

MPOWER24



Personalized Corporate Fitness
Programs

**Clint Pearman, Chief Operating Coach, 700 Palomar Airport Rd Ste
300, Carlsbad, CA, ClintPearman@gmail.com 817-601-5237**

what is your
wellness score?

CP60Plus Functional Fitness Assessment Calculation (FFAC)

There are too many dimensions to fitness for there to be one simple and easy universal assessment to measure it. There are separate individual assessment that can measure strength, flexibility, heart health core strength, and balance. While VO2 max testing can be used to gage overall cardio respiration conditioning, it may not be available to the average person interested in fitness improvement.

There is, however, a very simple way to gage an individuals overall functional fitness level using a series of 4 individual assessments combined into one. This functional assessment looks at fitness related to activities of daily living involve with lower and upper body strength, core strength, balance, and cardio conditioning.

FFAC was designed to measure functional fitness by combining 4 separate exercises into a synergistic single assessment. FFAC can be a very simple way to help individuals gage their overall fitness level. The assessment results can be used to set up personalized fitness program to improve unsatisfactory fitness level.

The FFAC and the personalized fitness programs are based of the National Academy of Sports Medicine (NASM) integrated training principles and Optimum Performance Training™ model. The NASM looks at fitness in an integrated holistic manner and address several key components to overall fitness. For the purpose of the FFAC and personalized fitness program design the following key components from the NASM system are addressed.

- Flexibility
- Metabolic energy systems (Cardio/Endurance)
- Core strength
- Balance
- Strength (lower body and upper body)

The FFAC will assess all these components in a combined 4 stage timed assessment.

- I. The first stage address lower body strength and flexibility with a 30 second modified air squat overhead clap test.
- II. This is followed by stage two that assesses upper body strength with a 30 second pushup test.
- III. The third component is a 30 second bicycle crutch test designed to test core strength.
- IV. The final exercise will test flexibility, core strength, balance, cardio, endurance and upper and lower body strength with a 30 second bend and thrust test.

When these four exercises are done in a time specific many you can obtain a lot of information about flexibility, cardio, endurance, core strength, balance, and upper and lower body strength. This information can than be used to design a personalized integrated fitness program that will improve specific areas and overall functional fitness.

The FFAC is used for motivational and inspirations purposes, not as a replacement for medical treatment. It is used to motivate and inspire individuals that may not be exercise regularly and those that are exercise fanatics to have a goal to strive for that recognizes your fitness efforts and level. When people have simple individual and or team goals, this acts as a motivational factor. When the effort to improve is simple and easy it can lead to exercise becoming a daily routine for those that don't exercise regularly. But what's most significant is when results start showing up within days, people get really motivated and excited to regularly exercise.

RECOGNITION and REWARD

Similar to the different belts you can achieve in the martial arts CP60Plus FFAC uses a progressive system of recognition and rewards for achieving various fitness levels.

Level 1 Clear Heart: You will begin in this level if your initial assessment score falls in the Clear Heart level, or you are in the beginning stage of your healthy active lifestyle fitness routine, or you have not exercised in a while, or you are returning from injury. The clear heart signifies you are starting the journey towards a healthier active lifestyle. At this stage we begin with the NASM Optimum Performance Training model to implement a stabilization routine. This is designed to gradually acclimate you to or back to exercise, create the new habits and prevent injury.

Using an evidence based modified high intensity interval training routine you will only workout 2-3 minutes a day 2-3 days a week your first month. That's it. See exercise progression below. I will work with you and design the program.

Level 2 Bronzes Heart: When you take the assessment and score at the bronze level you will be awarded the Bronzes Heart. The Bronze Heart signifies you have achieve a basic level of fitness determined by your assessment score.

Level 3 Silver Heart: The Silver Heart means you are making significant progress due to you healthy active fitness lifestyle. Achieving this level identifies you as having above average fitness. Most important at this level you have the foundation to move to the Gold Level.

Level 3 Gold Heart: The Gold Heart is another significant achievement. For most people this may take 3-12 months to achieve only after consistently exercising. If you started from the Clear or Bronze Heart level this could mean you have made a 30 percent improvement from where you started. At this level you could start seeing many other health benefits from this program to include:

- Increased energy
- Body transformation
- Heart health improvements
- Weight loss
- Improved blood glucose
- Blood pressure improvement
- Improved mental performance

For most people the Gold Heart is all they need to maintain achieve and maintain a health fitness lifestyle. But for those that want to take their fitness to the next level the Elite Heart is what they want.

Level 4 Elite Heart: The Elite Level has four subcategories and may not be for everyone. The Elite Health level is identified by the Gold Heart with E1, E2, E3, or E4 on the inside of the Heart. Each level signifies addition fitness achievements to include requirements for pull-ups, 200-meter dash, 1 mile run, and other body weight assessments.

The FFAC Chart list the required score to achieve the Clear, Bronze, Silver, Gold and Elite level. To achieve the Bronze, Silver, and Gold level you have 30 seconds to do as many repetitions of each exercise as you can and a total time limit of 2 minutes.

ASSESSMENT EXAMPLE

1. You will start by doing as many air squats as you can in 30 second.
2. Then immediately transition to doing as many push-up as you can in 30 seconds
3. Then immediately transition to Super Crunches for 30 seconds.

4. Then finish with as many bends and thrust as you can in the remaining 30 seconds.

The total assessment time is 2 minutes. Add up the total amount from each exercise and compare your total score with the CP60 FFAC Chart to determine your level.

ELITE LEVEL EXAMPLE

To achieve the Elite Level there is an additional requirement. You must not only achieve the total required points but you must also achieve the Minimum number of repetitions for each exercise. See minimum requirement listed in the CP60 FFAC Chart.

PERSONALIZED INTENSITY INTERVAL (PIIT) WORKOUT

What's the minimum amount of time you need to get started accumulating the health benefits of exercise?

What if there was 1-3 minutes routine you could do a week and begin to:

1. Gain more energy
2. Improve mental performance
3. Increase your focus and concentration
4. Begin to feel better
5. Start losing extra weight weekly
6. Gain muscle
7. Improve insulin resistance
8. Improve blood sugar
9. Begin to get into the best shape possible

Research has begun demonstrating you can achieve the health benefits of exercise with as little as 1 minute worth of high intensity interval training.

When I qualified as a "USA Masters Track and Field All American" running the sprints I decided to take my track and field training more serious. As a doctoral student I learned how to do real scientific research. While doing a Google search may be called research, it would not be considered scientific research. So, using my doctoral student research skills I began researching the most efficient and effective way to run faster. This took me back to my university research online center. I started reading what the leading scientist in the fields of fitness, sprint training, nutrition, and health had to say.

At the same time I also began studying to become certified by the National Academy of Sports Medicine (NASM) as a Performance Enhancement Specialist and Behavioral Change Specialist. I thought if I added this knowledge to my current

knowledge of the brain and behavior gained as a Health Psychology Ph.D, student I could become an expert on my own health and fitness. I was actually just trying to learn all I could to become a USA Masters champion in the sprints and make it to the world championships.

My research brought me to many of the worlds leading authorities on fitness, nutrition, exercise, and sprint training. One of the experts I started studying the work of was Martin Gibala, Ph.D, professor of Kinesiology at McMasters University. Dr. Gibala specialized in the effects of training and nutrition and the application to health and performance. Dr. Gibala, is easily considered one of if not the top expert in the field of high intensity interval training (HIIT).

In short if you are really busy and not going to read volumes of scientific research here is what I read and have been applying for the last 2 years and getting amazing results. If you are like most people that know you should exercise and still do not get the recommended amount of weekly exercise that's probably because you don't have the time. It is recommended we get 2.5 hours of moderate intensity exercise a week. If not having time is the reason you don't exercise regularly, I have found the magic pill. Ok it's not really a pill but if there was one this is it.

According to the latest research coming out of Dr. Gibala research laboratory and many other researches, HIIT can provide the same cardio benefits and more in a fraction of the time as working out moderately for 2.5 hours a week. In fact Dr. Gibala says this can be achieved in as little as 1-2 minute a day two to three day a week. This is what I have been doing for 2 years and getting amazing results.

How is this possible? To learn all the science behind this you could take about 5-7 hours and read key research or just follow my mental performance optimization workout regimen (MPOWER) and see for your self.

Here is how it works, using the NASM philosophy coupled with Dr. Gibala's HIIT strategies, you can get started only work out 3 times a week for 3 minutes plus warm up and cool down. The principles behind getting results from HIIT in this manner is that during those 1 minute workout you will apply a maximum effort in 20 second sessions. That is you will do an exercise or series of exercise at 85 to 100% effort for just 20 seconds and than rest for 10 seconds and do it again 2 more times.

That's it for Stage 1. In Stage 2 you must now let your body recovers from this level of intensity for a day or two. Stage 3 includes learning about proper nutrition for best recovery and continued HIIT sessions. When you begin to put your body though this level of intensity even though its only for 20 second sessions you will develop a need for the proper nutrition to help your body recover. Without this stage you will simply run out of the energy in about a week or two. With the proper

nutrition this type of workout can become a powerful and effective life style. I will guide you through each stage.

So, how does this work. Below is the regimen I engaged in from start to finish. I have adjusted it slightly to compensate for those that are not elite athletes, which is most of you reading this. Before engaging in this type of workout it is important that you are cleared by you medical provider to undertake a high intensity style workout, even though we will start slower than normal.

Week 1-4.

The NASM Optimum Performance Training Model™ is used to help you reach your fitness goals. This model has three stages as outlined below.

Stage 1 is Stabilization. In this stage we want to get your stabilization muscle develop to a certain point before advancing you to more intense exercise. For the first 4 weeks the exercises will be designed develop your stabilizer muscle.

Week 5-8

Stage 2 is Strength. In this stage you will begin to build strength on top of what you did in Stage 1. During this stage you increase the intensity of your workout and focus on the areas you want to improve. Stage 2 may last 30 days.

Week 9-12

Stage 3 is Power. This stage may not be necessary for everyone. Power is what you work on to develop speed, agility, quickness and is usually pursued by people with specific needs to run faster, jump higher, move quicker, and get stronger. If you play any sports this is ideal for you. If you don't after 30 days in the strength stage you would cycle back through the stabilization stage and continue on.

To join the CP60Plus HIIT Club or to get details and or help taking the Functional Fitness Assessment and designing your personalized fitness program contact Clint Pearman @ ClintPearman@gmail.com or 817-601-5237