


Fantastic, Fun, Cardiovascular Workouts: Results Guaranteed!

IDEA PTI East Session #227

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- I. What is Cardio?
 - A. Balloon Activity
 - B. Lunge/Push Up/ Plank activity
 - C. Definition of Cardiovascular exercise- Does cardio have to be on a stationary machine?
 - 1) All Cardio is Energy System Development
 - 2) How do we select the right intensity?



Training the Metabolic Engine

| TIME | PATHWAY | FUEL |
|--------------|---------------------|------------------------|
| 1 – 4 sec | anaerobic | ATP |
| 4 – 20 sec | anaerobic | ATP - PC |
| 20 – 45 sec | anaerobic | ATP - PC + Glycogen |
| 45 – 240 sec | Anaerobic & Aerobic | Glycogen |
| 240+ | Aerobic | Glycogen + Fatty Acids |

- 3) Intensity is based on the goal of the session/phase of training
 - a. Recovery & Regeneration
 - b. Endurance
 - c. Specific Strength/Power (local)
 - d. Cardio Strength (central)
 - e. Heart Rate Recovery
- D. Measuring Intensity for workouts
 - 1) Heart Rate Gears

GEARS



E. How do we program all that together? What does that look like?

- 1) HR%
- 2) Energy System
- 3) Goal (Sample)
- 4) LIKES/DISLIKES



PTA Global: Gears & Goals

| GEAR | HR % * (VO2%) | Energy System | Non-stop, Non-refuel Duration Limit (minutes) | Outcome | Goals | | | | |
|------|--------------------|--|---|--------------------|-------|--------|----------|----------|----------|
| | | | | | R&R | HR Rec | Card End | Card Str | Spec Pwr |
| 1 | 50-60 (20-36) | M. Glycogen / FA (Aerobic) | 3,000 | Base | | | | | |
| 2 | 60-70 (36-52) | M. Glycogen / Lactate (Aerobic) | 45-90 | Endurance | | | | | |
| | | | | | | | | | |
| 3 | 70-80 (52-67) | M. Glycogen / Lactate (Aerobic / Ana) | 30-45 | Fitness | | | | | |
| 4 | 80-90 (67-83) | ATP-PC / M.Gly (Anaerobic) | 10-20 | Performance | | | | | |
| 5 | 90-100 (83-100) | ATP-PC (Anaerobic) | 1-5 | Max Performance | | | | | |

R&R = Recovery & Regeneration; HR Rec = Heart Rate Recovery; Card End = Cardiac Endurance; Card Str = Cardiac Strength; Spec Pwr = Specific Power

- F. Discovering a Clients Likes/Dislikes
 - 1) Traditional vs. Progressive exercise
 - a. Sample Movement Continuum
 - 2) The PTA Global Program Design Questionnaire
 - 3) What do you prefer?:
 - Structure OR Freedom
 - Routine OR Variety
 - Practical OR Adventurous
- G. Training the Traditional Client for "Cardio" exercise
 - 1) Manipulating Beginning Position then Driver
- H. Training the Progressive Client for "Cardio" exercise
 - 1) Manipulating Triangulation
- I. How do we get the right response within our gears?
 - 1) Acute Variable Manipulation
 - a. Size of Our Bubble
 - b. Work:Rest
 - c. Time Under Tension
 - d. Volume
 - e. Load
 - f. Exercise Order
 - g. Tempo
- J. The power of emotionally attaching motion to a clients goal... priceless!
- K. Resources for Fun (Progressive) exercise
 - 1) Ian ODwyers DVD: Games sold on PTONtheNet
<http://www.ptonthenet.com/courses/Games-Series-247>
 - 2) "PhysEdGames" Youtube Channel
 - 3) PTAGlobal.com
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