

SAMPLE PERIPHERAL HEART ACTION SYSTEM PROGRAM

GOAL: FAT LOSS, MUSCLE GAIN

PHASE: MIXED

Coaching Tip

| 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 se | 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 | |

Sets

Duration

Coaching Tips: Repeat each sequence if capable.

Perform the same stretches as warm-up

EXERCISE

Nasm Program Design Template

Marcel A. Müller

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