



CEU COURSE DESCRIPTION & ENROLLMENT



A SuperSlow Zone Institute CEU Course

A SSZI IACET COMPLIANT CEU COURSE – CHAPTER 5 – SUPERSLOW TECHNICAL MANUAL (3RD EDITION)

THOROUGH INROAD –TEACHER: THOM TOMBS, CERTIFIED LEVEL I INSTRUCTOR AND LEVEL II CANDIDATE

#SCI.353.1.30 - Session 1

Name of Course:	Thorough Inroad, Chapter 5		
Course Number:	#SCI.353.1.30 - Session 1		
Instructor(s):	Thom Tombs, SuperSlow Certified Instructor & Level II Candidate		
Hours/CEU Credit :	.3 CEU Hours (Three Classes) June 22, June 29 and July 13, 2010 (No class on July 6, 2010)		
Course Start Date:	Tuesday, June 22, 2010		
Course End Date:	Tuesday, July 13, 2010		
Class Size:	Minimum: 8	Maximum: 10	Class size will be capped at 10 for student interaction purposes.
Course Registration Cut Off Date:	Course Cancellation Date: If a minimum of 8 students have not registered by 5:30 pm EST, Friday, June 11, 2010 the course will be cancelled.		
REQUIRED TEXT:	SuperSlow Technical Manual, 3 rd Edition		

Course Dates and Times:

All Students				
Classes	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)
Class # 1 (1 hour)	June	Tues.	6-22-10	1:00 pm to 2:00 pm Eastern 12:00 pm to 1:00 pm Central 11:00 am to 12:00 pm Mountain 10:00 am to 11:00 am Pacific (Arizona)
Class # 2 (1 hour)	June	Tues.	6-29-10	
NOTE: NO CLASS ON TUES, JULY 6, 2010				
Class #3 (1 hour)	June	Tues.	7-13-10	

About This Course:

A. Course Description/ Purpose	<p>Deepen your knowledge of 'thorough inroad' and 'the real objective of exercise'. Enhance your skill with thorough inroad technique. Throughout the class discussion, we will consistently link what you have learned, and/or deepened what you already knew, to practical examples in your own SuperSlow workout, workouts for your clients and/or relevant discussions in your work about this topic in business.</p> <p>Designed as a highly interactive course, students will maximize their skills development. The teacher will use a variety of teaching options to guide the students through the chapter topics focusing on 1) accurate and thorough understanding of the topic 2) advancing the students knowledge by having the student relate the topic to their real world of SuperSlow strength training and business.</p> <p>The students will enjoy an innovative approach to creating teach-back presentations. If you have had the pleasure of participating in the teach-back structure in another class, then you know how important this approach is to building your real world skill to talk with clients about this subject matter. Additionally, by listening to your peers deliver their teach back presentations, you have an even richer resource to use with your own clients.</p>
B. Learning Objectives – The student will learn:	<p>1. To review and deepen these key concepts, distinction and principles:</p> <p>a. Thorough inroad, ideal inroad, momentary muscular failure, failure or momentary failure, and muscular failure</p>



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- b. Muscular growth stimulation
- c. Intensity vs inroad, inroad principles
- d. Off/oning, off/oning with Valsalva
- e. Pre-stretch, leg press and buttocks
- f. Primary and secondary objectives of an exercise, convergence at muscular failure
- g. Recovery factors and partial repetitions

C. Expected Outcomes – at course completion, the student will:

1. Deepen your knowledge of, and enhance your communication skills about, thorough inroad and the real objective of exercise.
2. Enable you to optimize your own ability for thorough inroad technique and more effectively educate and coach your client's to thorough inroad technique during their work out.
3. Deepen your knowledge and commitment to your, and your clients, practice of visualizing thorough inroad **PRIOR to commencing the work out** and *practicing this at the completion of each exercise.*
4. Reinvigorate your commitment to coaching clients in exceptional form to assist their ability to apply intensity during their work out.
5. Sharpen your skills about why client may not achieve thorough inroad and what to do about it.
6. Increase your skill to speak effectively about 1) off/oning 2) off/oning with Valsalva 3) pre-stretch
7. Increase your skill to speak effectively about 1) standard 2/4 with pre-stretch 2) negative only & related protocols 3) infometrics 4) one-minute, 30 second, and similar protocols 5) hyper
8. Deepen your ability to speak effectively about recovery factors.

D. Topics

In addition to the student teach-back presentations, the teacher will use a variety of teaching methods to guide the students through the following topics focusing on 1) accurate and thorough understanding of the topic 2) advancing the students knowledge by having the student relate the topic to their real world of SuperSlow strength training and business.

To review and deepen your understanding of, and communicating about, the following **distinctions and principles**:

1. Thorough inroad, momentary muscular failure, failure or momentary failure, and muscular failure

- a. What does 'thorough inroad' and 'inroad' mean;
- b. What does "momentary muscular failure" or "failure" or "momentary failure" or "muscular failure" mean in the SuperSlow philosophy, why were these distinctions invented for our use and what discipline/profession is the origin of some of these distinctions.
- c. The terms 'momentary fatigue and fatigue' are or are not *accurate* distinctions in describing what is occurring with a subject/client when inroad?
- d. How do you recognize when your client has reached momentary muscular failure? What do you do next?

2. The Ideal Inroad:

- a. Is it true or not that almost anything that effects some degree of muscular loading will promote some strengthening in some people? What two *critical distinctions* does this NOT fulfill that the SuperSlow protocol does?
- b. 'Inroad' is the sought stimulus for what?
- c. Attempting to define 'ideal inroad', what are the five factors that might be considered?
- d. If the 'ideal inroad' is a moot point and 'thorough inroad' is the real objective, what are three to four reasons clients might stop an exercise prior to achieving an 'ideal' or



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'maximum inroad' and what can you do about each of these when coaching a client?

3. Intensity vs Inroad:

- Regarding 'intensity,' what can be the effects of 1) good isolation [good form] of the targeted musculature 2) poor isolation [poor form] of the targeted musculature

4. Inroad Principles

- 'Efficient inroad' is a function of what two fundamentals?
- Growth stimulation' is closely linked to what?
- What does the body's recovery system tolerate less of as inroad deepens?
- Fill in the blanks: We desire _____ in _____ with _____ for _____ sake.
- What are the fundamentals of the SuperSlow protocol that fulfill the requirements for 'efficient inroad'.
- Why are the following inefficient methods to achieve a progressively deeper inroad:
1) standard 2/4 with pre-stretch 2) negative only & related protocols 3) infimetrics 4) one-minute, 30 second, and similar protocols 5) hyper

5. Thorough Inroad Technique

- Through visualization, an experienced subject can create a mental picture of the physical conditions they experience as momentary muscular failure approaches.
- PRIOR to commencing their exercise**, do you have your clients visualize the final seconds of an exercise? Why might practicing this BEFORE they exercise be essential to them practicing it at the completion of an exercise and how is it helpful in achieving thorough inroad?
- Define the following and their effect: 1) off/oning 2) off/oning with Valsalva 3) pre-stretch
- Describe the set of conditions we are trying to achieve by the muscle remaining 'meaningfully loaded.'
- What techniques or words of encouragement do you use to help your clients achieve thorough inroad?

6. More Explanation About Valsalva

- Why should you suspect Valsalva is a subject moans or groans or signs during an exercise and what should you instruct them to do and not do?
- 'The bottom line' or real objective of exercise is what?

7. More Notes on Pre-Stretch

- What undesirable discrepancies does pre-stretching promote?
- Though increased muscular contraction intensity does probably result with pre-stretch, what proportion of the total event is it?
- What habits is pre-stretch fraught with that are inconsistent with SuperSlow and producing thorough inroad?

8. Pre-Stretch, Leg Press & Buttocks Involvement

- Why is the leg press far more productive if you do NOT pre-stretch?
- The leg press primarily works what muscles?
- What are the difficult structures to get at which possess the greatest overall effect on the rest of the body?
- In your own words, what precautions (actions) must be followed along with the SuperSlow protocol to ensure that the major hip musculature is meaningfully loaded?
- If you do what three things in the leg press, the hip involvement is grossly compromised?

9. More About Off/Oning:

- What are the two types of friction and how does it effect the musculature when it is said to be 'unloaded,' 'partially unloaded' by 'holding' the movement arm?
- Why was this statement made: "...you appreciate the importance of uniformly continuous contraction during the positive phase of normal exercise. (Normal refers to dynamic exercise that includes both positive and negative work.)" Pg 35
- What re the effect of 'off/oning' as it relates to #2, above?
- What are the three components you can detect when a client is 'off/oning'?
- Does the weight stack always go in reverse when a client is off/oning? If not, what are the factors involved with the lack of the weight stack reversal?



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10. The Immediate – Real – Objective In Exercise:

- a. What is the real, primary objective of an exercise?
- b. What is the assumed objective of exercise?
- c. How are the 'real, primary objective' and the 'assumed, secondary objective' in conflict?
- d. Why, on an instinctual level, why do our bodies *not* like fatigue?
- e. What can be common reactions to fatigue or inroad and therefore, what do you need to teach clients, help them visualize and continuously reinforce about the objective [tip: primary and secondary objectives] of exercise?
- f. What are some of the common things you say to assist clients with #5, above either before, during or after a work out?

11. Convergence At Failure:

- a. At the point of failure, a subject loses _____ of _____, and therefore, sense of _____.
- b. The body's feedback also convinces the subject that he no longer has any _____.
- c. Therefore, the subject's challenge is to _____, _____.
- d. The correct mentality for the subject/client is to _____ in a certain manner, not the machine. The machine goes along for the ride.

12. Recovery Factors

- a. Describe the inter-relationship of increasing the following recovery factors: 1) inroad and intensity 2) amount of exercise 3) frequency of exercise
- b. What must happen if you increase one factor?
- c. What is the typical thought process or response by your clients to this challenge: "How can I perform as few exercises as possible, working as hard as possible, inroad as deeply as possible, and working as infrequently as possible?"

13. Partial Repetitions

- a. What are the three components of our SuperSlow protocol/system that eliminate the need for, and many cases rarely possible, partial repetitions.
- b. To ensure stimulation, complete fatigue throughout _____ excursion is desired – why?
- c. The objective of the resistance curve is to accommodate the body to what?
- d. Explain the 'thorough inroad technique'. "Instead of performing partial repetitions, until the movement becomes impossible, [complete this thought...]"

E. Class Structure:

Teleconference Classes:

- Classes # 1, #2, #3: (60 minutes each): 50% Class Leader Presentation – 50% of Student Discussion

F. COURSE TELECONFERENCE CLASS HOURS (Important Class Preparation Notice)*

Total Hours Teleconference Class (Distance Learning): .3	Before Class 1: Reading/Preparation Appx. 60 Min	Total Class Hours: 3 Prep Time: Appx. 30-40 mins. each	Total Evaluation Time: Appx. 15 mins.
Important Note: Preparation before Class One required for successful class participation	Prior to Class:		Assignment(s) before Class One:
	Preparation Before Class 1: Pre-Class Assessment and Class Courseware (Emailed to you after registration)		Email to Registrar: registrar@superslowzone.com <input type="checkbox"/> Return Completed Pre-Assessment to registrar by date indicated on the assignment



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For this class you will need the Following:

Hardware Requirements: Computer Email Telephone

Software Application Requirements: Everything Below Applies – You Must Have Some or All of The Following

I Have Word For Windows I Have Acrobat Reader for My PDF

Teleconference Course Number: Included in your courseware.

G. COURSE FEE – INCLUDES COURSEWARE (Sent to you in a pdf attachment)

COURSE FEE & COURSEWARE: \$125.00 per student

Required Course Book:

SuperSlow: The Ultimate Exercise Protocol – 3rd Edition – \$65.00

If you need to order: Contact registrar at registrar@superslowzone.com

H. CEU Course Policies and Procedures

1. What if I need to cancel taking this course?

If you are unable to take a CEU Course that you have registered and paid for, then you must cancel 2 weeks (14 calendar days) before the first class or forfeit the entire class fee.

2. How to cancel taking this course – What to do:

1. Email: registrar@superslowzone.com
2. The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.

3. Confirmation of your Course Cancellation

You will receive a confirmation by email or regular mail that your cancellation has been received, and **you will be asked to acknowledge that you have received this notice.**

- If sent by email, we will use the email address that we have on file for you when you registered unless otherwise indicated.

4. Administrative Fee (for your course registration, un-registration, class logistics, coordination with instructor, etc):

There is a non-refundable \$35 administrative fee for each course that is cancelled regardless of when the cancellation is made.

5. Rescheduling Fee (rescheduling from one to another, logistics, coordination with instructor, etc.)

If you reschedule a substitute course at the time you cancel your course, you will pay only the rescheduling fee (\$25) and not incur the Administrative Fee above.

6. Refund Policy: This course is refundable – See Refund Terms

Refund Terms: If a refunded course fee is applicable, you will receive your refund within 30 calendar days of your cancellation notice. Not all courses are refundable.

I. CEU Course Evaluation REQUIRED

In compliance with IACET guidelines, prior to issuing your Continuing Education Units (CEUs), the SuperSlow Zone Institute (SSZI) is required to receive your completed assessment of the course you registered for and participated in. Your evaluation will be placed in your student file and a copy will be sent to Dr. Scott Preissler, Compliance Officer. Additionally your assessment will be used to give each instructor feedback on how registrants perceive him/her in teaching excellence. The confidential results of all evaluations will be tabulated and made available to faculty, through Continuing Education and Compliance (CECI) division of SSZI to help monitor the quality and outcomes of this instructional experience.



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ENROLLMENT FORM

Thorough Inroad, Chapter 5

Return Page 5 Only for Enrollment Purposes: Fax To: (866) 687-7585 (No Cover Sheet Required-Fax Available 24 Hours a Day)

If you prefer to e-mail your enrollment print, complete and scan it or create a PDF and e-mail to: registrar@superslowzone.com

A. Your Name: Please print legibly	
B. Today's Date	
C. Telephone Number	
D. Your Email Address	
E. Name of Course	Thorough Inroad, Chapter 5
F. Course Number/CEU Credits	#SCI.353.1.30: Session 1 .3 CEU Credits (3 Classes)
G. Instructor(s)	Thom Tombs, SuperSlow Certified Instructor & Level II Candidate
H. Course Start/End Date	Start: Tues., June 22, 2010 End: Tues., July 13, 2010 (No class on Tuesday, July 6, 2010)
I. Class Size Requirements	▪ Minimum: 8 Students ▪ Maximum 10 Students (If a minimum of 8 students have not registered by 5:30 pm EDT, Friday, June 11, 2010 the course will be cancelled.)
J. Tele-class Schedule	<input type="checkbox"/> I have reviewed and recorded my teleconference dates into my schedule.
K. COURSE FEE & MATERIALS	
1. Total Cost For Registration + Courseware	<input type="checkbox"/> \$125.00 (Includes courseware to be emailed as a PDF file.)
2. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:
3. Expiration Date/Security Code	Expiration Date: _____ Security Code: _____
4. Name as it appears on the credit card	
5. Amount Authorized	\$ _____
6. Billing Address (where you receive your credit card statement) <i>Please print legibly!</i>	Street: _____
	City: _____ State: _____ Zip: _____
7. For Check Payment Mark This Box: <input type="checkbox"/> <i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	Make your check PAYABLE to: SuperSlow Zone, LLC Please mail your check to: SuperSlow Zone, LLC, Continuing Education 501 N Orlando Avenue, Suite 313-278, Winter Park, FL 32789
L. Your Signature – <u>Required</u>	<input type="checkbox"/> Yes! Enroll me: _____ <i>My signature also acknowledges that I will be prepared for the course by completing my course pre-assignments and evaluation as indicated. Failure to do so will result in forfeiture of class with no refund.</i>