

**\*\*\*Goals, Areas of Concern, & Weekly Dietary Consumption in this sample are based on a consultation from a real past client. All Dietary Recommendations and Programming were created specifically for the client based on their answers. All aspects may vary greatly from this sample based on a client's individual consultation, goals, and needs.**

**Client: Sample**

**Goals:** weight loss (10 lbs), less pain, more flexibility, faster mountain biking, better diet, 12-15 pull-ups

**Areas of Concern:**

- Left knee pain when running, lunging, squatting, (going downhill) - previous ACL Tear
- Right toe pain with full extension
- Trigger points in ribs and hips while sleeping

**Dietary Recommendations: Please go see a dietician for exact dietary requirements!**

- Cook with olive oil rather than butter
- Choose whole wheat/grain bread (first thing on the label should say "whole wheat/grain")
- Switch out lean meats for fatty fish 2-3 times per week
- Eat oat based cereal, if you want to make it sweeter add fruit!
- Instead of drinking regular milk, use almond or soy milk
- Limit Bourbon consumption to one glass per occasion
- Switch out regular chocolate for dark chocolate
- When trying to lose weight it is important to eat enough protein. 2g/kg of protein spread throughout the day is recommended

**Body Composition Assessment: \_\_\_\_\_**

**Functional Movement Screening Score (\_\_\_\_/21)**

Test	Score	Dysfunction
Deep Squat Toe Touch (able / unable)	3 2 1 0	
Hurdle Step (inches____) (L) (R)	3 2 1 0 3 2 1 0 3 2 1 0	
In-Line Lunge (inches____) (L) forward (R) forward	3 2 1 0 3 2 1 0 3 2 1 0	
Shoulder Mobility (inches____) (L) top (R) top	3 2 1 0 3 2 1 0 3 2 1 0	

Impingement (___)		
Active Straight Leg Raise (L) (R)	3 2 1 0 3 2 1 0 3 2 1 0	
Trunk Stability Push Up Prone Press Up (___)	3 2 1 0	
Rotary Stability Quadruped (L) (R) Kneeling Lumbar flexion test (___)	3 2 1 0 3 2 1 0 3 2 1 0	

#### **Aerobic Fitness Assessment: 2km or 5km Cycle Fitness Test**

Test	Time	Comments
2 km Cycle Fitness Test		

#### **M-W-F Program (Phase 1: General/Base Fitness)**

Monday	
Focus: Lower Body Stability/Muscle Endurance/Aerobic	Exercises
Warm-up: <ul style="list-style-type: none"> <li>• Myofascial Release &amp; Remaining Pillar Prep</li> <li>• General Warm-up</li> <li>• Muscle Activation</li> <li>• Worlds Greatest Stretch &amp; Inchworm</li> </ul>	Full Body Roll Out (focus on lower body) *use lacrosse ball for hip flexor, complete exercises based on FMS 3-5 minutes on the Elliptical Banded Leg Lateral and F/B Walks 2x5 (x2 for WGS (E.S.), x3 for inchworm)
Stability & Core:	*Semi Tandem Stability Stance Against Resistance x 2 <ul style="list-style-type: none"> <li>• Progression → more resistance</li> <li>• Regression → base position/less resistance</li> </ul> Medicine Ball Russian Twists 2x10 (E.S.) <ul style="list-style-type: none"> <li>• Progression → Increase weight/ incorporate band for resistance</li> <li>• Regression → no weight/place feet on the ground</li> </ul>
Main Lifts:	Dumbbell Step Ups 2x12

	<ul style="list-style-type: none"> <li>• Progression → Increase weight</li> <li>• Regression → less weight/smaller box</li> </ul> <p>Barbell Romanian Deadlifts 2x12</p> <ul style="list-style-type: none"> <li>• Progression → more weight</li> <li>• Regression → less weight/kettlebell</li> </ul>
Assistive Lifts:	<p>SL Banded Half-Way Extensions 2x15</p> <ul style="list-style-type: none"> <li>• Progression → heavier band/RLE split squat</li> <li>• Regression → Lighter band/seated</li> </ul> <p>Glute Bridge (E.S.) 2x15</p> <ul style="list-style-type: none"> <li>• Progression → Add weight/Single Leg</li> <li>• Regression → Glute Bridge Isometric Holds</li> </ul>
ESD:	<p>10 minute Cycle Tempo Ride:</p> <ul style="list-style-type: none"> <li>• (10s fast, 30s moderate, 20s slow)</li> </ul>
<p>Cool-Down:</p> <ul style="list-style-type: none"> <li>• General Cool-down</li> <li>• Myofascial Release</li> </ul>	<p>2-3 minute Walk on Treadmill</p> <p>Roll out (total body)</p>

\*semi tandem stability stance against resistance → client stands in a semi tandem stance while the trainer walks slowly around client tugging a resistance band (with a consistent force) that is looped around the persons waist. The client tries to resist being pulled out of balance.

Tuesday: At Home	
Focus: Mobility/Pain Management/Aerobic	Exercises
Aerobic	<p>30-60 minutes of walking/jogging around the neighborhood. Walk the downhills. Stop exercise if knee begins to hurt.</p> <p>OR</p> <p>60 minutes of Kayaking/Biking</p>
Mobility/Pain Management	<p>Full Body Stretch (remember to warm-up first)</p> <p>For the Toe:</p> <ul style="list-style-type: none"> <li>• Towel stretch (as shown in studio)</li> <li>• Toe Towel Crunch Exercises (as shown in studio)</li> </ul> <p>For the Hip Trigger Points:</p> <ul style="list-style-type: none"> <li>• Roll out with lacrosse ball (as shown in studio)</li> </ul> <p>For the Rib Trigger Points:</p> <ul style="list-style-type: none"> <li>• Suggest a visit to a physical therapist</li> </ul>

Wednesday	
Focus: Upper Body Stability/Muscle Endurance/Aerobic	Exercises
Warm-up: <ul style="list-style-type: none"> <li>• Myofascial Release &amp; Remaining Pillar Prep</li> <li>• General Warm-up</li> <li>• Muscle Activation</li> <li>• Worlds Greatest Stretch &amp; Inchworm</li> </ul>	Total Body Roll Out (focus on Lats and Chest) *use lacrosse ball for hip flexor, complete exercises based on FMS 2-3 minutes on the Elliptical and/or arm circles Banded lateral pull aparts x 5, banded dislocations x 5, rotator cuffs x 5 (x2 for WGS (E.S.), x3 for inchworm)
Stability & Core:	Semi Tandem Stance Pallof Press 2x8 (E.S.) Slow Mountain Climbers 2x10 (E.S.) <ul style="list-style-type: none"> <li>• Progression → hands on bosu ball to increase instability</li> <li>• Regression → arms extended plank hold</li> </ul>
Main Lifts:	Dumbbell Bench Press 2x12 <ul style="list-style-type: none"> <li>• Progression → more weight/barbell</li> <li>• Regression → Lighter weight/isometric push</li> </ul> Band Assisted Pull-ups 2x12 <ul style="list-style-type: none"> <li>• Progression → Lighter band//eccentric pull-ups</li> <li>• Regression → Banded lat pull downs/band assisted eccentric pull-ups</li> </ul>
Assistive Lifts:	SA Bent Over Row on Bench 2x12 (E.S.) <ul style="list-style-type: none"> <li>• Progression → Bent Over Rows</li> <li>• Regression → replace with bands/chest supported rows</li> </ul> Half Kneeling SA Dumbbell Shoulder Press (E.S.) 2x15 <ul style="list-style-type: none"> <li>• Progression → more weight/standing</li> <li>• Regression → less weight/back support</li> </ul>
ESD:	10 minute Negative Split Cycle Ride
Cool-Down: <ul style="list-style-type: none"> <li>• General Cool-down</li> <li>• Myofascial Release</li> </ul>	2-3 minute Walk on Treadmill Total Body Roll Out

Thursday: At Home

Focus: Mobility/Pain Management/Aerobic	Exercises
Aerobic	30-60 minutes of walking/jogging around the neighborhood. Walk the downhills. Stop exercise if knee begins to hurt. OR 60 minutes of Kayaking/Biking
Mobility/Pain Management	Total Body Stretch (remember to warm-up first) For the Toe: <ul style="list-style-type: none"> <li>• Towel stretch (as shown in studio)</li> <li>• Toe Towel Crunch Exercises (as shown in studio)</li> </ul> For the Hip Trigger Points: <ul style="list-style-type: none"> <li>• Roll out with lacrosse ball (as shown in studio)</li> </ul> For the Rib Trigger Points: <ul style="list-style-type: none"> <li>• Suggest a visit to a physical therapist</li> </ul>

Friday	
Focus: Total Body Stability/Muscle Endurance/Aerobic	Exercises
Warm-up: <ul style="list-style-type: none"> <li>• Myofascial Release &amp; Remaining Pillar Prep</li> <li>• General Warm-up</li> <li>• Muscle Activation</li> <li>• Worlds Greatest Stretch &amp; Inchworm</li> </ul>	Total Body Roll Out *use lacrosse ball for hip flexor, complete exercises based on FMS 2-3 minutes on the Elliptical Banded Leg Lateral 2x5, banded lateral pull apart x 5, banded dislocation x5, rotator cuff x 5 (x2 for WGS (E.S.), x3 for inchworm)
Stability & Core: (5 minutes)	Low Box SL Heel to Toe Touches 2x6 (E.S.) <ul style="list-style-type: none"> <li>• Progression → bosu ball</li> <li>• Regression → Foam airex pad</li> </ul> Plank Pull Throughs 2x10 (E.S.) <ul style="list-style-type: none"> <li>• Progression → plank walks/ more weight</li> <li>• Regression → Plank hold/plank shoulder tap</li> </ul>
Main Lifts:	Seated Leg Lifts/Hip Flexion (E.S.) 2x12 <ul style="list-style-type: none"> <li>• Progression → Weight leg Lifts</li> <li>• Regression → standing leg lifts/supine leg lifts</li> </ul> Kneeling Banded Shoulder Press 1x12 <ul style="list-style-type: none"> <li>• Progression → weights/heavier band</li> <li>• Regression → seated/ lighter band</li> </ul> Standing Banded Rows 1x12

	<ul style="list-style-type: none"> <li>• Progression → Barbell/ Dumbbell Bent Over Rows</li> <li>• Regression → Lighter Band</li> </ul>
Assistive Lifts:	SL Banded Hamstring Curls (E.S.) 2x15 <ul style="list-style-type: none"> <li>• Progression → Eccentric Hamstring Curls</li> <li>• Regression → lighter band</li> </ul> Half Kneeling SA Banded Lat Pull Downs (E.S.) 1x15 <ul style="list-style-type: none"> <li>• Progression → heavier band</li> <li>• Regression → Both arms/lighter band</li> </ul> Standing Banded Alternating Chest Press (E.S.) 1x15 <ul style="list-style-type: none"> <li>• Progression → Physio ball alternating dumbbell chest press or dumbbell chest press on bench</li> <li>• Regression → lighter band</li> </ul>
ESD:	10 Minute Cycle Sprints: <ul style="list-style-type: none"> <li>• (20s sprint, 40s rest)</li> </ul>
Cool-Down: <ul style="list-style-type: none"> <li>• General Cool-down</li> <li>• Myofascial Release</li> </ul>	2-3 minute walk on Treadmill Roll Out & Static Stretch

Saturday/Sunday: At Home	
Focus: Mobility/Pain Management/Aerobic	Exercises
Aerobic	Any Outdoor Activity for 60 minutes!
Mobility/Pain Management	Full Body Stretch (remember to warm-up first) For the Toe: <ul style="list-style-type: none"> <li>• Towel stretch (as shown in studio)</li> <li>• Toe Towel Crunch Exercises (as shown in studio)</li> </ul> For the Hip Trigger Points: <ul style="list-style-type: none"> <li>• Roll out with lacrosse ball (as shown in studio)</li> </ul> For the Rib Trigger Points: <ul style="list-style-type: none"> <li>• Suggest a visit to a physical therapist</li> </ul>