Welcome to TOA

TOA

TRAINING THE OLDER ADULT

movement is life

TOA Foundations

Proper Resistance Training for the Older Adult

TrainingTheOlderAdult.com:
For the "Older Client" (Age 50+)

Program Design Blueprint
7th Generation

	Foundational Exercise Progressions		Mid-Range Exercise Progressions		Complex Exercise Progressions	
Hinge (Component 1)	Floor Based (Horizontal Hinge) BW Glute Bridge Loaded Glute Bridge BW Feet Elevated Bridge Loaded Feet Elevated Bridge BW Shoulders Elevated Bridge Loaded Shoulders Elevated Bridge		Vertical Hinges (De-Loaded & Loaded) Band De-Loaded Stiff Leg Deadlift BW Stiff Leg Deadlift Band Simulated Rack Pull BW Single Leg Stiff Leg Deadlift Loaded Single Leg or Kick Stand Stiff Leg Deadlifts Sandbell Slams		Vertical Hinge with Bent Knee Band De-Loaded Sit to Stands Band Sit to Stands or Hinge Squats KB Replacement Squats Loaded Sit to Stands or Hinge Squats Loaded Rack Pulls Loaded Hex Bar or Replacement Deadlifts	
Rows (Component 2)	Horizontal Rows: Band Supinated Chest Pull Reclined Row (BW, Ring) High/Low Pull Starts Biceps Curls (Pronated, Neutral or Supinated) DB or KB Bilateral Pull Over		Horizontal Rows: Band Mid-Range Pull Starts DB Unilateral or Uni-Bi-Lateral Pull Overs Band Pronated Chest Pulls DB Six Point Row Band Seated Strict Row		Horizontal Rows: Band Hinge & Row DB Ren/Long Snap Row Seated Cable Pull Row Inverted Row (BR, Ring) Band Seated Intertia Row	
Loaded Transfers & Carries (Component 3)	Loaded Carry (Waist): Farmer Carry Suit-Case Carry Zurcher Cart Carry Front to Back Carry	Core: Band Assisted Get Up Push Up Hold Side Plank Side Bridge	Loaded Carry (Shoulder): Waiter Carry Sling & Carry Bear Hug Carry Goblet Compression Carry	Core: Get Up Bottom Half Get Ups Wall Sit Side Plank & Row	Loaded Carry (OH & Comp): Pfister Carry Suitcase & Waiter Waiter & Pfister Pfister & Suitcase	Core: Loaded Get Up Band/Pulley Chops Loaded Wall Sit Anti-Rotations
Split Stance (Component 4)	Gait Steps (Body Weight) Gait Steps (Band, Load, etc.) Split Squat (Lunge in Place) Deloaded Step Up/Down Step Up/Down (Low, Medium, High Box) Band Simulated Drags		Lateral Step Up & Over) Loaded Split Squat Loaded Steps Ups (High or Low) Rear Leg Elevated Split Squat Sled Pull or Reverse Drag (Slow) Prowler Push (Slow)		Loaded Rear Leg Elevated Split Squat Loaded Step Up & Over (Step Down) Loaded Pulse Lungeis (Double, Triple, etc.) Prowler Push or Drag (Fast) Sled Pull or Drag (Fast) Loaded Repeat Lunges	
Over Head Actions (Component 5)	Pulls & Raises: Supinated Pull Downs Pronated Pull Downs Up Right Rows Band Post Pull Down	Presses: Band Assisted- Land/Mine Press Post Press Retraction Row & Raise	Pulls & Raises: Loaded Raises* Aviator Raises* Prog. Res. Raises* Retraction Pull Down	Presses: Landmine Press Retraction Press Chek Press Retraction Row & Press	Pulls & Raises: Hinged Pull Starts High Pulls Hinge Flys (*/*/ */*/ */*/*) Straigth Arm Pull Downs	Presses: Arnold Press Progressive & Loaded Landmine Press Landmine Hinge & Press
Leverage Points Pivot Point & Landmine (Feature)	Bilateral Actions: BB Pivot Point Chest or Over Head Press (Empty, Load, Band) Swiss Bar or BB Pivot Point Row (Empty, Load, Band) BB Landmine Two Handed Press (Empty, Load, Band) Landmine Hinge & Retraction			Unilateral Actions: FB Single Arm Pivot Point Chest or Overhead Press (Empty, Load, Band) KB/DB Single Arm Pivot Point Row (Empty, Load, Band) BB Landmine Single Hand Chest or Overhead Press (Empty, Load, Band) BB Landmine Sinlge Leg or Center Stance RDL (Empty, Load, Band)		
Fall Prevention & Balance (Modality 1)	Balance: Inline Hold Inline Hold Balance Pad Inline Hold Pirate Eyes	Implement Tracking: Unilateral or Contralateral Self Bounces on Floor/Wall (Single Leg/Pied/Pirate Style)	Balance Single Leg Hold Single Leg Hold Balance Pad Single Leg Pirate Eyes	Implement Tracking: Medball Return Chest Pass Medball Return Shot Puts Medall Return Over Head	Balance: Single Leg with Load Ropes or Inertia Waves Dumbbells or Fatbells	Implement Tracking: Partner Chest Pass Partner Shot Puts Partner Over Head
Power Product & Dynamic Movement (Modality 2) Release Drills	Sandball/Medball Kneeling Slams Seated Chest Pass Seated Chest Pass Vertical (Up & Over)		Sandball/Medball Standing Hinged Slams Standing Chest Pass Horizontal Standing Chest Pass Vertical (Up & Over)		Sandball/Medball Two Hand Between the Leg Vertical Toss for Height One Hand Between the Leg Vertical Toss for Height Two Handed Lateral Toss for Distance	

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Clients Name: Entry Level Clients
Date: Eight Week Mini-Macro Cycle
Major Emphasis or Physical Limitation(s): In Season

Mobility Menu & Correctives:
[10:00]

Movement Prep Warm Up:
[5:00]
Upper Body & Lower Body Lifts
Should Mimic to Prep for Training Day

Strength 1st:
[20:00]

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Theme	SG	DL	SG	NTL	SG	DL	SG	NTL
Focus	BL	UNL	BL	UNL	BL	UNL	BL	UNL
Reps	8	6-8-10-12	10	12-10-8-10-12	12	6-8-8-8-10	8	20
Sets	3	4	3	5	4	5	4	4
Load	Mod	Mod - Heavy	Super Sets - Mod	Mod	Heavy	Drop Sets	Heavy	Super Sets
Tot. Vol.	24	36	30	52	48	40	32	80
Tempo	2:1	2:1	3:1:1	2:1	2:1	3:2	2:1	2:1
Recovery	As Needed	Ready Go	As Needed	Ready Go	As Needed	As Needed	As Needed	Ready Go

Met Con/Ski Strong/Golf Strong:

Focus	BL	UNL	BL	UNL	BL	BL	BL	UNL
Reps	15s	20s	25s	30s	30-20-10	10-20-30	25s	30s
Sets	2	2	2	3			2	3

Correctives:
[5:00] Two Exercises - Two Rounds

Exercise	Reps	Sets	Load	Tempo

Cool Down Menu:
[5:00] Two Exercises - Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery

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With Robert Linkul MS CSCS*D NSCA*D FNSCA
Owner of TrainingTheOlderAdult.com
& Be STRONGER Fitness Studio

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Robert Linkul

Masters Degree in Personal Training

(United States Sports Academy)

Bachelors Degree in Kinesiology

(CSU Sacramento)

TrainingTheOlderAdult.com

(Three Years)

Be STRONGER Fitness Bunker

(Six Years)

CSCS*D NSCA-CPT*D FNSCA

(2005 2011 2017)

Father to Two Lovely Little Ladies

(Payton is 7 & Bristol is 3)

Husband to One Amazing Woman

(Keagan Linkul = Javelin Thrower)

My Story

2004 NCAA Hammer Throw Qualifier

Ranked 14th in USA

2008 Sponsored by Reebok
Pursuing Olympics

64.85 Meter (212'7")
Personal Best

65 Meters (213'3")
Qualified for Olympic Trials

- Owner of TrainingTheOlderAdult.com: Online Education
- Owner of Be STRONGER Fitness Bunker: Online Training for Older Adults

SOLUTIONS
WITH ROBERT LINKUL

I've Had 12 Surgeries

"Sometimes Your Specialty Picks You,
You Just Need to Recognize It When It Does" - Me

Welcome to TOA Foundations

Part I : Episode I

Agenda:

Client Outline

Create a Training Philosophy

Outline a Program Design Blueprint

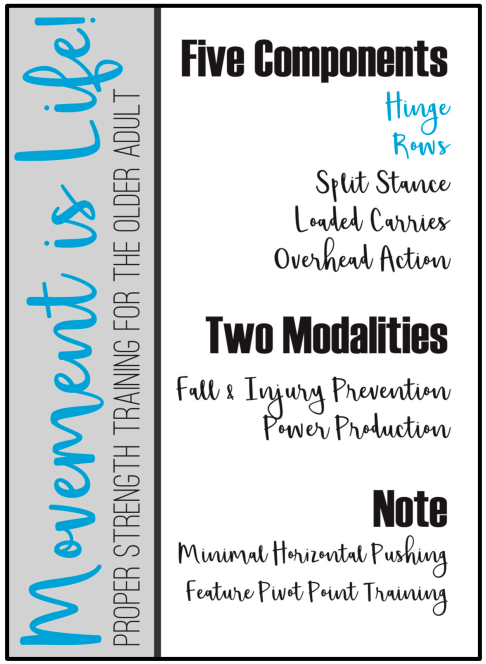
Download Exercise Library

Create Mini-Macrocycles

Download Mini-Macrocycle Volume

Implement the Program

Re-Assess the Program & Repeat



Client Outline

Prior to Participation

- Client has inquired about your services
- You contacted the client & scheduled the initial interview & consultation
- Initial interview & consultation, tour of the facility(*) & training philosophy overview has been completed.

  *= or online training program overview

- Movement observation & assessment has been completed & data collected
- Client has minimal physical limitations, passed the PAR-Q+ & does not require a doctor's release to participate in your program
- Clients first official workout has been scheduled for today

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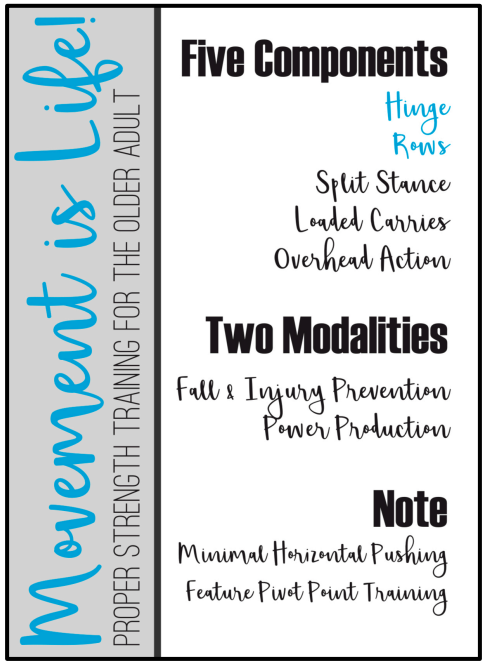


TOA select

Robert Linkul

July 25, 2016 · Sacramento ·

I'm picking up my dry cleaning and see a guy wearing a shirt that says certified personal trainer. So I ask him.

Me: "what's your training philosophy?"

Guy: "what do you mean?"

Me: "you are a trainer right? Your shirt says you are a CPT"

Guy: "oh yeah, I am"

Me: "so what's the philosophy you follow when training your clients?"

Guy: "I don't have one. We just lift"

Me: 😞

So please help renew my faith in our industry and tell me what your philosophy is. What would you have said to me?

Donna Masellis, Melissa Uftring and 43 others 35 Comments 1 Share

Like Comment Share

Movement is Life!

PROPER STRENGTH TRAINING FOR THE OLDER ADULT

Five Components

Hinge
Rows
Split Stance
Loaded Carries
Overhead Action

Two Modalities

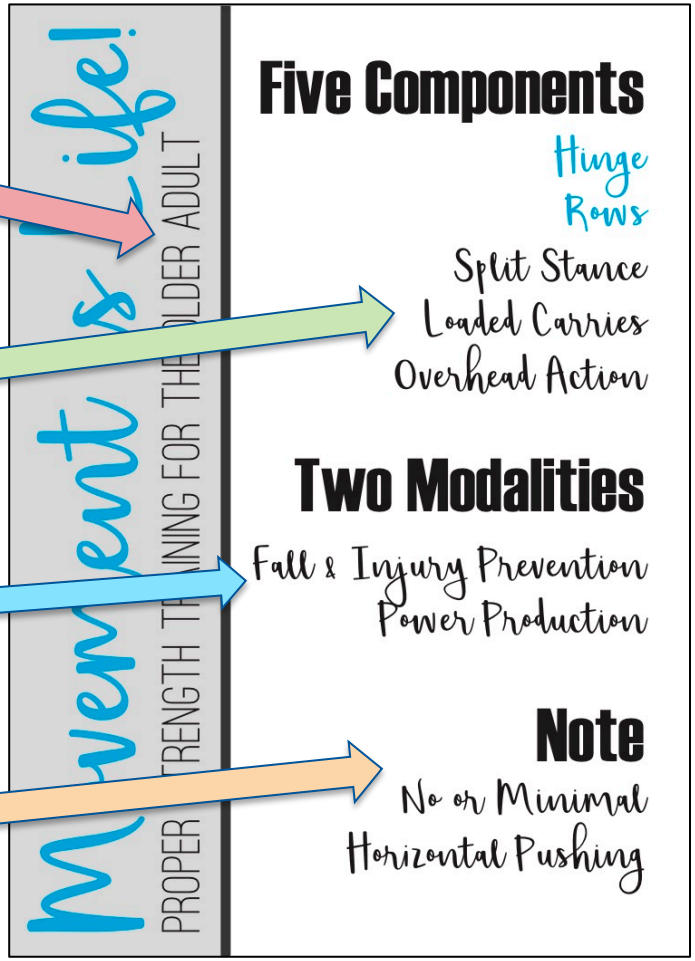
Fall & Injury Prevention
Power Production

Note

No or Minimal
Horizontal Pushing

Create a Training Philosophy

- Select a Target Demographic
- Select the Components You Want to Train in Every Session
- Select the Modalities You Want to Train Every Session
- Make any Side Notes



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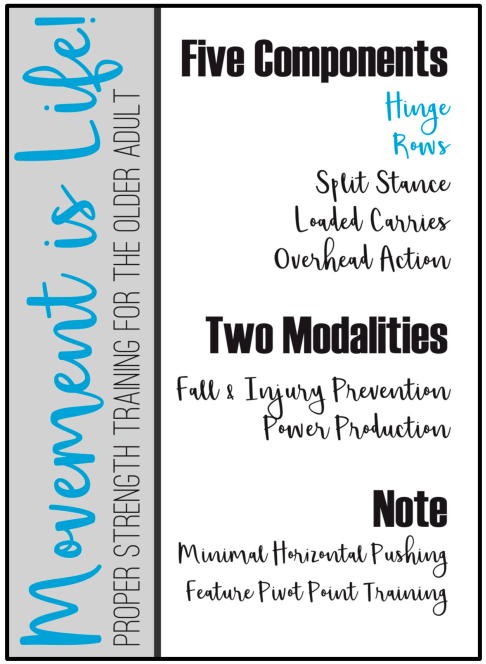

Outline Program Design Blueprint

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Program Design Blueprint
Foundations

	Beginner		Intermediate		Advanced	
Hinges & Swings (Component 1)	[ ] [ ] [ ]		[ ] [ ] [ ]		[ ] [ ] [ ]	
Rows & Pulls (Component 2)	[ ] [ ] [ ]		[ ] [ ] [ ]		[ ] [ ] [ ]	
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ] [ ] [ ]		[ ] [ ] [ ]		[ ] [ ] [ ]	
Split Stance (Component 4)	[ ] [ ] [ ]		[ ] [ ] [ ]		[ ] [ ] [ ]	
Loaded Carry, Drags & Release Drills (Component 5)	[ ] [ ] [ ]		[ ] [ ] [ ]		[ ] [ ] [ ]	

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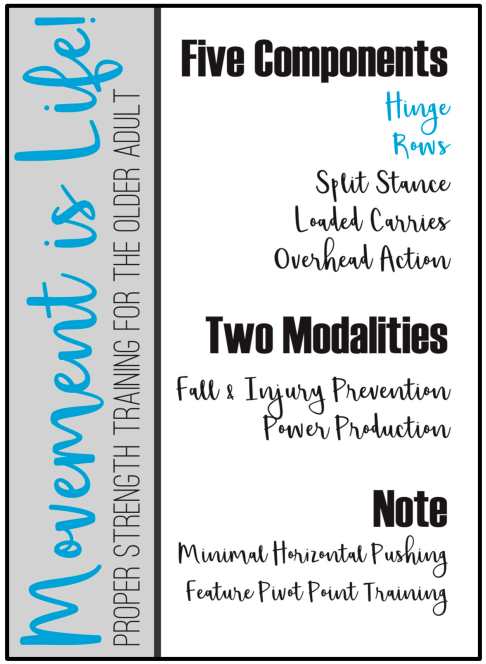

Download Exercise Library

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Program Design Blueprint
Foundations

	Beginner		Intermediate		Advanced	
Hinges & Swings (Component 1)	[ ]	Bridge	[ ]	Romanian Deadlift (RDLs)	[ ]	Rack Pulls
	[ ]	Foot Elevated Bridge	[ ]	Traditional Deadlift	[ ]	Single Leg RDLs
	[ ]	Shoulder Elevated Bridge	[ ]	Kickstrand RDLs	[ ]	Swings
Rows & Pulls (Component 2)	[ ]	Three Point Single Arm Row	[ ]	Pull Over	[ ]	Pulley Seated Row
	[ ]	Supinated Chest Pull	[ ]	Pronated Chest Pull	[ ]	Band Straight Arm Pull Down
	[ ]	Single Arm Pull Start	[ ]	Supinated Pull Down	[ ]	Up Right Rows
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ]	Single Arm Chest Press	[ ]	Pivot Point Press	[ ]	Bench Press
	[ ]	Shoulder Raises	[ ]	Landmine Two Hand Press	[ ]	Landmine Single Arm Press
	[ ]	Wall Slides	[ ]	Band Tensioned Wall Slides	[ ]	Over Head Press
Split Stance (Component 4)	[ ]	Band Gait Steps	[ ]	Gait Steps	[ ]	Loaded Gait Steps
	[ ]	Band Deloaded Step Ups	[ ]	Single Leg Step Ups	[ ]	Overloaded Step Ups
	[ ]	Band Deloaded Split Squats	[ ]	Split Squats	[ ]	Overloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[ ]	Loaded Suitcase Carry	[ ]	Loaded Farmer Carry	[ ]	Loaded Waiter Carry
	[ ]	Loaded Chest Pass	[ ]	Loaded Slams	[ ]	Loaded Vertical Tosses
	[ ]	Band Simulated Sled Pull	[ ]	Band Simulated Drags	[ ]	Loaded Drags

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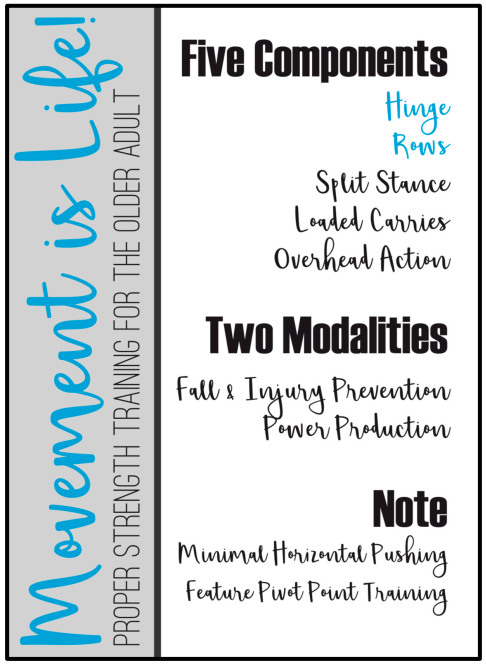

Outline Mini-Macrocycle

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Clients Name: *Entry Level Clients* **Date:** *Eight Week Mini-Macro Cycle*

Major Emphasis or Physical Limitation(s): *Based on Clients Training Outcome or Physical Limitations*

Mobility Menu & Correctives: *Bridge, Six Point Birddog & Thorasic Rotation (minimum)*
[10:00]

Movement Prep Warm Up: *Upper Body & Lower Body Lifts Should Mimic to Prep for Training Day*
[5:00]

Strength 1st: *Up to Three Primary & Focused Lifts*
[20:00]

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Theme								
Focus								
Reps								
Sets								
Load								
Tot. Vol.								
Tempo								
Recovery								

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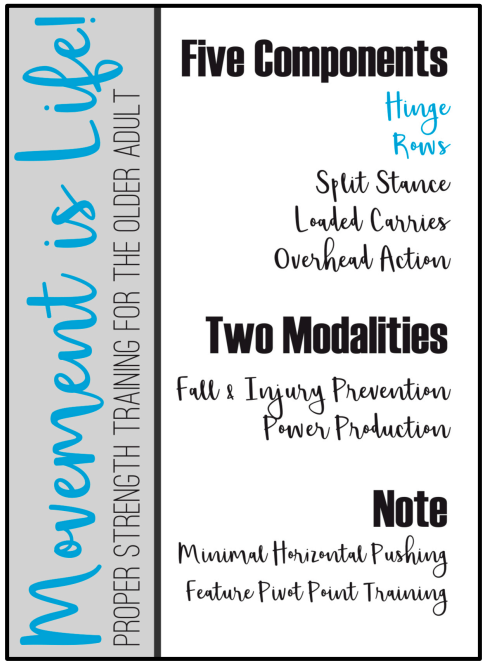

Download Mini-Macrocycle

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Clients Name: *Entry Level Clients* **Date:** *Eight Week Mini-Macro Cycle*

Major Emphasis or Physical Limitation(s): *Based on Clients Training Outcome or Physical Limitations*

Mobility Menu & Correctives: [10:00] *Bridge, Six Point Birddog & Thorasic Rotation (minimum)*

Movement Prep Warm Up: [5:00] *Upper Body & Lower Body Lifts Should Mimic to Prep for Training Day*

Strength 1st: [20:00] *Up to Three Primary & Focused Lifts*

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Theme	SG	SG	SG	NTL	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8	8	10	12	12-10-8-10-12
Sets	3	3	3	5	4	4	4	5
Load	Lite	Moderate	Heavy	Mod. - Heavy	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48	32	40	48	52
Tempo	2:1	2:1	3:1:1	2:1	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30	:25	:25	:20	:20

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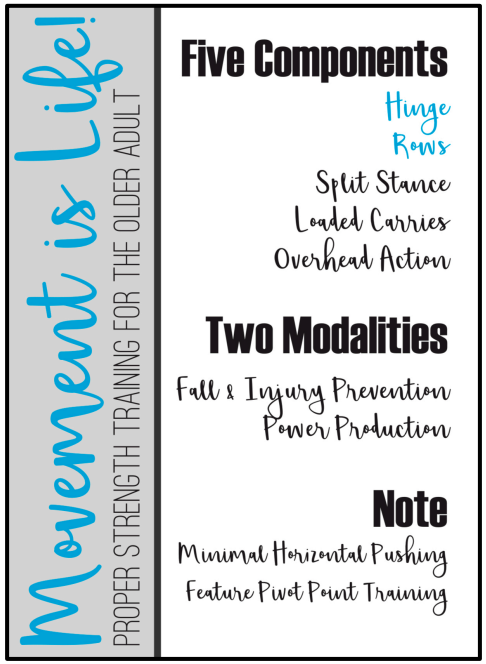

Implement the Plan

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Program Design Blueprint
Foundations

	Beginner		Intermediate		Advanced	
Hinges & Swings (Component 1)	[ ]	Bridge	[ ]	Romanian Deadlift (RDLs)	[ ]	Rack Pulls
	[ ]	Foot Elevated Bridge	[ ]	Traditional Deadlift	[ ]	Single Leg RDLs
	[ ]	Shoulder Elevated Bridge	[ ]	Kickstrand RDLs	[ ]	Swings
Rows & Pulls (Component 2)	[ ]	Three Point Single Arm Row	[ ]	Pull Over	[ ]	Pulley Seated Row
	[ ]	Supinated Chest Pull	[ ]	Pronated Chest Pull	[ ]	Band Straight Arm Pull Down
	[ ]	Single Arm Pull Start	[ ]	Supinated Pull Down	[ ]	Up Right Rows
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ]	Single Arm Chest Press	[ ]	Pivot Point Press	[ ]	Bench Press
	[ ]	Shoulder Raises	[ ]	Landmine Two Hand Press	[ ]	Landmine Single Arm Press
	[ ]	Wall Slides	[ ]	Band Tensioned Wall Slides	[ ]	Over Head Press
Split Stance (Component 4)	[ ]	Band Gait Steps	[ ]	Gait Steps	[ ]	Loaded Gait Steps
	[ ]	Band Deloaded Step Ups	[ ]	Single Leg Step Ups	[ ]	Overloaded Step Ups
	[ ]	Band Deloaded Split Squats	[ ]	Split Squats	[ ]	Overloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[ ]	Loaded Suitcase Carry	[ ]	Loaded Farmer Carry	[ ]	Loaded Waiter Carry
	[ ]	Loaded Chest Pass	[ ]	Loaded Slams	[ ]	Loaded Vertical Tosses
	[ ]	Band Simulated Sled Pull	[ ]	Band Simulated Drags	[ ]	Loaded Drags

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Clients Name: *Entry Level Clients* **Date:** *Eight Week Mini-Macro Cycle*

Major Emphasis or Physical Limitation(s): *Based on Clients Training Outcome or Physical Limitations*

Mobility Menu & Correctives: [10:00] *Bridge, Six Point Birddog & Thorasic Rotation (minimum)*

Movement Prep Warm Up: [5:00] *Upper Body & Lower Body Lifts Should Mimic to Prep for Training Day*

Strength 1st: [20:00] *Up to Three Primary & Focused Lifts*

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Theme	SG	SG	SG	NTL	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8	8	10	12	12-10-8-10-12
Sets	3	3	3	5	4	4	4	5
Load	Lite	Moderate	Heavy	Mod. - Heavy	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48	32	40	48	52
Tempo	2:1	2:1	3:1:1	2:1	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30	:25	:25	:20	:20

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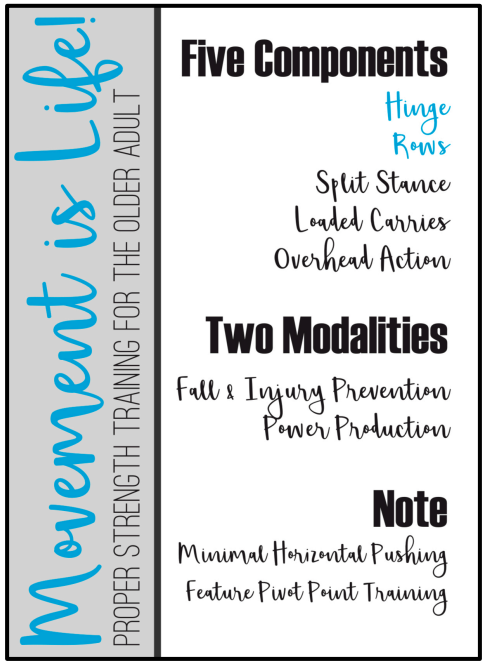

Coming Up Next

Part I : Episode II

Agenda:

Episode #2

Learn-By-Demonstration

- Hinges -

- Rows -

See You Next Time :-)

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	Beginner	
Hinges & Swings (Component 1)	[ ]	Bridge
	[ ]	Foot Elevated Bridge
	[ ]	Shoulder Elevated Bridge
Rows & Pulls (Component 2)	[ ]	Three Point Single Arm Row
	[ ]	Supinated Chest Pull
	[ ]	Single Arm Pull Start
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ]	Single Arm Chest Press
	[ ]	Shoulder Raises
	[ ]	Wall Slides
Split Stance (Component 4)	[ ]	Band Gait Steps
	[ ]	Band Deloaded Step Ups
	[ ]	Band Deloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[ ]	Loaded Suitcase Carry
	[ ]	Loaded Chest Pass
	[ ]	Band Simulated Sled Pull

Coming Up Next

Part I : Episode III

Agenda:

Episode #3

Learn-By-Demonstration

- Pushes, Pivot Points & Over Head Actions -

- Split Stance -

See You Next Time :-)

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	Beginner	
Hinges & Swings (Component 1)	[ ]	Bridge
	[ ]	Foot Elevated Bridge
	[ ]	Shoulder Elevated Bridge
Rows & Pulls (Component 2)	[ ]	Three Point Single Arm Row
	[ ]	Supinated Chest Pull
	[ ]	Single Arm Pull Start
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ]	Single Arm Chest Press
	[ ]	Shoulder Raises
	[ ]	Wall Slides
Split Stance (Component 4)	[ ]	Band Gait Steps
	[ ]	Band Deloaded Step Ups
	[ ]	Band Deloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[ ]	Loaded Suitcase Carry
	[ ]	Loaded Chest Pass
	[ ]	Band Simulated Sled Pull

Coming Up Next

Part I : Episode II

Agenda:

Episode #4

Learn-By-Demonstration

- Loaded Carry, Drags & Release Drills -

- Primer Complexes -

See You Next Time :-)

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	Beginner	
Hinges & Swings (Component 1)	[ ]	Bridge
	[ ]	Foot Elevated Bridge
	[ ]	Shoulder Elevated Bridge
Rows & Pulls (Component 2)	[ ]	Three Point Single Arm Row
	[ ]	Supinated Chest Pull
	[ ]	Single Arm Pull Start
Pushes, Pivot Points & Over Head Actions (Component 3)	[ ]	Single Arm Chest Press
	[ ]	Shoulder Raises
	[ ]	Wall Slides
Split Stance (Component 4)	[ ]	Band Gait Steps
	[ ]	Band Deloaded Step Ups
	[ ]	Band Deloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[ ]	Loaded Suitcase Carry
	[ ]	Loaded Chest Pass
	[ ]	Band Simulated Sled Pull