



## Performance Training System

### S.M.A.R.T. Training Approach

Specific  
Measurable  
Attainable  
Realistic  
Time Specific

### Needs Analysis Interview

The process starts with an in-person interview. The purpose of the interview is to identify goals, interests, needs, previous injuries, nutritional habits and exercise experience.

### Baseline Vital Evaluations

Determining a client's height, weight, blood pressure, body fat and girth measurements supplies specific information about their starting fitness level. Additionally, it alerts the evaluator about potential health risks, postural deficiencies, and acts as a metric for future comparisons. This information can be used to assess training patterns to avoid injury, illness and overtraining.

### Body Mechanic Evaluations

Specific Human Movement Assessments detail potential injury risks in soft tissues and joints. The tests identify areas of muscular tightness, weakness, short muscles, long muscles, joint dysfunctions/ limitations and nerve pulse restriction. Additional Sport-specific assessments such as swing analysis of upper or lower body mechanics are available with our video analysis programs. These will be performed in accordance with client goals.

### Performance Evaluations

Sport or activity specific assessments that detail baseline or program entry performance level are performed next. These assessments may include:

- |                                      |   |
|--------------------------------------|---|
| >> Vertical Jump, Standing Long Jump | >> Pull-up, Dip, Sit-up   |
| >> 40 yd Dash, 100 yd Dash           | >> 1, 2 or 5 mile runs  |
| >> Illinois, 300 yd Shuttle, T-Test  | >> VO2Max   |
| >> Snatch, Clean & Jerk              | >> Resting Metabolic Rate   |
| >> Squat, Bench Press                | >> Sit 'n' Reach, Shoulder, Trunk and/ or other joint range tests |

### Exercise Prescription

Once all data is collected the program design starts. Initially all clients enter a phase of corrective exercise. The length of this phase is client dependent, but usually lasts 3-6 weeks. Most training sessions last 60 minutes consisting of a specific warm-up, flexibility, strength training, core stabilization and conditioning, neuromuscular stimulation, cardiovascular conditioning and post-exercise recovery strategies.

After completing the initial phase of corrective exercise client programs become more goal-specific and follow a progressive training schedule. Our goal is to always improve our client's fitness level whether it is 5, 10 or even 20 years down the road.