

Phase 1 – Stabilization Endurance

Reps → Sets → Plane of Motion → Rest Time → Proprioception

Warm-Up – Based on corrective exercise needs/movement assessments.

1-3 Muscle Groups	12-20 Reps	1-3 Sets	0-30 Secs Rest	Notes
<u>FOAM ROLLING</u>		1		Minimum 30 Secs Per Tender Spot
		1		
		1		
<u>STATIC STRETCH</u>				Minimum 30 Secs
<u>Dynamic Stretching</u> <u>(Optional)</u>				

Client counts as high as they can while exhaling at rest. Count as high as they can while exhaling at each steady bpm workload. When client can only count 75% as high as they could at rest, they have reached vt1 and their current heart rate = **VT 1**, When client can only count 50% as high as they could at rest, they have reached vt1 and their current heart rate = **VT 2**

65% MaxHR = VT1, 87% MaxHR = VT2, MaxHR = 211 - (0.64 x Age), 23 year old MaxHR = 196

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 (Z1 : Z2 :Z3 :Z4)	
Stage 1	SS Below VT 1	120-130 BPM	1-30 Minutes	(Longer Time Running)	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	120-139 BPM 140-159 BPM 160-179 BPM	1-30 Minutes	5:2:1 4:2:1 5:2:2	Moderately Advanced Clients/aerobic

	Z2: Just Above VT 1-Midpoint Z3: VT 1 Midpoint-VT2			5:3:2 5:3:3	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 Enthusiasts
Stage 5				Sport Specific Drills	Professional Athletes

Core Training – 4-2-1-1 Tempo (Eccentric-Concentric), *Exercises should primarily target the local core muscles by focusing on drawing in and then bracing during the exercises* (e.g., rotatores, multifidus, transverse abdominis, and diaphragm), {Floor → Balance Beam → Half-Foam Roll → Bosu Ball → Foam Pad Half → Half-Foam Roll → Balance Disc → Wobble Board}

(1-4 Exercises)	12-20 Reps	1-3 Sets	30-60 Secs Rest	Floor – Wobble Board
Marching				
Floor Bridge				
Ball Bridge				
Floor Cobra				
Fire Hydrant				
Plank				
Side Plank				
Dead Bug				
Bird Dog				
Pallof Press				
Farmer's Carry				

Balance Training – 4-2-1-1 Tempo, {Floor → Balance Bean → Half-Foam Roll → Foam Pad → Balance Disc → Wobble Board}, {Eyes open, eyes closed}, {Moving contralateral leg, trunk, or arms}

(1-4 Exercises)	12-20 Reps (6-10 reps/leg)	1-3 Sets	30-60 Secs Rest	Floor – Wobble Board	Moving Contralateral Limb
Tandem stance					
Single-leg balance					
Single-leg balance reach					
Single-leg hip internal and external rotation					

Single-leg lift and chop					
Single-leg arm and leg motion					
Single-leg windmill					
Single-leg throw and catch					

Plyometric Training - at least 48 to 72 hours rest between intense sessions for novices, small jumps, hold landing position 3-5 seconds to fix any faulty posture, establish eccentric (deceleration) strength

(1-3 Exercises)	5-8 Reps	1-3 Sets	60-120 Secs Rest	Height 10% ↑
Squat jump with stabilization				
Box jump-up with stabilization				
Box jump-down with stabilization				
Multiplanar jump with stabilization				

SAQ Training – {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>				
<u>Stand-Up to Figure 8</u>				

Resistance Training – 4-2-1-1 Tempo,{Standing → Single-Leg→ Stability Ball → etc.,} {Bilateral → Unilateral Movements for greater core stability demands}, {Two-Arm, Alternating-Arm, One-Arm, Single Leg-Stance 2-Arm, Single-Leg Alternating-Arm, Single Leg Stance One-Arm}

MUSCLE GROUP Exercises	12-20 Reps or More	1-3 Sets	30-60 Secs Rest	~ 50-70% 1RM (10% Increases)	
TOTAL BODY					
Ball Squat, Curl to Press					
Multiplanar Step-Up, Balance, Curl to Overhead Press					
Single-Leg Squat, Curl to Overhead Press					
Single-Leg Squat to Row					
Multiplanar Lunge to Two-Arm Dumbbell Press					
CHEST/PUSHING					
Push-Up					
Push-Up: Hands on Ball					
Standing Cable Chest Press					
BACK/PULLING					
Ball Cobra					
Ball Dumbbell Row					
Standing Cable Row					
SHOUDLER/PRESSING					
Tubing External Rotation					

Tubing Internal Rotation					
Single-Leg Dumbbell Scaption					
Ball Combo 1					
Ball Combo 2					
Standing Dumbbell Shoulder Press					
Standing Dumbbell Lateral Raise					
BICEPS					
Standing Dumbbell Curl					
Single-Leg Dumbbell Curl					
Standing Barbell Curl					
Standing Hammer Curl					
Standing Biceps Cable Curl					
TRICEPS					
Supine Ball Dumbbell Triceps Extensions					
Prone Ball Dumbbell Triceps Extensions					
Cable Pushdown					
LEGS					
Ball Squat					
Single-Leg Squat					
Single-Leg Romanian Deadlift					
Calf Raise					
Multiplanar Step-Up					
Multiplanar Lunge					
Dumbbell Squat					

Client's Choice

(1-2 Exercises)			30-60 Secs Rest	Weight 10% ↑	

