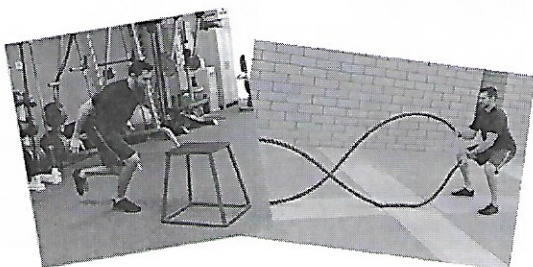


## Whole Body Conditioning Drills

EXERCISE  
ETC. INC.



## Why Do Whole Body Conditioning Drills?

- For fat loss, to increase cardio capacity, improve performance & have fun!
- These drills will be new to many clients who are fit but not athletes.

1. Battling rope drills
2. Resisted running
3. Plyo boxes jumps
4. Slog pipe lifts



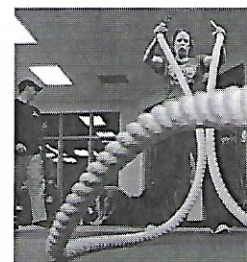
## Why Not Just Do a Machine Circuit?

- These drills are:
  - High energy
    - FUN!!!
  - Intense
    - Burn lots of calories
  - Challenging
    - to both muscle and cardio-respiratory systems
  - Functional
    - To improve performance on & off the field



## 1) Battling Ropes

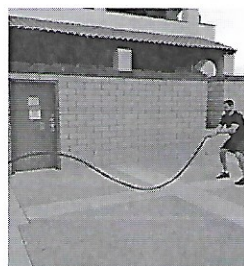
- Fun, High Intensity Exercise
- Upper body anaerobic interval training
- Improves strength-endurance, power, & speed.
- Non-momentum, reduced or non-impact style training.



## Rope Tips

- Active core is critical
- Lift and throw the rope, don't pull it
- Watch for posture breakdown with fatigue
- Keep intervals shorter due to high demand on upper body
- Start with thinner ropes then progress
- Use one handle then progress to two
- All exercises can be performed standing, kneeling, or sitting.

## Waves



Slams



Jumping Jacks



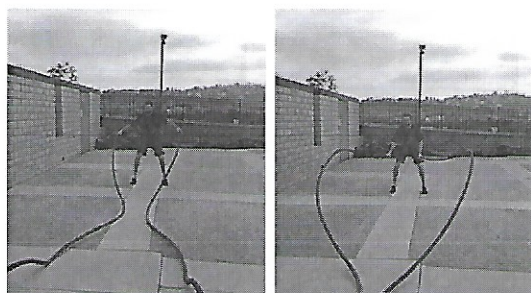
In and Out Waves



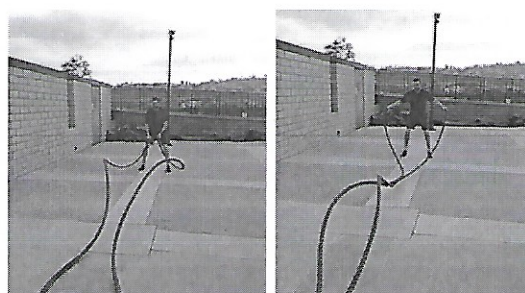
Side-To-Side Waves



Flys



Circles In and Out





### Waves W/ Shuffles



### 2) Resisted Running & Jumping

- Client sprints while hooked to a monster band (or dragging or pulling an object, ie. sled or parachute).
- The goal is to reduce velocity WITHOUT inducing substantial change in technique.



### Resisted Training Challenges

*"Assisted" challenges are ideal for deceleration drills.*

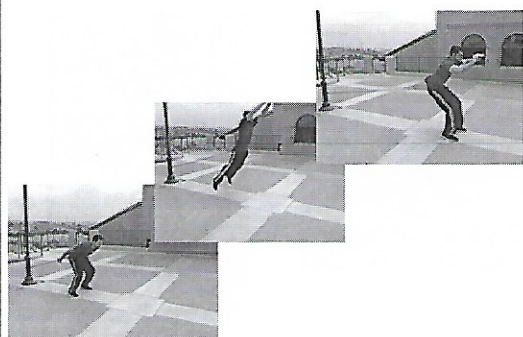
- Resisted Runs
- Assisted Runs
- Resisted Shuffles
- Assisted Shuffles
- Resisted Shuttle Runs
- Assisted Shuttle Run



### Resisted Sprints & Shuffles



### Monster Band Broad Jumps



### Monster Band Split Jumps



### Monster Band One-Two Cut



### 4) Ply Boxes

- What makes it "plyometric"?
  - Stretch Shortening Cycle
  - Eccentric, Amortization, and Concentric phases
- Tips for plyometrics:
  - Must meet minimal strength, speed, and balance requirements.
  - Teach proper landing first
  - Proper Progression



### Types of Plyometric Movements



- Hop
  - Small vertical displacement
- Jump
  - Significant vertical displacement
- Bound
  - Both vertical and horizontal displacement
- Remember you can do upper body plyo drills too
  - Plyometric or "clap" pushups

### Designing Plyometric Drills

- Alternate opposing movements
- Alternate upper vs. lower-body dominant drills
- Incorporate metabolic interval work: recovery
  - 20-30 sec "on"
  - 10-30 sec "off"

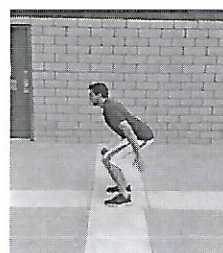


### To Start: Single Response Stabilization

- Teaches clients to understand how to jump and land.
- Skipping this phase often leads to injury.
- Phase last 1-4 weeks or as long as necessary.
- Develop linear and lateral plyo exercises.
- Progress to multiple response stabilization.



### Jump And Reach





Star Jump



Tuck Jump



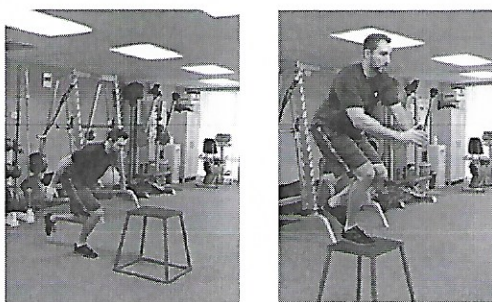
Pike Jump



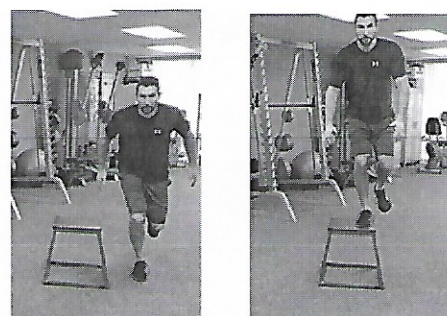
Box Jump



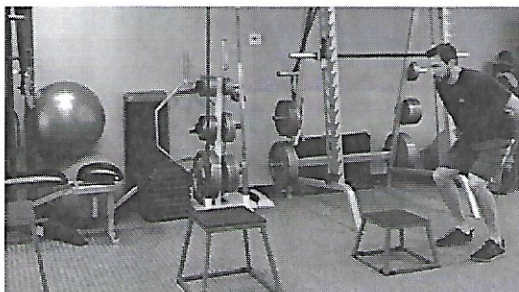
Single Leg Box Jump



Single Leg Lateral Box Jump

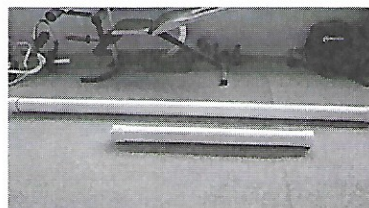


### Hurdle Jump and Stick



### 4) Slosh Pipes

- PVC pipes partially filled with water & sealed at each end with PVC cement
- 1 gallon water =  $\pm$  7 pounds
- 3" diameter best all purpose size; length from 3' – 12'



### Safety & Logistical Concerns

- Pipe diameter:
  - Thicker pipes are more volatile than thinner ones
  - The water flows faster through wide channel
- Pipe length:
  - Longer pipes: more intensity, shorter pipes: less intensity
  - Doorway width vs. ceiling height



### Sloshing Squats, Olympic Lifts

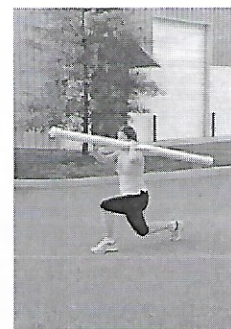
If you can use a barbell, you can use a slosh pipe!



### Squat Jumps

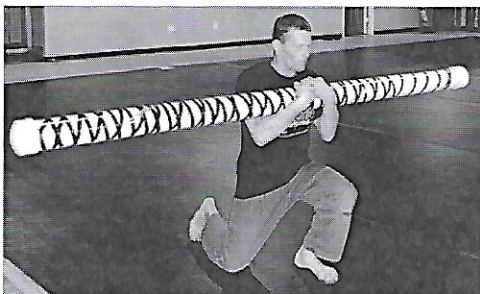


### Javelin Walk, Javelin Lunges





### Walking Lunges



### Pillar of Pain



- Vertical flips from one side to the other
- After a slosh pipe walk/run, add 8 – 10 flips & then walk/run again
- Great for relay races!
- Try this in a group as a line drill

### Try them for Group Activities



### Extreme Slosh Drills



- Tire Slosh ↑
- "Log roll" squat →

