

Introducing ViPR Group Fitness



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ViPR Pro Trainer / QPEC Presenter



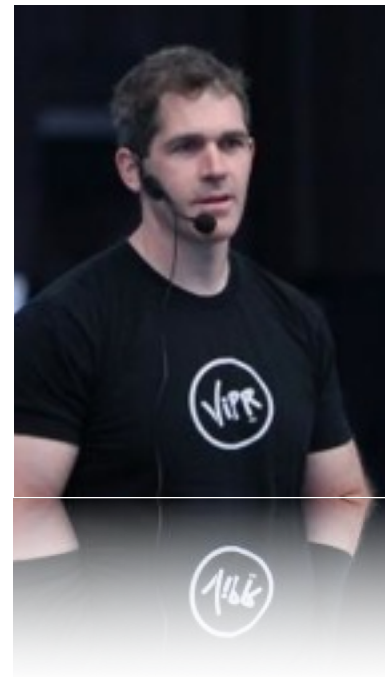
Workshop Outline

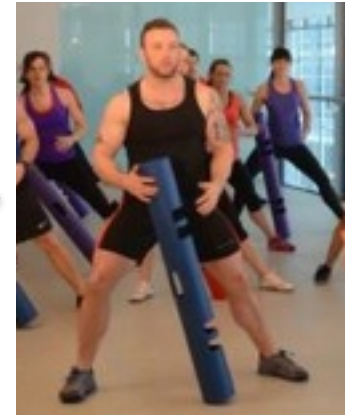
- Theory - 20 minutes
 - * *Define concept, Loaded Movement Training and it's benefits*
 - * *4 quadrants definition + science*
 - * *Characteristic of ViPR 3D & Athletic*
- Practice - ViPR 3D & Athletic - 60 minutes
- Summary/questions - 10 minutes



“ViPR™ was created from a need to evolve training tools, foster purposeful motion and blend strength training with functional training and movement. Movement is fundamental. And what makes up effective movement is a blend of lifting, shifting and twisting.”

- Michol Dalcourt, Creator of ViPR





ViTALITY

A renewed sense of energy and movement possibility

PERFORMANCE

Performing at the highest level possible, with plenty to spare

RECONDITIONING

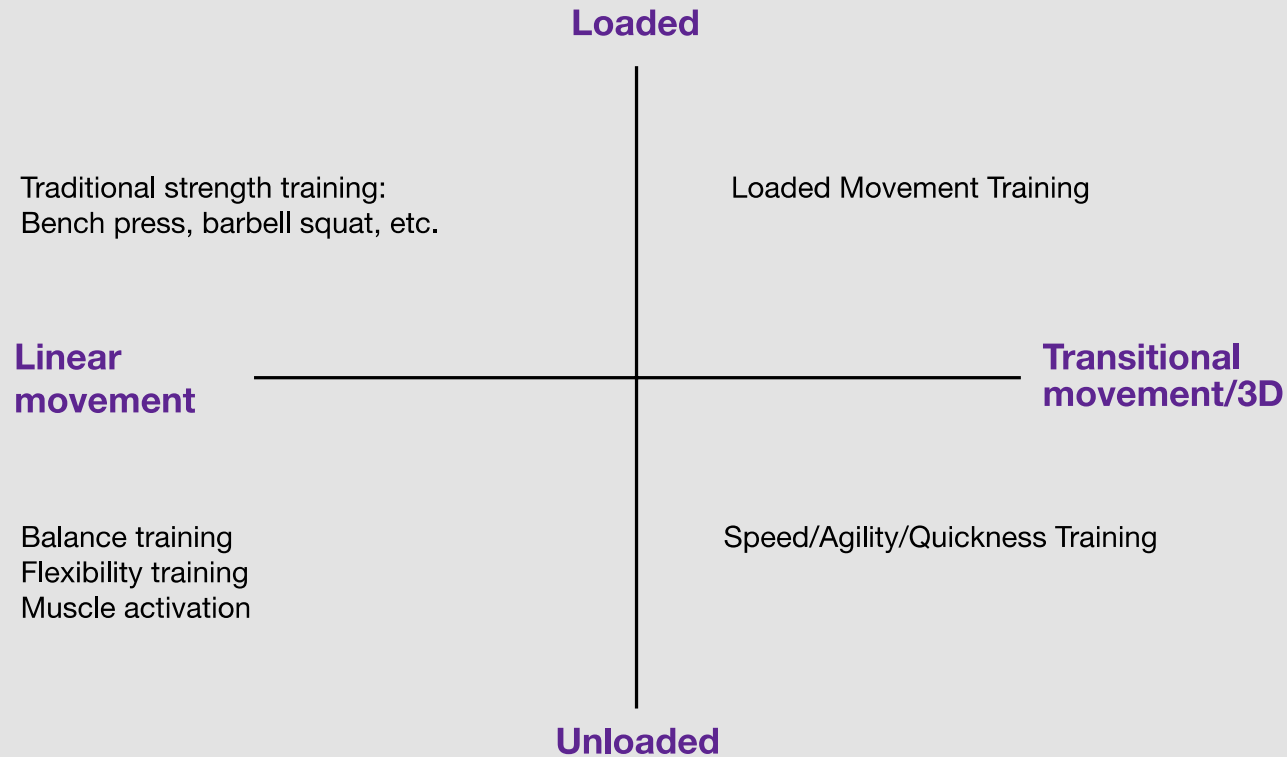
Regaining the power to move effectively and efficiently once more

Loaded Movement Training

Combines task-oriented movement patterning with resistance training. Agility and strength come from moving the body through a multitude of purposeful actions, with load - just like back on the farm.

Loaded Movement Training

Health/fitness training spectrum



ViPR 3D vs ViPR Athletic

3D	Athletic
- Synchronized to music	- Not synchronized to music
- Class works in unison	- At individual's own pace
- Instructor is the conductor	- Instructor is the coach
- Working block + ARs	- Circuit stations + ARs + PLAY/ challenge
- Instructor controls the tempo	- Athlete controls the tempo



GET FIT FOR LIFE

- Whole body integration
- Using one innovative tool
- Strength/Cardio/Coordination
- Alternating working blocks / active recovery
- Rhythmical and fluent movements
- Fun
- Linear training + 3D

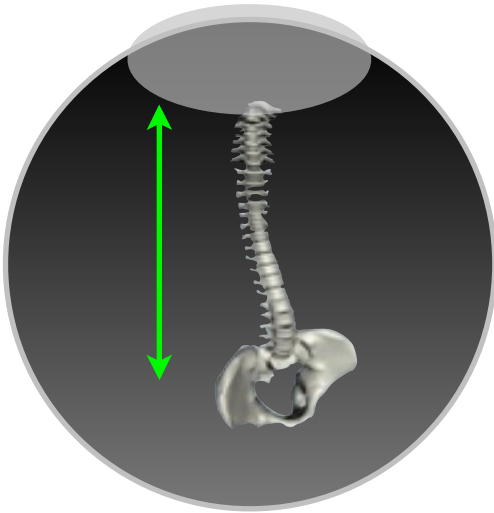


GET BUILT FOR SPORT

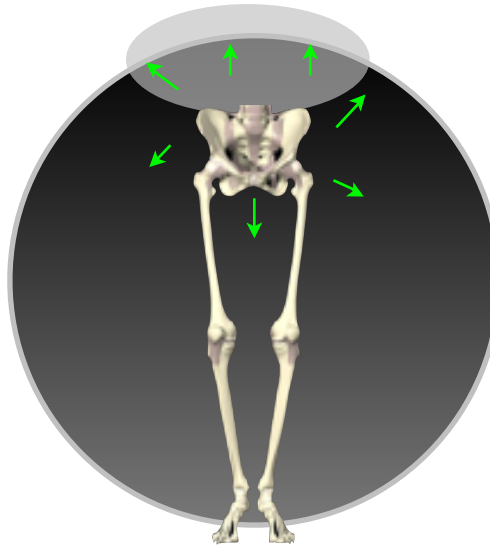
- Metabolic condition class
- ViPR Athletic is for everyone
- Stations / Active recovery / Play + challenge blocks
- Endurance / Intensity / Speed
- Fun
- Linear training + 3D

Coaching Cues

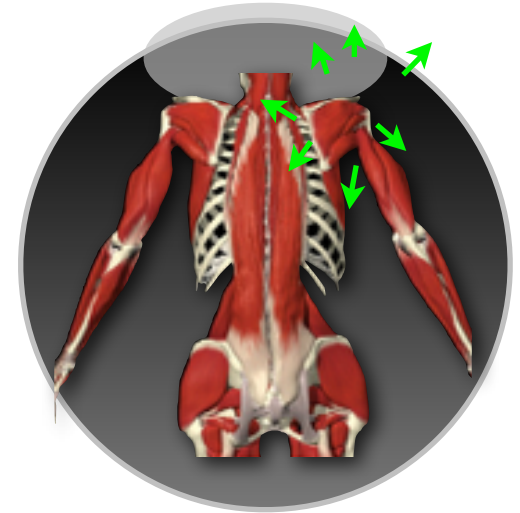
(Adapted from Chuck Wolf, MS)



**1. Maintain
Length in the
Spine**



**2. Initiate
Movement with
the Hips**



**3. Reach with the
Scapula**

Practice



Thank you

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