

Integrating Flywheel Training in the **Team Setting**



A coach's guide



Setting Up for Success

Initial Assessment and Group Segmentation

1. Assess each athlete's physical condition and experience with flywheel resistance training (FRT).
2. Group athletes by similar skill levels to ensure efficient and safe training.
3. Tailor FRT introduction and progression to the specific needs of different groups.



First Contact:

Basic Techniques & Safety

Foot Position:

Stable base, pressure through the center of the foot, aligned with the rope pulley.

Center of Mass (COM):

COM should be over the rope pulley / flywheel axis.

Assisted vs Unassisted:

Using the T-Bar for assistance provides stability; unassisted requires more focus on the technical execution of the exercise.



Rhythm & Timing of the Flywheel

Continuous Tension:

Maintain steady tension for continuous resistance throughout the movement.

Even Force Distribution:

Prevents overloading of any single muscle group and allows for synchronous movement.

Coordination and Proprioception:

Good rhythm improves neuromuscular coordination, improves body awareness and control (2).



Preventing 'Jumping' of the Platform

1. Secure the device on a stable surface, preferably rubber gym flooring.
2. Use appropriate resistance. Too little or too much resistance can cause irregular movements due to load.
3. Perform warm-up reps to ease into the movement in a smooth and controlled manner before working reps.
4. Ensure proper foot placement and rope length.



Implementing Team Sessions

Small Group Sessions:

Groups of 4–6 athletes or pairs can alternate between using the flywheel and doing complementary exercises.

Avoid Bottlenecking:

Extra harnesses will make training more efficient as athletes won't need to repeatedly change.

This not only keeps the entire team active and engaged but also facilitates focused coaching where needed.



Advancing Athletes with FRT

Introduce Motorized Technology:

After the athlete demonstrates movement competency and builds sufficient strength, the motor boost can be introduced.

Individual & Team Challenges:

Incorporate velocity-based training, introduce new exercises, and implement various braking methods to help keep athletes engaged and avoid training monotony.



Get the Whole Team **Spinning**

Integrating FRT into a team setting requires careful planning and a structured approach, especially when working with beginners.

By assessing athlete readiness, educating them about the training, and progressively introducing the exercises, coaches can effectively enhance their team's performance capabilities.

