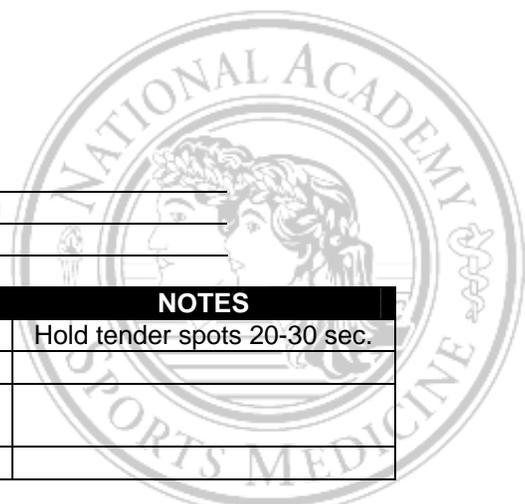


**National Academy of Sports Medicine**  
**Optimum Performance Training™**  
 Programming Template



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. <b>Static stretching: calves, adductors, hip flexors, lats</b> | 1    |      | 30 sec.  |      |                              |
| 4.  |      |      |          |      |                              |

| CORE & BALANCE                 | SETS | REPS | TEMPO | REST | NOTES   |
|--------------------------------|------|------|-------|------|---------|
| 1. 4 point Drawing-in Maneuver | 1    | 20   |       |      | Circuit |
| 2. Two-leg Floor Bridge        | 1    | 20   |       |      |         |
| 3. Single Leg Balance          | 1    | 20   |       |      |         |
| 4.                             |      |      |       |      |         |

| REACTIVE | SETS | REPS | TEMPO | REST | NOTES |
|----------|------|------|-------|------|-------|
| 1.       |      |      |       |      |       |
| 2.       |      |      |       |      |       |

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

| STRENGTH   | EXERCISES                 | SETS | REPS | INTENSITY | TEMPO | REST | NOTES |
|------------|---------------------------|------|------|-----------|-------|------|-------|
| TOTAL BODY | Step Up to Overhead Press | 1    | 20   | 60%       | 4-2-1 |      |       |
| CHEST      | Ball Dumbbell Press       | 1    | 20   | 60%       | 4-2-1 |      |       |
| BACK       | Ball Dumbbell Row         | 1    | 20   | 60%       | 4-2-1 |      |       |
| SHOULDERS  | Single Leg Scaption       | 1    | 20   | 60%       | 4-2-1 |      |       |
| BICEPS     | Optional                  |      |      |           |       |      |       |
| TRICEPS    | Optional                  |      |      |           |       |      |       |
| LEGS       | Front Lunge to Balance    | 1    | 20   | 60%       | 4-2-1 |      |       |

**COOLDOWN**  
**POST-WORKOUT FLEXIBILTiy**    Static stretching: calves, adductors, hip flexors, lats

Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Signature: \_\_\_\_\_