

Phase 3 – Muscular Development

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 – Medium tempo (2-0-2-0), Exercises designed to improve lumbopelvic stability, concentric strength, eccentric strength, and neuromuscular efficiency (coordination) of the core

(1-4 Exercises)	8-12 Reps	2-4 Sets	0-180 secs Rest
Back Extension			
Plank			
Side Plank			
Cable Lift			
Cable Chop			

Balance Training – Moderate Tempo, {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	0-180 secs Rest	Floor-Wobble Board	Moving Contralateral Limb
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					
Multiplanar Single-Leg Box Hop-Up with Stabilization					
Multiplanar Single-Leg Box Hop-Down with Stabilization					

Plyometric Training - Medium height jumps, medium tempo 2-0-2-0 (1 second pause on ground, then repeat jump)

(1-4 Exercises)	8-12 Reps	2-4 Sets	60-120 Secs Rest	Weight 10% ↑	
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					

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>				

Resistance Training – Moderate tempo (2-0-2-0), % of 1RM is single most important variable for stimulating muscle mass, slower tempo=longer time under load=more hypertrophy, volume increase = more hypertrophy, {Decline, Incline - when applicable}

2-4 exercises/Body Part	6-12 Reps (12-20 for add'l muscular endurance)	3-6 Sets	0-180 secs Rest	~75-85% of 1RM (10% Increases)	
TOTAL BODY					
Squat, Curl to Two-Arm Press					
Deadlift, Shrug to Calf Raise					
CHEST/PUSHING					
Flat Dumbbell Chest Press					
Barbell Bench Press					
BACK/PULLING					
Seated Cable Row					
Seated Lat Pulldown					
SHOULDER/PRESSING					
Seated Dumbbell Shoulder Press					
Seated Shoulder Press Machine					
BICEPS					
Seated Two-Arm Dumbbell Biceps Curl					
Seated Biceps Curl Machine					
TRICEPS					
Supine Ball Dumbbell Triceps Extensions					

Prone Ball Dumbbell Triceps Extensions					
Cable Pushdown					
Supine Bench Barbell Triceps Extensions					
Close Grip Bench Press					
LEGS					
Dumbbell Squat					
Leg Press (Hip Sled)					
Barbell Squat					
Deadlift					

Client's Choice

			0-180 secs Rest	Weight 10% ↑	

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

[illegible]