


**SENIOR CLIENTS**

The workout regimen for your older trainees should involve endurance, strength, flexibility and balance training, with an emphasis on weight-bearing exercises. Routines can be combined. An example would be standing up from a low platform while curling dumbbells, then sitting back down while releasing the curl. Machines should be encouraged since they provide the stability component and will isolate muscle groups. Older populations could pretty much work the same basic equipment as younger people.

However, free weights are important as well. More seniors need to be introduced to dumbbells and even barbells. These tools aren't just for the younger crowd. Remember, your senior client probably handles heavy garbage bags, must get the bowling ball out of and back into the car's trunk, or may take it upon himself, or herself, to move furniture. Balancing on one leg while pulling at the green tension tubing for high reps won't prepare the trainee for the weight-bearing stresses of daily life as much as will free weight and machine workouts.

# WHAT IS METABOLIC CONDITIONING AND HOW TO PROGRAM FOR IT

BY NATASHA LINTON

**M**etabolic conditioning is a method of training that has been around for a long time and is also known as anaerobic training and calisthenics. It involves a lot of what we did in high school gym class, such as pushups, dips, pull-ups, hopping, jumping and fast running. Metabolic conditioning is timed training that requires work at high intensity with very little to no rest in between each round of exercises. Also, the routines work the entire body. You won't find any mention of specific body parts here.

Okay, so we're not supposed to judge a book by its cover, but an amazing-looking body is one of the many results of this method of training. Aesthetics aside, other benefits are:

- 1: Improved agility
- 2: Improved stamina
- 3: Improved strength
- 4: More power
- 5: Fat burning
- 6: Enjoyable
- 7: Improved endurance
- 8: Improved sports performance
- 9: Time efficient
- 10: The cardiovascular system gets a supreme workout.

Here's the science of it simplified. Metabolic conditioning improves efficiency of the three metabolic pathways: The first two are phosphagen and glycolytic (which are anaerobic, meaning oxygen isn't required to

complete the work; instead, energy from the muscles is used). The third is the oxidative pathway which is aerobic, meaning oxygen is required to complete the work. Anaerobic work helps the trainee complete shorter, more intense exercises such as sprints, while aerobic works to help one complete longer distance runs.

It's simple to design one of these programs for your clients. If you are a personal trainer, remember that you will get your guidelines for designing a routine from your trainees' assessments. Also, make sure they can handle this type of imposed stress. Since metabolic conditioning tends to be sagittal-plane heavy, I suggest using it as a part of a bigger program that is well-balanced by the three planes of movement (frontal, sagittal and transverse), and not as the whole program.

For example, use it during a one-week restitution phase of a complete program. And lastly, progress your clients up from less advanced programs. Form is extremely important. Yes, these workouts are timed, but make sure they know the exercises first.

Here is a sample routine. Remember safety first by learning good form or teaching a client good form. Don't forget to warm up trainees beforehand and cool them down afterwards.

**SOME RULES**

- 1: You will need some sort of timer.
- 2: Move fast to perform as

many as you can of each exercise in 30 seconds. 3: Move quickly from exercise to exercise.

- 4: Perform three rounds.

**BARBELL BENT-OVER ROW (BACK AND BICEPS)**

- Stand with legs slightly wider than shoulder width apart.
- Bend upper body just short of parallel to the floor while holding a barbell.
- Pull the bar up towards chest.
- Contract lats until elbows are pointing up.
- Do not jerk body.
- Return to the starting position with control.
- Keep back flat and move quickly.

**FAST BODY SQUATS (OVERALL CONDITIONING)**

- Stand with legs shoulder width apart.
- Keep knees slightly bent.
- Lower body; maintain the natural arch in lower back.
- Straighten legs and rise back up while contracting glutes and hamstrings.
- Let arms swing naturally.

**PUSHUPS (CHEST AND ARMS)**

- Start in the up position with stomach down and legs straight out behind you.
- Keep hands a little wider than shoulder width apart.
- Keep head up and face forward.
- Breathe in on your way down and breathe out on your way up.
- Straighten arms as you push up.
- Your back must remain straight; do not arch back, and keep stomach tight.

**BURPEES WITH LONG JUMP (STRENGTH, CARDIO)**

- Begin by squatting with hands on floor in front of you.
- Quickly kick out to pushup position.
- Do one pushup.
- Kick legs back into the squatting position.
- Jump up and out as high and as far as possible, and move as fast as you can.

**SIT-UPS (ABS)**

- Begin by lying on the floor/mat with feet flat on floor and knees bent.
- Rest arms across chest with hands on shoulders.
- Contract abs and obliques to move chin to chest.
- Pull rib cage up and over pelvis.
- Do not place pressure on neck.
- While keeping the tension in abs, slowly uncurl and extend back to starting position.

**WOOD CHOP WITH CORE BALL OR MEDICINE BALL (CORE)**

- Stand with feet wider than hip-width.
- Hold the ball with both hands diagonally high above head to your right side.
- Keep abs tight and twist torso slightly to your right.
- Transfer the ball to a lower position from right to left across body. Imagine chopping wood.
- After 30 seconds, start with the ball over your left side and repeat the steps going towards your right side. Ⓜ

