

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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Yan Bai



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