

# MET Frequently Asked Questions

By Scott Abel

## **WHAT IS MET (METABOLIC ENHANCEMENT TRAINING)?**

Metabolic Enhancement Training, which is what MET stands for, is strength and/or conditioning exercises performed with the intention of increasing the capacity and efficiency of the energy pathways to store and deliver energy for activity. Metabolic Enhancement Training (MET) consists of functional movements and traditional movements, as well as any exercise that gets the job done in sequences or Circuits to stimulate metabolism. MET uses integrated movements from all sports training that involve acceleration, stabilization and deceleration and improve movement ability, core strength and neuromuscular efficiency. It comes from everywhere – from the schoolyard play of children to advanced biomechanics.

The human body is an incredible machine that was designed to move in multiple planes of motion and use multiple muscle groups at the same time. Our bodies are not restricted to moving on one plane of motion (i.e. weight machines), therefore, why would we solely train our bodies to move on one plane of motion? Single plane motion training (isolated muscle training for isolated muscle strength and growth) can also be incorporated WITH MET – its called HYBRID.

All sports training have advantages and disadvantages. Every single paradigm from Yoga to Pilates to Plyometrics, and especially bodybuilding training. MET takes advantage of all of them for specific reasons. What is "Hybrid" depends on the goals of your training. Whether you want bigger muscles, or to just get in good physical shape, or you need to be a better linebacker, or faster hockey player, MET, because it takes advantage of ALL training modalities creates a "Hybrid System" based on the movement model for your particular sport or personal goals.

## **WHAT IS METABOLIC ABOUT IT?**

MET involves movements in multiple ranges and planes of motion which adequately taxes both the body's musculature and cardiovascular system. MET movements are performed in an interval training format will improve the energy systems which are responsible for activity.

## **WHAT ARE THE ENERGY SUBSTRATES USED TO PERFORM THE WORKLOADS?**

MET is predominately anaerobic, which consists of the phosphagen system (instant energy source) and the glycolysis system (lactic acid). All three energy systems are used at any time, however the energy system, which is primarily used during that time, is determined by the intensity and duration of the MET protocol prescribed.

## **WHY IS THIS MORE EFFICIENT THAN 'STANDARD' TRAINING, AND WILL IT ALWAYS BE MORE EFFICIENT?**

MET is based on the human movement model of pushing, pulling, rotation, moving the Centre of Mass, and One Legged Stances or transitions. Therefore applicable movements and exercises take advantage of the

best from all sports training, from Yoga to Plyometrics, to agility drills, Olympic lifts, Bodybuilding, for specific purposes and/or goals. It is more efficient than 'standard' or traditional resistance training because research clearly shows that lack of neuro muscular co-ordination results in faulty recruitment patterns. This can occur also from long-term single plane, stabilized range of motion training, as in traditional bodybuilding or resistance training exercises and is exactly what leads to this neuro muscular confusion. Since fiber recruitment is most important for any kind of results, even hypertrophy, and since long term single joint stabilized training can disrupt fiber recruitment and neuro muscular efficiency then it makes good sense to have training that focuses on using muscles in coordinated movements in line and in conjunction with the human movement model.

As with any training protocol, depending on your goals, programs should be followed for the amount of time prescribed, followed by a rest period and then a training format change. This is done so that the body doesn't 'get comfortable'. Change is always necessary to ensure progression in athletic performance. The format in which MET can be prescribed is limitless.

### **WHAT PHYSIOLOGICAL PROCESSES ARE TAKING PLACE THAT ALLOW FOR THE PHYSICAL CHANGES?**

The magnitude of these changes depends largely on the intensity and duration of the training sessions, the force or load used in training, and the body's initial level of fitness. Regardless of specific physiological effects, the fact is there is much more efficient combination of strength with conditioning training, yielding not only better overall fitness effects but a better and more efficient cosmetic effect as well in a shorter amount of time, all things considered.

### **WHAT CHANGES SHOULD I EXPECT?**

There are many advantages to using MET and you should experience the following:

- Improve coordination and balance; also integrated expressions of strength of movement between your upper and lower body; as expressed through the core, as this improves so does strength
- Greater energy demand thus increasing conditioning over time and your body's ability to work longer, and be adaptation specific
- Increase dynamic flexibility and joint range of motion (traditional stretching is done in one plane of motion – this training teaches the muscles and joints how to reach, lunge, squat, bend, twist or swing to their fullest range of motion)
- Better muscle definition - maximal lengthening must occur first for a muscle to maximally contract. When a muscle works to be engaged through 3 planes of motion, it is more than likely to work in all ways in which it is meant to function (MET) – think of a gymnast - all they do is train on 3 planes of motion!
- Core/Ab strengthening - 3 planes of motion usually requires constant action through the core; the core is involved in almost all expressions of integrated and often even segmented strength. There is no escaping core training in any kind of training protocol. MET just capitalizes on the importance of core in all three planes and with rotational emphasis.

**WILL I BURN MUSCLE FROM THIS TRAINING? WILL I GAIN MUSCLE FROM THIS TRAINING?**

You will not 'burn' or lose muscle from this training because you are still using resistance. But most importantly you are using SPEED and POWER, which equates to more strength in the long term. In fact, with a Hybrid program that is geared towards hypertrophy or muscle growth you will gain muscle while improving definition, functionality and conditioning at the same time. As you train for speed and power, there is more work demand. Using compounds and complexes as well, with an emphasis on speed and range of motion with lighter weights or bodyweight creates incredible metabolic demands resulting in longer and greater post workout oxygen consumption. This creates more fat loss both short and long term. The bottom line is that MET training and all Hybrid forms of training can produce any result a trainee is aiming for. But most importantly for 90% of people out there, MET will enhance muscle tone, muscle gain (if that is your wish) conditioning, definition and cosmetic physique enhancement

*(For further information, and discussions on MET, please refer to the MET creator's website at [www.scottabel.com](http://www.scottabel.com))*