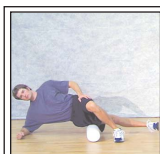


TRAINING PROGRAM: **CONDITIONING CIRCUIT PHASE 3 of 3**

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. The third phase will push your limits in order to achieve new and higher levels of performance.



Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. 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 during your 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.



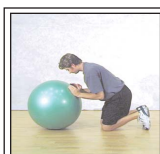
Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Fifteen minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare 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 in 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 Alternating Arms Chest Press

The Standing Alternating Arms Chest Press works the chest muscles as well as incorporating the muscles of the trunk and spine to help balance. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: Stability Ball Stability Ball Push-Up

This exercise not only focuses on the upper body, but also incorporates the muscles of the lower body and core for balance. Maintain good posture. Start with 2 sets of 15 reps.



Strength: FreeMotion Row Standing Alternating Arms Row

The Standing Alternating Arms 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: FreeMotion Cable Cross Single Leg One Arm Row

Standing on one leg, perform a row with the same arm. This exercise will not only work the back and core muscles, but incorporates the muscles of the legs for balance. Begin with 2 sets of 15 reps and progress weekly.



Strength: FreeMotion Shoulder Standing Alternating Arms Shoulder Press

The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 2 sets of 15 reps and alternate your speed and intensity.



Strength: Floor Single Leg One Arm Lateral Raise

Performing a One Arm Lateral Raise, lift the same side leg to further challenge the core muscles and work the leg. Begin with 2 sets of 15 reps, and a lighter weight to start.



Strength: FreeMotion Squat Squats

The Squat uses the large muscle groups in your lower back. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 2 sets of 15 and increase weight as the exercises become easier.



Strength: FreeMotion Lift Single Leg One Arm Deadlift

Perform Single Leg Deadlifts while standing on one leg to further challenge the lower body to enhance balance and stability. Increase the weight as the initial 2 sets of 15 reps become easy.



Cool Down: NordicTrack Incline Trainer or Treadmill Cardio

Fifteen 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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