



Fun and Quality

The 'Dyna-Full Body Conditioning Workout (DFBC)' from Don Perrin

This is the personal story of Personal Trainer Don Perrin from Winchester on his own successful version of Metabolic Resistance Training (MRT) and High Intensity Interval Training (HIIT).

The 'Dyna-Full Body Conditioning Workout (DFBC)' is my own hybrid interpretation of the highly popular form of training of today that is 'Metabolic Resistance Training' (MRT) and the forever-in-demand 'High Intensity Interval Training' (HIIT) introduced in the 90s.

A different version

My version differs from MRT in that although I use resistance exercises (both bodyweight and external such as kettlebells, resistance bands, medicine balls and dumbbells) my sessions use lighter weights and more repetitions as opposed to the

heavy or low-range of MRT.

Although DFBC combines high-intensity intervals, I combine high and low intensity 'complexes' (mini circuits), rather than the often repetitive three to five cycles of the same interval, using a single machine such as a treadmill with the same work to rest ratios (as can be indicative of many 'HIIT' sessions).

I have always enjoyed exercises that are both dynamic but effective, whilst utilising time and purpose – and the exercises I offer can be used for both general and sport specific training. Here I believe there is often a fine overlap anyway.

What clients need

As a trainer I am aware of the need for functionality. My clients need exercises that reflect their everyday movements like pulling, pushing, bending and rotating. These are actions that require the use of more than one muscle and use multi joints, as opposed to single isolation exercises.

We are often constrained by time so I like to provide high-quality sessions of 45 minutes maximum. This leaves enough time scheduled in to include the essential 'warm up' and 'cool down' and allow for some interesting gossip!

A source of inspiration to making DFBC a 'signature' workout was during my cardio tennis sessions, when I realised the need for more variety with the cardio drills and to add some subtle resistance exercises. I received positive feedback and

claims of "increased acceleration" and "firmness in certain areas."

A typical DFBC workout

A typical DFBC workout will incorporate the variety of three or four of the following 'mini circuits': Ascending or descending ladders; 'combos'; ratchets sets; supersets; tri-sets; tabatas; 'finishers'; timed intervals; amraps (as many repetitions as possible) with as many repetitions as you can and more! One circuit may be upper-body exercises using a medicine ball; one combining plyometrics (fast cardio) with abdominal exercises, another focusing on the lower body using bodyweight exercises (sneaking a bit of continuous cardio with 'lateral runs') or include balance and agility 'supersetted' with resistance bands for muscular endurance and toning.

Benefits

The many benefits of physical exercise include: Improved cardiovascular endurance, increase in strength of joints and bones, muscular endurance, balance and coordination, mood enhancement and self efficacy. There is also a reduced risk of stroke and coronary heart disease, incidence of obesity and risk of developing diabetes, and more. However, in addition, many clients have

told me they are also looking more specifically to their workouts for "fat loss", "weight reduction", to "burn a high volume of calories" and to "develop muscle tone and composition". No problem! My DFBC workouts burn calories during them, then there's the 'after burn' (calories burned straight after exercise) and finally we 'create' EPOC (Excessive Post-exercise Oxygen Consumption), which can result in the calorie burn continuing from anywhere between 24-36 hours. EPOC causes an oxygen debt this also elevates metabolism (our bodies working hard in order to restore us to our pre-workout condition) and an increase in the fat burning hormones; human growth hormone and testosterone. This in turn increases lean muscle mass which also helps increase fat loss.

Conclusion

I fully endorse and am an advocate of any physical activity. Steady-state continuous cardio (running and cycling) has its place in any exercise programme but the calorie burn stops when the workout finishes (there aren't the post work-out metabolic effects).

Therefore if your clients want a workout that trains all the components of fitness (cardiovascular, muscular, agility, speed, flexibility and core work) in one 'shot' with a metabolic effect that lasts

Jordan Fitness HIIT tips:

High-Intensity Interval Training (HIIT) using Jordan Fitness functional resistance equipment such as sleds, kettlebells, sandbags, and even bodyweight, is a highly effective way to lose fat, get lean and improve aerobic and anaerobic fitness. However there are key factors which will make these workouts effective such as:

- Keep sessions short but intense - 20-25 minutes can be enough for some, whilst fitter individuals may do up to 45 minutes
- Use dynamic, whole body exercises (whatever equipment you are using) to elevate the heart rate - Kettlebell Squat Push Press is GOOD, Kettlebell Biceps Curls IS NOT....
- Ideally use a work period of 20-45s at a sufficiently high intensity to induce the hormonal changes necessary to get results (easy to tell by the build up of lactic acid...).
- Add functional exercises that involve a high core stability element (such as Kettlebell Windmills, Sandbag Seated Rotations, or the Jungle Gym Jack Knife), placed after the "dynamic exercises" to really make the session harder by forcing the core area to brace when the body is trying to breathe heavily.
- Remember, HIIT for fat loss should train lifts to failure or near failure - choose the equipment and exercises intelligently

Jordan Fitness Functional Equipment for HIIT includes:

- **Sandbags** - great for dynamic whole body exercises and some static core emphasis, plus the instability of the sand within the bag adds another dimension
- **Kettlebells** - perfect for many continuous dynamic drills (swings, cleans, snatches etc) and for isometric core drills
- **Sleds** - pushes, drags are great resisted sprint/walking drills for overloading the CV system
- **Jungle Gym XT** - Suspension Systems like the Jungle Gym are best used for the isometric (emphasis) drills, that would follow after a dynamic exercise that has raised the heart rate



way beyond the session then I can recommend trying a Dyna-Full Body conditioning workout or similar! This will help your clients achieve fat loss, improve muscle tone and composition, improve their endurance – all this whilst having fun! After all, any motivation for attendance should be for fun and quality!



DON PERRIN Accredited Personal Trainer Don Perrin started his career in tennis coaching, establishing 'Don Perrin Tennis' in 1998. A fascination of how the body works and how it copes with the intensities placed on it during exercise combined with the teaching of Cardio Tennis inspired his diversification into Personal Training. Dynamite Personal Fitness was formed in September, 2012, in Alresford, Winchester and the surrounding areas. It provides a fitness service that is both dynamically charged and personal.

In local village halls and similar venues, clients' homes and his own 'Dynamite Gym',

Don trains comprehensive programmes such as Dyna-Full body Conditioning; Dyna-Fighting Fit; general and sports-specific individual fitness programmes; individual and partner metabolic workouts; specialist equipment sessions; and Dyna-shred with low-intensity classes for clients with medical disorders.

For more information: www.dynamitepersonalfitness.co.uk



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