

Bodyweight Blitz

Goals

1. Learn partner and solo drills that train the body through multiple planes of motion in order to improve muscular function and cardiovascular fitness
2. Review functional training, functional movement and planes of motion
3. Examine the principles of exercise variables
4. Demonstrate how to apply these factors in small group personal training, group fitness and personal training settings.
5. No equipment necessary! Using body weight and a partner, learn how to effectively train the body with integrated, functional movements.

Benefits

- High caloric expenditure
- Trains multiple fitness components in a single session
- Enhances muscular strength endurance
- Improved cardiovascular fitness
- Can be used in small group, personal training, boot camp and traditional group training formats
- Increased EPOC
- Social environment
- FUN!!!

Functional Movement Defined

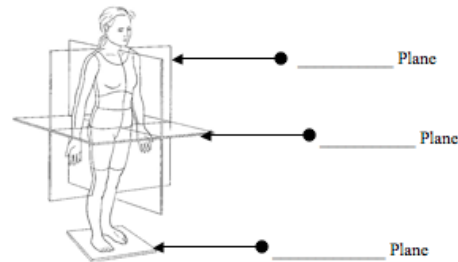
Trains the body as an integrated whole through all planes of motion and focuses on whole body movement, with multi-muscle, multi-joint rather than isolated single joint exercise. Movements create demand input from the nervous system for balance, proprioception and motor learning.

Five Functional Movements

1. Bilateral bend and lift movement (squat, deadlift, hip hinge)
2. Single leg movement (gait/lunge/step up/single leg squat)
3. Push movement (horizontal/vertical chest, shoulder musculature)
4. Pull movement (horizontal/vertical back, shoulder musculature)
5. Rotational and spiral movements (ribcage and pelvis moving in-sync and out-of-sync)

Planes of Motion

- Sagittal
- Frontal
- Transverse



Exercise Variables

Leverage	Momentum
Intensity-progressions/regressions	Self Manual Resistance
Work to Rest Interval Ratio	Time/Reps/Sets=Volume
Exercise Selection	Base of Support Changes
Exercise Order/Training Complexes	Arm/Leg Drivers
Speed of movement	Planes of Motion
Range of Motion	External Manual Resistance

Why Partner Training?

1. Fun Factor
2. External manual resistance
3. Coordination
4. Cooperation

Considerations

1. Sweat
2. Touching
3. The dud partner
4. Fitness/strength differences

5. Socialization

Goal Specific Program Design

Dynamic Warm-up	Solo Exercise	Partner Exercise	Plyometric Exercise
Movement Complex	Lower Body	Lower Body	Lower Body
Movement Complex	Upper Body	Upper Body	Upper body
Movement Complex	Core Bias	Core Bias	Core Bias

Workout Structure:

- Timed Exercises-3 minutes per complex
- 45 seconds work-15 seconds recovery per exercise.
- 1 - set = 30 minute workout
- 2 - sets = 60 minute workout

Dynamic Warm-up

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Squat with overhead reaches	Dynamic hip-flexor/hamstring stretch
Squat touch down alt OH reach	Lower back stretches with hands on thighs
Squat with knee hug	Thoracic rotation/adductor stretch
Squat with knee hug with rotation	Side-to-side torso rotation
Squat with butt kick	Alternating side-to-side reaches, head facing forward
Side-to-side squat	Dynamic chest stretch with overhead reaches
Side-to-side lunge with alternating shoulder rotation	
Side-to-side lunges with multi-level alternating reaches	

Complex	Solo Exercise	Partner Exercise	Plyometric Exercise
Complex 1 Lower Body	Squat	Facing Squat holding hands (towel)	Partner facing Jump Squat low 10 – high 10
Complex 2 Upper Body	Push-up	Facing push up high 5	Partner Burpie push up, jump alternating high 5
Complex 3 Core Bias	Elbow plank to side plank	Partner plank (or quadruped) walk-over	Partner plank (or quadruped) jump-over
Complex 4 Lower Body	Front Lunge with Rotation	Facing alternating front lunge hand wrestle	Partner Jump lunge 1-2 run
Complex 5 Upper Body	Reptile crawl fwd/back	Facing Split Squat Pulling Drill	Partner Jump-switch lunge tug-of-War
Complex 6 Core Bias	Plank with step through Rotation to Side Plank	Standing Facing Resisted Rotation	Partner Facing Reactive Resisted Rotation

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Complex 7 Lower Body	Lateral Lunge	Facing lateral Lunge with opposite hand push	Partner lateral jump lunge low-5
Complex 8 Upper Body	Triceps Side-lying press	Towel push down	Burpie triceps push up
Complex 9 Core Bias	Scorpion plank to side plank	Back-to-back 360 degree rotation high-10	Jump squat partner 360 degree rotation high-10

Partner Stretches

Standing Quad	Other side
Standing Glute	Seated Hamstring
Standing calf	Seated lower back
Standing lower back	Seated butterfly
Standing Lat	Other side hamstring
Chest	Lateral neck stretch

Program Variations:

1. Perform each exercise for 30-60 seconds, <10-15 seconds of recovery
2. Do three exercises consecutively, recover 15-30 seconds before next series
3. Do three series with little to no rest. Repeat for another set.
Continue for entire class resting only after every two series
4. Perform entire program 1 x for a 30-minute class
5. Perform entire program 2 x for a 60-minute class

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6. Vary length of work interval/rest interval ratios to decrease or increase intensity

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