



SES Level 2
Client-Centric
Barbell Method

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SES Level 2 → Client-Centric Barbell Method

Gym/ Facility: GoodLife FITNESS (location determined by host club)

Job Title: Personal Trainer

Course Description:

SES Level 2 - The Client-Centric Barbell Method: This course is designed to provide certified personal trainers skills and knowledge in assessing and qualifying the setup and execution of the main compound barbell lifts. Personal trainers will be educated on the setup and error categories for the conventional barbell deadlift, sumo barbell deadlift, barbell bent over row, barbell bench press, barbell back squat, and barbell front squat. The trainers will have an opportunity to practice their skills hands-on in an authentic gym setting where they will gain experience in advancing clients with their barbell lifts. This certification is valid for the PT Black Belt program to level up personal trainers from Level 3 to Level 4.

Learning Goals:

Upon completion of this certification personal trainers will have the ability to:

1. Analyze and assess setup and error categories of each barbell lift
2. Identify client's anthropometrics to determine the setup of each lift
3. Model strong, on the floor, cueing skills with clients.
4. Discern highest point of entry for main compound lifts
5. Know the progression and regression of each main barbell lift
6. Use various tools and techniques to assist in psychomotor learning
7. Identify and troubleshoot movement patterns and prescribe regressive to progressive drills/ exercises.
8. Groove and develop motor pattern reflexes, pertaining to the main barbell lifts



Learning Objectives:

1. Personal trainers will be able to bring clients on the floor and execute the client-centric barbell method for setup of each of the main compound barbell lifts
2. Personal trainers will be able to develop a plan and strategies for mitigating identified error categories
3. Personal trainers will be able to communicate effectively with clients in cueing the setup for each of the main compound barbell lifts
4. Personal trainers will be able to cue clients effectively to correct movement pattern during each of the main compound barbell lifts
5. Personal trainers will be able to interpret and decide the highest point of entry for each progression and regression specific to each lift
6. Personal trainers will be able to analyze and develop a conclusion, based on observed anthropometrics and discern modifications for their client's setup in their main compound barbell lifts
7. Personal trainers will be able to use tools, such as dowels, bands, and kettlebells, for psychomotor learning of the main compound barbell lifts.
8. Personal trainers will be able to create a client-centric linear periodization program making the personal training experience 'personal' for each client.

Instructional Strategies:

The classroom will be on the gym floor where a range of activities are used to facilitate learning. These activities include instructor-led lectures, discussions, and demonstrations of the main compound barbell lifts. The workshop will happen in a group setting where collaboration and groupwork are emphasized to develop interpersonal skills of personal trainers. An expert in this field will facilitate hands-on demonstrations in an authentic gym environment that will provide personal trainers valuable experience in the field of health and fitness.

Course Format: In-person (live course)

Course Learning Outcomes:

- Learners will be able to effectively use all relevant tools to assess and advise clients on appropriate setup and execution of the main barbell lifts.
- Use bands for banded barbell drills.
- Use dowel for grooving and analyzing bar path.
- Identify and troubleshoot error categories and prescribe regressive to progressive drills/ exercises for main compound barbell lifts.
- Groove motor pattern reflex for the main compound barbell lifts

Outcomes Day 1 (Friday):

A.) Assess and discern anthropometrics, of clients, to determine client-centric setup for conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row.

B.) Identify and prescribe highest point of entry for conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row.

C.) Troubleshoot the conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row, by observing and identifying which error category to address.

D.) Identify and execute relevant drills to address error category of the conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row

Topics:

- Forces experienced during lifts.
- Setup/ Error Categories Conventional Barbell Deadlift.
- Setup/ Error Categories Sumo Barbell Deadlift.
- Setup/ Error Categories Barbell Bent Over Row.

Outcomes Day 2 (Saturday):

E.) Assess and discern anthropometrics, of clients, to determine client-centric setup for barbell bench press, barbell back squat, and barbell front squat.

F.) Identify and prescribe highest point of entry for barbell bench press, barbell back squat, and barbell front squat.

G.) Troubleshoot the barbell bench press, barbell back squat, and barbell front squat, by observing and identifying which error category to address.

H.) Identify and execute relevant drills to address error categories of the barbell bench press, barbell back squat, and barbell front squat.

Topics:

- Setup/ Error Categories Barbell Bench Press.
- Setup/ Error Categories Barbell Back Squat.
- Setup/ Error Categories Barbell Front Squat.
- Client-centric periodization schematic and linear periodization programming.

Admission Requirement(s):

1. Valid and up-to-date personal training certificate
2. Employment at GoodLife FITNESS
3. GoodLife FITNESS PT Black Belt Level 2 Personal Trainer or higher

Duration: 12 hours

Course Schedule: Friday to Saturday

8:30 a.m. to 2:30 p.m. (6 hrs) each day.

Textbook: Provided by SLACK Education Systems – SES Level 2 Handbook

Supplies & Equipment: Assessment tools will be provided by SLACK education systems for each personal trainer enrolled in the course. All tools provided, in SES black drawstring bag, will be for each trainer to keep. Gym facility will provide other equipment such as gym space, barbells, dumbbells, free weights, etc. Personal trainers are welcome to bring their own preferred tools for taking notes such as notepads, tablets, or laptops.

Topic Schedule:

Outcomes Day 1:		
A.) Assess and discern anthropometrics, of clients, to determine client-centric setup for conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row.		
B.) Identify and prescribe highest point of entry for conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row.		
C.) Troubleshoot the conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row, by observing and identifying which error category to address.		
D.) Identify and execute relevant drills to address error category of the conventional barbell deadlift, sumo barbell deadlift, and barbell bent over row		
Day	Topic	Duration
Friday Day 1	Forces experienced during lifts/ Understanding Moment Arms	8:30 a.m. to 9:30 a.m.
Friday Day 1	Conventional Barbell Deadlift Setup, Error Categories, Drills	9:30 a.m. to 10:30 a.m.
Friday Day 1	Sumo Barbell Deadlift Setup, Error Categories, Drills	10:30 a.m. to 12:00 p.m.
	LUNCH	12:30 p.m. 1:00 p.m.
Friday Day 1	Barbell Bent Over Row Setup, Error Categories, Drills	1:00 p.m. to 1:30 p.m.
Friday Day 1	Progression and Regression Scale/ Highest Point of Entry	1:30 p.m. to 2:00 p.m. (2:30pm end class if required)

Outcomes Day 2:

E.) Assess and discern anthropometrics, of clients, to determine client-centric setup for barbell bench press, barbell back squat, and barbell front squat.

F.) Identify and prescribe highest point of entry for barbell bench press, barbell back squat, and barbell front squat.

G.) Troubleshoot the barbell bench press, barbell back squat, and barbell front squat, by observing and identifying which error category to address.

H.) Identify and execute relevant drills to address error categories of the barbell bench press, barbell back squat, and barbell front squat.

Day	Topic	Duration
Saturday Day 2	Barbell Bench Press Setup, Error Categories, Drills	8:30 a.m. to 10:00 a.m.
Saturday Day 2	Barbell Back Squat Setup, Error Categories, Drills	10:00 a.m. to 11:30 a.m.
Saturday Day 2	Barbell Front Squat Setup, Error Categories, Drills	11:30 a.m. to 12:30 p.m.
	LUNCH	12:30 p.m. to 1:00 p.m.
Saturday Day 2	Client-centric LINEAR Periodization/ Programming the Main Barbell Lifts	1:00 p.m. to 2:00 p.m. (2:30pm end class if required)
End of Course	FINAL EXAM – Online Summative Evaluation	

Evaluation Plan:

Type	Percentage Worth of Grade
Attendance	Mandatory (PASS/ FAIL) (This intensive workshop cannot be passed without 100% attendance)
Summative Evaluation (online final exam)	100%

The final exam will be completed online after the course is completed. Trainers will be automatically emailed and will have 7-days to complete. Notes are allowed and unlimited attempts are permitted. A minimum grade of 80% is required to pass.

Passing Grade: B- (80%)