



## Welcome to the first ViPR newsletter

Our passionate community and international training team have been at the forefront of our global expansion throughout 2013, with members in over 20 countries.

ViPR and the concept of Loaded Movement Training have significantly evolved since its inception, revolutionizing the fitness industry, fitness professionals, athletes and enthusiasts.

Your first ViPR newsletter touches on the achievements and activity of ViPR, including an introduction to our international training team, cutting-edge ViPR research from Derek Vandenbrink, media coverage from Oprah Winfrey and *The Biggest Loser US*, plus an exclusive interview with master trainer Pontus Wärnestål.

We're really excited about spreading the Loaded Movement Training message and the expansion of the ViPR brand and community throughout 2014, with the global launch of ViPR Group Fitness (VGF), international training dates, worldwide trade shows and more to be announced.

For ViPR PT and ViPR Group Fitness training dates and programs, please contact your **local education provider** or **email [vipr@fitpro.com](mailto:vipr@fitpro.com)**

We would like to thank you and the entire ViPR community for your ongoing support, passion and inspiration.

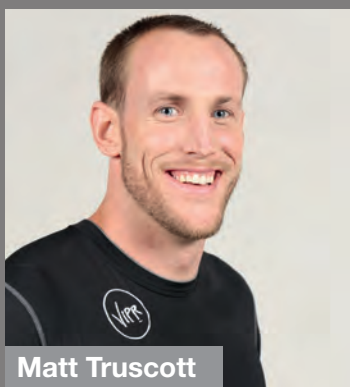
**The FitPro ViPR team**



## The ViPR training team

The global ViPR training team comprises the most knowledgeable, respected, specialist, elite fitness professionals in the industry, including Michol Dalcourt, Matt Truscott, Adam Daniel, Meech Aspden, Derrick Price, Derek Vandenbrink, Jenny Burrell, Pontus Wärnestål, Aimee Nicotera, John Sinclair, Gavin Attore, Pete McCall and Tommy Yau.

This month we'd like to introduce you to our ViPR training manager Matt Truscott.



**Matt Truscott**

Matt's charismatic and enthusiastic presentation style makes him a popular presenter on international schedules. Having owned and run a successful personal training business in San Francisco, he delivers sound scientific knowledge with confidence and passion. More recently, Matt joined leading education provider FitPro to become part of the international development team that created group fitness programming for the ViPR tool and, since then, he has taken a position to manage the continued development of ViPR programs and ViPR trainers for both personal training and group fitness. Matt's passion is to share his knowledge and experience and develop other fitness professionals.







## Exclusive interview with ViPR master trainer Pontus Wärnestål

### Generating a stir

FitPro talks to Pontus Wärnestål, a Swedish master trainer who teaches ViPR Group Fitness, about his love of ViPR and his recently developed ViPR Movement Generator app.

#### When did you first start using ViPR?

It was quite recently actually – October 2012. Seth Ronland introduced it to me and then I was hand-picked to join the team in Miami.

#### What do you feel are ViPR's key benefits?

There are two parts for me: one is the emphasis on functional movement and the fact that I can move in all directions during a workout. Also, I love the unique creative aspects. There are infinite ways to use it – other tools are more limited.

#### Where did the Movement Generator app idea come from?

It ties into what I was saying about the infinite ways to use it – sometimes you can get stuck because there are so many options for ViPR exercises! I find that creativity can be boosted by putting a tight limitation on something, so that's why I created the Movement Generator app. It gives you a defined parameter to create within.

#### Exactly how does the app work?

The Movement Generator probably makes more sense to you if you're familiar with the six steps of programming method, which you can learn at a ViPR certification course (ViPRfit.com). The app suggests a base move; then you are free to modify it. So, it might say, "Perform a shift series with a rotate shuffling move, using a two-handed on-end hold and a downwards spin handprint." And then you can decide which way you shuffle and the number of reps.

#### What has the feedback been like?

I just launched the website but so far I've received a lot of positive feedback. I've also noticed how it gets instructors talking and engaging in discussions about movement quality. You know: "How would you do *this* move and what benefits would it have?" I just started posting videos on the website with my interpretations of some of the Movement Generator descriptions. It would be great to see other people do that as well.

#### How do your clients respond to ViPR?

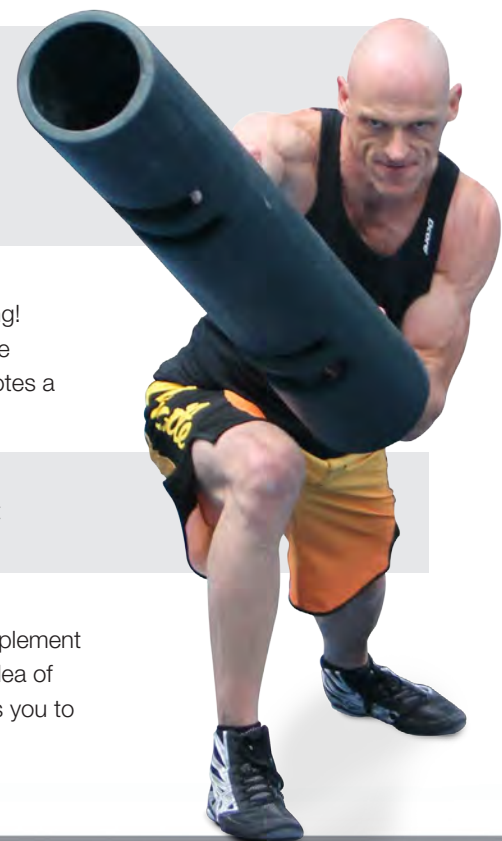
I teach ViPR in groups and I see people adopt a real 'fighting face' attitude when they get going! I've also taught ViPR classes to eighth graders. Kids can be a tough crowd but, as soon as the music kicked in, they focused and had a great time. It's a good tool for lots of ages and promotes a playful approach to exercise.

#### What other equipment do you like to use?

I like kettlebells, clubbells and suspension training. Also, bodyweight exercises – you shouldn't underestimate those. I haven't picked up a barbell in two years.

#### Is functional training the future of fitness then?


Linear movement has its place as a training protocol and Loaded Movement Training is a complement to that. For me, playfulness and creativity is the future of meaningful exercise. I don't like the idea of being stuck on a cardio machine in a gym, so anything that gets you being creative and allows you to work in different environments, like being outdoors, is going to do well.



## Exclusive cutting-edge ViPR research by Derek Vandenbrink



ViPR master trainer Derek Vandenbrink explores the metabolic responses during and following intermittent functional exercise.

To watch the video please click here 



Derek Vandenbrink

Intermittent functional exercise (IFE), or circuit-based, resisted multiplanar movement, has been utilized in the health and fitness industry for many years with claimed benefits including high energy expenditure (EE) and improved cardiovascular fitness. However, there is very limited research to support these claims. The purpose of this study was to determine the oxygen cost, heart rate response, and EE both during and following a bout of IFE. Ten subjects (five male, five female, age = 23.5} 3.7 years,  $\dot{V}O_{2peak} = 53.3\} 6.4 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$ ) completed baseline resting metabolic rate (RMR) testing, a treadmill maximal oxygen uptake test, and an IFE familiarization trial. After 48 hours of rest, subjects completed a 19-minute IFE protocol using the free-weight tool ViPR, consisting of 10  $\times$  60secs work intervals at maximum volitional intensity followed by 60secs of rest. Males used a 10kg ViPR, and females

used a 6kg ViPR. Oxygen uptake ( $\dot{V}O_2$ ), heart rate (HR), respiratory exchange ratio (RER), and EE were measured continuously during the entire IFE protocol and for 45 minutes post exercise (EPOC) using a portable metabolic system. Subjects had a mean  $\dot{V}O_2$  of 65%  $\dot{V}O_2$  peak, a mean HR of 92% HR<sub>max</sub>, a mean RER of 1.06, a mean EE of 13.0 kcal  $\cdot$  min<sup>-1</sup> (0.176 kcal  $\cdot$  kg<sup>-1</sup>  $\cdot$  min<sup>-1</sup>), and a mean RPE of 17 during the IFE protocol. The mean overall caloric expenditure was 247 kcal over 19min. Post-exercise metabolic recovery data showed an overall EPOC of 7.9 L of oxygen. EE remained elevated through 15mins,  $\dot{V}O_2$  through 30mins, and HR through 45mins ( $p < 0.05$ ). RER remained depressed throughout the 45-minute collection ( $p < 0.05$ ), signifying an increase in fat oxidation compared with RMR. The IFE protocol examined meets the cardiovascular intensity and EE recommendations from the American College of Sports Medicine, supporting health and fitness industry claims that IFE can be a useful conditioning methodology to improve cardiovascular fitness and body composition in healthy individuals.

Reference: Vandenbrink DN, Petrella NP, MacLennan DP (2013), Metabolic responses during and following intermittent functional exercise, *Applied Physiology, Nutrition and Metabolism*, 38(S1): 1,086.

