

Body Weight Blast Training

Presented by Helen Vanderburg

Introduction:

Bodyweight training has gained incredible popularity in the virtual space, for home workouts and in studio. These workouts can be done anywhere without an investment in equipment and space. Designing an effective and results driven bodyweight workout takes unique exercise design, applied principles of training and creativity. In this workshop we will explore a wide variety of techniques including Tri-sets, Ladders, Threshold training, Pyramids, AMRAP, EMOM and much more!

Threshold Training (Cardio Conditioning)

	Exercise	Time	Intensity (RPE)	Notes
1.	Stand to kneel/ Lateral squat	40:20	8-9:AR	
2.	Stride/ Power stride	40:20	8-9:AR	
3.	High knee jog/ skate	40:20	8-9:AR	
4.	Lateral Lunge with abduction R	40:20	8-9:AR	
	Lateral Lunge with abduction L	40:20	8-9:AR	
	Total	5:00		Repeat for X # of rounds

AMRAP (As Many Rounds as Possible): Cardio and Conditioning

	Exercise	Reps	Intensity	Notes
1.	Burpee variation (CV)	8	8+	
2.	Crab toe touch (MSE)	8	8+	
3.	Plank power lunge (CV)	8	8+	
4.	Full curl to side balance (MSE)	8	8+	
5.	Long jump (CV)	8	8+	
6.	Total Time	4:00		

Tri-sets (3X3X3)

Training focus	Exercise (set 1)	Time	Intensity (RPE)
Lower Body	1.Curtsey/ Squat 2.Pulse squat 3.Creeper squat	45/45/45 45: AR 3:00	7-8
Upper Body	1.Plank pike w/overhead press 2. Plank w/ toe tap 3. Spider Push-up	45/45/45 45: AR 3:00	7-8

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Core Conditioning	1.Beast to side kick thru 2.Rolling Plank 3.Reverse Plank	45/45/45 45: AR 3:00	7-8
Total	Repeat	9:00	

Build Up

Exercise	Time	Intensity (RPE)	
Plank with leg press	30 sec	9+	
Push-ups	30 sec	9+	
T-stand	30 sec	9+	
Squat + front kick	30 sec	9+	
Alternate lateral lunge	30 sec	9+	
Combine all exercises	1:30	9+	
AR	1:00	5-6	
Total	5:00/ Round		

EMOM (Every Minute on the Minute) 10X10=10 minutes

	Exercise	Reps	Intensity	Notes
1.	Squat jumps	10	7-8+	
2.	Plank with leg press + knee drive	10	7-8+	
3.	Alternate transverse lunge	10	7-8+	
4.	Commandos + Push-up	10	7-8+	
5.	Curtsey pulse lunge/squat R	10	7-8+	
6.	Plank Jack Combo	10	7-8+	
7.	Curtsey pulse lunge/squat L	10	7-8+	
8.	Side plank to pike R	10	7-8+	
9.	The beast w/ rotation	10	7-8+	
10.	Side plank to pike L	10	7-8+	
	Total	10:00		Adjust time to meet the needs

Ladder (Increasing or Decreasing Reps or Time)

Exercise	Reps	Intensity	Notes
Touch down power jack	4-6-8-10-12		Do all 4 exercises for 4 reps. Rest for :30. Move to 6. Rest for :30 and so on
Beast Toe Touch	4-6-8-10-12		
Supine lateral leg swing with crunch	4-6-8-10-12		
Climber/ frog jumps	4-6-8-10-12		
Total	Variable		

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Pyramid (Increasing or Decreasing Reps or Time and back the other side)

Exercise	Time	Intensity (RPE)	
Burpee variation	20:20 sec	9+: AR	
Super-person rollover	40:40 sec	9+: AR	
Lateral shuffle	60:60 sec	9+: AR	
Super-person Rollover	40:40 sec	9+: AR	
Burpee Variation	20:20 sec	9+: AR	
Total	6:00 / Round		

Core Bodyweight Blast Bonus!

Thank you for attending.

Helen Vanderburg

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