



By the Numbers

Sean Manseau

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Running, rowing, weightlifting, gymnastics—today’s innovative fitness programs draw from many different disciplines and combine them to create what may be termed Multimodal General Physical Preparedness (MMGPP) training. But the explosive growth in popularity of MMGPP training is sometimes problematic. Neophyte trainers can find themselves in over their heads when teaching complex skills to groups of varying ability, and athletes, lacking clear exercise progressions, may attempt movements they’re not ready for, leading to poor form and retarded progress.

That’s why I created BY THE NUMBERS. By the Numbers is a system for instructing MMGPP that emphasizes progression at every level. It builds exercises pose-by-pose, movement skill exercise-by-exercise, and tests movement skill with incremental increases in volume, load, and intensity. It’s effective whether you’re teaching yourself, or leading a class with dozens of athletes.

This 557 page manual includes...

- 116 exercises organized into easy-to-teach progressions
- Teaching scripts for every exercise, and strategies for fixing common faults
- 1500+ photographs
- 23 workouts analyzed and restructured for logical progression
- A philosophy of MMGPP instruction, coaching tips, and more!

By the Numbers is all about creating the best moving general population gyms in the world. Want yours to be one of them? Start using BY THE NUMBERS today!

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