Intro Discussion

Think of when you tried integrating a new exercise with a client or class, which was met with pushback.

SCAN FOR LECTURE SLIDES

Introducing Unconventional Exercises to Your Clients

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Who Am I?

Education & Work

- BS Kinesiology, CSU Long Beach
- MS Applied Exercise Science, Concordia Chicago
- PhD(c) Health & Human Performance, Concordia Chicago

- Former – NESTA, NCCPT, KettleBell Concepts, & Smart Fitness
- 18 years as Personal Trainer/Group Fitness Instructor
- Owner of KIPS & Time 2 Train Fitness
- Consultant - Fitness 1440 Corporate, Bodyblade, ADEX Clubs, FitnessFest & Balance

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Objective

Be able to explain the benefits of using unconventional exercise tools. Apply unconventional exercise modalities with your clients.

"Every physical trainer is confronted with the responsibility of deciding upon the kind and amount of exercise to be prescribed to the persons under his charge. He must also form conclusions as to the effectiveness of his prescriptions" (Martin, 1921).

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Finding LMT & Unconventional Tools

Seven years as a competitive highland games athletes

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Modalities We Will Discuss

- Loaded Movement Training & ViPR Pro
- Indian Clubs
- Landmine
- Steel Mace
- Kettlebells
- Not included but can be applicable: Battle Ropes, Tire Flips, TRX Rip Trainer, Suspension Training, & Steel Clubs

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Specificity as it Relates to Sport & Life

- BIG Idea is we want to increase our joint variability. We can decrease load and work at submax to increase end range of joints.
  - Flip side of that, if we want to increase load and work in the sagittal plane, there are great compound lifts that work efficiently and more safely.
- When the load decreases, we have more options to work three dimensionally and improve tissue remodeling and cellular activity => Overall total body strength!

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Be a Professional

- Use Basic Safety Protocol
- Progressions/Modifications
  - Individualizing each exercise for your client
    - health history, structure, exercise history, etc.
    - looking at needs of the client
- Build trust
- Give & Take

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Build the Foundation

- What was the line you used in the fitness consultations about building foundational strength?
  - Was it building the foundation of a house?
  - Or was it adding more horsepower to a car?
- But how were we taught to do that?
  - Linear Sagittal and Frontal Plane Exercises
  - What was you go-to transverse exercise?
    - Woodchop?

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Can we train our clients to be unbreakable?

- Assume we have a client that is a powerlifter that wants to get better at their sport? Can 3D LMT help?
- Demands - linear stability typically trained by doing powerlifts and accessory work that helps the major lifts.
- Wear powerlifting suits to improve stability but what does our body have? SKIN!
- Muscle/Joint Variability - INCREASE
- More Stability = More Power = SUPER STIFFNESS

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Can we train our clients to be unbreakable?

- Sport example - a wide receiver running a route to catch a pass?
- Does he/she always run straight to the endzone?
- How can we safely create exercises in the gym that train coordination, end range position, and 3D strength?

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Functionality of an Exercise

- "Functional strength refers to strength that comes from supplemental training but that directly relates to your sport of choice" (Spezzano, 2011).
- Not a one tool solution
- Our best ability is to be available -> Programming
- Accelerate our bodies abilities in order to do the things we want to do for as long as possible
  - Key word for 2025 - LONGEVITY!

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Areas to Watch

Lower Body
Foot Contact
Ankle, Knee, & Hips

Spine and brace

Eyes

"Safety Bubble"

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Loaded Movement Training

borrowed from IOM

Movements performed through multi-planes of motion, with or without a load.	Can't ignore coaching in one plane. • When doing chops → cue to prevent lumbar hyperextension (arching) • When doing rollouts → cue to prevent twisting as the client descends	To improve integration of the whole body to produce a summation of force in a variety of directions.
To promote a tensile strength that helps fortify the body by providing greater stability as well as creating more space in the joints for mobility.	To increase nervous system sensitivity for up regulating and down regulating the neuromuscular system for improved timing between the joints.	To train the body to mitigate stress through the whole system rather than localizing it.

THE FARM KID

Odd-Position
Functional Strength

FUNCTIONAL STRENGTH IS:

- A body that is fortified by strong fascia and soft tissue, coordinated, stable while simultaneously transitioning through multiple planes of movement.
- A body that can effectively and efficiently harness momentum, receive and produce force in a variety of positions and directions.
- A body that is dynamically strong and stable and has agile strength.

This variable, odd position, and dynamic perspective is a natural form of training the body and it's authentic to both the design of the human body and to the demands of sport.

What function is required of our body in sport?

Sport requires harnessing momentum:

Guiding (Running, Swinging, Throwing, etc.)
Redirecting (Decel & Accel).

*We play and perform in momentum, but we hardly train it.

TRAINING TO HARNESS MOMENTUM

1) Develop Whole Body Coordination (Rhythm and Timing)

2) Capture FREE Elastic Energy through Counter Movement

3) Develop Dynamic Stability & Strength

Indian Clubs

- Warm-up & Mobility
- Set up
- Movement
- Progressions & Modifications

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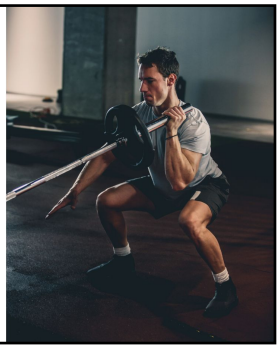
Landmine

- Fixed point
  - Use proper equipment
- Great for single and two-handed variations
- Full-body dynamic movements
- **Refresh or transition to OLY**



Steel Mace

- Strength, Power & Flow
- 360
  - Set Up
  - Movement
  - Modifications & Progressions

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Kettlebells

- Girevoy vs Hard Style
- Usage – One-on-One, Group-X & Small Group
- Swing & Halo
- Set up
- Movement
- Progressions/Modifications

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ViPR Pro

- Not a log press!
- Usage – One-on-One, Group-X & Small Group
- Loaded Linear & Movement Training
- Activation, Power, Strength, & MetCon
- Progressions/Modifications

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Key Takeaways

- Safety first with clients
  - Environment
  - Equipment available
- Build trust with your clients, and they will run through a wall for you.
- Variability - Overall Strength - Performance

Questions

Free Resources with KIPS:

- **KIPS Podcast**
- **Fitness Builder+**
- **YouTube**

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Exercise Demos

- **ViPR Pro**
  - Glute Shift (A)
  - Cross Step Knee Thrust (A)
  - Gust of Wind (A)
  - Loaded Backhand (A)
  - Jump to Backpedal (MetCon)
  - Side Shuffle Reach (MetCon)
  - The Duey (MetCon)
  - Forward Shuffle Shift (MetCon)
  - Lateral Shuffle Bound (P)
  - Knee Thrust (P)
  - Lateral Chop to Balance (P)
  - Cylinder Pulse (S)
  - Box Pattern (S)
  - Shovel (S)
- **Indian Club**
  - Squat Sweep
  - Falling Arc
  - Bent Over Fly
  - Rotating Guard
  - Spinning Blade
  - Halo
- **Dumbbell Fit Flow**
- **ViPR Contra Flow**