

## **Foundation Phase**

- *Goals*
  - Enhance Balance
  - Improve Joint Stability
  - Maximize Coordination
  - Improve Posture
- This phase is crucial for getting the body prepared to progress through the future phases.
- This phase will target muscular or postural imbalances a client may possess.
- In order to maximize core strength, machine use will be very limited and exercises will be based around functional movements where the client is in an unstable environment. (TRX, Bosu, Stability Ball, etc.)
- There will be an intense focus on light weight & high repetitions.

# Stabilization

## **Conditioning Phase**

- *Goals*
  - Boost endurance
  - Increase lean muscle mass
  - Further Increase joint stabilization
- High amounts of volume will be generated by super-setting strength exercises w/ stabilization exercises causing higher demand on the cardiovascular system.
- This phase consists of moderate weight and reps.

# Strength

## **Muscle Enhancement**

- *Goals*
  - Maximize muscle growth
- This phase consists of heavy weight & moderate/low repetitions

## **Strength Enhancement**

- *Goals*
  - Maximize Strength
- This phase consists of heavy weight & low reps w/ longer rest periods

## **Peak Performance**

- *Goals*
  - Increase rate of force
  - Focus on increasing both strength and speed
  - Further Increase Balance & Stability
- Geared toward sports specific training
- This phase consists of super-setting a heavy strength movement for low reps with a light power movement being performed as fast as can be controlled.

# Power