

Training methods

CARDIOVASCULAR TRAINING

Cardio training activity that strengthens your heart and increases your lung capacity. There are several training methods. Here are a few:

- **LISS TRAINING**

Low-Intensity Steady-State. Walking at a comfortable pace is one of the most popular forms of cardio and is a great example of LISS exercise. Aim for a steady but moderate pace for 30 to 45 minutes. LISS is great for increased energy, better blood flow, a stronger heart and overall cardiovascular health.

- **MISS TRAINING**

Moderate Intensity Steady State. This includes any physical activity that results in your heart staying in the 'cardio zone'. Examples of this is jogging, very quick pace walking etc. This type of cardio can benefit all sports athletes, individuals looking for fat loss, those interested in changing body composition and training at a new level of intensity.

- **INTERVAL TRAINING**

Interval training consists of set periods of high and low intensity activity and can be at least as effective as moderate-intensity continuous exercise in weight loss. It's a great method for people with short attention spans and people who lack motivation as its short and sharp workouts.

- **FARTLEK TRAINING**

Fartlek Training is a fun way to improve your speed and endurance. Fartlek, a Swedish term that means "speed play," is a form of interval or speed training that can be effective in improving your running speed and endurance, there are no set time frames on the intervals. Fartlek running involves varying your pace throughout your run, alternating between fast segments and slow jogs.

- **HIIT TRAINING**

High-intensity interval training (HIIT) is a workout where you alternate between very intense anaerobic periods and slower recovery periods and can be a shorter, more focussed workout. The high intensity intervals should be performed at near maximum effort and the recovery intervals should be carried out at about 50% effort.

- **TABATA TRAINING**

Tabata is a form of HIIT which consists of alternating short periods of intense exercise with short periods of rest. This is 20sec MAX effort followed by 10sec RECOVERY. You would complete these 8 times. The session lasts for 4 minutes. Tabata is great for people with time constraints. With a warmup and cool down the workout can be as short as 15 mins.

- **3d HIIT WORKOUTS**

DIMENSIONS HIIT TRAINING

Dimensions HIIT is 3d's own branded HIIT class. There are 4 sections to complete in the class and there are 3 different forms of the class to take part in – CARDIO / MIX / STRENGTH.

R3DZONE HIIT

R3DZONE another 3d HIIT class. This is a short high intensity class where participants can push right to their maximum. There are 2 different versions for different class lengths and 4 different varieties of the class – STRENGTH / CORE / CARDIO / FITNESS (Mix of all).

4X4 EXTREME HIIT

This is a high intensity class, aimed to really push the body to its limits. Taking HIIT to another level. The user picks 4 high energy exercises and performs them in a circuit fashion. 1 minute per exercise / 30 sec rest between exercises and a 1 min recovery at the end of each set. The user must complete 4 sets of these 4 exercises (i.e., 4x4). This class is aimed at the fitter gym user.

See the 3d portal for more information on how these session works.

- **CIRCUIT TRAINING**

Circuit Training is a fantastic workout that's great for everyone, regardless of fitness level. It incorporates a variety of exercises and muscle groups at separate stations to get that total body workout. Times etc vary dependant on the sessions / levels of fitness.

Training methods

STRENGTH TRAINING

If your muscles are stronger, everything in day-to-day life is easier. By stressing your bones, strength training can also increase bone density and reduce the risk of osteoporosis. There are many different forms of strength training that you can incorporate into a programme. Often different methods can overlap each other. Here is a list off a few different ones you can try:

- **BASIC SETS**

This is the most fundamental method when it comes to resistance training. Pick your rep range and set quantity, completing one exercise before moving onto the next. The rep speed should be 2 seconds on the concentric contraction and 4 seconds on the eccentric contraction for the perfect rep.

- **SUPER SET**

A superset is simple: alternating sets of two different exercises with no rest in between. This can be the same muscle group i.e., chest press and push ups or different e.g., chest press and squats. An antagonist superset is when you're doing two exercises that target opposing muscles groups e.g. bicep and triceps.

- **TRI-SET**

Tri-sets are doing three exercises back-to-back with no break. During these sets you can either pair exercises that are non-competing, in other words opposing muscle groups, or you can target the same muscle.

- **GIANT SETS**

Giant sets are doing 4 or more exercises back-to-back with no break. During these sets you can either pair exercises that are non-competing, in other words opposing muscle groups, or you can target the same muscle. Another benefit of paring exercises is the increased density.

- **POST-EXHAUST TRAINING**

This is where you complete a compound (more than one joint moving) exercise, then without any rest go straight into an isolation exercise i.e., shoulder press into lateral raise.

- **PRE-EXHAUST TRAINING**

This is the opposite of post-exhaust training where you train the isolation exercise into a compound exercise i.e., pec fly into chest press.

- **DROP SETS**

Drop sets is a technique for continuing an exercise with a lower weight (resistance) once muscle failure has been achieved at a higher weight.

- **TIME UNDER TENSION TRAINING (TUT)**

Time under tension (or TUT for short) is commonly used in strength and conditioning and bodybuilding. Essentially, it refers to how long a muscle is under strain during a set. Based on each rep taking 6 seconds, a typical set of 10 reps for an average lifter will take around 60 seconds to complete.

- **7'S / 21'S TRAINING**

Partial reps or 21s is a technique that you do with 40 per cent of the weight you can maximum lift for 10 reps. You would complete 7 full reps followed by 7 half reps then completed with a further 7 full reps all in one go.

- **NEGATIVE REPS**

Negatives are a great way to add more intensity into your workouts and overload the muscle groups engaged in the exercises you are performing. Negatives are performed by controlling the tempo of the repetition and slowing down the lowering phase of the lift to an approximate 3-5 seconds rep count. This can even be done with no upward phase. Overload the weight to something out of your capabilities (above your 1RM) and focus on going down nice and slow (note: you will need a partner/instructor for this method)

- **FORCED REPS**

A rep is considered "forced" when the lifter reaches muscle failure during a set and has a training partner assist in completing past the normal point of failure and therefore fatigues more muscle fibre, as well as those that are normally used, thereby stimulating more complete growth and muscle density.

- **PAUSE REPS**

The pause rep involves pausing for a count of 1 – 2 seconds at the bottom of the repetition, when used for squatting the brief pause will be while you're in a below parallel position. When performing pause reps on the bench press, you'll be pausing when the barbell is only just above your chest. This helps to really stimulate all muscles involved imposing mechanical stress on muscles involved. These techniques are best carried out with a training partner.

Training methods

STRENGTH TRAINING

- **GERMAN VOLUME TRAINING (GVT)**

GVT is defined by its distinctive set-and-rep scheme: 10 sets of 10 at 50% of your 10-rep maximum. Rest periods are short: 60 seconds between sets, if you're doing one main lift (such as a squat or bench press), and 90 to 120 seconds between sets, if you're alternating two lifts.

- **PYRAMID TRAINING**

There are a few different versions of pyramid training. A reverse pyramid means big at the top and narrow at the bottom. And that's what pyramid training means in a weight training context. You start heavy and gradually decrease the weights or reps or you start light and gradually increase the weight or reps. Or you can include both in an extended set and work up and back down

- **UNILATERAL TRAINING**

Unilateral training is where you are only working one limb at a time. In most traditional training movements, we use both limbs concurrently to complete the task at hand. For example, you can perform an alternating dumbbell press whilst keeping one arm in the extended position, promoting stabilisation of supporting muscles and driving mechanical stress and muscular fatigue.

- **PLYOMETRIC TRAINING**

Plyometrics are exercises that involve a jumping or explosive movement. For example, skipping, bounding, jumping rope, hopping, lunges, jump squats, and clap push-ups are all examples of plyometric exercises.

- **GIRONDA TRAINING**

Just like GVT, this method is one used to stimulate muscle growth, you pick one compound exercise at 50% of your 10-rep maximum and you perform 8 sets of 8. You then pick 2-3 isolation exercises and perform 3 sets of 12-15. Rest is kept down to 60 seconds between sets. Popular method amongst bodybuilders.

- **HIT 100'S**

If you want to get a serious pump in a short period of time, this is a great way to add high volume into your workout. Take a compound exercise, add weight to about 50% of your 10-rep maximum and a bit like GVT we are going to aim for 100 reps straight out of the gate (you will not manage this). 1 rep = 1 second rest. For

example, you get to 40 reps, you have 60 reps left so you rest for 60 seconds. Keep going until you get to 100. Once you get to 100, add weight to get to your 10RM and go for 3 sets to failure. Once complete, perform 2-3 isolation exercises between 12-15 reps of the same muscle group.

- **RUSSIAN COMPLEX TRAINING (RCT)**

Essentially RCT takes a heavy resistance based exercised (3-5 reps) followed by a similar but more explosive based exercise (10 reps). For example, back squat followed jump squats. Rest for 3 minutes between sets. Perform 3-5 times. It is recommended you perform one upper body variation and lower body per session.

Training methods

STRETCH AND FLEXIBILITY

Stretching exercises stretch your muscles and will help your body stay flexible. These exercises may not improve your endurance or strength but being flexible gives you more freedom of movement for other exercise as well as for your everyday activities.

- **BALLISTIC STRETCHING (MOBILISATION)**

Ballistic stretching uses the momentum of a moving body or a limb to force it beyond its normal range of motion. This is stretching, or "warming up", by bouncing into (or out of) a stretched position, using the stretched muscles as a spring which pulls you out of the stretched position.

- **DYNAMIC STRETCHING**

Dynamic stretching is a movement-based type of stretching. It uses the muscles themselves to bring about a stretch. It's different from traditional "static" stretching because the stretch position is not held.

- **ACTIVE STRETCHING**

Active stretching is also referred to as static-active stretching. An active stretch is one where you assume a position and then hold it there with no assistance other than using the strength of your agonist muscles.

- **PASSIVE (OR RELAXED) STRETCHING**

Passive stretching is a technique in which you are relaxed and make no contribution to the range of motion. Instead, an external force is created by an outside agent, either manually or mechanically

- **STATIC STRETCHING**

Static stretches are those in which you stand, sit or lie still and hold a single position for period of time, 45-60 seconds.

- **ISOMETRIC STRETCHING**

Isometric stretching is a type of static stretching (meaning it does not use motion) which involves the resistance of muscle groups through isometric contractions (tensing) of the stretched muscles

- **PNF STRETCHING**

PNF refers to any of several post-isometric relaxation stretching techniques in which a muscle group is passively stretched, then contracts isometrically against resistance while in the stretched position, and then is passively stretched again through the resulting increased range of motion