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

Balanc

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
 Strength

 Lift Gait
 Our bodies need to: absorb, produce and transfer forces
 Stability

Movement Principles:

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

or Thank you!

• Partner Work

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