

WAFIC 2014: METABOLIC FINISHERS FOR YOUR CLIENTS

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What is a Metabolic Finisher?

A MF is any combination of work done at the end of a session to 'finish' or completely fatigue the client using smart methodologies. It is a fantastic way to get a large amount of volume and intensity into short period of time.

Designed to optimize energy utilization and improve over all metabolic conditioning MFs are the perfect tool to add value to your PT sessions.

They can range in length of time from 1 – 10 minutes.

Considerations when designing MF:

1. The Basics: You must consider your clients' level of conditioning, their biomechanics, movement capabilities, and the overall purpose of their training session
2. You need to pick movements and loads that elicit the correct dose response for the outcome you desire
3. Keep the exercise selection relative to the dose response needed; in other words if the aim of the MF is to elicit more of a strength response then choosing exercises that can be performed at heavier loads will be more beneficial than choosing bodyweight exercises. Alternatively if the goal of the MF is to work on aerobic conditioning or sports specific conditioning then choose exercises that will obtain this (such as body weight exercises, light loads or sports specific modalities such as running).
4. Choose exercises that can be performed when in a fatigued state – MFs are not the time to be using technical exercises such as snatch or overhead squats!

Benefits:

- Improved work capacity
- Increased calorie utilization
- Improves the ability to perform when in a fatigued state
- Time efficient
- Increases EPOC
- Improves psychology; teaches clients how to 'go down the hole'
- Does not require a lot of equipment

NOTE: MFs are designed to compliment your current training. They work particularly well if the session has been predominantly strength, hypertrophy or metabolic based. Avoid conducting a whole PT session of MFs as this will not be conducive to gains.

METABOLIC FINISHER TEMPLATES:

SHORT AND SHARP: (1 – 3 minutes)

- a) 3 – 6 repeats of 20 seconds of max effort: 20 seconds recovery using Sled/Sprints/Rower or Rope
- b) 3 – 5 repeats of 200m Row or 50 m Sled with 45 second recovery
- c) Max Effort Burpees for 3 minutes

MIDDLE OF THE ROAD: (3 – 5 minutes)

60 Second Cycles:

- a) 3-5 sets of 20 sec max effort (no break between sets – this is continuous)
 - a1: Rope Slams
 - a2: Burpees or Crawl Outs
 - a3: Break
- b) 3-5 sets of 20 sec max effort
 - a1: KB Swings (moderate weight)
 - a2: Push Ups
 - a3: Break
- c) 3-5 sets of 20 second max effort
 - a1: Plate Squat Pivot Press
 - a2: Plyometric Lunges
 - a3: Break

AMRAPs

As many rounds as possible in 5 minutes (or whatever time you see fit)

- a) 20m prowler (light loads so quick turnover of feet)
 - 10 KB Swing
 - 8 Med Ball Throwdowns
 - 6 Burpee
- b) 20 m sprint
 - 10 KB High Pull
 - 8 Push Press
 - 6 Lunges/side

Minute Killer Fillers:

Perform the first 2 exercises as stipulated and then fill the remainder of the 60 seconds with the third exercise. Rest for 60-90 seconds and repeat 3 x total.

- a) 6 x KB/DB Clean and Press (heavy)
8 x Jump Squats
Filler: Sprints
- b) 6 x Deadlift (heavy)
8 x Burpee
Filler: Sled
- c) 8 x Thruster (heavy)
6 x KB Swing
Filler: Sprints

LONG HAUL: (5 – 10 minutes)

Ladder 1:

Pick two exercises and Ladder them from 10 – 1. This is continuous with no breaks until completed.

Combos:

BB Squats/Burpee: complete 10 of each, then 9, then 8, then 7 ==> 1
Box Jumps/KB High Pulls
Chin Ups/Push Ups
MD Throwdowns/Wall Ball
Step Ups/Bulgarian Squats (this is a killer!)
Renegade Rows/Push Press
DB Cleans/ Tricep Push Ups

Ladder 2:

Similar to Ladder one, however the first exercise remains as a constant number throughout the ladder. For example if the combination were Double Unders and Hand Release Push ups, the MF would go:

20 DU 10 HRP/ 20 DU 9 HRP/ 20 DU 8 HRP ==> 20 DU 1 HRP

Combos:

20 Rope Slams/DB Squats
20 m Run/ Single Arm Dumbbell Snatch
20 DUs/Hand release push ups
10 Long Jumps/DB Bent Over Row

There are multiple ways of putting these ladder combinations together; from changing the number of repetitions completed, to starting at the low numbers

and 'laddering' up. The key is to ensure that the combination of exercises are challenging and stimulating without the exercise itself becoming a 'road block'. Remember the key is to have them complete these with speed but safely!

Note:

These notes and additional MF templates will also be available at
www.nardianorman.com/wafic2014

For any questions or enquiries please contact Nardia at:
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Thank you