



YBELL®

The “Y” Behind the YBell

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 run group ex classes on Australia's Bondi Beach for over 17 years.

A former rugby player and construction tradesman, 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



Center Grip is when you hold center handle of YBell.

It will likely feel most familiar as it will emulate your dumbbell.

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

This grip provides instant wrist stabilization while performing arm curls. This is due to reduction in range of motion in wrist because something is held against it.

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



Exercises:

Bicep Curl
Twist Curl

Center Grip - Top Lock

YBell Grips



Center Grip - Loose Grip

Center Grip - Loose Grip is where Top Lock is released while still holding center handle. It is no longer touching wrist.

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

It allows for easier movement and transitions of YBell exercises.

Palms always face in towards the body Center Grip - Loose Grip.

Exercises:

Squat
Hammer Curl Squat
Hammer Curl Squat Press

YBell Grips



Outer Grip = Kettlebell

YBell Grips



Outer Grip

Outer Grip is when you hold any one of the three outer handles in a palm down position.

Outer Grip is used when emulating single hand kettlebell exercises.

Allows you to perform Kettlebell Swings, snatches, and rack squats, as examples.

Multiple handles provide a 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 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



Under Grip is holding YBell by two of the outer handles with palms of hands facing each other, and your knuckles are facing upward (toward the sky).

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

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

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

Under Grip is an excellent introduction to using the YBell.



Under Grip

Exercises:

MB Squat
MB Squat Press
MB Skip Lunge Punch

YBell Grips



Double Grip is holding YBell by two of the outer handles with knuckles facing each other.

The “apex” or point of YBell is facing forward or away from body.

This grip and hand positioning mirrors 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



How to Create YBell Exercises

How to Create YBell Exercises

*Good coaches **teach** you how to fish.*

*They don't **give** you the fish.*

Establish Your WHY

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

WHY choose that exercise?

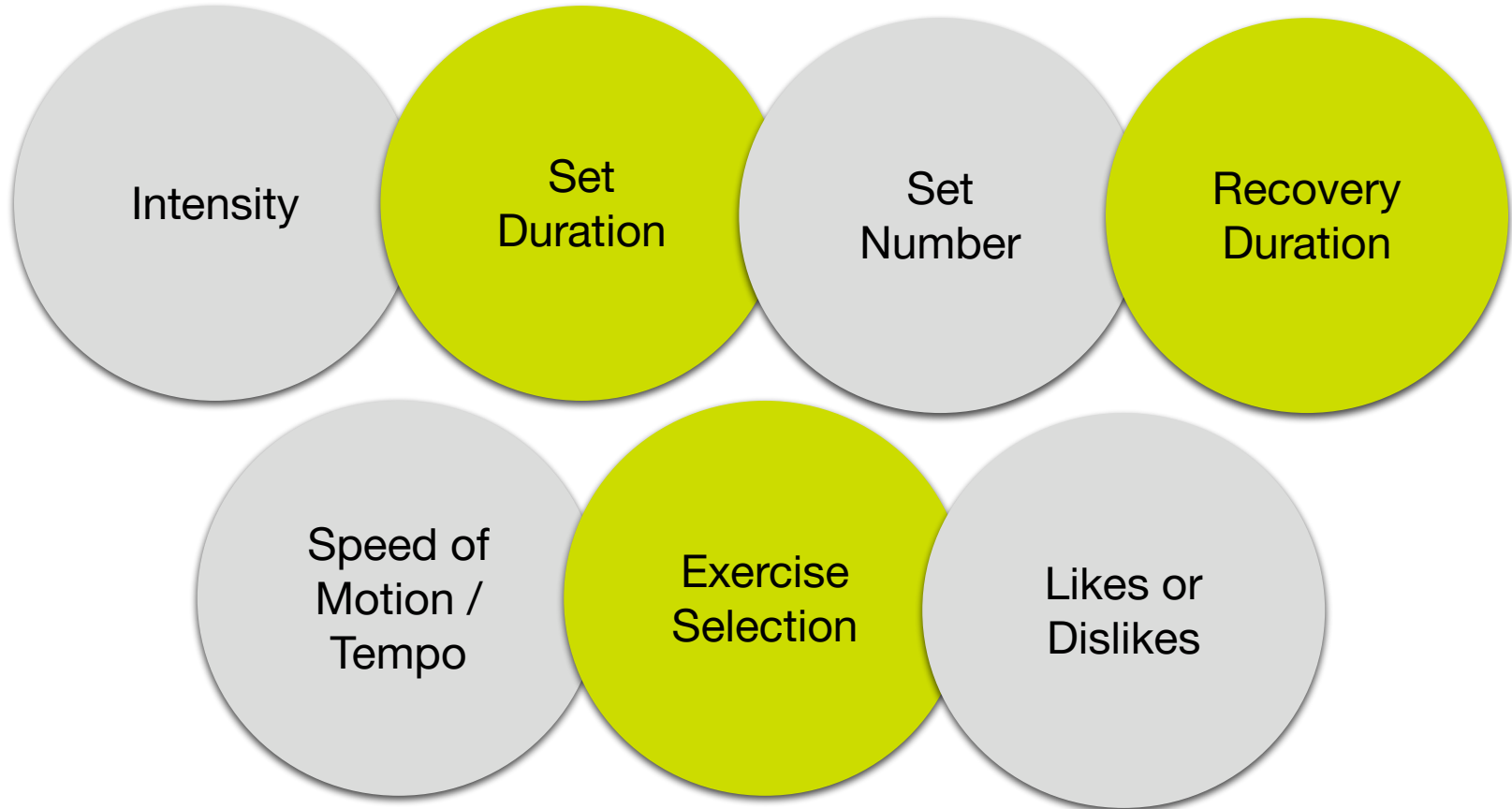
WHY choose that intensity?

WHY choose that set duration?

WHY choose that recovery duration?

WHY use that cue?

Understand Your WHY



Grips & Movement Patterns

Bend / Hinge

Squat / Sit

Lunge

Push / Press

Pull

Twist / Rotate

Gait / Crawl

Combining Movement Patterns

Lunge & Rotation

Squat Press

Push & Pull

Hinge & Pull

Gait & Push

Lunge & Push

Planes of Motion

Sagittal



Frontal



Transverse





YBell Exercise Creation & Experience

YBell Pod Creation & Experience

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

1. **WHY** you're creating the exercise
2. Which YBell grips you're using
3. What movement patterns you'd like to utilize
4. Which plane(s) of motion you're incorporating

Use the table on page 30 to write down your exercises.

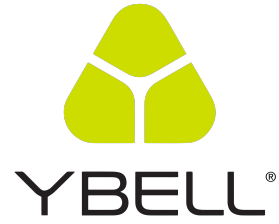
Designate 1 spokesperson for your group who will share the exercises you've constructed with the rest of the room.

10 Minutes

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

YBell Pod Creation & Experience

Exercise Name	YBell Grip(s)	Movement Pattern(s)	Plane(s) of Motion



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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