

# **PROGRAM DESIGN FOR IN-PERSON, HYBRID, AND REMOTE CLIENTS**

---

**The Three Clients You'll See After COVID-19**

Gyms around the world have begun the process of reopening their doors. However, the fitness industry will be far from normal as clients begin returning to gyms.

To come back successfully, you must adapt to this new fitness landscape by offering personalized and flexible coaching. What's more, you need to prepare for an uncertain future which could include closing your gym doors again. Even if you're not yet reopening, now is the time to hone your skills and be ready for the new coaching challenges to come.

There are three types of clients you'll serve after lockdowns end.

Firstly, the clients who want to jump right back into a consistent gym program.

Secondly, the clients who want to split time between the gym and their home.

Finally, the clients who want to stay out of the gym and enjoy training in their home gym. Some of these clients will know the benefits of a remote individual design program, while others might believe that they can continue to follow an online template forever.

To be successful in this period you need to be capable of coaching and programming for all three of these client types—the in-person, the hybrid, and the remote client.

This guide will prepare you to do just that. It includes sample avatars of the three different types of clients you will see as you reopen, what each of these clients need, and the best way to work with each of them.

# THE THREE CLIENTS YOU'LL SEE

## SOCIAL SAM



Sam is a 24-year-old client who's been waiting for months to get back into the gym to start crushing workouts. During his quarantine, his workout routine consisted of running three times a week with bodyweight training on the other days. He had no access to weights or equipment so the intensity of his workouts was low. Now, he's itching to throw a barbell around.

As Sam's coach, you must conduct an assessment and consultation to check in on Sam's goals and behaviors upon his return to the gym. The data gathered here will help inform priorities and planning for his back-to-the-gym training program. Sam's capabilities may have changed during his time away from the gym and this is a crucial step to prevent injury and create a personalized program design.

In consultation Sam reported that he regularly "hit a wall" on his runs, tending to start too fast. He also complained that he found just running boring and is looking forward to being able to do metcons again.

*Do you have clients returning to the gym who you've never conducted an assessment with before? Now is the perfect time to offer one-on-one assessments and personalized workout programs. Learn more about how to conduct an OPEX Assessment in [this free guide](#).*

# 1

## Priorities

- Sam moves well and has no movement limitations or structural balance issues
- Develop his aerobic system and ability to pace

# 2

## Planning:

- 4 training sessions at the gym each week, moving to 5 over time
- 3 days of resistance training, focusing on motor control and strength endurance characteristics before moving into any maximal contractions
- 3 days of aerobic training, starting with MAP 9 with cyclical and simple contractions and progressing to shorter and faster intervals with more complex contractions
- Slowly progressing volume and intensity of resistance and aerobic training as he demonstrates the ability to recover

# 3

## Training Split

- Monday - Bend, Push, Cyclical Aerobic
- Tuesday - Active Recovery
- Wednesday - Squat, Pull, Mixed Aerobic
- Thursday - Active Recovery
- Friday - Clean-Skill Focus, Push, Pull, Lunge, Core
- Saturday - Mixed Aerobic
- Sunday - Rest

# SAMPLE WEEK 1 PROGRAM DESIGN

## Monday

**A** [Good Morning](#) @30X0, 8-10 reps x 2 sets; rest 90 seconds

**B** [Swiss Ball Dumbbell Bench Press](#) @20X1, 8-10 reps x 2 sets; rest 90 seconds

**C** 30 min AMRAP @ sustained pace

200m [Run](#)

200m [Ski](#)

200m [Row](#)

(Note splits using lap timer - keep consistent)

## Tuesday

Active Recovery - 60 min walk, unplugged

## Wednesday

**A** [Zercher Squat](#) @31X1, 6-8 reps x 3 sets; rest 2 minutes

**B1** [Single Arm Ring Row](#) @2011, 8-10 reps x 2 sets; rest 60 seconds between sides

**B2** [Pistol Squat](#) @30X0, 12-16 alternating reps x 2 sets; rest 60 seconds

**C** 10 Rounds for Time @ sustained pace

20 Calorie [Assault Bike](#)

20m [Dual KB Front Rack Carry](#) @35#

30 second [Front Leaning Rest](#)

(Note time per round - keep consistent)

## Thursday

Active Recovery - 60 min walk, unplugged

## Friday

**A** [Hang Muscle Clean](#), 2-4 reps every 90 seconds x 5 sets (keep light and snappy)

**B1** [Dumbbell Walking Lunge](#) @20X0, 16-20 alternating steps x 3 sets; rest 90 seconds

**B2** [Hanging Knee to Elbow](#) @20X1, 8-12 reps x 3 sets; rest 90 seconds

**C1** [Single Arm Dumbbell Press](#) @20X1, 10-12 reps x 3 sets; rest 60 seconds between sides

**C2** [Bent-Over Barbell Row](#) @30X1, 10-12 reps x 3 sets; rest 90 seconds

**D** [Farmers Carry](#), 50m x 3 sets; rest 2 minutes

## Saturday

**A** **2 Rounds @ sustained pace**  
5 minute [Row](#) for calories  
4 minute [Assault Bike](#) for calories  
3 minute [Run](#) for meters  
2 minute [Prisoner Step-Up](#) for reps  
1 minute [Alternating Single Arm Kettlebell Swing](#) for reps @35#  
(Note scores round 1 and 2 - match)

## Sunday

Rest

## BALANCED BECKY



Becky is a 36-year-old mother of two. She enjoyed quarantine because it gave her more time with her family. She wants to get back into the gym to see her friends and progress towards her fitness goals, but only wants to train in the gym two days a week. She has no problem doing workouts at home and staying active as long as she is directed by her coach.

As Becky's coach, you must reassess her abilities. This is a good rule of thumb to follow with any client after an extended period away from the gym. The number of sessions per week and the location of her training sessions will be determined through consultation with her and the data gathered during the assessment.

While at home Becky began running but found herself unable to jog at an easy pace without stopping for more than 5 minutes at a time. She also spent time working on her push-ups and is proud to be able to rep out 5 for a max set, and now has the goal of hitting 10.

*Client's like Becky will benefit from nutrition and behavior prescriptions that are aligned with their exercise program design. Learn key principles for creating exercise, behavior, and nutrition prescriptions in our [Free Coach's Toolkit](#).*

# 1

## Priorities

- Build strength endurance in push-ups
- Build volume in running
- Address some scapular winging with exposure to scapular stability activities and single-arm pushing and pulling exercises
- Provide accountability and variety for at-home training, including one day per week where the whole family is involved

# 2

## Planning:

- 2 full-body resistance training sessions per week in the gym focusing on motor control characteristics
- 3 aerobic and bodyweight training sessions per week at home or outdoors, including one dedicated running day

# 3

## Training Split

- Monday - Full body resistance @ the gym
- Tuesday - Mixed bodyweight aerobic
- Wednesday - Active recovery
- Thursday - Full body resistance @ the gym
- Friday - Push-up volume + running intervals
- Saturday - 90-minute hike with family
- Sunday - Rest



# SAMPLE WEEK 1 PROGRAM DESIGN

## Monday

**A1** [Dual Kettlebell Front Squat](#) @30X0, 10-12 reps x 3 sets, 90 seconds rest

**A2** Single Arm Landmine Row @20X1, 10-12 reps x 3 sets, 60 seconds rest between sides

**B1** [Posted Single-Leg Romanian Deadlift](#) @30X0, 10-12 reps x 3 sets, 60 seconds rest between sides

**B2** [Landmine Press in L-Sit](#) @20X1, 10-12 reps x 3 sets, 60 seconds rest between sides

**C1** [Front Leaning Rest on Rings](#), 45-60 seconds x 3 sets, 60 seconds rest

**C1** [Reverse Scapular Push-Ups](#) @10X2, 10-12 reps x 3 sets, 60 seconds rest

**D** 10 minute cooldown Assault Bike

## Tuesday

**A** 30 Minute AMRAP @ sustained pace (something you could maintain for 2 hours)

100m [Run](#)

10 [No Push-Up Burpees](#)

10 [Walking Lunges](#)

5 Deck Squats

2 [Push-Ups](#)

## Wednesday

30-60 minute walk, unplugged

### Thursday

<b>A1</b>	<a href="#">Toes Elevated Dumbbell Romanian Deadlift</a> @30X0, 10-12 reps x 3 sets, 90 seconds rest
<b>A2</b>	<a href="#">Glute Bridge Dumbbell Bench Press</a> @20X1, 10-12 reps x 3 sets, 90 seconds rest
<b>B1</b>	<a href="#">Band Row</a> @30X1, 10-12 reps x 3 sets, 90 seconds rest
<b>B2</b>	<a href="#">Contralateral Kettlebell Step Up</a> @20X0, 10-12 reps x 3 sets, 60 seconds rest between sides
<b>C1</b>	<a href="#">Side Plank Rotation</a> @2020, 10-12 reps x 3 sets, 60 seconds rest between sides
<b>C2</b>	<a href="#">Dead Bug Dumbbell Pullover</a> @3020, 10-12 reps x 3 sets, 60 seconds rest
<b>D</b>	10 minute cooldown Assault Bike

### Friday

<b>A</b>	<a href="#">Push-Up</a> @20X0, 2-3 reps x 8 sets, rest 60 seconds between sets
<b>B</b>	5 sets 3 minute <a href="#">Run</a> @ sustained pace 3 minute walk/rest (Use Apple Watch to ensure pace stays consistent across all 5 sets)

### Saturday

90 minute Hike with family  
(Track total steps and log a scenic photo!)

### Sunday

Rest

## LONE WOLF LARRY



Larry doesn't want to come back to the gym. During his time at home, this 47-year-old executive realized that he loves training in his garage gym. He can get in and out in less than 45 minutes and be ready for a busy day at work, saving him an hour in travel to and from the gym. He has completed a couple of 5x5 strength training cycles, is feeling strong, and would be happy to only squat, bench press, and deadlift for the rest of his life. He never wants to see a metcon again!

Larry doesn't see the value in returning to the gym, but he is an ideal client for remote coaching and has a well-outfitted garage. As Larry's coach, your biggest challenge will be proving the value of a personalized remote training program to Larry by taking him through an assessment and connecting his behavior and nutrition to his training.

Larry loves to back squat but revealed that he has been experiencing right side anterior knee pain. He was cleared by his Physical Therapist but keeps aggravating it every time he squats. Larry's movement assessment revealed a lack of stability and knee valgus in the lunge pattern.

***Are you starting or growing your remote coaching business?  
[Download this guide](#) to learn the tools, systems, and  
knowledge you need to remote coach successfully.***

# 1

## Priorities

- Develop single-leg stability and lateral hip strength
- Continue to develop strength endurance in bend, push, and pull patterns
- Keep Larry pain-free and provide exercise selection and progression that is personalized, not just a linear 5x5 progression!

# 2

## Planning:

- 4 resistance training sessions per week with an upper/lower split
- 1 [MAP 10](#) training session to promote recovery and blood flow

# 3

## Training Split

- Monday - Upper
- Tuesday - Lower + Core
- Wednesday - MAP 10
- Thursday - Upper
- Friday - Lower + Core
- Saturday - Rest
- Sunday - Rest

## SAMPLE WEEK 1 PROGRAM DESIGN

### Monday

<b>A</b>	<a href="#">Close Grip Bench Press</a> @20X0, 8-6-4 reps; 3-4 minutes rest
<b>B</b>	<a href="#">Lean Away Pull-Ups</a> @20X1, 3.3.3 x 3 sets; 3 minutes rest (5-15 sec rest between clusters)
<b>C1</b>	<a href="#">Dumbbell Fly</a> @30X0, 8-10 reps x 2 sets; 90 seconds rest
<b>C2</b>	<a href="#">Single Arm Landmine Row</a> @30X1, 8-10 reps x 2 sets; 60 seconds rest between sides

### Tuesday

<b>A</b>	<a href="#">Box Squat</a> @31X0, 8-10 reps x 3 sets; 3-4 minutes rest
<b>B1</b>	<a href="#">Staggered Stance Barbell Romanian Deadlift</a> @40X0, 6-8 reps x 3 sets; 90 seconds rest between sides
<b>B1</b>	<a href="#">Dumbbell RNT Split Squat</a> @30X0, 8-10 reps x 3 sets; 90 seconds rest between sides
<b>C</b>	<a href="#">Side Plank Clamshell</a> , 10-12 reps x 3 sets; 60 seconds rest between sides

### Wednesday

<b>A</b>	60 minutes @ MAP 10 pace (something you can sustain for 4 hours) 50 cal Assault Bike 50 cal Assault Rower 50m <a href="#">Sandbag Bear Hug Carry</a> @80lb
----------	---

#### Thursday

**A** [Bench Press](#) @20X0, 3-5 reps x 4 sets; 3-4 minutes rest

**B** [Single Arm Neutral Grip Dumbbell Press](#) @20X1, 5-6 reps x 3 sets, 90 seconds rest between sides

**C1** [Barbell Drag Curl](#) @30X0, 8-10 reps x 2 sets, 90 seconds rest

**C2** [JM Press](#) @30X0, 8-10 reps x 2 sets, 90 seconds rest

#### Friday

**A** [Barbell Hip Thrust w/ Knees Banded](#) @20X1, 6-8 reps x 3 sets, 3-4 minutes rest

**B1** Lateral Box Step Down @40X0, 10-12 reps x 3 sets, 60 seconds rest between sides

**B2** [Dumbbell Hamstring Curl](#) @30X0, 10-12 reps x 3 sets, 90 seconds rest

**C** [Plank Dumbbell Pull Through](#) @20X0, 12-15 reps x 3 sets, rest 60 seconds between sides

#### Saturday

Rest

#### Sunday

Rest

# Principles That Prepare You For An Ever-Changing World

Like it or not, the future is uncertain. Gyms are opening again, clients are beginning to train, and the world may be returning to the status quo. However, as we saw only a few months ago, this can all change in an instant.

As a fitness coach, you must adapt to whatever the market demands of you. The best way to do that is to invest in your skillset and education. That is why we have created the [OPEX Coaching Certificate Program \(CCP\)](#).

Based on more than 25 years of experience in the fitness industry, CCP teaches you how to run a small business, work with clients, and design personalized exercise programs, giving you a service that you can offer both in-person and remotely. Download the [free course syllabus](#) today and learn exactly how the OPEX Coaching Certificate Program (CCP) will prepare you for a career in the fitness industry.



Download the [free Curriculum Guide](#) today to see exactly what you would learn from CCP and how you could apply it in your coaching practice.

DOWNLOAD

**OPEX**