

POWER Kranking™

Session Objectives:

About Johnny G founder and creator of Spinning & Kranking

- Recognized as an Industry icon and innovator
- Advanced the genre of group exercise
- Introduced Heart Rate Monitoring and Training to everyday athletes

What is Kranking®?

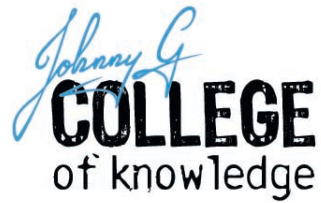
- The latest innovation from Johnny G
- Performed on the Johnny G KRANKcycle® by Matrix
- Stationary hand cycle that utilizes independent crank arms and a floating flywheel
- Upper-body rotational exercise (upper-body cycling) that produces both cardiovascular and strength gains
- Conditions the upper body including abdominals, chest, back, arms and shoulders

KRANKcycle Setup and Basic Movements

- Four basic movements
- Independent Right and Left, Doubles (synchronous) and Split (asynchronous)
- Seated, standing (1 or 2 legs) and retrograde
- Both shoulder and shoulder-girdle rotations
- Various foot positions including parallel, side lunge and rear lunge

Benefits of Kranking

- Improves CV fitness and yields CV transfer
- Provides effective cross training for all CV activities that use the lower body
- Improves strength (hypertrophy, tonality and power)
- Provides core training when standing
- Promotes weight management
- Improves selected sports performance



The 5 Pillars of Implementation:

- Kranking® - the Johnny G Energy Training System
- KRANK Fusion™ - Ideally, 1:1 ratio of KRANKcycles and bikes
- KRANK PT™ - One on One Personal Training
- KRANK Express™ - Small Group Training in a “Fast-Class” format
- KRANK Circuit™ - KRANKcycle as a strength and/or cardio station.

POWER Kranking

- High Intensity Interval Training
- Training with Color

The Next Step: Kranking Fundamentals Instructor Training -

- Becoming a Johnny G Kranking Instructor (JGKI)