***Date:*** Friday January 31st 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

First training session; most exercises to be done at low intensity in order to observe correct form and cue proper form; baseline level of ability observed and exercise changed based on form and ability of client

***Warm Up:***

5 minutes skipping; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch

***Circuits***

|  |  |  |  |
| --- | --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** | **Circuit #4** |
| BW Squat | Dead lift | Stationary lunges | SB hamstring curl |
| Push up | Tricep extension | Bicep curls | DB shoulder drill |
| Glute bridge | SB crunches | Plank | V sit |

Circuit #1: 3 sets; 6 reps BW squat (\* watch form and cue accordingly), 10 reps push up, 6 reps glute bridge count 2 up, hold 2, down 2

Circuit #2: 3 sets; 6 reps deadlift (\*watch for form and cue accordingly), 6 reps tricep extension, 10 reps SB crunches

Circuit #3: 3 sets; 12 reps alternating lunges, 6 bicep curls, 30 second plank (\*watch for form and cue accordingly, move duration of plank up to 45 seconds if too easy)

Circuit #4: 3 sets; 6 reps SB ham curls, 6 reps DB shoulder drill, V sit hold 30 seconds (\* watch for form and cue accordingly, increase duration if 30 seconds is too easy)

***Stretch and Cool Down:***

active recovery cool down, walk around as needed; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

Build 5km running plan for endurance training goals in order to compete in tough mudder, include hill training days and intervals; look up average running times for 5km and build program around timing and frequency of training per week

***Date:*** Friday February 7th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

Begin high intensity interval training (HIIT) program as the client and trainer have both researched and investigated this training method. Start a basic HIIT program and make changes for future sessions based on results of first try at HIIT protocol. Suggestions made by client are also taken into consideration based on likes and dislikes of the training session

***Warm Up:***

5 minutes bike warm up at moderate intensity to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine)

HIIT Circuit #1 – 45 sec. max out exercise; 1.5 minute rest after full circuit; 3 times

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| --- | --- | --- | --- |
| **Muscle Group** | **Round 1** | **Round 2** | **Round 3** |
| **legs** | Jump squat | Jump squat | Jump squat |
| **Arms** | DB shoulder press | DB shoulder press | DB shoulder press |
| **Abs** | Plank w/ touches | Plank w/ touches | Plank w/ touches |
| **Back/chest** | Bosu pushup | Bosu pushup | Bosu pushup |

HIIT Circuit #2 – 45 sec. max out exercise; 1.5 minute rest after full circuit; 3 times

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| --- | --- | --- | --- |
| **Muscle Group** | **Round 1** | **Round 2** | **Round 3** |
| **cardio** | Shuttle run | Shuttle run | Shuttle run |
| **Abs** | Situp on SB against wall | Sit up on SB against wall | Sit up on SB against wall |
| **legs** | Alt lunges – 15lb | Alt lunges – 15lb | Alt lunges – 15lb |

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION**:

Remember that exercise order is important when planning the HIIT protocol as pointed out by client

***Date:*** Friday February 14th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

3 HIIT circuits consisting of 3 exercises; 45 seconds maximal effort for 3 exercises then 1.5 minute break between sets; repeat each circuit 3 times

***Warm Up:***

5 minutes skipping warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine)

HIIT Circuits – 45 sec. max out exercise; 1.5 minute rest after full circuit; 3 times

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| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| 45 sec skip | 45 sec skip | 45 sec skip |
| Push ups | Plank | Walking lunge with body bar |
| BW squat | TRX bicep curl | Pull up on gravitron machine |

Circuit #1: 45 seconds maximal skipping, maximal number of push ups in 45 seconds, maximal BW squats in 45 seconds(cue form and correct accordingly)

Circuit #2: 45 seconds maximal skipping, 45 seconds plank (watch hips for dipping or butt being too high, cue core contraction), maximal TRX bicep curls in 45 seconds (cue core contraction and watch form)

Circuit #3: 45 seconds maximal skipping, maximal walking lunges with body bar in 45 seconds (watch for knee over toe), maximal pull ups on gravitron machine in 45 seconds (set weight on machine accordingly, cue core contraction and shoulder range)

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

Make sure there is a variety of cardio based exercises within the circuits

***Date:*** Tuesday February 18th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

Regular circuit style workout since there is only a 4 day gap between sessions due to timing and also to give a moderately easy workout during reading week. This session will not be timed exercises aside from the cardio components. 3 circuits, each done 3 times. Chose many TRX exercises this week because client wanted to try them

***Warm Up:***

5 minutes skipping warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine)

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| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| Mountain climbers | Hold SB ball over head; cross country skiers (fast) | Shuttle run/shuffle |
| TRX rows | TRX push ups | TRX assisted 1 leg squat |
| Jump squats | Stir the pot – plank on SB | DB shoulder drill |

Circuit #1: 45 seconds mountain climbers, 8 reps TRX rows, 10 reps jump squats

Circuit #2: 45 seconds cross country skiers holding SB over head, 8 reps TRX push ups, stir the pot – plank on SB with rotation at shoulder and elbow 8 reps total – 4 to left and 4 to right

Circuit #3: 45 seconds shuttle run/shuffle, 10 reps total TRX assisted one leg squat – 5 each side, 8 reps DB shoulder drill

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; \*\*focus on chest and arm stretches because of the work with TRX today; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

None

***Date:*** Friday February 28th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

HIIT protocol style workout. 3 circuits repeated 3 times each. Timed for 45 seconds each exercise with 1.5 minute rest at the end of the 3 exercises within the circuit.

***Warm Up:***

5 minutes bike warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine)

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| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| Jumping jacks | Burpees with push up | Mountain climbers |
| Bosu squat | SB back extension | Lebert equalizer rows |
| SB crunches | Walking lunges with body bar or DB | SB hamstring curl |

Circuit #1: 45 seconds maximal effort jumping jacks, 45 seconds maximal bosu squat (spot getting on the ball and getting off, cue for bosu form), 45 seconds maximal SB crunches (spot the ball and cue core contraction)

Circuit #2: 45 seconds burpees with a push up, 45 seconds SB back extension (spot the ball), 45 seconds walking lunges with body bar or DB (choose weight accordingly, watch for knee over toe)

Circuit #3: 45 seconds maximal effort mountain climbers, 45 seconds lebert eq rows (cue core contraction, spot the bars), 45 seconds maximal SB ham curl (cue core contraction and glute firing)

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

None

***Date:*** Wednesday March 12th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

HIIT protocol style workout. 3 circuits repeated 3 times each. Timed for 45 seconds each exercise with 1.5 minute rest at the end of the 3 exercises within the circuit.

***Warm Up:***

5 minutes bike warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine)

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| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| Shuttle run/ shuffle | Jumping jacks | Burpees with push up |
| Medicine ball slams | Walking lunges with body bar or DB | DB shoulder drill |
| DB bicep curls | Tricep dips on bench | Bosu squat with med ball catch |

Circuit #1: 45 seconds maximal shuttle run/ shuffle, maximal med ball slams (make sure client can catch and med ball is good weight), maximal DB bicep curls (accurate weight chosen)

Circuit #2: 45 seconds maximal jumping jacks, maximal walking lunges with body bar or DB depending on how much client can handle and form (watch for knee over toe), maximal BW tricep dips on bench (watch for elbows flaring, cue core contraction)

Circuit #3: 45 seconds maximal burpees with a push up, DB should drill maximal for 45 seconds, bosu squat hold with med ball catch (assist on and off ball, ensure client can catch, don’t throw ball too far out from center)

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

***Date:*** Friday March 21st 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

HIIT protocol style workout. 3 circuits repeated 3 times each. Timed for 45 seconds each exercise with 1.5 minute rest at the end of the 3 exercises within the circuit.

***Warm Up:***

5 minutes bike warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine, skip with arm circles)

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| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| Mountain climbers | Burpees with push ups | Jumping jacks |
| Dead lifts | Glute bridge on bosu | Squat with DB overhead press |
| Standing bent over rows with DB | DB bicep curls | plank |

Circuit #1: 45 seconds maximal effort mountain climbers, dead lifts (pick weight appropriate based on how client is feeling and ability to finish with good form in 45 second intervals), standing bent over rows (appropriate weight chosen, cue to maintain flat back and core contraction)

Circuit #2: 45 seconds maximal effort burpees with push up, hold glute bridge with feet on bosu (10 second hold then relax, 4 times), 45 seconds max out DB bicep curls (appropriate weight chosen for how client is feeling)

Circuit #3: 45 seconds maximal effort jumping jacks, squat with DB overhead press for 45 seconds max out (cue tempo of overhead press and watch for form of squat), 45 seconds hold of plank (cue core bracing and watch for hips dipping and shifting)

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION:**

***Date:*** Friday March 28th 2014

***Trainer:*** Carley Uden ***Client:*** S. Montoya

***Today’s Training Objectives:***

HIIT protocol style workout. 3 circuits repeated 3 times each. Timed for 45 seconds each exercise with 1.5 minute rest at the end of the 3 exercises within the circuit.

***Warm Up:***

5 minutes skipping warm up to elevate heart rate and warm muscles; Dynamic warm up (pick the daisies – calf/hams, one leg quad stretch pull to butt, one leg quad stretch pull to chest, high knees, butt kicks, lunge with twist, worlds greatest stretch, shuffle, grapevine, skip with arm circles)

|  |  |  |
| --- | --- | --- |
| **Circuit #1** | **Circuit #2** | **Circuit #3** |
| Wall sit | Jump squats | High knees |
| Walking lunge with DB | Tricep push downs (resistance band) | SB hamstring curls |
| TRX rows | Bicep curls (resistance band) | Bosu push ups |

Circuit #1: 45 seconds wall sit (cue breathing, knees comfortable distance apart, sit deep enough into the squat), maximal walking lunges with DB (weight depending on how much client can handle and form, watch for knee over toe), 45 seconds max out TRX rows (uses BW and gravity as resistance, cue core bracing, scapular retraction and tempo)

Circuit #2: 45 seconds maximal effort jump squats (cue form of squat and landing, cue for power and explosiveness), 45 seconds maximal effort tricep push downs using resistance band (cue for control on eccentric, cue core bracing), 45 seconds maximal effort bicep curls using resistance bands (cue for control on both eccentric and concentric, cue core bracing and no swinging of hips)

Circuit #3: 45 seconds max out high knees (cue core maintenance, fast feet and high knees), 45 seconds maximal effort stability ball hamstring curls (cue glute activation and core bracing, cue tempo), 45 seconds maximal effort bosu push ups (cue core bracing, tempo and breathing)

***Stretch and Cool Down:***

Active recovery cool down, walk around to catch breath but do not be stationary; modified hurdler stretch, supine glute stretch, arm and chest stretches, calf stretch against wall, downward dog, childs pose; foam rolling – quad, hamstrings, calves, IT bands

**NOTES FOR NEXT SESSION: \*\*Today was last session\*\***