

High-Performance Training

(Ron Jones, MS, ACSM Health & Fitness Specialist, Corporate Wellcoach)



I use a four-part process to achieve High-Performance Health. My process developed from over a decade of working with numerous populations—young to old and athletic to casual exerciser. When people implement this system, they move well, minimize injuries, lose fat weight, get fit fast, and of course, gain High-Performance Health! It's my bottom line. Time investment? Minutes per week—not hours. Equipment? Simple body weight, tubing, balls, dumbbells, and kettlebells will provide as much work as you can handle!

- 1. Performance Psychology**
 - Behavioral: Optimizes Stages of Change
 - Mental Skills Training: Athletic Populations
- 2. Dynamic Warm-Up**
 - Improves Joint Mobility
 - Improves Movement Imbalances
 - Creates Kinesthetic "Body" Awareness
- 3. CORE Training**
 - Bridging (Stabilizing Muscles)
 - Crunches, Chops, & Twists (Moving Muscles)
- 4. Metab-O-Boost Workouts!**
 - Interval Training (Cardio)
 - High-Performance Circuits (Strength)
 - Kettlebells!!!

Performance Psychology

- Wellcoaching is based on behavioral psychology which I use constantly to assist people navigating the many stages of behavior change towards optimal health. For serious athletes, I use my **Mental Skills Training Program** which teaches the five most important sport psychology interventions of: arousal regulation, relaxation, goal setting, mental imagery, and attention focus. *As an athlete, if you're not training mentally, then you're not really training!* ☺

RJ Dynamic Warm-Up ☺

- 10 exercise movement patterns that will move you in just about every direction and plane of motion. Designed to restore healthy joint function and to move you better with less or no pain. It serves as a "screen" to analyze your basic movements too. **Time: 5 minutes**

CORE Training

- Establishes healthy spine and good foundation for movement. Emphasis is placed upon spinal stabilization. Most people have back pain because of muscle weakness; therefore, fitness is a solution! **Time: 5-10 minutes**
- Bridging: Fixed neutral spine positions.
- Others: Assortment of functional and efficient crunches, chops, and twists.

Metab-O-Boost Workouts!

- These high-output workouts raise metabolic levels "after" the workout is done—they are called "after-burn" workouts. They require more energy for recovery; therefore, more calories are consumed post-workout.
- Sprint-8 Intervals: 30/90 ratio. **Time: 20 minutes** *(Cardio Emphasis)
- Tabata Intervals: 10/20 ratio. **Time: 4-12 minutes** *(Cardio Emphasis)
- High-Performance Circuits: Various strength/cardio stations for 30 seconds each. **Time: 10-30 minutes** *(Strength Emphasis)
- Kettlebells: Used as stand-alone workouts, in circuits, but also for "corrective" purposes to heal or prevent injuries. **Time: 5-30 minutes** *(If used for fitness, Whole Body Power Emphasis!) * Ron Jones (6.10.09)

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Get Fit. Be Strong.