

Turbulent Training

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2018 IDEA Top Industry Presenter of the Year
2018 CanFitPro Lifetime Achievement Award
2015/2013/2006/1996 CanFitPro Presenter of the Year
2005 IDEA Instructor of the Year

Introduction:

Learn a new form of high intensity interval training with turbulent training. Come away with practical interval training exercises that can boost your training in group fitness, small group and personal training. Get results in a short period of time. Cause some turbulence and turn up the intensity!

Turbulent means: energy that is irregular, chaotic and often unpredictable.

Principles of Turbulent Training

- high intensity intervals (HIIT)
- change the exercises frequently
- differ the intensity of the exercise
- alter the numbers of reps and sets regularly
- vary the focus of the training workout

Rate of Perceived Exertion (RPE)

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

- 2 - 3: Very easy
- 4 - 6: Moderate
- 7 - 9: Hard to very hard
- 10 +: Maximum

Metabolic Conditioning Overview

- Anaerobic Power (RPE 10+)
- Anaerobic Capacity (RPE 9-10)
- High Aerobic Conditioning (RPE 7-9)

Interval Variations

Short burst: high intensity short duration with equal or greater recovery

Rounds: groups of exercises for a set number of rounds

Reps: set number of reps for time

Ladder: Increasing number of repetitions or time at hard to breathless effort with a set recovery

Pyramid: increasing number or repetitions or time at hard to breathless effort with set recovery followed by decreasing number of repetitions or time.

Finish the Minute: A spontaneous portion of each minute: high endurance to anaerobic capacity training

Hard, Harder, Hardest: 20 seconds at hard work, 20 seconds at lactate threshold, 20 seconds breathlessness.

Turbulent Workout

Warm up

Jog variations

Skip variations

Shuffle variations

Alternate arm swing with knee drive

4 Point dynamic shoulder opener

Low lunging with lateral flexion

4-point lunge

Lunge with dynamic hip hinge

Walk out to hip drive

Push ups

Set 1: Hard Harder hardest (20:20:20)

RPE: 7:8:9-10

| | |
|-----------------|--|
| Cardio | Split lunges/ strides (4/2/1) |
| Strength | Push-ups (wide: narrow: power) |
| Cardio | Climbers (slow: quick: power) |
| Strength | Squat Press (legs only: press: power)R/L |

Set 2: Finish the minute

RPE: 4-5: 9-10

| | |
|-----------------------------|------------------------------------|
| Strength/ cardio | lggy shuffle / quick |
| Strength/ cardio | Skaters/ quick |
| Strength/ cardio | 3 power knee to shuttle run/ quick |
| Strength/ cardio | Squat pulse/ power squat pivot |

Set 3: Partner Triple Rounds (10 rounds for time)

RPE: 9-10: 2-3

| | |
|-----------------|----------------------------|
| Cardio | Surfer pop ups X5 |
| Strength | Full curl to toe touch X10 |
| Cardio | High knee jog X15 |

Set 4: Partner Ladder AMRAP (2:4:6:8:10:12...)

RPE: 8-10: 2-3

| | |
|---------------------|-------------------|
| Strength/ cardio | Burpees |
| Strength/ cardio | Mogul jumps |
| Strength/ cardio | Crab to toe touch |

Set :5 Partner Reps: 100's

| | |
|-----|-------------------|
| 100 | Superman Push ups |
| 100 | Curl ups |
| 100 | Thruster |

Cool down and Recovery

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