COMPONENTS OF INTEGRATED FITNESS

MOVEMENT PREPARATION

Movement preparation is often used interchangeably with warm-up, but it carries a more specific purpose for the upcoming workout. A general warm-up can be a few minutes of walking or jogging to increase heart rate, body temperature, and breathing rate to prepare for increased work. Movement prep incorporates elements of a warm-up with targeted exercises to get you ready for how you'll be moving. Movement prep includes exercises targeting flexibility, core activation, balance, and plyometric training related to the movement demands and patterns of the workout and format.

CORE TRAINING

All movement begins with the core and trunk. Adequate core activation harnesses the full strength of our prime movers. Core training can occur anywhere in the workout, but it can be especially helpful early on to "wake up" (but not fatigue) core muscles in preparation for more intense movement demands.

BALANCE TRAINING

Balance training uses slightly unstable (and controllable) stances to improve how well the body reflexively maintains its equilibrium. Balance training reinforces the communication between the nervous and muscular systems to recruit the right muscles, at the right time, with the right amount of force. Balance training can be easily incorporated by using narrow or single-leg stances while performing exercises.

PLYOMETRIC TRAINING

Plyometric training enhances the speed at which motor units are recruited. It teaches the body to quickly respond to the changes in the environment that we encounter during functional activities at realistic speeds. Plyometric training can be used as part of movement prep or in the body of the workout depending on the format and demands of the class.

SAQ TRAINING

Speed, Agility, and Quickness (SAQ) training teaches the body to quickly change direction, produce speed in multiple directions, and quickly accelerate and decelerate. Drills that use cones, low hurdles, or ladders are common in SAQ training. These can be used to improve conditioning and inject a little fun into classes and as part of movement prep or body of the workout.

CARDIORESPIRATORY TRAINING

Cardiorespiratory training creates foundational aerobic work capacity along with conditioning for higher-demand activities and energy systems. The benefits are numerous and are not limited to weight management, reduction of cardiovascular risk factors, stress management, and overall performance.

RESISTANCE TRAINING

Resistance training is an integral part of maintaining health and overall physical capacity, injury risk reduction, self-efficacy, and self-confidence. Resistance training programs should be carefully planned and progressed to match your participants' current capabilities to your class format's objectives. Numerous training systems can be used to create a workout and multiple human movement system adaptations can be yielded including stabilization, endurance, strength, muscle growth (hypertrophy), and power.













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