

FlowLIFT



Teacher Training Manual

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FlowLIFT Licensing Agreement

FlowLIFT is a registered international trademark. The FlowLIFT name and format of the class can only be used by registered FlowLIFT teachers.

Registration Requirements

- Completing 8 contact hours with a master FlowLIFT trainer
- Finishing follow-up cueing and teaching hours (6 total)
- Joining and maintaining monthly UpLIFT online membership for \$18/month on FlowLIFTfitness.com
- If UpLIFT membership goes into default, the right to use the FlowLIFT name and teach the class is forfeited

Registered FlowLIFT Teacher Permissions

- Use the FlowLIFT name and class format to teach group and private classes in a physical setting such as a yoga studio, fitness gym or private home
- Using the FlowLIFT name/class for teaching online classes is subject to an additional licensing fee of \$1800/year

Registered FlowLIFT Teacher Restrictions

- Teachers cannot alter the format of the class in any way
- The name of the class cannot be changed or modified. Refer to the class with a capital F and LIFT: "FlowLIFT" on all promotional and marketing materials.
- The manual cannot be used to teach someone else the FlowLIFT format
- FlowLIFT is not a yoga class. To minimize confusion, all references to yoga in relation to FlowLIFT may be referred to as "vinyasa inspired," or as FlowLIFT being created by two yoga teachers. FlowLIFT is a fitness class and has very little relation to yoga.

Registered teachers cannot certify other instructors until these requirements are met:

- They have been teaching FlowLIFT consistently for 18 months
- Have completed the Master Training Program with Carolina Vivas and Amanda McCarroll

I hereby acknowledge that I have read and understood the terms and conditions set out above.
I agree to abide by those terms.

Signed _____ Date _____

Printed Name _____

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How FlowLIFT Started

Most of us have very busy lives and it takes a lot of time and energy to stay fit. Carolina and Amanda are moms who also run businesses, so most days it's difficult for them to squeeze in a workout. Both women know the importance of resistance training in addition to having a regular yoga practice, but who has time for both? Getting in a vinyasa class (60-75 minutes) as well as doing cardio (20-30 minutes) and strength training (40-60 minutes) is time consuming. The Buddhi Yoga owners wanted all of that rolled up into one, and that's when the FlowLIFT lightbulb went off. FlowLIFT sets itself apart from other sculpt classes by using light ankle and hand weights while moving through fun combination sequences that target all the right muscles. Amanda and Carolina worked hard to develop a unique take on yoga with weights and we know you and your students will love it.

Why FlowLIFT Works

The philosophy behind FlowLIFT is that exercise should be fun and engaging on all levels. Coming from a yoga background, Carolina and Amanda designed these classes to flow smoothly with seamless transitions. This has a calming effect on the mind, despite the physical challenge. Students must be completely present in order to properly execute the movement combinations in FlowLIFT classes. Requiring total focus and concentration, there is no space for thoughts or distractions from the outside world. The students move non-stop until the very end, where there are a few minutes for stretching and final relaxation to ground the energy. While the pace is up to each student, everyone is encouraged to keep moving for the entire 45 minutes to improve endurance and cardiovascular fitness. The mind always gives up sooner than the body needs to, so this notion of perseverance strengthens not just the physical body, but also increases what many athletes refer to as “mental toughness.” This gradual and inevitable development of power on all levels is what makes FlowLIFT much more than just another fitness trend.

Multi-Planar Movement

FlowLIFT is a complete workout that targets every major muscle group while incorporating movement at each joint through all three planes of motion: sagittal, coronal and transverse. This more integrated style of exercise decreases the load on individual muscles while increasing the complexity of overall motor coordination and flexibility. Unlike traditional weight lifting, where most of the movements are isolated in the sagittal and coronal plane, FlowLIFT is moving through all three planes at the same time. This not only creates a lean and toned physique, but develops power, strength and stabilization in the spine, core, shoulders and pelvis.

FlowLIFT utilizes movements based on real-world situational biomechanics, which place demand on the body's core musculature and innervation. The benefits of the full body integrated motion of the FlowLIFT workout are many:

- Makes students use both sides of the body within a move to challenge the mind.
- Employs unilateral movements to develop balance, strength, coordination and agility from head to toe.
- Improves posture by strengthening and stabilizing the spine.
- Creates a strong, lean, athletic physique.
- Boosts metabolism and turns you into a fat-burning machine, even while at rest.
- Enhances the relationship between the nervous and musculoskeletal system, providing quick, reactive, and powerful movement patterns.
- Increases range of motion and flexibility.
- Moves at a constant, rhythmic pace to increase the heart rate and improve endurance.
- By mimicking everyday life movement patterns, the body is better equipped to deal with daily stresses, reducing the risk of injury and strain.

Weight Breakdown

In the FlowLIFT classes we use 1 to 2.5 pounds around each ankle, while hand weights range from 2 to 4 pounds. Students are welcome to grab two sets of hand weights (one heavier for certain exercises such as rows) or they can use the same weight throughout. We suggest that new students and those with less experience start with lighter weights and slowly increase over time or depending on how they feel on each particular day.

Mechanics of Movement with Weights

Because the ankle weights can pull on the knee and hip joints, it's important to cue using the abdominal, leg and glute muscles throughout the class. A lot of the movements require momentum, while others are done in a slow precise rhythm. However, in both cases you want to cue reaching through the ball of the foot or heel when the leg kicks or extends. Make sure you explain that the limbs never "snap" out when kicking or punching. It's more of a controlled extension, where the muscles are doing all the work, and not the joints, ligaments, or bones.

Strength + Awareness = Safety

Focus and precision are essential to effectively execute the movements and transitions of a FlowLIFT class. Using hand and ankle weights puts extra resistance on our muscles, bones and joints. It is extremely important for instructors as well as students to be conscious of proper technique and alignment with the added weight. Some important tips for keeping FlowLIFT classes safe:

- Avoid moves that require jumping or hopping unless you have tried it in your own body with weights on and it feels good and safe
- For all kicking moves, cue your students to press through the heel or ball of the foot and to engage the quadriceps, glute, and core muscles so the movement initiates from the torso and upper leg. This will ensure that the muscles are doing all the work, as opposed to the joints.
- Try not to swing the arms recklessly while holding the dumbbells. Arms should be engaged all the way to the shoulder and upper back to prevent strain in the shoulder joints.
- Encourage students to squeeze the hand weights so the forearm muscles get involved. Holding the weights with open fingers puts strain on the wrist and doesn't allow for integrated movement from the shoulder and torso.

Vinyasa



Plank / Top of a Push-Up

(inhale)

shoulders over wrists, legs and core strong,
chest forward, heels back



Chaturanga / Low Yoga Push-Up

(exhale)

elbows at 90 degrees, core and legs
engaged, chest forward, shoulders back
and gaze forward



Updog

(inhale)

legs strong and hovering off the ground,
straight line from shoulders to wrists,
shoulder blades squeeze together, chest
open, neck long and gaze forward



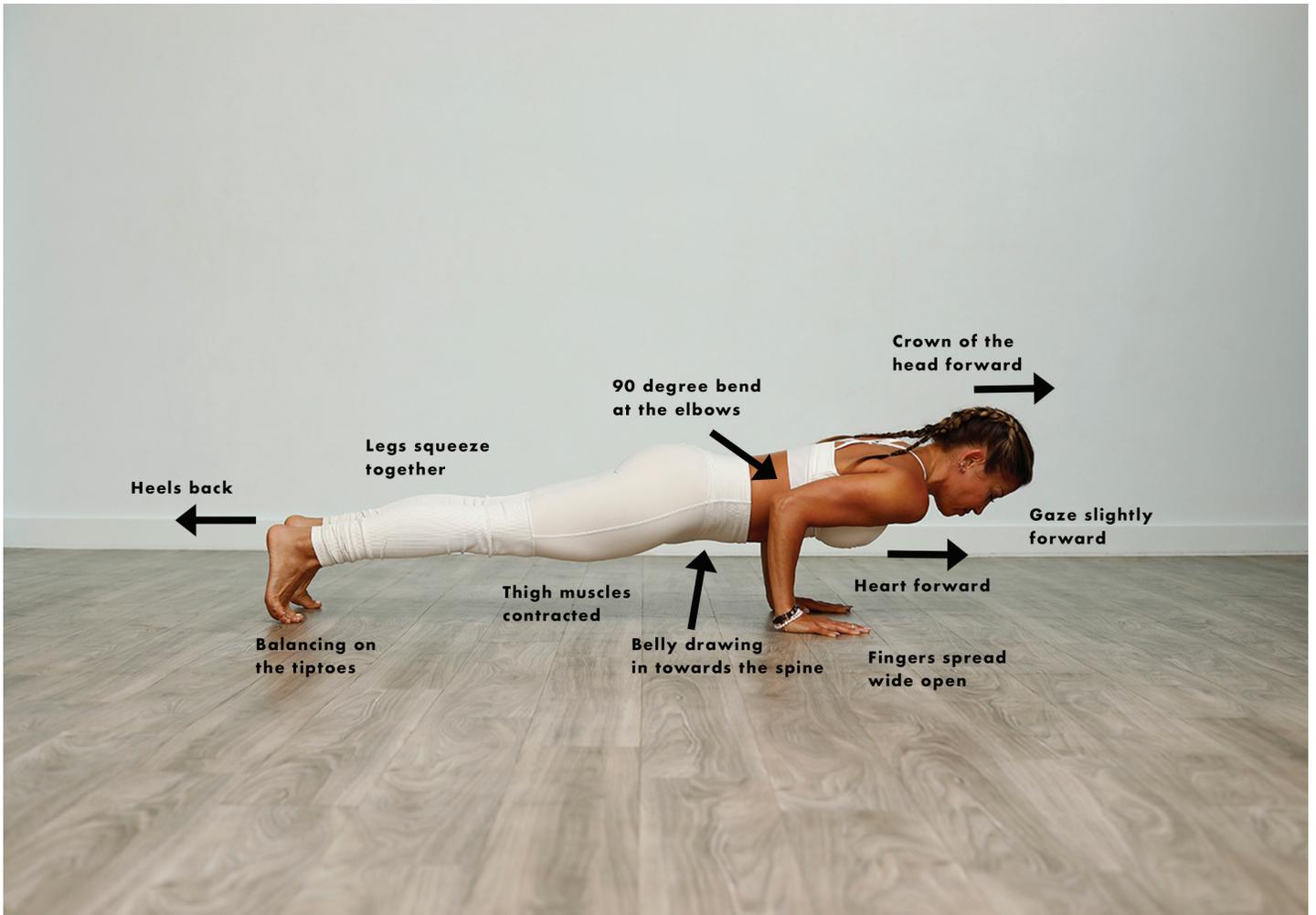
Downdog

(exhale)

feet hip-width apart, hands shoulder-width
apart, ribs and navel in towards spine,
fingertips spread wide apart, shoulder
blades away from each other, head relaxed,
legs engaged, heels down

Things I need to work on:

Proper Alignment in Chaturanga



About the FlowLIFT Class Format

On the next page is a flow chart outlining the standard format of the class. It has five main parts: Intro, Warm-Up, Series 1, Series 2, and Abs/Cooldown. We have put a lot of thought into how these sections flow into one another, so please refrain from making any modifications. The letter “V” signifies a vinyasa (moving through chaturanga, updog, downdog). The main parts of the class (warmup, series 1 and series 2) always begin with the right side and we flow through every set of moves on that side before moving on to the left side.

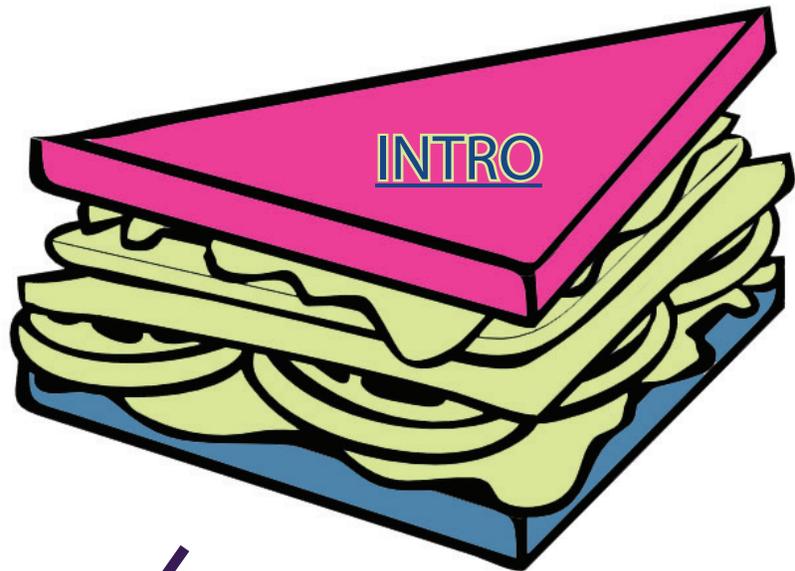


FlowLIFT Sandwich

WARMUP

SERIES 1

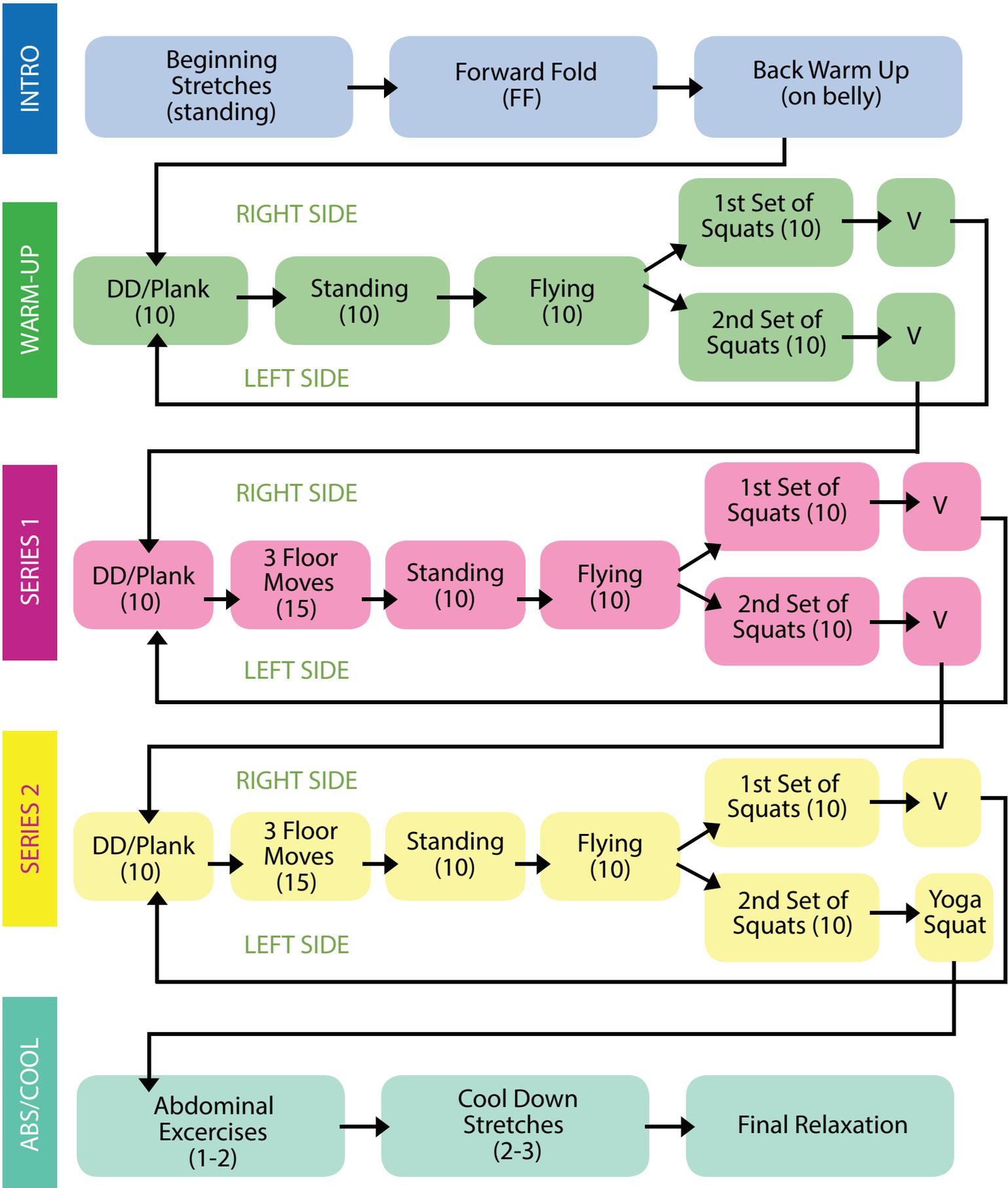
SERIES 2



ABS / COOLDOWN

The FlowLIFT class format can be compared to a sandwich, with the intro and Abs/Cooldown as the bread that keeps the meat of the class together. Warmup, Series 1 and Series 2 is where most of the action happens. It's in these three sections of the class where you'll find the five distinct types of FlowLIFT moves.

FlowLIFT Class Format



Basics of Describing Movement

Verbal cueing takes a lot of experience to master. Don't be discouraged and be patient with the process. Describing movement is like learning a whole new language! FlowLIFT is a tough class to teach and talking too much will deplete your energy fast. The good thing is that you're demonstrating the whole class, so the students will always have a visual reference point.

Guidelines:

1. Be concise.
 - Don't speak more than you need to
 - Keep instructions short
 - Get rid of filler words
2. Describe the main actions happening in the move.
 - What is the starting position?
 - Look at which body parts are involved
 - What are the main two actions of the body
 - Instruct students to continue doing the movement through as you flow through all the reps
3. Give a safety alignment occasionally
 - Use what other students are doing around you to highlight misalignments
 - Give alignment tips once in a while
 - Remember to not over-describe. Be concise

Keywords for Describing Movements

- Lift
- Kick
- Float
- Extend
- Hike
- Reach
- Stretch
- Squeeze
- Lengthen
- Punch
- Drive
- Push
- Rise
- Spring Up
- Sweep Through
- Tap
- Twist
- Fly
- Step
- Come Up

Teaching the Intro Exercise

Write down in your own words how to cue the intro part of the manual class.

1. Side Stretches (5 ea. side)

2. Cactus Twist (5 ea. side)

3. Forward Fold Twist (3x + hold)

4. Wide Open Cobra (5)

5. Prayer Twist (both sides)

6. Cactus Extension (5)

Transition: Plank to Downdog:

FIVE TYPES OF FLOWLIFT MOVES

There are five defining groups of moves that make up the FlowLIFT class.

DD/plank, floor moves, standing, flying and squats

All of these are combination moves that work the entire body and require focus, coordination and integration of the limbs with the trunk (spine and core).

Downdog / Plank Moves (10 Reps)

- These moves are done with and without hand weights
- DD/planks are the very first move of the warm-up, series 1, and series 2
- All of the DD/plank moves originate from one of these three positions:



Downdog Splits



Plank



Side Plank

TRANSITION

Warm-up: DD/plank moves are followed by the standing move
Series 1 & 2: DD/plank moves are followed by the first floor move

ALIGNMENT

- Abdominal muscles engaged
- Shoulders over wrist in plank and side plank
- Legs strong



Floor Moves (15 Reps)

- Floor moves sometimes use hand weights
- There are always three distinct floor moves in a row
- Floor moves are only found in Series 1 & Series 2 and they begin right after DD/plank
- These moves are executed from a wide variety of positions. Here are the most common:



All Fours



Mod Side Plank



One Elbow Down



Side Hip



Side Lunge



Stag Hands

TRANSITION

- The first floor move should transition smoothly into the second floor move and so on.
- The third floor move transitions to the standing move in one of two ways:
 - Downdog Splits: step the foot between the hands
 - The third floor move incorporates a lunge, so initiate the standing move from the 15th lunge of the floor move.

ALIGNMENT

- Joints line up
- Core engaged
- Fingertips spread wide
- Neck straight
- Knee over ankle in side lunge
- Shoulder and arm strong when bearing weight

Standing Moves (10 Reps)

- Standing moves are almost always done with hand weights
- In the warm-up, the standing move follows DD/plank
- In Series 1 & 2, they follow the third floor move
- All of the standing moves originate from one of these three positions:



Low Lunge



High Lunge



Warrior 2

TRANSITION

Standing moves are always followed by a flying move.

ALIGNMENT

- Abdominal muscles engaged
- Knee over ankle
- Neck long and straight
- Back leg active in high lunge and Warrior 2



Flying Moves (10 Reps)

- These moves are almost always done with hand weights
- These are “flying” moves because the back leg always lifts off the ground
- All flying moves are executed using these four positions:



Warrior 3



Standing Knee Tuck



Standing Splits



Half Moon

TRANSITION

Flying moves transition to the front of the mat for squats.
On the 10th rep, set the back foot down at the front of the mat and land in a squat.

ALIGNMENT

- Neck in line with spine
- Legs active from the core to the feet
- Abdominal muscles strong and engaged

Squat Moves (10 Reps)

- These moves are almost always done with hand weights
- Some squats are **symmetrical**, utilizing both sides of the body equally
 - Symmetrical squats are done once and not repeated again on the left side
- Some squats are **asymmetrical**, targeting one side of the body more than the other
 - One side is done at the end of the right side of the series (1st squat series)
 - The other side is done at the end of the left side of the series (2nd squat series)
- These are the three positions squats are executed from:



Chair Squat



Sumo Squat



Side Squat

TRANSITION

- On the 10th squat, set the weights down with the knees bent
- Fold forward, straightening the legs
- Heel/toe the feet together
- Halfway lift (flat back) to vinyasa
- At the end of series 2, transition to a yoga squat instead of a vinyasa

ALIGNMENT

- Feet hip-width apart in chair squat; weight in the heels
- Core strong
- Knee over ankle in sumo and side squat
- Long spine, neck straight

Use the gif page to pick one move from each of the 5 types of moves (5 total moves) from the manual class. You'll have one squat move, a DD/plank move, a standing move, flying move and floor move. Write down in your words how to describe the full move.

Ex.

Move #1 _____

Type of Move _____

Description _____

Move #2 _____

Type of Move _____

Description _____

Move #3 _____

Type of Move _____

Description _____

Move #4 _____

Type of Move _____

Description _____

Move #5 _____

Type of Move _____

Description _____

FORMAT BREAKDOWN

The format of the FlowLIFT class is designed to feel like a smooth-flowing vinyasa class with no breaks. Below is a quick description of each section in order with their corresponding types of moves.

INTRO (3-5 minutes)

The first part of the class is meant to ease students into the warmup with gentle side bends, backbends, twists and moves that heat up the back muscles.

1. **Beginning Stretches** (2 moves)

Sometimes with weights

- Standing at the top of the mat
- Gentle twists, backbends and side bends
- Arm warmups

TRANSITION : Hinge at the hips and fold forward with the weights tucked into the torso or arms wide if no weights.

2. **Forward Fold** (FF) Sometimes with weights

- This is a transition to make your way onto the belly for back warmups
- Gentle twists
- Shoulder openers

TRANSITION : Halfway lift (flat back) step to plank lowering to the belly

3. **Back Warmup on the Belly** (2 moves; 5-8 reps)

sometimes with weights

- Gentle backbends
- Gentle twists
- Variations of cobra
- Superman

TRANSITION : Hands under shoulders press up to plank

WARMUP (6-7 minutes)

The warm-up series focuses on heating up the large muscle groups in the legs, arms, shoulders and back. We always begin with the right side and do all the moves on the right before moving on to the left side. The types of combo moves in this section are DD/plank, standing, flying, and squats. They are all sequenced in a very specific order to make the class both smooth and effective. The heart rate begins to elevate during this portion of the class and by the end of it the body is prepared for the more intricate moves in the first and second series.

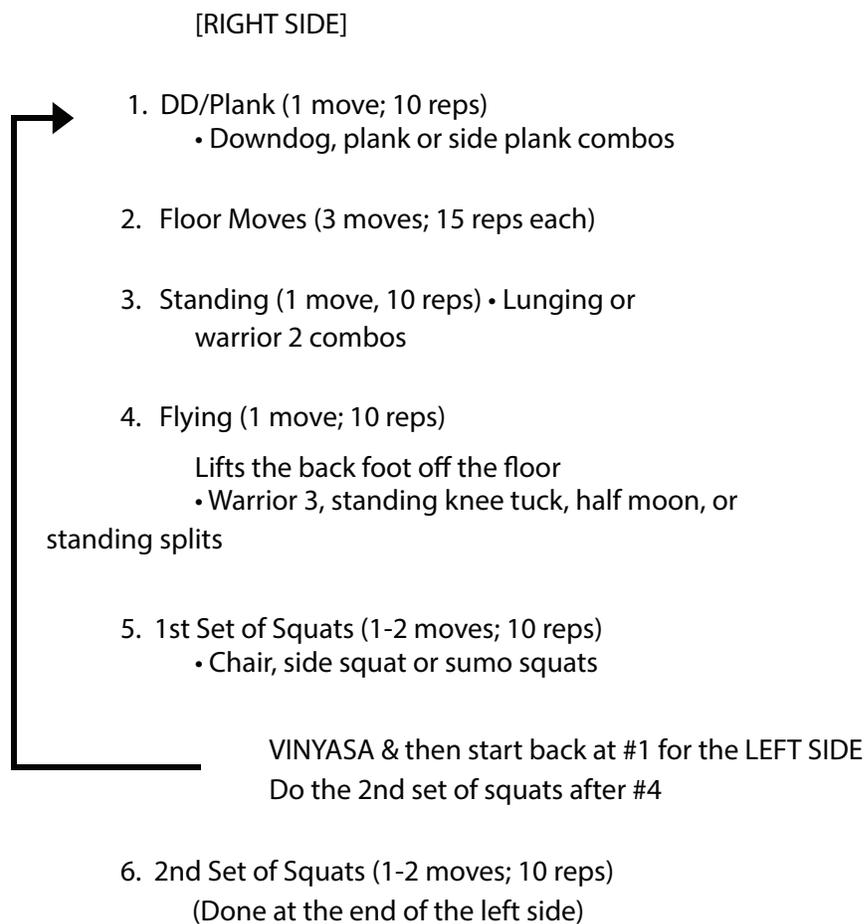
[RIGHT SIDE]

-
1. DD/Plank (1 move; 10 reps)
 - Downdog, plank or side plank combos
 2. Standing (1 move, 10 reps)
 - Lunging or warrior 2 combos
 3. Flying (1 move; 10 reps)
 - Lifts the back foot of the floor
 4. 1st Set of Squats (1-2 moves; 10 reps)
 - Chair squat move
- VINYASA & then start back at #1 for the LEFT SIDE
Do the 2nd set of squats after #3
5. 2nd Set of Squats (10 reps)
Done at the end of the left side.

TRANSITION : Vinyasa

SERIES 1 & 2 (14-16 minutes)

Series 1 and Series 2 follow the same format as the warmup, except that we add 3 distinct floor exercises right after the DD/plank move. Series 1 and 2 both have the same exact format, but with different moves. Since the body is completely warm and open by the second series, we save the moves that require more flexibility for that section of the class.



TRANSITION : Vinyasa

*except after left side of series 2 do a yoga squat

ABS/COOLDOWN (3-5 minutes)

The abs section of the class begins after the yoga squat, where you can easily sit back. We end with a bang and then cool it down towards a final relaxation in corpse pose.

1. **Abdominals** (1-2 moves; 10 reps)

Sometimes with weights

- Seated, on the side hip or reclined
- Once students are reclined don't bring them back up to seated

TRANSITION : Stay seated or recline onto the back for stretches

2. **Cool Down Stretches** (1-2 poses; 5 breaths each)

Weights off

- Seated or reclined

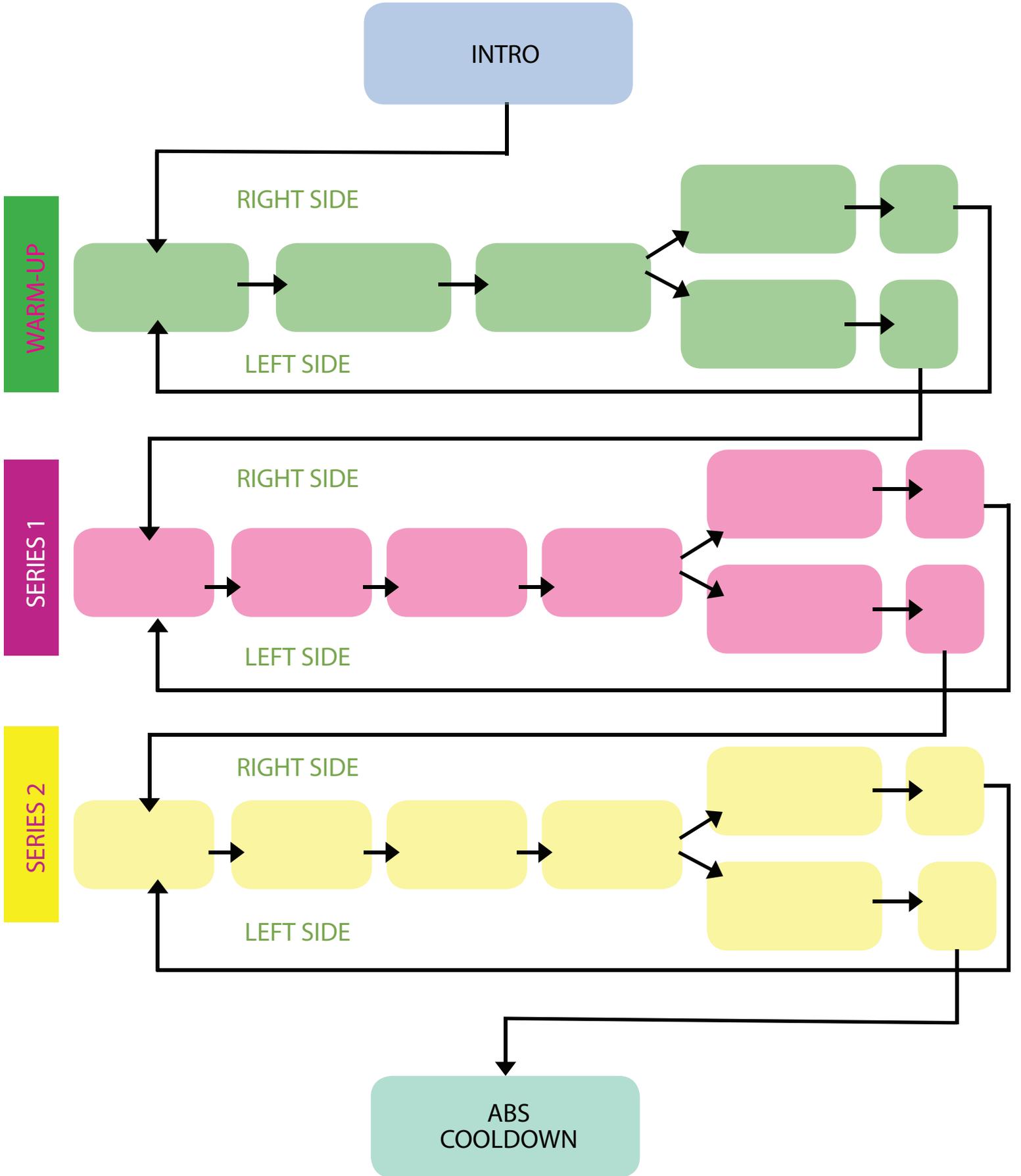
TRANSITION : roll onto the back for resting pose

3. **Final Relaxation** (2 minutes)

- On the back with limbs extended
- Eyes closed
- Roll into fetal position
- End seated eyes closed
- Namaste



Warmup, Series 1, Series 2



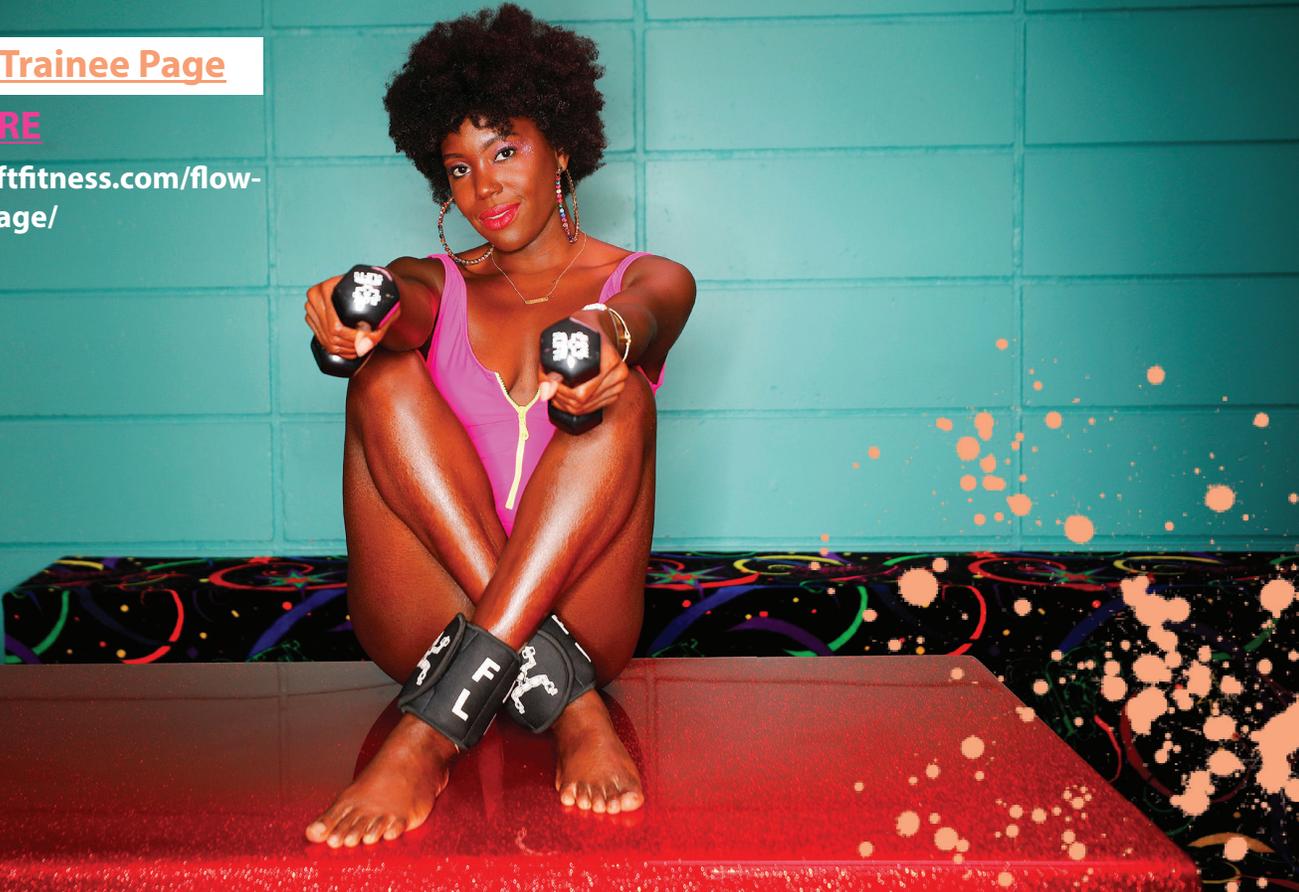


FlowLIFT MANUAL CLASS

You will be using the following class to practice teach at the end of the one-day training.

In the digital version of this manual you can click the link below to access the trainee page with a video of the manual class, gifs of the individual moves, and sample cool down stretches.

The flow chart on the next page explains the format, moves, reps, transitions (T), and vinyasas (V).



FlowLIFT Trainee Page

[CLICK HERE](https://flowliftfitness.com/flowlift-trainee-page/)

<https://flowliftfitness.com/flowlift-trainee-page/>

INTRO

BEGINNING STRETCHES

Side Stretches
(5 each side)

Cactus Twist
(5 each side)

Forward Fold (FF) Twist
(3 +hold)

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Wide Open Cobra
(5)

Prayer Twist
(both sides)

Cactus Extension
(5 w/ weights)

T: Plank

Warm Up



WARM UP

Right Side

DD PLANK

DD Splits
Low Lunge
(10)

STANDING & FLYING

Cactus
Twist
Lunge
(10)

SQUATS

Lunge
Spring Ups
(10)

R

Squat
Punches
(10 ea. side)

Gangster
Walks
(2 laps)

V

Repeat on Left Side

L

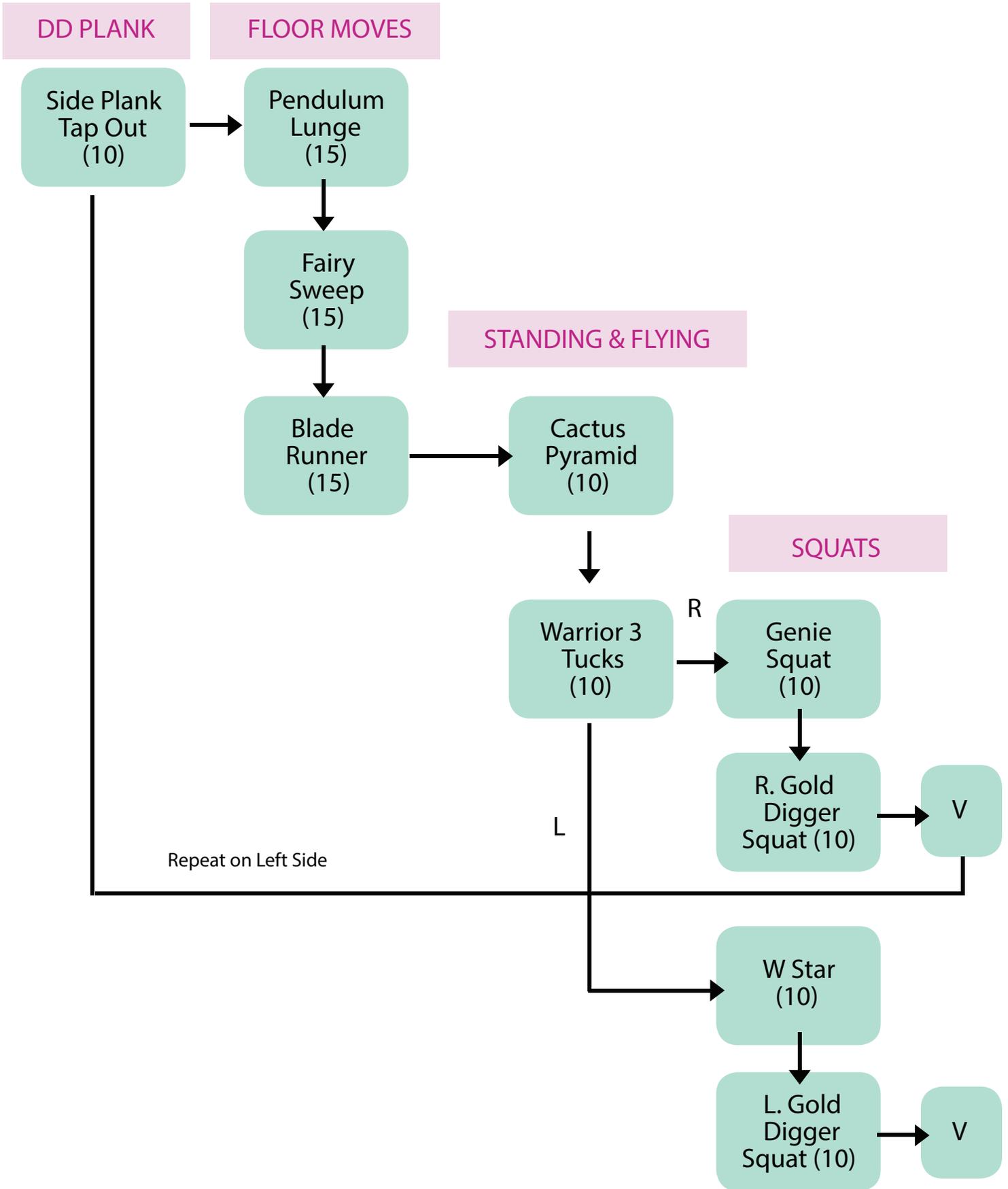
Squat
Crunches
(10 ea. side)

Squat Walk
Around
(2 laps)

V

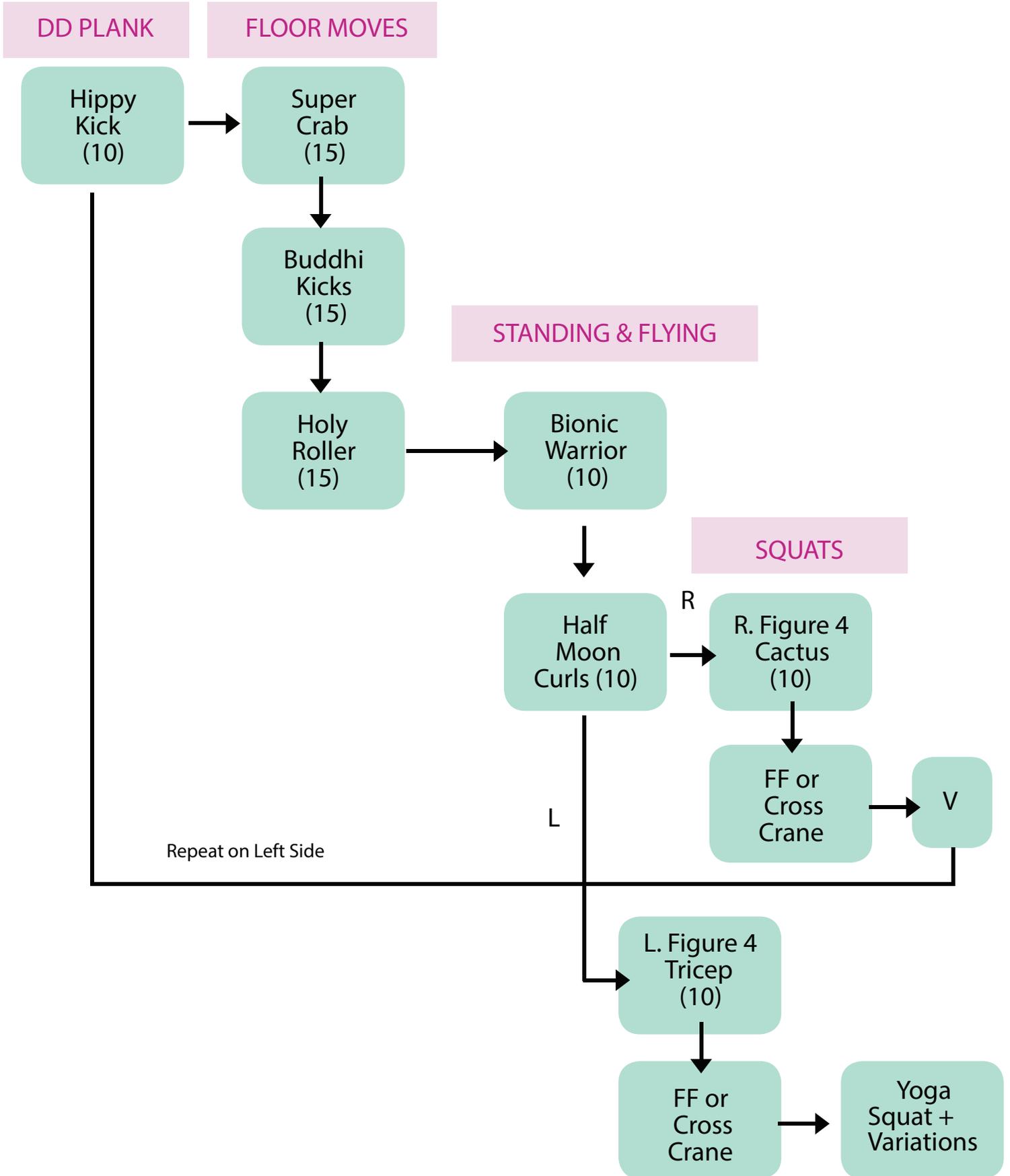
SERIES 1

Right Side



SERIES 2

Right Side



ABS / COOLDOWN

ABDOMINALS

Reverse
Table Taps
(10 each side)

Elbow Crunches
(10 each side)

COOLDOWN

Bridge Pose

Reclined Pigeon
right leg

Reclined Spinal
Twist
right knee

Reclined Pigeon
left leg

Reclined Spinal
Twist
left knee

FINAL RELAXATION



Transitions Between the 5 Main Parts of Class

The transitions between the five main sections of the class are just as important as the moves within each section. Smooth transitions make all the difference when teaching the FlowLIFT classes effectively. Below is a review of the poses and vinyasas that connect the five distinct parts of the class.

INTRO

T: Plank

WARMUP

T: Vinyasa

SERIES 1

T: Vinyasa

SERIES 2

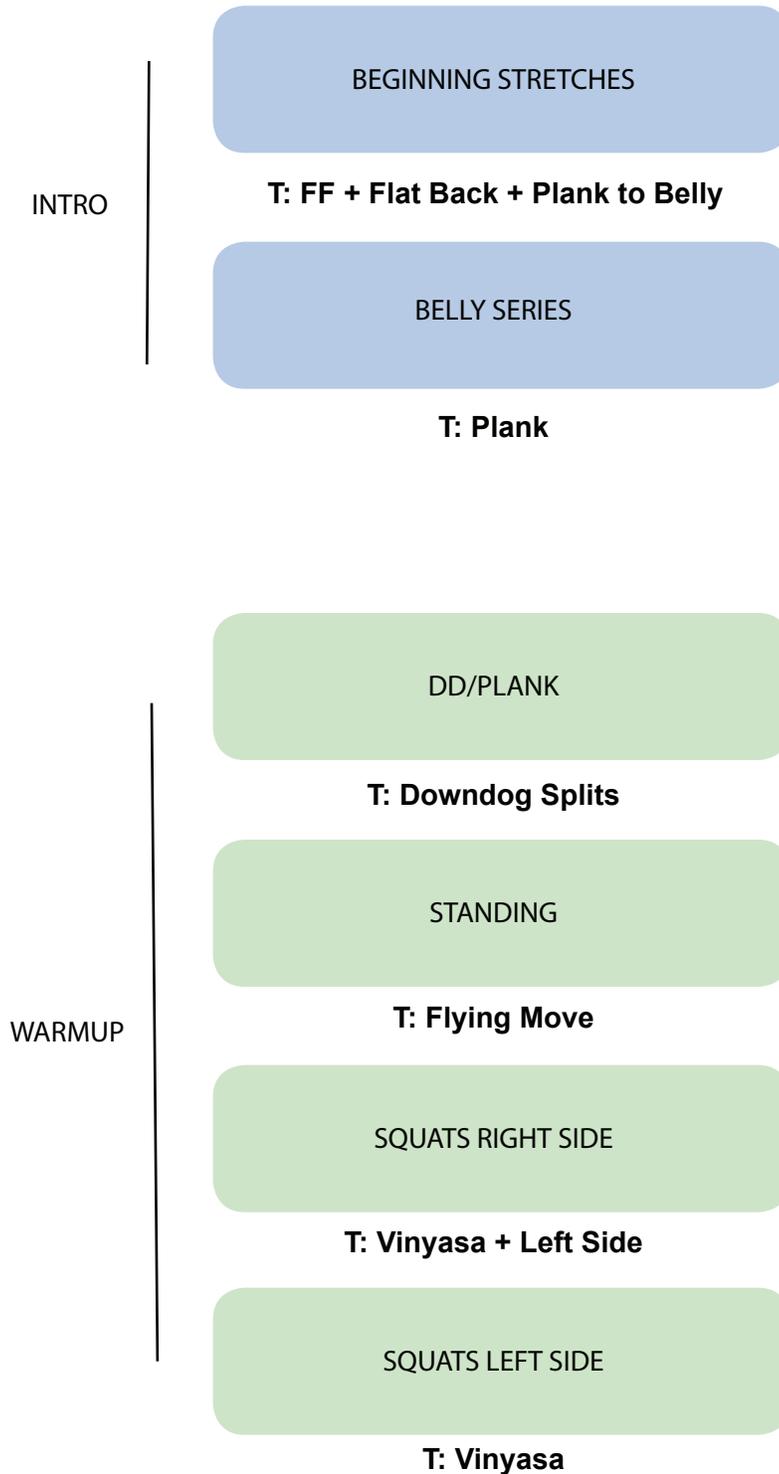
T: Yoga Squat to Seated

ABS/COOLDOWN



Transitions Within the sections in the class

All of the moves within each section of the class are linked together by very specific transitions that make FlowLIFT feel like one non-stop, perfectly sequenced flow.



SERIES 1

DD/PLANK

T: Lower to Knees

3 FLOOR MOVES

T: DD Splits or Step to Lunge

STANDING

T: Flying Move

SQUATS RIGHT SIDE

T: Vinyasa

SQUATS LEFT SIDE

T: Vinyasa

SERIES 2

DD/PLANK

T: Lower to Knees

3 FLOOR MOVES

T: DD Splits or Step to Lunge

STANDING

T: Flying Move

SQUATS RIGHT SIDE

T: Vinyasa

SQUATS LEFT SIDE

T: Yoga Squat to Seated

ABS/COOLDOWN

ABS

T: Seated

SEATED AND/OR RECLINED STRETCHES

T: Rolling onto Back

FINAL RELAXATION

TEACHING FlowLIFT

Demonstrating & Conserving Energy When Teaching

It's important for FlowLIFT teachers to demonstrate the entire class. The moves are very intricate and it's helpful for students to get both verbal cues and a visual demonstration. It's also extremely difficult to explain the movement combinations without doing them yourself. Trying to execute the moves perfectly while giving clear and concise verbal cues can be physically taxing and is much harder than just taking the class. Here are a few tips for conserving your energy while teaching.

- Don't talk more than you need to. Students will have a clear visual demo of the class, so you don't need to give them as many verbal cues. Be concise and emphasize cues that have to do with safety, trajectory and engaging the body in the correct way.
- Be systematic with counting reps. There's no need to count out loud, but it's nice to let your students know they have "5 more" or that they are "halfway there." Choose one indicator rather than saying them both and focus on internally counting the correct amount of reps for each move.
- Keep your head in the game. Enjoy the class, get completely into it and really go for it! Even if you are tired or sore, stay mentally motivated and the body will follow. You will get a surge of energy when you teach (adrenaline) and your students will get more out of your class when you're trying your hardest. Make sure you are being mindful with every move to prevent injury.
- Keep breathing. The heart rate elevates and the breath will quicken, but keep it flowing no matter what. A deep exhale through the mouth helps to reset the rhythm and feels cleansing if you start to lose control over the inhale and the exhale. Always cue your students to keep breathing as well.



CUEING & COUNTING REPS WHILE MAINTAINING THE FLOW OF THE CLASS

The rhythmic pace of the FlowLIFT class is important to maintain so that people get the great workout they came for. An energetic pace increases the cardio component. However, because many of the moves are so intricate, it's important to slow down your demonstration in the first 2-3 reps. This will help your students understand and execute the moves better.

1. Explain & Demonstrate (first 1-3 reps)

Explain and demonstrate the starting position. For example, are both hands on the floor or is one forearm down? Are the knees slightly to the left of the hands, or are the hands and feet lined up? Make sure the set-up of the pose is clear so that the foundation is correct.

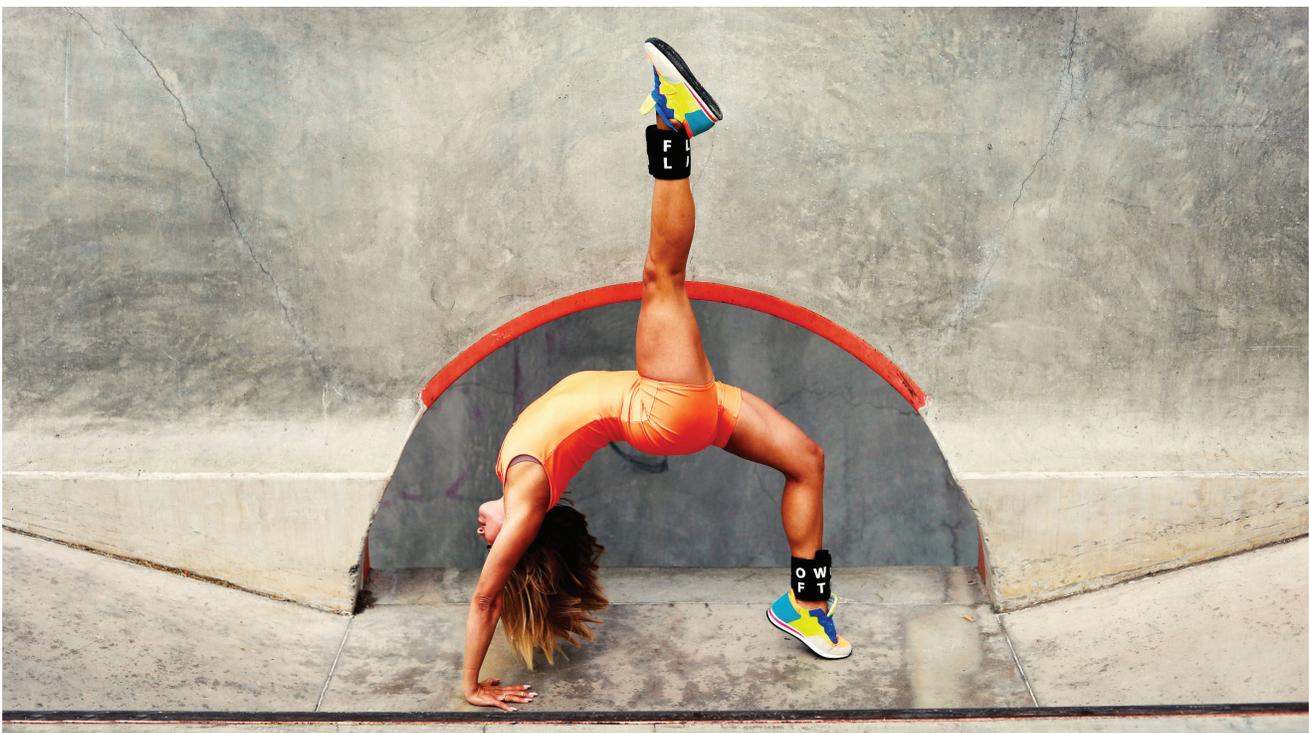
Demonstrate the transition and emphasize one or two key alignment points for students to keep in mind. For example, if the leg is kicking up in a floor move, it is important to keep the belly and ribs drawn in to protect the lower back. If the leg is kicking out to the side, remind students not to snap the knee and to lift the leg with the abdominal muscles engaged.

2. Get into the Groove (halfway into reps)

After the first three reps, the students should have a nice breakdown of how it all flows together. As the instructor, start counting your reps starting at 2 or 3. As you count, you might feel something in your own body, or you'll see common misalignments arising in the students around you. At about the halfway mark you might want to mention another alignment cue or say a few words of encouragement to the class.

3. Finish Strong (reps 8-15)

Stay in the flow of the move, keep moving quickly and continue counting until you get to 15 reps. Move on to the next combo as smoothly as you can.



LEAD BY EXAMPLE

FlowLIFT classes require focus, strength, flexibility and will power. As instructors we strive to embody these characteristics when we're leading students at the front of the class as well as in our daily lives.

Practice Often to Get in Shape

Giving clear verbal cues and leading complex sequences while teaching a rigorous workout can be extremely challenging. When we first started the FlowLIFT program at Buddhi Yoga, we had a hard time getting through the class without being completely winded. However, the more we taught, the stronger we got, and now we're in the best shape of our lives. Doing FlowLIFT often will make you a better teacher and you will notice your endurance improve rapidly. When it comes time for you to teach your own classes, your strength and perseverance will shine through and inspire your students.

Demos Should be On Point

The moves and transitions in FlowLIFT classes are complex and should be executed precisely in order to be safe and effective. In addition to verbally describing the movements, the instructor's demonstrations should be close to perfect. This will minimize possible injuries to both you and your students as well as help people in class to maximize all the benefits that FlowLIFT classes offer.

Take Good Care of Yourself

People feed off the instructor's energy, so giving it your all is extremely important. If your squats are half-assed or you're moving too slowly, your students will follow. Staying in good shape is not just about exercise. It has perhaps even more to do with getting enough sleep and eating a healthy diet. When we make good choices about what we eat and how we spend our time, it comes through when we teach.

Personality & Humor

Letting your personality shine through your teaching can make the difference between a great class and one that feels robotic and lifeless. FlowLIFT is a high-energy group fitness class that requires a sparky and engaging personality to maintain the intensity and inspire students. The FlowLIFT class moves at a steady pace and should feel almost impossible to do. No matter what is going on in your life, if you show up to class, don't bring your "junk" with you. Take a moment before class begins to pause, breathe, and get yourself in the right mind-set to fully dedicate the next 45 minutes to yourself and your students. Try to get comfortable right away and pretend you are teaching class to a room full of your friends. If you're dying in a series, say it! If your favorite song comes on, sing along. These little details can completely change the feel of the entire class.



Music Theory

Music is one of the biggest components to delivering an effective and memorable FlowLIFT class. Every song in your playlist should be high energy, fun, and motivating. The blend of dance and hip-hop works great for creating a party/hype atmosphere while you're working out...and that's very motivating. Many studies have been conducted with regards to how people exercise. The percentage of fat burning was compared while people worked out watching tv, with an instructor shouting motivational things at them, and while simply listening to music. It was found that listening to loud music encouraged fat burning more than the other two methods. Have fun and get creative finding old school and new songs that get your heart pumping and ready to kick some booty. When you get towards the end of class during the stretches, mellow out the music and find something meditative or do no music at all for final relaxation to bring the energy back to neutral. The instructor class support membership (UpLIFT) gives you access to exclusive playlists curated by Carolina and Amanda, because we all know that finding great songs isn't easy and it can be very time consuming. You can use these playlists as they are or mix and match with your own music to create the perfect soundtrack for your classes.

Marketing FlowLIFT

One of the best forms of marketing is word of mouth. Tell everyone about your classes no matter where you are and encourage people to come try a class for free. Post about your classes on social media and instead of just listing your schedule, educate people about the class or talk about the benefits. Describe FlowLIFT as a workout that flows like a vinyasa class with strength training, cardio, and fun combination moves that leave you sore in all the right places. There are also many ways to partner up with nearby businesses for more exposure or teach classes outside to get interest from time to time. If you're consistent with teaching and practicing, your body will get stronger and leaner, and that in itself is great marketing. The instructor membership (UpLIFT) also comes with marketing support -- social media and email features, your own instructor page, and access to all our professional photoshoot content.



WHAT'S NEXT AFTER TRAINING

Completing the eight contact hours in this training is the first part of your certification. The second part requires cueing and practice teaching. Both of these are essential to learning the format of the class and how to verbally cue the moves. You can cue and practice teach at our studio Buddhi Yoga in La Jolla, at your local studio or gym, as well as online using our site. FlowLIFT trainees get two free weeks of the regular monthly membership after the training to complete cueing and practice teaching. If you don't finish your cueing within this time frame, you can sign back up to get another two weeks free. Once the cueing and practice teaching is completed you can upgrade to the instructor UpLIFT membership (\$18/month). **All active teachers are required to use the online membership to teach the class.**

Completing the Certification

Step 1: Cue 3 classes

Step 2: Practice-teach 3 classes

Step 3: Sign up for the UpLIFT instructor support after steps 1 & 2

Cueing and Practice Teaching

Complete cueing 3 classes BEFORE moving on to practice teaching

An important part of this training is the work done after the eight contact hours. In order for the format of the class to sink in, cueing classes is essential.

Cueing means that you will be watching a class and writing down the sequence on the right side. Using what you've written, demonstrate the moves on the left side.
Cueing does not require talking.

- Step 1: Using the cueing sheets at the back of this manual, write down all the moves in the Intro and right side Warmup in your own words. Practice the moves in your body to help you describe them on paper.
- Step 2: Look back at your notes when the teacher begins their 2nd set of squats and figure out which DD/Plank move is coming after the first vinyasa.
- Step 3: Demonstrate 3-5 reps of the DD/Plank move on the left side while the teacher is doing the vinyasa.
- Step 4: Read your notes to see which move is coming next and demo the next move as the teacher gets halfway through the previous move. Continue like this for the rest of the class cueing the left side of each series a few reps ahead of the teacher.
- Step 5: Write down all the moves in the Abs/Cooldown section of the class. In the end you will have the entire choreography for a class.
- Step 6: Send all the cueing sheets to info@flowliftfitness.com



In-Studio Cueing

- Print out the cueing sheets and get to class ten minutes early
- Set up your mat directly to the left of the teacher
- Follow the cueing steps to cue the whole left side of the class
- If the teacher did a symmetrical set of squats on the right side, the left side will have a completely new set of moves. Do not cue symmetrical squats on the left side; Only cue asymmetrical squats.

Online Cueing

Log on to flowliftfitness.com/online-classes

- Follow the same instructions above - you'll just be doing it alone in your own time using our videos
- You can use any of the online classes to cue

Practice Teaching in Studios or Gyms

- Teach 3 community classes (free or \$5) to friends and family
- Teach the manual class or any of the classes you cued

Practice Teaching Online

- Teach three classes at home alone or with friends and video the last one
- Send a video of you teaching your last practice class to info@flowliftfitness.com. You can use Vimeo, YouTube, weTransfer or Google drive to share your video with us. If you are posting to Vimeo or YouTube, please make the video private.



UpLIFT Instructor Support

Our vision for FlowLIFT is to build a network of instructors teaching in studios and gyms across the world. The website was created to feature our teachers and to provide ongoing support with fresh new classes and playlists every week.

UpLIFT Monthly Instructor Support Membership

Once all the certification requirements have been met, teachers upgrade to the UpLIFT instructor membership of \$18/month. All active teachers are required to have an online membership in order to teach classes. If you cancel your membership you forfeit the right to teach FlowLIFT.

What You Get

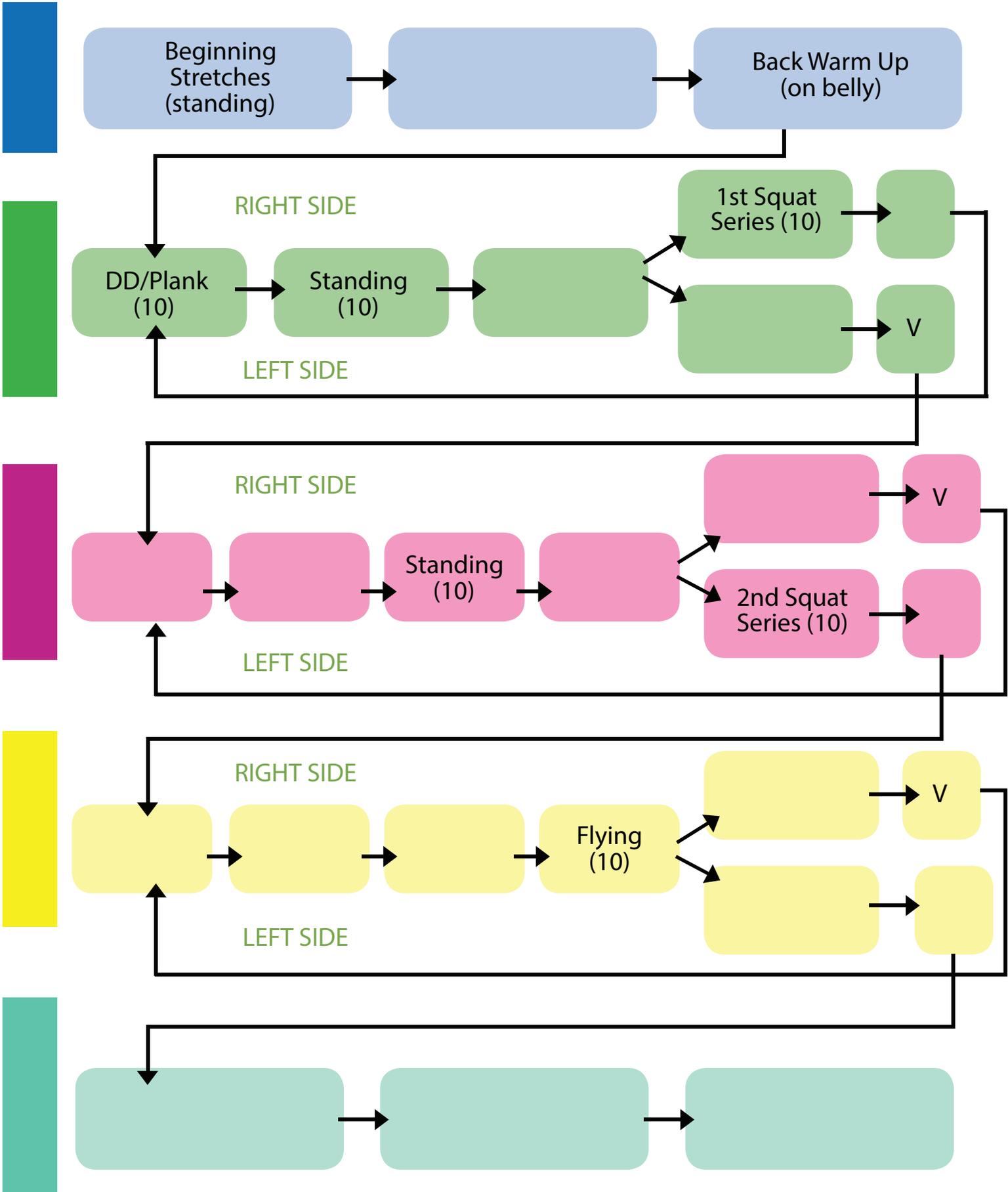
- 2 new videos every month just for teachers with written choreography
- Access to the regular monthly membership (a new class is added every Monday)
- Exclusive music playlists
- Your own page on the FlowLIFT site with picture, bio, teaching schedule, and contact info
- A photoshoot in La Jolla, CA if you're local
- Shout-outs! Marketing support via e-blasts, social media and blog posts
- Access to content from our professional photoshoots to market your own classes

Start Teaching at Locations Near You

We want FlowLIFT classes everywhere! Email us at info@flowliftfitness.com to get a digital info packet for studio owners and managers. This PDF contains class information, sample videos, and details about equipment costs. Founders Amanda and Carolina are also available to speak directly with hiring managers to tell them about why they need you and your magical FlowLIFT class.



FlowLIFT Class Format Quiz



FlowLIFT TRANSITIONS QUIZ

Please list the transitions between the following types of moves:

1. Floor moves to standing:
2. Squats to DD/Plank:
3. Back warmups on the belly to DD/Plank:
4. Second series left side squats to Abs/Cooldown:
5. Standing to squats:
6. Beginning stretches to back warmups on the belly:
7. In the Warmup from DD/Plank to standing:
8. In Series 1 & 2 from DD/Plank to Floor Moves:

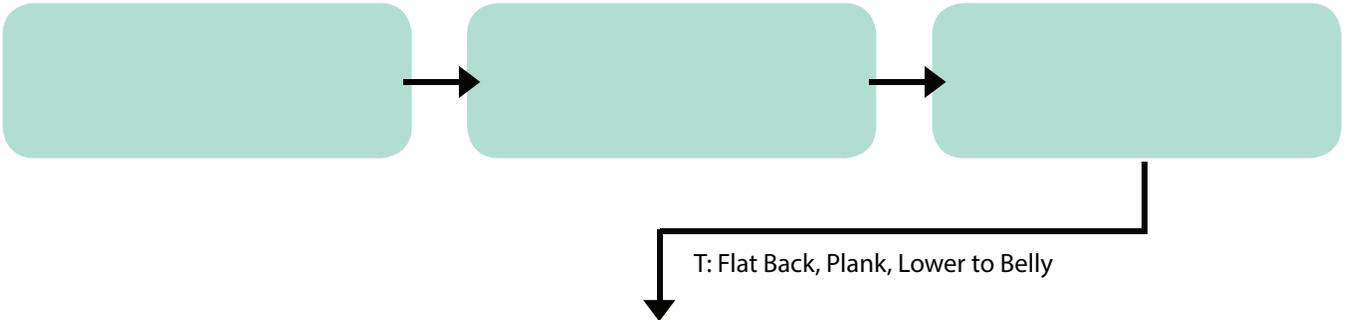
Please list the transitions between the different sections of class:

1. Intro to Warmup:
2. Warmup to Series 1:
3. Series 1 to Series 2:
4. Series 2 to Abs/Cooldown:

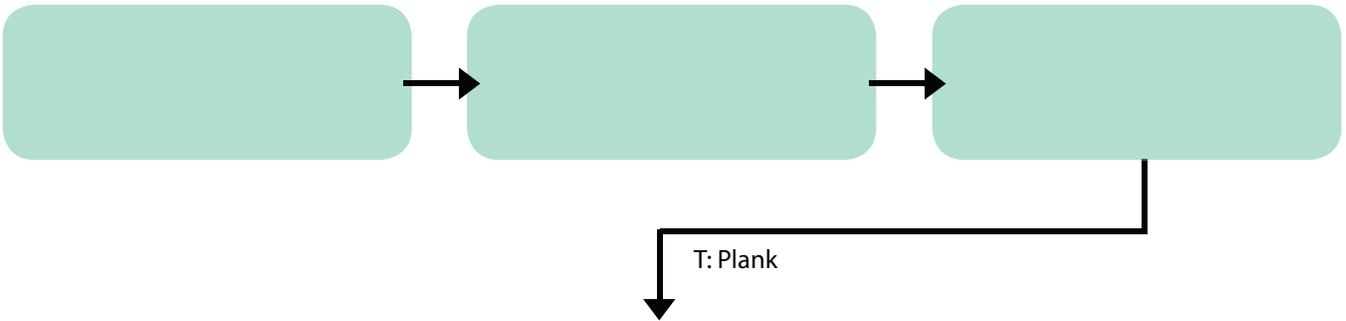
BLANK FORMAT SHEETS

INTRO

BEGINNING STRETCHES



BELLY SERIES



Warm Up

WARM UP

Right Side

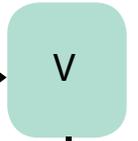
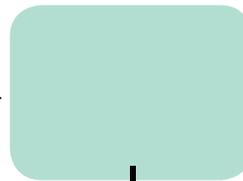
DD PLANK



STANDING & FLYING



SQUATS



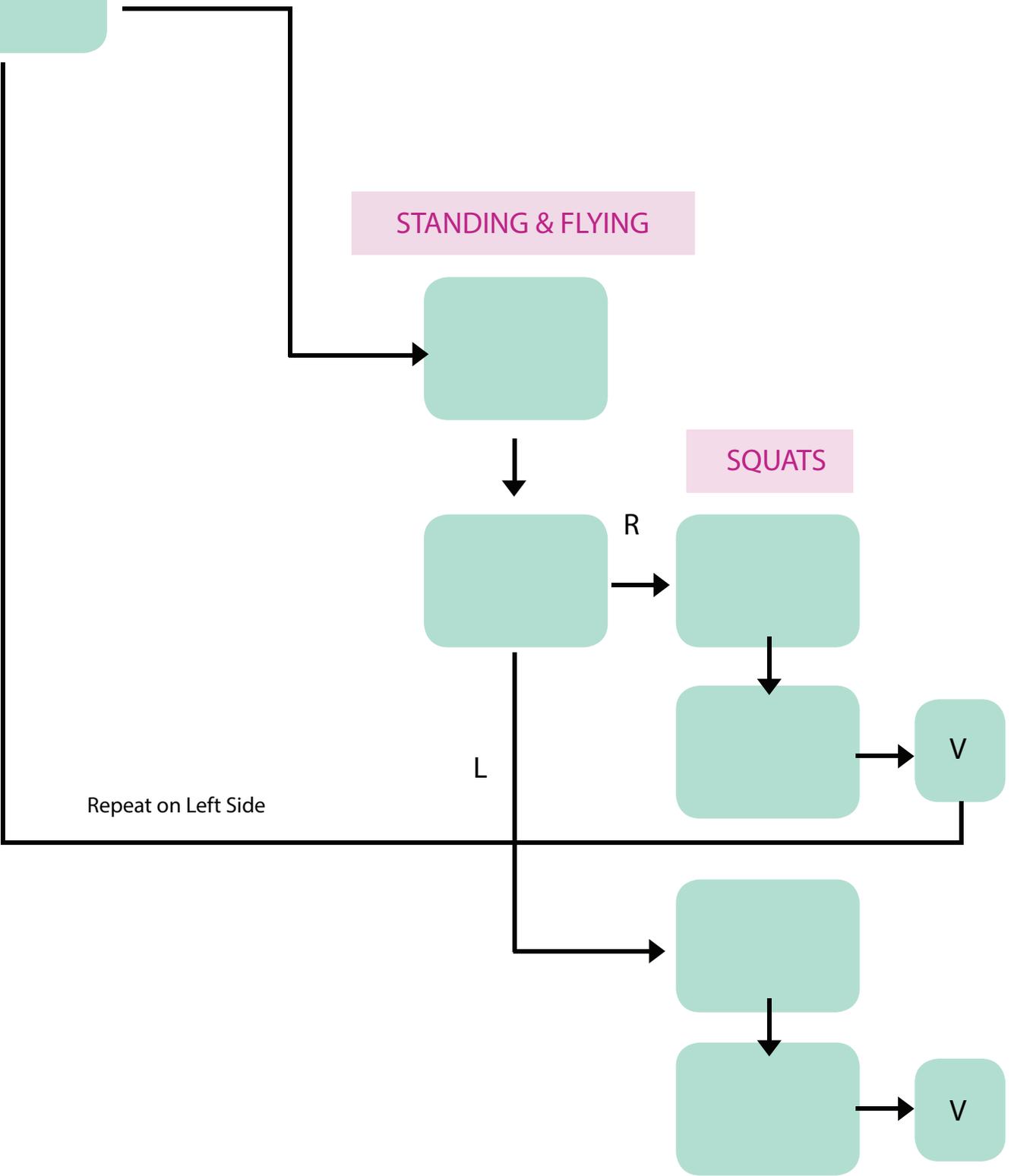
Repeat on Left Side

L

R

V

V



SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

STANDING & FLYING

SQUATS

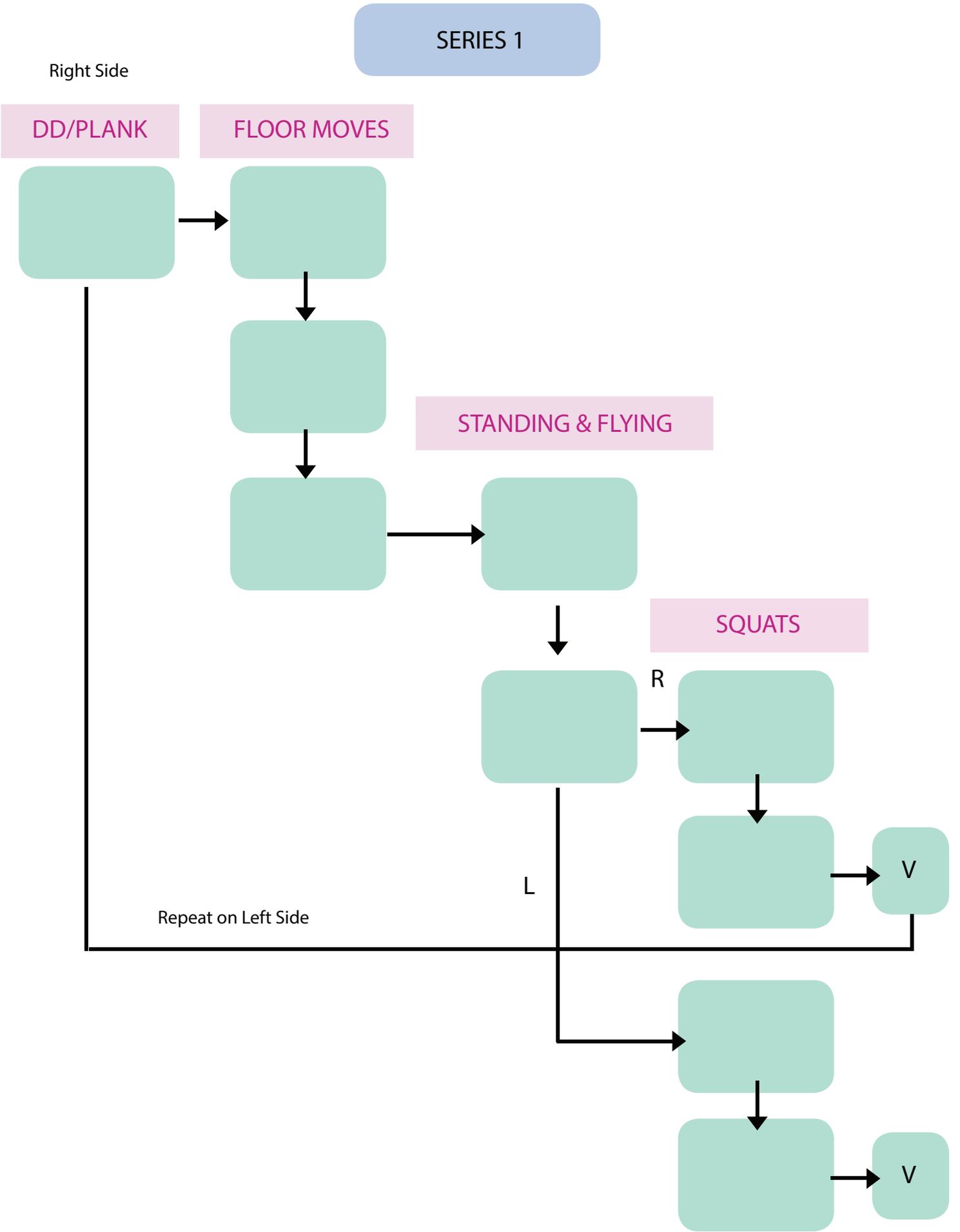
Repeat on Left Side

L

R

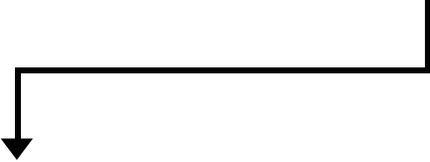
V

V



ABS / COOLDOWN

ABDOMINALS



COOLDOWN



FINAL RELAXATION

FlowLIFT Cueing Sheets
Class 1

NAME _____ CUEING CLASS _____ DATE _____

INTRO

Beginning Stretches

Back Warmup
(on the belly)

WARMUP

RIGHT SIDE

DD/Plank

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Standing & Flying moves
Any variations?

2nd Set of Squats

SERIES 1

RIGHT SIDE

DD/Plank

Floor Series

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

SERIES 2

RIGHT SIDE

DD/Plank

Floor Moves

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

ABDOMINALS

COOLDOWN

FlowLIFT Cueing Sheets
Class 2

NAME _____ CUEING CLASS _____ DATE _____

INTRO

Beginning Stretches

Back Warmup
(on the belly)

WARMUP

RIGHT SIDE

DD/Plank

LEFT SIDE

DD/Plank

Standing

Same Standing & Flying moves
Any variations?

Flying

2nd Set of Squats

1st Set of Squats

SERIES 1

RIGHT SIDE

DD/Plank

Floor Series

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

SERIES 2

RIGHT SIDE

DD/Plank

Floor Moves

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

ABDOMINALS

COOLDOWN

FlowLIFT Cueing Sheets
Class 3

NAME _____ CUEING CLASS _____ DATE _____

INTRO

Beginning Stretches

Back Warmup
(on the belly)

WARMUP

RIGHT SIDE

DD/Plank

LEFT SIDE

DD/Plank

Standing

Same Standing & Flying moves
Any variations?

Flying

2nd Set of Squats

1st Set of Squats

SERIES 1

RIGHT SIDE

DD/Plank

Floor Series

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

SERIES 2

RIGHT SIDE

DD/Plank

Floor Moves

1.

2.

3.

Standing

Flying

1st Set of Squats

LEFT SIDE

DD/Plank

Same Floor Moves, Standing & Flying
any variations?

2nd Set of Squats

ABDOMINALS

COOLDOWN

FlowLIFT Licensing Agreement

FlowLIFT is a registered international trademark. The FlowLIFT name and format of the class can only be used by registered FlowLIFT teachers.

Registration Requirements

- Completing 8 contact hours with a master FlowLIFT trainer
- Finishing follow-up cueing and teaching hours (6 total)
- Joining and maintaining monthly UpLIFT online membership for \$18/month on FlowLIFTfitness.com
- If UpLIFT membership goes into default, the right to use the FlowLIFT name and teach the class is forfeited

Registered FlowLIFT Teacher Permissions

- Use the FlowLIFT name and class format to teach group and private classes in a physical setting such as a yoga studio, fitness gym or private home
- Using the FlowLIFT name/class for teaching online classes is subject to an additional licensing fee of \$1800/year

Registered FlowLIFT Teacher Restrictions

- Teachers cannot alter the format of the class in any way
- The name of the class cannot be changed or modified. Refer to the class with a capital F and LIFT: "FlowLIFT" on all promotional and marketing materials.
- The manual cannot be used to teach someone else the FlowLIFT format
- FlowLIFT is not a yoga class. To minimize confusion, all references to yoga in relation to FlowLIFT may be referred to as "vinyasa inspired," or as FlowLIFT being created by two yoga teachers. FlowLIFT is a fitness class and has very little relation to yoga.

Registered teachers cannot certify other instructors until these requirements are met:

- They have been teaching FlowLIFT consistently for 18 months
- Have completed the Master Training Program with Carolina Vivas and Amanda McCarroll

I hereby acknowledge that I have read and understood the terms and conditions set out above.
I agree to abide by those terms.

Signed _____ Date _____

Printed Name _____

FlowLIFT

