

Programming for Strength Training

Crash Course

Program Design Volume Control Mini-Macrocycle												
[12 Week Cycle] I & III												
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1-3	Strength Progression #1
4	Muscular Endurance Break #1
5-7	Strength Progression #2
8	Muscular Endurance Break #2
9-12	Non-Traditional & DeLoading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

With Robert Linkul MS CSCS*D NSCA*D FNSCA

Owner of TrainingTheOlderAdult.com

& Be STRONGER Fitness Studio

Five Components

Hinge
Rows

Split Stance
Loaded Carries
Overhead Action

Two Modalities

Fall & Injury Prevention
Power Production

Note

Minimal Horizontal Pushing
Feature Pivot Point Training

LOW BACK AND HIP COMPLEX

RESISTANCE EXERCISE	AREA OF FOCUS MUSCLES TARGETED	PROGRESSIONS & CUES	NOTES
TWO BAND FEET ELEVATED BRIDGE	GLUTES (MAXIMUS, MEDIUS, MINIMUS) HAMSTRINGS & GASTROCNEMIUS	SHOULDER BLADES RETRACTED (TUCKED) DORSI-FLEXED AT ANKLE (PULL DOWN) HAMSTRING & GLUTE ACTIVATION "PULL UP" INTO BRIDGE POSITION	COMMON MISTAKES INCLUDE: FLATTENING OF THE SHOULDER GIRDLE "PUSHING" WITH THE QUADRICEPS ROLLING (ROUNDING) OF THE SPINE
TWO BAND SKIER SQUAT	HAMSTRINGS (ECCENTRIC) QUADRICEPS (CONCENTRIC) ERECTORS (ISOMETRIC)	SET TRIANGLE PLATFORM (ELBOWS, THIGHS, CHIN). MID-FOOT HEEL DOMINANT GLUTE ACTIVATION TO INITIATE "TILT" FORWARD. LEVER PELVIS UPWARD ALLOWING BIG ECCENTRIC STRETCH OF HAMSTRING. RETRACT RHOMBOIDS & ACTIVATE RETRACTORS TO FLATTEN BACK (HOLD THROUGHOUT)	THIS IS A TECHNICAL LIFT BUT VERY BENEFICIAL ONCE MASTERED. THE TIME INVESTED TO LEARN TO PERFORM PROPERLY IS WELL WORTH IT. THINK OF THIS AS A "LEVERED" ACTION AS OPPOSED TO A "LIFT"
BAND STEP UP PULL START (PROPER STEP DOWN)	GLUTES, QUADRICEPS HIP & KNEE STABILIZERS RHOMBOIDS, BICEPS	HEEL DOMINANT (MID-FOOT) DRIVE ON BOX GLUTE ACTIVATION FOR TOP-HALF EXTENSION EMPHASIZE "PUSH-DOWN" TO MAXIMIZE GLUTE DRIVE (MINIMIZE QUAD ACTIVATION)	EMPHASIS SHOULD BE ON THE BOX LEG DRIVING DOWN INTO THE PLATFORM (NOT THE FLOOR LEG "JUMPING" OFF THE GROUND. PAY ATTENTION TO "ANTI-ROTATION" FORCE BEING APPLIED BY THE PULL START.
BAND HIP SERIES MONSTER WALK SINGLE LEG POSTERIOR RAISE SINGLE LEG SELF-ANCHOR HIP FLEXION SEATED ABDUCTION SERIES (3)	HIP ABDUCTORS HIP FLEXORS LOW BACK & HIP STABILIZERS	MONSTER WALKS ALMOST ALWAYS IN REVERSE. SINGLE LEG POSTERIOR RAISE HAS SUBTLE FLEXION IN BOTH KNEES AND ACTIVATION ONLY FROM THE HIP. SINGLE LEG SELF-ANCHOR HIP FLEXION REQUIRES DORSI FLEXION OF FLEXING LEG. "SEATED" ABDUCTION SERIES IS ALWAYS PERFORMED IN THIS ORDER: TILTED TWO-INCHES FORWARD OF NEUTRAL, NEUTRAL AND TWO-INCHES BACK OF NEUTRAL.	HIP WORK SHOULD BE GRADUALLY PROGRESSED INTO PROGRAM DESIGNS AND PERFORMED LITE AND WITH LOW VOLUME TO START. RESIDUAL DISCOMFORT CAN OCCUR IF TOO MUCH/TOO SOON IS PROGRAMMED. SPECIFICALLY, FOR THOSE "POST" HIP REPLACEMENT/ARTHROSCOPY.

Be STRONGER Fitness: For the "Older Client" (Age 50+)

Program Design Blue Print

* 5th Generation *

Key:
DB = Dumbbell
SB = Sandbag
SA = Single Arm
Alt = Alternating
KB = Kettlebell
SL = Single Leg
OH = Over Head
BW = Body Weight
OH = Over Head

	Progression of Exercises #1 Auxiliary or Simple	Progression of Exercises #2 Mid-Range	Progression of Exercises #3 Complex or Compound
Hinge (Component 1)	<u>Floor Based (Horizontal Hinge)</u> BW Glute Bridge Loaded Glute Bridge BW Feet Elevated Bridge Loaded Feet Elevated Bridge BW Shoulders Elevated Bridge Loaded Shoulders Elevated Bridge	<u>Vertical Hinges (De-Loaded & Loaded)</u> Band De-Loaded Stiff Leg Deadlift BW Stiff Leg Deadlift BW SL Stiff Leg Deadlift Loaded SL or Stiff Leg Deadlifts Jam Ball Slams Roman Chair Hypers (floor or 4ft)	<u>Vertical Hinge with Bent Knee</u> Band De-Loaded Sit to Stands BW Sit to Stands or Hinge Squats Loaded Landmine Hinge Squats Loaded Sit to Stands or Hinge Squats Loaded Rack Pulls Loaded Hex Bar or Replacement Deadlifts
Rows (Component 2)	<u>Horizontal Rows</u> Band Supinated Facepull Reclined Row (in hand) High/Low Pull Starts Biceps Curls (Pronated, Neutral or Supinated) DB or KB Bilateral Pull Over "Split Squat Lunge in Hand"	<u>Horizontal Rows</u> Band St. Arm Pull Down DB Unilateral or Uni-Bi Lateral Pull Overs Band Pronated Facepulls DB Six Point Row (Biceps) Band Seated Inertial Row Loaded Split Squat	<u>Horizontal Rows</u> BB or SB Bent Row DB Ren/Long Snap Row Landmine T-Bar Row Seated Cable Pull Row Inverted Row (in hand)
Split Stance (Component 3)	Lunge, Reverse or Lateral Lunges Low or High Step Up (in hand) Step Up (in hand) Prowler Push (in hand)	Loaded Lunges, Reverse or Lateral Lunges Loaded Steps Ups (high or low) Dynamic Split Squats (in hand) Rear Leg Elevated Split Squat Sled Pull or Reverse Drag (in hand)	Loaded Rear Leg Elevated Split Squat Loaded Dynamic Split Squats (in hand) Loaded Step Ups (in hand) Loaded Puler Lunges (in hand, Traps, etc.) Prowler Push or Drag (in hand) Sled Pull or Drag (in hand or Run)
Loaded Carry & Core (Component 4)	<u>Loaded Carry (Waist)</u> Farmer Carry Suit Case Carry Shopping Cart Carry Front to Back Carry	<u>Core:</u> Plank, Side Plank & Inverted Plank Dead Bug Wall Sit	<u>Loaded Carry (OH & Comp):</u> Plyster Carry Suitcase & Water Water & Plyster Plyster & Suitcase
Over Head Actions (Component 5)	<u>Pull & Release:</u> Supinated Pull Downs Pronated Pull Downs Up Right Rows Band Post Pull Down	<u>Presses:</u> Band Assisted Landmine Press Post Press Retraction Row & Raise	<u>Presses:</u> Landmine Press Retraction Press Cheek Press Retraction Row & Press
Fall Prevention (Modality 1) Balance & Implement Tracking	<u>Balance:</u> Inline Hold Inline Hold On-Balance Pad Eyes Closed	<u>Implement Tracking:</u> To Self (Traps or Locomotor Skill) Unilateral Bounces Contralateral Bounces Floor or Wall Stepping, Walking or Balancing	<u>Balance:</u> Single Leg with Load Heels, Heels, etc. On-Balance Pad Eyes Closed
Power Production (Modality 2) Release Drills	<u>Sandball/Medball</u> Kneeling Slams Seated Chest Pass Seated Chest Pass Vertical (up & over)	<u>Sandball/Medball</u> Standing Hinged Slams Standing Chest Pass Horizontal Standing Chest Pass Vertical (up & over)	<u>Sandball/Medball</u> Between the Leg Horizontal for Distance Between the Leg Vertical for Height Between the Leg Vertical for Distance

Step #1: Establishing “Your” Training Philosophy

The **CORE** Value of Program Design

What Components Are **MOST** Important for You and Your Clients?

- **Components** = Movement Patterns
 - Push Pull Press
 - Hinge Squat Lunge
 - Twist Carry

What Modalities are **MOST** Important to Your Philosophy and Your Clients Needs?

- **Modalities** = Aspects of Movement that Articulate Function
 - Power Balance Coordination
 - Fall Prevention Cognition Agility
 - Body Composition Muscular Endurance

Movement is Life!

PROPER STRENGTH TRAINING FOR THE OLDER ADULT

Five Components

*Hinge
Rows*

*Split Stance
Loaded Carries
Overhead Action*

Two Modalities

*Fall & Injury Prevention
Power Production*

Note

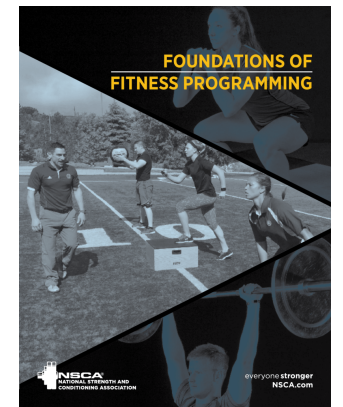
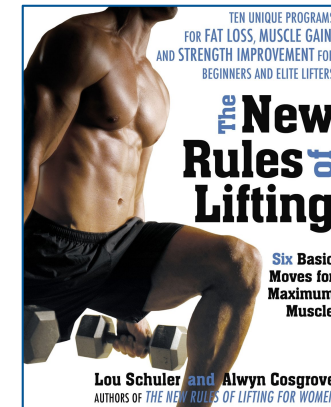
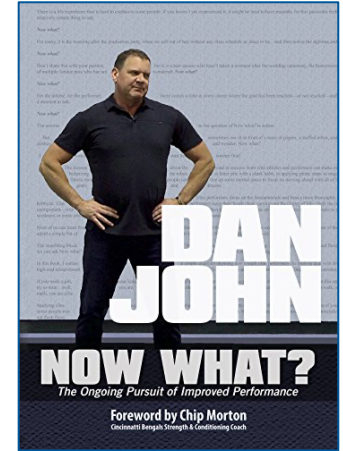
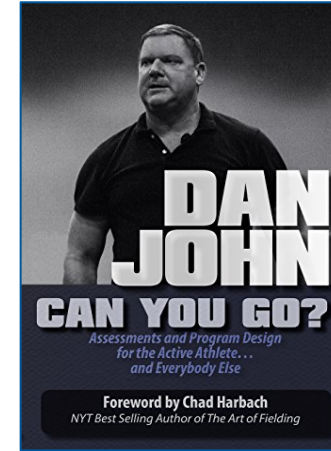
*Minimal Horizontal Pushing
Feature Pivot Point Training*

What is a Training Philosophy?

- What Exercises did you Select?
- What Order did you Put Them In?
- What Volume Controls did you Use?
- And....**WHY** Did You Pick All Those?
- What Research Inspired Your Answers?

Basically Speaking:

*Training Philosophy = Educated Answers for
“Why,” in Regards to a Specific
Demographic*



Within Your Demographically Driven Philosophy: What Components Will You Feature in Every Workout?

Component Selection Options			
Horizontal Push	Squat	Floor Based Activities	Auxiliary Upper
Horizontal Pull	Hinge		Auxiliary Lower
Vertical Push	Lunge or Step Up	Core	Complex Upper
Vertical Pull	Loaded Carry	Complex Full Body	Complex Lower

Reminder: The Term “**Component**” = Movement Pattern

Select & Enter Your Components

In Order of Importance

Demographic :		* 1 st Generation *		Key: BB = Barbell DB = Dumbbell KB = Kettlebell BW = Body Weight SB = Sandbag SA = Single Arm SL = Single Leg OH = Over Head Alt = Alternating
	<u>Progression of Exercises #1</u> Auxiliary or Simple	<u>Progression of Exercises #2</u> Mid-Range	<u>Progression of Exercise #3</u> Complex or Compound	
(Component 1)				
(Component 2)				
(Component 3)				
(Component 4)				
(Component 5)				
(Modality #1)				
(Modality #2)				
(Modality #3)				

Step #2: Exercise Selection of Progressions

& Exercise Library

Be STRONGER Fitness:
For the “Older Client” (Age 50+)

Program Design Blue Print
* 5th Generation *

Key:

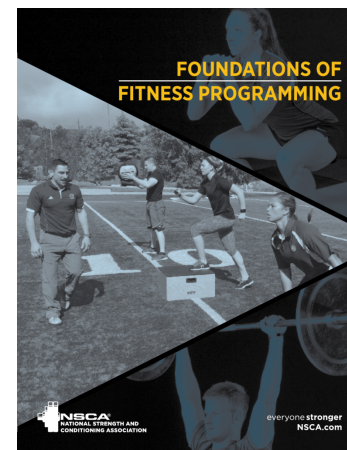
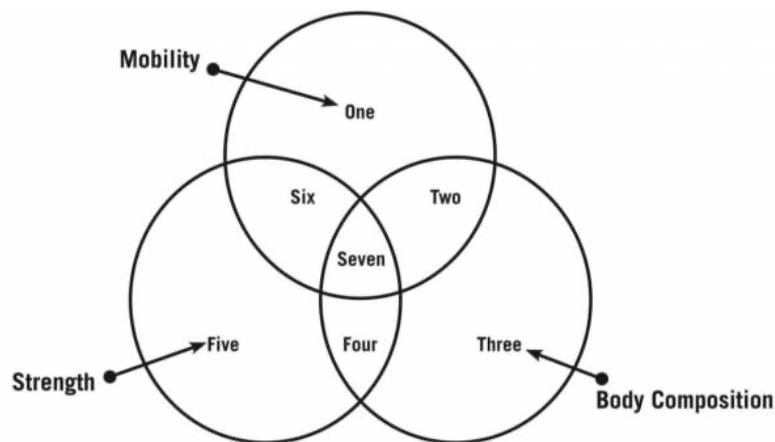
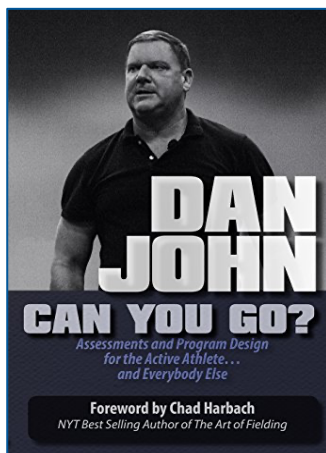
BB = Barbell DB = Dumbbell KB = Kettlebell BW = Body Weight
SB = Sandbag SA = Single Arm SL = Single Leg OH = Over Head
Alt = Alternating

	<u>Progression of Exercises #1</u> Auxiliary or Simple		<u>Progression of Exercises #2</u> Mid-Range		<u>Progression of Exercises #3</u> Complex or Compound	
Hinge (Component 1)	<u>Floor Based (Horizontal Hinge)</u> BW Glute Bridge Loaded Glute Bridge BW Feet Elevated Bridge Loaded Feet Elevated Bridge BW Shoulders Elevated Bridge Loaded Shoulders Elevated Bridge		<u>Vertical Hinges (De-Loaded & Loaded)</u> Band De-Loaded Stiff Leg Deadlift BW Stiff Leg Deadlift BW SL Stiff Leg Deadlift Loaded SL or Stiff Leg Deadlifts Jam Ball Slams Roman Chair Hypers (Floor or 45)		<u>Vertical Hinge with Bent Knee</u> Band De-Loaded Sit to Stands BW Sit to Stands or Hinge Squats Loaded Landmine Hinge Squats Loaded Sit to Stands or Hinge Squats Loaded Rack Pulls Loaded Hex Bar or Replacement Deadlifts	
Rows (Component 2)	<u>Horizontal Rows:</u> Band Supinated Facepull Reclined Row (BB, Ring) High/Low Pull Starts Biceps Curls (Pronated, Neutral or Supinated) DB or KB Bilateral Pull Over		<u>Horizontal Rows:</u> Band St. Arm Pull Down DB Unilateral or Uni-Bi-Lateral Pull Overs Band Pronated Facepulls DB Six Point Row (Birdog) Band Seated Inertial Row		<u>Horizontal Rows:</u> BB or SB Bent Row DB Ren/Long Snap Row Landmine T-Bar Row Seated Cable Pull Row Inverted Row (BB, Ring)	
Split Stance (Component 3)	Split Squat (Lunge in Place) Lunge, Reverse or Lateral Lunges Low or High Step Up Lateral Step Up (& Over) Step Up (& Down) Prowler Push (Walk)		Loaded Split Squat Loaded Lunges, Reverse or Lateral Lunges Loaded Steps Ups (High or Low) Dynamic Split Squats (Alt.) Rear Leg Elevated Split Squat Sled Pull or Reverse Drag (Walk)		Loaded Rear Leg Elevated Split Squat Loaded Dynamic Split Squats (Alt.) Loaded Step Up & Over (Step Down) Loaded Pulse Lunges (Double, Triple, etc.) Prowler Push or Drag (Run) Sled Pull or Drag (Fast Walk or Run)	
Loaded Carry & Core (Component 4)	<u>Loaded Carry (Waist):</u> Farmer Carry Suit Case Carry Shopping Cart Carry Front to Back Carry	<u>Core:</u> Plank, Side Plank & Inverted Plank Dead Bug Wall Sit	<u>Loaded Carry (Shoulder):</u> Waiter Carry Sling & Carry Bear Hug Carry Goblet Carry	<u>Core:</u> Get Up Four Corner Bear Crawl Loaded Dead Bug Side Plank & Row	<u>Loaded Carry (OH & Comp):</u> Pfister Carry Suitcase & Waiter Waiter & Pfister Pfister & Suitcase	<u>Core:</u> Loaded Get Up Long Bear Crawl Loaded Wall Sit Anti-Rotations
Over Head Actions (Component 5) Pull Raises Presses * = All Raises:	<u>Pulls & Raises:</u> Supinated Pull Downs Pronated Pull Downs Up Right Rows Band Post Pull Down	<u>Presses:</u> Band Assisted- Landmine Press Post Press Retraction Row & Raise	<u>Pulls & Raises:</u> Loaded Raises* Aviator Raises* Prog. Res. Raises* Retraction Pull Down	<u>Presses:</u> Landmine Press Retraction Press Chek Press Retraction Row & Press	<u>Pulls & Raises:</u> Hinged Pull Starts High Pulls Hinge Flys ("Y"s "Y"s" "W"s")	<u>Presses:</u> Arnold Press Progressive & Loaded Landmine Press Landmine Hinge & Press
Fall Prevention (Modality 1) Balance & Implement Tracking	<u>Balance</u> Inline Hold Inline Hold • On Balance Pad • Eyes Closed	<u>Implement Tracking:</u> <i>To Self: (Tennis or Lacrosse Ball)</i> Unilateral Bounces Contralateral Bounces • Floor or Wall • Standing, Kneeling or Balancing	<u>Balance</u> Single Leg Hold Single Leg Hold • On Balance Pad • Eyes Closed	<u>Implement Tracking:</u> <i>Medball Return: (MedBall, Lacrosse Ball)</i> Chest Pass Shot Puts Over Head • Even, Kneeling or Split	<u>Balance:</u> Single Leg with Load • Ropes, Medball, etc. • DBs, KBs, Bands, etc. • Balance Pad, Eyes Closed	<u>Implement Tracking:</u> <i>Partner: (Medball, Lacrosse Ball)</i> Chest Pass Shot Puts Over Head • Even, Kneeling or Split
Power Production (Modality 2) Release Drills	<u>Sandbag/MedBall</u> Kneeling Slams Seated Chest Pass Seated Chest Pass Vertical (Up & Over)		<u>Sandbag/MedBall</u> Standing Hinged Slams Standing Chest Pass Horizontal Standing Chest Pass Vertical (Up & Over)		<u>Sandbag/MedBall</u> Between the Leg Horizontal for Distance Between the Leg Vertical for Height Between the Leg Vertical for Distance	

Put It On Paper – Library of Exercises

	Progression of Exercises #1 Auxiliary or Simple	
Hinge (Component 1)	<u>Floor Based (Horizontal Hinge)</u> BW Glute Bridge Loaded Glute Bridge BW Feet Elevated Bridge Loaded Feet Elevated Bridge BW Shoulders Elevated Bridge Loaded Shoulders Elevated Bridge	
Rows (Component 2)	<u>Horizontal Rows:</u> Band Supinated Facepull Reclined Row (BB, Ring) High/Low Pull Starts Biceps Curls (Pronated, Neutral or Supinated) DB or KB Bilateral Pull Over	
Split Stance (Component 3)	Split Squat (Lunge in Place) Lunge, Reverse or Lateral Lunges Low or High Step Up Lateral Step Up (& Over) Step Up (& Down) Prowler Push (Walk)	
Loaded Carry & Core (Component 4)	<u>Loaded Carry (Waist):</u> Farmer Carry Suit Case Carry Shopping Cart Carry Front to Back Carry	<u>Core:</u> Plank, Side Plank, & Inverted Plank Super Mans, Dead Bug Wall Sit
Pulls Raises Presses (Component 5) * = All Raises: Ant., Lat., Post. Movement 0, 90, 180 Angle of Grip 45, 90, 135, 180 Degrees ROM	<u>Pulls & Raises:</u> Supinated Pull Downs Pronated Pull Downs Up Right Rows Band Post Pull Down	<u>Presses:</u> Band Assisted- LandMine Press Post Press
Fall Prevention Balance & Implement Tracking (Modality)	<u>Balance</u> Inline Hold Inline Hold (On Balance Pad) Inline Hold (Eyes Closed)	<u>Implement Tracking:</u> <i>To Self: (tennis or lacrosse ball)</i> Unilateral Bounces Contralateral Bounces • Floor or Wall • Standing, Kneeling or Balancing

- This is the HARD & FUN Part
 - Write “**something**” down, It doesn’t have to be perfect ... 😊 **YET**
 - You can make changes, improvements, additions, subtractions, etc. as time goes by
- Components of Movement
- Modalities of Training
- Program Layout & Order
- Mobility & Warm Up (Movement Prep)
- Strength & Power Components
- Met Con, Finishers & Burn Outs
- Cool Down & Recovery



EXAMPLE EXERCISE REGRESSIONS AND PROGRESSIONS

MOVEMENT	REGRESSION #1	REGRESSION #2	STANDARD	PROGRESSION #1	PROGRESSION #2
Squat	Wall Sit	Goblet Squat	Back Squat	Front Squat	Overhead Squat
Hinge	Hip Bridge or 45° Hip Extension	Cable Romanian Deadlift (RDL)	RDL	Single-Leg RDL	Kettlebell Swings
Lunge	Split Squat	Assisted Reverse Lunge	Walking Lunge	Multiplanar Lunge	Split-Squat Jumps
Push (bodyweight)	Modified or Wall Push-Up	Stability Ball Push-Up	Push-Up	Archer Push-Up	Plyometric Push-Up
Push (external load)	Machine Chest Press	Barbell Bench Press	Dumbbell Bench Press	Single-Arm Dumbbell Press	Split-Stance Single-Arm Cable Press
Horizontal Pull	Seated Row	Dumbbell Row	Bent-Over Row	Split-Stance Cable Row	Split-Stance Cable Row with Rotation
Vertical Pull	Lat Pulldown	Assisted Chin-Up	Chin-Up	Pull-Up	Weighted Pull-Up
Press	Machine Shoulder Press	Kneeling Military Press	Military Press	Single-Arm Military Press	Push Press

Exercise Selection DUMP

Download in Column One for Each Component

Demographic :		* 1 st Generation *	
	Progression of Exercises #1 Auxiliary or Simple	Progression of Exercises #2 Mid-Range	Progression of Exercise #3 Complex or Compound
(Component 1)			
(Component 2)			
(Component 3)			
(Component 4)			
(Component 5)			
(Modality #1)			
(Modality #2)			
(Modality #3)			

Key:

BB = Barbell DB = Dumbbell KB = Kettlebell BW = Body Weight
 SB = Sandbag SA = Single Arm SL = Single Leg OH = Over Head
 Alt = Alternating

Step #3: Develop Your Mini-Macro Cycle

Twelve Weeks is Perfect

Program Design Volume Control Mini-Macrocycle

[12 Week Cycle] I & III

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Ski erg or 1 Mile Bike + 500 Tubes

Strength:

[20:00]

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	ME	SG	NTL	SG	DL	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL - TEST	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL - TEST	UNL
Reps	8	14-12-10-12-14	10	12-10-8-10-12	12	6-8-8-8-10	8	20	4-8	10	4-32	8
Sets	5	5	3	5	5	5	4	4	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	40	62	30	52	60	40	32	80	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Mobility Menu & Correctives:

[10:00] Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Thoracic Rotation	10 each	1	BW	1:1	none
Bird dogs	20 (10 each)	1	BW	1:1	none
Band Bridge	30	1	Green	1:1	none

Movement Prep Warm Up:

[10:00] Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Band Chest Pull Series	10 each	3	Black [1"]	1:1	:20
DB Hammer Curl & Press	15	1	10 lbs	1:1	:20
Band Deload Split Squat	30 [15 each]	1	You Pick	1:1	1:00

Strength:

[20:00] Up to Four Rounds

Component	Exercise	Reps	Sets	Load	Tempo	Recovery
Hinge	Band Feet Elevated Bridge	20	1	Moderate []	2:1	:20
Row	Band/Pulley Row	10	1	Moderate []	2:1	:20
Split Stance	Dumbbell Single Leg Step Up	20 (10 each)	1	Moderate []	2:1	:20
Loaded Carry	Kettlebell Suitcase Carry	1:00 [:30 each]	1	Moderate []	1:1	:20
Over Head Actions	Pulley or Band Kneeling Pull Down (Neutral to Supinated Grip)	15	1	Moderate []	2:1	1:30

Conditioning:

[10:00] Two Exercises

Exercise	Reps	Sets	Load	Tempo
You Pick Two	:15 Active (Fast) :15 Recovery (Rest)	8 [4:00 Each] [8:00 Total]	Lite	Fast 1:1

You Pick: Air Bike, Skiing, Rower, Ropes, Inertia Waves, Medicine Ball Throws, etc.

Cool Down Menu:

[5:00] Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Mini-Band No Monies	20	1	Yellow	1:1	:20
Mini-Band SL RDL	20 [10 each]	1	Green Self Anchor	1:1	:20

© TrainingTheOlderAdult.com (TOA) & Robert Linkul 2020

When In Doubt ... Keep It Simple



Clients Name: _____ Date: _____

Major Emphasis or Physical Limitation(s): _____

Mobility Menu & Correctives:

[10:00]

Movement Prep Warm Up:

[5:00]

Strength:

[20:00]

SG = Strength Gain
DL = Deload Training
NTL = Non-Traditional Training
BL = Bi-Lateral
UNL = Unilateral
UNL-BL = Uni-Bi-Lateral

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	DL-NTL	SG	SG	ME	DL-NTL	SG	SG	SG	DL-NTL
Focus	BL	BL	UNL	UNL-BL	UNL	BL	UNL	UNL-BL	UNL	BL	UNL	UNL-BL
Reps	8	10	12	20	8	10	12	20	8	10	12	20
Sets	2	2	2	2	3	3	3	3	3	4	4	4
Load	Lite	Medium	Heavy	Medium	Medium	Heavy	Heavy	Medium	Medium	Medium	Heavy	Medium
Tot. Vol.	16	20	24	40	24	30	36	60	24	40	48	80
Tempo	3:1	2:1	2:1	2:1	3:1	2:1	2:1	2:1	3:1	2:1	2:1	2:1
Recovery	Ready Go	Ready Go	Ready Go	As Needed	Ready Go	Ready Go	Ready Go	As Needed	Ready Go	Ready Go	Ready Go	As Needed

Conditioning:

[10:00]

Cool Down Menu:

[5:00]

©TrainingTheOlderAdult.com (TOA) & Robert Linkul 2020

Volume Control

Sets	Repetitions	Load	Tempo	Recovery Time
------	-------------	------	-------	---------------

*The “Art” of Personal Training = Proper Programing Based on Biological Aging as it is Different Every Person
Program Design Components Based on Goal Outcome*

Maximal Power					Maximal Strength					Hypertrophy & General Strength					Muscular Endurance				
Sets	Reps	Load	Tem.	Rec	Sets	Reps	Load	Tem.	Rec	Sets	Reps	Load	Tem.	Rec	Sets	Reps	Load	Tem.	Rec
3 - 4	6-12	3 - 6 Rating	Fast	:120+	4 - 5	6-12	7 - 10 Rating	2:2	:60 - :90	3 - 4	8-14	5 - 8 Rating	2:1	:30 - :45	2 - 4	12-20+	1 - 6 Rating	1:1	:15 - :30
One to Two Primary Lifts Per Workout					Two to Three Primary Lifts Per Workout					Three to Four Lifts Per Workout					Five+ Primary Lifts Per Workout				
Load to Lift Rating Sytem Based on the Following:					1 – 2		3 – 4		5 – 6		7 – 8		9 – 10						
					Lite Load Moves Easy		Lite to Moderate Load Slightly Challenging		Moderate Load Moderatly Challenging		Heavy Load Challenge		Very Heavy Load Very Challenging						

Step By Step Creation of YOUR Mini-Macrocycle

Program Design Volume Control Mini-Macrocycle

[12 Week Cycle] I & III

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Week	Test Protocol
1 -3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Step By Step Creation: Add YOUR “Theme”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus												
Reps												
Sets												
Load												
Tot. Vol.												
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Step By Step Creation:

Add YOUR “Focus”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps												
Sets												
Load												
Tot. Vol.												
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Step By Step Creation:

Add YOUR “Reps”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets												
Load												
Tot. Vol.												
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Step By Step Creation: Add YOUR “Sets”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load												
Tot. Vol.												
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Step By Step Creation: Add YOUR “Load”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.												
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Step By Step Creation: Add YOUR “Total Volume”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo												
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Ski erg or 1 Mile Bike + 500 Tubes

Step By Step Creation: Add YOUR “Tempo”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery												

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierrg or 1 Mile Bike + 500 Tubes

Step By Step Creation: Add YOUR “Recovery Time”

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Ski erg or 1 Mile Bike + 500 Tubes



info@BeSTRONGERFitness.com - Robert Linkul - 916.955.1586

Program Design Volume Control Mini-Macrocycle

[12 Week Cycle] I & III



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Theme	SG	SG	SG	ME	SG	SG	SG	ME	NTL	SG	NTL	DL
Focus	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL	BL	UNL
Reps	8	8-10-12-10-8	10	12-10-8-10-12	12	8-10-10-10-12	8	20	4-8	10	4-32	8
Sets	4	5	4	5	4	4	4	3	4	4	4	3
Load	Heavy	Mod - Heavy	Super Sets	Mod	Heavy	Drop Sets	Heavy	Super Sets	FBA	Heavy	Grids	Time/Tension
Tot. Vol.	32	48	40	52	48	40	32	60	16-32	40	80+	24
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1	2:2	3:1	2:1	3:1:3
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go	As Needed	As Needed	Ready Go	As Needed

Abbreviation	Theme
SG	Strength Gain
ME	Muscular Endurance
DL	De-Load
NTL	Non-Traditional Loads

Abbreviation	Focus
UNL	Uni-Lateral
BL	Bi-Lateral

Week	Test Protocol
1 - 3	Strength Progression #1
4	Muscular Endurance Break #1
5 - 7	Strength Progression #2
8	Muscular Endurance Break #2
9 - 12	Non-Traditional & Deloading

Week	Test Components
3 & 11	Power Production: Sandball Standing Chest Pass for Distance
3 & 11	Lower Body Strength: 8-12 Rep Glute Bridge, Rack Pull or Hex Bar Max Effort
3 & 11	Cardiovascular Endurance: 500 Meter Skierg or 1 Mile Bike + 500 Tubes

Step #4: Teaching Grids for EVERY Exercise

& This Takes Time BUT its SO Worth It

LOW BACK AND HIP COMPLEX

RESISTANCE EXERCISE	AREA OF FOCUS MUSCLES TARGETED	PROGRESSIONS & CUES	NOTES
TWO BAND FEET ELEVATED BRIDGE	GLUTES (MAXIMUS, MEDIUS, MINIMUS), HAMSTRINGS & GASTROCNEMIUS	SHOULDER BLADES RETRACTED (TUCKED) DORS-FLEXED AT ANKLE (PULL DOWN) HAMSTRINGS & GLUTE ACTIVATION "PULL UP" INTO BRIDGE POSITION	COMMON MISTAKES INCLUDE FLATTENING OF THE SHOULDER BRIDGE "FISHING" WITH THE QUADRICEPS ROLLING/ROUNDING OF THE SPINE
TWO BAND SKIER SQUAT	HAMSTRINGS (ECCENTRIC) QUADRICEPS (CONCENTRIC) ERECTORS (ISOMETRIC)	SET TRIANGLE PLATFORM ELBOWS, THIGHS, CHIN MID-FOOT HEEL DOMINANT GLUTE ACTIVATION TO INITIATE "TILT" FORWARD. LEVER PELTS UPWARD ALLOWING BIG ECCENTRIC STRETCH OF HAMSTRINGS RETRACT RHOMBOIDS & ACTIVATE RETRACTORS TO FLATTEN BACK (HOLD THROUGHOUT)	THIS IS A TECHNICAL LIFT BUT VERY BENEFICIAL ONCE MASTERED. THE TIME INVESTED TO LEARN TO PERFORM PROPERLY IS WELL WORTH IT. THINK OF THIS AS A "LEVERED" ACTION AS OPPOSED TO A LIFT
BAND STEP UP PULL START (PROPER STEP DOWN)	GLUTES, QUADRICEPS HIP & KNEE STABILIZERS RHOMBOIDS, BICEPS	HEEL DOMINANT (MID-FOOT) DRIVE ON BOX GLUTE ACTIVATION FOR TOP-HALF EXTENSION EMPHASIZE PUSH-DOWN TO MAXIMIZE GLUTE DRIVE MINIMIZE QUAD ACTIVATION	EMPHASIS SHOULD BE ON THE BOX LEG DRIVING DOWN INTO THE PLATFORM (NOT THE FLOOR LEGS) JUMPING OFF THE GROUND PAYS ATTENTION TO "ANTI-FROTATION" FORCE BEING APPLIED BY THE PULL START.
BAND HIP SERIES MONSTER WALK SINGLE LEG POSTERIOR RAISE SINGLE LEG SELF-ANCHOR HIP FLEXION SEATED ADDUCTION SERIES (B)	HIP ABDUCTORS HIP FLEXORS LOW BACK & HIP STABILIZERS	MONSTER WALKS ALMOST ALWAYS IN REVERSE. SINGLE LEG POSTERIOR RAISE HAS SLIGHT FLEXION IN BOTH KNEES AND ACTIVATION ONLY FROM THE HIP. SINGLE LEGS SELF-ANCHOR HIP FLEXION REQUIRES DORS FLEXION OF FLEXOR LEGS. SEATED ADDUCTION SERIES IS ALWAYS PERFORMED IN THE ORDER TILTED TWO-KNEES FORWARD > NEUTRAL, NEUTRAL AND TWO-KNEES BACK > NEUTRAL.	HIP WORK SHOULD BE GRADUALLY PROGRESSED INTO PROGRAM DESIGNING AND PERFORMED LITE AND WITH LOW VOLUME TO START. RESIDUAL DISCOMFORT CAN OCCUR IF TOO MUCH/TOO SOON IS PROGRAMMED. SPECIFICALLY, FOR THOSE "POST" HIP REPLACEMENT/ARTHRITIS.

COPYRIGHT 2020 ROBERT LINCOLN

KNEE ANKLE AND FOOT COMPLEX

RESISTANCE EXERCISE	AREA OF FOCUS MUSCLES TARGETED	PROGRESSIONS & CUES	NOTES
BAND SIMULATED DRAG SQUAT COMPLEX	QUADRICEPS (DRIVE/STEP AWAY & ECCENTRIC)/TIME UNDER TENSION SQUAT. GLUTE & ERCTORS OF THE LOWER BACK SUPPORT.	MID FOOT DOMINANT REVERSE STEPS TO "TREAT" TENSION (HOLD) LOWER DOWN (ECCENTRIC) RETURN (CONCENTRIC) MID FOOT DOMINANT FORWARD STEP TO LESS TENSION (HOLD)	KEEP IN CONSTANT COUNTER LEAN (INERTIA LEAN) TO MAINTAIN TENSION. EMBRACE THE BURN AND KEEP A CONSTANT RETRACTION IN THE RHOMBOIDS TO MAINTAIN POSTURE.
FLOATING HAMSTRING CURLS	HAMSTRINGS, GLUTES ERECTORS OF THE SPINE AND CORE STABILIZERS	MIN-BAND HOLDS ABDUCTION OF THE HIP. GLUTES ELEVATE THE HIPS QUADS ECCENTRICALLY ALLOW THE "FLOAT" TO RETURN THE HAMSTRINGS PULL THE "FLOAT" FORWARD. CORE HOLDS ISOMETRICALLY WHILE HAMSTRINGS & GLUTES "FLOAT" IN AND OUT.	THE "TIP" POSITION IS KEY AS THE HAMSTRINGS & GLUTES COUNTERACT THE QUADRICEPS AS THE "FLOAT" OCCURS BACK AND FORTH. (BUTS GOOD)
LOADED STAGGER SQUAT WITH BAND POSTERIOR DISPLACEMENTS	QUADRICEPS & GLUTES OVERLOAD TO THE STAGGERED REAR LEG 80/40 WEIGHT SHIFT TO THE REAR	REAR LEG (80% LOAD) DOMINANT DRIVE TO OVERCOME BILATERAL DOMINANCE. MIN-BAND AROUND KNEES ABDUCTOR ACTIVATION. HELLS PUSH DOWN HIPS, PUSH BACK CHEST/HEAD PUSH UP "WORK THE TRIANGLE" REAR BAND ANCHORED AT HIP HEIGHT. PULLS POSTERIOR DISPLACEMENT	NON-DOMINANT LEG SHOULD BE PLACED IN THE REAR FIRST WITH HEAVIER LOAD TO ADDRESS THE WEAKER LEG EARLIER IN THE SETS WHILE FRESH.
BAND SINGLE LEG WALL LEANS ABD-ADD-UCTION LATERAL RAISES	QUADRICEPS, TFL, GLUTES (MAJOR, MEDIUS, MINIMUS) HAMSTRINGS, CALVES AND LATERAL JOINT STABILIZERS	SUPER-BAND IS PLACED AROUND A POST AND A ANCHORED ABOVE EACH INDIVIDUAL KNEE. LEANING POSTION HOLDS ISOMETRICALLY OUTSIDE LEG ABDUCTION, INSIDE LEG ADDUCTION	FORTY-FIVE-DEGREE ANGLE IS IDEAL FOR LATERAL LEAN.

COPYRIGHT 2020 ROBERT LINCOLN

SHOULDER, ELBOW AND HAND COMPLEX

RESISTANCE EXERCISE	AREA OF FOCUS MUSCLES TARGETED	PROGRESSIONS & CUES	NOTES
BAND FACE PULL SERIES	RHOMBOID, TRAPEZIUS, DELTOIDS (MOSTLY POSTERIOR) BICEPS, BRACHIA, BRACHIORADIALS, PRONATOR TERES AND OTHER EXTENSORS OF THE WRIST/FORE ARM	SPIRITED CHEST PULL PROMPT CHEST PULL NEUTRAL ST. ARM PULL DOWN STEP IN ANTERIOR ST. ARM PULL UP FRONT RAISED	ALIGNMENT IS KEY TO MAXIMIZE ANTI-ARTHRITIC COMPONENTS
DB CURL SERIES	BICEPS, BRACHI, BRACHIALS, BRACHIORADIALS STABILIZERS OR THE WRIST AND SHOULDER GIRDLE	REVERSE CURL HAMMER CURLS 90 DEGREE GRILLS	ELBOW ALIGNMENT IS KEY ALONG WITH SHOULDER RETRACTION STABILIZATION TO ALLOW THE ELBOW FLEXORS TO WORK WITHOUT "CHEAT" MOMENTUM WHEN FATIGUED.
BAND RETRACTION SERIES	RHOMBOID, TRAPEZIUS, DELTOIDS (MOSTLY POSTERIOR) LONG HEAD OF THE TRICEPS, BICEPS BRACHIA, BRACHIORADIALS, PRONATOR TERES AND OTHER EXTENSORS OF THE WRIST/FORE ARM	-PULL APARTS (NO ANCHOR) -MIN-BAND OR BAND HIGH ANCHOR REVERSE PUSH UPS -MIN-BAND NEUTRAL GRP TRIANGLE PULL BACKS PULL TO BELT LINE (HOUR GLASS)	CONTROLLED AND SLOW RHYTHMIC REPETITIONS TO DEVELOP DEEP ROOTED STRENGTH DUE TO TIME UNDER TENSION STYLE VOLUME. ANTI-ARTHRITIC GRP IS A BIG MIST HAVE IN ANY OLDER ADULT RESISTANCE TRAINING PROGRAM.
GRIP STRENGTH SERIES	ALL MUSCLES OF THE HAND, WRIST AND FOREARM. SPECIFIC FOCUS ON INCREASE STRENGTH, STABILITY AND MOBILITY OF THE WRIST (ANTI-CAPITAL TOWEL)	RICE BUCKET SERIES (BROS, OPENS, GROPERS) FINGER TIP RUBBER BAND EXTENSIONS SANDBELL PINCH GRP LIFTS BAND DISTAL HAND ISOMETRIC EXTENSION HOLDS	LESS FOCUS OF FLEXION STRENGTH AS FLEXION IS GREATLY OVERDEVELOPED DUE TO DAILY USE.

COPYRIGHT 2020 ROBERT LINCOLN

Program Design Blue Print

The TOA Method: "Foundations 30"

	Exercise Simplistic	Exercise Moderate	Exercise Complex
Hinge (Component 1)	Horizontal Band _{2x1} Self Anchored Bridge	Band _{2x1} Feet Elevated Bridge	Band _{2x1} Shoulders Elevated Bridge
	Vertical Band De-Loaded Hinge + Retraction	Band Self Anchor Hinge + Retraction	Band Self Anchor Sit to Stand
Rows (Component 2)	Band Single Arm Angles 90 Pull Starts * (Low@Pronated to Supinated)	Band Single Arm Angles 90 Half Kneeling Pull Start *	Seated Band Angles 90 Hinge & Row * (Row Your Belt @Pronated to Supinated)
	Horizontal Band De-Load Split Squats *	Band Split Squat + Retraction *	Band Self Anchor Split Squats
Split Stance (Component 3)	Vertical Band De-Load Step Ups *	Band Step Ups + Retraction *	Band Self Anchor Step Ups
	Pulls (Component 4)	Band Face Pulls * (Pronated or Supinated)	Band Kneeling Pull Downs * (Pronated or Supinated)
Pulls (Component 5)	Pulls Band Pull Aparts *	Band Step in Front Raises	Band Step in Triangle Raises
	Raises Band & Angle 90 Pivot Point Press *	Band Self Anchor & Barbell Landmine Press	Band Single Arm Post or Retraction Press *
Complexes (Component 6)	Band Hinge & Face Pull * (Pronated or Supinated)	Band Self Anchor Hinge & High Pull	Band Sit to Stand & Angles 90 Row *
	Band Split Squat & Angles 90 Pull Start * (80% Degree Rotation)	Band Step in Step Up & Front Raise	Band Step in Step Up & Single Arm Press

Step #4: Teaching Grids for EVERY Exercise

& This Takes Time **BUT** its **SO** Worth It

LOW BACK AND HIP COMPLEX

RESISTANCE EXERCISE	AREA OF FOCUS MUSCLES TARGETED	PROGRESSIONS & CUES	NOTES
TWO BAND FEET ELEVATED BRIDGE	GLUTES (MAXIMUS, MEDIUS, MINIMUS), HAMSTRINGS & GASTROCNEMIUS	SHOULDER BLADES RETRACTED (TUCKED) DORSI-FLEXED AT ANKLE (PULL DOWN) HAMSTRING & GLUTE ACTIVATION "PULL UP" INTO BRIDGE POSITION	COMMON MISTAKES INCLUDE: FLATTENING OF THE SHOULDER GIRDLE "PUSHING" WITH THE QUADRICEPS ROLLING (ROUNDING) OF THE SPINE
TWO BAND SKIER SQUAT	HAMSTRINGS (ECCENTRIC) QUADRICEPS (CONCENTRIC) ERECTORS (ISOMETRIC)	SET TRIANGLE PLATFORM (ELBOWS, THIGHS, CHIN). MID-FOOT HEEL DOMINANT GLUTE ACTIVATION TO INITIATE "TILT" FORWARD. LEVER PELVIS UPWARD ALLOWING BIG ECCENTRIC STRETCH OF HAMSTRING RETRACT RHOMBOIDS & ACTIVATE RETRACTORS TO FLATTEN BACK (HOLD THROUGHOUT)	THIS IS A TECHNICAL LIFT BUT VERY BENEFICIAL ONCE MASTERED. THE TIME INVESTED TO LEARN TO PERFORM PROPERLY IS WELL WORTH IT. THINK OF THIS AS A "LEVERED" ACTION AS OPPOSED TO A "LIFT"
BAND STEP UP PULL START (PROPER STEP DOWN)	GLUTES, QUADRICEPS HIP & KNEE STABILIZERS RHOMBOIDS, BICEPS	HEEL DOMINANT (MID-FOOT) DRIVE ON BOX GLUTE ACTIVATION FOR TOP-HALF EXTENSION EMPHASIZE "PUSH-DOWN" TO MAXIMIZE GLUTE DRIVE (MINIMIZE QUAD ACTIVATION)	EMPHASIS SHOULD BE ON THE BOX LEG DRIVING DOWN INTO THE PLATFORM (NOT THE FLOOR LEG "JUMPING" OFF THE GROUND. PAY ATTENTION TO "ANTI-ROTATION" FORCE BEING APPLIED BY THE PULL START.
BAND HIP SERIES MONSTER WALK SINGLE LEG POSTERIOR RAISE SINGLE LEG SELF-ANCHOR HIP FLEXION SEATED ABDUCTION SERIES (3)	HIP ABDUCTORS HIP FLEXORS LOW BACK & HIP STABILIZERS	MONSTER WALKS ALMOST ALWAYS IN REVERSE. SINGLE LEG POSTERIOR RAISE HAS SLIGHT FLEXION IN BOTH KNEES AND ACTIVATION ONLY FROM THE HIP. SINGLE LEG SELF-ANCHOR HIP FLEXION REQUIRES DORSI FLEXION OF FLEXING LEG. SEATED ABDUCTION SERIES IS ALWAYS PERFORMED IN THIS ORDER TILTED TWO-INCHES FORWARD OF NEUTRAL. NEUTRAL AND TWO-INCHES BACK OF NEUTRAL.	HIP WORK SHOULD BE GRADUALLY PROGRESSED INTO PROGRAM DESIGNS AND PERFORMED LITE AND WITH LOW VOLUME TO START. RESIDUAL DISCOMFORT CAN OCCUR IF TOO MUCH/TOO SOON IS PROGRAMMED. SPECIFICALLY, FOR THOSE "POST" HIP REPLACEMENT/ARTHROSCOPY.

COPYRIGHT 2020 ROBERT LINKUL

Daily Personalized Programming

STRONGMAN: POWERLIFT

GRANT 4th:

- 8 BB BACK SQUATS [2x] [10]
- 8 CHIN UPS [10]
- 16 PLATE SAMMERS [15]
- 10 DB ON TRI-EXT
- 10 DB CUEPS CURL
- 20 DYNAMIC LUNGES } 4x

WARM UP

STRONGMAN

- 8 BB DOUBLE PULSE BENCH PRESS [FIRST HIGH] [3:1:3:1]
- 24 BAND DYNAMIC LIP [12 EA]
- 8 HEAVY KB ROL: HIGH PULL [3:1:1]
- 24 DUAL BAND PULL START [12 EACH] [3:1:1]
- 8 DB OR FB CLEAN + PRESS [NEGATIVE ARMED] [10]
- 24 FORWARD + BACK MDB CHEST PASS

1st BIKE SPRINTS 15 PULS

2nd PLATE SAMMERS 30 PULS

3rd BAND SKI STARTS 30 PULS

PERSONAL TRAINING

FOR ADLS

MARK, JUDITH, JOHN, DICK, HEATHER
GARY, EVA, GARY, TRACI, MARSHAN

- 30 FEET ELEV. BAND BRIDGE
- 30 BAND ANTI-ROTATION STEP UP + HOLD [15 EACH] [20:10:10]
- 20 DB SH BALANCE SH. BI-ANGLE RAISE [10]
- 20 BAND SPLIT PULL STARTS [10 EA]
- 10 KB ROL: HIGH PULL [ELBOW] [10]
- 10 BAR PUSH UPS [TOUCH CHEST] [10]

● = KB SUITCASE CARRY [10:10:10]

STRENGTH 1ST

WORK OUT "B":

- DB OR FB SINGLE ARM SNATCHES
- BAND SPLIT STANCE
- SA PULL STARTS [10]

3 SETS OF 12 REPS

BURN OUT:

- 20° REAR LEG ELEV. LIP [10 EA]
- 20 BAR INVERTED ROW [10]
- 40° RING SKI SQUAT JUMP [20 EA]
- 40 FEET ELEV. BAND BRIDGE
- 20° RING HALO [THUMB TO NECK]
- 20 DUAL BAND PULL STARTS [10 EA]

● = 30 SIDE BRIDGES [15 EA]

PERSONAL TRAINING

GOLF STRONG

- 20 RIP STICK ANTI-ROTATION WALK ALWAYS [10 EACH]
- 20 DB UNLOADED LUNGE + LAT RAISE [10 EA]
- 30 FORWARD + BACK MDB CHEST PASS
- 30 FEET ELEV SL BRIDGE + HOLD [15 EACH] [10:10:10]

BUTT BUILDER 3,000

- 40 ANKLE WLT. RAISE THE ROOF [20 EA]
- 40 DUAL BAND CLAMS [20 EA]
- 2 LAPS DOWN + BACK MONSTER WALK IN REVERSE

2 TO 4 ROUNDS

JOAN

10-12-14

- MDB CHEST PASS
- BAND SIT TO STAND + ROW [10 EACH]
- ANTI-ROTATIONS [10 EA]
- BALL TAKE IT LEAVE IT SQUAT + CARRY

ALWAYS WATCHING

WORK HARD!

Daily Personalized Programming

ADL STRENGTH + COND

BRUTE, PAPER, ELLAN, JON, BILL
MANUEETH, SUSAN, GERRI, TEREESA
HEATHER, VINIAN, BILL, STEVE

WORKOUT "A" THEN

KB SIT TO STAND CRAWL
5 SETS 10 REPS (10)

10 RING CROWS (10)

70 SANDING GLUTE BRIDGE
10 LUNGES IN PLACE (10)

TOUCH PACE TO PACE

BURNOUT: MAX WALL SIT FOR
TIME

NAME	TIME	NAME	TIME
BRUTE	1:30	MANUEETH	1:30
PAPER	1:30	ELLAN	1:30
JON	1:30	BILL	1:30
BILL	1:30	STEVE	1:30

STRENGTH

WORKOUT "A": DB SA BENT ROW (10)

12 REPS
3 SETS
2-1 TEMPO

BURNOUT: 30 REAR LEG ELEV
LUNGE IN PLACE (10)

20 BB ON SANDING
GLUTE BRIDGE

10 KB OR DB DUAL
GOBLET SEATED
SQUAT

1 PLATE PUNCH GRIP
FARMER WALK

PERSONAL TRAINING

FINISHER

500 ROPES (10)

GOLF STRONG

30 SL PB HANA
CURLS (10)

20 DB CAVE BRIDGE
(10)

10 SL SQUATS
SEATED (10)

PERSONAL TRAINING

MIAN

10 SEATED SQ
20 DB SHOULDER
PRESS (10)

10 DB CURLS
20 BB LUNGES

HAPPY BIRTHDAY
CHARLIE +
JOAN !!

ADL STRENGTH + COND

SOPHIA, SON, DAVID, BILL
SUSAN, GERRI, VINIAN

WORKOUT "B" THEN

40 ANKLE INT RAISE (10)

10 OVERLOAD DB ALT STEP
DOWNS (10)

10 KNEELING BARS CHILI
DOWNS (10)

20 ONE PACE KNEELING
POST LATERAL RAISE (10)

2 TO 4 ROUNDS

ADL STRENGTH + COND

COLIN + RUTH

30 DB BENCH PRESS COMPLEX
(5-5-5-5-5) (10)

30 KB LOW SWINGS
20 BOSTON SWING
LUNGE IN PLACE

20 DBL BEND
ELEV BENCH
+ ADD 100

10 METER PITCHER CHALK
20 MDS PUNCH
PRESS (10)

BURNOUT: "PAIN FREE"

ADL STRENGTH + COND

KEVIN

20 SL ROLL REP
(10)

20 BOSTON SWING
LUNGE IN PLACE

20 DBL BEND
ELEV BENCH
+ ADD 100

20 MDS PUNCH
PRESS (10)

20 LAYS SLED
DRAG 12

STRENGTH

WORKOUT "B": DUAL DB PULL OVER

PROMOTE POSTERIOR FLY (10)

12 REPS
3 SETS
2-1 TEMPO

BURNOUT: 20 DB STEP UP HOLD
CURL + PRESS (10)

200 ROPES (10)

40 DB SIDE PLANK
+ ROW HEAVY (10)

20 BAND KNEELING (10)

PERSONAL TRAINING

FINISHER

10 DB GET UPS (10)

10 DB DUAL BRIDGE

GOLF STRONG

40 RP STICK KNEELING
CHOPS (10)

20 SA ON MDS
THROWS (10)

20 SL BRIDGE + (10)

60 PLANK + CHOP
DRILL + LUNGE
BALL (10)

STRONGMAN + POWERLIFT

5 MAX PB PACH PULLS

10 DB POST MUSCLE
CLEAN + PRESS (10)

15 KB SQUAT + SQ JUMP

10, 9, 8, ..., 3, 2, 1

KB HANA GOBLET SQ
+ SQUATS CRAWL

80 DYNAMIC LUNGE (10)

FEET ELEV INN ROWS
THROUS THROUS CRAWL

GOOD LUCK !!

ADL STRENGTH + COND

BRUTE, JUDITH, ELLAN, DICK, BOB
MANUEETH, MICHAEL, JON, TARA, BILL

WORKOUT "B"

2 LAPS KB FARMER
WALK (10)

15 KB SLOW SWING

20 DB POST MUSCLE
CLEAN + PRESS (10)

15 PB HANA CURLS

30 SIDE BRIDGE (10)

40 WOODSIE BALL (10)

STRENGTH

WORKOUT "B": BB PACH PULLS

2 SETS
10 REPS

BURNOUT: BAND SIT TO
STAND ROW (10)

KB HANA GOBLET
SQUAT + CRAWL

NAME	10	20	30
SQUAT JUMP	15	20	30
KB CLEAN SWING	15	20	30
DB SLED WALK	15	20	30

FINISHER: 10 PERFECT PACH UPS (10)

PERSONAL TRAINING

GOLF STRONG

20 DB SL ROLL +
HOLD TO ROW (10)

20 KNEELING IN LINE
FEET UP HOLD + (10)

20 SA POST MUSCLE
CLEAN + PRESS (10)

3 ROUNDS

PERSONAL TRAINING

MANUEETH, CHARLIE, JON

30 ONE UP (10)

20 BENCH TO EXT (10)

10 SANDING GLUTE BRIDGE

30 RP THERAPY (10)

20 DB CRAWL FORWARD (10)

20 KB HANA PACH PULLS

20 DB BENCH PRESS (10)

20 DB CRAWL FORWARD (10)

20 KB HANA PACH PULLS

STRONGMAN + POWERLIFT

DEEDS

8 PB GET UPS (10)

16 KB SWINGS (10)

16 INCLINE CHEST
PRESS (10)

8 1/2 HANA DEAD

16 BANG ROWS (10)

ADL STRENGTH + COND

JON, ELLAN, ANDREA, SUSAN
BILL, GERRI, VINIAN, BILL

20 CONE LATERAL SLIDES

20 DB POINTER ROWS

20 DB LUNGES IN PLACE

20 DB SA BENCH PRESS

20 MDS ON THROWS

20 CONE FORWARD + BACK (10)

20 BAND ANTI-PROTRUSION
LATERAL SQUATS (10)

STRENGTH

WORKOUT "A": DB POINTER ROWS (10)

3 SETS
10 REPS

BURNOUT: 20 BAKE SPRINTS
MAX MPH

20 MDS CHEST PRESS

20 BENCH UPS

20 CONE FORWARD + BACK (10)

20 BAND ANTI-PROTRUSION
LATERAL SQUATS (10)

PERSONAL TRAINING

GOLF STRONG

20 SL ROLL HOLD (10)

40 FEET ELEV BRIDGE
SQ TO DB

20 DB SA PULL OVER (10)

GLUTE BRIDGE

PERSONAL TRAINING

MPH BAKE SPRINT

NAME	10	20	30
BAKE SPRINT	15	20	30
BAKE SPRINT	15	20	30
BAKE SPRINT	15	20	30

STRONGMAN + POWERLIFT

DEEDS

8 PB GET UPS (10)

16 KB SWINGS (10)

16 INCLINE CHEST
PRESS (10)

8 1/2 HANA DEAD

16 BANG ROWS (10)

ADL STRENGTH + COND

SUSAN, GERRI, ANNEBEL, WES
VINIAN, BILL, PATRICK, JON

20 RING HALOS (10)

20 DB HANMER BICEPS CURL

20 DB INCLINE BENCH PRESS (10)

20 SANDING GLUTE BRIDGE

20 SL ROLL (10)

20 NINJA DEGREE STEP
UPS (10)

80 ROPES (10)

STRENGTH

20 DUAL BAND ELEV BRIDGE (10)

20 RING ROLL OUT

20 DB INCLINE BENCH PRESS

20 SANDING GLUTE BRIDGE

20 DB HANMER BICEPS CURL

20 FATBALL FRENCH PRESS

40 UPPER BODY BIKE PUNCH

40 SKI JUMPS (10)

80 ROPES (10)

PERSONAL TRAINING

SOPHIA + HEATHER

130 INVERTED PLANK

20 PULL OVER + FLY
COMPLEX

20 SA ALT BAND
PULL DOWN (10)

20 DB HANMER
CURL + PRESS
COMPLEX (10)

20 SL CAVE TO
RAISES (10)

20 DB GOBLET
LUNGES

WINTER WALK

ADL STRENGTH + COND

MANUEETH, BOB, JUDITH
PATRICK, EVA, GARY

10 LUNGES IN PLACE (10)

10 ALTERNATING BALANCE SL
SANDING BALL FRONT RAISE (10)

10 BIKE SPRINTS (10)

10 OVER LOAD SQUATS (10)

10 ONE CLAM ON TURBINES

20 VERT CRAWL (10)

20 GLUTE BRIDGE

ADL STRENGTH + COND

HAPPY BIRTHDAY
ANDY !!

REN DONG SINGLE ARMA
KUNG FU PB SIT TO STAND

ROLL OUT PUSH UP (10)

HEX BAR BENT ROW

BIKE SPRINT (10)

EVERY MINUTE ON THE MINUTE

15 DB CURLS (10)

15 DB ON THE (10)

STRENGTH

EVERY MINUTE ON THE MINUTE

10 LUNGES DOUBLE PACE WALKING (10)

10 RING PRESS (10)

10 BIKE SPRINTS (10)

10 OVER LOAD SQUATS (10)

10 ROPE TURBINES + SLAMS

30 GLUTE BRIDGES (10)

PERSONAL TRAINING

SOPHIA, SON, ANG
DICK, JEFF, MARK

8-10-12-10-8

20 DB SLED SQ (10)

20 DB LUNGE IN PLACE (10)

20 DB LATERAL RAISE (10)

20 DB SL ROLL (10)

20 MDS ON THROWS

20 BB HIGH STEP UP
CRAWL (10)

Its hard to get to your desired location without a proper map to guide you there 😊

- Program design blue prints are a professional “MUST” have:
 - Brings consistency to programing
 - Brings validity and reliability to programing
 - Provides progressive learning steps, progressions and regressions, for movements
- Program design blue prints reflection is a “MUST” do:
 - Does your programing work well?
 - How can you make it better?
 - What components are you missing?
 - Dan John Said: *(something similar)*
 - 80% of your program is good
 - 10% you are in process of learning
 - 10% you don't even know about yet but needs to be included

Tracking & Reliability of a Training Philosophy

- Specific to Your Demographic
 - Based on Need
- Every Workout Should Reflect Your Training Philosophy
- Every Philosophy Should Meet the Goals of Your Target Demographic
- Reliable & Consistent Programing
- Allows for Easy Progression & Regression
 - Based on Personal Demand
- Instruction and Progression of Exercise
 - Check List [✓]
 - Simple to Complex
- Great for Record Keeping
 - What Rowing Exercise Did Your Tuesday 8:00 AM Client Perform on April 12th of 2014?
- You **CAN** Have Multiple Philosophies Depending on the Target Demographic
- You **SHOULD** Review and Improve Your Philosophy Often

Thank You for Joining Us!!

Any Questions?

AWC Year 1 Blue Print & Calendar										
Week 1 – Group Presentation of the AWC Overview			Week 2 – Group Presentation of the AWC Blue-Print & Case Study			Week 3 – Group Presentation of the AWC Assessment				
	Collective One Weeks 4-5-6-7	Collective Two Weeks 8-9-10-11	Collective Three Weeks 12-13-14-15	Collective Four Weeks 16-17-18-19	Weeks 20-21-22-23	Weeks 24-25-26-27	Weeks 28-29-30-31	Weeks 32-33-34-35	Weeks 36-37-38-39	Weeks 40-41-42-43
Robert	Assessing Strength	Programming for Strength	Activation Techniques for Resistance Training	Rotation	Loaded Carry	Hinge & Hinge Bent Knee	Horizontal Pull & Row	Vertical Push & Press	Split Squat & Step Up	Modifying Strength Training Programs
Evan	Assessing Posture	Programming Correctives	Postural & Diaphragmatic Activation	Rotation Correctives	Loaded Carry Correctives	Hinge & Hinge Bent Knee Correctives	Horizontal Pull & Row Correctives	Vertical Push & Press Correctives	Split Squat & Step Up Correctives	Modifying Corrective Exercise Programs
Chris-tian	What is Balance? Assessing Balance	Programming Balance & Fall Risk Reduction Training	Sensory Systems, Sensory Training	Postural Control, Joint Mobility Training	Limits of Stability, Static Balance Training	Balance Perturbations, Dynamic Balance Training	Gait Cycle, Gait Enhancement Training	Muscle Power and Balance, Reactive Balance Training	Adapting Balance Training Programs for CPTs	Modifying Balance and Fall Risk Reduction Programs
Ryan	Assessing Dual Task Ability	Programming Cognitive Training	Sensory Neuroscience	The Neuroscience of Exercise	Dual-Tasking in Gait and Balance	Cognitive-Motor Training Techniques	Cognition and Postural Control	Reaction Time Training & Corticospinal Activation	Stepping, Physical Activity, & Brain Health	Modifying Exercise Programs for Brain & Mental Health (The unseen Acute Variables)
Every 5th week the AWC presenters will come together for a COLLECTIVE WEBINAR where they will discuss the previous month's content and present an integrated Client Case Study complete with assessment results and a periodized training program.										



- See You Next Week!!
- CT will be Presenting on
“Programming Balance & Fall Risk Reduction Training”
 Thursday September 3rd

©Copyright 2020 AgeWell Collective TM

Thank You!!

www.TrainingTheOlderAdult.com

(916) 955 - 1586

Robert.linkul@trainingtheolderadult.com

See You Next Week for
"The Lower Back!!"



Programming for Limitations

8 WEEK CEU WEBINAR COURSE

STARTS AUGUST 18TH

W1 TOA Blue-Print:
NEW GENERATION OVERVIEW & APPLICATION

W5 Shoulder

ARTHRITIS
IMPINGEMENTS
TENDONITIS
PRE-JOINT REPLACEMENT
STRATEGIES

Code "golf10"
to earn 10% off

W2 Low Back

SCIATICA
DISC DEGENERATION
ARTHRITIS

W6 Elbow

ARTHRITIS
TENDONITIS
TENNIS ELBOW
GOLFERS ELBOW

W7 Hands

ARTHRITIS
CARPAL TUNNEL SYNDROME
NEUROPATHY

W3 HIP

ARTHRITIS
IMPINGEMENTS
BURSITIS
PRE-JOINT REPLACEMENT
STRATEGIES

W4 Knee

ARTHRITIS
IMPINGEMENTS
PRE-JOINT REPLACEMENT
STRATEGIES

W8 The Feet

PLANTAR FASCIITIS
ACHILLES TENDONITIS
NEUROPATHY

Registration is now open!

