

SAMPLE PERIPHERAL HEART ACTION SYSTEM PROGRAM

GOAL: FAT LOSS, MUSCLE GAIN

PHASE: MIXED

WARM-UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 sec.	
Foam Roll: IT-Band	1	30 sec.	
Foam Roll: Latissimus Dorsi	1	30 sec.	
Static Stretch: Calves	1	30 sec.	
Static Stretch: Kneeling Hip Flexor Stretch	1	30 sec.	
Static Stretch: Ball Lat Stretch	1	30 sec.	
Cardio	1	5 min	

PHA CIRCUIT – SEQUENCE 1:

STABILIZATION

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Prone Iso-Abs	1	15	Slow	0 sec	
Ball Dumbbell Chest Press	1	15	Slow	0 sec	
Ball Dumbbell Row	1	15	Slow	0 sec	
Single-leg Scaption	1	15	Slow	0 sec	
Step-up to Balance	1	15	Slow	60 sec	

PHA CIRCUIT – SEQUENCE 2:

STRENGTH

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Weighted Ball Crunches	1	8	Controlled	0 sec	
Bench Press	1	8	Controlled	0 sec	
Lat Pulldown	1	8	Controlled	0 sec	
Seated Overhead Dumbbell Press	1	8	Controlled	0 sec	
Leg Press	1	8	Controlled	60 sec	

PHA CIRCUIT – SEQUENCE 3:

POWER

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Med Ball Rotations	1	10	Explosive	0 sec	
Med Ball Chest Pass	1	10	Explosive	0 sec	
Soccer Throws	1	10	Explosive	0 sec	
Oblique Med Ball Toss	1	10	Explosive	0 sec	
Power Step-ups	1	10	Explosive	60 sec	

COOL-DOWN

EXERCISE	Sets	Duration	Coaching Tip
Perform the same stretches as warm-up			

Coaching Tips: Repeat each sequence if capable.

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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 *Fundamentals of Computer Organization and Design* Sivarama P. Dandamudi,2006-05-31 Computer science and engineering curricula have been evolving at a fast pace to keep up with the developments in the area There are separate books available on assembly language programming and computer organization There is a definite need to support the courses that combine assembly language programming and computer organization The book is suitable for a first course in computer organization The style is similar to that of the author s assembly language book in that it strongly supports self study by students This organization facilitates compressed presentation of material Emphasis is also placed on related concepts to practical designs chips Topics and features material presentation suitable for self study concepts related to practical designs and implementations extensive examples and figures details provided on several digital logic simulation packages free MASM download instructions provided end of chapter exercises **Guidelines for Laboratory Design** Louis J. DiBerardinis,Janet S. Baum,Melvin W. First,Gari T. Gatwood,Anand K. Seth,2013-04-08 Proven and tested guidelines for designing ideal labs for scientific investigations Now in its Fourth Edition Guidelines for Laboratory Design continues to enable readers to design labs that make it possible to conduct scientific investigations in a safe and healthy environment The book brings together all the professionals who are critical to a successful lab design discussing the roles of architects engineers health and safety professionals and laboratory researchers It provides the design team with the information needed to ask the right questions and then determine the best design while complying with current regulations and best practices Guidelines for Laboratory Design features concise straightforward advice organized in an easy to use format that facilitates the design of safe efficient laboratories Divided into five sections the book records some of the most important discoveries and achievements in Part IA Common Elements of Laboratory Design sets forth technical specifications that apply to most laboratory buildings and modules Part IB Common Elements of Renovations offers general design principles for the renovation and modernization of existing labs Part II Design Guidelines for a Number of Commonly Used Laboratories explains specifications best practices and guidelines for nineteen types of laboratories with three new chapters covering nanotechnology engineering and autopsy labs Part III Laboratory Support Services addresses design issues for imaging facilities support shops hazardous waste facilities and laboratory

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