



The Integrated 6 Pillars  
A Practical Approach to Performance,  
Function and Longevity.

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# Agenda

- **Introduction to the Integrated Six Pillars™**

What they are and why they matter for older adults

- **Clarifying Scope of Practice**

Our role as fitness professionals—not physical therapists

- **The Six Pillars in Detail**

Movement Patterns, Fitness Components, Programming Principles

- **Describe, Demonstrate, Coach, Cue**

A simple and powerful coaching strategy

- **Programming with Patterns, Not Just Exercises**

How to modify movement while preserving function

- **Implementing the Framework**

Full-session structure built on the Six Pillars

- **Practical Applications & Examples**

Real-world scenarios, regressions, and progressions

- **Key Takeaways & Q&A**

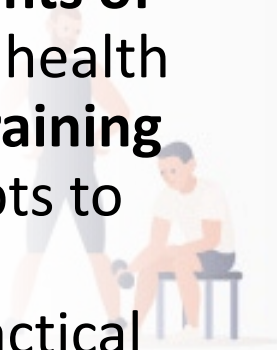
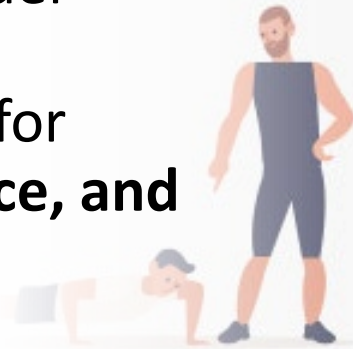
Consolidating the message, answering your questions





## 🔑 Key Takeaways

- Understand **The Integrated Six Pillars™** and how they apply to older adults
- Learn how to train for **function, performance, and longevity**—not just aesthetics
- Discover how to program across **all 6 components of fitness** for long-term health
- Explore a flexible **training framework** that adapts to each client's needs
- Walk away with practical tools for **safe, scalable implementation**



# What Is The Integrated Six Pillars™ and Why Does It Matter for Older Adults?



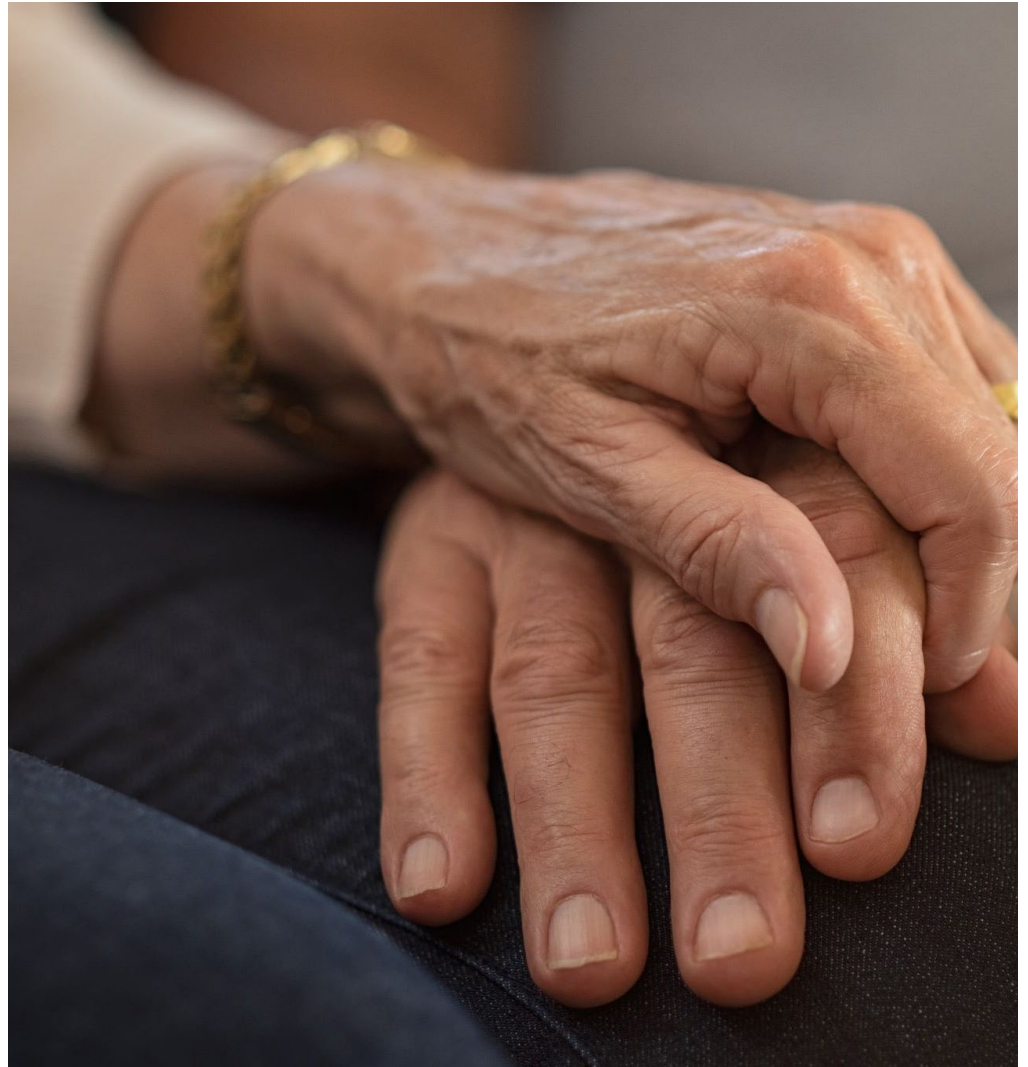
## The Integrated Six Pillars™ Defined:

The Integrated Six Pillars™ is a performance, functionality and longevity-based training framework designed to develop *complete fitness* by integrating movement patterns, core health components, and programming principles.

This method is not built around aesthetics or isolated goals—it's built for real life, across the lifespan. Especially for older adults, where *function, independence, and resiliency* are the primary outcomes we train for.

# Why It Matters for Older Adults

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## Why It Matters for Older Adults:

- **Functional Longevity:** The Six Pillars approach builds strength and mobility through movement patterns they'll actually use—standing, squatting, reaching, lifting, rotating, and walking.
- **Fall Prevention & Confidence:** Prioritizing all components of Fitness reduces fall risk and increases independence.
- **Cognitive Health:** Integrated training that combines physical movement with cueing and progression fosters neuroplasticity and improves cognitive resilience.
- **Scalability Across Ability Levels:** The framework meets clients where they are. Whether they're 55 or 85, each session can be adapted to honor their needs without watering down the work.
- **Consistency & Simplicity:** Many older adults are overwhelmed by the complexity of modern fitness. The Six Pillars provides a simple, repeatable framework that builds confidence through structure and progression.
- **Healthspan > Lifespan:** Our goal isn't just to help people live longer—but to move better, feel stronger, and maintain autonomy *while* they live longer.

# Scope of Practice & Coaching Philosophy

We are **not** physical therapists—we  
don't diagnose or treat.

We optimize health and function within  
current capacities.

Training = Movement + Consistency +  
Empowerment.

Improvements in all 6 fitness  
components = better outcomes.

## **The Integrated Six Pillars Combines:**

### **Six Primary Movement Patterns**

Push • Pull • Hinge • Squat • Rotate/Anti-Rotate • Carry

### **• Six Core Components of Fitness**

Cardiovascular Health • Muscular Development • Mobility • Balance & Stability • Cognitive Health • Body Composition

### **• Six Guiding Principles of Programming**

Individuality • Specificity • Variation • Progression • Overload • Consistency




- Together, these pillars ensure a well-rounded and scalable approach to performance, function, and longevity—especially critical for the 55+ population.



# Common Misconceptions in Aging & Fitness






# “Older adults are fragile or broken.”




-  *Reality:* Age  $\neq$  fragility. Most adults are deconditioned, not broken.
-  When trained progressively and purposefully, older adults can regain strength, power, and confidence.
-  *Reference:* Fragala et al., 2019 – “Resistance training in older adults increases physical function and reduces fall risk.”



- “They shouldn’t lift heavy or do explosive movements.”

-  *Reality:* Power training is one of the **most important** interventions for maintaining independence.
-  Lighter loads moved fast (RFD) improve stair climbing, gait speed, and fall prevention.
-  *Reference:* Reid & Fielding, 2012 – “Sarcopenia and RFD: Benefits of velocity-based training in older adults.”

# **“They just need balance and mobility.”**

-  *Reality:* They need ALL components of fitness — cardiovascular health, muscular development, cognitive training, etc.
-  Integration is the key to meaningful adaptation.
-  *Reference:* Peterson et al., 2010 – “Resistance training improves multiple health markers in older populations.”



# Applying the Six Pillars Framework





## Six-Part Programming Structure

- **MAI (Mobilize – Activate – Integrate)**

Prepares the body for movement by enhancing joint mobility, activating key muscle groups, and integrating movement patterns.

- **CNS Activation**

Engages the brain and nervous system through activities that improve coordination, balance, reaction time, and cognitive function.

- **Meat & Potatoes (Strength Block)**

Focuses on compound strength movements tailored to the individual, promoting muscular development across power, strength, endurance, and hypertrophy.

- **Concentration Work**

Addresses smaller muscle groups, postural alignment, and joint integrity to support overall movement and function.

- **Conditioning**

Enhances cardiovascular health, endurance, and body composition using safe and scalable methods.

- **Cool Down**

Facilitates recovery by encouraging parasympathetic activation, improving flexibility, and reinforcing mobility.



## ***From Framework to Function***

- The framework organizes the *flow* of your session...
- But individuality guides exercise selection

Up next:

Why understanding **movement patterns** — not just exercises — changes the game.

## **Movement Patterns vs. Exercises**

- "Train Patterns, Not Just Exercises"
- Movement Patterns: Push / Pull / Hinge / Squat / Rotate / Carry
- Exercises: Tools or variations used to express those patterns (e.g., banded chest press vs. DB bench press).
- Trainers often get stuck in exercise selection when they should be focusing on movement intention



## **Coaching the Pattern Effectively**

- Knowing the pattern is just step one.
- How we teach it matters just as much.
- Clear, consistent communication builds client confidence



## Coaching Movement

- Describe
- Demonstrate
- Coach
- Cue



# ***From Coaching to Programming***

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- We've covered how to **communicate and cue** effectively using Describe, Demonstrate, Coach, and Cue (DDCC)...

Now let's look at how to **put it all together** in a real-world training session using the Integrated Six Pillars™ framework.



# Integrated 6 Pillars™ Sample Session

## One Full Session – From Mobility to Metabolism



Pillar	Example Activities
MAI	T-spine rotations, Cat-cows, TRX squats
CNS Activation	Ball slams, Clock drill, Partner toss
Strength – Bilateral	Banded chest press, TRX rows, Wall sit
Strength – Unilateral	Step-ups, Step reaches, Single-arm cable rows
Concentration	Banded triceps kickbacks, Heel drive glute bridges
Conditioning	Timed sit-to-stands, Sandbag carries
Cool Down	Supine knee hugs, Diaphragmatic breathing

## **Case Study: “David”**

- **Client:** David, 75

**Background:** Former D1 football player (Notre Dame, Joe Theimanns Center!), multiple joint replacements

**Surgeries:** Bilateral knees, bilateral hips, right rotator cuff

### **Goals:**

- Increase strength
- Improve mobility
- Reduce fall risk
- Enhance resiliency

-  **Task:** Using the Integrated Six Pillars™, build a **full training session** that aligns with David’s needs and abilities.



## ***Bringing It All Together***

You've seen the framework.

You've built a workout.

You've applied the Six Pillars to a real-world client.

Now let's zoom out and remember what really matters when training the older adult.

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## Key Takeaways

- **Train Patterns, Not Just Exercises**

Focus on push, pull, hinge, squat, rotate, and carry—not the tool.

- **Start with What They Can Do**

Build confidence by meeting clients where they are.

- **Coach—Don't Diagnose**

You're not a therapist. Your role is to optimize, not to treat.

- **Progress Over Perfection**

Every rep, every session, every small win matters.

- **Safety First: Risk vs. Reward**

Choose movements that challenge without compromising safety.

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- 🙏 Thank You!
  - The Integrated Six Pillars™
  - Train With Purpose. Program With Precision. Coach With Impact.
  - 
  - Advance your skills through the official Integrated Six Pillars™ Certification Course

A hands-on, CEU-approved training program from the **National Strength & Functional Training Academy (NSFTA)**

- ✓ ISSA Preferred Provider Course – 8 CEUs
- ✓ Focused on Application, Not Just Information
- ✓ Built by Trainers, for Trainers

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[www.NSFTA.org](http://www.NSFTA.org)



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