

Glute Camp!

Combine KettleBells with plyometric medicine ball techniques and improve anaerobic strength, while enhancing power production and caloric expenditure. This HIIT program incorporates lower body physical execution techniques, plyometric progressions and guidelines. Learn the science behind metabolic conditioning with the practical application to change your leg day into a Glute Camp!

Course Objectives

- Demonstrate functional movement sequences utilizing KettleBells and a medicine ball
- Define functional training
- Review training components, guidelines and skill development
- Develop a workout format with a high transfer to ADL's and sports performance
- Include drills that improve agility, speed, power, mobility, balance and coordination
- Demonstrate teaching progressions that enhance participants' motor learning and movement skills

Benefits

- Improve body composition
- Increased calorie burning
- Weight bearing functional exercise
- Improved exercise efficiency
- Increased bone mineral density
- Progressive program design

Functional Movement

- Focus on integrated movement, not isolated single joint exercises
- Introduces multi-joint movement that occurs in multiple planes
- Build complexity in a progressive manner
- Build intensity in a progressive manner
- Develop ability to generate force and stabilize from the core
- Develop movement patterns that have high transfer to ADL's and sports performance
- Movement create a pattern that involve multiple muscles and demand input from the nervous system for balance, stability, proprioception and motor learning

Lower Body Training: A functional Approach

- Dynamic integrated exercise selection
- Core-centric focus
- Lower body multi-planar movement
- Explosive power endurance enhanced
- Minimal recovery
- Timed exercise to allow for progression/regression

Training Guidelines

- Intensity: Vary by changing level length, load or speed of movement
- Tempo: All movement techniques should be mastered before tempo is increased
- Weight load: Appropriate to participants fitness level
- Time: 30-60 seconds of work/10-15 seconds of recovery
- Frequency: 2-3 times per week

Programming Components

- Goal oriented functional movement considerations
 - Joint specific mobility/stability
 - Strength/endurance and muscle fiber types
 - Posture and position in daily activities and sports

Volume

- Watch for superfluous and extraneous movement due to fatigue
- Flexion vs. extension
- Balance movements around the joint and movement in all planes
- Appropriate to fitness/skill level and training age

Motor Learning

- Progression/regression
 - Appropriate steps: micro-progressions
 - Change the exercise only once the skill is learned
 - Change only one element at a time
 - Whole/part/whole or part/part/whole

- Skill Building
 - Repeat an exercise frequently enough to retain as a skill
 - Consider learning style of participant: Visual, auditory, kinesthetic
 - Skill level of participant: Cognitive, associative, autonomous
 - Avoid 'over-coaching'

Adaptation

- Intensity (load, reps, sets, rest)
 - High enough to trigger changes appropriate to the goal
 - Repeat sets?
 - S.A.I.D.

Variability

- Maximum variety = maximum adaptation
- Adaptation must occur before variability
- Exercise order, rep schemes, speed, rest
- Equipment variations

Program Design

- Movements performed in all planes
 - KettleBell and Medicine Ball drills combined with Plyometrics
1. Plyometric HIIT drill
 2. Medicine Ball Drill
 3. KettleBell exercise

Workout

Plyometric/Power	Medicine Ball	KettleBell
#1. Alternating jump lunge w-2 runs	Front lunge w-OH Chop rotation	Rear Lunge w-Figure 8 pass under leg
#2. Speed Skater Lateral Bound	Squat swing w- toss	KettleBell Swing
#3. 1-2 Jump-switch/Jump Squat	1-2 Russian twist with chop to front curtsy lunge	Single Leg Dead Lift
#4 High knee run/butt kicks/Isom. Squat/Jacks	Side Lunge and Chop	Single Leg Dead lift other side
#5. Jump lunge with rotation and smash down	Rear lunge w-rotation and figure 8	KettleBell Squat Clean and Alternating Single Arm Swing
# 6. Lateral shuffle w- touch down	Drop step 1-2 rotate w-twist	Side Lunge with Figure-8 Swing
#7. Burpee with Ball Swing	Lateral Shift Squat (wall Banger)	Sumo Goblet Squat
#8 Warp speed 1-2-3 cut	Side lunge push-off w-OH toss and catch	Windmill
#9. Long jump forward/Quick feet back	Squat and Rear Lunge	KettleBell Alternating Single Arm Swing
#10. High Knee Run/Shuffle/Jump Lunge	Curtsy lunge 1-2 rotation w- bounces	Racked Front Squat to OH Lunge

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