

High Intensity Metabolic Conditioning with Functional Tools (Battling Ropes, Powerbags and Kettlebells)

Overview:

Fusing functional fitness tools to produce a high intensity workout is a no brainer and takes an understanding of technique and good principles in coaching to ensure progression and regression principle is applied and also the understanding of key coaching cues. This session will introduce 3 adaptable tools

Session Objectives

- To showcase these great functional tools and their many purposes
- Teach foundational movements with these tools
- Teach the participants how to coach these movements to their clients
- Educate the participants on why High Intensity Metabolic Conditioning is an effective training methodology
- To show participants how they can be used interactively to create exciting workouts
- Introduce participants to new exercises that have never been seen before
- Introduce participants to different programming methods with these tools. These will include High intensity interval sessions, AMRAP's and repetitions for time

Introduction

What is metabolic conditioning?

Notes:

Why the selection of functional tools to achieve high intensity training?

Notes:

Introducing the battling rope

Quick guide on technique

- How to set up:
- What is velocity training?

Exercises/coaching

Double waves



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Set-up and execution

Notes:

Cues:

- 1.
- 2.
- 3.

Bullwhip

Set-up and execution

Notes:

Cues:

- 1.
- 2.
- 3.

Introducing the Powerbag

Quick guide on technique

- Why the Powerbag:
- Benefits of Powerbag:

Exercises/coaching

Clean

Set-up and execution

Notes:



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Cues:

1.

2.

3.

Press

Set-up and execution

Notes:

Cues:

1.

2.

3.

Introducing the Kettlebell

Quick guide on technique:

Safety principles

Essential techniques

Exercises/coaching

2 hand swing

Set-up and execution

Notes:

Cues:

1.



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2.

3.

Deck squat walk outs

Set-up and execution

Notes:

Cues:

1.

2.

3.

Workout/Programming

Fusing the tools in a high intensity workout

HIIT circuit – High Intensity Interval Training

Program:

1 coach and 1 perform

60-45-30sec - rounds for time

Round 1 and 2

- Battling ropes double waves
- KB explosive deadlifts
- PB Cleans

Round 3 – 4

- Bullwhip
- Deck squats
- PB squat presses