

Sample One-on-one program:

This program is based on an initial movement screen. This is an example of a client who has nagging lower back pain. Their assessment showed limited flexibility in their wrists and ankles and demonstrated symptoms of sciatic nerve tension. This client has a shortened rectus femoris in combination with weak anterior abs. There is a strength imbalance between the R and L leg. This client also lacks breath control under load. They only need 2 sessions per week to address these symptoms/imbbalances.

Day 1	Day 2
<p><u>Warm up</u> Flexibility focus: Foam roll quads 2x10 ea. Sciatic nerve floss 2x10ea. Loaded ankle mobility + banded distraction 2x10 ea.</p> <p>3 rounds 2:00 Bike *nasal breathing only 5 ea. RNT step up 5 ea. Single leg banded RDL 5 ea. Mod. Cossack slides</p>	<p><u>Warm up</u> Flexibility focus: Foam roll quads 2x10 ea. Sciatic nerve floss 2x10ea. Banded wrist distraction 2x10 ea.</p> <p>3 Rounds 2:00 Row *nasal breathing only 8 ea. One arm high pull :30 Bottom of squat hold :30 ea. Banded lat stretch</p>

Main work

a) TEMPO 4.0.3.0 split squat 4x8

*Unweighted

Rest 1:30

b) Deadlift 3x20 @45%

*Focus on breath control and record breaths taken within :20 of finishing set

Rest 2:00

c) Core

3 rounds

:30 Single arm kettlebell rack wall sit (R arm)

10 Single arm kettlebell thruster (R arm)

10 Pike leg lift overs

:30 Single arm kettlebell rack wall sit (L arm)

10 Single arm kettlebell thruster (L arm)

10 Pike leg lift overs

Rest 1:30

20 breaths Hookline breathing immediately upon finishing workout

Main work

a) Front rack step ups 3x10 (4th set on the L)

*Heavier than last week

Rest 1:30

b) Muscle clean 3x20 @45%

*Focus on breath control and record breaths taken within :20 of finishing set

Rest 2:00

c) Core

6 min. AMRAP

10 Bear plank drag throughs

10 Turkish sit ups

20 breaths Hookline breathing immediately upon finishing workout

Cool down

2 sets

:45 ea. Couch stretch

10 ea. Eccentric ankle dorsiflexion

15 ea. Eccentric wrist extension

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