

Session 303: **Metabolic Mayhem: No Rest for the Wicked!**

Presented by: Krista Popowych, B.HKin
2014 IDEA Fitness Instructor of the Year
2008 & 2003 Canadian Presenter of the Year
Author of: Partner Workouts www.humankinetics.com
info@kristapopowych.com

Overview: The name of the game in training is to keep people moving for the entire time you have allotted. In this workshop, experience a workout that moves from beginning to end with the goal of ramping up metabolic response both during and after a workout. Learn how you can put together training and workout sessions that are challenging and effective, and include minimal to no rest. Combine the perfect amount of muscle mayhem and active recovery!

Metabolism is influenced by:

1. Age
2. Gender
3. Genetics
4. Proportion of lean body mass

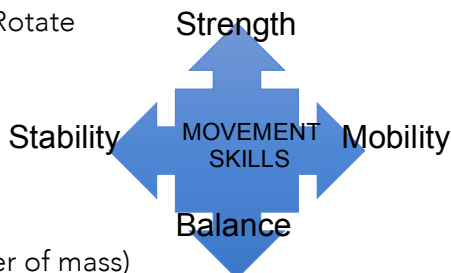
What to do: move more, move more often, move more mass, move at higher intensities

The Law of Physics: a body in motion stays in motion, a body at rest stays at ...

Movement Skills to Train: Strength Mobility Stability Balance

Foundational Movements: Plank Squat Lunge Hinge Push Pull Rotate
Lift Gait

Our bodies need to: absorb, produce and transfer forces



Movement Principles:

1. Load (body weight or external force)
2. Lever (increase / decrease intensity)
3. Hand & foot (placement changes)
4. Center (location of center of mass)
5. Tempo (speed of movement)
6. Power (combination of speed and force)

Real World HIIT: Moderate Intensity Training. HIIT.

Body Weight Training: The perfect training tool box; avoid mmm (mirror muscles mainly)

Work to Rest: Negative, Positive and Equal recovery times

Modifications: Progressions and Regressions

Format: The Sequence "NSM - never stop moving"

1. H/MIIT 15-60 seconds
 2. Combination Exercise A (squat, lunge, hinge)
 3. Combination Exercise B (push, pull, rotate, plank)
 4. R=Rinse & Repeat R=15-30 seconds recovery
- *times shown don't always reflect the 'breakdown' time

Exercise Combinations

Warm Up

- Movement
- Partner Work

Set 1:	1. Power skate, optional travel/power knee lift	20 seconds
	2. Squat and t/floor	60 seconds
	3. Crab dip and reach across	30 seconds
	R+R	Sets 1-3
Set 2:	1. Fast runs low, and drop squat	30 seconds
	2. Side lunge t/ground	60 seconds
	3. Donkey leaps	15-30 seconds
	R+R	Sets 1-3
Set 3:	1. Switch backs, t/ground opposite hand to foot	20 seconds
	2. Alternating lunges back, low position	60 seconds
	3. Single leg extension with rowing sequence	30-60 seconds
	R+R	Sets 2-4
Set 4:	1. Jumping jack (2 fast, 1 slow t/ground)	60 seconds
	2. Hinge t/floor	30 seconds + 15s hold
	3. V-Sit Paddle	60 seconds
	R+R	Sets 2-4
Set 5:	1. Shuffling, right to left t/ground	60 seconds
	2. Alternating lunges ft/back, ankle tap	60 seconds R/L
	3. Bear walk	30 seconds
	R+R	Sets 1-3
Set 6:	1. Leaps (knee up) 1, 2, hold)	20-30 seconds
	2. Low walk, out + in; hands behind head	30 seconds
	3. Reverse bridge pull through, 1 leg lift	30 seconds R/L
	R+R	Sets 2-4
Set 7:	1. Super star jumps	15 seconds
	2. Cross-back t/ground, cross over step fwd	30 seconds \$/L
	3. Side plank into side lying triceps 4x4	30-60 seconds
	R+R	Sets 2-4
Set 8:	1. Skipping (x-feet, lateral hops)	60 seconds
	2. S'lunge with lat pull	60 seconds
	3. Kneeling push up, roll over, bridge walks	60 seconds
	R+R	Sets 1-3



Thank you!