



JILLIAN MICHAELS
BODYSHRED

*Comprehensive Conditioning and Metabolic Enhancement
Study Guide*

Study Guide

OVERVIEW: WHAT IS BODYSHRED?

Jillian Michaels BODYSHRED is a fun, effective, 30-minute, high intensity, metabolic conditioning workout that's the accumulation of her 20 years of expertise in the fitness industry. "BODYSHRED IS 'Intelligent Training.' It's kinetic, it's energetic; it's metabolic; it provides the ultimate challenge.

Utilizing Jillian's 3-2-1 interval approach to whole body circuit training (3 min. of strength, 2 min. of cardio, 1 min. of abs), BODYSHRED integrates all of the most progressive exercise science techniques used by world-class athletes into one program. Elite workout methods like HIIT, PHA, Plyometrics, super-setting, combo lifting, 3-dimensional movement possibilities, functional bodyweight training and much more, come together in one powerful class that offers you the most successful way to get lean and shredded fast.

BODYSHRED not only burns more calories while your members are training, but can literally ACCELERATE their metabolism long after the workout is finished so they keep burning fat and calories at a higher rate - for up to 72 hours after a workout. They'll shed fat, define muscle, dramatically enhance athletic performance, and transform their physique. This class is unparalleled in its approach and its results!

SHRED is an acronym for **S**ynergistic, **H**igh Intensity, **R**esistance, **E**ndurance and **D**ynamics, which describes the primary elements and variables you'll demand of your body each time you participate in a BODYSHRED class.

THE GOAL OF BODYSHRED: The more fit you are holistically, the more calories you burn! While the program does incorporate some well-known traditional fitness moves such as rows, lunges, planks etc., BODYSHRED evolves the same move to a new level of movement quality. BODYSHRED represents the way fitness should be taught because it encourages you, the teacher, to explore movement sequencing and potential on a kinesthetic basis every time you teach!

PHILOSOPHY

- People are meant to be 3-dimensional when it comes to both movement itself and movement quality
- You can get maximally fit, participating in natural, organic, resistance style training and continuous movement patterns which are dictated by the fundamental physical regimen of daily life activities.
- Exploring movement possibilities is the key reaching one's full potential.
- Jillian's BODYSHRED was developed, based on this philosophy, as a perfect balance of endurance, intrinsic and functional strength, power, speed and mobility.

OVERALL BENEFITS

Participating in *BODYSHRED* regularly can *DEVELOP, INCREASE* and/or *IMPROVE* the following:

CV/METABOLIC BENEFITS

- Cardiovascular endurance and stamina, stimulating the circulatory system, blood oxygenation and release of endorphins
- Metabolic function and calorie burning potential for greater fat loss
- VO₂ and stroke volume higher than steady state, continuous aerobic exercise only
- EPOC (Excess Post-exercise Oxygen Consumption), increasing afterburn effect
- The size and number of mitochondria, increasing energy production
- Muscle fiber activation will contour, define and condition muscles
- Muscular endurance and power for optimal output

POSTURE AND NEUROSENSORY BENEFITS

- Intrinsic joint strength and muscle balance will activate functional and core strength
- Recruitment efficacy of smaller, deep stabilizing muscles and resiliency of connective tissue intensifies whole body training and dynamic balance
- Joint mobility, dynamic flexibility, resulting in optimum ROM and a more supple, responsive body
- Kinesthetic awareness, proprioception and sensory skills, leading to heightened self-awareness, enhanced coordination, agility and reaction time
- Neuromuscular, cognitive function, heightening body awareness and mind/body connection
- Structural integrity, posture and stabilization

OTHER BENEFITS

- Athletic Performance
- Bone density via impact
- Immune function
- Decrease stress and balance hormone levels
- Self-confidence and self-empowerment

CONCEPTS AND PRINCIPLES: THE SCIENCE OF JILLIAN MICHAELS BODYSHRED

BODYSHRED CONCEPTS

CONCEPT 1: 30 MINUTES MAX

- BODYSHRED focus is on efficiency, maximizing each individual's potential and class performance.
- BODYSHRED is highly challenging, therefore only 30 minutes is needed to accomplish this type of high intensity training. Form and alignment may be compromised in a longer class;

you don't need more than 30 minutes to get the results the program promises.

CONCEPT 2: 3-2-1 FORMAT

- All BODYSHRED classes utilize the Jillian Michaels 3-2-1 Format as the foundation for each of the four 6-minute high intensity circuits.
- Within the 3-2-1 Format, the exercises are performed back to back without rest for 30 seconds each at a specific intensity.
- Every 30 seconds, there is a different move specific to resistance, cardio or abs/core.
- Each Circuit includes
 - 3 minutes of resistance training—six 30-second bouts of muscular conditioning and power moves, using body weight and/or light weight dumbbells
 - 2 minutes of cardio—four 30-second bouts of high intensity endurance moves to 1 minute of core—two 30-second bouts of abs or core-centric moves for active recovery
- The 24 minutes of consecutive circuits is preceded by a 3-minute active warm-up and concludes with a 3-minute dynamic stretch cool-down.

CONCEPT 3: LEVELING

- BODYSHRED 3-Levels let you offer programming options for every person who takes class.
- You can individualize within the class setting based on her or his fitness level and subsequently progress them from any initial starting point to super athlete level.
- The three BODYSHRED Levels of Intensity are as follows:
 - **BODYSHRED 1 Basics:** Any novice exerciser, starting out, exercising for 3 months or less or returning to a fitness routine. Goal—foundational fitness
 - **BODYSHRED 2 Athletic:** For typical gym goer, exercise 3-4 times/week; both resistance and cardio training for 6 mo. or more. Goal: up the ante.
 - **BODYSHRED 3 Full Throttle:** For anyone extremely fit, is performance based in their training. Goal:

BODYSHRED is NOT for:

- Individuals with any type of known injuries
- Chronic history of back or joint problems or any orthopedic and/or structural limitations, regardless of fitness level
- Individuals who have a known history of any lifestyle disorders

CONCEPT 4: FORMATTED FREESTYLE

- BODYSHRED is NOT a pre-choreographed workout you have to memorize and teach. There is a set METHOD and FORMAT to a BODYSHRED class along with a robust inventory of BODYSHRED multilevel exercises to choose from to create class choreography which is FREESTYLE.
- Your goal as a BODYSHRED instructor is to select the best moves for your participants and create class choreography to fit within the BODYSHRED structure we have set.
- As a foundation of BODYSHRED, we've laid out a specific 30-minute pre-set class design to follow, using Jillian Michaels 3-2-1 Format
- In training, you will learn about the Movement Continuum and BODYSHRED
- Exercise Menus, to learn how to freestyle within the given BODYSHRED Format

CONCEPT 5: HOLISTIC EQUALITY

- Each BODYSHRED class uniquely integrates the vital components of fitness: cardio and muscle endurance, strength, power, agility, speed, balance, mobility, and flexibility in order to fine-tune the ultimate 'well-rounded athlete' in everyone.
- People tend to work to their strengths and ignore their weaknesses and physical imbalances because it's comfortable.
- The key to achieving a healthy, balanced and injury-proof body, maximum fitness potential and aesthetics is Holistic Equality in all components of movement, modalities and athleticism.

5 TACTICAL TECHNIQUES TO SHRED YOUR BODY

The BODYSHRED Method is multi-modality, integrating all 5 techniques as part of every class design; each technique stimulates a unique, physical and systemic body response.

1. PERIPHERAL HEART ACTION (PHA)

WHAT IT IS:

- PHA training typically alternates upper body and lower body moves, so as not to repeat an exercise which targets the same muscle group as the previous movement
- The concept of PHA is similar to traditional circuit training, however the emphasis of PHA is to avoid creating a conscious blood pump to the muscles you're working so blood doesn't pool in any particular muscle group, which creates lactic acid build-up and subsequent muscle failure.
- PHA forces blood flow to continuously circulate throughout the whole body for the entire workout as you're moving constantly with only set-up time between one muscle group[s] to the next.
- Emphasis on both large muscle movement and shunting blood between different muscles, results in a higher cardio output demand on the heart because blood flow doesn't repeat a set pattern which you would do if you were to repeat muscle group work as in traditional resistance training.

BODYSHRED PHA-WHY IT WORKS:

- If programmed correctly, PHA instead optimizes circulation and cardiovascular overload, turning resistance training into more of a 'cardio driven' workout.
- This allows participants to continue exercising and progressing, representing a more metabolic style of training without lactic acid build-up, causing over-fatigue and potentially less intensity.
- The focus remains on working as hard as you can so it's challenging, instead of to failure during the 30 seconds.

2. METABOLIC CIRCUIT TRAINING (MCT), BODYSHRED STYLE

WHAT IT IS:

- Metabolic Circuit training is high intensity methodology--- interval training within a circuit format merged with body weight and dynamic dumbbell training.

- Improves ability to tolerate higher levels of physical demand for an entire session, compared to steady state training.
- The specificity of MCT training: keep HR elevated with minimal active rest using exercise selection and sequencing.
- The goal: maintain an 80-85% intensity level for each resistance exercise, followed by cardio conditioning style exercises (including power moves and/or plyometrics) at >85% before briefly resting to reset for the next exercise.
- MCT burns additional calories for 24-72 hour post initial workout, called EPOC (Excess Post-exercise Oxygen Consumption). The EPOC process returns the body to pre-exercise resting state, a metabolic boosting process which takes 15-48 hrs.

BODYSHRED MCT-WHY IT WORKS:

- Exercises are performed, circuit style, using Jillian's 3-2-1 Format, one after the other without a formal rest for continuous high energy output. The goal is to maintain approximately 85% max. intensity for each 30 sec. per exercise for the cardio and resistance segments throughout the entire workout, post warm-up without resting, lowering intensity only for the active recovery.

3. HIIT

WHAT IT IS:

- HIIT is an acronym for High Intensity Interval Training, alternates high effort cardio bouts with short, lower intensity recovery bouts, making exercise doable at intense, anaerobic levels which aren't possible to maintain continuously for a long duration.
- HIIT programs are safe alternatives to low or moderate cardio, regardless of age or fitness level.
- They are SUPERIOR over steady state, endurance training in terms of physiological gains, boosting calorie burn, performance and health benefits for both athletes and the fitness enthusiast, and, in much less time.

BODYSHRED HIIT-WHY IT WORKS:

- BODYSHRED HIIT technique is utilized within the circuit format for 2 continuous minutes of cardio-style moves following 3-minutes of resistance training, each move for 30 seconds before 1-minute of active recovery.
- When executed correctly, HR can be sustained at near to peak level for the 2-minutes.

4. BODY WEIGHT TRAINING (BWT)

WHAT IT IS:

- Body weight training utilizes your own body as resistance against gravity to improve muscular strength and endurance, neuromuscular connectivity, joint integrity, mobility and stability.
- BWT is synergistic, multi-dimensional, highly proprioceptive and highly functional, which can help prevent injury, both in exercise and in daily life activities as you're training your body to moving in a more natural, organic way.
- BWT is metabolic when executed correctly as you're utilizing multi-muscles and exerting

extraordinary effort to support your body.

- You gain phenomenal core and stabilizer strength using your body as the ultimate fitness tool.

BODYSHRED BWT – WHY IT WORKS:

- BODYSHRED, BWT training emphasizes full ROM, and movement exploration of uncharted angles in which to move the body through space.
- This requires not only cardiovascular and muscular energy but control over your entire body at any given moment, innervating large muscles and recruitment of smaller, intrinsic muscle groups as a response to exercise demand.

5. SEQUENCING OF MOVES

WHAT IT IS:

- The order of exercise selection is what delineates one program from the next, both in signature and results. Exercise sequencing can make the difference between good results and stellar results.

BODYSHRED Sequencing – Why it works:

- Sequencing is critical; it is the glue that brings your techniques together. It's also the means to accelerate performance and prevent injury.
- BODYSHRED sequencing is designed to achieve results by optimizing the 3-2-1 Format and utilizing high intensity training techniques (MCT and HIIT).

THE PRINCIPLES OF BODYSHRED

The following 12 Principles are utilized as part of the distinct sequencing and formatting properties of BODYSHRED.

PRINCIPLE #1: DYNAMICS

There is no actual rest to recover between the 3-2-1 Format Segments or between Circuits. Instead, continuous movement, from one move to the next, with only enough time as a transitional phase between moves to set-up for the next is the goal. You're always working.

PRINCIPLE #2: ALWAYS 30 AT 85

Consistent movement using 85% average intensity effort for 30 seconds for each exercise except 1 min. of Active Recovery

PRINCIPLE #3: BODYSHRED MOVEMENT CONTINUUM

- A progressive level and gradient intensity system, representing the methodology of Jillian's style of exercise sequencing and multi-muscle training to optimize challenging the body as participants improve.
- The more body parts and muscles working, the more energy it requires, ultimately burning more calories, creating a multi-modality advantage and challenge, depending on participant's fitness level.
- The Movement Continuum, starting with PHA, is the least complex style of sequencing and

progressively layers movement patterning toward 3D, multi-planar, multi-muscle exercises called Shredders.

THE BODYSHRED MOVEMENT CONTINUUM

Defining the Continuum: Each progress in nature of difficulty, intensity and complexity

Type of Move Sequence	What it is
PHA	Alternate upper and lower body muscles to shunt blood to the extremities, increasing circulation and eliminates rest periods. Can alternate any sequences below
Combos	Two moves, performed one after the other in sequence, not at the same time
Mash-ups	Two moves executed simultaneously
Complexes	Mash-up into a Standalone or Combo or, two Combos or Mash-ups executed back to back. A Complex can also be a series of many movements, keeping the flow from one move to the next without stopping
Shredders	3D, multi-planar and quadra-planar; outside the box of traditional style of movement. <u>Shredding</u> stretches the limits of movement possibilities to safely incorporate as much whole body training and factors of change as possible.
Standalone	An exercise that includes both an upper and lower body movement, plus stabilize muscular involvement as part of the pattern already; multiple muscle innately, it's already complex.

PRINCIPLE #4: WHOLE BODY TRAINING

- BODYSHRED always targets the body as a whole; the moves are designed to hit multiple muscles simultaneously.
- BODYSHRED will NEVER be just an isolated body part workout like a buns or abs class.
- The more variety the better which helps to avoid overuse as well as work muscle groups in opposition over the course of the 30-minute workout.
- Whole Body Training in BODYSHRED includes both body weight and resistance-based training using dynamic dumbbells.

PRINCIPLE #5: ACTIVE RECOVERY (AR)

- The concept of Active Recovery (AR) in BODYSHRED allows participants to maintain higher HR intensities without stopping so there's no wasted time.
- The BODYSHRED Format is designed with recovery periods strategically placed throughout the workout and is an aspect of the interval ratios 3-2-1.
- AR in BODYSHRED is the HR drop-off point to below 80% before returning to >80%-85% and the next circuit. It also completes each six-minute circuit.

PRINCIPLE #6: CORE-CENTRIC-FOCUS

- Moving from your core is THE most central focus of full body movement. If your core is not solid and stable, the rest of your movement quality will suffer. You can't train with whole body engagement or even think about moving in 3D without utilizing the core.

- BODYSHRED radiates from the center outward, therefore essential that the core is strong and stabilizes the trunk so the extremities can move.
- The strength of the core to maintain alignment while moving is one of the deciding factors in choosing the appropriate Level of Intensity (Level 1, 2, 3) as well as whether the move you select is a Combo, Mash Up, Complex or a Shredder.

PRINCIPLE #7: MOVEMENT POSSIBILITIES

- BODYSHRED exercises, particularly Shredders, help you find 'the edge,' the full extension of the body in space.
- BODYSHRED is exploratory at every Level of Intensity so participants can find fresh, novel ways to manipulate the body– to become more multi-dimensional and 'flow'.
- While the Movement Possibilities are endless, this process does require controlled agility, power and balance and highly attune spatial orientation and awareness.
- There's a learning curve for untrained individuals as the neurosensory system must become trained to respond to 'mind to muscle', proprioceptive feedback in order to recruit maximum muscle engagement, improve movement quality and trigger metabolic potential in just 30 minutes.

PRINCIPLE #8: EXPANSION

- Expansion is based on moving energy out of your body in all direction, from fingertips to toes, expanding to be longer, reaching farther, grounding, etc.
- Expansion is the key component of Whole Body Training, Shredding and Movement Possibilities.
- Expansion facilitates extension from the core and subsequently, opens an extremity joint by creating joint space, relieving compression pressure off the joint while you move.
- This helps to elongate muscles, resulting in more mobility, movement fluidity, less joint restriction and at the same time, activates primary muscles, creating a 'natural,' inter-muscular tension, even for those muscles not directly responsible for the muscle action.

PRINCIPLE #9: ANGLES OF PUSH & PULL

- We apply this concept as a way to activate different muscle fibers of the same muscle group targeted or opposition muscle groups by changing nerve pattern and proprioception to create variety.
- This will improve function, physique, calorie- burn and injury prevention.
- Using multiple Angles of Push & Pull when possible will fatigue a muscle group by continuing to innervate and recruit muscle tissue, bringing fresh able fibers into action until the 3-2 or 1 segment is complete.
- This helps to prevent going to failure, which is not the goal of BODYSHRED. This instead, is well rounded training, so participants become 'holistically strong,' by strengthening joints as well as muscles and balances directional stress to a joint.

PRINCIPLE #10: UTILIZE THE POSITION (UTP)

- UTP is how to create and maintain a continuous flow to the workout by staying cognizant of the position you're in, using the same position to move in to a the next exercise.
- UTP makes the entire workout seamless, creating an organic, organized flow from one move to the next, every 30 seconds.

- UTP is an important aspect of sequencing because it keeps the workout from being disjointed, doesn't waste time or movement and increases the creativity of Movement Possibilities of how to get from Move A to Move B functionally.

PRINCIPLE #11: BLITZ POLISH

- A finishing, more isolated exercise that targets the smaller muscle groups, biceps, triceps and deltoids
- Blitz Polish variations are always executed with a lower body move (never solo) as part of a Combo, Mash Up, Complex, or as an Active Recovery isolated abs move.
- Blitz Polish exercise selection is another aspect of sequencing.
- Principle #9, Angle of Push/Pull is part of Blitz Polish-hit a muscle from every angle so by the end of the workout, the muscles targeted are completely worked!

PRINCIPLE #12: NO REPEATS

- Once used within a Circuit Block, an exercise is never repeated again for the rest of the workout. When you're done with the Circuit Block, you move on.
- Using a move only once without a repeat optimizes packing in the most 'angle of pull' for any one muscle group and movement pattern.
- No repeat adds workout variety, busts the boredom factor, improves proprioceptive nerve patterning and muscle function.

BODYSHRED CLASS STRUCTURE

BODYSHRED has 3 distinctive class sections within 30 minutes:

[1] 3-minute Warm-Up

[2] Four 3-2-1 Formatted Circuits – Resistance, Cardio and Active Recovery

[3] 3-minute Cool-down

- Each class will vary depending on the participants however the overall structure and formatting of BODYSHRED will remain consistent, regardless of Level.
- The BODYSHRED 3-2-1 Format clearly defines the class structure. Each class is taught according to this Format.
- The BODYSHRED VI Scale is used throughout the entire BODYSHRED class to monitor appropriate workout intensities.

BODYSHRED CIRCUIT SAMPLE: Format repeated 4x with different exercises

CIRCUIT 1	Time	Segment	Exercise	Movement Type	VI Scale
3 min	30 sec	Resistance (R)	<i>R Exercise 1</i>	ex. Mash-up	VI 8-8.5
	30 sec	Resistance	<i>R Exercise 2</i>	ex. Shredder	VI 8-8.5
	30 sec	Resistance	<i>R Exercise 3</i>	ex. Combo	VI 8-8.5
	30 sec	Resistance	<i>Repeat R Exercise 1</i>	ex. Mash-up	VI 8-8.5
	30 sec	Resistance	<i>Repeat R Exercise 2</i>	ex. Shredder	VI 8-8.5
	30 sec	Resistance	<i>Repeat R Exercise 3</i>	ex. Combo	VI 8-8.5
2 min	30 sec	Cardio (C)	<i>C Exercise 1</i>	ex. Calisthenics Impact	VI 9-10
	30 sec	Cardio	<i>C Exercise 2</i>	ex. Calisthenics Plyo	VI 9-10
	30 sec	Cardio	<i>Repeat C Exercise 1</i>	ex. Calisthenics Impact	VI 9-10
	30 sec	Cardio	<i>Repeat C Exercise 2</i>	ex. Calisthenics Plyo	VI 9-10
1 min	30 sec	Abs/Core (A)	<i>A Exercise 1</i>	ex. Standalone	VI 6-7
	30 sec	Abs/Core	<i>A Exercise 2</i>	ex. Combo	VI 6-7

GENERAL BODYSHRED GUIDELINES

FREQUENCY RECOMMENDATIONS: To maximize Shredding benefits, participate in a BODYSHRED class 2-3 times a week at a minimum. Depending on fitness level, days off in-between classes for Level 1 is advised; Level 2 and 3, hit it hard with 4-5 workouts per week. Even though BODYSHRED classes are only 30 minutes, with the high intensity of MCT, recovery days are crucial to reap the metabolic benefits.

CHANGE IT UP DAILY: To avoid overtraining, to provide a cardio challenge and to overload muscle groups differently, change the workout up every time you teach

WEIGHT IN BODYSHRED: Only body weight and 3-8 pound dumbbells (never barbells) are used in BODYSHRED for the Resistance intervals in each Circuit Block. Dumbbells are not used for the Cardio or the Active Recovery exercises. Participants should be encouraged to use as much weight as they can within the recommended pound range to execute each exercise with proper form and alignment and full ROM for the entirety of each 30-second interval

MONITORING EXERCISE INTENSITY: In BODYSHRED, monitoring intensity is important, to insure participants are working out at intensities challenging enough to reach the desired 80%> for the 24 minutes of MCT. Most individuals will not push themselves hard enough to maintain these levels or have a fear factor about the ability to work out so intensely.

We have created the BODYSHRED Voltage Intensity Scale (VI Scale) as means for an individual to identify her/his 'perceived' amount of effort throughout the workout. New exercisers, in general, have a false sense of how 'hard' an exercise is, however it is relative; what a Level 1 exerciser considers to be an 8 may be a Level 3 exerciser's 6 or 7.

The goal is to challenge your participants to both reach and maintain VI of 8-8.5 for Resistance exercises, VI of 9-10 for Cardio intervals and then reduce intensity during Active Recovery Abs/Core exercises to a 7. This cycle repeats for each of the 4 circuits.

BODYSHRED VOLTAGE INTENSITY (VI) SCALE

	VI	HR Max	What It Means	Segment
S	9-10	above 85%	Seriously Amped	Cardio
H	8-8.5	80-85%	High Octane	Resistance Ramp-up
R	7	75%	Re-surge	Active Recovery
E	6	70%	Even Keel	Steady State
D	5	60-65%	Doable	Maintain

Warm-Up	VI of 4-5
Workout	VI of 7-10
Cool-down	VI of 3-4

FACTORS OF CHANGE PROGRESSION (FOC)

To increase intensity, these Factors are critical to the program as a means to progress and sequence within the 3-2-1 Format.

1. RESISTANCE

- The use of resistance and progressively increasing resistance is a significant method of inducing overload and intensity.
- Due to the nature of the moves and movement patterning in BODYSHRED, dumbbell weight is limited to 3-8 lbs., no more.
- Lighter weight optimizes 3-D planar movement, attention to form and other FOC as an overload stimulus
- Resistance using dumbbells is required for all Combos, Mash Ups and Complexes
- Using lighter weights allow you to move explosively and in 3-D, difficult to do with heavy weights.
- Using body weight as a resistance, in relation to moving against gravity is an integral component BODYSHRED.

2. ROM

- The more flexible you are, the more resilient and mobile your joint structure, the better the reactive, neurosensory connection response, the more ROM
- The goal of BODYSHRED is to target muscles moving in and out of an exercise dynamically to encourage whole body training; this optimizes the 'pre-stretch' phase of the exercise, because dynamic motion enhances ROM and explosive movement.

- Relationship between ROM and speed—speed can reduce ROM, unless you're a highly trained athlete and accustomed to moving with both speed and full ROM.
- In BODYSHRED resistance exercises, only use speed during the concentric phase, the eccentric phase focuses on ROM with control. Jill

3. SPEED

- Speed is the ability to move, in particular, the extremities, quickly.
- Speed develops ability to explosively accelerate and de-accelerate on the spot as well as change direction (agility), elastic strength (power), mobility and endurance.
- Increasing both force and the rate of force are integral to improving speed.
- Speed helps stimulate the neuromuscular system, to improve the firing patterns of fast twitch muscle fibers to react and respond to stimulus more efficiently.
- Flexibility and mobility are integral to developing speed out of the recoil and ability of the muscles to react and respond quickly.
- Use Cardio Plyo moves, (e.g. explosive hopping, jumping) or double time a Cardio move (High Knees) to develop speed within a 30-second interval at >85%.
- To help build power, use speed on the concentric portion of a resistance exercise.
- Don't use speed for any abs or core move except for pulsing at the top of a standalone, isolated abdominal exercise, using a static contraction.

4. ACCELERATION/DE-ACCELERATION

- In resistance training or plyo, it's the manipulation of speed, controlling ROM in the descent and then powering out of it to explode in the concentric phase of the moves which improves both power and speed.
- Recoil during the eccentric phase, managing and controlling speed takes a lot of discipline and strength in order to 'spring' and catch your-self from reacting only to momentum.
- Learning how to de-accelerate builds power which requires control

5. LEVERS

- Extending or increasing levers, adding resistance whether holding weights or not, increases intensity.
- Levers amplify force; the farther distance from center of the body or stabilized core, the more resistance/intensity is applied directly to the joint
- Using long lever movements dynamically interspersed with speed and power at higher intensities in a flowing style is one reason for limiting weight to 3-8 pounds.
- Lever length, may have an effect on joint stress, which may cause de-stabilization of the joint, therefore lighter weight, less speed, or different ROM is recommended; otherwise shorten the lever with a different exercise variation.

6. BALANCE/STABILITY

- Progressing an exercise or exercise sequence to a de-stabilized position is a FOC option when participants can execute an exercise with perfect form in a stabilized position, with an engaged, active core.
- The 'core,' the multiple muscles which encircle the torso and attach on the pelvis, work synergistically to create an equal, uniform and natural tension on the spine, scapular and

pelvic girdle so the body is stable to execute any exercise in any position.

- Core muscles are challenged by instability; the overload of instability is how the core becomes stronger and more efficient.

7. SAME MUSCLE GROUP 30/30S (SMG 30/30S)

- Hitting the same large muscle group in back to back 30-second intervals (back, chest, legs), superset style will increase intensity, difficulty and challenge.
- The back to back > 85% intensity or higher is what induces the fatigue and SHRED factor.
- While SMG 30/30s increases intensity, using opposition muscles decreases the challenge.
- Progressive overload applies to this FOC in addition to the fatigue influence after 30-seconds recruiting other muscles.
- A Blitz Polish move can be used as one move of a SMG 30/30s interval.

8. MERGERS

- Mergers are the 'connectors' or 'points of transitions' between two moves.
- Why a movement sequence more challenging is the transitions and the energy required to move between two exercises.
- Mergers are the evolution of the Utilizing the Position Principle by flowing from one move the next so need to know where you're going in order to flow with the Merger.
- The Merger will require balance, stability and core strength to transition from one exercise to the next.

9. STATICS

- Statics provide an isometric contraction or hold to an exercise at a delineated point; you can have Statics with resistance or body weight exercises.
- With Statics, if lower body is stationary, the upper body must be moving and vice versa; the exception is in held Planks or lowered Push-Ups when the entire body is in a static position.
- When using Statics, the overload to the muscles engaged is only within a specific ROM without relief; instead maintaining a constant contraction on multiple muscles at the same time which increases exercise intensity.
- In order for Statics to be an effective training overload, it's necessary to maintain maximum contraction for the duration of the exercise.
- With Statics only the muscle fibers stimulated in the limited ROM are affected therefore overall muscle improvement is dependent upon changing the ROM to target the entire muscle group.

10. PLYO

- Plyos is a progression of explosive speed, which incorporates the act of recoil at the eccentric phase before powering out of the move in full extension.
- Defying gravity and lifting body off the floor as well landing and immediately grounding into recoil on return is crucial; you need the ROM in order to jump.
- In BODYSHRED, do not add weights to any Plyo moves for safety.
- Unless a participant has mastered using FOC of Speed, Acceleration/De-acceleration, Balance/Stability first,
- Plyo isn't an option as a FOC to increase intensity.

- Think of the body as having springs, constantly fluid, constantly in movement.
- Plyos are the ultimate expression of Speed and manipulation of speed in Acceleration and De-acceleration.

SPECIFIC TERMINOLOGY TO BE AWARE OF:

We have created the 'language of BODYSHRED.' It's important that you begin to learn the terminology associated with this program and use it when you teach.

For studying purposes and your exams be aware of the following:

- The difference between a Principle, Tactical Techniques and Factors of Change (FOC)
- Do's and Don'ts of the FOC
- Definition of metabolic conditioning, why BODYSHRED qualifies as a MT program
- The importance of creating a high EPOC, how we do this with BODYSHRED
- The movements of BODYSHRED: Combo, Mash Up, Complex, Shredders, Standalone
- Merging and Melding
- How FOC affects intensity and BODYSHRED Levels
- Components of a Circuit Block: Resistance (R), Cardio (C), and Active Recovery (AR)
- 3-2-1 Format and Formatted Freestyle
- What is the VI Scale, how to use it within the Circuit Block Concept
- Concept and focus on Intensity training in BODYSHRED
- What does SHRED stand for