



FIT CHICKS SAFETY TOOLBOX

Welcome to your FIT CHICKS “Safety Toolbox”!

Many of our chicks will come to you with different injuries, ongoing ailments or sometimes something just doesn't feel right. The best way to make sure you are prepared to offer her awesome modifications to still get a chicktastic workout, not slow down or disrupt the class and show what a fierce CS you are, is to be prepared with your “safety tool box!”

Below is a chart that lists some common injuries & chick issues that require modifications. In the blank spaces, please write the alternative exercises you would offer for each exercise (i.e. Wrist injury – Push Ups. Alternative would be standing chest fly, chest press, etc). We have also include blank spaces for you to add additional injuries / ailments

Get creative, do your research, make it fun and bring your safety toolbox with you to each class to make sure you are offering a fierce, fun, safe and always effective workout.

OTHER	Burpees	Jumping Jacks	Plyos	All Cardio
Vertigo				
Weak Bladder (caused by jumping)				
Post Baby Abs (list alt ab exercises)				

LOWER BODY	Squats	Lunges	Plyos	Standing Cardio
Knee Injury				
Lower Back				
Ankle Injury				

UPPER BODY	Push Ups	Triceps	Planks	Ground Cardio
Wrist Injury				
Shoulder Injury				
Neck Injury				