

Objectives:

1. Expand the benefits from resistance training by complementing gym movements with more lifelike movements.
 2. Know the differences between lifting (moving *against* gravity) and shifting (moving *through* gravity).
 3. Develop skill in choosing and creating exercises to provide a shifting experience irrespective of access to equipment to successfully use the shifting concept for more effective workouts.
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I. Lifting vs. Living

- Does what we do in the gym match what we do outside of it?
- Can we perform “weight training” so that there is more overlap between the two?
- Weight training is truly just...doing things with weights, and this doesn't always involve lifting

II. Fundamental Concepts

- Movement is essential – exercise is optional
 - Effective exercise is really just quality, efficient movement which is performed at a high enough intensity to provide a stimulus for physical change.
- Movement is a successful blend of
 - Lifting
 - Shifting
 - Twisting
 - (and combinations of the above)
- What do we do most often? Exercise is...frequently dominated by just lifting with some occasional shifting and lifting thrown in (usually by accident.)
- Gravity AND Momentum
 - Lifting is directly opposing the force of gravity which pulls us toward the ground
 - Momentum is “mass in motion” through gravity ($P=m*v$; If you're moving, you're PMVing!)
 - Dependent upon the mass and speed of movement (mass x velocity)
 - Heavier mass and/or increases in speed will generate more momentum
 - High degree of core activation when changing speed or direction

III. Bodyweight Exercises

- Lower Body
 - Lateral Squat Walks w/Alternating Toe-In/Toe-Out
 - Rotational Sumo Squats
 - Skaters (use regressions and progressions to use them with any population)
 - Step Over Squats (T-Feet)
 - Jumping Jack Series
 - Frontal, sagittal, transverse
- Arm Shifts – static & dynamic arm positions
 - Squat
 - Double leg – 1 and 2 arm shift
 - Single leg – 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Lunge
 - Static (constant foot position)
 - Sagittal lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Frontal lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Transverse lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Dynamic (varied foot position)
 - Sagittal lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Frontal lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides
 - Transverse lunge - 1 and 2 arm shift to ipsi- and contra-lateral sides

- Front to back Lunge with contra-lateral reach (always reach toward front foot)
- Torso (center-of-mass) shift
 - Plank Shift (from either elbows or hand)
 - Front-to-back; side-to-side
 - Tripod Plank (lift one limb)
 - Tripod Push-Up (lift one limb at top)
 - Shifting Push-Up
 - Front-to-Back
 - Side-to-Side
 - Walking Plank
 - Side-to-side
 - Lateral Walk-Out (walk feet wide to narrow)

IV. Exercises with Handheld Weights (eg. Dumbbells, kettlebells, medicine balls, ViPR, sandbags, etc.)

- Dumbbell / Kettlebell Medicine Ball, ViPR exercises
 - Shifting Single DB/KB Shoulder Press
 - Add squat for push press variation
 - “Scarf” Squat and Lunge Series (perform a “halo” movement with your load)
 - Squat
 - Sagittal Lunge
 - Frontal Lunge
 - Transverse Lunge
 - Rainbow (overhead arc) Squat Series
 - Front-to-back lunge with contra-lateral reach (LIGHT DB/KB)
 - Step Back or Step Forward Lunge w/Single Arm Swing
- Stability Ball / BOSU Ballast Ball exercises
 - Lateral “monkey” squat
 - Crunch
 - Static – Arm Shift Crunch
 - Dynamic – Rotating Arm Crunch
 - Hip Bridge
 - Offset to side
 - Offset Mt. Climber

V. Choosing Exercises:

- What is the current conditioning level?
- What is/are the goal(s) of the training program?
- What movements are currently most difficult?
- What is the appropriate intensity / threshold (sets, reps, rest, resistance, ROM) of exercise to provide a training stimulus?
- Choosing external load: The weight is not the weight! What it feels like will be determined by leverage, position, and momentum.
- 3 Main Ways to Use Shifting Exercises
 - Easier versions make great warm-ups
 - Re-conditioning / Functional training exercises
 - Performance exercises (higher speeds, loads, complexity)

VI. Modifying Exercises: Just remember that **Momentum = Mass * Velocity**

- Modify the mass
 - External load
 - Internal load
- Modify the velocity

- Speed of the exercise (if using internal load)
- Speed of the shift (if using external load)
- Direction of movement (either of the body or the external load)

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