



### **\*\*A Note on the Program Writing\*\***

As you read through the program, you will see that I have refrained from prescribing percentages of 1RM for intensity for any exercises. This allows the coach freedom to determine the proper intensity for his/her athlete(s). In cases where some sort of intensity quantification is used, I provide a Rate of Perceived Exertion value. This is a scientifically validated scale which runs from 1 to 10, with 10 being absolute maximal effort.

All of the exercises are clickable hyperlinks which will take you to a linked Youtube video of the exercise being demonstrated.

Disclaimer: This program is intended as solely an educational guide. The exercises referenced within should only be performed by healthy individuals with proper medical clearance. If you choose to perform any exercise, you are doing so voluntarily and you assume all risk of injury or damage.