

CLIENT: Sample Program

ACTIVITY: Life

TRAINING PHASE: Base / Corrective

OBJECTIVES: Form, Strength. Weight Loss target

DATES: 11/4/08 - 1/4/09



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CLIENT AGREEMENT



I, the undersigned, am aware that the following Training Program was designed for the purpose of reaching my primary goals at an optimum pace. I agree to follow the Program Design exactly as written. I understand that this program is a part of a larger plan. In order to keep up with my physiological responses and adaptations, I agree to periodic orthopedic re-evaluation, and concomitant revision of my training program.

I, the undersigned, acknowledge that the Nutrition and Lifestyle guidance provided by The Body Tailor is a major factor in my overall success. I am aware that this advice is only suggested. I intend to do the mandatory research and consult with my medical professionals before making any changes to my current nutrition, supplementation, and medication. I, the undersigned, take full responsibility for any changes that I make.

I, the undersigned, am committed to myself and to my goals.

Signed _____, Date _____.



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GOAL SETTING

DID I ACCOMPLISH MY GOALS:

DAILY GOALS	
QUIET	3 minutes of breathing meditation.
DIET	Eat a balanced breakfast consisting of Real, unprocessed food. Think Dinner for breakfast.
MOVE	use lower abs to control pelvis in your low back.
HAPPY	Reward yourself with a non-food related reward.
WEEKLY GOALS	
QUIET	7 om meditation
DIET	Make a Stew, or a Stock
MOVE	Follow your movement program
HAPPY	let yourself have a food related reward.... Monitor your mood, and physical feelings after.
MONTHLY GOALS	
QUIET	7 om meditation with your wife
DIET	To be Gluten Free for at least 2 weeks in the month
MOVE	Mastered Lower abdominal 2a exercise in your minds eye.
HAPPY	Take your wife on a date.

DAILY:

WEEKLY:

MONTHLY:

CLIENTS MAIN GOALS:

*	1 To be able to wear my wedding ring again – grew out of it some time ago; 2 Be considered an “athlete” or be considered “athletic” again; 3 Purchase a pair of pants at a regular store – department store, etc.
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TOP THREE PRIORITY ACTIONS

1	Be Gluten Free
2	Completely Sugar Free and carb free after dinner.
3	Chew your Food until its water. This helps both digestion and portion control.



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FIRST MOVEMENT PROGRAM

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1	Standing Postural Alignment	0	Bodyweight	3-5	5s holds	1	1	1	
2	Lower Abdominal #1: TVA only no pelvic tilt	≤60	40+0 mmhg	10	5s holds	1-2	2	5	
3	4-point Tummy Vac	≤60	Bodyweight	10	5s holds	1-2	2	5	
4	Standing Postural Alignment	0	Bodyweight	3-5	5s holds	1	1	1	
5	Short Stop Relief position postural alignment	≤60	Bodyweight	5	15s holds	1-2	2	5	
6	Front Squats	≤60	Bodyweight or -2reps	10-15	312	2-3	5	8	
7	Horsestance Vertical	≤60	Bodyweight	5per	5s holds	2-3	5	8	
8	Lower Abdominal #1: add subtle pelvic tilt.	≤60	40+30 mmhg	10	5s holds	1-2	5	8	
9	Standing Postural Alignment	0	Bodyweight	3-5	5s holds	1	1	1	
TOTAL PROGRAM LENGTH IN MINUTES							##	##	

Always set the 'inner unit' stabilizing muscles prior to movement. Start with a pelvic floor contraction by gently lifting up and back on your testicles as if they were dumbbells. (Women would perform a 'Kegel' with the same up and back motion). Then use your deep abdominal wall by drawing your navel toward your spine with minimal effort. The majority of the belly moving in is below the navel. Lastly, feel the back of your pelvis slowly swell and widen as you contract your multifidus. Remember your breathing.



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CORRECTIVE MOBILIZATIONS / STRETCHING

STRETCH / MOBILIZATION	REPS	DURATION	REST	TIME	
1 single leg hamstring	2-3pr	30s holds	0	2	3
2 Psoas lunge	2-3pr	30s holds	0	2	3
3 kneeling quad	1-2	30s holds	0	1	2
4 standing rectus femoris	2-3pr	30s holds	0	2	3
5 waiters bow	1-2	30s holds	0	1	2
6 Lat floor or wall	1-2	30s holds	0	1	2
7					
8					
9					
10					
11					
12					
13					
14					
15					
TOTAL LENGTH IN MINUTES				9	15

NOTES:

Stretching is Vital! Every bit as valuable as your strength training! Stretching and mobilization should be done before every training session, and on rest days. Be conscious of how each stretch makes you feel... where it has effect, this will enable you to use them throughout the day to improve performance (mental or physical) or relieve discomfort. Stretch at night before bed whenever possible.



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ACTIVE WARM-UP

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1	Feldenkrais Hip / Pelvis	0	with slow breath	5-10pr	slow	1-2pr	2	4	
2	long deep Walking Lunges	0	bodyweight	10	slow, deep	1	1	2	
3	Waiters Bow	0	bodyweight	3-6	5s hold	1-2	1	2	
4	Quad Rectus Fem	0	bodyweight	3pr	7s holds	1-2	1	2	
5	Lat Wall	0	bodyweight	10-15	slow	1-2	1	2	
6									
7									
8									
9									
10									
11									
TOTAL PROGRAM LENGTH IN MINUTES							6	12	

The warm-up is very important. Balancing muscle tension and reducing the viscosity in the system is critical preparation for exercise. Active warm-up stretching and mobilization should be done before every training session. Be conscious of how each movement / stretch makes you feel... where it has effect.
 Do not hold any static stretch. Allow yourself to move gently into your tightness and work it gently free.



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PROGRAM A

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1A	Kneeling on S-Ball	0 →	Bodyweight	2-5	5-20s holds	1-2	4	8	
1B	Toe Touch Drill	<60 ↑	Bodyweight	1per	slow	↑			
2A	Single Arm Cable Pull w/ Weight Shift	0 →	-2 reps	10pr	213	2-3	12	20	
2B	Supine Single Arm Dumbbell Press Back on S-Ball	0 →	-2 reps	10pr	213	↑			
2C	Prone on S-Ball Back Extensions	0 →	Bodyweight	10	2s holds	↑			
2D	Torso inclined Push-ups	1-2 min ↑	Bodyweight	10	311	↑			
3A	S-Ball Side Flexion	0 →	Bodyweight	10pr	312	2-3	12	20	
3B	S-Ball Crunch	0 →	Bodyweight		213	↑			
3C	Lower Abdominal #2a	1-2 min ↑	40 + 30mmhg	10pr	slow	↑			
	Before Bed								
1	Deep Cervical Flexors	0	30+10mmhg	5-8	3s hold	1	2	3	
TOTAL PROGRAM LENGTH IN MINUTES							30	51	

Always set the 'inner unit' stabilizing muscles prior to movement. Start with a pelvic floor contraction by gently lifting up and back on your testicles as if they were dumbbells. (Women would perform a 'Kegel' with the same up and back motion). Then use your deep abdominal wall by drawing your navel toward your spine with minimal effort. The majority of the belly moving in is below the navel. Lastly, feel the back of your pelvis slowly swell and widen as you contract your multifidus. Remember your breathing.



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PROGRAM B

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1A	Kneeling on S-Ball	0 →	Bodyweight	2-5	5-20s holds	1-2	4	8	
1B	Toe Touch Drill	<60 ↑	Bodyweight	1per	slow	↑			
3	Single Leg Squats	60-90	-2 reps	8-12	211	2-3 per	8	12	
4A	Skaters Lateral Lunge	0 →	Bodyweight	10pr	212	2-3	8	12	
4B	Pull-Ups assisted	<60 ↑	-2reps	10	213	↑			
5A	Reverse Dumbbell Woodchops w/ weight shift	0 →	-2reps	10per	212	2-3	8	12	
5B	Single Arm Mid-cable Press Split Stance	<60 ↑	-2 reps	10pr	212	↑			
6	Horse Stance Horizontal	0 →	Bodyweight	5-8pr	5s hold	2-3	8	12	
7	Lower Abdominal #2a	<60 ↑	40 + 30mmhg	10pr	slow	2-3			
	Before Bed								
1	Standing Wall Lean	0	Bodyweight	2-4	5s hold	1	2	3	
TOTAL PROGRAM LENGTH IN MINUTES							38	59	

Always set the 'inner unit' stabilizing muscles prior to movement. Start with a pelvic floor contraction by gently lifting up and back on your testicles as if they were dumbbells. (Women would perform a 'Kegel' with the same up and back motion). Then use your deep abdominal wall by drawing your navel toward your spine with minimal effort. The majority of the belly moving in is below the navel. Lastly, feel the back of your pelvis slowly swell and widen as you contract your multifidus. Remember your breathing.



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PROGRAM C

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1 A	Kneeling on S-Ball	0 →	Bodyweight	2-5	5-15s hold	2-3	20	30	
1 B	Toe Touch Drill	0 →	Bodyweight	1per	slow	↑			
1 C	Bodyweight Squats	0 →	Bodyweight	10-15	212	↑			
1 D	Supine Lateral Ball Roll	0 →	Bodyweight	4-6	6s holds	↑			
1 E	Forward Ball Roll	0 →	Bodyweight	6-10	6s holds	↑			
1 F	Supine Hip Extension Back on S-Ball (ball against wall)	0 →	Bodyweight	10-15	212	↑			
1 G	Horse Stance Horizontal	0 →	Bodyweight	10per	5s holds	↑			
1 H	Lower Abdominal #2a	<60 ↑	40 + 30mmhg	10pr	slow	↑			
TOTAL PROGRAM LENGTH IN MINUTES							20	30	

Always set the 'inner unit' stabilizing muscles prior to movement. Start with a pelvic floor contraction by gently lifting up and back on your testicles as if they were dumbbells. (Women would perform a 'Kegel' with the same up and back motion). Then use your deep abdominal wall by drawing your navel toward your spine with minimal effort. The majority of the belly moving in is below the navel. Lastly, feel the back of your pelvis slowly swell and widen as you contract your multifidus. Remember your breathing.



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PROGRAM D

EXERCISE		REST	INTENSITY	REPS	TEMPO	SETS	TOTAL		NOTES:
1	warm up Box Step-ups to single leg standing								
2A	Dumbbell Deadlifts	0 →	2-3 reps left	12-15	312	1	10	12	
2B	8-10 minutes Cardio: walk, step, bike...	<60 ↑	Medium	1	Mod				
3A	Bodyweight Squats	0 →	2-3 reps left	12-15	312	1	10	12	
3B	8-10 minutes Cardio: walk, step, bike...	<60 ↑	Medium	1	Mod				
4A	Horse Stance Vertical	0 →	2-3 reps left	12-15	312	1	10	12	
4B	8-10 minutes Cardio: walk, step, bike...	<60 ↑	Medium	1	Mod				
5	Lower Abdominal #2a	<60s	40 + 30mmhg	10pr	slow	2-3	5	8	
TOTAL PROGRAM LENGTH IN MINUTES							35	44	

Always set the 'inner unit' stabilizing muscles prior to movement. Start with a pelvic floor contraction by gently lifting up and back on your testicles as if they were dumbbells. (Women would perform a 'Kegel' with the same up and back motion). Then use your deep abdominal wall by drawing your navel toward your spine with minimal effort. The majority of the belly moving in is below the navel. Lastly, feel the back of your pelvis slowly swell and widen as you contract your multifidus. Remember your breathing.



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PERIODIZATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	D	A	D	B	C	A or D	Rest or C
WEEK 2	D	B	D	A	C	A or D	Rest or C
WEEK 3	D	A	D	B	C	A or D	Rest or C
WEEK 4	D	B	D	A	C	A or D	Rest or C
WEEK 5	D	A	D	B	C	A or D	Rest or C
WEEK 6	D	B	D	A	C	A or D	Rest or C
UNLOADING WEEK: 1/2 THE NUMBER OF SETS. DO NOT CHANGE LOAD OR REPS							
WEEK 7	D	A	D	B	C	A or D	Rest or C
WEEK 8	D	B	D	A	C	A or D	Rest or C

NOTES:

A morning HR of 5 beats above or below normal, or continued muscle soariness from previous training, is the only excuse for missing a workout.

Rest on be sure to Rest completely 1day per week. if you miss a day of exercise, do program C on Sunday. if you exercise Monday through Saturday, rest on sunday.

FOOD REACTIONS CHECKLIST FOR: (DATE)

FOOD & DRINK INTAKE		CHECK THE BOX ON THE LEFT BEST DESCRIBE YOUR EXPERIENCE 1-2 HOURS AFTER A MEAL.		FOOD & DRINK INTAKE		CHECK THE BOX ON THE LEFT BEST DESCRIBE YOUR EXPERIENCE 1-2 HOURS AFTER A MEAL.			
Breakfast	Appetite Satiety Craving		Feel full, satisfied	Full, but Hungry	Appetite Satiety Craving		Feel full, satisfied		
Time:			No Sweet cravings	Desire Sweets		Time:		No Sweet cravings	
			No food desires	Feel something missing				No food desires	
			Not Hungry	Already hungry				Not Hungry	
			No Snack needed	Need Snack				No Snack needed	
		Energy Level		Energy renewed		To much or too little energy	Energy Level		Energy renewed
				Lasting, normal energy		Hyper, jittery, nervous			Lasting, normal energy
						Energy Tanked			
		Mind Emotion Well-Being		Improved Well-Being		Mentally sluggish, spacy	Mind Emotion Well-Being		Improved Well-Being
				Refueled, renewed, restored		inability to think quickly			Refueled, renewed, restored
				Some upliftment		Hyper, rapid thoughts			Some upliftment
			mental clarity	No Focus			mental clarity		
			normal thought process	Apathy, Depression			normal thought process		
				Anxious, angry, fearful					
							Anxious, angry, fearful		
Lunch	Appetite Satiety Craving		Feel full, satisfied	Full, but Hungry	Appetite Satiety Craving		Feel full, satisfied		
Time:			No Sweet cravings	Desire Sweets		Time:		No Sweet cravings	
			No food desires	Feel something missing				No food desires	
			Not Hungry	Already hungry				Not Hungry	
			No Snack needed	Need Snack				No Snack needed	
		Energy Level		Energy renewed		To much or too little energy	Energy Level		Energy renewed
				Lasting, normal energy		Hyper, jittery, nervous			Lasting, normal energy
						Energy Tanked			
		Mind Emotion Well-Being		Improved Well-Being		Mentally sluggish, spacy	Mind Emotion Well-Being		Improved Well-Being
				Refueled, renewed, restored		inability to think quickly			Refueled, renewed, restored
				Some upliftment		Hyper, rapid thoughts			Some upliftment
			mental clarity	No Focus			mental clarity		
			normal thought process	Apathy, Depression			normal thought process		
				Anxious, angry, fearful					
							Anxious, angry, fearful		
Dinner	Appetite Satiety Craving		Feel full, satisfied	Full, but Hungry	Appetite Satiety Craving		Feel full, satisfied		
Time:			No Sweet cravings	Desire Sweets		Time:		No Sweet cravings	
			No food desires	Feel something missing				No food desires	
			Not Hungry	Already hungry				Not Hungry	
			No Snack needed	Need Snack				No Snack needed	
		Energy Level		Energy renewed		To much or too little energy	Energy Level		Energy renewed
				Lasting, normal energy		Hyper, jittery, nervous			Lasting, normal energy
						Energy Tanked			
		Mind Emotion Well-Being		Improved Well-Being		Mentally sluggish, spacy	Mind Emotion Well-Being		Improved Well-Being
				Refueled, renewed, restored		inability to think quickly			Refueled, renewed, restored
				Some upliftment		Hyper, rapid thoughts			Some upliftment
			mental clarity	No Focus			mental clarity		
			normal thought process	Apathy, Depression			normal thought process		
				Anxious, angry, fearful					
							Anxious, angry, fearful		

NOTES:



Information from Healthexcel. The Metabolic typing Diet.

Breakfast:

Please make an attempt to eat a breakfast that includes protein every day. Good sources of breakfast protein are: eggs, bacon, steak, nut butters, and cultured butter. Avocados are great at breakfast also. Please do not eat commercial breakfast cereals, pancake mixes, or non-sprouted breads. Also, do not drink fruit juices. We are working to keep your blood sugar at a healthy level. This means that if you are to eat oatmeal, you must have cultured butter or cream on it with a good handful of crispy nuts.

Snacks:

Please take care to balance carbs, fats, and proteins. For example, an apple or carrot stick cannot be a snack alone. Accompany any fruit/vegetable/grain with crispy nuts, nut butter, meat, avocado, or slices of raw cheese. Baked chicken drumsticks make a very portable and delicious snack.

Crispy Nuts: From Sally Fallon's Nourishing Traditions

Due to the high levels of phytic acid in unprocessed nuts, they must be soaked and slow-roasted until dried. Phytic acid makes nuts tough on the digestive system and interferes with the body's ability to use minerals. Exposing nuts to heat above 150o will denature the valuable proteins that they contain, so take care to keep the heat low.

4 cups raw organic almonds, peanuts, pecans, walnuts (preferably skinless), 1-tablespoon sea salt, Filtered water

Mix almonds with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (at no more than 150 degrees) for 12 to 24 hours, stirring occasionally, until completely dry and crisp. Store in an airtight container. (Note, soak cashews only 5-6 hours and dry them at 200 degrees. Raw cashews are already somewhat processed).

Lunch and Dinner:

More of the same please... Remember to balance your meals so that you are not tipping the scales toward carbohydrates/sugars. Simply look at your plate like a pie chart (including any beverage that accompanies the meal). Remember that all fruits, vegetables, grains, juices and alcohol are carbohydrates. While it is important to eat your veggies, take care not to leave out a healthy, organic, pasture-raised meat or clean, wild fish (protein & fat) component of your meal. Also, when it comes to veggies, please limit your intake of those that are high-glycemic (grown below ground).

Salt: Please use only Celtic sea salt.

Water: Please attempt to drink half of your weight in ounces per day

Microwave: Never use one.

Oils:

Never use: safflower, sunflower, corn, soy, and canola oil.

For very light sautéing and salad dressings: use organic expeller-pressed olive oil.

For higher heat cooking: (scrambling or frying eggs or browning meats) use organic unrefined coconut oil. Adding a bit of butter for taste is fine.

You need an adequate supply of Omega 3's in your diet. Omega 3's are essential fatty acids. They can not be generated by your body, and must be consumed in your diet. Dietary sources include: butter from grass-fed cows, egg yolks from pastured chickens, flax seed oil or fish oils. We like the Nordic Naturals brand of fish oils. What's the difference between fish oil and flax seed oil? Omega-3 fatty acids fall into two major categories: plant derived (flax seed oil, yielding alpha linolenic acid, or ALA) or marine derived (fish oil, yielding both EPA and DHA). The human conversion of ALA to EPA and DHA is somewhat slow and can be inhibited by various conditions such as a diet high in linoleic acid (Omega-6), trans-fatty acids such as fast foods and baked goods, alcohol intake, certain health conditions, and vitamin and mineral deficiencies (B3, B6, C, zinc, magnesium). It is thought that only about 15% of ALA converts to EPA, and it may not convert to DHA at all. Fish oil, on the other hand, is a direct source of EPA and DHA. It is recommended that anyone with an inflammatory condition take a therapeutic level of EPA and DHA concentrated fish oil. People that are perfectly healthy who just wish to be certain that they are getting their Omega 3's may simply take cod liver oil.