

ATHLETIC PROGRAMMING FORMATS

PROGRAM 1

MUSCLE FOCUS – STRENGTH	
PACE	Slow
FOCUS	1-2 muscle group(s)
WARM-UP	15 mins. - timer
COOL DOWN	10-15 mins. – timer
WORK	2-4 exercises, turn off timer/8-10 reps, ladder spring tension
SETS	4-5
RECOVERY	30-60 seconds
MUSIC PACE	Moderate (86-97 BPM)
MUSIC VOLUME	Medium

PROGRAM 2

GROUP SETS – STRENGTH	
PACE	SLOW
FOCUS	Single side body focus. Three exercise groups. Choose three variations of one exercise or three chosen exercises.
WARM-UP	10-15 mins
COOL DOWN	10-15 mins.
WORK	30 sec. each exercise with 30 seconds rest between each exercise
SETS	3 sets each grouping. Repeat other side of the body. (5-6 mins. per set = 25-36 mins total)
RECOVERY	60 sec. between each grouping
MUSIC PACE	Slow - medium + (86-97 BPM)
MUSIC VOLUME	Medium

PROGRAM 3

CIRCUIT – STRENGTH + ENDURANCE	
PACE	Medium
FOCUS	Simple movements i.e.: leg press, standing hip stretch, press or pull.
WARM-UP	N/A
COOL DOWN	10 mins.
WORK	4-6 exercises, 60 sec. each exercise
SETS	6-8 (4-6 mins. = 24-48 mins. total)
RECOVERY	Complete one set then rest for 60-90 sec. (4-9 mins)
MUSIC PACE	Fast (109-132 BPM)
MUSIC VOLUME	Medium +

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PROGRAM 4

<u>HIIT (CARDIO + ENDURANCE)</u>	
PACE	FAST
FOCUS	SIMPLE METABOLIC MOVEMENTS i.e.: mountain climbers, jumpboard, Pilates burpees, etc.
WARM-UP	10-15 mins.
COOL DOWN	10-15 mins.
WORK	10-12 exercises, 30 sec. each exercise
SETS	5-6 (5-6 mins. per set = 25-36 mins total)
RECOVERY	90 sec.
MUSIC PACE	FAST + (130-150 BPM WORKOUT, 115-120 RECOVERY)
MUSIC VOLUME	Loud