



**ART OF COACHING PODCAST™ EPISODE 28
WHAT'S THE BEST EXERCISE FOR PERFORMANCE GAINS?**

What does “the best” mean to you?

For strength coaches, this question often manifests itself as, “what is the best exercise for _____?”

After listening to this episode, how would you rewrite the question, what do you believe is the best exercise?

No program comes down to one exercise. Great programs work in an integrated manner and are contextually dependent.



However, imagine there is a singular best training modality for performance. Why would this modality fail and why is this important to recognize given the SAID principle? (13:45)

Regarding coach development, what does Brett now find scary and what should coaches be doing instead? Do you agree or disagree? Explain.

According to Brett, the Art of Coaching is the ability to _____, _____, and _____ variables that impact human performance. In your own words, how would you describe the Art of Coaching to your peers?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



Art of Coaching Podcast™
info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



[Share This](#)