



# Programming Guide

A high-intensity interval training program designed to take workouts to the next level.





Halo® Training is a multi-functional and three-dimensional exercise program that incorporates the science of core-integrated bodyweight training with the use of the Halo® Trainer Plus and Stability Ball™. The program offers exercises that follow unique progressions or regressions designed to increase functional strength and stability for a client at any level of condition from rehab through to athletic performance training.

### Instructor Foundation Course, Part 1

Part 1 of the Halo Training Instructor Foundation Course provides groundwork education for Instructors, facilitating safe, effective and varied core-integrated body weight training programs, using the unique design of the Halo Trainer Plus, Stability Ball and a Resistance Loop™ band. More than just a prop, the Halo Trainer Plus is featured as the basis for a complete training program allowing instructors to manipulate exercise attributes and intensity in individual training plans for Level 1 clients. The course presents the concepts of interval training principles and variables, the theories of both timed and repetition-based programs, and exercise sequences that are applicable to any healthy client new to Halo Training. Discover the model for movement mastery in this interactive learning session and take away a plethora of detailed exercises in eight complete workouts, including one designed for a group class setting.

**PREREQUISITE:** This course is intended for those who are already working in the fields of fitness or movement (personal training and/or strength conditioning experience) or someone with an interest in developing these skills.

*Note to participants, Halo Instructor Training is a unique, high-intensity interval training program that requires a high level of fitness, and is not suitable for those recovering from injury, pre-natal/post-natal clients or those unused to cardio-based exercise.*

### Instructor Foundation Course, Part 2

This 7-hour course builds on the concepts learned in Part 1 of the program, allowing instructors to create a variety of interval-based workouts for Level 2 and 3 clients who have been working out regularly with the Halo Trainer Plus and are now ready for increased challenge. Incorporating the basic science behind core-integrated body weight training, the unique design of the Halo Trainer Plus and Stability Ball with additional props like the Resistance Loop band, complete training programs that allow instructors to manipulate exercise attributes and intensity are explored. Instructors will establish criteria for movement mastery at a higher degree of difficulty, review the theories of interval training for overall body conditioning, strength and endurance training and injury prevention, and learn two leveled progressions of seven different workouts. This course also features an example of a Circuit Training group class.

**PREREQUISITE:** Completion of Halo Training Instructor Foundation Course, Part 1

#### Foundation Course Objectives

1. Learn the history of the Halo Training principles and variables and how they can be used to create intensive training plans for group classes and individuals.
2. Understand the concept and value of interval training.
3. Learn how to use the Halo Trainer Plus alone or with other props to create intensive workouts.
4. Explore different types of exercise intervals, i.e. timed and repetition-based.
5. Learn full curriculum of the beginner, intermediate and advanced movement patterns of the Halo Training System.



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## Instructor Workshops

**RECOMMENDED:** Halo® Training workshops provide fitness professionals with additional strategies to create progressive and effective exercise programs. They are also a great way to get introduced to Halo Training.

*Please note: Taking workshops alone without participating in the Foundation Course(s) will not result in Halo Instructor Qualification.*

### Halo Training Applications to Global Stability

This workshop examines how the Halo® Trainer Plus can be used to take advantage of movement patterns that recruit muscles of the global stabilizer system. The global stabilizer system of muscles functions in an integrated sling system. Each sling is comprised of several muscles and other structures. Together, they produce forces that assist in the transfer of loads that is essential to the control of movement. The focus of this workshop will be on the neuromuscular training of multiple muscle groups and motor patterns through anatomical linkages that unite the muscles of both the pelvic girdle and shoulder girdle to the spine resulting in improved functional outcomes.

### Halo Training Building Intensive Interval Programs

The Halo, used alone or with a Stability Ball, is becoming a standard tool in strength and fitness training programs. Designed by the Merrithew™ programming team, discover how to identify efficient form, moving from complete stability to unidirectional instability to multidirectional instability with the Halo in a variety of configurations. Next, practice the suggested exercises in each interval, learning to progress or regress the exercises based on the client's fitness level. Ideas are shared on how to incorporate both timed and repetition-based intervals with active recovery between sets in a full workout. The addition of the Resistance Loop will provide increased intensity and variety to the intervals.

### Halo Training Intro to Integrated Bodyweight Training

Halo Training provides overall body conditioning that incorporates strength and endurance work, flexibility training, interval training and injury prevention. In this hands-on workshop, developed by the Merrithew™ team, instructors are introduced to the essential concepts of the Halo Training program and the basic science of core-integrated bodyweight training. Because every client has unique demands, learn a basic Halo workout and explore how to progress or regress exercises for functional strength and stability, flexibility and injury prevention.

### Halo Training Intro to Interval Training, For a Level 1 Client

The goal of this workshop is to introduce the concept of interval training and explore how the technique could be introduced in a group class. Many clients are not able to tolerate a full 45 to 60 minute high intensity interval workout, so the technique should be introduced slowly in group class settings. Utilizing the innovative design of the Halo Trainer Plus and Stability Ball, participants will learn an introductory-level group class and explore how to transition smoothly from one exercise to another to maximize flow and build a solid foundation. Help novice clients or those new to Halo training get the most out of their workout by learning and understanding how to implement this system in an interval-style class.



leaders in mindful movement™



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