



TRAINING MANUAL

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WELCOME TO ViPR

For almost 25 years, FitPro has been delivering high-quality, innovative education and resources, so we are proud to provide the worldwide structure that brings you ViPR.

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ViPR is an acronym for **Vitality, Performance and Reconditioning**

Message from creator

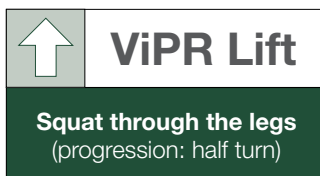
I have been very fortunate in my career. For the past 15 years, I have travelled, shared and learned from many in the fitness industry and in academia. I have seen the start of movements within our trade and experienced paradigm shifts. But the more I understand human design, the more I try in earnest to apply exercises that speak to the fundamentals of effective movement and function.

When I began training individuals and groups many years ago, I always felt there was something missing in my programming. The strategies I used then did not adequately fulfil the goals of training for optimal function in the body. Traditional training tools did not allow for multi-directional training, proper timing or the rhythm of the body, nor did they provide enough integration of movement with load for transfer into life's activities or for life's demands.

I grew up on a farm and learned that, to be truly effective at getting my chores done, I had to integrate my body as a system. The concept of Loaded Movement Training and ViPR are the result of the lessons learned from watching how strong, stable and balanced farm kids are because of the full-body tasks they perform, moving with mass in different ways.

Loaded Movement Training is defined as movement-based resistance training. It combines task-oriented full-body movement patterns with load – the kind of 'training' that farm kids do every day.

ViPR was created from a need to perform Loaded Movement Training easily in various settings – to foster purposeful motion and blend strength training with movement training. Movement is fundamental and often missing from traditional training. What makes up effective movement is a blend of lifting, shifting and twisting.



Thank you for taking the time and effort to understand the concept of ViPR. It is my sincere hope that you enjoy the experience and that you are empowered to use ViPR to create lasting change.

Experience a rush of energy, pulsing through the body; every moment becomes an awakening. Motion creates emotion. Is our motion fixed, controlled and strained? Or is it free, expressive, joyous and strong? Rhythm is at the heart of everything we do and defines our make-up. Our movements, when rhythmical, become purposeful, fun and liberating. Rhythmical movements are fundamental to our design.

Welcome to the ViPR experience.

Michol Dalcourt

University of Alberta – Exercise Science
Adjunct professor – University of San Francisco
Past instructor – School of Health Sciences, NAIT College
Director – Institute of Motion



COMPANY VISION

To promote positive lifestyle change with vision, innovation and care.

ViPR VISION

To make ViPR ubiquitous in the health, fitness and wellness space, and for ViPR to be the tool of choice for whole-body integration from health clubs and sporting facilities to special forces and rehabilitation centers.

Our vision is for all professionals who promote themselves as understanding human movement to possess ViPR and recommend ViPR to peers and clients.

COURSE OBJECTIVES: TO BECOME A CERTIFIED ViPR INSTRUCTOR

In this workshop you will:

learn the science behind ViPR, including the benefits of Loaded Movement Training and the scientific anchors of ViPR

understand the principles to create new exercises by following the six steps of programming

learn how to demonstrate exercises correctly and be able to progress and regress, depending on client ability

understand the benefits of ViPR and be able to communicate these to clients

learn how to cue using the coaching model

understand the continued education and certification process

become familiar with online resources available via viprfit.com

VIPR FUNDAMENTALS

What is ViPR? ViPR is an acronym for Vitality, Performance, and Reconditioning.

VITALITY

Being strong and active, living life with energy and vigor

PERFORMANCE

Building elite fitness for all levels of competition

RECONDITIONING

Regaining full movement and function for life, recreation and sport





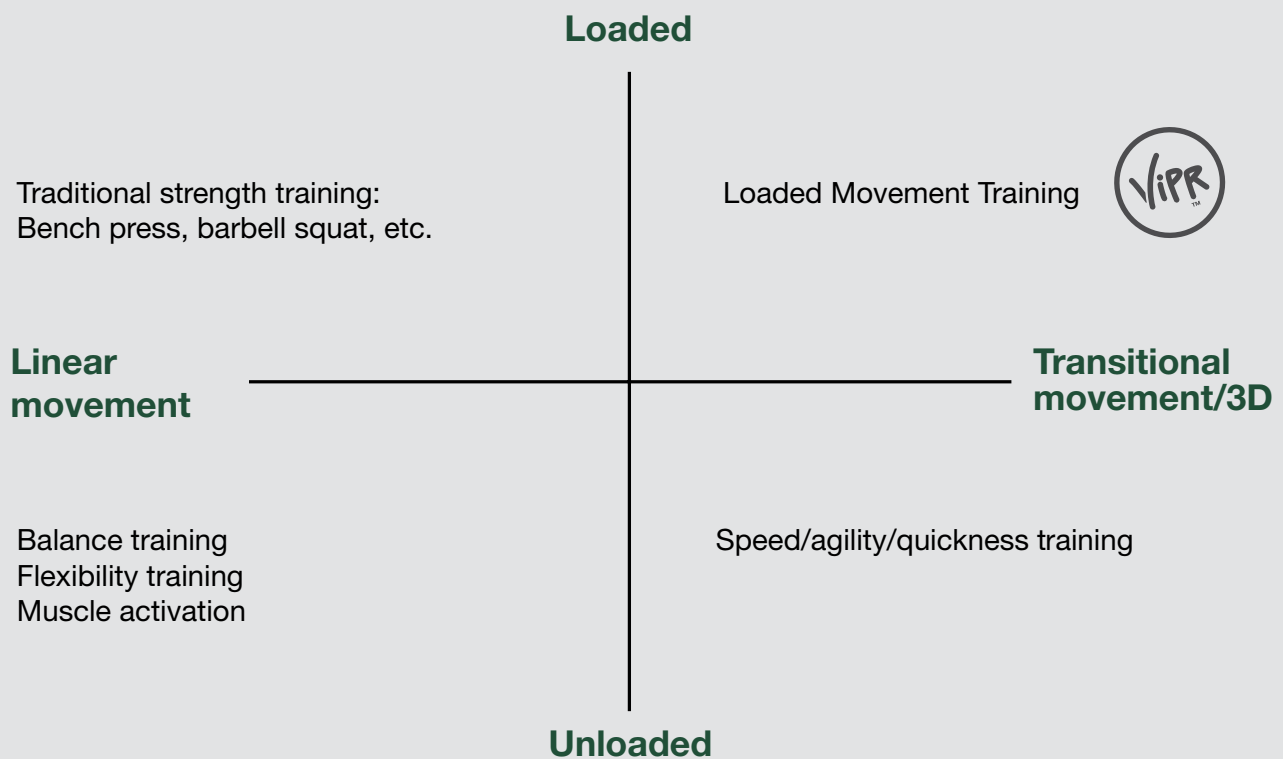
At the heart of ViPR training is the concept of whole-body integration (WBI).

“WE ARE STRONGER AS A WHOLE THAN THE SUM OF OUR PARTS.”

Loaded Movement Training is fundamental to life. It is what we do outside the four walls of a gym every time we pick something up or move something around. Our biology is designed for this kind of dynamic three-dimensional movement and we need to do more of it. Current research is revealing these truths like never before (see reference list at the end of the manual). Recent anatomy and biomechanical studies reveal that training movement using the whole body is more effective, and loading these movements will create accelerated results. ViPR allows movement to be loaded, thus ensuring a positive transfer into sport and life.

LOADED MOVEMENT TRAINING

Health/fitness training spectrum



Loaded Movement Training combines task-oriented movement patterning with resistance training. Agility and strength come from moving the body through a multitude of purposeful actions with load – just like back on the farm.

Loaded Movement Training effectively challenges and conditions muscle, fascia, the nervous system, skin, and other systems of the body. Science shows that moving with load improves balance, agility and dynamic strength, to reach goals such as weight management, improved functionality in daily life and enhanced performance in sport.

Loaded Movement Training is critical to include as part of a well-balanced health and fitness program. However, be aware that this is not intended to replace other forms of exercise – it is a necessary addition, not a replacement.

What is whole-body integration?

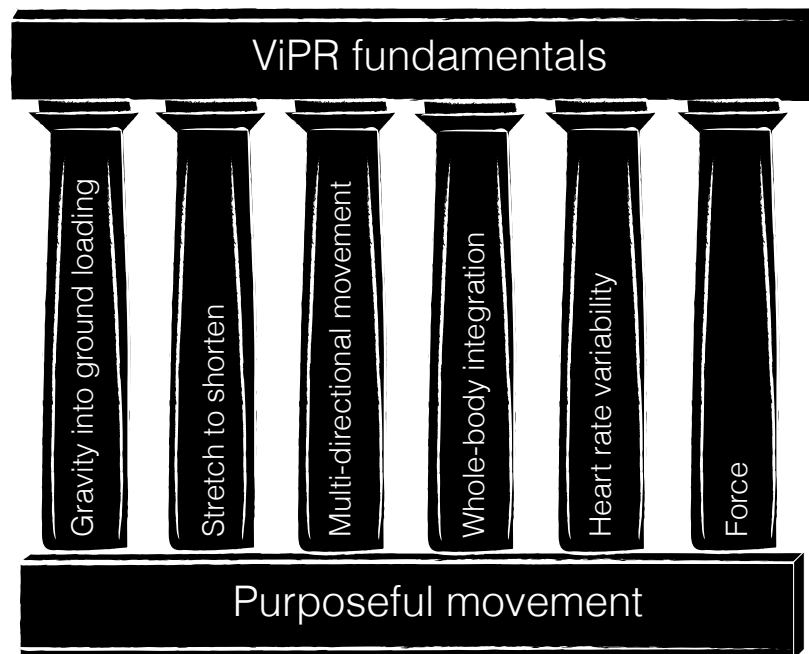
As the old adage states, “We are stronger as a whole than the sum of our parts.” At the center of ViPR lies a methodology called whole-body integration (WBI), which we define as, for every movement or skill performed, you are using the entire body (neuro-muscle-fascia-bone-skin-cardio-respiratory) to effectively create motion. Comparing WBI strength training to traditional forms of strength training will help delineate why training with ViPR may provide an authentic exercise experience necessary to effectively train the body consistent with its fundamental design.

Table 1: Whole-body integration vs traditional training

Traditional	Whole-body integration
Muscle-based training	Movement-based training
Isolated muscle groups	Integrating chains of myofascia
Biomechanical antagonistic muscle relationship	Biomechanical synergistic muscle relationship
Isolated exercise modalities (independently improve flexibility, stability, strength and cardio)	Integrating all modalities into each movement (to achieve flexibility, stability, strength and cardio congruently)
Uniplanar, uni-directional, one-dimensional	Multiplanar, omni-directional, three-dimensional
Single joint	Multi joint
Concentric muscle activation first (to initiate movement)	Eccentric muscle activation first
Mass progression	Execution of movement progression
Muscle-based cueing (e.g., “engage your core”)	Joint-based cueing (e.g., “initiate from the hips”)
Rigid movement	Rhythmic motion
Structured programming	Structural freedom programming (six steps to program design)
Correct form	Quality of movement

ViPR FUNDAMENTALS

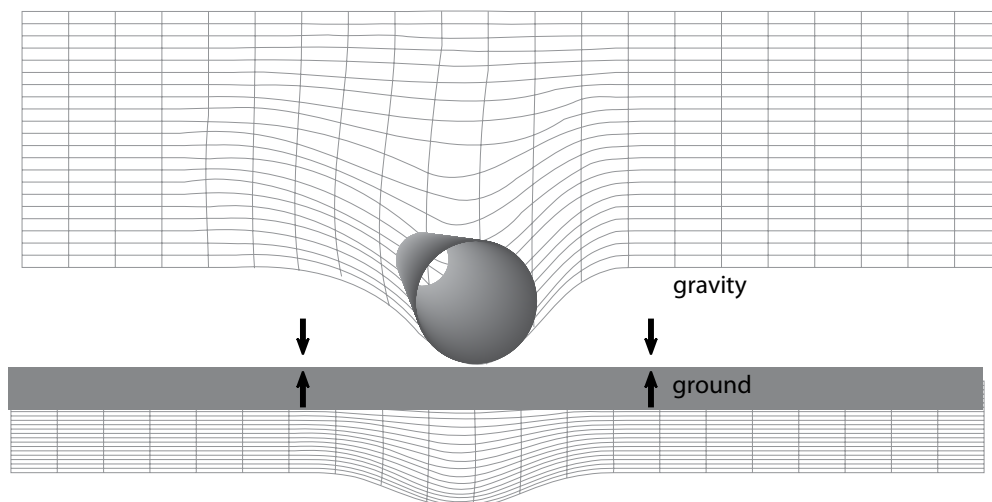
What makes up whole-body integrated (WBI) exercises?



Now, let's examine each of the pillars in more detail.

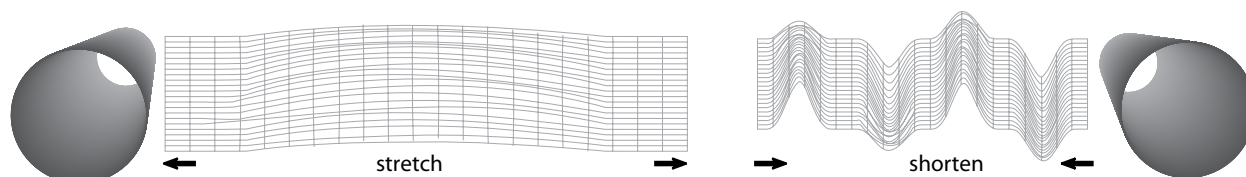
1 Gravity into ground loading

When discussing force on the body, we often refer to gravity as the major force the body must react to in daily living and sport. However, frequently overlooked is ground reaction force, the force exerted by the ground on our body when in contact with it. As opposed to having to 'combat' and overcome both gravity and ground reaction force, which would be highly energy expensive and would create excessive stress on our tissues and joints, the body harnesses energy from both forces to ensure effective and energy-efficient motion.



2 Stretch to shorten, load to unload

How does the body harness the energy from both gravity and ground reaction? If we take a look at not only muscle but our fascia (connective tissue) and skin, we notice they have elastic properties, giving them the capability to restore and release energy much like a rubber band. When we combine the physiological properties of eccentric muscle actions (lengthening of muscle) with the elastic properties of fascia and skin, we can accept and receive the energy from gravity and ground reaction. This maintains the integrity of the joints and is less energy expensive. ViPR exercises are designed to use this stretch-to-shorten principle in a rhythmical fashion to ensure efficient movement.



3 Multi-dimensional movement

Muscle, fascia, skin, bones and joints, in combination with the nervous system, allow us to move omni-directionally, with a freedom to move through a variety of different ranges of motion and heights (three dimensions). ViPR itself, along with the exercises and programming associated, is designed first to enhance our ability to move in dimensions necessary for our daily activities, and then to explore and improve our capabilities to move through all dimensions, creating an all-inclusive, authentic exercise experience.

4 Whole-body integration

With every ViPR exercise, we look to integrate every system of human movement as human anatomy is unified. The human body works best when trained as a whole, from toes to nose, involving rhythmical motion to lift, shift, tilt, carry and even drag ViPR.



5 Heart rate variability

ViPR has found importance in scientific research that heart rate variability in our training is crucial to improving vitality, performance and reconditioning. In fact, a lack of heart rate variability has been shown to be a marker in decreased cardiac function. What this means for us is that recovery is just as important as the high-intensity exercise we know to be beneficial.

6 Force

In relation to ViPR exercises, the weight (mass) of ViPR is not the only factor that needs to be considered.

Other factors include:

- speed of motion
- momentum
- leverage
- range of motion
- direction of force.

For example, a 4kg ViPR can still elicit a high amount of force on the body even though it has a small mass, due to the factors just mentioned.



SIX STEPS TO PROGRAMMING FOR ViPR



SERIES



EXERCISE



HOLD



FOOTPRINT



HAND
PRINT



THRESHOLD

There are more than 9,000 exercises and 46 different holds using ViPR. Understanding the six-step program model for ViPR will provide infinite possibilities for exercise and program manipulation.

Table 2: Six-step ViPR program model

Series	ViPR has the capacity to be used in many different ways. These are categorized into series. Quite simply, 'series' refers to how ViPR is being used. As a way to maintain structural freedom, the ViPR series is a critical way to prescribe a suitable drill to participants. ViPR series include throw, drag, shlift, tilt, flip, lift, shift, carry, and roll.
Exercise	Just as series describes what ViPR is doing, 'exercise' refers to what the body is doing in gross movement terms. While the human body has the capacity to move in countless ways, it is important to structure human motion in generalized terms. These include level changes (squatting/lunging/bending), locomotion (walking/running/skipping/shuffling/jumping/hopping/bounding), stationary force (pushing/pulling/rotating) or a combination of these.
Hold	'Hold' refers to how we grip ViPR. Changing the way we hold (i.e., grip) ViPR will heavily influence how the body is loaded and can be a great way to regress or progress load without changing to a different ViPR.
Footprint	The 'footprint' describes where your feet are positioned and where they are moving to. Footprint (i.e., foot stance and/or foot movement) changes made while performing the exercises will increase or decrease complexity of the movement, as well as the neural demand.
Handprint	The 'handprint' describes where your hands are positioned and where they are moving to. Handprint (i.e., hand position and the associated arm movement) changes made while performing the exercises will change how different muscles are engaged.
Threshold	'Threshold' refers to acute variable manipulation (i.e., reps, sets, weight, speed, range of motion, complexity of motion). This step serves as your last checks and balances to make sure the drill you choose is appropriate for the level of client.



Series

Here is a list of the ViPR exercise categories that we call 'series'. Each of the following series will have a 'variability' component to it, where all footprints and handprints will be performed and manipulated in all three planes.

1. Lifting series
2. Shift series
3. Tilt series
4. Flipping series
5. Carry series
6. Drag series
7. Shlift series
8. Throwing series
9. Roll series



Exercise

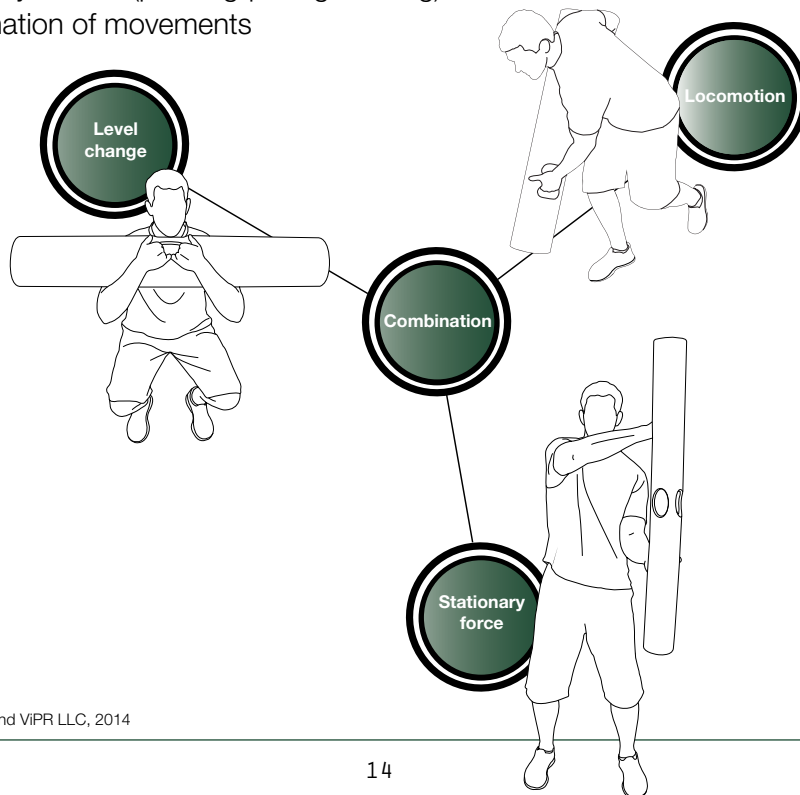
Exercise is defined as a global movement pattern, or the motion the body is going through. It is important to consider what movements are occurring, so that proper progressions can be given.

Ask yourself these questions:

- Is my participant a beginner or advanced?
- What goal is most important to them?
- In what way can they move well (i.e., lifting and/or shifting and/or twisting)?

Here is the list of global movement patterns:

- Level change – (squatting/lunging/bending)
- Locomotion – (walking/jogging/running/shuffling/skipping/hopping/bounding/jumping)
- Stationary force – (pushing/pulling/rotating)
- Combination of movements





Hold

TWO-HANDED GRIP

Neutral		
Wide (snatch grip)		
Offset	Right	
Offset	Left	

ONE-HANDED GRIP

Reverse	
---------	--

ONE-HANDED GRIP		
Neutral		
SHOVEL HOLD		
Neutral	Right	
	Left	
Reverse	Right	
	Left	

CARRY		
Front		
Shoulder carry	Right (in grips)	
	Left (in grips)	
CYLINDER GRIP		
On end		
On tube		

FLIP GRIP		
Neutral		
Cross body	One-handed (left)	
	One-handed (right)	
	Two-handed (left)	
	Two-handed (right)	



Footprint

The footprint describes where your feet are positioned and where they are moving to (if the exercise involves foot motions). Adding footprint patterns increases the complexity of the movement, as well as the neural demand. It is important to consider where the feet are and what (if anything) they are doing. For example, an individual might have their feet stationary in a normal, staggered, wide or narrow stance as they execute the movement. Likewise, they could have their feet moving (sagittal, frontal or transverse) during the exercise in various patterns (i.e., step, lunge, shuffle, skip, hop, etc.)



Handprint

The handprint describes where the hands are positioned and where they are moving to (if indeed the exercise requires hand/arm motions). With different hand motions, there are different muscles that are engaged in the body. It is important to know what forces are imposed and how the body manages them. For example, an individual might have their hands/arms reaching (in various angulations), rotating and/or moving in various ways while performing a given exercise.



Threshold training: Key points to consider with progression/regression

Threshold 1

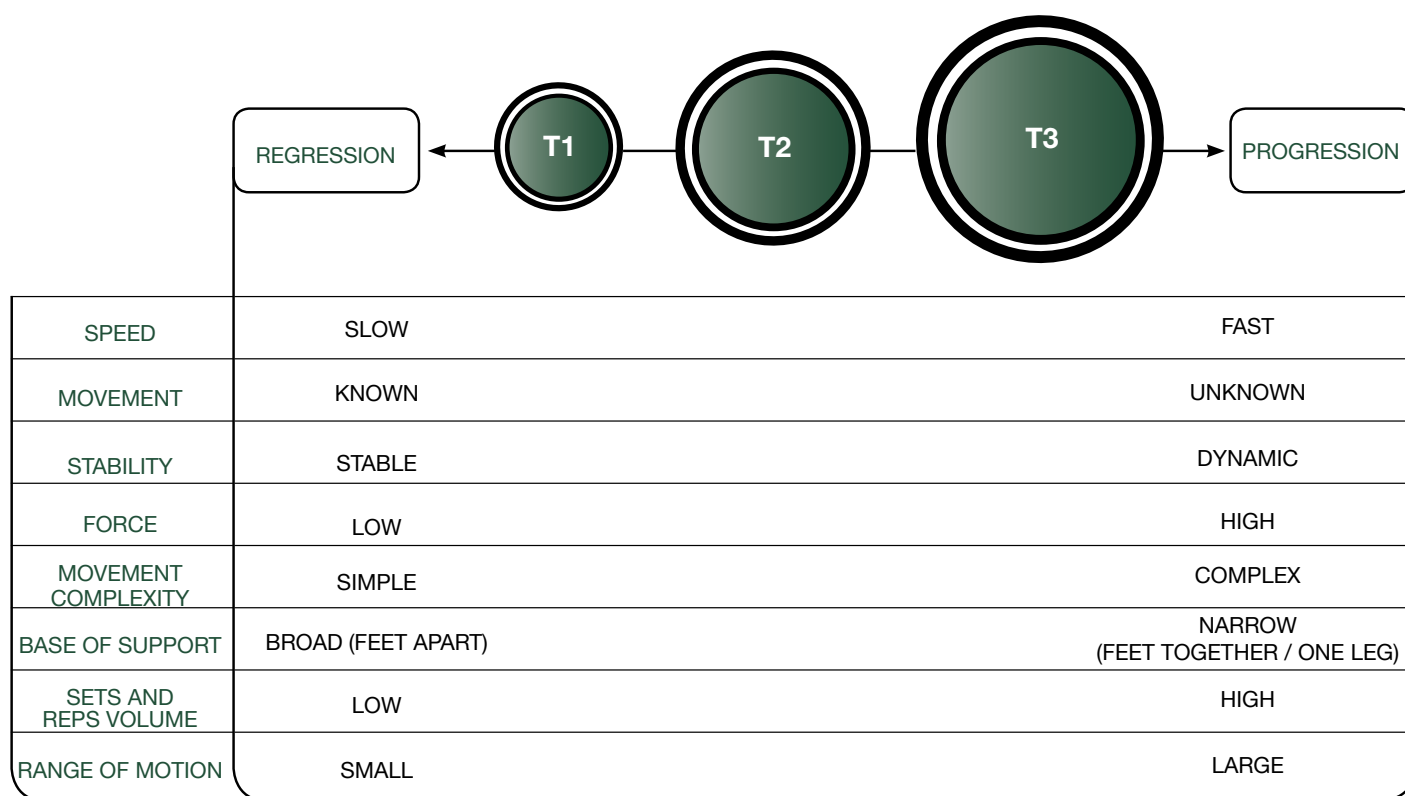
- Neuromuscular efficiency
- Eccentric motor control
- Anatomical adaptation (prepares tissues for the rigors of movement)
- Controlled range of movement (ROM)

Threshold 2

- Increased movement complexity
- Increased integrated timing of function
- Increased force output
- Increased reactive component

Threshold 3

- Dynamic end range movement ability
- High movement complexity
- Dynamic function
- Faster movement
- High force movement
- Unknown movement (reactive)



As we move into the exercises, anchor into the following movement strategies:

Rhythm

- Just like breath, movements must be rhythmical to be effective.
- Tuning the muscles to rhythm protects joints/soft tissues.
- Rhythmical movement creates and reinforces neural synapses (increases the capacity for the nervous system to work).
- If the muscles are too active, it slows movement. If the muscles are too relaxed, energy leaks. The key is to balance the two.

Flow

- Movements that flow take the pressure off joints and allow for proper joint mechanics.
- Muscles need to contract and relax in a wave-like manner to work correctly.

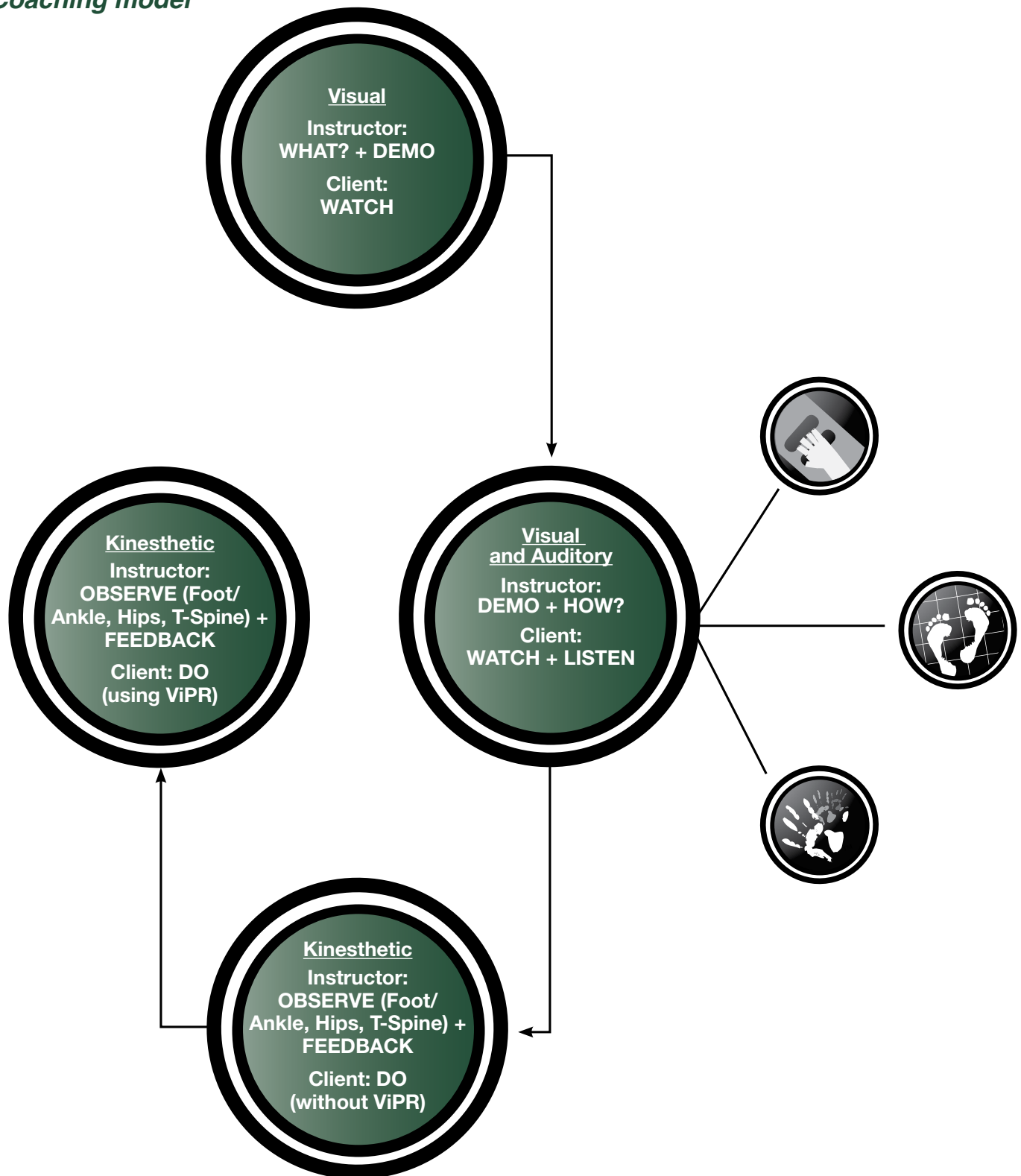
Integration

- There is only one muscle in the body; it is connected by fascia. The objective of Loaded Movement Training is to train the body accordingly.
- Joints rely on tension from the entire body for stability; this is only enhanced through integrated training.

Coaching preparation

STEP	WHAT DO I NEED TO CONSIDER?	HOW	PROGRESS / REGRESS
			
			
			
			
			
			

Coaching model



GUIDELINES FOR VIPR USAGE

Do



- ✓ Have fun!
- ✓ Wipe the protective manufacturer's fluid from ViPR before use
- ✓ Remember that ViPR is designed to be lifted, shifted, thrown, rolled, dragged, carried, tilted and flipped in accordance with proper technique, program design and environment
- ✓ Ensure you follow the 'Coaching Model' provided in the online training manual while instructing someone on a ViPR exercise
- ✓ Follow the program design model provided in the online manual
- ✓ Remember that ViPR bridges the gap between strength and movement training, so full-body, rhythmical movements are at the heart of every exercise
- ✓ Begin with a lightweight ViPR tool and limited range of motion
- ✓ Only progress an exercise once that individual is competent
- ✓ Clean ViPR using an all-purpose cleaner

DON'T



- ✗ Use ViPR handles to support bodyweight when doing push-ups – ensure hands are placed on the main body of ViPR to avoid breakage
- ✗ Bend or twist ViPR handles
- ✗ Use ViPR to mimic isolated bodybuilding exercises
- ✗ Bend ViPR in half
- ✗ Begin a ViPR exercise session with a heavy ViPR tool or large range of motion
- ✗ Use ViPR for impact drills including, but not limited to, burpees, battling (hitting) drills, high-impact flipping (i.e., Caber toss) and/or tilting drills
- ✗ Store ViPR in excessive heat or sunlight
- ✗ Clean ViPR with products containing bleach or limescale remover
- ✗ Use in water which is balanced by the addition of chemicals such as chlorine
- ✗ Bounce or slam ViPR on hard surfaces

VITALITY: SAMPLE EXERCISES

1. SQUAT THREAD THE NEEDLE				
2. LATERAL SHUFFLE WITH VIPR TILT				
3. BOX PATTERN				
4. VIPR INDOOR FLIPPING				

PERFORMANCE: SAMPLE EXERCISES

1. SHOVELING DRILL				
2. ANTERIOR STEP WITH UPPER CUT				
3. ICE SKATERS				
4. CYLINDER LIFT				

RECONDITIONING: SAMPLE EXERCISES

1. STAGGERED STANCE WITH MEDIAL TILT				
2. STEP-OVER SQUATS				
3. LATERAL LUNGE WITH LATERAL SHIFT				
4. TRANSVERSE LUNGE THREAD THE NEEDLE				

FURTHER READING

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Supporting resources

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Photography

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TRAINING EVALUATION FORM



Please complete this evaluation form and hand it in to your facilitator.

We aim to deliver training that is well structured, informative and relevant to fitness professionals.

Date:	
Club:	
Facilitator:	

How would you rate the following? (circle your response)

Training facilitator	Excellent	Great	Good	Fair	Poor
My facilitator clearly and effectively communicated the material	5	4	3	2	1
My facilitator was professional and made the lessons interesting, using a variety of teaching/learning practices	5	4	3	2	1
My facilitator gave me support and was patient throughout the training	5	4	3	2	1
My facilitator was passionate and inspiring	5	4	3	2	1
Overall, please rate the facilitator's ability to deliver and lead the training	5	4	3	2	1
Any other comments:					

The training	Excellent	Great	Good	Fair	Poor
The training manual is appropriate and conducive to learning the subject matter	5	4	3	2	1
The training was interesting and relevant	5	4	3	2	1
The module was innovative and worth the time I invested in it	5	4	3	2	1
The module will help me to become a more successful instructor	5	4	3	2	1
Any other comments:					



Training venue	Excellent	Great	Good	Fair	Poor
The venue was pleasant and a good learning environment	5	4	3	2	1
The venue was easily accessible (location, parking, etc.)	5	4	3	2	1
Any other comments:					

Booking process	Excellent	Great	Good	Fair	Poor
The booking process was quick and easy	5	4	3	2	1
I was adequately prepared for and advised on expectations (timetable, location, delivery, rescheduling of commitments, etc.)	5	4	3	2	1
How could we have made the training better for you?					
Is there anything else your facilitator could have done to help your learning?					
What are your honest feelings/thoughts as you leave the training?					

Thank you.
Your feedback is important to us.

Please return this form by: Handing it in to your facilitator
Post to: Training Department, FitPro, Kalbarri House, 107-113 London Road, London E13 0DA
Email to: training@fitpro.com
Fax to: +44 (0)20 8586 7350

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