

WORKOUT BIAS

CONDITIONING GENERAL FITNESS STRENGTH

CLIENT AVATAR GOAL

WEIGHT LOSS

GENERAL FITNESS

INCREASE STRENGTH

<p>Athletes will want to maximize their time working with an elevated heart rate by finding a moderate but sustainable pace.</p> <p>Intensity level should challenge the athlete's comfort zone, but it shouldn't result in having to take long or frequent breaks!</p>	<p>General Fitness athletes should be elevating their heart rate to a moderately high level but not to the point that technique begins to deteriorate.</p> <p>A quick but sustainable pace is key for this group.</p>	<p>Strength athletes need conditioning too! Not only does moderate, sustained effort help to build a strong aerobic engine for longer WODs, it also helps them burn fat and boost calorie burn in a workout.</p> <p>Strength athletes can approach these sessions with heavier weight and moderate intensity. Rest periods are ok but should be they should be brief.</p> <p>The goal is to keep the aerobic stimulus for as much of the workout as possible.</p>
<p>Weight loss athletes can benefit from the higher intensity demands of these workouts.</p> <p>That demand will help them learn to push their intensity limits resulting in the ability to do more work in future workouts that require less intensity.</p>	<p>Many General Fitness workouts fall squarely between the glycolytic and oxidative energy systems. The glycolytic system can only crank out the intensity for approximately three minutes, and the oxidative system isn't ready to match the intensity.</p> <p>The result is muscular and respiratory discomfort. GF athletes should approach these workouts with the goal of achieving a 7-9/10 level of effort through the entire WOD.</p>	<p>GF workouts are a great way for the Increased Strength athlete to increase their stamina, build muscle mass to help them move more weight, and achieve a higher output in future workouts - a win/win!</p> <p>IS athletes should aim to complete all reps with consistent tempo, full range of motion, and proper bracing. Quality reps for all movements!</p>
<p>Building strength through Powerlifting and Olympic lifting can help to boost our metabolic engine!</p> <p>Bodies with more muscle than fat will burn more calories throughout the day, even when we aren't working out.</p>	<p>Lifting heavier weights can have enormous benefits for all athletes!</p> <p>Weightlifting makes us stronger, increases bone density, stimulates hormone production, and improves dynamic range of motion and core strength.</p>	<p>Big, multi-joint movements are the best way to increase strength and build muscle.</p> <p>Your body adapts to the stresses of lifting heavier weights by releasing the hormones needed to help you recover and grow while simultaneously revving up your metabolism to increase the number of calories you will need to consume post-workout.</p>