

SUMMIT



A community of online strength training by:

KINECTED
STRENGTH

Welcome to SUMMIT

Welcome to SUMMIT Performance, an online community of strength. Please take time to read this before you start to maximize your experience with online training.

Intro to SUMMIT Performance:

SUMMIT performance is designed for people who want to build strength, improve performance, increase durability and learn proper technique.

If you are currently in pain or injured, this may not be the ideal program for you. But have no fear, as we have another online program, SUMMIT Health, specifically designed to be an introduction to functional strength following an injury. Please reach out to your coach if you think SUMMIT Health is a better fit for you.

SUMMIT Performance includes mobility, functional strength exercises, plyometric and power drills as well as core stabilization. It consists of 3 workouts per week. This includes two functional strength days and one conditioning day. Each cycle lasts for 6 weeks, to allow time to progress your exercises. Within the 6 weeks, you will see 3 levels: Basecamp, The Grind and The Peak. Each mini-cycle lasts 2 weeks and will have a specific purpose (see below).

Phases:

- 1) Basecamp: Movement Competency, technique building, muscular endurance.
- 2) The Grind: Strength Phase, more volume
- 3) The Peak: Speed, Power. Finding your max potential. Testing.

Whether your goal is to lose weight, build muscle or run your first 5km, having a plan is essential to achieving your fitness goals. A structured plan is like a map, it will help you stay consistent, avoid over training and progressively build strength over time.

Truecoach:

Welcome to TrueCoach! This is where you will find your workouts and send us feedback to assess your progress. Once you receive an email invite to join our team, you will fill out your client profile and access your workouts from the TrueCoach app or the webpage.

How do I read a program?

A program consists of a warmup followed by several series of exercises.

- **Series:** a combination of exercises that are done sequentially
- **Set:** how many times to repeat a series
- Ex. A program shows series A and B. Series A consists of 3 exercises (A1, A2, A3), and is programmed for 3 sets. Series B consists of 2 exercises (B1, B2), and is programmed for 3 sets. Complete Series A as follows: A1, A2, A3, A1, A2, A3, A1, A2, A3. Then complete Series B: B1, B2, B1, B2, B1, B2.

- We might give a suggested number of sets (ex. 2-5 sets). Complete as many sets as possible with *good quality* movement.

The weight, reps, and sets will be given for each individual exercise.



We use the format: Weight x Reps
 Sets

Examples:

- | | | |
|------------------------|----------------------------|------------------------------|
| 1. <i>Goblet Squat</i> | 2. <i>Single Arm Press</i> | 3. <i>Half Kneeling Halo</i> |
| 16 kg x 8 | 20lb x 7/7 ** | 10lb x 5/5 per leg |
| 3 sets | 3 sets | 2 sets |

*** If an exercise is single sided we use a / to show how many reps per side*

How do I complete a workout?

1. Fill in your reps completed for each set
2. Attach any relevant videos of you performing the exercises
3. Note any questions you have
4. Make sure completed exercises are marked  and any incomplete exercises remain 
5. If you miss your workout, you can go back and look at Past workouts. You can also look ahead at Future workouts if you need to modify your training week.

Tips for getting the most out of the experience:

- Ask questions and give feedback in the comment section at the end of a workout. You can also upload pictures or videos if you want feedback on your form. Keep an eye out for any additional instructions noted below the prescribed exercise.
- Do what feels good for the body on that day. Each day is different so consider your sleep, stress, energy and motivation when deciding your weights and reps. Always leave gas in the tank for your next workout!
- Maximize your time outside of the gym! Muscles regenerate at rest so optimizing your recovery can really help you achieve your goals. Prioritizing quality sleep, good nutrition including adequate protein, stress management and regular movement are a vital component to better health.
- Familiarize yourself with the program before you enter the gym. If possible watch the videos ahead of time so you know what to expect on that day. Some workouts are longer than others, so knowing ahead can help you plan.
- Record your weights for each exercise. This is helpful to track your progress. Progressive overload is important to build strength.
- Don't forget to complete your warmup! It's important to prepare your body for movement.

- What weights should I use? You might see a specific weight in your program, or we will suggest a load that is in your light, medium or heavy range for a given amount of reps/sets. Throughout the program we suggest keeping the weights, intensity and volume to 6-8 out of 10. We very rarely work to failure.
- Timer: Truecoach has an in-app timer for a stopwatch and intervals. [Read more here.](#)

Abbreviations:

ASLR: Active Straight Leg Raise

Contra: Opposite Side

DBL: Double

DL: Double leg

Ecc: Eccentric (Muscular contraction while muscle is lengthening)

HD: Heel Drop

HK: Half kneeling

Ipsi: Same side

Iso: Isometric (Muscular contraction without movement; ex. Wall sit)

RPE: Rate of perceived exertion (How hard you are working on a scale from 1-10)

SA: Single Arm

SL: Single leg

TT: Table Top