



*Welcome to the
2014 NW JF Clinic*



Dr. Joby Schwartz

No Weights? No Problem:

Functional Strength Training For Athletes




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From My Experience!

Strength is usually the defining factor for success between ...

- Average Men vs. Average Women
- College vs. High School vs. Middle School
- Athlete vs. Participant


If I can get them **Stronger** ...
I can make them **Better!**



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UNDERSTANDING STRENGTH


- Functional vs. Absolute
 - Event Specific
- Body Weight vs. Resistance
 - Control the Body First
- Single Leg Stability
 - Offset and One Leg
- Core
 - Not Abs
- Alternate
 - Upper and Lower or Push and Pull
- Progression
 - Change it up – make it more challenging



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No Weight?

1. No Weights
2. No Weight Room
3. No Weight on their body
4. No Time to Wait for space
5. No Patience to Wait for results.




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No Problem?

Tobisthenics came out of a need to solve a problem.

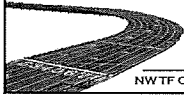
1. Less intimidating
2. Team can do together – all at once
3. No equipment needed
4. Extremely Flexible – amount of time
5. Can do anywhere
6. Set routine – a monkey can lead it



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Not here to sell DVD's or to promote Tobisthenics.

My goal is to provide options for you to create your own strength training program that meets your needs in your situation!



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Why not P90X, Insanity, Cross-fit, "New Trend", etc?

What are the goals?
Appearance not Function

We are creating athletes not models!



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EXAMPLES OF EXERCISES

Show Tobisthenics 2.0 DVD

Includes:

- 35 exercises demonstrated
- Over 100 different exercises
- 5 routines demonstrated
- Over 20 routines
- 3 complete programs/progressions

\$35



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EXAMPLES OF EXERCISES

1. Pushups
 - a. Make them harder (Spiderman)
2. Lunges and Squats
 - a. Variations (Perfect and RFESS)
3. Planks
 - a. Mix it up
4. Multi-Muscles
 - a. Combinations (lunge-reach-stork-highknee)
5. Difficult Areas
 - a. Shoulders (stings)
 - b. Hamstrings



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VARIATIONS

Bosu Balls
Med Balls
Swede/Stability Balls
Dumbbells
Resistance Bands
Bungee Cords
Plates



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QUESTIONS

If you have one, someone else probably has the same one.

Grab me after any session

Email me ... tschwarz@whitworth.edu

Website ... www.whitworth.edu

Call me ... 509 777-4361



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TOBISTHENICS 2.0

DVD

With Coach Toby C. Schwarz, Ph.D.
Head Track and Field/Cross Country Coach
Whitworth University

WHAT IS TOBISTHENICS?

Tobisthenics is a unique workout that takes exercises from various fitness disciplines and assembles them in a variety of routines that may be utilized by a wide range of people who desire to participate in any athletic or recreation endeavor.

In short, Tobisthenics is a workout that will help you enjoy being active by improving your fitness and strength.

WHY TOBISTHENICS?

Tobisthenics is extremely versatile and may be used by nearly every population or group, from adolescence to seniors and from novice athletes to elite level competitors.

Tobisthenics is unique in its versatility and simplicity.

Tobisthenics is unique in that it requires no equipment in order to perform most routines (a bench, box, chair, or similar sturdy elevated surface is required for specific exercises).

Tobisthenics is unique in that it blends exercises from a variety of exercise disciplines.

Tobisthenics is unique because each workout may be customized for each individual by increasing or decreasing the speed, precision, and intensity in which the exercises are performed.

Tobisthenics can help with core strength, balance, injury prevention, agility, muscle strength, confidence, endurance, weight loss, and overall aerobic and anaerobic fitness.

DVD AND PACKET CONTENT

DVD Price: \$35

The DVD includes ...

- 1) Five Tobisthenics Routines – just push play and follow along!
 - a. Traditional Routine – 23 minutes
 - b. Athlete Routine – 14 minutes
 - c. Upperbody Routine – 10 minutes
 - d. Tobisthenics 2.0 – 20 minutes
 - e. Traveling Tobisthenics – 5 minutes (intense)

- 2) Explanation of a vast array of exercises

PACKET

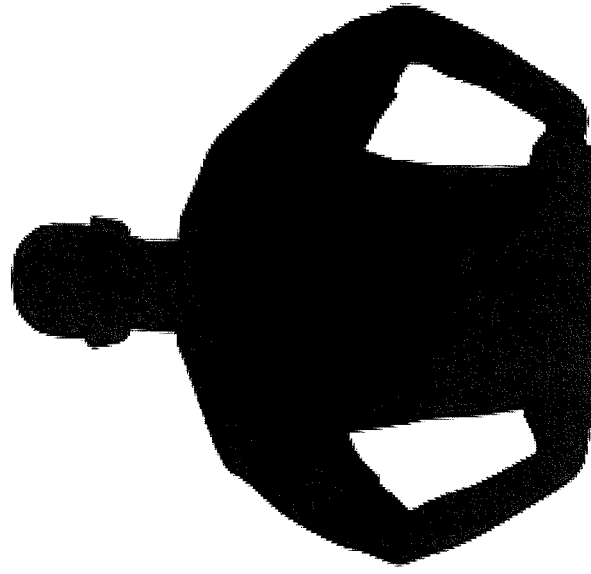
The Packet includes ...

- 1) 3-session Tobisthenics Program – Part 1
- 2) 3-session Tobisthenics Program – MVUF
- 3) 36-Session Tobisthenics Program – 12 weeks

For any questions, or to place an order
please contact:

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TOBISTHENICS 2.0

