

Day 1	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
Bench Press	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
LAT PULDOWN	3		30KG	1-2	4		30KG	1-2	4		30KG	1-2	4		30KG	1-2
CABLE FLYS	3		30KG	0-1	4		30KG	0-1	4		30KG	0-1	4		30KG	0-1
SEATED ROW	3		30KG	1-2	4		30KG	1-2	4		30KG	1-2	4		30KG	1-2
TRICEPS PUSHDOWN	3		35KG	0-1	3		35KG	0-1	3		35KG	0-1	3		35KG	0-1
DB CURL	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

Day 2	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
BACK SQUAT	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
BACK EXTENSION	3		25KG	1-2	4		25KG	1-2	4		25KG	1-2	4		25KG	1-2
BELT SQUAT	3		75KG	1-2	4		75KG	1-2	4		75KG	1-2	4		75KG	1-2
FRONT SQUAT	3		75KG	1-2	4		75KG	1-2	4		75KG	1-2	4		75KG	1-2
BENCH PRESS	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
LAT PULDOWN	3		45KG	1-2	4		45KG	1-2	4		45KG	1-2	4		45KG	1-2
CABLE FLYS	3		25KG	0-1	4		25KG	0-1	4		25KG	0-1	4		25KG	0-1
SEATED ROW	3		45KG	1-2	4		45KG	1-2	4		45KG	1-2	4		45KG	1-2
TRICEPS PUSHDOWN	3		30KG	0-1	3		30KG	0-1	3		30KG	0-1	3		30KG	0-1
DB CURL	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1

Day 4	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
BACK SQUAT	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
BACK EXTENSION	3		25KG	1-2	4		25KG	1-2	4		25KG	1-2	4		25KG	1-2
BELT SQUAT	3		75KG	1-2	4		75KG	1-2	4		75KG	1-2	4		75KG	1-2
CALF RAISE	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

STRENGTH TRAINING PERIODIZATION

Strength Periodization Template

Nicholas Ratamess

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Strength Periodization Template:

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Optimizing Strength Training William J. Kraemer,Steven J. Fleck,2007 Periodization of resistance training Training principles Acute program variables Practical considerations Workout design Assessment Training tips and tools Case studies

Strength Training for Soccer Tim Howard,2022-06-27 This book is an authoritative practical guide to designing resistance training programs for soccer It provides principles of resistance training exercise descriptions program design guidelines and sample programs

The Scientific and Clinical Application of Elastic Resistance Phillip Page,Todd S. Ellenbecker,2003 Covering the use of elastic resistance bands and tubes this work includes the scientific applications and exercise applications for different areas of the body and sport specific applications for ten different sports

NSCA's Guide to High School Strength and Conditioning NSCA -National Strength & Conditioning Association,Patrick McHenry,Mike Nitka,2021-11-01 The need for qualified high school strength and conditioning professionals has never been greater Whether following the framework for long term athletic development or teaching weight training as a lifelong fitness activity you need to offer both the environment and instructional skills to safely develop strong student athletes *NSCA s Guide to High School Strength and Conditioning* will equip you to deliver the highest quality program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator Written by a team of contributors within the world renowned National Strength and Conditioning Association *NSCA s Guide to High School Strength and Conditioning* summarizes the primary duties and responsibilities of the various positions and roles that contribute to developing a safe and effective program It provides insights into the benefits of offering a strength and conditioning program at the high school level and offers advice for the implementation of such a program Examples are also provided for strength and conditioning related PE curriculums to demonstrate how those types of programs can work and how they connect to the SHAPE America national standards and grade level outcomes The text is loaded with information that can be practically applied to any high school program You will learn the variables to consider when designing a resistance or cardiovascular training program and 13 detailed protocols for conducting assessments so you can objectively evaluate movement and performance Detailed exercise descriptions include beginning position movement phases breathing guidelines modifications and variations and coaching tips The descriptions along with accompanying photos teach proper technique for 28 common resistance training exercises 10 bodyweight exercises 12 anatomical core exercises 11 static and dynamic stretching exercises 12 plyometric exercises 10 speed and agility drills and 5 cardio machines Sample warm up sequences and exercise sessions for resistance plyometric speed and agility

cardiovascular and circuit training are also provided all of which follow the programming guidelines and recommendations for high school student athletes NSCA's Guide to High School Strength and Conditioning includes the evidence driven information that will help any high school strength and conditioning professional including both coaches and teachers to become the best practitioner possible This valuable resource is one that you will turn to for many years to come as you build a solid strength and conditioning community for your student athletes Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

NSCA's Essentials of Personal Training NSCA -National Strength & Conditioning Association,Brad J. Schoenfeld,Ronald L. Snarr,2021-11-23 Developed by the National Strength and Conditioning Association NSCA NSCA's Essentials of Personal Training Third Edition With HKPropel Access is the definitive reference for personal training professionals and students This comprehensive guide to personal training with contributions from leaders in the field provides the most accurate and reliable information and guidance for current and aspiring professionals Updated to reflect the latest research with clear explanations of supporting scientific evidence this edition will give readers the knowledge skills and abilities KSAs needed by modern personal training professionals New content addresses the latest objectives found on the National Strength and Conditioning Association's Certified Personal Trainer NSCA CPT exam maintaining this text's position as the single best resource for those preparing for the NSCA CPT exam NSCA's Essentials of Personal Training Third Edition provides guidelines for the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs for clients of all ages and fitness levels With comprehensive coverage of various categories of unique client needs readers will learn how to make specific modifications and adjust exercise programs for each individual client Multiple fitness testing protocols and norms for each component of fitness including 10 new tests are all presented along with instructions that are detailed yet easy to follow Over 200 full color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills including stretching plyometrics and stability ball exercises There are new sections on suspension training manual resistance training and common types of resistance training equipment Plus 27 online videos delivered through HKPropel demonstrate exercise technique in action preparing readers to instruct clients through safe exercise performance Students will also be able to complete chapter quizzes assigned by instructors through HKPropel Study questions at the end of each chapter written in the same style and format as those found on the NSCA CPT exam facilitate learning of chapter content and fully prepare candidates for exam day Practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as a personal trainer NSCA's Essentials of Personal Training Third Edition remains the most comprehensive resource available for personal training preparation and professional development Unmatched in scope this essential text continues to be a definitive reference for current and future personal trainers exercise instructors fitness

facility and wellness center managers and other fitness professionals Note A code for accessing HKPropel is not included with this ebook but may be purchased separately Scientific Foundations and Practical Applications of Periodization G. Gregory Haff, 2024-02-23 While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Synching recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete's program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming **Physical Education and Sports Training** Glenn Macias, 2019-01-04 Physical education can be considered as a profession a discipline or a program of activity however regardless of the viewpoints its central theme is human movement involving motor skills such as sports games gymnastics dance exercise and fitness activities When human movement is combined with the universal drive of play the combination turns into one of the most powerful education media This book concentrates on an understanding of the effects of physical education and sport training It delineates those aspects of physical education which concentrate upon these factors delineating physical education programs in a more in depth manner The book also included the critical approach to the issues comprehending the various nuances which are central to a positive and healthy physiological and psychological growth through physical education *Functional Training* Juan Carlos "JC" Santana, 2015-12-09 Take your performance to the next level with Functional Training Author Juan Carlos Santana brings you his revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity Functional Training covers the recent breakthroughs the most exercises and proven programs that you can follow or incorporate into your existing training plan Offering strength endurance power and sport specific exercises and programming Functional Training is a comprehensive resource for every athlete coach and athletic trainer Covering the concepts exercises progressions and sequencing on which a sound functional training program is based it addresses the needs of more than 11 sports and features 135 exercises including body weight bands and pulleys dumbbells and kettlebells medicine balls and stability balls Functional Training features a three tier approach for integrating functional movements into an existing strength program Through assessment and analysis you'll identify the movements and muscles involved in your sport then select the best exercises and programs based on desired results and performance goals In addition to quick exercise sequences and personalized programming to address the big four sport skills more comprehensive programs can be developed to address your athletic and performance needs and goals No matter what your sport Functional Training will help you achieve optimal results **Program Design for Older Adults** IDEA Health & Fitness, 2001 Personal Trainer's

Guide to Program Design IDEA Health & Fitness,2002 *NASM Essentials of Personal Fitness Training* ,2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

Jim Stoppani's Encyclopedia of Muscle & Strength Jim Stoppani,2023-02-20 Expertly designed training programs from renowned trainer Jim Stoppani As a leading authority on exercise science and former senior science editor for Muscle evaluates 95 types of strength training equipment including suspension trainers BOSU balance trainers and kettlebells and provides nutritional goals for specific training outcomes You ll be set for success with 7 programs for maximizing fat loss 41 programs for building muscle mass 27 programs for maximizing strength and handy Quick Tips featuring snippets of Stoppani s expert advice on exercise technique Beginner intermediate and advanced program options are available for each training objective and incorporate exercises that target 13 muscle groups Programs are rated according to workout duration the projected time frame for achieving measurable results level of difficulty and overall effectiveness With guidance from a renowned expert your training is sure to deliver results For those who are serious about their training as well as for personal trainers and strength and conditioning professionals Jim Stoppani s Encyclopedia of Muscle Strength Third Edition is the must have reference for all training needs Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **ACSM's Foundations of Strength Training and Conditioning** Nicholas Ratamess,2021-03-15

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guide for physical and mental dominance Whether you practice MMA Brazilian jiu-jitsu taekwondo karate judo aikido kung fu muay thai krav maga wrestling or a combination of these you have discovered your go to training guide Ultimate Conditioning for Martial Arts eschews the traditional one size fits all approach Instead you'll learn to evaluate your conditioning along with physical strengths and weaknesses You'll select from 120 exercises each tailored to improve a key martial arts skill or attribute to enhance performance in the discipline you practice and the goals you set Then you will learn how to structure a conditioning program for short term gains and long term success success you'll see and your opponents will feel Loren Landow has been featured on The Ultimate Fighter and has trained some of the best martial artists and UFC fighters in the world Now you can learn his secrets and follow his proven program in Ultimate Conditioning for Martial Arts

Advanced Sports Conditioning for Enhanced Performance IDEA Health & Fitness, 2002 **Strength vs Endurance** Ava Thompson, AI, 2025-03-14 Strength vs Endurance explores the often misunderstood relationship between strength and endurance training revealing how a balanced approach is crucial for optimal fitness and athletic performance The book emphasizes that excelling in fitness isn't just about maximal strength or distance but about a synergistic blend tailored to individual needs and goals Discover how strength training leads to muscle hypertrophy and increased power while endurance training enhances cardiovascular health and oxygen utilization This book uniquely integrates exercise physiology biomechanics and nutrition to provide a comprehensive understanding of balanced training It progresses from foundational concepts like muscle fiber types and energy systems to detailed analyses of each training modality It culminates in practical applications offering tailored training plans for diverse fitness goals supported by scientific literature and real world case studies **Timing Resistance Training** Amy Ashmore, 2019-07-02 Since periodization training's emergence in the 1950s sport scientists have known that timing is one of the most critical programming variables influencing peak athletic performance Modern research has taken the application of timing to exercise programming in a new direction discovering the existence of time clocks inside each of the more than 600 skeletal muscles Timing Resistance Training examines how these internal clocks use cues provided through exercise programming to regulate physiological processes for better performance Not just another periodization book Timing Resistance Training teaches you how to manipulate muscle clocks to train and perform at your best every day right down to the specific time of day that is best for your body You will learn to view the muscles as proactive independent physiological systems that can be trained to think by delivering timing cues to muscles that tell them when to activate key physiological actions that influence the entire body Then you will learn how to cue those internal clocks with purposeful training methods like biomechanical pairing of exercises complex training and concurrent training The book addresses rest as an integral training variable and explores the timing of activity rest cycles versus recuperation only The text also discusses the concept of undertraining an intentional program design adjustment that uses the ability of muscle to anticipate training The final chapters offer tools to create your own training programs for

strength power and flexibility These chapters include sample single session workouts weekly workouts and long term programming routines With Timing Resistance Training you can become more purposeful in planning and better utilize strategic timing to get the most out of muscles clocks and achieve optimal performance Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam *NSCA's Essentials of Sport Science* Duncan N. French, NSCA -National Strength & Conditioning Association, Lorena Torres Ronda, 2022 NSCA's Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam

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