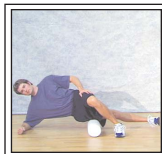




TRAINING PROGRAM: **CONDITIONING CIRCUIT PHASE 2 of 3**

Everyday life requires a certain amount of strength, balance, and cardiovascular capacity. By devoting the workout time necessary to elevate your heart rate while strengthening your core and toning your muscles, you will experience greater success and enjoy your daily activities even more. This second of three phases will include a number of new exercises as well as increase the overall intensity to help take your conditioning to the next level.



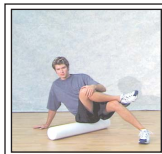
Warm-up: Foam Roll **IT-Band**

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to workout. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



Warm-up: Foam Roll **Adductors**

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds in this warm-up.



Warm-up: Foam Roll **Piriformis**

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



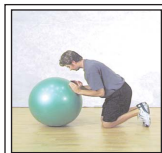
Warm-up: NordicTrack Incline Trainer or Treadmill **Cardio**

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



Warm-up: Wall or Stationary Object **Flexibility / Pec Stretch**

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



Warm-up: Stability Ball **Flexibility / Lat Stretch**

The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



Warm-up: Wall or Stationary Object **Flexibility / Calf Stretch**

A thorough calf stretch is an important part of preventing injury. Hold this stretch for at least 30 seconds per calf.



Warm-up: Floor **Flexibility / Hamstring 90/90 Stretch**

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Strength: FreeMotion Chest **Standing Two Arm Chest Press**

The Standing Two Arm Chest Press works the chest muscles as well as incorporates the muscles of the trunk and spine. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: Floor **Iso-Ab**

This exercise not only focuses on the core, but incorporates the muscles of the upper and lower body for balance. Begin with 2 sets of 15 reps while you maintain a straight back and legs.



Strength: FreeMotion Cable Cross **Standing Split Stance Two Arm Row**

While standing in a split stance and alternating your stance, the Standing Two Arm Row will help to strengthen your large back muscles in addition to your shoulders, arms and core. Begin with 2 sets of 15 reps and progress weekly.



Strength: Stability Ball **Stability Ball Cobra**

The Stability Ball Cobra requires you to utilize back extension muscles, important for good posture, and also incorporates other core muscles. Keep your back and arms straight as you pull your arms back and press them forward. Start with 2 sets of 15 reps.



Strength: FreeMotion Cable Cross **Standing Split Stance Two Arm Shoulder Press**

While standing in a split stance and alternating your stance, the Standing Two Arm Shoulder Press works the muscles of the shoulder and further incorporates muscles of the midsection. Increase the weight as the initial 2 sets of 15 reps become easy.



Strength: Stability Ball **Stability Ball Scaption**

The Stability Ball Scaption requires you to stabilize your core as you strengthen your back and shoulders. Maintain a straight back and arms throughout the movement pattern. Begin with 2 sets of 15 reps and increase reps, sets and weight as your fitness improves.



Strength: FreeMotion Calf **Calf Press**

The Calf Press not only strengthens the large muscles of the calf, but also works the muscles surrounding the ankle and feet to build the joint stabilizing muscles. Extend and retract your ankles while you begin with 2 sets of 15 reps.



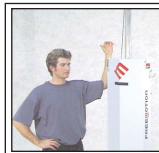
Strength: FreeMotion Quad **Knee Extensions**

Performed in a 'kicking' motion, this exercise works the large quadriceps muscles while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise.



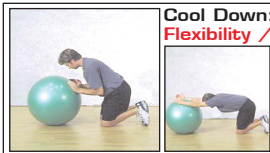
Cool Down: NordicTrack Incline Trainer or Treadmill **Cardio**

Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.



Cool Down: Wall or Stationary Object **Flexibility / Pec Stretch**

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side during the cool down.


**Cool Down: Stability Ball
Flexibility / Lat Stretch**

The Lat Stretch will lengthen the muscles of the lower and middle back post-workout. This is important for building proper posture. Hold the stretch for 30 seconds.


**Cool Down: Wall or Stationary Object
Flexibility / Calf Stretch**

A thorough calf stretch is an important part of preventing injury. Hold this stretch for at least 30 seconds per calf.


**Cool Down: Floor
Flexibility / Hamstring 90/90 Stretch**

The hamstring is one of the largest and most dense muscles in your body. It is important to stretch and loosen these muscles after the workout to prevent cramping and/or injury. Each leg should be stretched for at least 30 seconds.

Workout Schedule

Name: _____

Personal Trainer: _____

Program Start Date: _____

Week 1: 2 sets x 15 reps ☐ Completed

Week 2: 3 sets x 12 reps ☐ Completed

Week 3: 2 sets x 20 reps ☐ Completed

Week 4: 3 sets x 15 reps ☐ Completed

Notes



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