

Fitness Trends 2015:
Designing "Microburst"
Workouts



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PLEASE NOTE:

- Remember to complete this webinar and print the certificate by December 31 of **this year**.
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Why No Time?

- One of the biggest barriers to participate in exercise is no time.
- More likely it's not a priority
- Most assume that if you can't exercise for 60 minutes it's not worth it

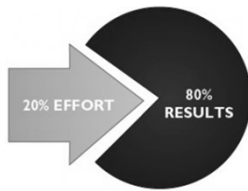


ACSM Guidelines



- Engage in at least 150 min of moderate intensity per week or 75 min of vigorous exercise.
- Train each major muscle group 2-3 days each week.
- Flexibility exercises at least 2-3 days each week to improve range of motion.

Minimum Effective Dosage



- Constantly searching for the least amount of effort for the most gain
 - 4 hour work week
 - 7 minute abs
 - The 80-20 principle

Uses For Shorter Workouts

- Improve mobility and range of motion
- Increasing frequency
- Travel workouts
- Perfecting movements
- Add intensity



Scientific Evidence

- Short duration high intensity effort can be effective
- Less research based on resistance training
- Something better than nothing
- ACSM 7 Minute Body Weight Workout



Some Research To Consider

- Adding additional arm work lead to no additional increases
- 2 weeks of 15 minutes of intervals improved insulin sensitivity and burned 250 calories
- 2 weeks of 10 x 6s sprints improved aerobic performance



Scientific 7-Minute Workout

ACSM Health & Fitness Journal, May/June, 2013

**Do each exercise for 30 seconds;
rest for 10 seconds.**

- | | |
|----------------------|---------------------------|
| 1. Jumping jacks | 7. Tricep dip on chair |
| 2. Wall sit | 8. Plank |
| 3. Push-ups | 9. High Knee run in place |
| 4. Crunches | 10. Alternating lunges |
| 5. Step-ups on chair | 11. Push-up with rotation |
| 6. Squats | 12. Side Plank |

No Time? Get Creative



- Evaluate clients to see what they need and want
- How much time do you have?
- Consider available equipment
- Use these samples to get new ideas

Program Design

- For maximum efficiency consider the following:
 - Exercise selection
 - Total Exercise Time
 - Rest
 - Exercise Order
 - Contraindications

The Weakest Link

- Base these workouts to work on the single most problematic area
- Improving one thing at a time takes little time, yet sees quick improvements



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Practice Makes Perfect



- Pick 5-7 exercises.
- Client performs one exercise for 5-10 minutes per day.
- No sets or reps.
- Practice the movement

Sample Routine

- Monday = Split Squats
- Tuesday = Planks
- Wednesday = Body weight squats
- Thursday = Push Ups
- Friday = Floor Bridges



10 Minute Challenge

- Perform a set of an exercise every minute on the minute.
- 10 reps x 10 minutes = 100 reps in 10 minutes.
- Try Squats, Push Ups, KB Swings, Burpees.
- See how many minutes they can make it.



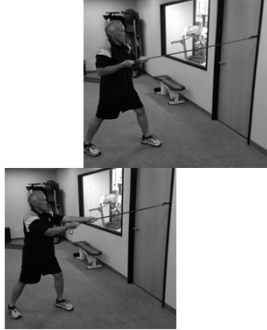
Split Routines

- Total body workouts take longer
- Shorten the routine by creating a split
- 10 minutes per day more days per week
- Use minimal equipment to perform anywhere



Monsterband Push Pull Split

- Perform 20 seconds of each with 20 seconds of rest between.
 - Chest Press
 - Fire Hose Pull
 - Supine Pullovers
 - Push Up w/ Shoulder Tap
- Rest 1 minute and repeat.

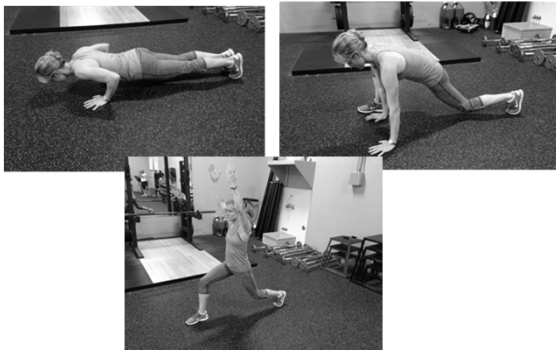


Combination Movements

- Combine exercises to make compound movements
- Kill 2,3, even 4 birds with 1 stone
- Sample Workout
 - Push Up Split Squat Combo
 - MB Reverse Lunge Tricep Press to RDL Row combo
 - DB Manmakers



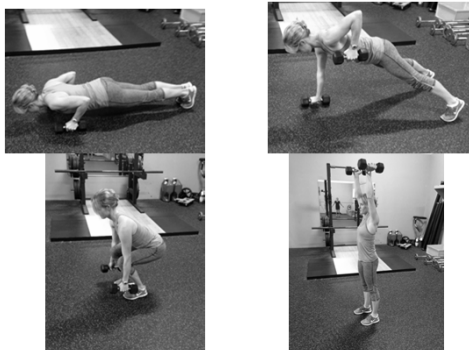
Push Up Split Squat Combo



Lunge, Tricep Press, RDL, & Row



DB Manmakers



Tabata Workouts

- What is tabata?
- Are we really following the tabata protocol?
- Increase the number of exercises to decrease the difficulty
- Try Peripheral Heart Action Training



Peripheral Heart Action Training

- Alternate between upper and lower body exercises
- Increase total body blood flow
- Minimize local muscular fatigue from metabolic waste build up



P.H.A. with Tabata

- Sample 1:
 - Perform 4 sets, 20s:10s
 - 1. Resistance Band Squat Press
 - 2. Resistance Band Bent Over Row
 - 3. Alternating Lunges
 - 4. Gliding Mountain Climbers
- Sample 2:
 - Perform 2 sets, 20s:10s
 - 1. Reverse Lunges w/ tubing row
 - 2. Push Up Jacks

Rest Pause Training

- Increased EPOC response over traditional training
- Pick an exercise and use your 10RM
- Perform 30 reps in as few sets as possible
- Rest and repeat on 3-5 exercises

Escalating Density Training

- More work volume in less time.
- Maximize hormonal response
- Choose 2 opposing exercises.
- Perform 5 reps of each with a 10RM load
- Perform as many sets as possible in a given time limit.



ESD Example

- Superset A- 2 minutes
 - A1-MB Squat Press
 - A2- Monsterband Rows
- Superset B- 2 minutes
 - B1-Gliding Lunges
 - B2-Close Grip Push Ups
- Superset C-2 minutes
 - C1- Jumping Jacks
 - C2- Tubing Bicep Curls



Rep Challenges

- Give a challenge that they can improve on each week.
- Pick exercises they are very comfortable with but provide a challenge for them.
- Track total reps per workout.

Rep Challenge Option 1

- Pick 2 challenging exercises.
- Set a timer for 5-10 minutes.
- Have them start with one of the exercises and perform as many as they can.
- When a break is needed they switch to the next exercise.
- Repeat back and forth until the time is up.
- Record total reps completed.

Option 1 Sample



Rep Challenge Option 2

- Pick 3-5 exercises.
- Set a timer for 5-10 minutes.
- Set number of reps per exercises (3-5 reps).
- Perform as many rounds/reps as possible in the given time.
- Record the number of reps or rounds.

Option 2 Sample

- Perform as many reps of the following in 3 minutes:
- 5 MB Squat Jacks
- 5 MB Bent Over Chest Pass Slam
- 5 X Body Mt Climbers



The 9 Minute Workout

- A1-Total Body Extensions 1 minute
- A2- Push Ups 1 minute
- A3- Prisoner Walking Lunges 1 minute
- A4- Burpees 20 seconds on, 20 seconds off, 20 seconds on
- Rest 1 minute and repeat



30-20-10 Method

- Popular running interval routine for runners.
- Improve performance and health markers
- Get creative and apply to strength routines.



Sample 30-20-10

- Upper Body Set:
 - High Plank Hold 30s
 - Push Ups 20s
 - Explosive Push Ups 10s
- Lower Body Set:
 - Jumping Jacks 30s
 - Squats 20s
 - Lunge Jumps 10s
- Start with 1 set and progress to 5



Can You Spare 32 Minutes?



- 4 Day Workout Cycle
- 32 Minutes per WEEK
- All workouts are 6-10 minutes
- Working out just 2 hours per month can still lead to impressive results.

Sample Program

- Day 1 - 10 minutes
 - Close Grip Push Ups 10reps
 - Inverted Rows 10reps
 - DB Swings 20 reps
 - Rest 1 minute repeat 5 X
- Day 2 & 4 – 6 minutes
 - 2 min walk
 - 15sec sprint on a treadmill; incline 10
 - 15sec rest
 - Repeat 5 C
 - 2 min walk
- Day 3 – 10 minutes
 - Close Grip Push Ups 10reps
 - SB Crunches 10reps
 - Prisoner Squats 20 reps
 - Rest 1 minute
 - Repeat 5 X

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