

Trainer: Joe LaTorre / Date: Week of February 13, 2017 / Client: Mike Smith, Height: 6'2", Weight: 240, Age: 63
 Phase: Corrective Exercise Training / Days per week: 3 / Goals-weeks 4: Follow NASM corrective exercise plan.

Corrective Exercise Components

Days	Phase	Target Muscles	Modality	Acute Variables
1,3	Inhibit	Soleus + lateral head of Gastrocnemius, Biceps Femoris short head	SMR with Foam roller	30 second hold at 50% resistance until release is felt before moving on to next tender point, 1 set
1,3	Lengthen	Soleus + lateral head of Gastrocnemius, Biceps Femoris short head	Static Stretch	Static stretch 50% resistance, 30 second hold, 1 set
1,3	Activate	Tibialis Anterior	Isolated Strengthening Resisted inversion against resistance, tension bands	75% resistance, 4 sets, 10 reps, Tempo 4/2/2, no rest
1,3	Activate	Gluteus Maximus + Medius	Isolated Strengthening Lateral Tube Walking	25% resistance, 4 sets, 15 reps, slow, 30 sec. rest
1,3	Activate	Gluteus Medius (ant. fibers) + Minimus, Adductor Complex	Isolated Strengthening Hip internal rotation against resistance	50% resistance, 2 sets, 10 reps, Tempo 4/2/2, no rest
1,3	Activate	Erector spinae group, shoulder extensors + scapular retractors	Isolated Strengthening Floor Cobra	Slow/deliberate, 2 sets, 10 reps, Tempo 4/2/2, 30 sec rest
1,3	Integrate	Gluteus Medius, Gluteus Maximus	Integrated Dynamic Movement. Step Ups	10 reps under control, 3 sets, 3 lb. resistance, 30 sec. rest
1,3	Integrate	Gluteus Medius, Gluteus Maximus	Integrated Dynamic Movement. Ball wall squat w. overhead press	5 lb. weight, 10 reps, 4 sets, slow, 30 sec. rest
2	Inhibit	Upper Trapezius, Levator Scapulae,	SMR with hand held massage stick	30 second hold at 50% resistance until release is felt before moving on to next tender point, 1 set
2	Lengthen	Upper Trapezius, Levator Scapulae	Static Stretch	Static stretch 50% resistance, 30 second hold, 1 set
2	Activate	Flexors, Extensors, Rotators, Lateral Flexors of Head + Neck	Isolated Strengthening With resistance loaded neck machine	1-set each direction (4 total), 10 reps, 2 sets, isometric hold only 2 sec., 30 sec. rest 25% resistance
2	Activate	Abdominals	Isolated Strengthening Ball Crunch	Slow and deliberate, 5 sets, 10 reps, Tempo 4/2/2, 30 second rest
2	Activate	Isolated Strengthening	Quadruped arm/Opposite leg raise	Slow, 4 sets, 10 sec. iso hold, bodyweight, 30 sec. rest
2	Integrate	Shoulder extensors, Scapular retractors, LPHC, Knee & Ankle complexes	Isolated Integration Exercise Standing Pull Down with tension bands	10 reps, 4 sets, under control, 50 % resistance, 30 sec. rest, slow under control
2	Integrate	Shoulder extensors, Scapular retractors, LPHC, Knee & Ankle complexes	Squat to Row with tension bands	10 reps, 4 sets, under control, 50 % resistance, 30 sec. rest, slow under control

Print Name: Mike Smith RHR: 68, HR post exercise: 68

Signature: Mike Smith Date: Feb 13, 2017

(State any changes in your health status due to training in the space provided on the back, or additional comments)