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THE POWER TRIP


WORK/REST RATIOS



- × Rest periods are key for success!
- × Can create fixed work/rest ratios: 1:30, 1:1, 45 sec:15sec
- × Can also use RPE as indicator of rest needed or use REPS as tool
- × The more explosive/powerful the exercise, the shorter the work period & longer recovery


EXPRESS WORKOUTS –WHAT ARE THEY?

- × HIIT – High Intensity Interval Training
- × Complexes
- × Finishers
- × Met-Con Chain
- × Tag-on Link
- × Monster Sets



HIIT – PROGRESSIVE OVERLOAD FOCUS

- × Increase in volume
- × Block 1: 1 round
- × Block 2: 2 rounds
- × Block 3: 3 rounds
- × Block 4: 4 rounds
- × Each exercise performed for 1 min & 15 sec rest



THE BENEFITS OF MICRO WORKOUTS

- × Efficient training: time-pressed clients
- × Accessibility: anyone & anywhere
- × Fitter faster: energy systems & EPOC
- × Consistency & Compliance



BODYWEIGHT MET-CON CHAIN

- × Perform 4 exercises for 5 reps without rest in between
- × Decrease reps down to 1 rep per exercise
- × Work from 1 rep back up to 5reps



UPPER BODY COMPLEX

- × Muscle conditioning focus
- × Must be simple
- × A flow from one exercise to another
- × 30 sec each exercise/ 4 rounds
- × Rest as needed ☺



UPPER BODY MONSTER SET 30 SEC EACH EXERCISE

- × Walking Plank- forearms/hands
- × Lateral Walking Plank
- × Tricep Push-Ups
- × Mountain Climber



FINISHERS



- × Short & intense challenge
- × Lower Body Finisher Sample

- × Bodyweight Squat 20sec
- × Iso Hold 10sec
- × Squat Heel lift 20 sec
- × Iso Hold 10sec
- × Squat Jump 20sec
- × Iso Hold 10 sec
- × Repeat cycle 3x

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TAG-ON LINK

- × Link 4 exercises together
- × Perform 1 rep of each
- × Select 2 exercises to increase reps from 1 to 5
- × Burpee
- × Pushup 2,3,4,5
- × Bicep Curl
- × Military Press 2,3,4,5

