



Integrated Bodyweight Training

Presented by Helen Vanderburg

Introduction:

A common goal among clients is to move with strength, power, and efficiency. Bodyweight training is one of the most functional ways to train clients to gain proficiency in all movement patterns. Bodyweight training develops strength in the isolated exercises and the transition from one movement to another. Learn bodyweight movement complexes that move people from the ground to standing with optimal stability, strength, and mobility.

Relevance of Movement:

- Movement activates every physiological system in the body.
- Movement positively impacts every dimension of wellness.
- Movement is medicine.

Whole Body Movement

Movement is often addressed in isolated segments

Whole Body Training ultimately incorporated integrated patterns

– uniting the segments of the body.

Base Movement + Modification/ Variation Variables

- Tempo
- Range of motion
- Volume
- Direction
- Mode
- Complexity
- Workout design

Body Weight Training Programming

Adapt the Exercise to meet the needs of the client

Target Mobility segments first

Choose the exercises to create overload

Build the training protocol

		Exercises
1	Warm up	Foot mobility Hip and Knee mobility Spinal mobility Shoulder mobility
2	Squat	Bilateral parallel squat (rhythm variations) Curtsey squat – combined with parallel squat Creeper squat Curtsey squat – combined with parallel squat Jump squats Iso squat
3	Push up	Triceps press Plank Recoil Triceps push up Lunge to thread to single arm triceps dip Side lying triceps press
4	Lunge	Rear lunge to knee balance Single leg dips Stationary lunge (rhythm variations) Hip hinge lunge to single leg balance Lunge pops/ switch lunges Repeat on the other side
5	Side Plank	Plank with alternating hip dip Forearm plank Side plank Side plank with hip dips Side plank with single leg circle Pike with overhead press Walk ups Shoulder taps Plank jacks
6	Wide Squat	Wide squat with heel raises Wide squat pulse Jump squat
7	Plank	Plank to Pike Pike with twist to T stand Plank with oblique twist to thread the needle Leg thread
8	Back/hip extension	Prone Spine extension Prone Hip extension Alternate spine and hip extension

VANDERBURG

helen

		Spine extension with posterior shoulder integration Upward facing dog Surfer Pop up
9	Seated/ supine spine flexion	Crossed legged full roll ups Abdominal curl variations Oblique curl Reverse curl Leg lowers Slow motion alternate leg raises ½ Turkish get up Full Turkish get up
10	Bridging	Hip bridge (parallel and turn out) Single leg bridge Bridge with leg thread
11	Cool down/ Restoration	Knee hug Supine spine rotation Chest opener Roll up to seated forward bend Seated chest openers

Thank you for attending.

Helen Vanderburg

helen@henvanderburg.com

Follow me on social: FB @henvanderburg

Instagram @vanderburghelen and fusionworkouts