

# Tight on Time?

*Solutions for your client's busy lifestyle*

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## Too many excuses out there

- Lack of time – BIGGEST ONE
- Too expensive
- Intimidated/Lack of education
- Not motivated/Boring
- Any others? \_\_\_\_\_

## We need a solution!

### Popular Methods...well some of my favorites anyway

#### 1. Multi-Station Circuit Training

- Fun
- Challenging
- “Team” environment...great for connecting and committing

#### 2. Single Equipment Routines

- Effective, efficient, portable
- My “go to” tools
  - TRX
  - Bands
  - Sliders
  - Balls
  - Sandbags

#### 3. Sprints/Incline/Hill

- No equipment needed
- Enjoy the great outdoors

#### 4. Bodyweight Routine

- The “excuse buster”
- While watching TV, during your lunch hour, in your hotel room, at the local park

## Have a Plan

- Movement Pillars
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_

- Screen to help you create a customized approach
- Warm Up – mobility and stability
- Stick with a plan that includes calculated progressions (or regressions if necessary) and adjust the routine every 4-6 weeks
- Have FUN!

## What's all the hype about?

➤ *Journal of Sports Medicine – June 2012*  
 3 groups of overweight women (60 total participants)  
 HIIT group, moderate intensity group, & control group  
 Trained 5x/week for 12 weeks  
 Both active groups improved. HIIT improved more in body composition, RHR, VO2

➤ *Archives of Physiology and Biochemistry – July 2012*  
 2 groups young subjects with average age of 25  
 Sprint intervals & moderate run trained for 8 weeks  
 Sprint group showed improved insulin sensitivity, lower LDL & total cholesterol

➤ *Metabolism – October 2010*  
 2 weeks of sprint intervals just 6 sessions total  
 4 to 6 30-sec sprints with 4.5 min recovery  
 Improved a number of metabolic factors including circumference measurements  
 Waist - 3" and Hip just over 1"

➤ *American Journal of Physiology – August 2012*  
 13-week blocks over one entire year (rare, but subjects received payment – great incentive)  
 Three groups trained 3 sessions/week  
 60 minute group, 30 minute group, and 0 minute control group  
 All subjects were overweight (not obese)  
 Measurements included weight, body composition, REE, VO2max, Cal

### RESULTS:

Weight: Both the 60m and 30m groups lost weight ~4%

Body Composition: Both active groups lost fat ~14%

REE: 60m group increased a bit more

VO2: Both groups increased ~18%

### CONCLUSION:

Even though one group worked out TWICE as long as other group, they lost the same amount!

## Bodyweight Workout

1. Level change: \_\_\_\_\_

2. Push: \_\_\_\_\_
3. Pull: \_\_\_\_\_
4. Rotation: \_\_\_\_\_
5. Locomotion: \_\_\_\_\_

**Thank You!**

Let's keep in contact! Feel free to connect with me anytime.

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