

# The BYOB Workout

## Session #5102

**Presented by Lynne Skilton-Hayes, International Fitness Educator and Presenter, University of Guelph  
Fitness Program Supervisor, B.Sc., canfitpro ProTrainer and ACE**

No, it's not what you think! This workshop is about time management in the gym. You've heard it before "I don't have enough time to work out!" Well, we know with all the HIIT protocols today you don't need to spend hours at the gym in order to achieve results. Chock full of great ideas, this session will provide you with four different 30 minute cardio, strength HIIT workouts using nothing but body weight. So next time you go to the gym, we suggest you BYOB!

### **Learning Objectives**

1. Summarize the planar training approach and outline exercises for each.
2. Outline loading and exploding principles essential for safe and effective bodyweight training and program design.
3. Define the benefits of HIIT and review different protocols.
4. Outline EPOC.
5. Identify key cues and regressions/progressions necessary for excellence in exercise instruction
6. Outline exercises for four different 30 minute body weight HIIT workouts

### **Planar Training**

This is becoming more apparent in programming these days and is moving our programming from being muscle group focused to movement focused.

Remember when trying to identify what plane a movement is in, you must analyze it from anatomical position. Which is??

### **Planes of Motion**

- 1) Sagittal Plane – front and back movements

Examples:

- 2) Frontal Plane – lateral or side to side movements

Examples:

### 3) Transverse Plane – Rotation

Examples:

#### **Load and Explode Principles**

- What is the difference between power and plyometrics?
- Strength + Speed = Power

These exercises enable a muscle to reach maximum strength in as short a time as possible. Plyometrics works on developing explosive power and maximally recruiting fast twitch muscle fibres by eccentrically loading a muscle (deceleration) and quickly producing a concentric contraction (exploding).

The goal is to decrease Amortization. This is the time spent on the ground between contraction phases.

These exercises teach people to absorb landing and get off the ground so it is imperative there are cues around how to properly do so i.e. absorb your landing.

As there is speed involved in the movement, it is imperative that a client or participant is strong enough that they can maintain technique throughout. We do not sacrifice technique for speed!

## **HIIT Training**

#### **Physiological and Program Benefits**

- The whole premise is to increase the after burn or EPOC (Excessive Post Exercise Oxygen Consumption). It can last for hours!!
- Improved anaerobic and aerobic capacity
- The rate of increase in VO<sub>2</sub>max is one of the highest ever reported
- Fat burn is greater when exercise intensity is high: compare two different exercise plans for the same client – a 30 mins walk on a treadmill for a 30 year old client.

50% VO <sub>2</sub> max	200 calories (50% fat)	100 fat calories
-------------------------	------------------------	------------------

70% VO <sub>2</sub> max	310 calories (40% fat)	124 fat calories
-------------------------	------------------------	------------------

\*\*these are hypothetical numbers of calories expended, but the percentages are accurate.

- Improve muscular strength and endurance
- It is very challenging and time – efficient
- It is so versatile and can be carried over into most formats

**HITT Protocols**

- Many different HIIT protocols
  - **45/15**, 50/10, 30/30, 30/15
  - **Tabata** – 20 secs of work (the most you can muster), 10 secs of rest x 8 sets = 4 mins
  - **AMGRAP: As Many GOOD Reps As Possible** (different ways to do these)
    - \*may need to review exercises ahead of time in order stay true to ratio\*
    - EX: 6 -8 exercises = 1 round, 10 mins to complete 10 reps each > Complete as many rounds as you can in 10 mins
    - EX: 6 - 8 exercises, in 30 sec blocks try to complete AMGRAP of each =3 - 4 minutes of work > Could do rounds as well

**\*\*All workouts should consist of a 3min movement prep warm up (specific to workout) and 2-3 minute cooldown/stretch**

-----

**Workout #1: Cardio Kickbox**

Warm 30 secs each punch, 30 secs each kick (Front kick and Roundhouse) = 3.5 mins

<p><u>1<sup>st</sup> Set</u> = Total time = 10 mins</p> <p>Combo: 2 knees L, Roundhouse L, Alt Jab, Jab, hook tempo 2x</p> <p>Interval: 2 over, 2 back with Jab – 45 secs</p> <p>Repeat other side</p>	<p><u>2<sup>nd</sup> Set</u> = Total time = 10 mins</p> <p>Combo – Double jab, slip jab hook, I shin block, 2 lunge pulse, 1 front kick</p> <p>Interval: Knee drive slow, tempo get lower, 10 single leg bounds</p> <p>Repeat other side</p>
<p><u>3<sup>rd</sup> Set</u> = Total time = 3 mins</p> <p>7 punch combo 1 min</p> <p>Squat kicks 1 min</p> <p>7 punch combo 1 min</p>	<p>Cooldown/stretch = 3.5 mins</p>

## **Workout #2: Totally Tabata**

Dynamic warm up – 3 – 4 mins

<p><b>1st Set = 4 mins</b></p> <ul style="list-style-type: none"> <li>• 2 switch lunge – 1, 3, 5, 7</li> <li>• Inverted shoulder press – 2, 4, 6, 8</li> </ul> <p>Active Recovery – Quadraped knee/hand touch – 1 min</p> <p>1 min transition/prep next set</p>	<p><b>2nd Set = 4 mins</b></p> <ul style="list-style-type: none"> <li>• Side lunge knee pop up – 1, 3, 5, 7 – alt sides</li> <li>• Side lateral press out – 2, 4, 6, 8 – alt sides</li> </ul> <p>Active Recovery – Kick Crunch – 1 min</p> <p>1 min transition/ prep next set</p>
<p><b>3rd Set = 4 mins</b></p> <ul style="list-style-type: none"> <li>• Low squat jacks – 1, 3, 5, 7</li> <li>• Line Jumps – 2, 4, 6, 8</li> </ul> <p>Active Recovery – Rolldown to rope climb – 1 min</p> <p>1 min transition/prep next set</p>	<p><b>4th Set = 4 mins</b></p> <ul style="list-style-type: none"> <li>• Mountain climber get ups – 1, 3, 5, 7</li> <li>• Sumo Burpee – 2, 4, 6, 8</li> </ul> <p>Straight Recovery 1 min</p> <p>Cooldown/stretch (3 mins)</p>

## **Workout #3: Core Supersets with Bursts**

Warm up 3 mins, Cooldown stretch 2 mins

Each 30 sec burst is followed by 1 min/exercise = 2.5 mins/set - Complete 2 rounds, 7 sets = 25 mins

	<b>Burst</b>	<b>Exercise 1</b>	<b>Exercise 2</b>
Set #1	Knee up, step back lunge	Hand pick up Prone Push up	Supine scap push up
Set #2	Repeat other leg	Push up, press back touch toes	Alt side plank hip lift
Set #3	Rotation Side Lunge/ curtsey lunge	Crab bridge with scap depression	X Plank
Set #4	Repeat other leg	Prone W fly extension with rotation	Cinch
Set #5	Froggers x feet	Dynamic Deadbug	Prone Heel Touch

## **Workout #4:** Metabolic AMGRAP Mayhem

Warm up 3 mins, cooldown/stretch 3 mins

<b>AMGRAP – 45/15, 2 Rounds with a 1 min break between = Total time 14 mins</b>	<b>AMGRAP – 10 reps of each - # rounds in 10 mins</b>
3 Lateral skaters, 1 leg bound	Lateral squat – touch floor
Crab dip and reach	4 Plank Saw, 1 pushup
Squat star jump	Forward lunge, knee pop up
Heel clicks	Sphinx push up
4 switch, ¼ turn squat	Low squat hops
Jack knife Get up	Forward lunge, knee pop up

**Presented by Lynne Skilton-Hayes: Fitness Program Supervisor, University of Guelph, Ontario,  
Canada. Contact Info: Email: [lskilton@uoguelph.ca](mailto:lskilton@uoguelph.ca) Phone: 519-824-4120 X 52670**