

FLIGHT

PERFORMANCE & FITNESS

Welcome to Flight Performance & Fitness's Online Programming Model

Our purpose is to deliver the best possible results for all people, even those who can't make it into our facility. Our templates will deliver the best results possible for your respective needs. The purpose of this sheet is to provide you with all of the "how to's" in reading and operating your remote programming sheets and how to reference our online exercise database.

Reading the Sheet

We have a few different formats for our online programs each will be outlined here

Day 1 (Squat)	Sets x Reps @ Load	Rest Period	Sets x Reps @ Load
X. Val Side Groin Sliders	2x10e		
X. Goblet Pulse Squat	2x10		
X. Copenhagen Side Plank(Knee on Bench)	2x8e		
A1. High Bar Back Squat	1x4 80% then 4x5 65%	as. needed	
B1. BB Deadlift from Deficit	4x4 65%	2min	
C1. DB Goblet RFE	3x8e 7,8,9 RPE	1min	
D1. GHR to 90	3x8-12 8,9,10 RPE		
D2. Seated Wide Grip. Cable Row	3x12 8,9,10 RPE		
D3. Suitcase March W/ Rotation	3x10e. 8,9,10 RPE	1min	

Here are the exercises, you can see what may be paired together or alone by the respective letters. "A" is alone as there is only "A1" where as D has three exercises associated with it.

Here is the given amount of sets, reps, and load prescribed. "sets x reps (load if prescribed)" See RPE description below in chart

This is for you to track the weights used and load used from your workout so it can be tracked week to week.

Day 1	Reps	Wk1	Wk2	Wk3	Wk4	Day 2	Reps	Wk1	Wk2	Wk3	Wk4	Reps	Wk1	Wk2	Wk3	Wk4
Clean From Below Knee + 2 Jerks	2					Hang Snatch Pull + Hang Snatch	2					20-30s	20-30s	30s	30s	
	2						2					20-30s	20-30s	30s	30s	
	2						2					8e	8e	8e	8e	
	2						2					8e	8e	8e	8e	
	2						2					5e	5e	5e	5e	
1/2 Kneel HF Rocks	12					Prone Shoulder CAR	4					5e	5e	5e	5e	
	12						4					heart r	5	5	6	6
	12						4					10	12	12	12-15	
Back Squat	5					Front Squat	5					10	12	12	12-15	
4 Second Eccentric	5					4 Second Eccentric	5					10	12	12	12-15	
	5						5					10	12	12	12-15	
	5						5					10	12	12	12-15	
1/2 Sit Up + OH Punch	12					Seated OH DB Press	8									
	12						8									
	12						8									

The exercises paired together are enclosed in a thicker black box.

The amount of sets is indicated by how many boxes follow the exercise. Clean + 2 Jerks for instance here has 5 sets where 1/2 Kneel HF Rocks only has 3.

Each set you do you should record your weight achieved in its respective box.

If you see multiple "reps" columns. This means that the sets and rep ranges may be subject to change throughout the weeks. Also if a box is blocked off it indicates that there will be no set.

Understanding Your Program

Training Frequency

Upper & Lower Splits: Ideally following a 2 days on 1 day off protocol. For instance M, T, Th, F. This will ensure that you get adequate recovery between training sessions. You may incorporate more rest days, or break up the week how you please but it would be more advantageous to avoid training more than two days in a row.

Full Body Splits: Ideally following a 1 Day on 1 Day off protocol. For instance M,W,F or T,Th, Sat. It will be important to rest your body as each session will address similar muscle groups.

Training Intensity

RPE/RIR Chart	
This set felt like a warm up	6
This set felt a little more difficult than a warm up	6.5
I had 3 more reps in the tank	7
I had 2 reps, maybe even a third	7.5
I had two more reps in the tank	8
I had 1 rep, maybe two reps	8.5
I had one rep in the tank	9
I may have had one more rep	9.5
This was an absolute max	10

Selecting Weights

For programs which do not have prescribed loads, we have a few guidelines.

- 1). The sets should never result in failure.
- 2). Begin each set with a lighter weight than you expect to achieve.
- 3). To improve throughout the program, aim to get more sets at higher weights. For example in Wk1 if your sets were 35,40,45, you might look to achieve 40, 45,45 in Wk2 and 45, 45, 45 in Wk3. The highest weight may not increase but you have achieved more work throughout the sets which will drive greater adaptations.
- 4). By the last set you should be achieving a weight that is challenging.

If your program has a yellow box with a movement pattern this is allowing the flexibility for you to choose. We have incorporated a list below of acceptable exercises

Choice of Movements

These are the examples to keep in mind when choosing exercises, you may use your discretion to choose something not listed if similar

Horizontal Push: Flat Bench Press, DB Press, Pushup

Horizontal Pull: DB Row, Cable Row, TRX Row

Vertical Push: Overhead DB Press, Landmine Press

Vertical Pull: Lat Pulldown, Chin/Pull ups, DB Pullover

Hamstring Curl Variation: Hamstring Curl Machine, Stab. Ball Hamstring Curls, Valslide Hamstring Curls

Tricep Isolation: Cable Pushdowns, Skull Crushers

Bicep Isolation: Bicep Curl Variations

Shoulder Isolation: Shoulder Raise Variations

Isometric Core: Plank and Deadbug Variations

Rotational Core: Chops, Lifts, Russian Twists