

## **METABOLIC MADNESS – TIMED DRILLS FOR GROUP TRAINING**

### **Developed and presented by Melissa Weigelt, Flow Fitness Training**

If your participants enjoy hard work training, this workshop is for you! Learn about creative high-intensity drills that you can plug into your group training sessions to keep your clients engaged and motivated. Focus on conditioning, cardio, core, and everything in between and empower your participants to overcome plateaus and reach their fitness goals with techniques that are simple, challenging, and most importantly, effective!

Equipment: BOSUs, Medicine Balls

### **Metabolic Conditioning**

Metabolic conditioning is a method of anaerobic training that involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

Anaerobic exercise involves activity that breaks down glucose for energy without using oxygen. (May include strength training, weightlifting, jumping, sprinting, etc.)

EPOC (Excess post exercise oxygen consumption) – higher intensity exercises require the body to work harder to return to resting state and this increases the calorie burn post-exercise

### **Two Types of Metabolic Conditioning**

**High Intensity Interval Training (HIIT)** – Cardio intervals working above the lactate threshold with rest in between.

HIIT utilizes the anaerobic energy system involves working above the lactate threshold (RPE of 7-10 on a scale of 1 - 10). This has the potential to burn more calories in a short amount of time and can also increase anaerobic threshold and increase performance with aerobic activities.

**Circuit Training** – A series of exercises executed with little or no rest in between. It offers a creative and flexible way to keep exercise interesting and saves time while boosting cardiovascular and muscular fitness.

Efficiently increase energy expenditure (more work, less rest)

### **Additional Considerations**

Keep goals and fitness/ability level of participants in mind when designing programs.

Cross-train to avoid overtraining.

Encourage participants to work efficiently through the exercises but emphasize proper alignment.

Offer options (low impact or less intensity).

Use RPE scale to monitor exercise intensity.

Post exercises for self-paced drills.

### **Intensity Strategies**

Compound Exercises

Range of Motion (ROM)

Complexity: Multiplanar Exercises and combination exercises

Volume (longer duration, more repetitions, less rest between exercises)

Load

### **Timed Drills - Protocols**

#### **Every Minute on the Minute (EMOM)**

A type of training that involves starting a new set of exercises at the start of each minute (or 2 minutes, etc.)

You can do the same movement for the entire duration of the minute, rotate through different exercises within the minute, or alternate between exercises every minute.

Participants determine their work rate during the prescribed amount of time. They rest after completing the exercises until the next cycle begins.

Type of Met Con – Dependent Upon its Variables – may involve resistance exercises or cardio

Easily adaptable and allows for variety – Timing, Type, Quantity, Reps or Cycles

#### **As Many Rounds and Reps as Possible (AMRAP)**

Perform a circuit of exercises with a specified number of reps, for as many rounds as possible within a given time frame, resting as needed

Rest-based approach

Repeat and try to beat “score”

#### **Rolling Intervals**

High-Intensity interval training protocol – Execute an exercise with increasing intensity for three 30-second intervals. Repeat for 2 or more cycles.

-30 seconds – RPE 5-6

-30 seconds - RPE 6-7

-30 seconds – RPE 7-8+

First interval is used for recovery.

### **PRACTICAL APPLICATION**

#### **Warm-up**

Cycle through 8 reps of the following exercises for 5 minutes. Every minute on the minute do 5 push-ups.

Standing Knee Tuck

Frankenstein to Rear Lunge

Squat

Modified Squat Thrust

Skaters

### **Block 1 – Every Minute on the Minute – 5 Rounds**

Equipment – Medicine Ball or BOSU

10 Clean and Press  
8 Traveling Biased Push-Up

### **Block 2 – Every 1.5 Minutes – 4 Rounds**

Equipment – Medicine Ball or BOSU

10 Front Lunge/Burpee  
10 Plyo Jacks

### **Block 3 – AMRAP – 5 Minutes**

Equipment – BOSU

10 Thrusters  
10 Overhead Rear Lunges  
10 Lateral Shuffle/ Squat Thrust  
10 Low Lunge and Switch

### **Block 4 – AMRAP – 5 Minutes**

Equipment – Medicine Ball, Bodyweight, or BOSU

2 reps each, 4 reps, 6 reps, etc.

Skate/Single Leg Hop  
Quadruped to Plank (knees up)  
Mountain Climber 3/Single Leg Jump In  
V-Sit Rotation/OH Press

### **Block 5 – Rolling Intervals – 4 ½ Minutes**

Equipment – BOSU – Dome Side Up (DSU)

3 cycles – 30 seconds each interval

Biased Squat Over Top  
Biased Squat Hop Over Top  
Biased Squat Hop with Speed and ROM

### **Block 6 – Rolling Intervals - 4 ½ Minutes**

Equipment – Medicine Ball or BOSU

3 cycles – 30 seconds each interval

- Alternating side lunge
- Alt side lunge with reach
- Alt side lunge with slam and speed

