



REBUILD CERTIFICATION

DDPY FITNESS CERTIFICATION COURSE



DDPY REBUILD CERTIFICATION



INTRODUCTION

A TRANSFORMATION PROGRAM FOR ANY LEVEL

DDPY Rebuild was developed to help those with limited mobility and/or over 55. The program is designed to regain lost mobility, flexibility and strength without putting undue strain on tired and struggling joints. We have seen much success with Rebuild from Jerry Cameron on the We Can Rebuild You series to Positively Unstoppable Champion Pam “Rebuild” Riley. In some cases clients just want to be able to regain the ability to complete basic tasks that they may have not been able to perform with ease or without assistance for quite some time e.g. putting on their own socks and shoes or getting from the floor to standing. Other clients that have long term mobility issues may just be looking to be mobility and strength to help ease their daily discomfort.



REQUIREMENTS

The **DDPY Rebuild Certification** sits between Level 1 and 2. You must be a DDPY Level 1 Certified Instructor to complete this certification. This is a one year certification. Please do not submit any video submissions within the first three months of starting the course as this is your study time.

REQUIREMENT 1

- Study all DDPY Rebuild Chair Force Diamond Dozen Videos and Workouts along with any other Seated DDPY Workouts. Suggested study time - 30 hours
- Complete 10 hours Chair Force Teaching practice, 1-2-1 sessions do count towards these hours.
- Create and record a 20-30 minute Chair Force Workout taught to at least 1 student.

REQUIREMENT 2

- Study all DDPY Rebuild Stand Strong Diamond Dozen Videos and Workouts along with any other Standing with Chair Workouts. Suggested Study time - 30 hours
- Complete 10 hours Stand Strong Teaching practice, 1-2-1 sessions do count towards these hours.
- Create and record a 30 minute Stand Strong Workout taught to at least 1 student.

REQUIREMENT 3

- Study the written material for a minimum of 30 hours.
- Collate an Anatomy and Cues document for all Chair Force and Stand Strong Diamond Dozen positions.
- Successfully take the final test.



**WHO ARE THE
DIFFERENT REBUILD
PROGRAMS FOR?**



BED FLEX

The Bed Flex workouts are to help those that are bed bound or struggle with sitting and standing for periods of time. These workouts get the person to move with gentle joint extension and flexion and build some basic core strength with the aim of having them out of the bed and in a seated workout sooner rather than later. We will not be certifying Bed Flex right now as this carries a high risk for both the instructor and the client due to the client most likely needing to use their own bed. Therefore it is recommended that all instructors start all potential clients that require Bed Flex on the DDPY Now App > Bed to Chair Program first. Once they have progressed to the Chair Force workouts the instructor can begin working with the client.



CHAIR FORCE

This series and any additional seated workouts (Chair Warrior and Warriors Purpose Chair workouts) are for those that can get around with support. Maybe they can stand with a walker or canes, or maybe they can stand unassisted but only for short periods. In some cases they may be confined to a wheelchair but still have some mobility in their lower limbs. The Chair Force workouts are there to help these people build strength and confidence while having the security of sitting in a chair. In many cases we hope that most clients will progress from Chair Force to Standing Strong over time, however some people will not progress from Chair Force at all but will see huge benefits in their day to day life doing the program. Chair Force is part of the Level 3 (Rebuild) Certification.



STAND STRONG

The Stand Strong series utilizes a chair as a balance aide throughout the workouts. This series has two viable uses: Firstly for those that have mobility and balance issues, are either brand new to the program or have progressed from Chair Force, and require the chair as support. Secondly for those that are regular DDPY users or fitness enthusiasts that have injured themselves and need to modify their workouts with a chair. Stand Strong is an excellent progression into the regular DDPY program once the client understands how to modify safely and successfully with the chair. Stand Strong is part of the Level 3 (Rebuild) Certification.

The expectation is that most of the clients for your Rebuild classes will be over 60 years old, but you may find yourself working with younger clients that are dealing with serious injuries, disabilities or obesity. In this document we will be covering many of the medical conditions, disabilities and injuries you may come across. However, if you have a client in your future that you are unclear on their situation please reach out to haydn@ddpyoga.com.



EQUIPMENT



THE CORRECT CHAIR

In our Rebuild workouts we use two different kinds of metal folding chair from Costco. The standard black metal folding chair would be perfect for most people, but you may need to look at a slightly higher chair for the taller client. In Some cases, like Jerry Cameron (We Can Rebuild You Series) it might be worth purchasing an adjustable chair that can start with a height of minimal knee bend for squatting and lunging.

If you are teaching Rebuild classes in a community space, check that the chairs are suitable for use. Some spaces have chairs but they can be high backed wooden chairs, these are not suitable.



YOGA BLOCKS

Yoga blocks are an essential tool for all your classes, but specifically in a Rebuild Class. There are many different types available, you want to choose a stable material that is not too heavy. Cork blocks can be a little heavy for some clients to move around.



YOGA MATS

Even for Chair Force workouts you need a mat. Using a mat can really help with the clients building toe flexibility by gripping into the mat. For Stand Strong workouts, the mat will help reduce the risk of chair slippage as long as at least two feet of the chair are on the mat at all times.



HEART RATE MONITORS (HRM)

Most people own some form of smartwatch or fitness tracker. Ideally we would like all your clients to have a DDPY Now App profile and be using the Custom Workout feature to track your classes. We know that Apple Watches, the DDPY Armband and Wahoo TICKRs all work with the DDPY Now App. Please encourage this as this will help you and your clients understand what levels they should be working towards when engaging.

HEART RATES

In basic terms nothing changes when calculating heart rates while using DDPY.

As explained in Level 1 we utilize the MAF theory:

$180 - \text{your age} = \text{the top of the Green (Fat Burning) Zone}$

$\text{The Top Of Your Zone} - 20 = \text{the bottom of the Green (Fat Burning) Zone}$

For someone of 60 years old, the equation makes the target heart rate to be between 100 and 120 bpm. Using the same equation an 70 year old person should be aiming to work between 90 and 110 bpm.

This works in conjunction with the American Heart Association guidelines also:

A 60 year old should be working between 80-136 bpm

A 70 year old should be working between 75-128 bpm

As you can see the MAF theory puts the target rate in a safe place for all ages.

Please keep in mind, many medications can have side effects that can affect heart rates. If you have a client who has an extremely high heart rate or struggles to reach their zones with a low heart rate please ask about medication and research what effect this can have on heart rates.

If the heart rate is inhibited you will need to lower the client's heart rate on the app by 10 bpm to account for this. If the heart is constantly high, remind the client not to engage so hard and keep an eye on them throughout the class to make sure they are comfortable.



MEDICAL CONDITIONS

CONDITIONS YOU'RE LIKELY TO
SEE IN CLIENTS

ARTHRITIS

There are two main forms of Arthritis: **Osteoarthritis and Rheumatoid Arthritis.**

Osteoarthritis is the most common form of arthritis. Also known as degenerative joint disease which is basically “wear and tear” arthritis. It occurs most frequently in the hands, hips, and knees.

Osteoarthritis is where the cartilage in the joints starts to break down and this causes changes to the bone. It normally develops slowly and worsens over time.

- Osteoarthritis symptoms include:
- Joint pain
- Stiffness
- Swelling

In some cases it can cause major mobility issues and loss of movement in joints which limits the client’s ability to complete day to day tasks.

Rheumatoid Arthritis is an autoimmune and inflammatory disease. This means that your immune system attacks healthy cells in your body by mistake, causing inflammation that is very painful, in the affected parts of the body.

Rheumatoid Arthritis mainly attacks the joints and is known to target many joints at once. It commonly affects joints in the hands, wrists, and knees. Rheumatoid Arthritis causes the lining of the joint to become inflamed, which then damages the joint tissue. This can then lead to long-lasting or chronic pain, unsteadiness, and deformity.

It’s also worth noting that Rheumatoid Arthritis can also cause problems in organs such as the lungs, heart, and eyes.

OSTEOPOROSIS

Osteoporosis when bones become weaker and more fragile (brittle). In some cases they become so brittle that even mild stresses like coughing can cause a bone to break. As bone is a living tissue that is constantly broken down and regrown, Osteoporosis occurs when the body doesn’t create enough bone to replace the broken down bone.

Osteoporosis is commonly known to affect Asian and Caucasian women who are postmenopausal, but it can affect everyone including men.

Osteoporosis can cause the following symptoms:

- Broken Bones
- Bad posture (stooped or hunched over)
- Loss of height
- Back pain due to collapsed or broken bones in the spine

Osteoporosis can be helped with weight bearing exercises and balance work.

BLOOD PRESSURE

We talked about Blood Pressure in the Level 1 Manual, but it's worth recovering this here. Current guidelines recommend that people over 65 aim for a blood pressure lower than 140/90 however it is recommended that adults with a blood pressure over 130/80 be treated with medication for Hypertension.

Low Blood Pressure or Hypotension can cause dizziness and feeling faint. People with Hypotension or at risk of falling. Be mindful of this when asking clients to roll up from a fold forwards and always use the chair as support.

People with High Blood Pressure or Hypertension will most likely be on medication such as Beta Blockers or ACE Inhibitors. Some of these medications can have an affect on the heart rate, so please make sure you are aware of any medication your clients are taking and the effects these can have.

AUTOIMMUNE DISEASES

An Autoimmune Disease is where the immune system accidentally attacks the body instead of protecting it. There are over 100 Autoimmune Diseases, but we will just discuss a few of the common ones.

As discussed earlier, Rheumatoid Arthritis is an Autoimmune Disease.

LUPUS

People with Lupus are likely to experience flare ups and symptoms can range from mild to very severe.

Symptoms include:

- Swollen and painful joints
- Fatigue
- Fevers
- Rash
- Sensitivity to sunlight

MULTIPLE SCLEROSIS

The immune system attacks the protective sheath that covers the nerve fibers.

Common symptoms include:

- Numbness or weakness in the limbs
- Lack of coordination
- Tingling
- Electric shock sensations brought on by certain neck movements
- Balance and walking issues

HASHIMOTO'S DISEASE

The immune system attacks the thyroid gland causing either an underactive or overactive thyroid.

Underactive Thyroid symptoms are:

Tiredness
Muscle Weakness
Increase in Weight
Sensitive to cold

Overactive Thyroid symptoms are:

High or Rapid Heart Rate
Weight Loss
Sensitive to heat
Tremors or shakes

FIBROMYALGIA

Depending on source Fibromyalgia is either considered an Autoimmune Disease or a disorder. It affects the pain sensors, making the brain and spinal cord amplify pain sensations.

Symptoms include:

Pain, a constant dull ache that can last for months.
Fatigue
Trigger points for pain e.g. Someone may have a trigger point on their shoulder, if this is touched lightly it can result in excruciating pain.
Cognitive difficulties.

With any client that has autoimmune disease, please do your own research and potentially check with their doctor if they give you permission as to what you/they should and shouldn't do. Be mindful of trigger points, avoid hands on manipulation as much as possible.

FROZEN SHOULDER

A Frozen Shoulder will begin with stiffness and pain in the shoulder joint that will worsen over time. Normally resulting in limited mobility for up to 3 years. Frozen Shoulder normally occurs when the shoulder has had to be kept still for a long period of time e.g post surgery for a broken arm. Standard procedure for rehabbing a frozen shoulder includes basic range of motion exercises. At the start of the freeze the shoulder will be immensely painful with most movements. This stage can take up to 9 months.

- The frozen stage can be less painful but movement will be limited.
- In the thawing stage mobility will steadily increase.

If you have a client that suffers with a frozen shoulder be gentle, but encourage as much range of motion as possible. Example, for a Diamond Cutter, instead of pushing the thumb and index fingers together, stack the frozen side on top of the mobile side and use the good arm to lift the frozen arm to its maximum range of motion.

JOINT REPLACEMENT

We are only going to cover the two most common joint replacements here, the hip and the knee. Although you may come across shoulder, wrist and elbow replacements they are not as common.

HIP REPLACEMENTS

A hip replacement is done when there is too much damage for normal function of the joint. The damaged material will be removed and an artificial hip (ball and socket joint) put in its place.

Recovery is relatively quick, aside from surgical complications, patients are expected to walk a short distance with support the day after surgery. It is not recommended that people return to high impact activities such as running but they should have no issue with low impact activities like DDPLY, walking and swimming.

People with hip replacements should be mindful to not do the following:

Fold Deeply Forwards
Cross legs

In this case, when doing any forward fold please remind anyone with this replacement to be mindful of how far they go. When doing a seated figure 4 stretch, keep reminding them to be gentle and not to over stress the hip joint.

KNEE REPLACEMENT

Same as with hip replacements, the knee replacement is done when there is too much damage to the knee for normal function. The damaged bone and tissue is removed and a metal replacement is put in its place. There may also be ligament implants to help strengthen the new joint.

Patients will be encouraged to start walking with support soon after the surgery. Once fully recovered there are minimal restrictions long term. People with knee replacements should avoid high impact activities such as skiing, but low impact is no issue.

Not all your clients will be over 60 and have limited mobility due to age related issues. You may have some clients that are younger but have limited mobility due to other factors.

INJURIES AT ANY AGE

Injury can occur at any stage of life and in some cases can be life altering. As discussed above, you may have someone that has a replacement joint due to an injury. Someone may come to you that has lost a limb. Or, in a real scenario for me, you may have someone that was involved in a motoring accident and was fused in multiple places in their spine. In all these cases we recommend doing your research and speaking with their doctors if possible to make sure you are giving them the best modification advice possible.

OBESITY

Close to 40% of the US population is overweight or obese. Obese people will potentially be dealing with a multitude of issues that affect their day to day lives. General Mobility being one of them as they may struggle to move around, walk, climb stairs, get up from chairs etc. The idea of joining a regular fitness class may not even be in contemplation. However, joining a Chair Force or Stand Strong class would be absolutely beneficial to start them on the path.

It is essential for an obese person to wear a heart monitor. Someone of 400+lbs is likely to have a high resting heart rate and could be working out in the red zone before you've completed the warm up. Check regularly and remind them to disengage if they are in the red too often.

If someone starts in your Chair Force class, your aim is to progress them Stand Strong relatively quickly. Once they are standing you can start showing modifications for the regular workouts that will hopefully lead them to come to your Level 1 or Level 2 classes.

We know that exercise is only 20% of the equation, so please make sure you are talking to your people (especially anyone that is obese) about the nutrition side of DDPY and encourage them to join the DDPY Now App to follow the nutrition guides.





STRUCTURING A CHAIR FORCE WORKOUT

As with all DDPY workouts there is a basic sequence to follow:

- Breathing phase
- Ignition and Warm Up phase
- Working phase (Dynamic resistance etc...)
- Stretch and strengthen phase
- Cool Down phase

Breathing phase

Put the emphasis on breathing deep into the belly. Get the class used to counting backwards as this will help with the Dynamic Resistance movements and counting sets.

Ignition and Warm Up phase

For a Chair Force workout, this should always start out with the Adductors and Abductors engagement sequence (this is the seated equivalent to Grip the Toes, Flex the Quads, Flex the Glutes, Tuck the Tailbone). This should be done at least twice at the start and reintroduced 2 to 3 more times throughout the workout.

Once you grab the ball and head to touchdown, watch for shoulder mobility throughout the class. Keep them engaged and have fun!

Working phase

Once warmed up, you can introduce the class to a variety of Dynamic Resistance movements (Rows, Curls, Flyers etc...) please make sure to do the same DR at least twice. This is also the phase where you can add Squats, offer all relevant modifications to ensure safety of the class.

Stretching and Strengthening phase

After completing the DR working phase, the class should be fully warm and ready to stretch. Use any of the stretching sequences from the Rebuild or Chair based workouts on the app.

Cool Down phase

Similar to the Stretching phase, but with more emphasis on cooling down. Be steady and gentle here.

Throughout a Chair Force workout you are free to add in the seated Cat Stretches and forward folds as you wish.

Keep the pace steady!!



STRUCTURING A STAND STRONG WORKOUT

The basic flow for a Stand Strong workout:

Breathing phase
Ignition and Warm Up phase
Working Phase/s (to include Lunges, balance sequences, chair push ups etc..)
Stretching and Strengthening phase
Cool Down phase

Breathing phase

This can be done seated or standing, it's your choice.

Ignition and Warm Up phase

Emphasize using the chair for balance and security throughout the whole workout. This phase should include Ignition and Diamond Cutters, Side Bends, Bar Backs and Catchers using the chair.

Working phase

Using balance sequences or stepping back to lunges/road warriors here, include Dynamic Resistance movements through this phase. You can do multiple lunging sequences in this phase.

Knee droppers are an essential part of this phase. Other inclusions can be the Chair Push Up variation of the salutation or a standing Broken Table sequence. Please make sure you know which side the chair should be for all positions.

Stretching and Strengthening phase

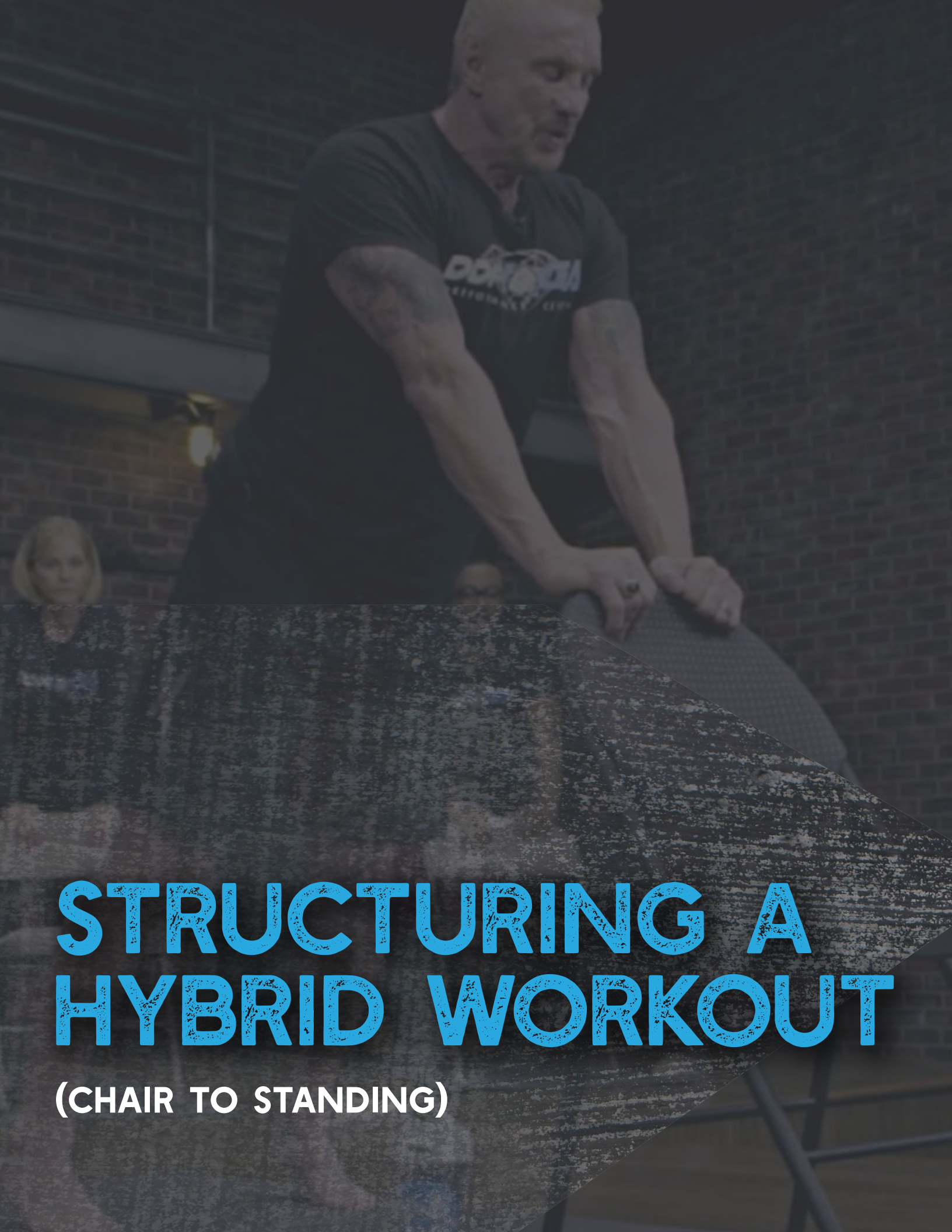
This phase can include all deep stretches such as Twisting Lunge, Triangle etc... Please make sure you are clear with chair placement and modifications.

Cool Down phase

For a Stand strong class, we don't advocate taking the class to the mat for a cool down. Seat them in the chair and cool down from there. Please never take the class from standing to seated or vice versa without using a flow, e.g. Use Squats to get down to the chair.

In 1-2-1 situations the cool down can be taken to the floor as you will see in the 1-2-1 section.

As with a Chair Force workout, keep the pace steady and do not rush your clients from one sequence to the next.



STRUCTURING A HYBRID WORKOUT

(CHAIR TO STANDING)

You may find yourself teaching a class where most people want to do both Chair Force and Stand Strong. This is a hybrid workout and will use the same basic flow as both Chair Force and Stand Strong.

Start with Chair Force, get the class warm and moving while seated. Using Squats, take them to a standing position and complete a Stand Strong workout. Close the workout by taking them back to the chair for the cool down.

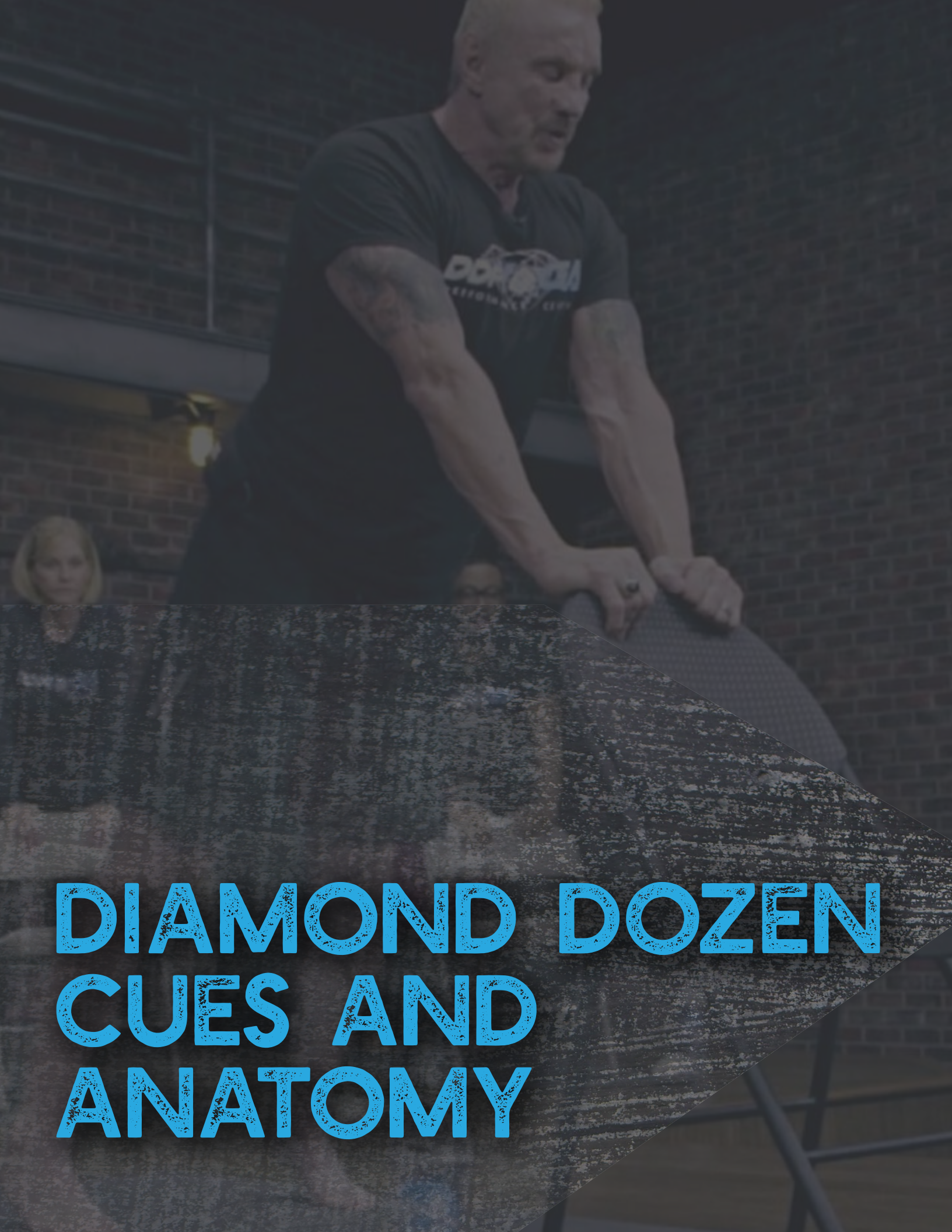
1-2-1 Workouts

In a 1-2-1 situation you are going to have more control over the class and where you can push the client. Keep the same basic model as previously discussed, but once they are doing Stand Strong workouts you will want to aim to be getting the client to and from the floor eventually.

Utilize knee droppers to build the strength to get up and down. Over time you can take them to table position on the floor and then bring them back to standing.

This progression will hopefully lead them to following more of the regular DDPY Workouts.





DIAMOND DOZEN CUES AND ANATOMY

CHAIR FORCE

Please answer the following questions for each sequence:

What are the breathing cues?

What are the movement cues?

What muscles are working and how?

Modifications, if applicable?

Abductors and Adductors

Ignition, Touchdown and Diamond Cutter

Touchdown Side Bends

Leg Extensions and Leg Extension Holds

Finger Extensions

Dynamic Resistance Pull Ups

Dynamic Resistance Shoulder Press

Showstoppers

Chair Lunge

Squats

Cat Lift, Cat Arch and Fold Forward

STAND STRONG

Please answer the following questions for each sequence:

What are the breathing cues?

What are the movement cues?

Chair Placement?

What muscles are working and how?

Modifications, if applicable?

Ignition, Touchdown and Diamond Cutter

Touchdown Side Bends

Bar Backs

Catcher and Thunderbolt

Lunges, Space Shuttle and Exploding Touchdown

Twisting Lunge

Knee Droppers

Chair Push Ups, Cobra and Down Dog

Broken Table

Road Warrior 1 and 2