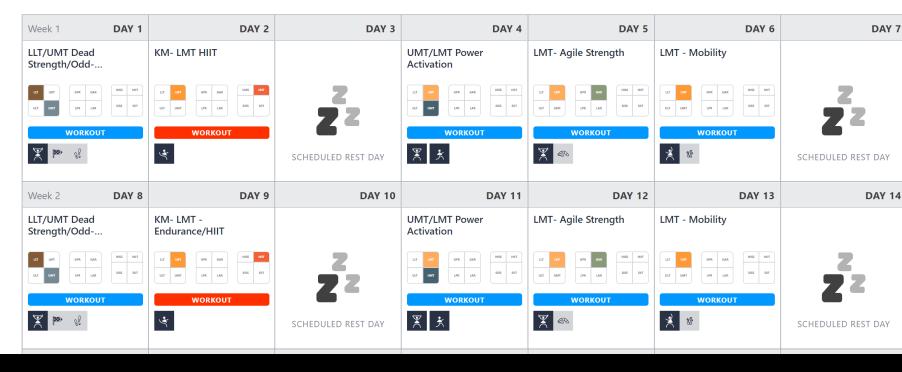


Week 10 Tie it all together



YOUTH DANCE 28-DAY PROGRAM FINAL PROJECT [KM]

Program Sessions





YOUTH DANCE 28-DAY PROGRAM FINAL PROJECT [KM]

Week 3 D	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LMT- Dead Strength/Odd-Posi	ition	KM- LMT - Endurance/HIIT		LMT - Power Activation	LMT- Agile Strength	LMT - Mobility	
OLI OMI DR DAR	HISS HIIT	LLT	22	LLT	LLT LMT G/R G/M M053 M07	LLT	22
WORKOUT		WORKOUT .	SCHEDULED REST DAY	WORKOUT	WORKOUT S	WORKOUT	SCHEDULED REST DAY
Week 4 D	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Week 4 D LMT- Dead Strength/Odd-Posit		DAY 23 KM- LMT - Endurance/HIIT	DAY 24	DAY 25 LMT - Power Activation	DAY 26 LMT- Agile Strength	DAY 27	DAY 28
LMT- Dead		KM- LMT -	DAY 24				DAY 28

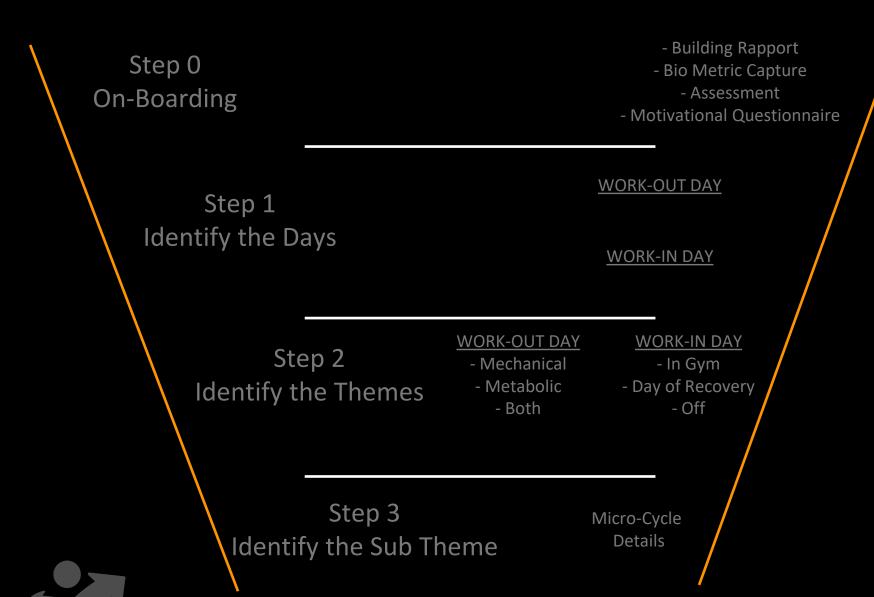
Power Periodization Successful Aging

Power Type	Duration
ULT/UMT Acceleration	2-4 Sessions
4Q Acceleration	2-4 Sessions
ULT/UMT Deceleration	2-4 Sessions
4Q Deceleration	2-4 Sessions
ULT/UMT Conversion	2-4 Sessions
4Q Conversion	4-8 Sessions
Power Endurance	4-12 Sessions
Max Power	4-8 Sessions



Programming Guidelines

(High Level View)



Case Study #1:

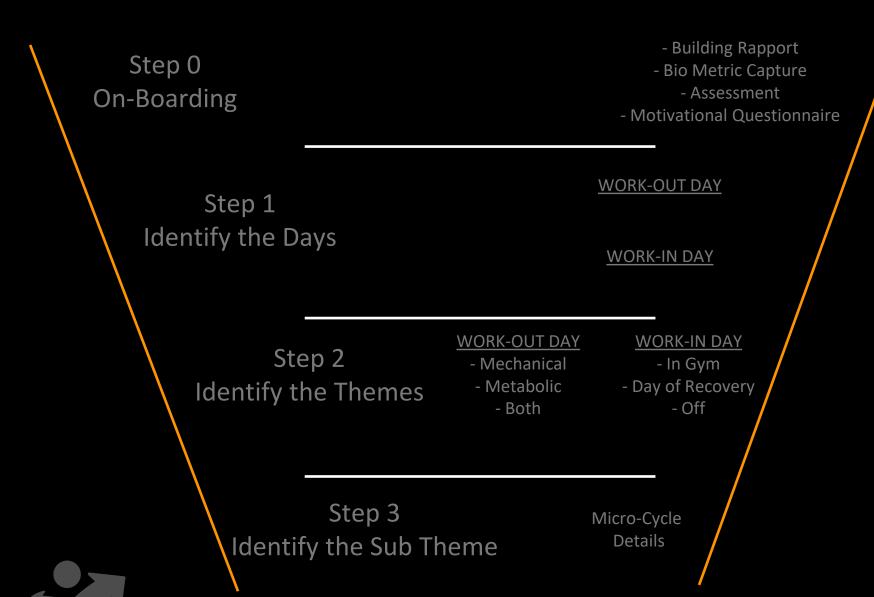
George is 50 years old and is interested in exercising to promote good health and to stay in shape for his favorite recreational activities including tennis, running and golf. George has a high stress job which requires international travel. He tries to exercise (mixture of traditional cardio and machine weights) most days of the week, but has been doing the same routine for the past number of years.

George experiences some mild back and shoulder discomfort occasionally if he plays golf or tennis too many days in a row. At his last check-up he was told that he has high blood pressure and his LDL cholesterol levels are high.

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<u>Day</u>	<u>Theme</u>	Sub-Theme Fluid Dynamics - Travel SMUR - Hips / T-Spine
1. Work-OUT	Mechanical	Movement Strength - Str. Endurance / Odd Position Muscle Strength - Machines Regeneration - BP / Cholesterol
2. Work-OUT	Metabolic	4 Q Preferred Cardio
3. Work-IN	Recovery (Day Off)	
4. Work-IN	Recovery (In the Gym)	Activation Mobility (Focus on Hips / T Spine) Regeneration
5. Work-OUT	Mechanical	Fluid Dynamics - Travel SMUR - Hips / T-Spine Movement Strength - Str. Endurance / Odd Position Muscle Strength - Machines Regeneration - BP / Cholesterol
6. Work-OUT	Metabolic	4.0 Preferred Cardio
7. Work-IN	Recovery (Day of Recovery)	Sleep Strategies Nutrient Strategies (Both will control Inflammation)









Case Study #2

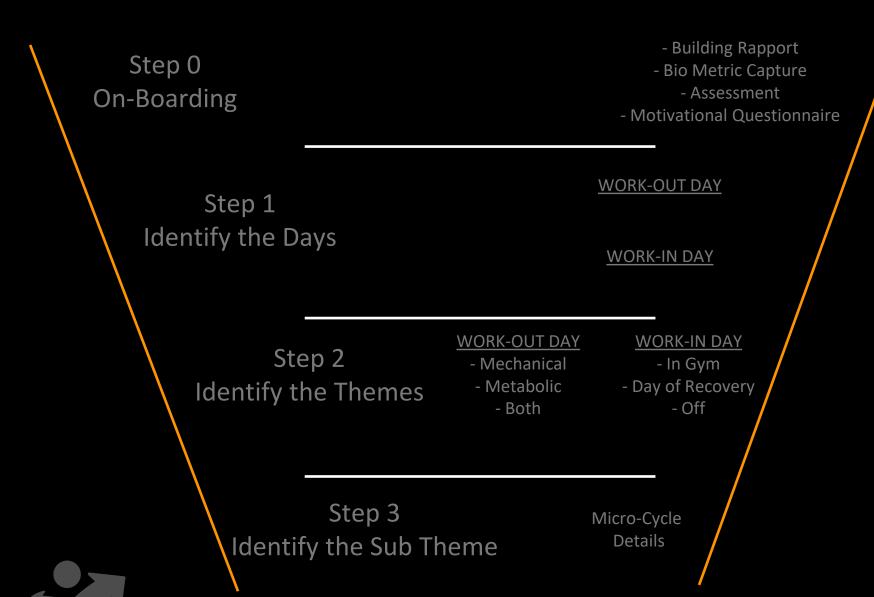
Heather is 30 years old, grew up playing a number of different sports (soccer was her favorite), and is interested in exercising to improve her strength and help with some knee pain. She has an office job that is high stress and demanding yet she still finds time to workout most days of the week and enters a handful of 10km or half marathon races a year to give her a reason to train. She does mainly cardiorespiratory exercise and enjoys being physically active outside & inside the gym, taking a variety of choreographed cardio-based group classes.

Heather had an ACL reconstruction when she was 16 because of a skiing injury. She completed the rehab and while she seldom feels any discomfort, the knee will get sore sometimes when she works out in the evening after being seated all day.

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<u>Day</u>	<u>Theme</u>	<u>Sub-Theme</u>
1. Work-OUT	Mechanical	Activation - Foot Ankle / Hip Movement Strength - Str. Endurance / Odd Position / Relative Power - Accel -> Decel -> Conversion Regeneration - Foot Ankle / Hip
2. Work-OUT	Metabolic	Trail Running (begin with low dose)
3. Work-IN	Recovery (Day Off)	
4. Work-IN	Recovery (In the Gym)	Activation Mobility (Focus on Foot Ankle / Hip) Regeneration
5. Work-OUT	Mechanical	Activation - Foot Ankle / Hip Movement Strength - Str. Endurance / Odd Position / Relative Power - Accel —> Decel —> Conversion Regeneration - Foot Ankle / Hip
6. Work-OUT	Metabolic	Track Running / Treadmill
7. Work-IN	Recovery (Day of Recovery)	Sleep Strategies Nutrient Strategies (Both will control Inflammation)









Case Study #3:

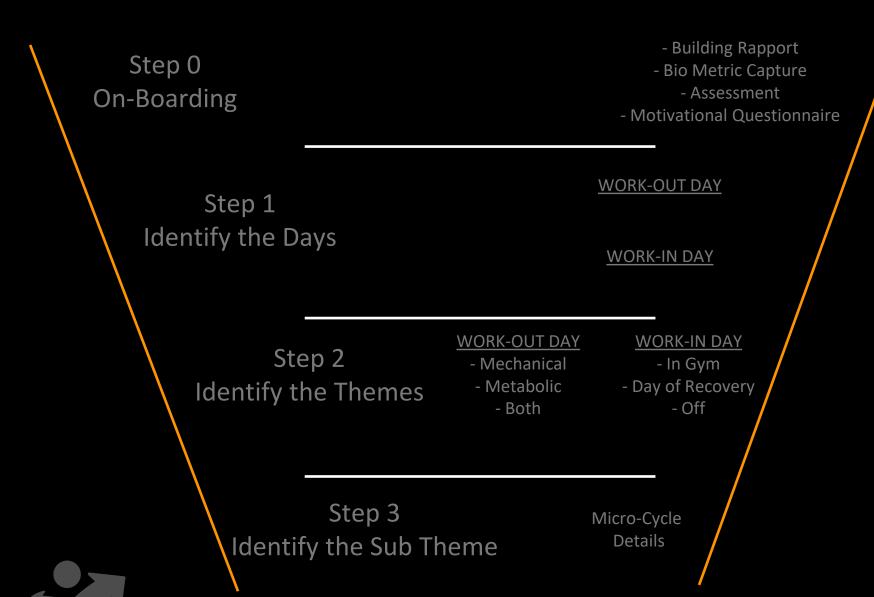
Margaret is 65 years old and has recently retired from a high-stress career as an executive partner in a public relations firm. Now that she is retired, she wants to focus on losing thirty pounds and keeping it off for the long-term and be able to play with her grandkids without worry of injury. She has always been aware that exercise and good nutrition are important, but it was a challenge for her to fit it in her demanding schedule and having 3 kids. She has a history of yo-yo dieting combined with periods of weight loss and weight gains. Her exercise history includes yoga, Pilates and indoor cycling classes as well as training for and completing a recreational marathon.

Although she sometimes experiences periods of low-back discomfort or knee pain she has never been diagnosed with any specific musculoskeletal conditions.

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Sample

(What is the Goal of this individual???)

<u>Day</u>	<u>Theme</u>				
1. Work-OUT	Mechanical	40	Power (Speed Strength)		
2. Work-OUT	Metabolic (SISS)	40	Stationary Bike	4	МЕТАВОЦС
3. Work-OUT	Mechanical	40	Relative Strength (Pistol Squat)		
4. Work-IN	Recovery (In the Gym)	40	Activation Mobility (Focus on Foot Ank Regeneration	le / Hip)	RECOVERY
5. Work-OUT	Mechanical	40	Relative Strength (Hand Balance)		
6. Work-OUT	Metabolic (нит)	40	Track Sprints	4	METABOLIC



<u>Day</u>	<u>Theme</u>	<u>Sub-Theme</u>				
7. Work-OUT	Mechanical	40		e Strength ertrophy)		
8. Work-IN	Recovery (In the Gym)	40	Activation Mobility Regeneration	(Focus on Foot Ankle /	Hip)	4Q
9. Work-OUT	Mechanical	4Q		Strength reight Flows)		
10. Work-OUT	Metabolic (SIIT)	40	Activ	e Chores		4Q
11. Work-OUT	Mechanical	40		e Strength ertrophy)		
12. Work-OUT	Metabolic (HISS)	40		th Endurance (AMRAP)		40



<u>Day</u>	<u>Theme</u>	<u>Sub-Theme</u>
13. Work-IN	Recovery (Day of Recovery)	Wake Up Sleep Strategy Massage
14. Work-IN	Recovery (Day of Recovery)	Hot / Cold Thermogenesis Bedtime Sleep Strategy
15. Work-IN	Recovery (Day of Recovery)	Float Bedtime Sleep Strategy









15 Day Cycle

