



Week 6

Agenda

- **Section 1: Announcements**
- **Section 2: HISS Session Review**
- **Section 3: Variable MetCon**
- **Section 4: Questions**



Community@Workouts

- **LPR/LAR Recovery Session March 27th
2pmPST**
- **4Q Movement Strength April 10th 2pmPST
(Invite in Email)**
- **4Q Recovery Session April 17th 6amPST**



Tequila and Coffee

- **March 19th @ 5pmPST**
- **Link in Curriculum and we'll send out an Email**



Review

The image features a 2x2 grid of text boxes. The top-left box contains the text "HISS" and is circled in red. The top-right box contains the text "HIIT" with a black ECG line graphic below it. The bottom-left box contains the text "SISS". The bottom-right box contains the text "SIIT". The background of the grid is split vertically: the left half is purple and the right half is orange.

| | |
|-------------|-------------|
| HISS | HIIT |
| SISS | SIIT |



High Intensity = High Force

Force = Mass x Acceleration

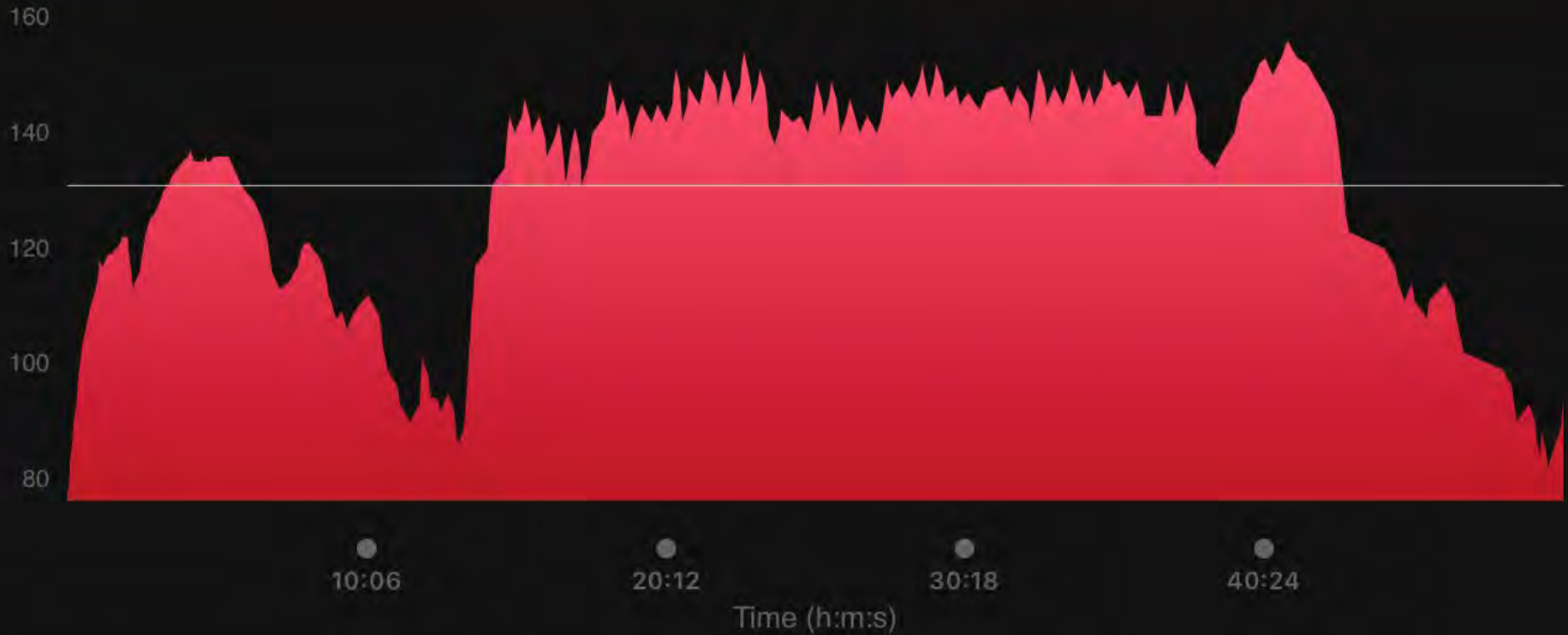
**High Intensity =
High Load And/Or High Speed**

**Trifecta: Elevated HR, Respiration, C
Local Fatigue**



Close

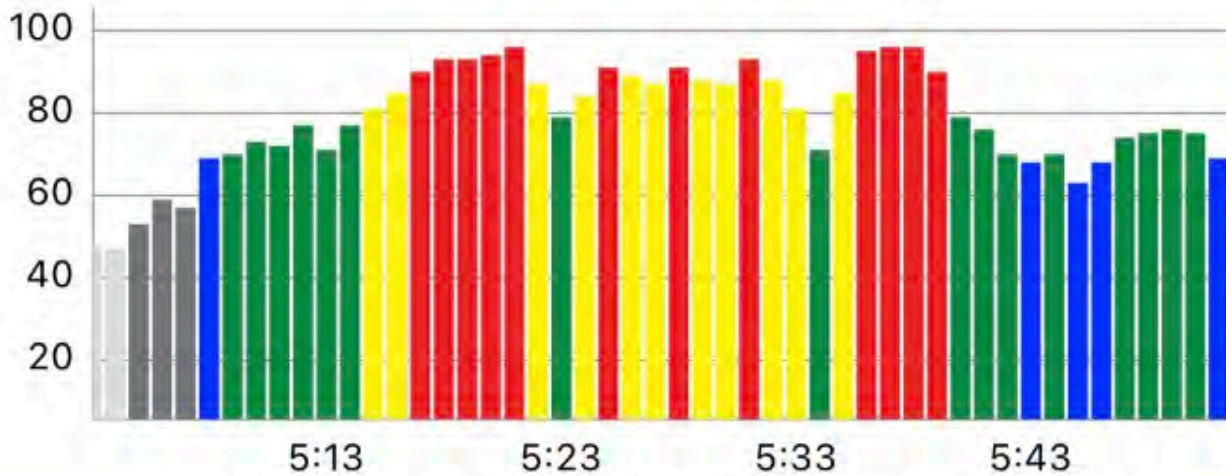
Heart Rate (bpm)



Speed (mph)

Elevation (ft)





Move Details



Duration
50mins



MEPs
151



Average HR
151



Effort
78%



Calories
756



Peak HR
188



Time in Zones

Tabata

AMRAPs/ EMOMs
ASAPs



Variable 4Q Concurrent Training

| Client: | | Date: | | | | |
|---|------------------------|-----------|-------|------|-------|------|
| Primary Goal: 4Q Metabolic | | Intensity | Reps | Sets | Tempo | Rest |
| Working Block A: SISS Cyclical Warm-Up | | | | | | |
| ULT | Jog | Low | 5 min | | | |
| Working Block B: 4Q WBI HIIT Short Duration Wave | | | | | | |
| LLT | ViPR Cylinder Lift | High | 30s | 4 | Fast | 30s |
| ULT | Bear Crawl | High | 30s | 4 | Fast | 30s |
| UMT | Ice Skater Touchdown | High | 30s | 4 | Fast | 30s |
| LMT | ViPR Side Shuffle | High | 30s | 4 | Fast | 30s |
| Working Block C: WBI HISS Tabata | | | | | | |
| UMT | Brazilian Kick Through | High | 20s | 4 | Fast | 10s |
| ULT | Split Jump | High | 20s | 4 | Fast | 10s |
| Working Block D: PHA SIIT | | | | | | |
| LLT | BB Hip Hinge | Mod | 30s | 3 | Slow | 0s |
| UMT | Hip Mobilizer | Low | 30s | 3 | Slow | 0s |
| LLT | Lat Pulldown | Mod | 30s | 3 | Slow | 0s |
| UMT | T-Spine Mobilizer | Low | 30s | 3 | Slow | 0s |

