Loaded Movement Training

In 2006, hockey coach Michol Dalcourt realised that his elite gym-trained athletes were being beaten hands down by the farm kids who were raised on manual labour. What did their real-life training have that the best-equipped gyms didn't? The answer led him to develop ViPR[™] – a unique tool that promotes whole-body loaded movement.

A missing link in many of today's training protocols is Loaded Movement Training. In this two-part series, ViPR inventor Michol Dalcourt looks at how this concept can. and should, be integrated alongside training methods to provide maximum benefits.



n a recent visit to China, I had the good fortune to experience the Great Wall of China while filming a video for ViPR. Spending time on the Great Wall got me thinking about how the wall was built and the physical needs imposed on the bodies of the workers building it. The workers building the wall which is thousands of miles long and took hundreds of years to complete – needed to pick up stones and lift tools and then move themselves around with this load (the stones and tools, etc.) to build this most magnificent structure.

In fact, most work outside the gym requires us to move around a mass and move with a mass, as well as lift the mass up and down. In the past, this was called manual labour and it is something of which we do very little in our modern world. Our biology has adapted to this most basic of tasks.

With the view that biology necessitates certain kinds of resistance work, it is critical that we take a closer look at certain training concepts so that we can be inclusive rather than exclusive in our

training philosophies. We can take a scrutinising look at how forces enter our bodies through training and what the adaptations should be. Key questions to ponder in designing the most effective training protocols are:

- How is load typically dealt with in training programmes?
- Can we expand our view of resistance training to include 'moving with load'?

It is the intent of this article to answer these questions and to shed light on why Loaded Movement Training may be a missing link in training and conditioning.

Biology reveals the secret

Any study of biology reveals key basic adaptive processes inherent to our function. External loads received by human tissue and transitioning postures - what we call 'movement' - is critical to our health and survival.

Studies of societies where members live incredibly long and healthy lives reveal that inhabitants engage in intermittent movement throughout the day, every



day. It is this movement (and not just specific diets or environments) that is the common link between societies enjoying great longevity. Yet, in our modern industrialised societies, we sit in our work environments, at home and during our commutes. We have lost the consistent movement elements present in traditional societies and, not coincidentally, we are experiencing more disease and decay of our bodies than ever before.

Movement is the necessary antidote against disease and decay of our bodies

Moving with external load offers the right amount of motor and mechanical variability to build strong and stable bodies that are mobile enough so that stress is never localised. This style of training creates bodies that can function with optimum effectiveness and thus it should be, at least in part, one component of our training and conditioning programmes.

Transitional movement and external loading

Promoting three-dimensional, transitional movement in a workout offers myriad benefits to individuals of all abilities and with all fitness goals. Transitional movement is simply defined as taskoriented, full-body movement patterning.

External loading (in the form of resistance training) is often, and correctly, thought of as the external mass we introduce to the human form. My desire, however, is to question the many ways in which this external mass can be manipulated and what adaptations flow from this. Most of the time, external mass is moved in a linear (i.e., planar) pattern. This has tremendous benefit, however is incomplete in its stimulus.

Moving mass in a variety of ways accounts for a broad adaptation profile and introduces the idea of mechanical force variability. This is extremely important and has significant relevance to adaptations and performance measures. By adding variability to load

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training, one can expect the following adaptations:

- Greater adaptations in muscle, nerve, skin, fascia
- Less compressive forces
- Increase in hormonal release
- Improvement in multidirectional stability/ strength/power
- Improved inter-muscular co-ordination
- Whole-body integration

By no means is this an exhaustive list; however, many unique adaptations result from this form of training. fp

In the next article in our series, we will look at the training concepts currently familiar in the fitness and health industry, including the tools generally associated with these concepts. We will then explore how you can best incorporate Loaded Movement Training into your current training protocols.



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