

Weight Loss/Fat Burning Program

Training Plan

| Part 1 | Phase 1 | Phase 2 | Phase 3 | Phase 4 |
|-------------------------|-------------|------------------|------------------|------------------|
| pp parameters (f+a) | 30/L | 35-40/L | 40-50/L | 30/H |
| contraction type | Static | Static | Static/Dynamic | Dynamic |
| velocity movement | n.a. | n.a. | slow | slow/medium |
| duration (sec.) | 30-45-60 | 30-45-60 | 30-45-60 | 30-45-60 |
| # of sets | 1-2-3 | 1-2-3 | 1-2-3 | 1-2-3 |
| work:rest ratio | 1:2-1:1-2:1 | 1:1-2:1 | 1:1-2:1 | 2:1 |
| session per week | 2 | 2 | 2-3 | 3 |
| coordination difficulty | easy | easy | medium | medium/difficult |
| additional task | no | no | no | no |
| planes of motion | sagittal | sagittal/frontal | sagittal/frontal | sag./fron./tran. |
| neural demand | little | little | medium | medium/high |
| conventional & pp | no | no | no | yes |
| additional load | no | no | no | no |

Exercise Selection:

| Exercise | Phase 1 | Phase 2 | Phase 3 | Phase 4 |
|---|-------------|--------------|-------------------|-------------------|
| <i>Flexibility:</i> | | | | |
| Waiter's Bow Stretch | yes | yes | yes | yes |
| Calf Stretch w/front foot on column | yes | yes | yes | yes |
| Quad/Hip Stretch | yes | yes | yes | yes |
| Kneeling Pectoral Stretch w/90 degrees bent elbow | yes | yes | yes | yes |
| <i>Strength:</i> | | | | |
| Calf Raise | w/grip | no grip | yes | yes |
| Squat | yes | yes | yes | yes |
| Lunge | yes, w/grip | yes, no grip | yes | yes |
| Pelvic Bridge | yes | yes | yes, w/dorsiflex. | yes, w/dorsiflex. |
| Bent Over Pull | yes | yes | yes | yes |
| Push-Up | on knees | on feet | feet on step | feet on step |
| <i>Massage/Relaxation:</i> | | | | |
| Calf Massage | yes | yes | yes | yes |
| Hamstring Massage | yes | yes | yes | yes |
| Quad Massage | yes | yes | yes | yes |
| Adductor Massage | yes | yes | yes | yes |
| Neck and Shoulder Relaxor | yes | yes | yes | yes |