

FEEL GOOD FRIDAY 5 CONDITIONING PRINCIPLES



We all need to be individualizing our conditioning program. Our bodies are unique, and our training should also be unique. We should not be completing the exact same exercises with the exact same resistance as our friends. One reason is our fitness goals might be different than our friend's goal. Another reason is that our body might need a different type of conditioning program based on our strengths and weaknesses. There are many different ways to individualize your workout programs to ensure you are seeing your desired results. You'll need to make sure that your current conditioning program matches the type of dance and choreography you are executing. No one gets better at turns by practicing the splits!

Types of Conditioning

The first thing to take into consideration is the type of conditioning program you are focusing on. This should change throughout the year depending on choreography or styles, and to simply spice up your program. This can also change within a workout session to train a muscle in multiple ways.

muscular strength

The first type of conditioning program is **muscular strength**. This means that maximum muscle force is needed to complete a task in a single muscular contraction. The main goal of this type of program is to **increase in muscle hypertrophy or muscle mass**. This is completed with maximum resistance in a few repetitions. An example during daily life is lifting up a very heavy box only once or twice. We can lift heavier than we think because we are only completing the task a few times. An example in dance class is lifting your partner overhead.

muscular endurance

The second type of conditioning is **muscular endurance**. Muscular endurance is **lesser force exerted over a longer period of time**. In dance, muscle endurance is often confused with muscle strength. Think of endurance occurring continuously versus strength is occurring maximally. Another example is rehearsing a short piece one time (strength) versus completing it 3-4 times continuously without rest (endurance). The goal of endurance training is to complete an activity for longer periods of time. An example in daily life, is running for multiple miles. It requires endurance to run further, even if it means you run slower.

muscular power

The last type of conditioning program is **muscular power**. Muscular power means that there is **great force production exerted over a short period of time**. Muscle power is a product of strength and speed at the same time. An example of muscle power is explosive jumping, turns, or kicks. Please see the table to train specificity towards your goal!

	Power	Strength	Endurance
Repetitions	1 - 10 reps	4 - 10 reps	12 - 30 reps
Speed	As fast as possible	Moderate	Moderate
Sets	2 - 5 sets	1 - 6 sets	1 - 3 sets
Rest Time	2 - 4 minutes	~ 1 minute	< 30 seconds

There are other ways to individualize your exercise program! You can change the intensity of the exercise, the volume of the exercise, or the frequency of the exercise.

intensity of exercise

Intensity of exercise includes the resistance levels (body weight, weights, resistance bands, etc.), the speed you complete an exercise, changes in rest break, and changes in the environment. If you increase the resistance, increase in speed, or decrease the rest you will make the exercise more challenging or intense. You can also make the environment more challenging such as an unstable surface, with your eyes closed, or more similar to your performance space.

volume of exercise

The **volume of exercise** includes changing the repetitions or sets of exercise. Repetitions or “reps” refers to the amount of times you complete an exercise prior to taking a rest. A typical range of repetitions is between 8 and 20 prior to a rest break.

Sets include the cycles of multiple repetitions with rest break between each set.

Typically, the higher the intensity of exercise, the lower the volume of exercise. This occurs with strengthening conditioning programs. It is also typical that the higher the volume of exercise, the lower the intensity of exercise. This occurs with endurance training.

frequency of exercise

The last way to individualize your conditioning program is by changing the **frequency of the exercise**. If your goal is to gain muscular strength, you should strengthen three to four times per week. If your goal is to maintain the muscle strength you currently have, you should strengthen one to two times per week. We will discuss in further weeks on #FeelGoodFriday on when it is appropriate to gain strength versus maintain strength.

Overtraining

The last item we will discuss is

overtraining. Unfortunately, overtraining is very common in the dance world. Overtraining occurs when too much exertion occurs without enough rest or sleep.

This becomes noticeable when it takes longer to recover from a workout or a dance class or you are not noticing muscle strength gains as expected based off your program. **It is important that you take one to two days of active rest.**

This might be taking a gentle yoga class, a hike with a friend, or a walk outside. Active rest days do not mean you cannot be active, but rather you cannot push beyond your body's limit.

Overall, make sure you are adjusting your conditioning program to match your ultimate goals. These should change based on the type of choreography you are completing, or what aspect of dance you want to improve. If you constantly are completing the exact same exercise program, you cannot progress and improve. Our bodies need constant change to our program to prevent acclimation from the load we place on it. It is recommended logging your training program with the parameters to track your progress over time. Do not forget to take a picture or video and tag **@usckaufman** with **#FeelGoodFriday** to share your experience!



- **Muscular Strength:** maximum force needed to complete a task in a single contraction
 - Goal: increase in muscle hypertrophy or muscle mass
 - Example: lifting a partner overhead or lifting a heavy box
- **Muscular Endurance:** lesser force extended over a longer period of time.
 - Goal: to complete an activity over longer periods of time
 - Example: rehearsal of choreography multiple runs without rest
- **Muscular Power:** great force production exerted over a short period of time
 - Goal: to complete a task as quickly as possible with good mechanics
 - Example: explosive jumps, leaps, turns
- **Intensity of Exercise:** change in resistance, change in speed, change in rest, or change in environment
- **Volume of Exercise:** change in repetition or sets
 - Repetitions* = number of exercises prior to rest
 - Sets* = cycles of multiple repetitions with rest break between
- **Frequency of Exercise**
 - Same muscle groups 3-4x/week for strength gaining purposes
 - Same muscle groups 1-2x/week for maintenance of strength
- **Overtraining:** occurs when too much exertion without enough rest and sleep
 - Preventable with resting 1-2 days per week

References

- *Conditioning for Dance: Training for Whole-Body Coordination and Efficiency. Second Edition by Eric Franklin, Human Kinetics Press 2019*
- *Essentials of Strength Training and Conditioning/ National Strength and Conditioning Association. Fourth Edition by G. Gregory Haff and N. Travis Triplett, Human Kinetics Press 2016.*
- *Therapeutic Exercise: Foundations and Techniques. 6th Edition by Caroline Kisner and Lynn Allen Colby, F.A. Davis Company. 2012*