

Applying Work Capacity Intervention Concepts to Youth with Developmental Disabilities: Increasing Repetition in Exercise Sessions

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Description

Increased repetition increases motor learning and builds body strength, balance and motor control. In this session, we will review strength/conditioning strategies (WOD, Tabata, EMOM) and review specific examples of how to use these strategies with individuals on your caseload. These strategies work really well to create motivating home programs. Useful apps will be shared as well.

Definitions

WOD: Workout of the Day

WOD: Rounds:

1. Choose a specific number of exercises (3-5), repeat each exercise for a specific number of times. This is considered one round.
2. Repeat all exercises for a designated number of rounds (3-5).

EMOM: Can be same exercise as above, but there is a timed component that increases difficulty.

EMOM: every minute on the minute. Complete first exercise, if done before one minute then rest until the next minute; perform second exercise, if done before one minute rest until next minute; perform 3rd exercise, rest until timer goes and start again.

Tabata: A form of interval exercise developed by Dr. Izumi Tabata consisting of 8 rounds of exercise: 20 seconds of activity, 10 seconds of rest.

1. Choose 1-8 exercises
2. Can be stretches, active exercise or a combination
3. Have youth perform each exercise for designated time

References:

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4. Tabata I., Nishimura K., Kouzaki M., Hirai Y., Ogita F., Miyachi M., Yamamoto K. (1996) Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2 max. *Medicine & Science in Sports & Exercise* 28(10), 1327-1330.