

Step 360 Strength VIIT Featuring Metabolic Conditioning SPRI Master Instructors

Benefits:

Increased caloric expenditure
Improved Ventilation Threshold
Increased EPOC

Programming Progressions:

Progress Function to performance addressing movement in all 3 planes of motion
Target Specific Energy systems- Oxidative, Glycolytic and Phosphagen (3-2-1) through the use of Volume/Load/Power
Utilize VT to monitor intensity and predicted outcomes

Master Class: *Start with Foundation to Performance as a progression and then move into MC Cycles.*

Foundation and Balance

1. Narrow Hands on top with feet wide move side to side contra-lateral (side moving planks)
2. Single leg hip hinging with lever changes
3. Single leg "Y" squats
4. Split hand plank with limb lift variations
5. Squat with elbow extension loaded and return

Dynamic Range of Motion and Integrated Strength

1. Loaded Plank (straight arm) knee to same elbow touches
2. Single leg hip hinge with resisted shoulder press backs
3. Single leg squat with triceps kick backs (opposite leg moves laterally)
4. Plank one arm rows with limb variations
5. Squat with overhead press and triceps kick backs

Athletic Performance and Explosive Power

1. Diagonal frog jumps
2. Hands on Loaded lateral single leg jump through Matrix
3. Lateral touch downs with skater arms
4. Hand Plank pendulum switch leg swings
5. Squat to Jump up with hammer throw down with med ball

6 minutes per cycle	Volume High Rep with Moderate Resist 3 minutes	Load Phase Moderate Reps with High Resist 2 minutes	Power Phase Velocity x Force 1 minute
Cycle 1	Side Moving Planks	Loaded Moving Knee to Same Elbow	Diagonal Frog Jumps
Cycle 2	Single Leg Hip Hinge Progressions	Single Leg Resisted Press Backs	Loaded Matrix Kick Through
Cycle 3	Squat with Elbow Extension in Loaded Position and Return	Squat with Overhead Press and Triceps Extension	Jump Up to Hammer Throw Downs with Med Balls