



YBELL®

YBell Pod Programming

IDEA® World Convention 2022



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Introductions

Introductions

Dan “Dano” McDonogh

As a globally recognized fitness professional, Dan McDonogh has had leading roles in the industry with global brands such as Les Mills International, TRX and Under Armour.

Most recently he joined GoodLife Fitness as the Director of Programming, Performance & Les Mills Canada.

He is the 2012 IDEA Group Fitness Instructor of the Year and was one of the three finalists for the IDEA Program Director of the Year in 2015.

Dan specializes in Functional Fitness for all ages & abilities.



Introductions



Aaron "Az" Laurence

Aaron "Az" Laurence, co-founder of YBell Fitness, has spent the last 15 years running group ex classes on Australia's Bondi Beach.

A former rugby player, Az discovered the importance of functional training to maintain his body's ability to perform optimally and improve his quality of life.

A native of New Zealand, Az shares his fitness passion to all of his clients through his group ex classes, which many Aussies will tell you, are some of the best in Sydney.



The YBell Story

YBell: One Piece of Equipment for Every Body

The YBell was created to solve a “good” problem.

Az’s Bondi workouts were becoming very popular, group numbers were growing.

*He was using traditional fitness tools like dumbbells, kettlebells, medicine balls, and push-up stands to create his own brand of **high intensity-based resistance training**.*

Larger numbers meant it was highly challenging to incorporate multiple fitness tools into each session.

It took extra time to cue different exercises with specificities of each tool detracting from client’s output.

There was not enough equipment, not enough cueing time, not enough room in Az’s truck, nor the actual training area.

The solution was the YBell.

YBell: One Piece of Equipment for Every Body

Developmental Goals:

- *Create one piece of equipment allowing users to do everything they were already doing, and more.*
- *Have flexibility to use one tool that emulated and surpassed all outcomes without extra equipment.*
- *Provide an easy-to-handle solution that is simple to coach and readily understood by clients.*
- *Offer more variety in sessions, making the programming far more manageable.*
- *Simplify transitions between exercises making for more streamlined training sessions.*
- *Save time and space. Less time mucking around with equipment, more time training, and getting results!*



YBell Grips

YBell Grips

A grip change is an equipment change.



Center Grip = Dumbbell



Outer Grip = Kettlebell



Double / Under Grip = Med Ball



Top Grip = Push-Up Stand

By simply switching your grip of the YBell, the weight distribution shifts changing it from one piece of equipment to another.

YBell Grips



Center Grip = Dumbbell

YBell Grips



This grip will likely feel the most familiar as it will emulate your dumbbell.

Top Lock is when you hold the center handle of the YBell and lock the top handle to the inside of the wrist.

This grip will provide instant wrist stabilization while performing all your arm curls. This is due to a reduction in the range of motion in the wrist because something is held against it.

Stability is also gained when the YBell touches the wrist due to the sensory input of the touch. It could be an important factor when training clients of an older population.



Exercises:

Bicep Curl
Twist Curl

Center Grip - Top Lock

YBell Grips



The second center grip hold is the **Loose Grip**, where we release that Top Lock while still holding the center handle.

It will allow for better positioning of the YBell when on the shoulders while doing dumbbell exercises like hammer curl squats and hammer curl squat presses.



It will allow for movement and transitions of the YBell.
The palms will always be facing the body in a loose grip.

Center Grip - Loose Grip

Exercises:

Squat
Hammer Curl Squat
Hammer Curl Squat Press

YBell Grips



Outer Grip = Kettlebell

YBell Grips



Outer Grip

This grip is used when emulating single hand kettlebell exercises.

You can grip any one of the three outer handles in a palm down position.

It allows you to perform Kettlebell Swings, snatches, and rack squats, for example.

The extra handles provide an extremely safe way to perform alternating single hand low and high swings by allowing you to keep hold of one handle and only releasing that grip when you safely have hold of the free handle that naturally presents itself.

Exercises:

Alternating Low Swing
Alternating High Swing
Rack Lunge
Rack Lunge & Press
High Swing

YBell Grips



Under / Double Grip = Med Ball

YBell Grips



This grip and positioning of the hands emulate the use of a medicine ball with two hands on either side of the ball, and the fingers facing up.

While holding two of the outer handles, the palms of your hands are facing each other, and your knuckles are facing upward (toward the sky).

The 'apex' or point of the YBell is facing down (toward the ground).

From this position, you can readily punch out with the YBell or press it overhead.

The Under Grip is an excellent introduction to using the YBell.



Under Grip

Exercises:

MB Squat
MB Squat Press
MB Skip Lunge Punch

YBell Grips



This grip is like the under grip in that the palms of your hands are still facing each other when holding two of the outer handles.

There are two main differences.

The first is that your knuckles are facing each other when holding the two handles.

The second is where the “apex” of the YBell is facing. In this grip, the apex or point of the YBell is facing forward.

This grip and hand positioning mirrors, but not exactly replicates, double handed medicine ball exercises with your fingers facing forward.



Double Grip

Exercises:

Halo
Cross Halo
Back Lunge Rotation

YBell Grips



Top Grip = Push-Up Stand

YBell Grips



Top Grip has YBell placed on the ground and top of the tool is your handle.

Top Grip is often used for push-up, parallette, and burpee variations. Top Grip offers benefits:

1. Reduces stress on Carpal Tunnel by changing wrist angle.
2. Gives participants a greater range of motion.



Top Grip

This grip is the “bonus” grip in terms of what tools YBell can emulate as it replicates traditional exercises performed on a push-up stand.

Exercises:

Push-Up
Push-Up Row



YBell Pod Programming

What is a Pod?

A pod is a combination of exercises done in a set structure with a set period of time.

YBell pods are completed in one set space and this eliminates the need of having to rotate to different stations to utilize different pieces of equipment throughout a workout.

Exercise selection and session structure help control the intensity and/or desired outcome of the pod and workout.



What is a Pod?

Examples:

A basketball player might benefit from dynamic med ball exercises using short working times with longer rest breaks to help build explosive power.

Exercises could include:

- Jump Squat Punch
- Skip Lunge Punch
- Lateral Lunge Chest Press or Punch



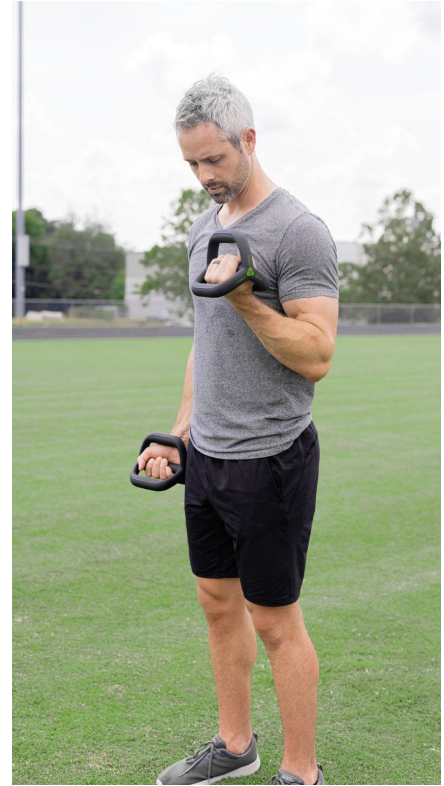
What is a Pod?

Examples:

For the first time exerciser or someone just starting their fitness journey, you'll likely use more **low impact** single dumbbell exercises with **moderate work times** and **longer breaks** to introduce them to resistance training.

Exercises could include:

- Bicep Curl
- Overhead Press
- Suitcase Lunge

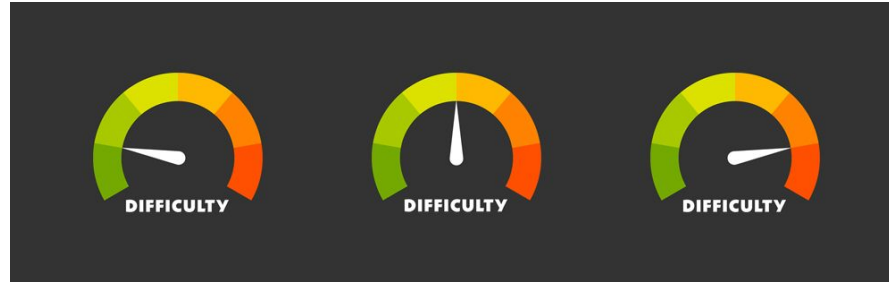


Why a Pod?

You must always consider your **WHY** when creating any type of exercise programming.

WHO is the pod designed for?

- Novice
- Beginner
- Intermediate
- Advanced



WHAT is the desired outcome?

Lose Weight

Increase Athletic Performance

Build Strength

Increase Mobility / Flexibility

Why a Pod?

We at YBF choose to use pods for a multitude of reasons, including:

YBell Design & Functionality

Enhances User Experience

Streamlines Training Sessions

Allows for Greater Diversity

Maximizes Facility Space

Pod Structures

There are 3 different types of YBell pod structures.

Bipod

(Ladders)

Up Down

Fixed Rep

Ascending

Descending

Tripod

(AMRAP)

Repeat Sets & Reps

Quadpod

(Circuit)


Rep Based

Time Based

Low Fixed Reps

Exercise Selection

Again, reference your **WHY** and what the purpose of the exercise and overall session is.



High Heart
Rate /
Calorie Burn

Strength
Building

Muscle
Building



YBell Pod Creation & Experience

YBell Pod Creation & Experience

With your group, you're going to create your own YBell pods based on the following factors:

1. **WHY** you're creating this pod
2. **WHO** you're creating this pod for
3. **WHAT** exercises you'll use and the grips associated with each exercises

Use the table on page 31 to write down your pods.

Designate 1 spokesperson for your group who will share the pod you've constructed with the rest of the room.

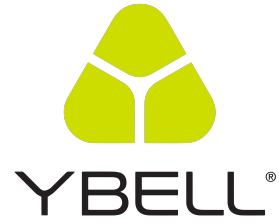
10 Minutes

Heads up, we'll be running these through live!

YBell Pod Creation & Experience

Bipod	
Exercises	Variant (5 mins)
Tripod	
Exercises	Variant (7 mins)
Quadpod	
Exercises	Variant (10 mins)





Session Wrap Up

Questions, comments, concerns?



Contact

If you have any follow up questions, or wish to contact us about our professional education courses or purchasing YBells for your studio or club, reach out to the below:

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