements (strike timing and quality, amplitude and symmetry, etc.), provides, immediate feedback on the effectiveness of each movement

CORE-PERIPHERAL STABILIZATION

- Ripstix® extend the lever-length of the arms and require additional muscular force behind each movement
- The consistent arm-pumping motions in POUND® constantly change the body's center of gravity, challenging balance and improving proprioception, coordination and athletic skill over time
- Each Ripstix® strike demands core engagement as you brace for impact and remain balanced

PRINCIPLE OF ADAPTATION

- POUND®'s position levels, progressions, regressions and RPE coaching allows participants to choose the exercise stimulus appropriate to who they are as an individual and where they are in their fitness journey, increasing their body's capacity for exercise gently over time
- POUND®'s Set Lists and choreography promote a safe and effective workout experience for all ages and stages in the very same class

KINESTHETIC AWARENESS

- Kinesthetic awareness involves the persistent and complex communication between muscles, providing feedback regarding tension, weight shifts, joint positions and more

- POUND® techniques promote kinesthetic awareness by use of Ripstix as well as timing movements to the musical beat, consequently promoting physicality and athletic skill

FLEXIBILITY

- POUND®'s large, full-body movements paired with dynamic and static stretches promote improved flexibility
- Improved flexibility can reduce muscular tension, improve ease of movement and muscle contraction coordination as well as help prevent injury

INNER ROCKSTAR

THE GOAL is to share how the mind and body benefits culminate in the release of inner rockstars, explaining what it means to unleash the permission to rock.

POUND® brings it all together with what we call the “PERMISSION TO ROCK”. Simply put, the permission to rock is facilitated through Pros creating class environments that elicit confidence, enhance unity and, ultimately, inspire you to inspire others.

- Communal drumming has been proven to build communities and increase group happiness
- POUND® is an alternative way to ROCK that inspires a sense of confidence and freedom - one that has the potential to carry over into the lives, relationships and careers of our Pros and POUND® Posse members

NOTE: If time permits, please feel free to briefly discuss the findings from one of the following articles:

‘Music and movement share a dynamic structure that supports universal expressions of emotion. By Sievers, B., Polanksy, L., Casey, M. & Wheatley, T.
<https://www.pnas.org/doi/full/10.1073/pnas.1209023110>

‘Science shows how drummers’ brains are actually different from everybody else’s’ by Jordan Taylor Sloan.
<https://www.mic.com/articles/89363/science-shows-how-drummers-brains-are-actually-different-from-everybody-elses>

THE POUND® FORMULA

THE GOAL is to outline the four components of the POUND® Formula and explain how they come together as the 4 building blocks of a POUND® class that support the program’s inevitable success.

From start to finish, the POUND® formula consists of 4 important components – Ripstix®, POUND® Positions, Set Lists and Choreography

ICON: Write the 4 components of the POUND® formula on the white board (if not already displayed on a poster)

#1. RIPSTIX

THE GOAL is to detail what Ripstix® are and how they are used. Participants should confidently understand that POUND®'s unique benefits, as well as the workout's results, rely firmly on Ripstix®. Hand and floor protection should be shared. Participants should understand how to utilize mats in a POUND® class and where to find and purchase Ripstix® packages.

WHAT

- Ripstix® are lightly-weighted exercise drumsticks designed specifically for exercise and for POUND®
- Ripstix® maximize the POUND® workout, making it addictive and effective
- Ripstix® are 1/4 lb. (113 grams), twice the weight of a standard 5b drumstick, slightly shorter in length and similar in sound

ICON: Have participants come to their knees to practice accurate and safe Ripstix® use.

HOW TO USE RIPSTIX®

DRILL: On their knees (if safe and comfortable for participants to do so), start participants with their fingers and thumbs wrapped loosely around their Ripstix®. Have them air-drum while allowing the Ripstix® to move/bounce in the palms of their hands.

DISCUSSION: Ask participants what sensations they feel? Ask if they believe their muscles are working, and if so, which ones?

Key grip differentiators when holding Ripstix® incorrectly:

- Thumbs are wrapped around fingers (grip)
- All movement occurs at the wrist, which are loose
- Minimal core stabilization and bodily instability
- Sensation of Ripstix® moving against the skin

DRILL: Remaining on their knees, instruct participants on correct grip for POUND®ing with Ripstix®.

DISCUSSION: Ask participants to reflect on the different sensations of POUND®ing correctly. What muscles are working? Intensity?

Key grip differentiators when holding Ripstix® correctly:

- Thumbs are placed on top of the Ripstix® (think "remote control")
- Wrists are rigid
- Ripstix® are an extension of the arms, lengthening the lever length of the arms

ICON: Ripstix® extend the lever length of the arms and therefore increase the muscular force required to power each movement. POUND®'s movements and Ripstix® strikes further shift the body's center of gravity because of this increased lever length - stimulating core-peripheral stabilization. When held correctly, there is minimal to no (zero) skin abrasion while exercising with Ripstix®.

RESULTS RELY ON RIPSTIX®

- Ripstix® intensify each POUND® position with light, peripheral resistance and an extended lever length
- In a 45- minute POUND® class, participants complete thousands of Ripstix® strikes
- Participants can easily reinforce the intensity, quality and efficiency of their workout by focusing on strike intensity and range of motion

TIPS ON HAND PROTECTION (beyond accurate grip)

1. Minimize and/or eliminate hand and wrist jewelry, particularly those with gems
2. Wrap fingers with waterproof medical tape or drumming tape
3. Wear exercise gloves

NOTE: POUND® does NOT recommend wrapping Ripstix®. Ripstix® were not tested wrapped and doing so may affect the lifespan of Ripstix®.

MATS & SPACE

Mats can be considered each participant's drum kit in a POUND® class. Although participants do not need to strike all the way to the floor, when they do, an ideal class experience can be promoted by encouraging as many strikes as possible on their "drum kit."

- Participants should have 6' x 4' of space
- Mats should be parallel to the front of the room with enough space to step backward in an unobstructed lunge
- Participants should be able to extend both arms straight out to the sides with Ripstix®
- In Kit position, instruct participants to sit on the center, back of their mats

NOTE: The majority of movements in a POUND® class should strike the mat when/if striking all the way to the floor. It is the responsibility of each POUND® Pro to respect the wishes of the Venue owner/manager when it comes to striking off the mat and directly onto the floor. When teaching at a Venue that does not permit strikes to land on the floor, choreography can and should be modified by simply keeping movements that cannot strike the mat off the floor (aka "air drumming"). The use of mats in POUND® class not only provides floor protection but also absorbs a portion of each Ripstix® strike's impact.

RIPSTIX® PACKAGES

ICON: Please present pricing of Ripstix® Packages, noting that the price will automatically update to include taxes and duties according to the region the Pro is logging into *The Label* from.

#2. POUND® POSITIONS

THE GOAL is to share POUND®'s four positions and for participants to understand and experience the body's position and alignment in Home Base and Activated in Set, Lunge, Kit and T&A Position. ICONs should provide feedback on any movement dysfunction observed in Drills B and C.

POUND® Positions describe the primary set up of the body throughout the majority of the track. POUND® has FOUR positions:

1. SET (standing)
2. LUNGE (split stance)
3. KIT (seated)
4. T&A (lying supine)

Each position exists in Movement Spectrum, ranging from the most regressed, most minimized range-of-motion, version of the position (Home Base) to the most progressed, most expanded range-of-motion, version of the position (Fully Activated).

ICON: Write 'Movement Spectrum' along the top of the white board. Underneath on the left side of the white board write 'Home Base'. In the same line as 'Home Base' but on the right side of the white board write 'Activated'. Draw an arrow pointing from 'Home Base' to 'Activated'.

POUND®'s positions should be introduced during each class' introduction. During the class introduction, 3-4 key coaching cues for each POUND® position should be used, limiting instruction to not overwhelm participants with too much information while providing enough to help participants feel confident in the class ahead. Additional coaching cues can and should be shared later on throughout the class.

DRILL A: Have participants stand up and ask for a volunteer to read, one at a time, the key coaching cues for Set position listed in their manuals. As they read each coaching cue, class should respond by moving their bodies accordingly. Once complete, everyone should be properly set in Home Base of Set position.

DRILL B: Guide participants through two 8-counts of the technique DOWN/UP at 2- counts/movement. Provide feedback and coaching.

DRILL C: Progress the class to two 8-counts of the technique DOWN/UP at 1-count/movement. Address any issues in movement execution and/or form.

- Repeat drills A-C for the remaining three positions, using the technique recommendations listed below:
 - Lunge technique = DOWN/UP or SKI - both right and left sides (depending on participants in attendance)
 - KIT technique = TWIST
 - T&A technique = OH THRUST

ICON OBJECTIVE: The goal of Drills B and C is to ensure participants are moving safely, without dysfunction, in each of POUND®'s 4 positions. ICONs should move around the room during these drills to provide encouragement and any corrections to form that may be needed.

CLASS INTRODUCTIONS

THE GOAL is to introduce the importance of class introductions - referencing back to the class introduction you shared during the interactive/master class - and outline its most important components as listed in their training manuals.

Each POUND® class should start with a 2-3 minutes class introduction. Class introductions should:

1. Welcome participants to the POUND® class
2. Introduce Ripstix® - what they are, jewelry, how to hold them and the common POUND® strike patterns (e.g., single strike, double strike and POUND®ing)
3. Set up each of POUND®'s 4 positions in Home Base using 3-4 cues (see manual, p. 12)
 - a. Pro Tip: After moving participants into Home Base, gently progress participants towards Activated using a technique featured later on in the class' Set List
4. Inquire about existing injuries and provide options as they are needed for participant safety
5. Grant the permission to rock!
 - a. Encourage participants to own their class experiences by listening to their bodies, utilizing options as they are needed and allowing themselves to experience the freedom and joy of rocking out!

ICON: Let participants know they can find more information on how to build and prepare class introductions in the Learning Center of *The Label* after today's training.

POUND® POSITION LEVELS

THE GOAL is to explain that within POUND®'s 4 positions there are different position levels. ICONs should share the factors that are considered by POUND HQ when assigning position levels to each track of this pre-choreographed format. Borg's RPE scale should be explained in relation to the different position levels, including the value in leading different position level tracks at different RPEs.

Choreography for POUND® positions are categorized by an assigned position level. Pros should understand:

- That each position level has an assigned RPE
- That position levels not only feel (physically) different, but also sound different
- That within ANY position level, techniques can be regressed, progressed or modified
- To learn each position level's RPE, Pros should reference back to their POUND® Pro Training Manuals after training

Position levels are critical to composing a safe, appropriate, effective and FUN POUND® class. POUND® position levels correspond with the Borg CR10 Ratings of Perceived Exertion scale (R.P.E.), a scale that ranges from 0-10. Each POUND® position level is assigned a RPE based on several factors, including but not limited to, physiological responses, choreographic speed, complexity, instability and coordination. Position levels not only feel different, but musically they sound different too - creating a rock concert experience that appeals to a wide variety of participants.

INTENSITY MONITORING

Intensity monitoring is a valuable Pro skill for a couple reasons:

1. First, it helps keep participants safe. When participants are encouraged to take ownership over their own exertion levels, they are empowered to play an active role in their exercise experience. It minimizes someone going "too hard" and experiencing extreme discomfort or causing injury. It also minimizes anyone leaving the workout saying it is "too easy". As a POUND® Pro, when you explain the RPE for a track you allow participants the opportunity to scale up or down to reach the effort level described.
2. Secondly, cueing participants through various intensity levels helps make the overall workout more effective. Varying intensity throughout class creates moments of recovery and/or preparation before extended periods or high-intensity peaks of work. Varying intensity helps guide participants through the journey of a safe and effective workout.

As each POUND® Position progresses in level, so does the complexity of the techniques and choreography as well as the intensity.

IMPORTANT REINFORCEMENT: Within all tracks of ANY Position Level, techniques can be regressed, progressed or modified.

#3. SET LISTS

THE GOAL is to explain what Set Lists are and how they provide the critical - and only - order of tracks within a 15-, 30- and 45- minute POUND® class. Pros should understand the science behind Set Lists (intervals, circuit training, balance and safety, dynamic design) and know where to find Set

Lists in *The Label*. ICONs should help Pros visualize the process of selecting tracks from *The Label* and filling them into Set Lists templates as they consider the audience, journey and vibe (as well as recognizing that dedicated practice time will be needed to truly ROCK the class experiences!).

Set Lists provide the structure and framework for the ideal POUND® class progression. When followed correctly, Set List progressions create dynamic intervals that safely rotate through major muscle groups to promote safety AND efficacy. 45-, 30- and 15-minute Beginner and Intermediate/Advanced Set List templates, as well as Demo Set List templates, can be found in the Choreography section in *The Label*. Pros can also choose from over 20 completed Set Lists of various lengths and themes in *The Label*, should they prefer not to create their own.

INTERVALS

- Set Lists alternate equal or variable periods of work with rest or recovery periods
- Set Lists create peaks and valleys for maximum results and workout efficiency
- The variable intensities in a POUND® class, due in large part to Set Lists, promote a safe and effective cardiovascular workout that stimulates aerobic capacity and supports prolonged periods of exercise

CIRCUIT TRAINING

- POUND® strategically orders the Warm Up, Set, Lunge, Kit, T&A and Cool Down tracks to not only create dynamic intensity intervals but to also rotate through exciting techniques that stress different muscles groups – avoiding undue muscular fatigue or overuse
- This rotation is similar in design to circuit training, believed to be one of the most time-efficient protocol for enhancing cardiovascular fitness and muscular endurance

BALANCE AND SAFETY

- Set Lists are placed in such an order that muscular fatigue is appropriate for adaptations but not so intense that muscular exhaustion or overuse injuries are promoted
- Performing excessive repetitions of the same movement or stressing a particular muscle too frequently may cause a participant to unintentionally execute poor form as well as accelerate tissue breakdown beyond the rate of buildup

DYNAMIC DESIGN

- Set List progressions enhance POUND®'s natural strategic distraction by also changing the positions and position levels to engage participants in novel activities and movements that keep their minds engaged and their moods lifted
- Set Lists and POUND® choreography shift the focus from counting endless repetitions (something you might do in a more traditional exercise class) and competition to instead finding the musical beat, making noise and moving together as one with your fellow classmates
- Simply put, POUND® allows participants to get lost in the music and the community of class

ROCK YOUR SET LIST

IDENTIFY THE AUDIENCE

- The POUND workout should be centered on the general needs of each POUND® Pro's population (ability, comfortability, confidence, etc.). Pros should remember that a Set List that works well at one Venue, with a particular population, may not be well-suited for a different population at another Venue, etc.

CREATE THE JOURNEY

- A Set List should contain physiological peaks. A Set List progression should feel similar to intermittent training – periods of hard work followed by periods of active recovery
- Pros should assess the techniques featured in the pre-choreographed tracks of their Set Lists to ensure that there is a safe variety of movements. Too much of the same technique can promote overuse injuries in extreme situations. It's okay to see the same technique in two different tracks in the same workout, but for a well-balanced, 360-degree workout, techniques should be diverse and move in all planes of movement
- By the end of class, participants should feel like they've been sufficiently challenged yet still successful. They should be eager to return

VIBE CHECK

- It is common for instructors to build a Set List with songs that they personally prefer. Instead of doing this, Pros should strive to build Set Lists that are musically diverse in sound and genre to appeal to a wide participant base – any age and every stage!
- Just as Set Lists should contain physiological peaks and valleys, they should also feature musical peaks and valleys

LEAD THE WAY

- Your class participants' time is valuable. They've chosen to spend a portion of their day working out with YOU in your POUND® class. POUND® Pros can honor this decision and show respect for their participants' time by rehearsing their Set Lists ahead of time and being fully prepared for each class
- Among other things, Pros should know the tracks (and track order) of their Set List, be prepared to speak to the goals of their Set List, and have mastered the choreography, cues (verbal and non-verbal) and movement options
- Pros should not only have a practiced plan for what happens before class but also practice and plan for the final moments of class (i.e., what happens after the Cool Down as participants return their mats and Ripstix® before exiting the room, etc.)
- The Pro is not just leading a workout, they are leading a PERFORMANCE and creating an EXPERIENCE. Rockstar performances that create true POUND® Posse members demand serious preparation and dedicated rehearsal time. They are expertly, yet humbly, led
- Importantly, when a Pro is extremely comfortable leading choreography through mirror image, they can focus their attention on observing and cueing participants (instead of being focused on their own movements in the mirror or otherwise). When a Pro has mastered choreography and rehearsed all of their planned cues and movement options, they are better able to help keep participants both challenged and safe with clear instruction and well-placed, appropriate options

NOTE: POUND® recommends that Pros start with Beginner Set Lists. Starting with a Beginner Set List introduces POUND® to new participants in a way that they can feel challenged yet still successful. It is very important that participants do not feel so challenged that feelings of success are diminished. Thanks to POUND®'s easy-to-modify choreography and Movement Spectrum, a Beginner Set List can be cued for an advanced intensity whenever it is appropriate and needed, while keeping novice participants safe at the same time.

#4. CHOREOGRAPHY

THE GOAL is to introduce Sheet Music - what it is, why it was created and where to find it in *The Label*. Pros should understand the different components that combine to create POUND® Pods and how POUND® Pods combine to create Sheet Music. ICONs should provide ample opportunity to practice reading Sheet Music throughout the training day.

POUND® Pods are graphic representations of the choreography that occurs within a track. Together, a series of POUND® Pods create POUND® Sheet Music. Sheet Music is read from left to right, just as you would read a book. **Sheet Music is designed to complement the Instructor Track Videos found in *The Label* as a secondary learning tool.**

ICON: Use Presentation Slides (found in ICON Resources) to support the delivery of this section**8-COUNTS**

The number listed in the top of a POUND® Pod represents the number of 8-counts a specified technique is performed. Whole numbers, as well as fractions, are listed here. 8-counts are counted on the beat of the song.

DRILL: Lead class through the counting of two 8-counts out loud.

The speed at which an 8-count is recited depends on the song's tempo.

DRILL: Play the POUNDtrack *Believer* by Imagine Dragons. Allow participants to listen and encourage them to try and first find the beat of the song. Then, lead participants into the counting of four 8-counts out loud, along with the music.

TECHNIQUE AND DIRECTION

The words listed in the middle of the POUND® Pod represent the technique, the choreographed movement being performed.

DRILL: Lead participants through two 8-counts of RAINBOW in Set Position at 1-count/movement.

There are many techniques in POUND®'s choreography and some contain reference to direction. R = participant's right, L = participant's left, C = center, RCL = participant's right, center, left.

DRILL: Lead participants through two 8-counts of RAINBOW (R) ***Their RIGHT*** in Set position at 1-count/movement.

STRIKE PATTERN

The bottom of the POUND® Pod contains the strike pattern, which is often on the downbeat in the music. Strike patterns include the absence of a strike (typically with 'INTRO', 'OUTRO' and 'TRANSITION' techniques), single tap, double tap, 'RIFF' and 'POUND'.

DRILL: Lead participants through two 8-counts of DOWN/UP in Set Position with a single strike at 1-count/movement.

DRILL: Lead participants through two 8-counts of DOWN/UP in Set Position with a double strike at 1-count/movement.

DRILL: Explain that a 'R' in the bottom of the POUND® Pod stands for a RIFF strike pattern. Emphasize that anytime a Pro reads the word 'RIFF' or sees the 'R' strike pattern, they should first reference the Instructor Track Video in *The Label* to learn exactly what is going on in the choreography. 'RIFF' and 'R' can be thought of as 'unicorns' – something special in the choreography that cannot be easily described. Lead participants through two 8-counts of DOWN/UP in Set position with a RIFF strike pattern (alternating single and double strikes) at 1-count/movement.

DRILL: Explain that a 'P' in the bottom of the POUND® Pod stands for the POUND® strike pattern. Lead participants through two 8-counts of DOWN/UP in Set position with a POUND® strike pattern at 1-count/movement.

SPEED

Choreographic speed can be understood to increase as symbols move from the top-left of a POUND® Pod to the top-right (similar to a speedometer in your car!). POUND® has 4 regularly occurring choreographic speeds.

DRILL: Explain that a ~ on the top-left of the POUND® Pod indicates 4-counts/movement. Lead participants through two 8-counts of DOWN/UP in Set Position at 4-counts/movement.

DRILL: Explain that a | on the top-center of the POUND® Pod indicates 2-counts/movement. Lead participants through two 8-counts of DOWN/UP in Set Position at 2-counts/movement.

DRILL: Explain that the absence of speed symbols indicates 1-count/movement, the song's tempo/basic unit of speed. Lead participants through two 8-counts of DOWN/UP in Set Position at 1-count/movement.

DRILL: Explain that a // on the top-right of the POUND® Pod indicates 1/2-count/movement. Lead participants through two 8-counts of DOWN/UP in Set Position at 1/2-count/movement.

VERTICAL LINE BREAKS

Vertical line breaks between POUND® Pods represent a change in technique. Additionally, these line breaks often separate musical phrases (e.g., chorus, verse, bridge, etc.)

PUTTING IT ALL TOGETHER

DRILL: Ask participants to grab their manuals, find a partner (or small group) and stand near one another. Share that you will be performing the first two lines of Sheet Music for the POUND® Warm Up Track, *Believer*, by Imagine Dragons as they watch and follow along in their digital/printed manual's Sheet Music or on the projection screen's Sheet Music. Together with their partner, they will move their finger along the Sheet Music, Pod-by-Pod, as the track progresses. You will help them keep up by shouting out technique names, strike patterns and other helpful hints. Everyone is encouraged to count the 8-counts out loud. Turn on the music for the Warm Up track, *Believer*. IMPORTANT NOTE: Be sure the volume is not so loud that Pros can't hear you shout out technique names, speed, strike patterns and other hints to help them follow along. After you've performed the first 2 lines of *Believer*'s Sheet Music, ask participants if it is all starting to come together and make more sense. If necessary, repeat the drill, this time asking participants to shout out technique names, speed and strike patterns as you go along (e.g., "What's next?").

DRILL: Lead participants through the entire Warm Up track, *Believer*, by Imagine Dragons.

TIP: Download and print (or save digitally) Sheet Music for moments when you might not have internet access or need a quick choreography refresher.

Share that they will continue to practice reading Sheet Music throughout the rest of today's training day. They can find a nearly identical POUND® Pod blog in the Learning Center of *The Label* after today's training. Remember, Sheet Music is complementary to the Instructor Track Videos in *The Label*. Pros will learn everything they need to know about a track's choreography simply by watching the videos. Sheet Music is designed to aid the learning process.

YOUR STARTER SET LIST

THE GOAL is to help Pros get excited about completing their first Set List. The Set List they complete today in their manuals consists of tracks that will be used to drive key learnings throughout the rest of the training day as well as tracks hand-selected by you, their ICON, for maximum participant success, program efficiency and FUN. Pros should know how to filter choreography by the Training Tracks filter in *The Label* as well as how to search for choreography by song title, artist, position, position level, etc.

ICON: Pros should regularly visit the Set List page in *The Label* to choose and complete Set List templates most appropriate for their individual classes and/or follow a pre-made Set List provided by POUND®. Explain that today in training they will be completing a 45-minute Beginner Set List.

DRILL: Have the class fill in *Believer* by Imagine Dragons on the Warm Up line of their Starter Set List; *Hustler* by Zayde Wolfe on the Set Level 2 line, *Freak Show* by Dead Posey on the Lunge Level 1; and *CrushCrushCrush* by Paramore on the Kit Level 1 line.

ICON: Explain that they can find these tracks as well as the rest of the Set Lists tracks (to be filled in later) by selecting the 'training tracks' filter in the Choreography section of *The Label*. They can also search for each track by song title.

HOW WE TEACH

THE GOAL is to detail the 4 specific ways POUND® Pros teach and, as consequence, elevate their instruction. Committing to these 4 teaching techniques, Pros place instructional emphasis on the student, their safety, success and enjoyment.

POUND® believes that in class the students are the stars. This is how WE TEACH.

POUND® intentionally unleashes the rockstar within when our POUND® Pros:

TEACH WITH MIRROR IMAGE

- Engaging in direct eye-contact and meaningful connections
- Acting as the audience to our participant's rock concert

PROVIDE EXAGGERATED VISUAL CUES

- Encouraging effort, energy and enthusiasm
- Clearly demonstrating proper body alignment and technique execution with precision

DELIVER CLEAR VERBAL CUES

- Allowing participants to hear and clearly understand your instructions

PREPARE CLASS WITH MODIFICATIONS AND OPTIONS FOR EVERY BODY

- Anticipating a wide range of abilities to create safe, inclusive and inspiring class environments

WHAT IT WORKS

ICON: Direct participant attention to pages 20-21 in their training guides. Share that these pages identify many of the primary movers targeted in a POUND® class. Explain that you will be speaking to many of these muscles throughout the rest of the training day. They should return to these pages whenever they are interested in seeing a visual representation and/or location of a particular muscle.

SET POSITION

THE GOAL is to deepen participants' understanding of Set Position and how to coach it for participants of any age and every stage using the Movement Spectrum. Pros should thoroughly understand WHY we teach with Mirror Image and that the training day's choreography is used to drive key learnings - NOT for memorization (a process they can look forward to completing at their own speed through *The Label*).

WHAT IT IS

Set Position is named after a drum set. Set is a basic standing position.

WHAT IT WORKS

Quadriceps, hamstrings, gluteals, adductors, abductors, transverse abdominals, erectors, gastrocnemius, soleus and more

WHAT SET POSITION LOOKS LIKE

ICON: Have participants stand and experience how correct form in both the Home Base and Activated positions feel like. Either choose a volunteer or read aloud "What Set Position Looks Like" as the class responds, moves and adjusts their bodies to each cue. Provide head-to-toe physical and feeling cues for each position (think "-ing" words, examples: lifting, pressing, squeezing, bracing, etc.).

ICON: Explain the tiers of the Movement Spectrum.

DRILL: Using the technique DOWN/UP or RAINBOW, have participants perform two 8-counts at each position tier in the Movement Spectrum (i.e.: hip, thigh, knee, shin and floor). **IMPORTANT NOTE:** You can prevent pain and minimize injury risk by regressing a participant's range of motion, but also by changing their joint action (static, isometric variations or a different plane of movement). If a participant still experiences joint discomfort, they should discontinue the particular technique and/or the workout until they can perform the exercise comfortably.

DISCUSSION: Facilitate discussion on the change/increase in physiological workload as the above drill progresses through each level of the Movement Spectrum - from Home Base to Activated and back again - as well as possible options that exist "outside" of the Movement Spectrum (options to the left of Home Base, e.g., seated in a chair, and to the right of Activated, e.g. jumping - **ICON:** please demonstrate these options, space and time permitting). By understanding the intensity variations within the Movement Spectrum options, POUND® Pros will be better equipped to empower their students to experience the RPE associated with a track's specified Position and level. **IMPORTANT NOTE:** Options "outside" of the Movement Spectrum are only to be used when necessitated by a participant's safety or ability.

DRILL: After reviewing correct form, the Movement Spectrum, and cues for both – ask for a volunteer to "teach" class Set Position. This will help make sure they've not only retained the information but that they can apply it.

DISCUSSION: Facilitate discussion through the questions, "What options can you give a participant with limited knee flexion?" and "What visual cues are appropriate for a participant rounding their backs in Set Position?". Encourage the class to take notes in their manual.

MIRROR IMAGE INSTRUCTION

Mirror Image instruction includes two important factors:

1. Facing your participants while you teach
2. Leading to your left-hand side.

We face our participants to engage in direct eye contact, to turn our focus away from our own image in the mirror and to become the audience to our participant's rock show. We lead to our left-hand side to allow participants the general comfort of starting each movement to their right.

DISCUSSION: Facilitate a discussion with the mirror image TIP listed in their manuals. Ask participants if they have any other tips or tricks for mirror image instruction.

IMPORTANT NOTE: ICONs must lead all choreography from this point forward to THEIR RIGHT, the training participants' left-side. This is to help Pros acquire left-lead muscle memory, what they will be using to lead their classes, and begin experiencing choreography as POUND® Pros.

ICON: "Today we are focused on becoming movement leaders. To do this, we will be focusing on cueing and correcting form, regressing and progressing techniques and incorporating key teaching techniques from POUND's cueing checklist. We will be using POUNDtracks to facilitate these learnings. Our focus today is not on the memorization of choreography - a process that can be completed after today's training by watching the Instructor Track videos in *The Label*."

SET LEVEL 2, *HUSTLER*

THE GOAL is to lead the choreography in a way that inspires and motivates Pros to give their instruction everything they've got. Pros should be able to identify the cues in the Cueing Checklist in your (ICON) instruction as well as increase their own experimentation with the cues in each subsequent run of the choreography. With the breakdown of unique techniques, Pros should have confidence that technique mastery continues with the Technique Library in *The Label*. During the mirror image partner drills, Pros should gain experience leading and following mirror image movement while engaging in direct eye contact.

DRILLS:

1. Lead the track full-out to demonstrate proper use of cueing, range of motion, movement intensity, regressions, energy, etc.
2. Break down each **unique** technique it appears within the Sheet Music for the track. Teach and demonstrate proper form and strike pattern progressions. Continue to reference back to the track's Sheet Music throughout the technique break downs. Review regressions, progressions and modifications for each of the unique techniques. **NOTE:** After training, Pros will be able to access the Technique Library in *The Label* where they can find key techniques and modifications being broken down and taught. The technique breakdowns, progressions and regressions found in the Technique Library continue today's learnings and act as a foundation for Pros to explore additional modifications as they are needed for the individuals in their classes.
3. Ask participants to pick a partner. "Partner A" will be standing on one side of the mat, facing the front of the room, and "Partner B" will be standing on the other side of the mat, facing the back of the room. **NOTE:** If there is an uneven number of training participants, there may be a group of three. In this instance, there should be two people on one side of the mat facing one person on the other.
 - a. Partner A, facing the front of the room, will be the "POUND® Pro" teaching the track. They are able to see you, the ICON, in the front of the room. You will be able to help Partner A with the choreography as needed. Start the track and help the Partner A's lead choreography to their left sides, as POUND® Pros, to Partner B's right side.
 - b. After the track, ask participants how they felt with Mirror Image instruction. Give all participants feedback on what you observed.
4. Ask the partners to switch places, Partner B's now facing the front of the room. Partner B's will be the "POUND® Pro" teaching the track to their left sides (Partner A's right).

- a. Start the track and help Partner B's lead as POUND® Pros to Partner A's.
 - b. After the track, ask if Mirror Image instruction felt any different after the second run. Give all participants feedback on what you observed.
5. If time permits, have all participants return to face the front of the room. Run the track a final time, reviewing the Cueing Checklist and asking participants to try and utilize the first and second cues, Movement Spectrum and exaggerated movement, in their own execution of the choreography while also trying to spot the other cues in your instruction. Movement Spectrum options provide movement alternatives for all ages and stages and exaggerated movements provide clarity and energy to a Pro's instruction. The difference between using exaggerated movements and not using them can be seen, felt and heard. Provide feedback and reinforce the concepts and importance of mirror image instruction and the Movement Spectrum.

KIT POSITION

THE GOAL is to deepen participants' understanding of Kit Position and how to coach it to participants of any age and every stage using the Movement Spectrum. ICONs should explain when and how props may be used in Kit tracks and the importance of planning thoughtful transitions to and from the floor.

WHAT IT IS

Named after sitting at a drum kit, Kit is a basic seated position.

WHAT IT WORKS

Rectus abdominis, external oblique, internal oblique, transverse abdominis, hip flexors, erectors and more.

WHAT KIT POSITION LOOKS LIKE

ICON: Have participants sit and experience how correct form in both the Home Base and Activated positions feel like. Either choose a volunteer or read aloud "What Kit Position Looks Like" as the class responds, moves and adjusts their bodies to each cue. Provide head-to-toe physical and feeling cues for each position (think "ing" words, examples: lifting, pressing, squeezing, bracing, etc.).

ICON: Explain the tiers of the Movement Spectrum.

DRILL: Using the technique TWIST or POUND®, have participants perform two 8-counts at each position tier in the Movement Spectrum (i.e.: Sit straight, short lever, short lever, long lever, balance short lever and - outside of the Movement Spectrum - legs crossed).

DISCUSSION: Facilitate discussion on the change/increase in physiological workload as the above drill progresses through each tier of the Movement Spectrum - from Home Base to Activated and back again - as well as possible options that exist "outside" of the Movement Spectrum (options to the left of Home Base, e.g., legs crossed, and to the right of Activated, e.g., long-lever balance - **ICON:** please demonstrate these options, space and time permitting). By understanding the intensity variations within the Movement Spectrum options, POUND® Pros will be better equipped to empower their students to experience the RPE associated with a track's specified Position and level. **IMPORTANT NOTE:** Options "outside" of the Movement Spectrum are only to be used when necessitated by a participant's safety or ability.

DRILL: After reviewing correct form, the Movement Spectrum, and cues for both— ask for a volunteer to "teach" class Kit position. This will help make sure participants have not only retained the information but that they can apply it.

DISCUSSION: Facilitate discussion through the questions, "What modifications are available for a participant building strength and endurance in their hip flexors?" and "What visual cues are appropriate for a participant whose shoulders are lifted towards their ears?" Encourage the class to take notes in their manual.

DISCUSSION: Ask participants for clear and specific visual and verbal cues that they might use to cue participants through the Movement Spectrum. Answers should be descriptive and POSITIVE.

PROPS

DISCUSSION: Facilitate a discussion on how to best use props for SAFETY in class. The decision to use props should be based on each individual participant and their safest class participation. IMPORTANT NOTE: Whenever possible, props should be stored off to the sides of the room until they are needed and then returned to the sides of the room after use. Props are not to be used as drum targets, as the workout has not been designed or tested with drum targets but instead with Ripstix and Mats (how awesome is it that that's all the equipment you need!?!)

TRANSITIONS TO AND FROM THE FLOOR

DISCUSSION: Facilitate a discussion on how to properly transition to and from the floor as well as the importance of planning and allowing for enough time to do so safely. Participants may need to be coached through safe options to move through these transitions and should be given adequate time to move safely before the next track begins.

ICONS: please use these as guides: <https://www.verywellfit.com/how-to-safely-get-up-and-down-from-the-floor-1230957>
<https://www.youtube.com/watch?v=tXpeFnD52nk>

KIT LEVEL 1, *CRUSH CRUSH CRUSH*

THE GOAL is to lead the choreography in a way that inspires and motivates Pros to give their instruction everything they've got. Pros should be able to identify the cues on the Cueing Checklist in your instruction and be encouraged to incorporate these cues themselves. With the breakdown of unique techniques, Pros should have confidence that technique mastery continues with the Technique Library in *The Label*.

DRILLS:

1. Lead the track full-out to demonstrate proper use of cueing, range of motion, movement intensity, regressions, energy, etc.
2. Break down each **unique** technique it appears within the Sheet Music for the track. Teach and demonstrate proper form and strike pattern progressions. Continue to reference back to the track's Sheet Music throughout the technique break downs. Review regressions, progressions and modifications for each unique technique. **NOTE:** After training, Pros will be able to access the Technique Library in *The Label* where they can find key techniques and modifications being broken down and taught. The technique breakdowns, progressions and regressions found in the Technique Library continue today's learnings and act as a foundation for Pros to explore additional modifications as they are needed for the individuals in their classes.
3. Explain that you will be leading class through the track again, this time emphasizing the cues in the Cueing Checklist. Encourage class to experiment with the first two cues, Movement Spectrum and exaggerated movements, while specifically observing you cue 'hup hup' on the double taps. Encourage participants to take ownership over their Movement Spectrum choices throughout the track as their ability to make cue choices will be important as Pros. Lead the track a second time. Provide feedback and encouragement.
4. Lead class through the track a third time, this time prompting participants to focus intently on the 'hup hup' cues as they continue to move through the Movement Spectrum options. **NOTE:** As their ICON, you will still be demonstrating all of the cues on the Cueing Checklist. You are simply calling extra attention to the Movement Spectrum, exaggerated movements and 'hup hup' cues. Provide feedback and encouragement.

DISCUSSION: Ask the class if they could feel the intensity difference between the Movement Spectrum modifications. By a raise of hands, ask how many think teaching with the options of the Movement Spectrum will make their classes safer and more appropriate (versus teaching only one position the entire time, i.e.; long lever).

LEGAL & SOCIAL MEDIA

LEGAL

Review the responsibility of being a licensed POUND® Pro listed on page 39 of their Training Manuals.

- Pro Instructor Status
- POUND® name, mark and logo
- Press Guidelines
- Expos + Conventions

VIDEO: PERMITTED POSTING GUIDELINES

To help maintain the integrity of the brand and to protect the investment of our licensed POUND® Pros, POUND® asks that videos of choreography be limited to 15 seconds or less. Before posting pictures or videos online, it is strongly advised that signed photo release forms from your participants are obtained.

In addition to staying in touch with HQ and your ICON, after today's training, participants will be eligible to join the 'Official POUND® Rockout Workout Pro' group on Facebook. This page is an amazing resource for old and new Pros alike! Post, comment and search through past conversations to spark new ideas, gain answers to questions you didn't even know you had and receive on-going support from your global POUND® Pro family.

GET IN TOUCH WITH HQ

Write to POUND HQ info@poundfit.com with any questions, comments, feedback or success stories.

LUNGE POSITION

THE GOAL is to communicate the importance of leading choreography with precise placement and power, while at the same time, utilizing options within the Movement Spectrum. The options within the Movement Spectrum don't necessarily diminish intensity, but redirect it. Pros should be confident the successful instruction and/or participation in Lunge Position choreography does not require strikes that hit the mat/floor. The importance of keeping verbal cues short, speaking on the beat, should also be clearly understood. POUND® is a music-led format and as such, our Pros emphasize visual cues over verbal.

WHAT IT IS

Lunge position is a basic split stance in the sagittal plane.

WHAT IT WORKS

Quadriceps, gluteals, hamstrings, erectors, gastrocnemius, soleus and more

WHAT LUNGE POSITIONS LOOKS LIKE

ICON: Have participants stand and experience how correct form in both the Home Base and Activated positions feel like. Either choose a volunteer or read aloud “What Lunge Position Looks Like” as the class responds, moves and adjusts their bodies to each cue. Provide head-to-toe physical and feeling cues for each position (think “-ing” words, examples: lifting, pressing, squeezing, bracing, etc.).

ICON: Explain the tiers of the Movement Spectrum.

DRILL: Using the technique DOWN/UP or DIG have participants perform two 8-counts at each position tier in the Movement Spectrum (i.e.: hip-height, thigh-height, knee-height and floor height) on both the right and left sides.

DISCUSSION: Facilitate discussion on the change/increase in physiological workload as the above drill progresses through each level of the Movement Spectrum - from Home Base to Activated and back again - as well as possible options that exist “outside” of the Movement Spectrum (options to the left of Home Base, e.g., Home Base of Set Position, and to the right of Activated, e.g., jumping - **ICON:** please demonstrate these options, space and time permitting). By understanding the intensity variations within the Movement Spectrum, POUND® Pros will be better equipped to empower their students to experience the RPE associated with a track’s specified Position and level. **IMPORTANT NOTE:** Options beyond the Movement Spectrum are only to be used when necessitated by a participant’s safety or ability.

DRILL: After reviewing correct form, the Movement Spectrum, and cues for both— ask for a volunteer to “teach” the class Lunge position. This is to help make sure participants have not only retained the information but that they can apply it.

DISCUSSION: Facilitate discussion through the questions, “How would you visually cue a participant who is hinging from the hip to strike the floor (versus knee flexion)?” and “What options are appropriate for a participant struggling with balance (their front knee not tracking in line with their toes)?” Encourage the class to take notes in their manual.

REGRESSIONS

POUND® Pros should aim to demonstrate regressions for at least one 8-count of every unique technique in a track. TIP: POUND® recommends introducing techniques in their most regressed form first and then gradually increasing through the Movement Spectrum as the choreography progresses. A successful POUND® Pro always places the needs, abilities and interests of their class participants before their own.

SPACE BETWEEN TRACKS

Space between tracks can seamlessly be added with the use of “silence tracks.” Space between tracks is great between tracks that transition to and from the floor and/or tracks with short INTROs or OUTROs.

LUNGE LEVEL 1, *FREAK SHOW*

DRILLS:

1. Lead the track full-out to demonstrate proper use of cueing, range of motion, movement intensity, regressions, energy, etc.
2. Break down each **unique** technique it appears within the Sheet Music for the track. Teach and demonstrate proper form and strike pattern progressions. Continue to reference back to the track’s Sheet Music throughout the technique break downs. Review regressions, progressions and modifications for each of the techniques. **NOTE:** After training, Pros will be able to access the Technique Library in *The Label* where they can find key techniques and modifications being broken down and taught. The technique breakdowns, progressions and regressions found in the Technique Library continue today’s learnings and act as a foundation for Pros to explore additional modifications as they are needed for the individuals in their classes.

3. Run the track a second time, emphasizing cues in the Cueing Checklist highlighted in the previous tracks (Movement Spectrum, exaggerated movement and “hup-hup”) while also calling attention to our speed cue. Provide encouragement and feedback.
4. Review how POUND® Pros utilize verbal cues = keeping them short, sweet, to-the-point and spoken on the musical beat. Before running the track again, walk Pros through 2-3 different places in the choreography where verbalizing direction can be used (i.e., RCL arrow = “right, center, left”; 90’s = “back, out”; IN/OUT RIFF = “in, out, in, up”). Once class participants pick up on a verbal cue, a Pro doesn’t need to keep shouting it out simply for the sake of shouting it out, instead, the verbal cue can stop as its purpose (helping guide choreography) has been accomplished. In this third run, encourage the class to try and incorporate any and all of the 5 cues on the Cueing Checklist while intently focusing on the speed and verbalizing direction cues.

T&A POSITION

THE GOAL is to communicate the WHY behind T&A instruction and help instill confidence in teaching T&A tracks standing. Pros should understand how to perform T&A techniques both supine and standing as well as understand that they are encouraged to demonstrate 2-3 techniques supine before the track begins and they lead the choreography standing.

WHAT IT IS

T&A stands for thighs and assets. T&A is a supine position.

WHAT IT WORKS

Gluteus maximus, hamstrings, adductors, abdominals, erectors, obliques and more.

WHAT T&A POSITION LOOKS LIKE

ICON: Have participants lie down and experience how correct form in both the Home Base and Activated positions feel like. Either choose a volunteer or read aloud “What T&A Position Looks Like” as the class responds, moves and adjusts their bodies to each cue. Provide head-to-toe physical and feeling cues for each position (think “-ing” words, examples: lifting, pressing, squeezing, bracing, etc.).

ICON: Guide participants through each tier of the Movement Spectrum.

DRILL: Using the technique OH THRUST or TOMs have participants perform two 8-counts at each position tier in the Movement Spectrum (i.e.: no lift, small lift, full lift - and “outside” of the Movement Spectrum - narrow base of support).

DISCUSSION:

Facilitate discussion on the change/increases in physiological workload as the above drill progresses through each tier of the Movement Spectrum - from Home Base to Activated and back again - as well as possible options that exist “outside” of the Movement Spectrum (options to the left of Home Base, e.g., standing -

ICON: please demonstrate these options, space and time permitting). By understanding the intensity variations within the Movement Spectrum options, POUND® Pros will be better equipped to empower their students to experience the RPE associated with a track’s specified Position and level. **IMPORTANT NOTE:** Options “outside” of the Movement Spectrum are only to be used when necessitated by a participant’s safety or ability.

DRILL: After reviewing correct form, the Movement Spectrum and cues for both— ask for a volunteer to “teach” class T&A position. This is to help make sure participants have not only retained the information but that they can apply it.

DISCUSSION: Facilitate discussion through the questions, "What visual cues are appropriate for a participant arching their back?" and "How might verbalizing direction need to be different for a T&A track?" Encourage participants to write answers in their manuals.

ROOM SETUP

Participants gain the greatest view of T&A techniques when you split the class in half, instructing participants on the right to lay with their toes facing the center of the room and the participants on the left to do the same. In this position, participants can comfortably gaze downward to see the center of the room.

TEACHING STANDING

T&A tracks are unique in that POUND® Pros stand while they teach. Teaching T&A standing helps participants see instruction comfortably- even the ones in the far back corners. It also allows the Pro to direct their voice, gaze, instruction and cues toward the participants, helping them coach and monitor form while holding class participants accountable for their efforts. TIP: Using a microphone is especially helpful in T&A, as well as anytime participant view is impaired during class.

T&A LEVEL 1, *WISH YOU WELL*

DRILLS:

1. Break down each **unique** technique **SUPINE** as they appear within the Sheet Music for the track. Teach and demonstrate proper form and strike pattern progressions. Continue to reference back to the Sheet Music throughout the technique break downs. Review regressions, progressions and modifications for each of the techniques. **NOTE:** After training, Pros will be able to access the Technique Library in *The Label* where they can find key techniques and modifications being broken down and taught. The technique breakdowns, progressions and regressions found in the Technique Library continue today's learnings and act as a foundation for Pros to explore additional modifications as they are needed for the individuals in their classes.
2. Re-introducing the first 2-3 techniques of the track **SUPINE** before the track begins (just as you would in a regular, weekly POUND® class), teach the track full-out **STANDING** while participants execute the choreography **SUPINE**.
3. Breakdown each **unique** technique **STANDING** as they appear within the Sheet Music for the track. Teach and demonstrate proper form and strike pattern progressions. Continue to reference back to the Sheet Music throughout the technique break downs. Review regressions, progressions and modifications for each of the techniques.
4. Lead the track again, this time with half of the participants standing in the front of the room (as POUND® Pros) and the other half supine (as POUND® participants). Encourage the participants standing to incorporate the Cueing Checklist as they lead the choreography (with your help) to their peers. Provide feedback and encouragement.
5. Lead the track a third time, this time with the half standing now supine and vice versa. Encourage the participants standing to incorporate the Cueing Checklist as they lead the choreography (with your help) to their peers. Provide feedback and encouragement.

GET READY TO ROCK

THE GOAL is to clearly communicate the next steps Pros should take after completing today's training in a way that feels simple, manageable and empowered.

#1 COMPLETE TRAINING

Retain your Certificate of Completion, which not only serves as your record of continuing education credits, but also gains you access to *The Label*. Credits and agencies are listed at the bottom of the certificate. Digital copies of their certificate can be found in their Profiles in *The Label* (for Pros trained after March 1, 2018).

#2 GET SIGNED TO THE LABEL

Get signed to *The Label*, POUND®'s instructor platform, after today's training by visiting poundfit.com and logging in using the email and password you created when registering for training.

Once you're in *The Label*, explore and learn choreography, visit the Pro Shop for exclusive Ripstix® packages, continue your POUND Pro learnings in The Learning Center, promote your new classes using the resources found in the Marketing + Promotions section and more! *The Label* is as important to a POUND® Pro's success as Ripstix®. *The Label* is a Pro's ongoing license to teach POUND®. Need help accessing *The Label*? Reach out to info@poundfit.com.

#3 FIND AND REGISTER YOUR VENUE

Facilities that offer POUND® classes are called 'POUND® Venues.' The process of becoming a Venue is easy and requires no financial commitment (FREE!). Simply have your Venue owner complete the online Venue Enrollment Form (poundfit.com/venue-enrollment-form), agree to follow a few important Venue guidelines (like only hiring licensed POUND® Pros to teach POUND® and using only official Ripstix® as tools in class) and get ready to ROCK! There are a number of benefits to signing the Venue agreement, including:

- The ability to purchase Ripstix® packages
- Visibility on poundfit.com's "Find a Class" search query
- Access to *The Label*'s Business Center where they can access marketing and promotion materials

NOTE: A venue agreement only needs to be filled out for in-person classes at a physical location. When Pros go to add a Virtual Class, *The Label* does not require that a Pro select a venue.

THE LABEL

THE GOAL is to clearly, vividly and confidently communicate *The Label*'s resources and the undeniable value it offers. *The Label* lecture should feel like a review, as an ICON's ultimate goal is to speak about *The Label*'s features consistently throughout the training day. A successful *Label* lecture leaves Pros with very few questions, eager to log in and explore its features after the training day ends.

The Label is a Pro's key to successful class promotion, instruction and longevity. *The Label* features:

1. A public POUND® Pro PROfile (your personalized POUND® website url to share with managers, posse members and more!)
2. Ability to Manage Classes and Events. By posting in *The Label*, both your classes and events gain visibility on POUNDfit's public website
3. Access to exclusive POUND® Pro merchandise and Ripstix® packages
4. Pro Perk discounts including a code for half off POUND Backstage and discounts on exclusive instructor services, apparel and equipment offered by brand partners *Pro Perks are updated frequently. Discount availability may vary by region
5. A Marketing & Promotion center featuring everything you need to spread the word about your classes and events - flyers, postcards, posters, class punch cards, business cards, social media assets, Zoom background (virtual instruction), POUND® logos and more!
6. The Pro Skills hub is the go-to section for POUND continuing education. The Learning Center hosts a variety of blogs and vlogs sorted by category: Getting Started, Positions & Coaching, Class Experience, Building Community, and Virtual Instruction. Pros can also register for free and paid-for workshops and courses, earning POUND Education Hours while rocking out with POUND ICONS from all over the world! Find refreshers on all of today's learnings plus much much more with Pro Skills inside *The Label*.
7. All POUNDtracks: More than 200 previously released Instructor Tracks are on *The Label* with 3 new Instructor Tracks released every month. Each new track comes with **up to** three pieces of instructional footage: choreography with verbal and visual cues, a performance video demonstration of the

choreography with appropriate intensity and showmanship for class and technique highlights that break down the form and execution of important POUND® techniques. Each POUNDtrack also includes a PDF of the track's Sheet Music and an MP3 music download of the song.

- a. With 3 new tracks released each month, Pros can maintain the "music lesson" feel of class (this is important because participants will master tracks over time), while mixing in just the "right amount" of new choreography to keep classes feeling fresh
8. Set Lists: For creating your own unique classes, you'll want to use the varied templates for 15-, 30- and 45- minute Beginner and Intermediate/Advanced Set Lists in *The Label*. On this page you can find a Current Set List curated by POUND HQ which incorporates each month's new releases. By clicking the 'Current Set List' dropdown, Pros can also access previous month's Set Lists as well as any of our pre-designed Set Lists created for specific audiences or class themes. Use the blank sheet music download available on this page for mapping out your own personal Cool Downs and free Silence Track downloads for track-to-track transitions. Don't forget to check out the Class Experience section of the Learning Center for blogs on the how and why behind different Set Lists - information that will help you put together thoughtful, safe, effective and addictive Set Lists
9. Technique Library: A searchable Technique Library featuring video breakdowns of key POUND® techniques to continue and build on today's training.
10. Archived Tracks: There will always be 200+ tracks featured in the All POUNDtrack library. As the POUNDtrack library continues to grow month-after-month and our brand also grows and evolves, a select few of the tracks may be retired over time. These tracks will move into the Archived Track section of the Choreography hub, where only the track's Sheet Music will be available. As a new Pro, this section will be empty as no tracks have been retired since you joined *The Label*.
IMPORTANT NOTE FOR ICONS: The Archived section will populate according to the date you joined (or re-joined) *The Label*. Only tracks that have been archived since this date (and no earlier) will appear.
11. The answers to frequently asked questions - from Ripstix® to choreography to music downloads and beyond!
12. POUND® releases opportunities to apply to the Master Pro (ICON) and Tour Crew teams exclusively to Pros continuing their education through use of *The Label*

Pros can access *The Label* anytime, anywhere (so long as there's internet access). This means you can begin practicing and preparing for your first class as soon as tomorrow!

THE LABEL

Explore *The Label* and fall in love with all of its features and benefits. If you are new to *The Label*, it is **FREE to you for 30 days**, (\$1 sign-up fee) when you choose *The Label's* monthly option! When you log in to *The Label* tonight and select the monthly option, you can expect your first charge on the same calendar day next month (Example: Logging in and selecting the monthly option on June 1 = first charge to your card will occur on July 1). Base pricing for monthly *Label* access is \$29.99

Want to take advantage of even bigger savings? Then you'll want to choose the annual *Label* option when first signing in. The base price for Annual *Label* access is \$299.99, 12 months of access for the cost of 10 months! Annual access is billed immediately. You won't be charged again until the following year.

IMPORTANT NOTE FOR ICONS ONLY: For Mexico, Lebanon, and Turkey ONLY: New Pros that log into *The Label* from Mexico, Bolivia, Lebanon, Turkey or Egypt will be presented with different pricing than our base (\$29.99/month and \$299 annually) - Mexico or Bolivia: \$19.99/month or \$199 annually; Lebanon, Turkey, or Egypt: \$14.99/month or \$149 annually. Please only present this discounted pricing for in-person trainings in these specific regions when you know everyone in attendance is from one of these two regions. Do not present this difference in cost in a virtual training but instead offer them \$29.99/month; \$299/year pricing as *The Label's* base price. Pricing will automatically update according to the Pro's login location. Note: If an existing Pro in Mexico, Lebanon, or Turkey would like to take advantage of this pricing, they should email info@poundfit.com.

When you first log in to *The Label* as a first-time subscriber, you will receive an email with a 15% discount code. This one-time-use code can be used on Pro Merch AND Ripstix® packages anytime during your first 30-days on *The Label*. After the first 30-days, *Label* Pros receive a standing 10% discount on purchases, using the code featured on the Pro Perks page.

If you're already a current *Label* subscriber: Log in to *The Label* and unlock new POUND® Rockout Workout content for only \$5 additional a month or \$50 more annually if an annual subscriber to *The Label*

MUSIC

POUND® provides a link to download music directly to your computer with each piece of choreography released in *The Label*. NOTE: If a Pro is teaching at a Venue that does not provide music licensing coverage to their instructors, the Pro will need to look into carrying their own.

ICON: Anytime a fitness instructor teaches using music by an original artist, music licensing coverage is required. If your Venue does not provide music licensing coverage for their instructors, Pros will need to look into carrying your own.

- ASCAP, BMI, SESAC, etc.

MAKE NOISE (pt. 1)

THE GOAL is to help excite participants about MAKING NOISE with 2 “bonus tracks.” With these two tracks, a Kit Level 2 and a Set Level 3 finale, Pros are encouraged to apply all that they learned in the training day thus far, bringing everything together and celebrating their nearly official POUND® Pro status. In addition to the 5 cues practiced from the Cueing Checklist, there are two advanced cues - stop and wrangle - that you will be previewing in these bonus tracks. The goal is not for Pros to master these two advanced cues, but instead, to be aware of what they are and why/how they are used so that they can identify (and therefore purposely practice) both in *The Label's* choreographic instruction.

STOP CUES

Stop cues are visual grand gestures that instruct participants to cease all movement and prepare for a technique change, a moment of rest, a transition, or a reset of disordered movement. Once a stop cue is selected for a track, aim to keep it the same in order to build cueing familiarity.

ICON: Demonstrate a stop cue(s) standing. Ask participants to join you on their mats in Kit Position. Lead the participants through 1-2 different stop cues as seen in *Blood // Water's* choreography. Challenge them to identify these stop cues (as well as additional stop cues) in your instruction as you lead them through the Kit Level 2 track, *Blood // Water*.

KIT LEVEL 2, *BLOOD // WATER*

DRILL:

1. Lead the track full-out emphasizing stop cues throughout. **NOTE:** Other cues may still be used, however, attention should only be called to your stop cues.
2. Lead the track a second time, encouraging participants to try incorporating stop cues with you/on their own

PLAN IT OUT

ICON: Highlight the Plan it Out activity on page 32 of their manuals as one way to plan their stop cues while rehearsing their Pro instruction after training today.

MAKE NOISE (pt. 2)

WRANGLE CUES

A wrangle cue may follow a stop cue or may be used on its own. Wrangle cues are moving grand gestures that signal a significant change in technique or body positioning. Wrangle cues should be large and exaggerated so that participants can begin predicting what movements may follow.

ICON: Demonstrate a wrangle cue(s) standing. Ask participants to join you, standing in Set Position. Lead the participants through 1-2 different wrangle cues as seen in *Hit the Road Jack*'s choreography. Challenge them to identify these wrangle cues (as well as additional wrangle cues) in your instruction as you lead them through the Set Level 3 track, *Hit the Road Jack*.

FINALE TRACKS

Finale tracks are the high-energy, bad@\$\$, celebratory finish to an amazing POUND® Class. POUND® finale tracks are highly customizable (thanks to the Movement Spectrum) Set Level 3's or Lunge Level 2's and create an ending to class that helps keep participants coming back week-after-week.

SET LEVEL 3, HIT THE ROAD JACK

DRILL:

1. Lead the track full-out emphasizing wrangle cues throughout. NOTE: Other cues may still be used, however, attention should only be called to your wrangle cues.
2. Lead the track a second time, encouraging participants to try incorporating their wrangle cues with you/on their own

PLAN IT OUT

ICON: Highlight the Plan it Out activity on page 34 of their manuals as one way to plan their wrangle cues while rehearsing their Pro instruction after training today.

THE COOL DOWN

THE GOAL is to lead Pros through an exemplary Cool Down experience, praising their training-day efforts and celebrating their successes in becoming licensed POUND® Pros. Pros should understand the important purpose Cool Downs play in each class' Set List as well as how to structure one, should they choose to choreograph their own. Pros should know that Cool Downs are the only tracks they can choreograph on their own. The rest of POUND®'s choreography must be taught as delivered through *The Label*. This fortifies the brand and unifies our Posse. No matter where you go in the world, your POUND® class experience should be similar because Pros lead *Label* choreography - truly one beat, heard around the world.

PURPOSE

The Cool Down transitions the body to pre-exercise conditions. Cool Down tracks incorporate large, slower movements and stretches that often sync with a participant's breath. Participants should feel their breathing and heart rate slow as the Cool Down progresses. By the end of the Cool Down track, participants should be breathing easily through their noses.

COOL DOWN CHECKLIST

Pros have the option to teach Cool Downs from *The Label* or choreograph their own (something unique to **ONLY** Cool Down tracks). If you choose to create your own Cool Down choreography, here are our favorite tips to help ensure your success:

ICON: Review all elements of the Cool Down Checklist:

- Track melody and lyrics reinforce the brand and may include an inspiring message.
- Track cadence is slow, deliberate and heavy
- Movements and breath are often synced
- Movements progress from large muscle groups and big movements to smaller muscle groups and static stretches
- Track structure allows for upper and lower body stretches to be repeated for equal amounts of time on both sides of the body
- Track length and movement choices should aim to gently lower the heart rate, slow breathing, and stretch worked muscles (including the muscles in the hands and wrists)
- Create time in your Cool Down to connect with your Posse (eye contact, positive feedback or an inspiring message/thought to close the class)

STARTER SET LIST

You'll remember that earlier today we started filling in your Starter Set List on page 18 of your training manuals. Through our learnings today, we have now moved through 8 tracks, congratulations! If you'll turn to page 18, we can fill in the rest of today's tracks. Previously, we wrote in *Believer* by Imagine Dragons for the Warm Up, *Hustler* by Zayde Wolfe for the Set Level 2, *Freak Show* by Dead Posey as the Lunge Level 1, and *Crushcrushcrush* by Paramore for the Kit Level 1.

Moving down to the Kit Level 2 spot, please feel free to write in *Blood // Water* by grandson and then, below that in the T&A Level 1 spot, *Wish You Well* by Sigala. Our finale track today was *Hit the Road Jack* by Throttle, a Set Level 3 that you can write into the second to last spot. The Cool Down we just performed was *Take it All Back* by Judah and the Lion.

As you can see, you have more than half (8 tracks!) of your Starter Set List already completed! You have the option to search the choreography in *The Label* to fill in the remaining four tracks, or complete the Set List using the track suggestions I've provided on the white board in the front of the room/screen-share. Feel free to take a picture before you leave today's training. I will also send it in a recap email early next week.

ROCK YOUR POUND® CLASS – BEGINNING, MIDDLE, AND END

THE GOAL of this section is for Pros to think of this page as their 'ultimate' checklist - a checklist Pros can (and should!) review as they prepare for their classes. They can also run through this page in their mind as they progress through the beginning, middle and end of each class instruction to help ensure success and amazing experiences. This is the final segment of learning for the day. ICONs have the opportunity to touch the hearts and souls of their training's Pros as they deliver this lecture. Training should finish with the value that sits at POUND®'s core and drives everything we do and say – our endless desire to unleash the permission to rock in others.

Rock your POUND Class - Beginning, Middle and End is a great checklist to reference as you prepare your very first class (and every class after!).

ICON: Review all checklist elements, placing emphasis on the Permission to Rock.

ROCK WITH US

THE GOAL is to summarize the training's key learnings and leave Pros with a clear understanding of their next steps as well as how to get in touch with POUND® HQ (info@poundfit.com).

ICON: Emphasize the steps to launch a POUND® Career so it's exceptionally clear how a Pro gets signed to *The Label*, purchases Ripstix® packages and becomes a Venue. Please also emphasize POUND®'s social media accounts and the value of connecting with their new POUND® family.

GETTING IN TOUCH WITH POUND® HQ

The best way to get in touch with POUND® HQ is via email to info@poundfit.com

THE LABEL

First-time subscribers to *The Label* will receive a one-time-use 15% discount code via email that can be used anytime in the first 30 days, including Ripstix® packages, apparel and accessories, from the Pro and POUND® Shops! IMPORTANT NOTE: Should a Pro reach out after training and say that they have not received the email, direct them to info@poundfit.com after checking their SPAM folder.

As a member of *The Label*, Pros can add classes taught at approved Venues to their public class schedule, continue practicing the tracks they were introduced to in today's training, explore previously released choreography, access the Technique Library, Pro Skills Workshops and Courses, Learning Center and more! Within the Marketing & Promotion section of *The Label*, Pros will find resources for marketing their classes, tips for launching at a new Venue, advice on how to speak to group fitness managers about what POUND® is and why they should bring it to their club, tips on how to best launch POUND® at gyms, recreation centers, community groups, and much, much more. Remind Pros to be consistent, persistent and patient. It is important to have an AWESOME demo Set List ready at all times (Demo Set Lists can be found in *The Label*) – you never know when opportunities will present themselves!

GROUP FITNESS CERTIFICATION

POUND® recommends that all Pros look into continuing their education and investing in their professional careers with a Group Fitness Certification.

CONTINUING EDUCATION WITH POUND®

Pros are welcome and encouraged to earn additional POUND licenses with:

- POUND® Unplugged, a ROCK + RESET workout designed for your mental health
- Generation POUND®, POUND's program designed exclusively for youth ages 6-12 years

As a licensed POUND® Pro, they are now eligible to attend:

- LEVEL UP, a continuation of today's training for Pros who want to take their instruction and classes to the next level

*****ICONS ONLY*****

THINGS ICONS NEED TO KNOW INSIDE AND OUTSIDE OF A COURSE

As an ICON you will face many questions in a variety of settings (working a booth at an event, speaking with your posse after class, a Facebook message from a Pro, etc.). Here is a list of questions you may receive from consumers, gym managers, studio owners, Pros, etc. and corresponding responses.

ABOUT POUND® ROCKOUT WORKOUT

WHAT IS POUND®?

POUND® - Rockout. Workout. is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates®- and yoga-inspired techniques, strength movements, plyometrics, and isometric poses into a highly-modifiable, addictive fitness experience. Using Ripstix®, lightly-weighted drumsticks engineered specifically for exercising, POUND® puts participants in charge of their workout so they can ROCKOUT while they WORKOUT!

WHEN WAS POUND® CREATED?

POUND® officially launched in 2011.

WHAT ARE POUND's CORE VALUES?

WE BELIEVE in the power of music and the freedom of rocking out.

WE SUPPORT unleashing aggression, discovering new talents, and awaking new senses.

WE ENCOURAGE sampling new forms of movement, uncovering new rhythms, and tapping into new ways of listening.

WE PROMOTE camaraderie, friendship and bonding.

WE BELIEVE in loving our bodies while improving them.

WE BELIEVE in handing you the Permission to Rock!

WHO IS THE POUND® POSSE?

We call our community the POUND® Posse. These are individuals who promote POUND® in some way, shape or form. You'll find them in our POUND® classes, working out at home with our online platform, Backstage or with our DVDs, reading our blogs, wearing our apparel, cooking our recipes, or engaging with our brand in any other meaningful way. Some of our Posse members are inspired to teach POUND® as a POUND® Pro.

WHO IS A POUND® Pro?

A POUND® Pro is an individual who has attended and successfully completed an 8-hour POUND® Pro Training, as evidenced by a POUND®-issued Certificate of Completion and their membership to *The Label* - POUND's exclusive instructor platform. Becoming a POUND® Pro is a powerful thing. This means the Pro can teach POUND® classes to participants anywhere in the world. To teach, POUND® Pros join *The Label*, purchase Ripstix®, and register every location they teach at as a Venue.

IS POUND® A GLOBAL PROGRAM?

Yes. POUND® is a global brand with Pros teaching in over 108 countries!

THE CLASS

HOW IS THE POUND® ROCKOUT WORKOUT STRUCTURED?

A typical POUND® Rockout Workout class is 45-minutes in length, which equates to 12 tracks (or songs). The tracks are strategically sequenced to create intermittent cardiovascular intervals, as well as muscular strength and endurance intervals. Each track occurs within one of POUND®'s four positions (standing, seated, lying supine and lunging), which allows participants to work their bodies 360-degrees and against gravity from different angles.

WHAT EQUIPMENT DO I NEED?

All you need are Ripstix® and a yoga mat. Specifically designed for POUND® - Rockout. Workout., Ripstix® are lightly weighted exercise drumsticks that get you ripped. Ripstix® intensify each POUND® position with light, peripheral resistance that not only works the shoulders, biceps, triceps, forearms, and back, but also dramatically increases the amount of instability in the body. In a 45-minute workout a participant completes approximately 15,000 Ripstix® strikes.

WHAT MAKES THE WORKOUT EFFECTIVE?

Instead of counting reps or keeping track of the clock, POUND® strategically distracts participants from the high intensity and duration of the workout, by shifting the focus instead to rhythm, keeping up with the beat and volume. This strategic distraction contributes to the “addictiveness” of POUND® - the reason you can't stay away! Each three- to five-minute song is carefully calibrated with interval peaks and extended cardiovascular sequences, providing an effective workout in a short span of time. After you're done rocking out in a 45-minute POUND® class, you'll have completed hundreds of squats and lunges, burned up to 900 calories, performed over 30 extended interval peaks, and zipped through over 70 techniques without even realizing it.

WHAT AREAS OF THE BODY DOES POUND® WORK?

Our thoughtfully designed choreography combined with the light resistance of Ripstix® makes POUND® a true full-body workout.

WHAT DOES POUND® DO FOR CARDIO?

Large, rhythmic movements create the baseline of the workout, making POUND® optimal for building aerobic fitness. Additionally, moments of intense intervals and explosive movements allow you to improve anaerobic capacity. POUND® is a cardio challenge hidden by motivating and electric music and the fun of drumming.

WHAT DOES POUND® DO FOR YOUR STRENGTH?

Squat, lunge, twist and lift your way to a stronger and more athletic physique. Deep, focused movements build muscular strength and enhance muscle definition. In addition, exposure to a multitude of movements and strike patterns, increases your neuromuscular feedback loop, aiding in strength gains and coordination.

WHAT DOES POUND® DO FOR YOUR FLEXIBILITY?

POUND®'s techniques progress you purposefully through 360-degrees of movement allowing you to increase your joint range of motion over time.

WHAT OTHER BODY BENEFITS CAN I EXPECT FROM POUND®?

Balance and core strength! Ripstix® combined with POUND® techniques keep your body constantly adapting to a shifting center of gravity throughout the workout. Over time your core will strengthen and your balance will improve in response to the demands of the workout.

CAN ANYONE TAKE A POUND® CLASS, REGARDLESS OF AGE AND FITNESS LEVEL?

POUND® welcomes participants of any age, level, ability or musical preference through flexible programming, diverse and exciting rhythms, exceptional instruction, and good old-fashioned fun. Our instructors implement our tiered modification system (Movement Spectrum) within every track to ensure that the workout suits the needs and ability of participants of any age, fitness level and amount of experience.

I HAVE AN INJURY. CAN I PARTICIPATE IN A POUND® CLASS?

You should consult a physician **before engaging in any new exercise program**. Physician consultation is especially important if you have a known injury or medical condition.

I AM PREGNANT. CAN I TAKE A POUND® CLASS?

It is possible to attend POUND® while pregnant. Many do! Our workout is highly modifiable and can be regressed to low-impact. It's a POUND® Instructor's goal to keep all their participants safe and comfortable throughout the workout, while also ensuring they leave feeling like they were given an appropriate challenge.

With that said, all expecting birthing people should let their OBGYN know they're considering taking class **BEFORE attending**. Their OBGYN will be able to provide safety guidelines for their body and individual pregnancy during the workout. Participants should let their OBGYN know that the workout focuses on variations of squats, lunges, abdominal exercises, glute bridges and lightly-weighted arm movements holding Ripstix®, 1/4 pound each. POUND® is rhythmic, so participants' feet are moving and their heart rates are elevated. If needed, the movements in class can always be performed seated in a chair. Safety and comfort come first! Once their OBGYN approves their class attendance, our biggest notes as Pros should be that the participant listens to their body, starts slowly, owns their own workout and has fun! We recommend expectant mothers give their gym and POUND® Pro a heads up that they're coming so they can be prepared to modify the workout accordingly.

WHERE CAN I FIND A CLASS NEAR ME?

Visit poundfit.com and use our "Find a Class" search query.

POUND® ROCKOUT WORKOUT PRO TRAINING

WHAT IS POUND® ROCKOUT WORKOUT PRO TRAINING?

POUND® Rockout Workout Pro Training provides instructors with the knowledge, skills and practical abilities needed to compose and lead a safe and effective POUND® Rockout Workout class using lightly-weighted exercise drumsticks called Ripstix®. Instructors who attend POUND® Pro training receive a license to teach the POUND® Rockout Workout format and call themselves POUND® Pros.

WHAT DO I RECEIVE WHEN I ATTEND POUND® PRO TRAINING?

1. Six pieces of choreography to help launch your POUND® Rockout Workout classes
2. Your own set of Ripstix® and a downloadable POUND® Pro Training Guide and Certificate of Completion
3. Pros joining *The Label* for the first time will receive a 15% one-time discount on Pro Merch and Ripstix Packages
 - a. Current and new Pros can also unlock a one-time 20% merch-only discount when they complete the training's post-training survey.
4. Access to all POUND Rockout Workout choreography and content in *The Label*
5. Continuing education credits

ARE THERE PREREQUISITES TO ATTENDING POUND® PRO TRAINING?

There are no prerequisites to attend POUND® Pro Training. However, it's worth noting that many gyms require a Group Fitness Certification before they can hire you to teach.

HOW MUCH OF TRAINING CAN I MISS?

To successfully earn the Certificate of Completion and license to teach POUND®, no more than one hour total of POUND® Pro Training may be missed. If a participant arrives late and/or misses more than an hour of the training, they may remain, but will not earn their Certificate of Completion or invitation to *The Label* until the time missed is made up with a member of POUND HQ's Pro Success department.

THE LABEL

WHAT IS THE LABEL?

The Label (named after a record label) is POUND®'s online instructor network and resource center for licensed POUND® Pros. *The Label* is imperative for a Pro's career success since this is where all new content is delivered.

HOW MUCH DOES THE LABEL COST?

Pros have the option of either \$29.99/month or \$299.99 annually. If already a current Label subscriber: Log in to *The Label* and unlock new POUND® Rockout Workout content for only \$5 additional a month or \$50 more annually if an annual subscriber to *The Label*! *International pricing may vary.

DO I HAVE TO BE ON THE LABEL TO TEACH POUND®?

The Label is essential for career longevity and success. *The Label* is your ongoing license to teach POUND®. Although you learn six tracks of choreography during POUND® Pro Training, a typical class contains 12 tracks in a Set List. The tracks left to be learned after training can be selected from an archive of over 200 previously released tracks available in *The Label*. *The Label* not only provides Pros with the content they need to complete their class Set Lists, but it also provides access to three new track releases each month (in addition to the archive of over 200 previously released tracks) that help ensure their classes are fresh for a long time to come. For these reasons, our active POUND® Pros are on *The Label*.

IS POUND® A PRE-CHOREOGRAPHED PROGRAM?

POUND® is a pre-choreographed program. POUND® takes special care each month to curate music and tracks with worldwide appeal. They create choreography that ensures a safe, captivating and effective POUND® experience for every participant across the globe.

CAN I CREATE MY OWN CHOREOGRAPHY TO TEACH IN POUND® CLASSES?

In POUND®, we think of ourselves as a worldwide band that beats as one. Whether you take class in Australia, Europe or the US, you get the same experience and share the same movement language. In this way, our Pros and Posse are united across the globe and it allows our participants to feel like they're connected to something bigger – because they are! For this reason and others, teaching POUND® choreography as delivered through *The Label* is important to the success of a Pro's classes and the continued growth of the POUND® program worldwide for years and years to come. If a Pros feels they must choreograph their own choreography, it MUST first be approved by POUND® HQ. Private, password protected video files of choreography for approval should be sent to info@poundfit.com. POUND® HQ will either approve the choreography as it is submitted or respond with notes that need to be applied to a new recording of the choreography before it can be approved.

DO I GET A DVD OF NEW CHOREOGRAPHY RELEASES?

POUND® is digital and everything a Pro needs can be accessed through *The Label* with an internet connection. This is because POUND® believes their Pros should be able to access their instructor content anytime and anyplace. Pros can login to The Label from any computer, tablet or smartphone that has internet access.

HOW LONG ARE MY CLASSES THAT I LIST ON *THE LABEL* VALID FOR?

Classes listed on *The Label* are valid for one year. POUND® Pros will be asked to verify their class after a year.

CAN I CANCEL OR FREEZE MY SUBSCRIPTION TO *THE LABEL*?

A cancellation or freeze can be initiated through *The Label* by going to My Account > Manage Subscription. Please allow 30 days notice to cancel/freeze monthly or annual subscriptions. POUND® HQ will allow a courtesy one-time freeze of up to 90 days.

CAN THE PRO DISCOUNT ON BACKSTAGE BE APPLIED TO WHAT I'VE ALREADY PAID FOR?

The promo code found in the Pro Perks section of *The Label* can be used when a Pro first signs up for Backstage or when their monthly/yearly subscription renews. Please email info@poundfit.com with further questions.

POUND® VENUES

WHAT IS A VENUE? AND/OR IS THERE A LICENSING FEE FOR MY GYM?

POUND® Pros teach at Venues (named after a concert venue). Official POUND® Venues are facilities committed to upholding the POUND® class experience, hiring official POUND® Pros and using Ripstix® in class. Venues range from traditional fitness facilities like gyms, recreation centers and studios to non-traditional settings like public parks or churches. The process of becoming a Venue is easy and requires no financial commitment or licensing fee. Simply complete a "[Venue Enrollment Form](#)" on the poundfit.com website. Once approved, Venues gain a number of benefits, including:

1. The ability to legally add POUND® classes to their class schedule
2. Access to free marketing materials and program support
3. Visibility on the poundfit.com's "Find a Class" search query

WHERE CAN I FIND A TRAINING NEAR ME?

Visit poundfit.com and check out our global training schedule under the "Instructor Training" tab.

HOW DO I HOST A TRAINING?

Hosting a training is a simple process. If your facility meets the criteria below, please fill out the [Host A Training request form](#) and a member of HQ will be in touch..

Host Criteria:

- Facility located within 25 miles of a **major** metro city and airport in a given market
- A group fitness room with full length mirrors and exercise mats that can accommodate a minimum of 20 people comfortably
- A group fitness room available for 9 consecutive hours on a Saturday or Sunday.
- Willingness to actively promote the training once it is confirmed
- An understanding that a minimum of 15 signups may be required for the training to be held. POUND® actively co-promotes to help fulfill this requirement. If 15 participants are not met, the training may be canceled and/or rescheduled to a future date when demand merits
- Adequate, free on-site parking is most ideal, or off-site easily accessible parking must be available
- A whiteboard, writing easel, or chalkboard available
- A robust sound system with an auxiliary cable to hook up an iPod or iPad

Once a training reaches 5 registrants, POUND® offers one free comp spot at the training for an instructor of the host's choice. If 30 participants enroll, a second comp spot may be given.

RIPSTIX®

PURCHASING RIPSTIX®

Ripstix® packages are sold in sets of 15, 25 and 50 and can only be purchased through the Pro Shop on *The Label*.

- US Shipping: In the US there are multiple shipping options spanning from two business days to standard ground shipping, which takes approximately 5 to 10 business days based on where the Pro is located. Pros can select their preferred shipping method upon checkout (cost differs depending on location and shipping option selected).
- Shipping Outside the US: Pricing will automatically update to include region-specific duties and taxes. There is a single shipping option outside the US and shipping can take 10-14+ days.

CAN RIPSTIX® BREAK?

Ripstix® are very durable, but they're not indestructible. Like any piece of fitness equipment, Ripstix® are subject to wear and tear. Ripstix® have a 90-day warranty from date of purchase. How a POUND® Pro cares for their Ripstix® can make a big difference on how long they last.

CAN HAND WEIGHTS BE USED INSTEAD OF RIPSTIX®?

A major benefit of the workout is hearing your body's physical exertion and gaining movement intelligence. This is lost with hand weights. Importantly, POUND® choreography (and its choreographic speed) is tested to be safe with Ripstix®. High-repetition exercises performed with heavier weights may lead to premature fatigue or even injury. Participants can safely cross-train in another, non-POUND® class with heavier weights.

CAN RIPSTIX® BE LONGER OR HEAVIER?

They're designed to closely mimic the physical and auditory experience of using standard drumsticks. Proper progressions through the workout over time allows participants to build strength and mobility. This means that, eventually, they may not need or want longer Ripstix® to strike the floor. POUND® may consider making slightly heavier Ripstix® in the future, but, as is, the weight of Ripstix® is ideal to minimize strike force on the ground and the safety and efficacy of the current program.

DO RIPSTIX® COME IN ANY OTHER COLORS? CAN THEY BE DECORATED?

Currently we represent our brand only with green Ripstix®. There is one exception and that is in Madonna's Hard Candy Fitness where we've released red Ripstix® exclusively for "POUND®: Rock Hard." FUN FACT! Ripstix® don't glow, but they do reflect black light – a fun thing for special events at your Venue ("Glow POUND®," anyone?).

HOW CAN I PREVENT HAND/WRIST IRRITATION?

Proper handgrip is one way to avoid blisters, calluses and hand/wrist pain. You may also use tools like workout gloves or finger tape to shield your skin. We recommend limiting hand jewelry (particularly rings) to minimize hand injury. POUND® does NOT recommend wrapping Ripstix® themselves as this may accelerate their breakdown.

CAN I RESELL RIPSTIX®?

Pros may NOT resell Ripstix®; however, your participants can purchase their own pair from poundfit.com. Please reach out to info@poundfit.com with any questions.

OTHER QUESTIONS

DOES POUND® AFFECT FLOORS?

The POUND® format is designed to keep approximately 80% of strikes on a yoga mat or off the floor altogether. Most gyms nowadays have bamboo or rubberized floors, both of which are POUND®-proof. But, if your flooring isn't a hard wood or rubberized and you have concerns about Ripstix® damaging the floors, the remaining 20% of strikes can be kept off the floor with just a few small adjustments to the way class is taught. Some measures that facilities have implemented to protect their floors:

- Room set up is key. Mats should parallel the mirrors/front of the group fitness room so that the majority of strikes still land on the mat. Pros can introduce mats as “drum kits” and share that strikes should only land on their mats during class. In Kit position, Pros can instruct students to sit on the center back of their mat.
- Structuring classes with POUND® tracks that keep Ripstix® off the ground and/or with POUND® Pros that cue technique strikes off the floor. How a Pro cues their classes can go a long way to keep floors safe. This cueing strategy is emphasized during POUND® Pro Training.
 - Careful consideration strike placement should be cued in Kit (seated) and T&A (supine) positions, as the choreography in these positions is closest to the ground and may be more aggressive in nature
- Additional mats can be added/layered to provide a larger “drumkit” and protect the floor. Some gyms use two mats, side by side, to create a large rectangle for their participants to POUND® in. Other gyms use octagon shaped mats, again, to ensure 360-degrees of floor protection around each participant. Regardless, mats should be heavy and sticky so that they do not slide across the floor.

HOW IS POUND® DIFFERENT FROM OTHER DRUMMING PROGRAMS?

POUND® differs widely from other drumming programs. Here are a handful of examples that set POUND® apart:

- **EQUIPMENT.** First, we use specially designed weighted drumsticks called Ripstix®. The Ripstix® becomes a weighted extension of the arm, making the workout even more effective than drumming with regular drumsticks. Second, we don't ask participants to drum on any other objects. This allows us to minimize equipment and space needs while maximizing physical range of motion (because participants' movement is not limited or restricted by hitting an object).
- **MUSIC.** POUND® is known for our edgy, heavy and forward-thinking music. We take great care to select the next big hit before the general public knows the song exists. We do this to set our Pros apart. Pros become the musical trendsetters at their Venues.
- **INSTRUCTION.** POUND® class is a rock show experience so we teach our Pros to lead a top-notch, safe and effective class that fosters participant enjoyment, results and adherence.