

## **F.I.R.E.! – Fierce Interval Resistance Exercise!**

**High intensity interval training** uses relatively short, high intensity cardiovascular intervals that are alternated with less intense active recovery intervals of strength exercise

**Functional Training** focuses on integration, rather than isolated single joint exercise and Introduces multi-joint movement that occur in multiple planes that have a high transfer into activities of daily living and sports performance. When teaching functional movement aim to build complexity and intensity in a progressive manner.

### **Benefits**

- High caloric expenditure
- Increased EPOC
- Trains multiple fitness components in a single session
- Improves cardiovascular fitness
- Enhances muscular strength endurance
- Can be used in Small Group Training, traditional Group Fitness or Personal Training
- Increased bone mineral density through controlled high impact

### **5 Functional Movement Patterns**

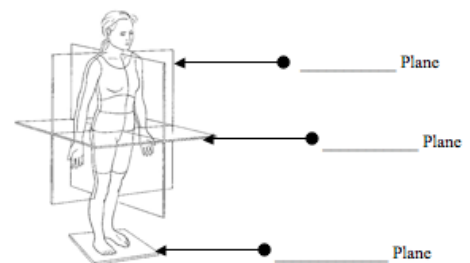
1. **Bilateral Bend and Lift (squat)**
2. **Single leg stance (gait, lunge, step up)**
3. **Push–horizontal/vertical**
4. **Pull–horizontal/vertical**
5. **Twist**

## Stability Mobility Relationships of Joints

| Joint           | Function  |
|-----------------|-----------|
| Foot            | Stability |
| Ankle           | Mobility  |
| Knee            | Stability |
| Hip             | Mobility  |
| Lumbar Spine    | Stability |
| Thoracic Spine  | Mobility  |
| Scapulothoracic | Stability |
| Glenohumeral    | Mobility  |

### 3 Planes of Movement

1. Sagittal
2. Frontal
3. Transverse



### 10 Program Design Elements

1. Tri-planar, multi-muscle, multi-joint movements
2. Repeat sets to increase volume and enhance motor learning
3. Whole body trained in a single session
4. High intensity interval training focus

5. Program comprises three sets of nine exercises
6. Upper body, lower body, cardio set design
7. Plyometric exercise selection for cardio driven drill
8. Timed exercises allowing for progression/regression
9. Dynamic movement sequences to promote whole body warm up
10. Full body, multi-planar stretching to enhance recovery and flexibility

## **Equipment**

- The Step or the BOSU Balance Trainer
- The Body Bar
- Rubber Resistance Tubing

## **Program Variations**

1. Perform Series 1 three times, no rest, then recover. Repeat for all three series in same manner
2. Perform Series 1-3 or 4, no rest. Recover at end of set 1. Repeat for one or two more sets in same manner
3. Perform entire workout 1xpw for four weeks then do workout 2 for four weeks, workout 3 for four weeks, workout 4 for four weeks.
4. Vary the equipment used, substitute dumbbells
5. Vary exercise time and load respectively(60:45:30)

## **Program 1. Complex Training: Tubing and Body Bar**

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## Upper-Lower-Core-Cardio

Complex training involves performing a tri-set of 4 different exercises with little to no rest between. Exercise one is upper body bias, two is lower body bias, exercise three is a core bias and exercise four is cardio based. Goal: Improve core stability and power, increase total body dynamic range of motion and muscular strength endurance 45 min = 1 set. 60min = 2 sets.

Equipment: Rubber Resistance and Body Bar

XT= Xertube, BB = Body Bar

Time: 45-60 seconds

Rest: 15-30 seconds after the quad-set

Speed: RR slow controlled, DB slow controlled, DB rapid momentum

| Upper Body               | Lower Body                   | Core                             | Cardio   |
|--------------------------|------------------------------|----------------------------------|--|
| XT 1-arm row             | BB Sumo Squat                | BB Russian Twist                 | Forward Leap<br>1-2 run                          |
| Push up to Side<br>Plank | BB Drop Step                 | XT Diagonal Chop                 | Long jump<br>shuffle back                        |
| BB Push Press            | BB Front Lunge<br>and Paddle | Plank Knee Drive<br>to Opp elbow | Speed skater 1-2<br>quick/slow                   |
| BB Bent Over Row         | BB Lateral Lunge<br>and pass | XT Partner<br>Rotation           | Partner Burpie<br>high 10 low 5 +<br>½ turn jump |

## Program 2. Circuit Training Lower Body, Upper Body, Cardio

Circuit training involves performing a set of nine different exercises with little to no rest between. Goal: Improve core stability and power, increase total body dynamic range of motion and muscular strength endurance 30min = 1 set. 45min = 2 sets. 60min = 3 sets

Equipment: Rubber Resistance and Body Bar

XT= Xertube, BB = Body Bar

Time: 45-60 seconds

Rest: 15-30 seconds after the tri-set

Speed: RR slow controlled, BB slow controlled

| Lower Body | Upper Body | Cardio |
|------------|------------|--------|
|------------|------------|--------|

|                                |                  |                             |
|--------------------------------|------------------|-----------------------------|
| XT Lateral Travel Squat        | BB T-Balance Row | Lateral Run 1-2-3           |
| BB Drop Step Thread the Needle | BB Push Press    | 1-2 Jump switch Lunge       |
| BB Touch Down Front Lunge      | BB 1-Arm Row     | Knee High Run-Butt Kick Run |

### Program 3. Complex Training Lower-Upper-Core-Cardio

|   |
|---|
| Complex training involves performing a quad-set of 4 different exercises with little to no rest between. Exercise one is lower body bias, two is Upper body bias, three is a core bias and exercise four is cardio. Goal: Improve core stability and power, increase total body dynamic range of motion and muscular strength endurance 1 set = 45min/ 2 sets = 60min |
| Equipment: The Step, Rubber Resistance and The Body Bar   |
| XT= Xertube, BB = Body Bar  |
| Time: 45-60 seconds   |
| Rest: 15-30 seconds after the tri-set   |
| Speed: RR slow controlled, DB slow controlled or rapid momentum   |

| Lower Body                | Upper Body                         | Core                | Cardio                     |
|---------------------------|------------------------------------|---------------------|----------------------------|
| BB Alt Walk up lunge back | BB Plank Row                       | BB Russian Twist    | Knee Hop Mountain Climber  |
| XT X-Over Step up         | Push up to Step Through Side Plank | BB Around the World | Power Squat Along the Step |

|                                   |   |                           |                         |
|-----------------------------------|---|---------------------------|-------------------------|
| BB Alt Lateral Step up Sumo Squat | XT Dead Row                               | Scorpion Plank/Side plank | Quick Switch x 4 + Leap |
| BB Dead lift plank                | Lateral Raise with Diagonal Lunge to Step | Plank Alt shoulder touch  | Alt Power Squat         |

## Program 4. Tri-set Training Lower Body, Upper Body, Cardio

|   |
|---|
| Tri-set training involves performing a tri-set of 3 different exercises with little to no rest between. Exercise one is upper body bias, two is lower body bias and three is a core bias. Goal: Improve core stability and power, increase total body dynamic range of motion and muscular strength endurance 30min = 1 set. 45min = 2 sets. 60min = 3 sets |
| Equipment: The Step, Rubber Resistance and Dumbbells  |
| XT= Xertube, BB = Body Bar  |
| Time: 45-60 seconds   |
| Rest: 15-30 seconds after the tri-set   |
| Speed: RR slow controlled, BB slow controlled   |

| Lower Body                   | Upper Body           | Cardio                         |
|------------------------------|----------------------|--------------------------------|
| XT Lateral Squat/ Rear Lunge | XT 1-Arm Row         | 1-2 Jump Switch Lunge          |
| BB X-Over Step up            | Push up Scorpion     | ½ turn Triple-pulse Jump Squat |
| XT Front Step up             | XT Sword Draw + curl | Burpie Straddle Jump up        |

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