

Step 360 Cardio VIIT
Featuring Metabolic Conditioning
SPRI Master Instructor

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. Step up, squat, step down - leap up - (pitter patter), jump squat
2. Step knee leg extension with arms – leap knee w/leg extension - freeze on top
3. 3 squat lifts, then push over the top to other side
4. Lunge back to superman - add speed and cross elbow to opposite knee under body in superman (anterior)
5. Walking “Burpee” – single leg on top

Dynamic Range of Motion and Integrated Strength

1. Rear lunge/Switch hops
2. Run/jog twice and then hold knee lift, hip hinge and reach opposite hand to toe (posterior)
3. Vertical jumps from behind platform, squat laterally then lateral jump up and step down to repeat – one side
4. Runners lunge to single leg hop on top – diagonal skater (Charleston)
5. Full “Burpee”

Athletic Performance and Explosive Power

1. Power Split Jumps (power “x”)
2. Mountain climbers
3. Lateral leaps (vary intensity with leg cross behind or reach straight back)
4. Squat jumps with one foot on and one foot off. (Jumps Shots)
5. Tuck Jumps

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	3 squat lifts - push over	Vertical Jumps, squat laterally w/lateral jump up, then repeat other side	Lateral Leaps one side and switch
Cycle 2	Lunge to Superman - add speed	Runners lunge - diagonal skater	Squat jumps one side and switch- Jump Shots
Cycle 3	Walking Burpee	Full Burpee	Tuck jumps