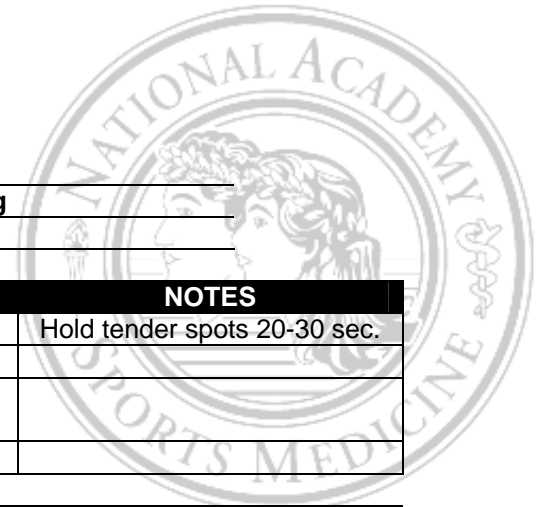


National Academy of Sports Medicine
Optimum Performance Training™
 Programming Template



NAME: _____ DATE: _____
 TRAINER: _____ PHASE: Integrated Stabilization Training
 DAYS/WEEK: _____ GOAL: Fat Loss

WARM-UP/FLEXIBILITY	SETS	REPS	DURATION	REST	NOTES
1. SMR: Calves, IT band, adductors, piriformis	1				Hold tender spots 20-30 sec.
2. Cardio: Elliptical trainer			5 min		
3. Static stretching: calves, adductors, hip flexors, lats	1		30 sec.		
4.					

CORE & BALANCE	SETS	REPS	TEMPO	REST	NOTES
1. Ball Bridge	2	20	3-5 sec. hold	0 sec.	Circuit
2. Quadruped Opposite Arm/Leg Reach	2	20	3-5 sec. hold	0 sec.	
3. Single-leg Balance Reach	2	20	3-5 sec. hold	60 sec.	
4.					

REACTIVE	SETS	REPS	TEMPO	REST	NOTES
1. Squat Jump with Stabilization	2	5-8	3 sec. hold	60 sec.	
2.					

SPEED, AGILITY, QUICKNESS	SETS	REPS	TEMPO	REST	NOTES
1.					
2.					

STRENGTH	EXERCISES	SETS	REPS	INTENSITY	TEMPO	REST	NOTES
TOTAL BODY	Step Up to Balance w/ Overhead Press	2	20	60%	4-2-1	0 sec.	Circuit
CHEST	Ball Dumbbell Chest Press	2	20	60%	4-2-1	0 sec.	
BACK	Ball Dumbbell Row	2	20	60%	4-2-1	0 sec.	
SHOULDERS	Single-leg Scaption	2	20	60%	4-2-1	0 sec.	
BICEPS	Single-leg Dumbbell Curl	2		60%	4-2-1	0 sec.	
TRICEPS	Ball Dumbbell Tricep Extension	2		60%	4-2-1	0 sec.	
LEGS	Single-leg Squat	2	20	60%	4-2-1	90 sec.	

COOLDOWN

POST-WORKOUT FLEXIBILITY Static stretching: calves, adductors, hip flexors, lats

Start Time: _____ Finish Time: _____ Signature: _____

