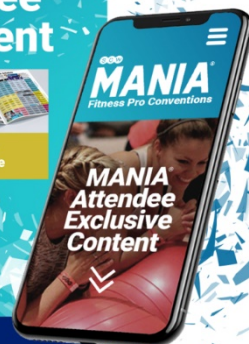


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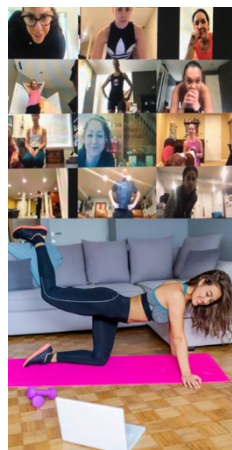
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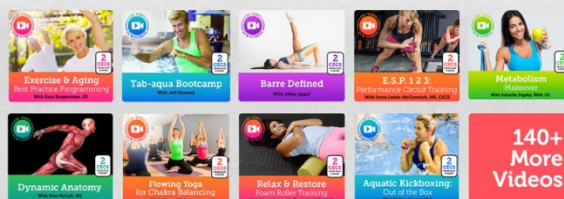
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# The Keys To Metabolic Flexibility

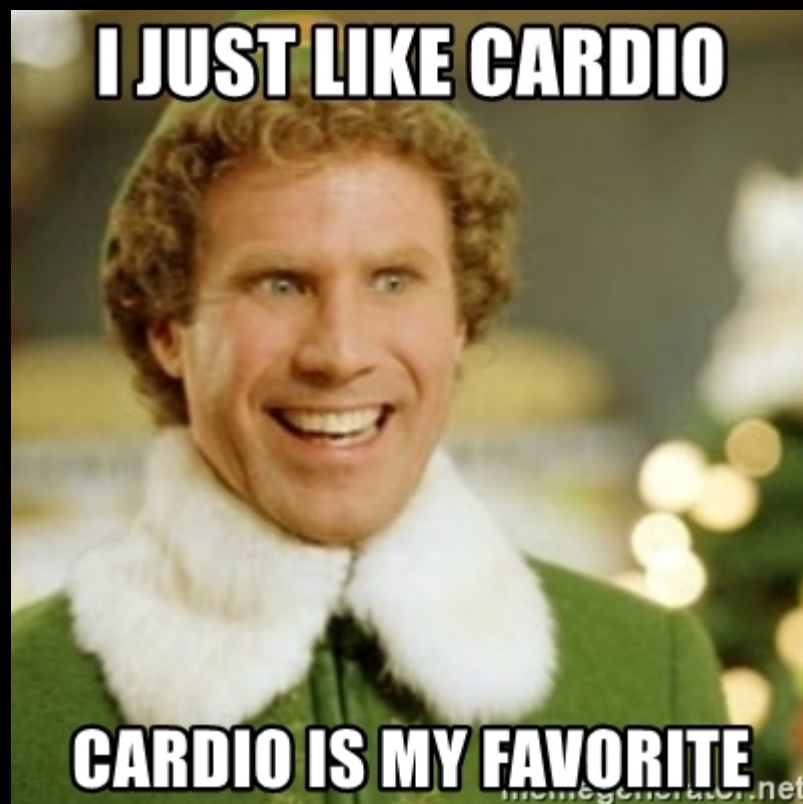
**B.S. Sacred Heart University, Fairfield, CT  
Institute Of Motion & ViPR PRO Master Instructor**

**Email: [Gio@InstituteOfMotion.com](mailto:Gio@InstituteOfMotion.com)**

**Social Media: @GiovanniRoselli**

# Course Objectives:

- Define and Identify the Importance of Metabolic Flexibility
  - Explore the 4Q MetCon model



CARDIO IS MUCH MORE  
THAN CARDIO...



# Energy Systems Review

## Aerobic Metabolism (with O<sub>2</sub>)



Aerobic Glycolysis



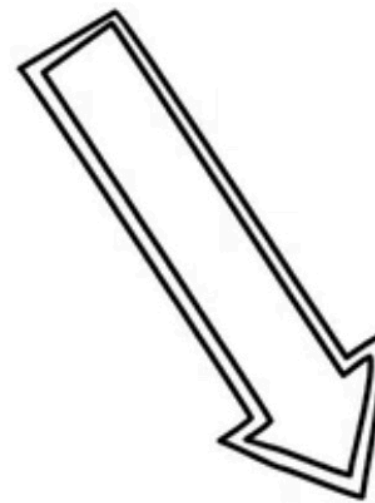
Fat Oxidative

# Anaerobic Metabolism

(without O<sub>2</sub>)



Alactic (ATP-PC)



Anaerobic Glycolysis  
(Lactic)

# Metabolic Flexibility

**“The ability to respond or adapt to conditional changes in Metabolic Demand”**

**“Easily transition between fuel sources (carbs/fats) to accommodate any activity”**



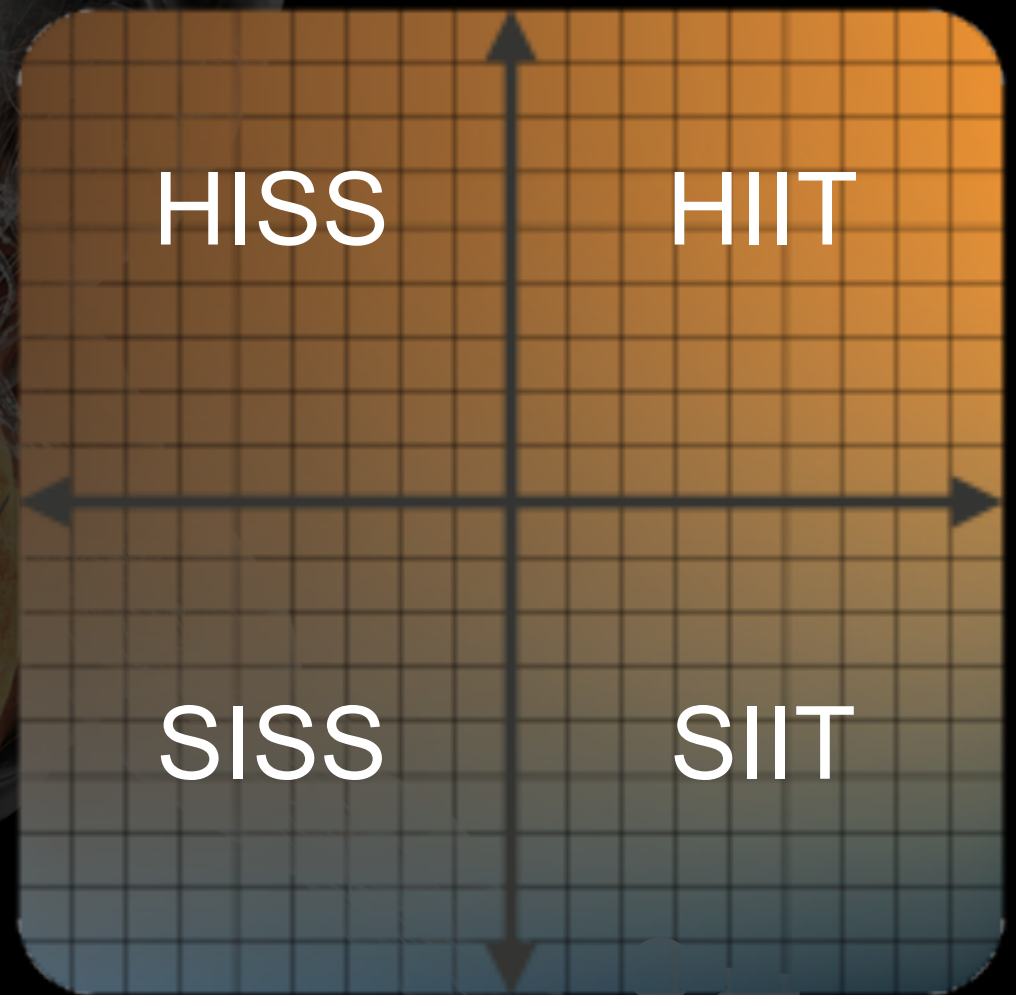
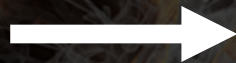
# Metabolic In-Flexibility

**May lead to Metabolic Syndrome**

- **Insulin Resistance/Glucose Intolerance**
- **Obesity**
- **Hypertension**
- **Elevated blood lipids**

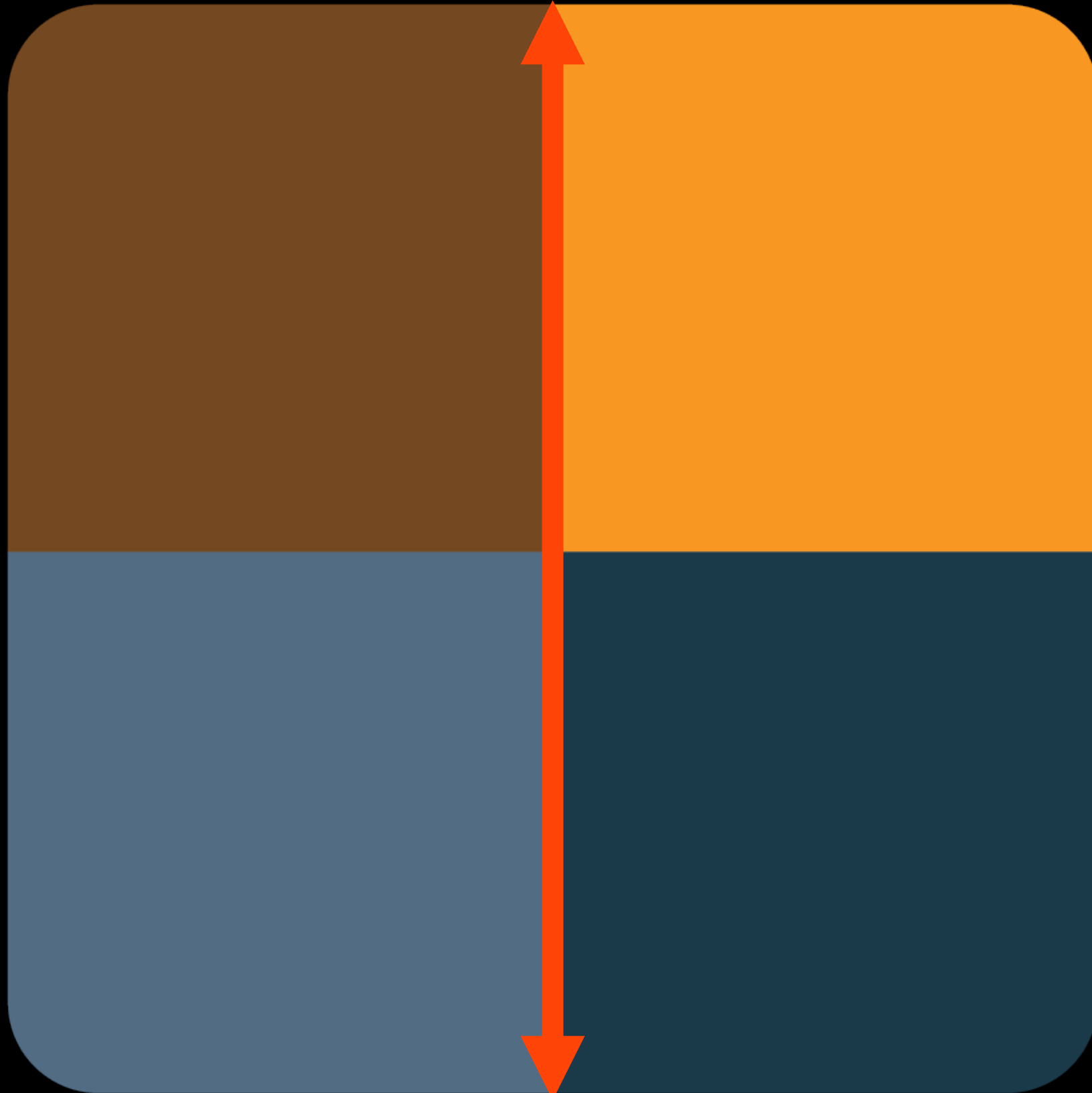
**Also Decrease Performance**





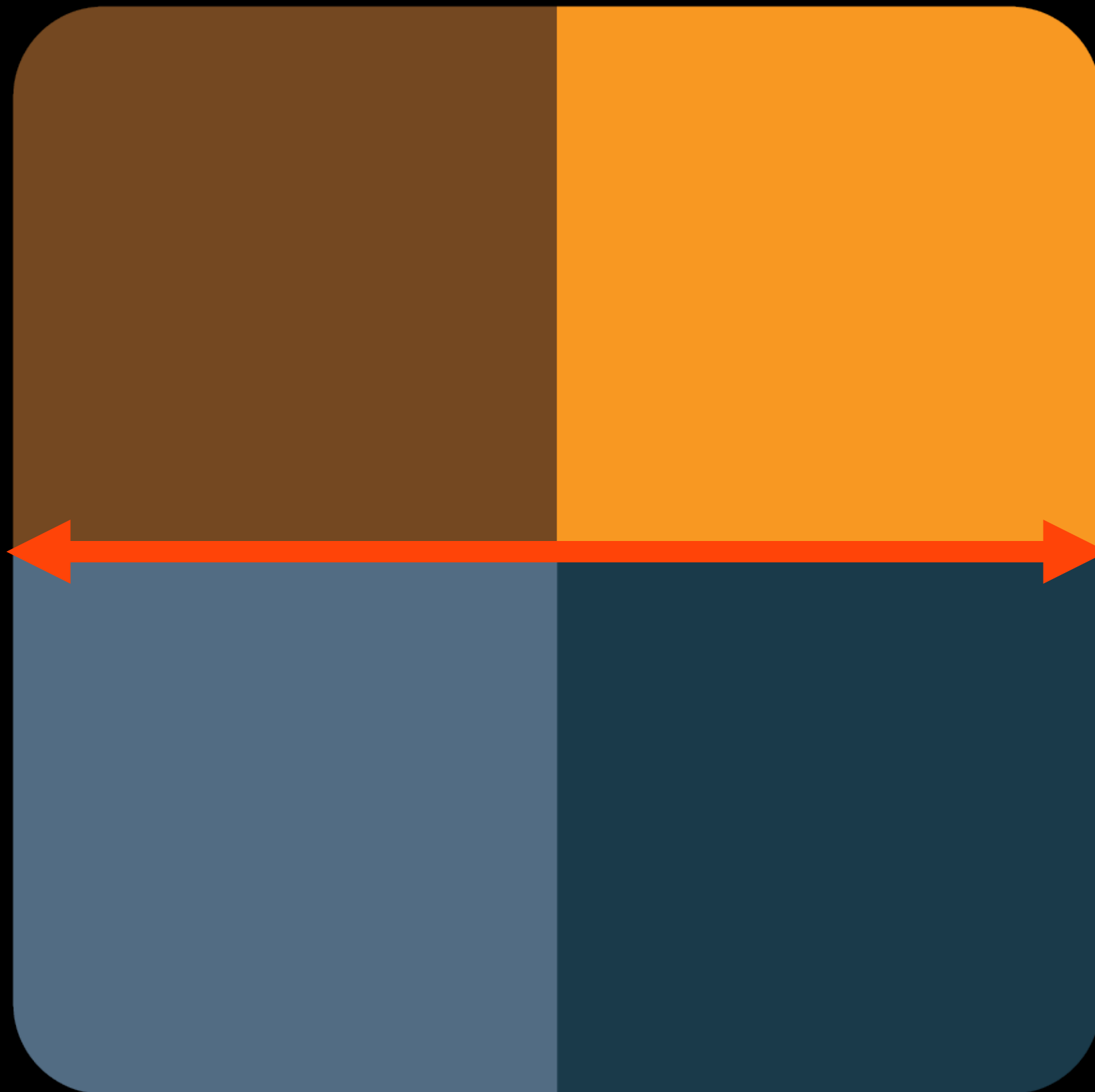
High Intensity

Metabolic



Sub-threshold Intensity

Steady State  
“Continuous”



Interval

High Intensity

Metabolic

**High  
Intensity  
Steady  
State**

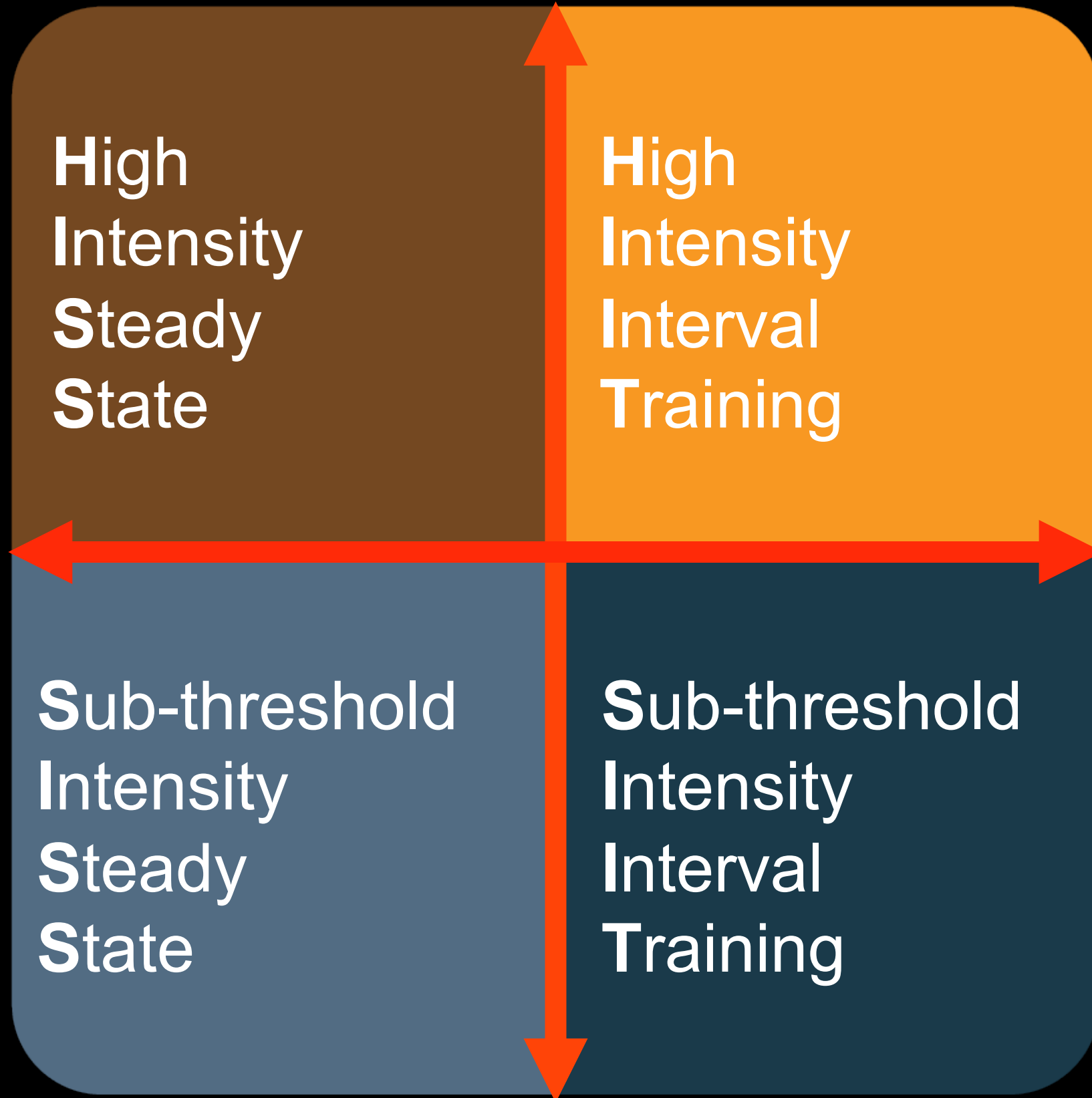
**High  
Intensity  
Interval  
Training**

Steady State

Interval

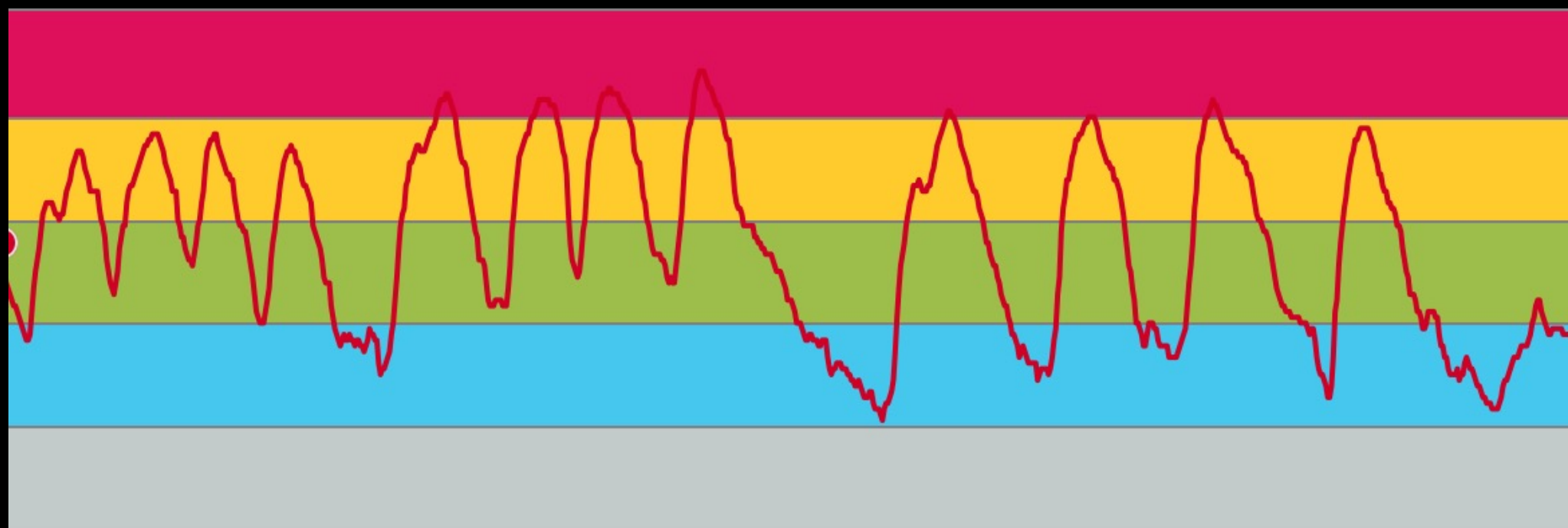
**Sub-threshold  
Intensity  
Steady  
State**

**Sub-threshold  
Intensity  
Interval  
Training**



# Which Quadrant?

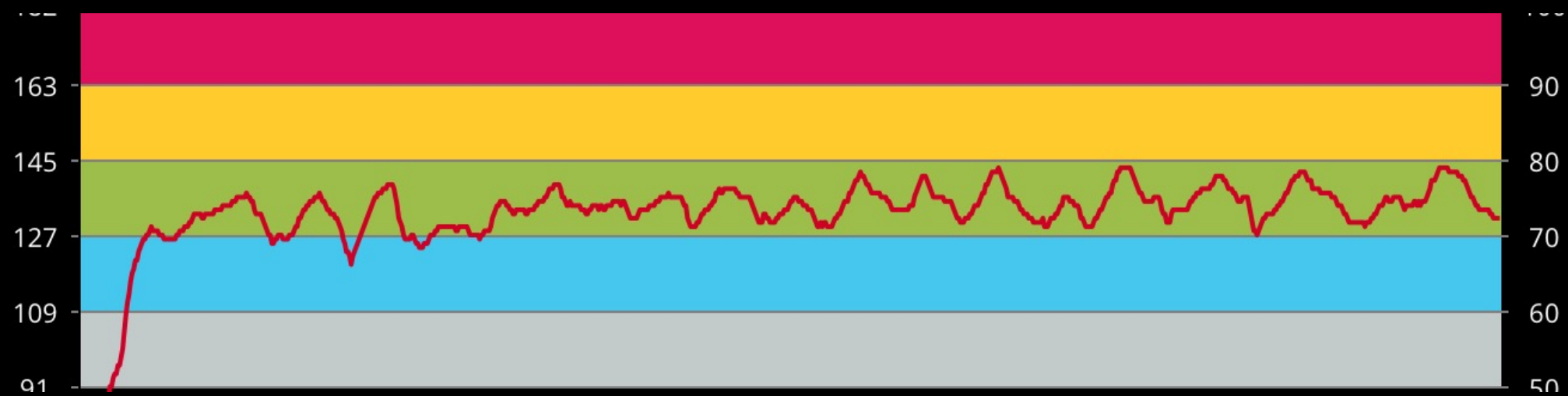
High HR



Low HR



# Which Quadrant?

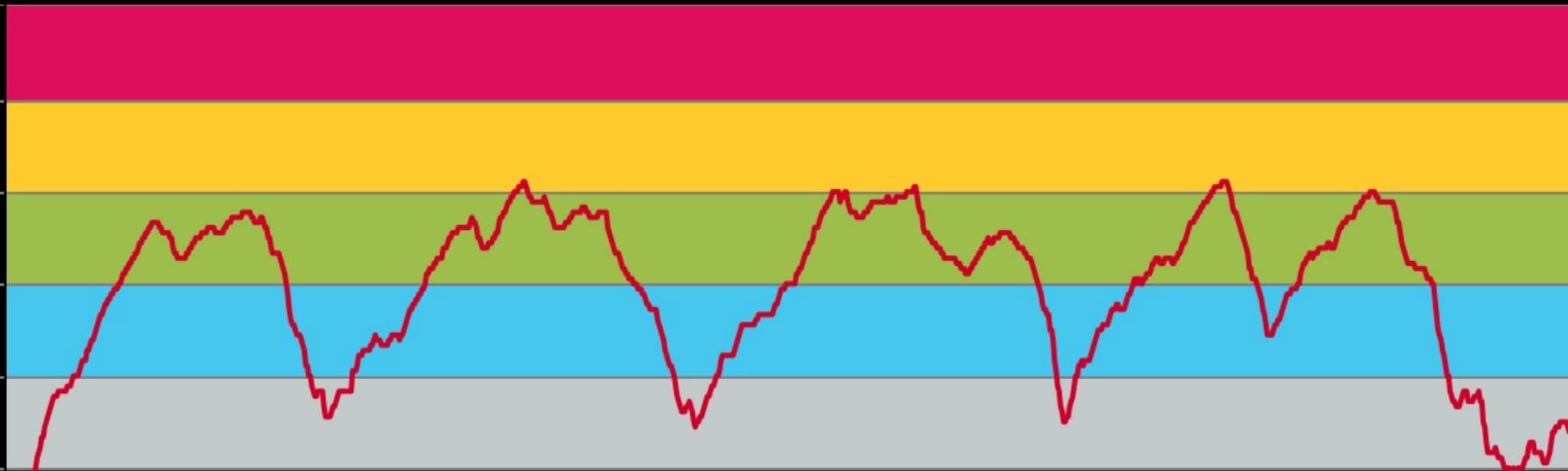




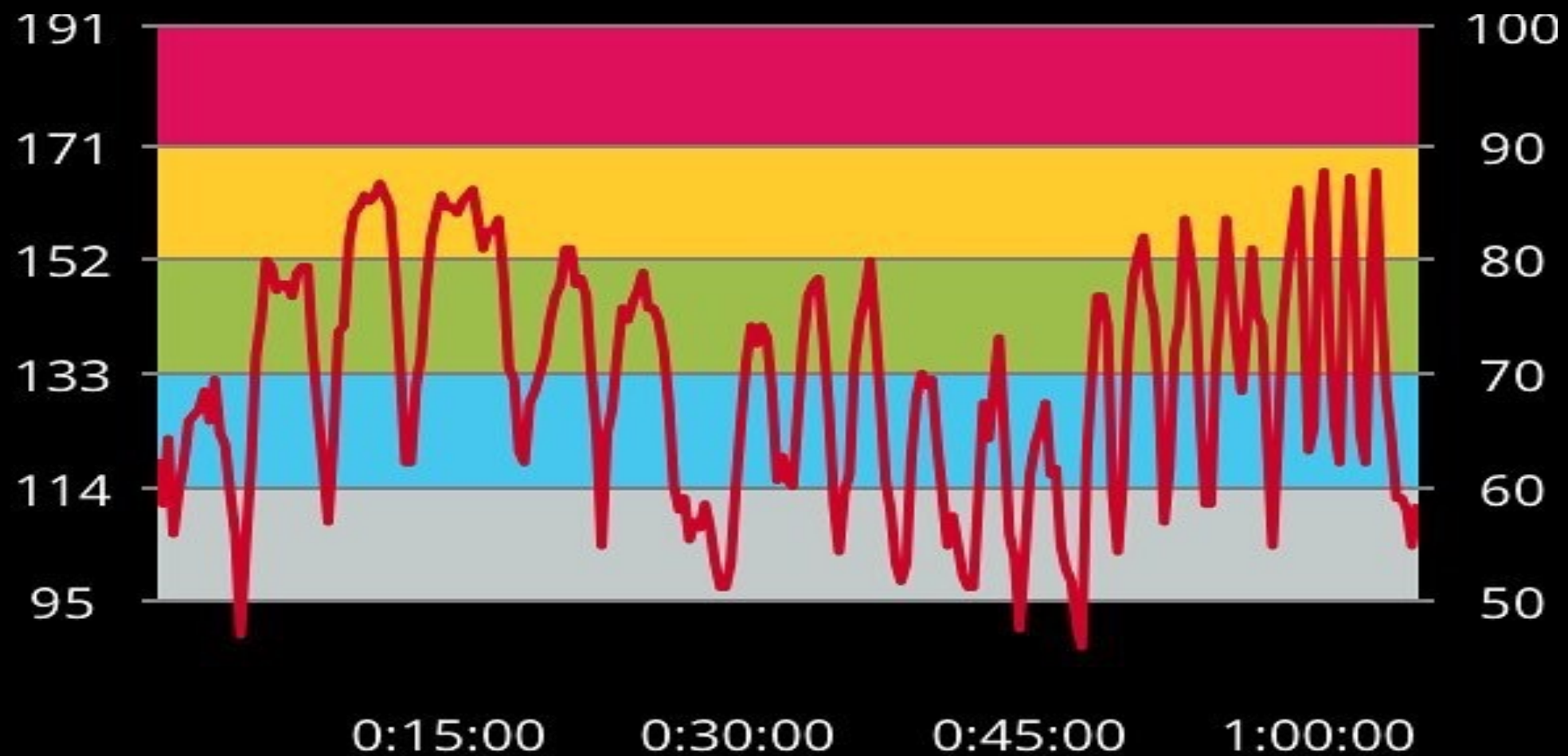
# Which Quadrant?

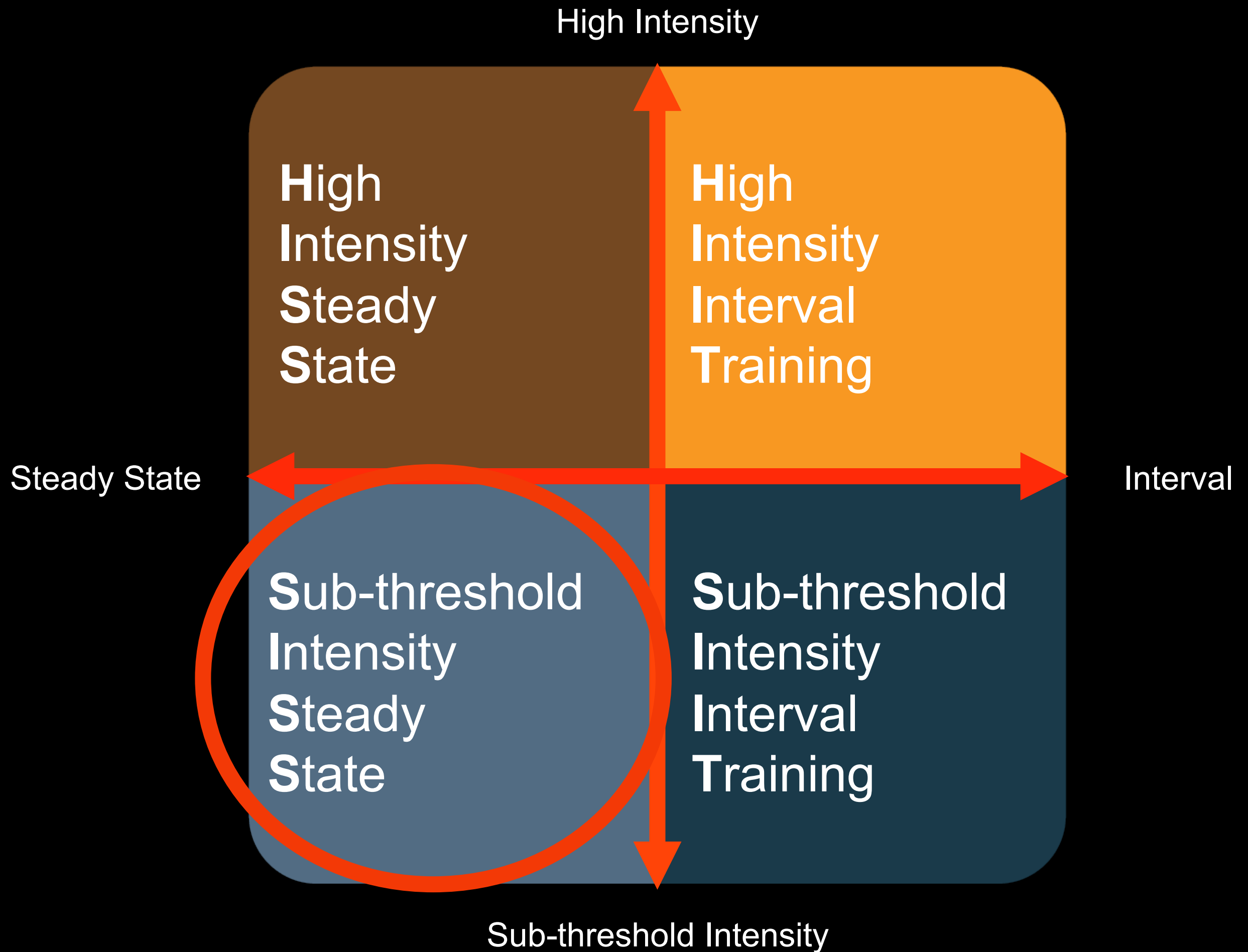


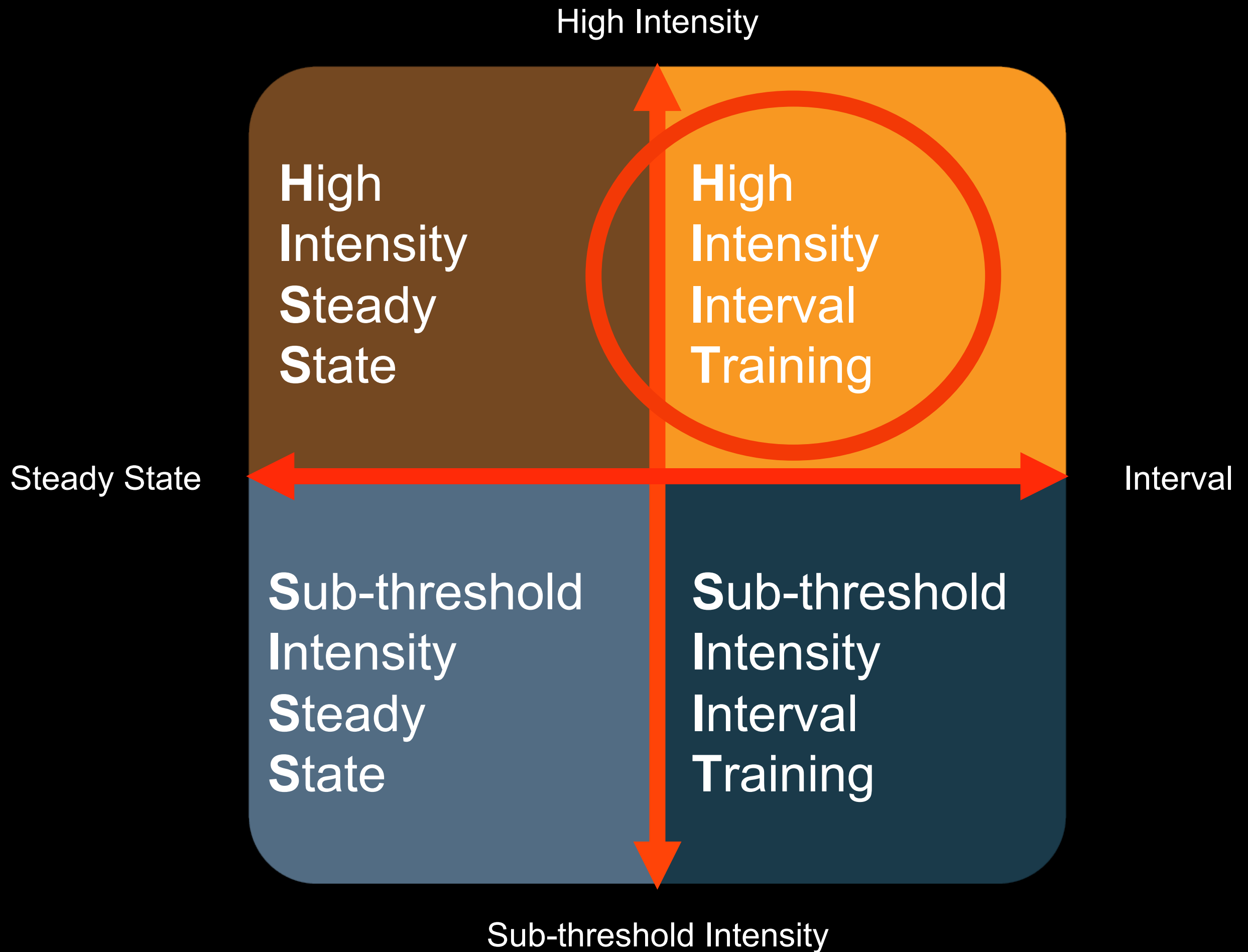
# Which Quadrant?

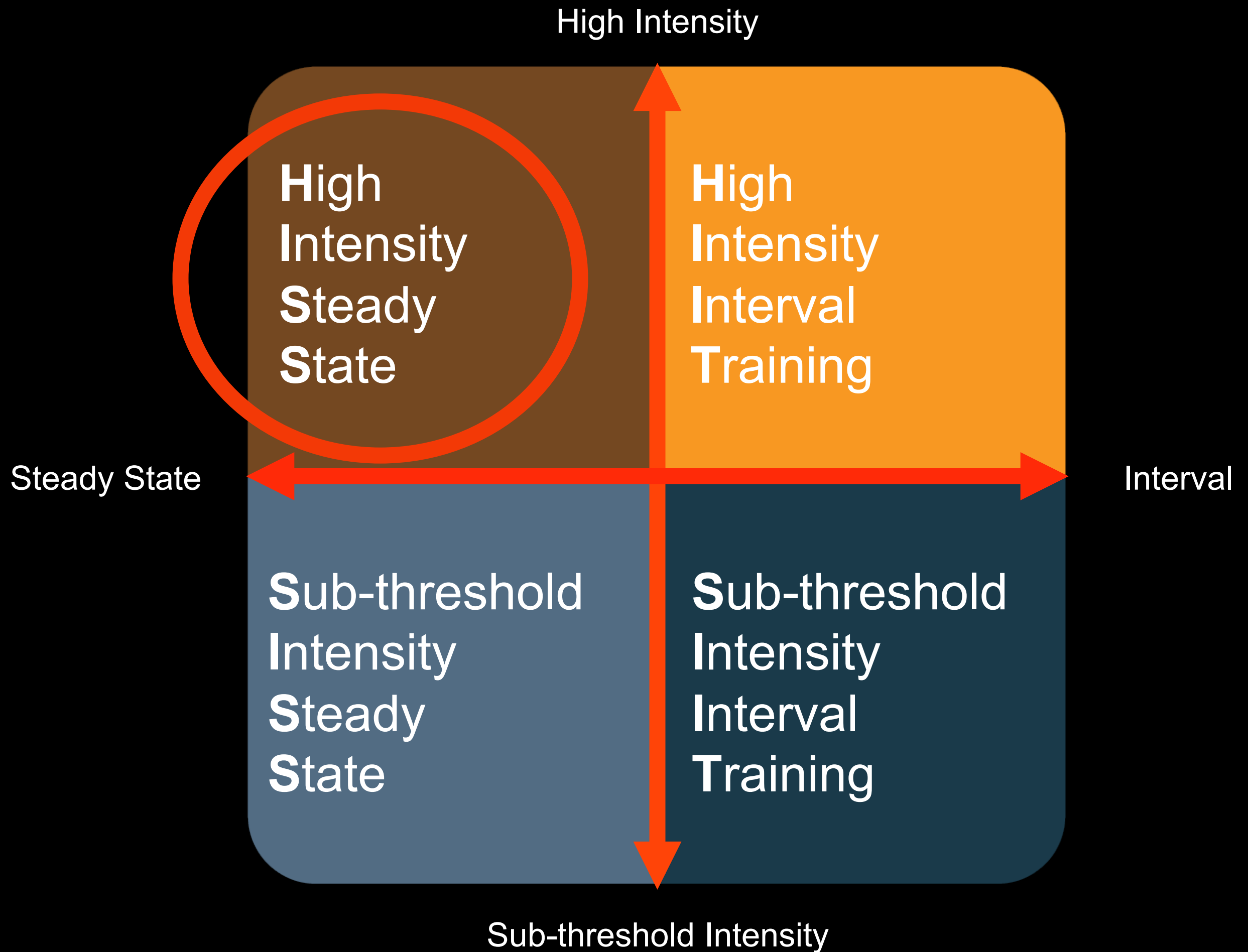


# Which Quadrant?

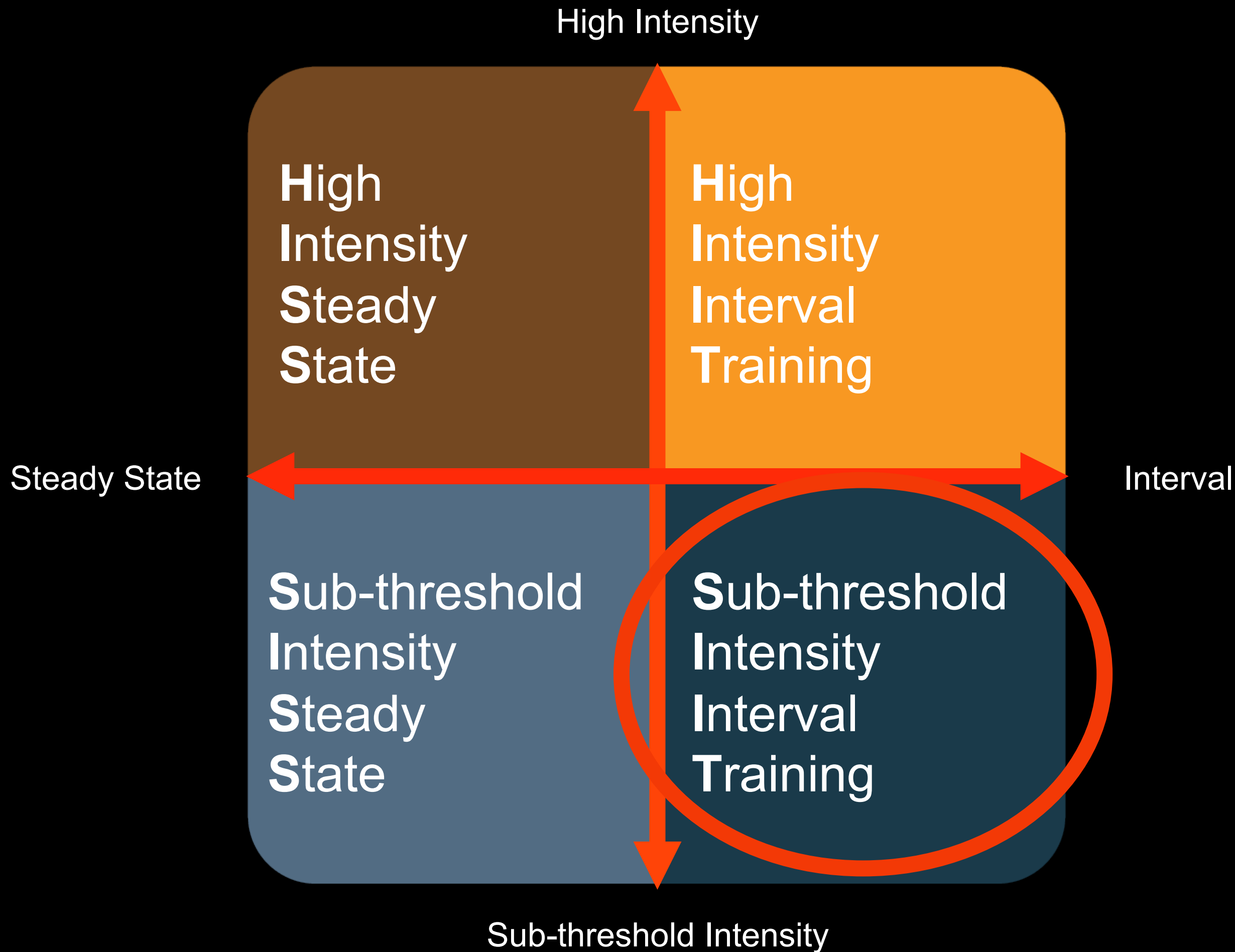












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THAN CARDIO...

*Whole life have a balance,  
everything be better.*

- Mr. Miyagi



**Thank you!**

**@GiovanniRoselli**

**Gio@InstituteOfMotion.com**