



Week 10
Tie it all
together

















YOUTH DANCE 28-DAY PROGRAM FINAL PROJECT [KM]

Program Sessions

Week 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	LLT/UMT Dead Strength/Odd-... WORKOUT 	KM- LMT HIIT WORKOUT 	 SCHEDULED REST DAY	UMT/LMT Power Activation WORKOUT 	LMT- Agile Strength WORKOUT 	LMT - Mobility WORKOUT 	 SCHEDULED REST DAY
	LLT/UMT Dead Strength/Odd-... WORKOUT 	KM- LMT - Endurance/HIIT WORKOUT 	 SCHEDULED REST DAY	UMT/LMT Power Activation WORKOUT 	LMT- Agile Strength WORKOUT 	LMT - Mobility WORKOUT 	 SCHEDULED REST DAY



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Week 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21																																																											
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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)

Step 0
On-Boarding

- Building Rapport
- Bio Metric Capture
- Assessment
- Motivational Questionnaire

Step 1
Identify the Days

WORK-OUT DAY

WORK-IN DAY

Step 2
Identify the Themes

WORK-OUT DAY

- Mechanical
- Metabolic
- Both

WORK-IN DAY

- In Gym
- Day of Recovery
- Off

Step 3
Identify the Sub Theme

Micro-Cycle
Details



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>		<u>Sub-Theme</u>	
1. Work-OUT	Mechanical		Fluid Dynamics - Travel SMUR - Hips / T-Spine Movement Strength - Str. Endurance / Odd Position Muscle Strength - Machines Regeneration - BP / Cholesterol	
2. Work-OUT	Metabolic		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		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 Regeneration	(Focus on Foot Ankle / Hip) 
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.

Case Study #3:

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Sample

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

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



<u>Day</u>	<u>Theme</u>		<u>Sub-Theme</u>	
7. Work-OUT	Mechanical		Muscle Strength (Hypertrophy)	
8. Work-IN	Recovery (In the Gym)		Activation Mobility Regeneration	(Focus on Foot Ankle / Hip) 
9. Work-OUT	Mechanical		Agile Strength (Bodyweight Flows)	
10. Work-OUT	Metabolic (SIIT)		Active Chores	
11. Work-OUT	Mechanical		Muscle Strength (Hypertrophy)	
12. Work-OUT	Metabolic (HISS)		Strength Endurance (AMRAP)	



Day

Theme

Sub-Theme

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

Stress

10

Recovery

5



Mechanical
Work OUT
Sessions



Metabolic
Work OUT
Sessions



Structured
Work IN
Sessions



Allied
Recovery
Sessions



Off

