

Exercise Complexes Made Simple

EXERCISE
ETC. INC.



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What Are Complexes?

- What are complexes?
 - "A complex is a circuit using one piece of equipment, one load, and one space."
 - Alwyn Cosgrove



How Can a Complex Be Simple?

- "A complex is a series of lifts performed back to back where you finish the reps of one lift before moving on to the next lift. The bar only leaves your hands or touches the floor after all of the lifts are completed."
- – Dan John



Who Are Complexes For?

- Clients whose goals are not being met
- Clients who hate traditional cardio
- Fat loss clients
- Bored clients
- Busy clients
 - Minimizing the rest plus higher intensity can shorten the workout
- Not recommended for beginners



Why Complexes?



- Time/Set Up/Equipment Ease
- Easy way to increase training volume without taking up more time
- Change up traditional cardio
- Metabolic Conditioning Effect
- Unique Fitness Challenges

How To Use Complexes

1. Use in place of cardio for interval training
2. Use as a conditioning tool for sport performance
3. Use as a quick workout when time is an issue
4. Use to finish off your normal workout routine
5. With lighter resistance it can be a great pre-lift routine
6. These are routines your client would never think of on their own

Program Design Recommendations

- Order exercises in a logical manner
- Exercises should seamlessly flow into each other for easy and quick transition
 - Can't waste time setting up next activity or hunting for equipment
 - No mindless small talk between sets or rounds
- Rep range depends on goals but due to intensity of complexes stick to 6-12 reps and 2-6 sets.
- Use weight that is appropriate for the weakest exercise.
- Only use exercises you are familiar with.
- Rest 30-90 seconds between sets.

Equipment? Location?



- Use whatever you have on hand:
 - Body weight, elastic resistance
 - Dumbbells or kettlebells
 - Med balls, plyo boxes
 - Chairs, tables
- Use complexes in boot camp, 1 on 1 training, group fitness classes
- They are suitable in both gym and non-gym environments

The Dynamic Warm Up Complex

Start off with light cardio (jog, jump rope, jumping jacks, etc) for 5 – 7 minutes. Complete 2 – 4 rounds.

Exercise	Sets	Reps
Monsterband stride stretch	2	8
Monsterband lateral walk	2	8
Split squat & band pull-apart	2	8
Monsterband shoulder mobility	2	8

Stride Stretch, Lateral Walk



Pull-aparts, Shoulder Mobility



Glider Cardio Complex

4 – 6 rounds as quickly as possible
No rest between sets, 30 seconds rest between rounds.

Exercise	Sets	Time
Mountain climbers	1	30 seconds
Cross country skiing	1	30 seconds
Plank jacks	1	30 seconds
Squat thrusts	1	30 seconds

Mountain Climber, Skiing



Plank Jacks, Squat Thrusts



Strength & Power Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Bulgarian Squats	1	8
Lunge Jumps	1	8
Decline Chest Press	1	10
Plyo Med Ball Push-ups (Or just a traditional push-up)	1	10

Bulgarian Squat, Lunge Jump



Decline Press, Plyo Med Ball Push-up



Cardio Core Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Time
Mountain Climbers	1	30 seconds
Double leg lifts	1	30 seconds
Oblique crunch (each side)	1	30 seconds
Side plank (each side)	1	30 seconds
Abdominal crunch	1	30 seconds
Plank	1	30 seconds

Dynamic Core Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Time
Squat jumps	1	30 seconds
Med ball bridge	1	30 seconds
Push ups	1	30 seconds
Plank	1	30 seconds
Rotation Push-ups (each side)	1	30 seconds
Side plank (each side)	1	30 seconds

Pectoral Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
1-arm chest press, each side	1	20
1-arm fly, each side	1	20
Clap push-ups	1	20
Med Ball Push-ups	1	20

Back Complex

No rest between sets, 30 seconds rest between rounds
Complete 4 - 6 rounds

Exercise	Sets	Reps
Standing horizontal row	1	40
Bent over lat pull	1	30
Band pullovers	1	20

Horizontal Row, Bentover Pull



Pullovers



Deconstructed Burpee Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Push-ups	1	6
Frog hops	1	6
Squat jumps	1	6
Full burpees	1	6

The Frog Hop



Amazing Arms Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Bicep curl	1	8
Tricep extension	1	8
Carrying angle curl	1	8
Close grip push-ups	1	8

Carrying Angle Curl



Booty-licious Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Hip Extensions	1	8
Med ball bridge (Can alternate single leg bridges)	1	30 seconds
Single leg deadlift, each side	1	8
Lateral monster walks, each side	1	8

Hip Extensions, Med Ball Bridge



Single Leg Deadlift, Monster Walks



Sculpted Shoulder Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Front raise	1	8
Thrusters	1	8
Pull-aparts	1	8

Thrusters, Pull-aparts



Kettlebell Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
KB Swings	1	10
KB Squat pull	1	10
KB Goblet squat	1	10
KB Overhead press	1	10

Swings, Squat Pull



Goblet Squat, Overhead Press

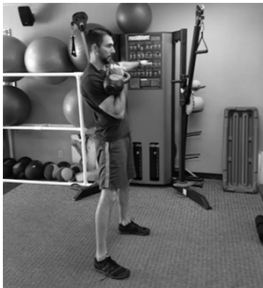


Unilateral Kettlebell Complex

4 – 6 rounds with right arm, and then with left arm.
No rest between sets, 30 seconds rest between rounds.

Exercise	Sets	Reps
Swing	1	8 –12
High pull	1	8 –12
Power clean	1	8 –12
“Bottoms-up” press	1	8 –12

Power Clean, Bottoms-up Press



Countdown Complex

6 rounds as quickly as possible.
No rest between sets, 30 seconds rest between rounds.
Each round, do 1 less rep.

Exercise	Sets	Reps
Bulgarian squats, each leg	1	6
Horizontal row	1	6
Feet-up push-ups	1	6
Box dips	1	6

Bulgarian Squat



Horizontal Row



Feet-up push-up, Dips



Crazy 8's Complex

No rest between sets, 30 seconds rest between rounds.
Complete 4 - 6 rounds

Exercise	Sets	Reps
Deadlift	1	8
Romanian deadlift	1	8
Bentover row	1	8
Power clean	1	8
Front squat	1	8
Push press	1	8
Back squat	1	8
Good morning	1	8

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