



## HOLISTIC INTERVAL TRAINING (HIT): STACEY LEI KRAUSS

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HIIT workouts are trending... but is this method safe for students of all levels? Holistic Interval Training is different than what you've experienced! This TABATA-style HIT class is built on a foundation of barefoot full-body exercises and fuelled with high-end anaerobic drills to turbo-fire your metabolism. Results? Beautifully sculpted flexible muscles, healthy joints, and a balanced body from head to toe. A barefoot, equipment-free class catering to students of ALL-LEVELS.

**Holistic Interval Training: "Smarter Not Harder" Multi-level approach:** Increase students' confidence and help them to recognize results. Build your students UP ☺

- Level 1: students are safely barefoot, learning full-body movement patterns.
- Level 2: enhanced intensity or complexity
- Level 3: exercise is further enhanced with potential for anaerobic work
- <Subsequent rounds include foot fitness, and philosophy>

**Repetition produces Results.** Maintaining simplicity within our choreography allows our students (and instructors) to focus on foot fitness exercises without over-complicating movement skills. Equipment free, students to focus on the movement rather than on distracting equipment.

### **Foot Fitness helps people train head to toe (and think about grace)**

- Foot warmup / pre-activation
- Ankle dorsi & plantar flexion
- MPJ dorsi & plantar flexion
- Ankle eversion, inversion
- "Short foot"
- Toe tap, spread, challenges

**Positive Philosophy:** WillPower is strength of the mind followed by action. Grace is elegance of movement. Train students to condition their mind as much as they condition their body. Once the movement patterns are understood, moving meditation evolves.

### **Today's workout: Holistic Approach**

Acclimation

Foot Fitness Warmup

Full Body Warmup

Six "TABATA-timed" drills.

20:10 x 8 = 4:00 minutes each, followed by stretch

Full body workout: rotating drills based in core, upper body or lower body.

## **OUR NEW ONLINE TEACHER TRAINING PROGRAM PLATFORM LAUNCHES SPRING 2019.**

LEARN MORE: [info@willPowerMethod.com](mailto:info@willPowerMethod.com) FB: The willPower Method, IG: willPowerMethod  
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## willPower IGNITE® - DESIGN ONE

Time & Segment	Execution	Set-Up & NASAD
1:00 Pre-Class	Line up, mats, water bottles, intro.	
7:00 Foot & Full-Body Warm Up	2-3 minutes wall sit & foot work. 3-4 minutes willPower warm-up exercises: include sweep, lateral flexion, push-pull, standing cat and cow, shoulder twists.	
1:00 Set Up		<b>Next Mat Set Up:</b> Folded 1/2
1 4:00 <b>Drill: Pilates Roll Up</b>	<ol style="list-style-type: none"> <li>Hands on hamstrings or shins. Roll to V-Sit</li> <li>Roll Up to balance on landing pads</li> <li>Roll Up to stand / jump</li> </ol>	<b>Neuro:</b> during the roll, strong plantar flex <b>Neuro:</b> (L2, L3) Foot fold when rolling up to landing pad and standing <b>Acceleration</b> (L3) <b>Deceleration</b> (L3)
2:00 Recovery & Set Up	<b>Recovery:</b> Supine – T-twist	<b>Next Mat Set Up:</b> Wrist Cushion
2 4:00 <b>Drill: Plank Switches</b>	<ol style="list-style-type: none"> <li>Step, place foot without a sound.</li> <li>Occasional plyo</li> <li>Full plyos</li> </ol> <p>EXTREME BASIC: On Knees</p>	<b>Neuro:</b> Foot Fold (in plank) <b>Alignment:</b> parallel <b>Deceleration</b>
2:00 Recovery & Set Up	<b>Recovery:</b> Kneeling: Windmill arms.	<b>Next Mat Set Up:</b> Full Length, parallel to mirror
3 4:00 <b>Drill: Plie Squat with Heels</b>	<p>Hands interlaced at heart</p> <ol style="list-style-type: none"> <li>Legs STRAIGHT, "bend, pop"</li> <li>Low, gentle jumps (OR prep, jump, prep, jump)</li> <li>Full plyo jumps</li> </ol>	<b>Neuro:</b> Foot fold <b>Alignment:</b> turnout <b>Acceleration</b> <b>Deceleration</b>
2:00 Recovery & Set Up	<b>Recovery:</b> Standing Quad into Standing Calves	<b>Next Mat Set Up:</b> Wrist Cushion
4 4:00 <b>Drill: Rising Lava</b>	<ol style="list-style-type: none"> <li>Butt to floor on landing</li> <li>Butt slides back further, closer to arms</li> <li>Pike: hover butt between arms, straight legs</li> </ol>	<b>Neuro:</b> (L2, L3) Dorsi Flex when legs are extended <b>Alignment:</b> parallel
2:00 Recovery & Set Up	<b>Recovery:</b> Tricep Stretch and Twist	<b>Next Mat Set Up:</b> Folded 1/2
5 4:00 <b>Drill: Bicycles</b>	<ol style="list-style-type: none"> <li>Bent knees, one toe touches the floor</li> <li>Long legs in a high diagonal</li> <li>Long legs, low to the ground</li> </ol>	<b>Neuro:</b> (L1) plantar flex, (L2, L3) dorsi flex
2:00 Recovery & Set Up	<b>Recovery:</b> Full Body Extension	<b>Next Mat Set Up:</b> Full Length, parallel to mirror
6 4:00 <b>Drill: Double Squat</b>	<ol style="list-style-type: none"> <li>Step right, then left</li> <li>Outside heel begins to float up as you stand</li> <li>Full plyo jumps</li> </ol>	<b>Neuro:</b> Foot fold <b>Alignment:</b> Parallel <b>Acceleration</b> <b>Deceleration</b>
2:00 Recover	<b>Recovery:</b> willPower Cooldown Sequence	<b>Next Mat Set Up:</b> Clean the mats, and roll them up. Place perpendicular to front mirror
13:00 Closing	<b>Hot by June</b>	
<b>Total time: 58:00</b>		



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