

Phase 5 – Power

Reps → Sets → Rest Time → Weight

Cardio Training – Increase workload every 60 seconds until target intensity zone reached, 10% volume increase/week, alternate stage 1,2,3, and 4 workouts to prevent injury (Complete one of each before repeating)

Stages	Intensity	1-5 Sessions/Week	Time	Progression	
Stage 1	SS Below VT 1	120-130 BPM	1-30 Minutes	Z1 : Z2 :Z3 :Z4	General Health/Recovery
Stage 2	Z1: Just Below VT 1 Z2: Just Above VT 1	120-139 BPM 140-159 BPM	1-30 Minutes	1:3 1:2 1:1 1:0	Rec sport endurance/Weight Loss
Stage 3	Z1: Just Below VT 1 Z2: Just Above VT 1-Midpoint Z3: VT 1 Midpoint-VT2	120-139 BPM 140-159 BPM 160-179 BPM	1-30 Minutes	5:2:1 4:2:1 5:2:2 5:3:2 5:3:3	Moderately Advanced Clients/aerobic and anaerobic improvements
Stage 4	Z1: Just Below VT 1 Z2: Just Above VT 1-Midpoint Z3: VT 1 Midpoint-VT2 Z4: VT2 +	120-139 BPM 140-159 BPM 160-179 BPM 180-200BPM	1-30 minutes	300:60:60:10 240:90:90:10 240:60:60:10 180:90:90:10 180:60:60:10	High-Level Athletes/Fitness Enthusiats
Stage 5				Sport Specific Drills	Professional Athletes

Core Training – Explosive tempo (X-X-X-X); Dynamically stabilize and explosively move

(1-2 Exercises)	8-12 Reps	1-3 Sets	210-300 Secs Rest
Medicine ball rotation chest pass			
Front medicine ball oblique throw			
Side medicine ball oblique throw			
Medicine ball soccer throw			
Medicine ball woodchop throw			
Medicine ball overhead throw			

Balance Training – Moderate Tempo, Hold landing position 3-5 Secs, {Sagittal, Frontal, Transverse}, {Floor → Balance Bean → Half-Foam Roll → Foam Pad → Balance Disc → Wobble Board}, {Eyes open, eyes closed}, {Turning Head Side to Side}, {Moving contralateral leg, trunk, or arms}, {Perturbations AKA Gentle Pushes}

(1-4 Exercises)	8-12 Reps	2-4 Sets	210-300 Secs Rest	Floor-Wobble Board	Moving Contralateral Limb
Tandem stance					
Single-leg balance					
Single-leg balance reach					
Single-leg arm and leg motion					
Single-leg hip internal and external rotation					
Multiplanar Lunge to Balance					
Multiplanar Hop to Balance					
Multiplanar Step-Up to Balance					
Single-leg lift and chop					
Single-leg throw and catch					
Single-Leg Squat					
Single-Leg Squat Touchdown					
Single-Leg Romanian Deadlift					
Single-Leg Squat					
Multiplanar Single-Leg Box Hop-Up with Stabilization					
Multiplanar Single-Leg Box Hop-Down with Stabilization					

Plyometric Training (Optional) - Medium-High height jumps, Highest tempo X-X-X-X

(1-4 Exercises)	8-12 Reps	2-4 Sets	60-120 Secs Rest	Weight 10% ↑	
Proprioceptive Plyometrics					
Ice Skaters					
Tuck Jump with Stabilization					
Squat Jump with Stabilization					
Lunge Jump with Stabilization					
Multiplanar jump with stabilization					
Multiplanar Box jump-up with stabilization					
Multiplanar Box jump-down with stabilization					
Repeat Box Jumps					
Power Step-Ups					
Butt Kicks					
Depth Jump (Backwards Box Jump)					
Plyometric Push-Up					

SAQ Training (Optional) – {Speed → Quickness → Agility}, *Weight Loss Acute Variables**, Senior Population

Acute (Prior to starting SAQ program, ensure that older clients are able to perform common activities of daily living, progress volume SLOWLY), Youth {4-8 exercises, 1-4 sets, 3-5 reps, 15-60 Secs Rest, Red-Light-Green-Light, Follow the Snake Backward and Forward)

(1-3 Exercises) (1-5 Exercises) (1-2 Exercises)	1-3 Reps 3-5 Reps 1-3 Reps	1-3 Sets 3-4 Sets 1-2 Sets	30-60 Secs Rest 15-60 Secs Rest 30-90 Secs Rest	Weight 10% ↑
One-Ins				
Two-Ins				
Side Shuffle				
In-In-Out-Out				
Zig-Zag				
Ali Shuffle				
5-10-5 Drill				
T-Drill				

Box Drill				
Modified Box Drill				
LEFT Drill				
Partner Mirroring				
<u>Rising/Sitting in Chair</u>				
<u>Maintain Balance While Walking</u>				
<u>Navigating Ground Obstacles</u>				
<u>Moving Up and Down Stairs (Comfortably)</u>				
<u>Squatting</u>				
<u>Lunging</u>				
<u>Bending</u>				

Resistance Training – 1st exercise: heavy load, 1-5 RM (approx. 85-100% of client's 1RM) So Reps: 1-5;
2nd exercise: light load (30-45% intensity or 8-10RM), high tempo, {Decline, Incline - when applicable} So Reps: 8-10

1-2 Supersets/Body Part	1-10 Reps	3-6 Sets	210-300 Secs Rest	85-100% 1RM 30-45% 1RM (10% Increase)	
TOTAL BODY					
Two-Arm Push Press					
Barbell Clean					
CHEST/PUSHING					
Medicine Ball Chest Pass					
Medicine Ball Rotation Chest Pass					
BACK/PULLING					
Medicine Ball Pullover Throw					
Soccer Throw					
SHOULDER/PRESSING					
Front Medicine Ball Oblique Throw					
Overhead Medicine Ball Throw					
BICEPS					
Seated Two-Arm Dumbbell Bicep Curls					

Biceps Curl Machine					
TRICEPS					
Close Grip Bench Press					
LEGS					
Squat Jump					
Tuck Jump					

Client's Choice

			210-300 Secs Rest	Weight 10% ↑	

Cool Down – 5-10 mins, 1-3 Muscle Groups

[illegible]