

Program Design: Phase 1

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Subjective Information

- Name: Alex Wright
- Age: 40
- Occupation: Dentist
- History: Played soccer in high school and first two years of college. Stopped sports and all forms of physical activity after sustaining an ACL knee injury that required surgery. Alex has not really exercised since college and wants to get back in the gym.
- Currently has no issues with his knees but often has lower back and neck pain from how he sits at his job when working on his patients.
- Does not take any medication and had a clean bill of health on his past physical 3 months ago
- Current goals: Lose 25 lbs., reduce nagging pain and wants to join a soccer rec league within the next 6 months.

Assessment Results for Alex Wright

Overhead and Single-Leg Squat Results

- Overhead Squat Results
 - Bilateral foot external rotation (Turn out)
 - Left knee caves in
 - Anterior pelvic tilt
 - Excessive forward lean
 - Bilateral arms fall forward
- Single Leg Squat Results
 - Bilateral foot external rotation
 - Bilateral knee caves in



FOOT FLATTENS,
KNEE MOVES INWARD

Phase 1 Template

CLIENT'S NAME: Alex Wright					
GOAL: Lose weight, reduce pain and get into soccer shape					
PHASE: 1 Stabilization Endurance Training					
DATE: 1 of 12					
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM-UP					
SMR: Bilateral Calves, Adductors, Lats	1		Slow	0	Hold tender areas for 30 seconds or until pain is reduced
Static Stretch: Bilateral Calves, Hip Flexors and Lats	1		Slow	0	Hold each stretch 30 seconds each
ACTIVATION (core & balance)					
Floor Glute Bridges, Side Planks	2	12	4/2/1	0	Keep glutes and abs engaged
SL Balance with Sagittal and Frontal Plane Reach	2	8 each	4/2/1	0	Maintain neutral arch
SKILL DEVELOPMENT (plyometric & SAQ)					
Squat Jump with Stab. Hold	2	5		0	Hold landing for 3-5 seconds each
RESISTANCE TRAINING					
Cable Squat to Row	2	12	4/2/1	0	Maintain the 5 Kinetic Chain Checkpoints
Floor Push-ups	2	12	4/2/1	0	Maintain proper alignment
Single-Leg Cobras	2	12	4/2/1	0	Triple Extension
Step Ups to Scaption	2	12	4/2/1	0	Squeeze glutes at the top/ floating foot in triple flexion
CLIENT'S CHOICE					
COOL-DOWN					
SMR: Bilateral Calves, Adductors, Lats	1		Slow		Hold tender areas for 30 seconds or until pain is reduced
Static Stretch: Bilateral Calves, Hip Flexors and Lats	1		Slow		Hold each stretch 30 seconds each

Coaching Tips: For all exercises, be sure that the 5 Kinetic Chain Checkpoints are maintained with feet pointed forward, knees over 2-3 toes, hips, shoulders and neck in neutral position.

Questions

Open Q&A



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