

F.I.R.E.! - Fierce Interval Resistance Exercise!

This workshop combines two of the biggest trends today, Functional Exercise and high intensity Interval Training. Learn to develop a program for your clients and classes that train multiple fitness components in a single session. This time efficient workout, not only trains the cardiovascular system, but also develops integrated functional strength. Through practical application, this workshop will demonstrate progressive teaching methods that accommodate multiple fitness levels and enhance motor learning. Leave with an easy to implement format ready to for Monday!

10 Program Design Elements

1. Tri-planar, multi-muscle, multi-joint movements
2. Repeat sets to increase volume and enhance motor learning
3. Whole body trained in a single session
4. High intensity interval training focus
5. Program comprises three sets of nine exercises
6. Upper body, lower body, cardio set design
7. Plyometric exercise selection for cardio driven drill
8. Timed exercises allowing for progression/regression
9. Dynamic movement sequences to promote whole body warm up
10. Full body, multi-planar stretching to enhance recovery and flexibility

Equipment: The Step or the BOSU Balance Trainer, Dumbbells and Rubber Resistance Tubing

Program Variations

1. Perform Series 1 three times, no rest, then recover. Repeat for all three series in same manner
2. Perform Series 1-3, no rest. Recover at end of set1. Repeat for one or two more sets in same manner
3. Perform entire workout 1xpw for four weeks then do workout 2 for four weeks, then workout 3 for four weeks.
4. Vary the equipment used
5. Vary exercise time or recovery interval
6. Perform workout 1 for one week, then 2, then 3, then 4.

Warm up: All Planes of Motion - Sagittal, Frontal, Transverse

Squat and Alt Reach	Psoas/hamstring Stretch
Lateral Squat and Reach	Sumo Adductor Stretch
Side to side lunge with Rotation	Squat touch OH reach
Thoracic Rotation	Arm Swing Side-to-side
Lumbar Mobility	Squat Dynamic Chest stretch

Program 1. Tubing and Dumbbells (2 sets)

Upper Body	Lower Body	Core	Cardio
1-arm row (XT)	DB Sumo Squat	DB Russian Twist	Forward Leap 1-2 run
Push up to Side Plank	DB Drop Step	DB Diagonal Chop	Long jump shuffle back
DB Push Press	DB Front Lunge and Reach	Plank Knee Drive to Opp elbow	Speed skater
DB Alt Bent Over Row w-Rotation	DB Lateral Lunge and pass	XT Partner Rotation	Partner Burpie high 10 low 5 + ½ turn jump

Program 2. Dumbbells and Tubing (3 sets)

Lower Body	Upper Body	Cardio
Lateral Travel Squat (XT)	T-Balance Row (DB)	Lateral Run 1-2-3
Drop Step Reach (DB)	Push Press (DB)	1-2 Jump switch Lunge
Front Lunge DB Figure-8 Pass	1-Arm Row (XT)	Knee High Run-Butt Kick Run

Program 3. Step and Dumbbells (2 sets)

Lower Body	Upper Body	Core	Cardio
Front Step up 4's, 2's, 1's	Plank Row	Golf Chop	Knee Hop Mountain Climber
X-Over Step up 4's, 2's, 1's	Push up to Side Plank	Circle Chop	Along the Step Jump Switch
Alt Lateral Step up Sumo Squat	Dead Row	Scorpion Plank/Side plank	Quick Switch x 5 + Leap
Dead lift plank	Curl, Press, Lateral Raise	Plank Alt shoulder touch	Alt Power Squat

Program 4. Tubing and Step (3 sets)

Lower Body	Upper Body	Cardio
Lateral Squat/Rear Lunge	1-Arm Row	1-2 Jump Switch Lunge
X-Over Step up	Push up Scorpion	Alt Power Repeater Knees
1-Legged Dead Lift Plank	Sword Draw	Burpie Straddle Jump up

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