

SANTA FE SENIOR FIT

TRAINER: Gary Schneider
TYPE: Seniors
PHASE: Muscle Imbalances
WORKOUT: #1

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
PES PLANUS DISTORTION					
Over/Stretch: Myofascial Foam Roll	1 each	15	Slow	:15	Calves, Thighs, Inner Thighs
Over/Stretch: Standing Calf Stretch	1	1		:15	Hold for :30
Under/Strengthen Floor Bridge	1	1		:15	Hold for :30
Under/Strengthen Ball Hip Thrust w/ Weight	1	12	Slow	:15	Hold top position for :02
Under/Strengthen Clam Shells w/ Res Band	1	15	Slow	:60	15 reps each leg
UPPER CROSSED SYNDROME					
Over/Stretch: Chin Rotations	1	12	Slow	:15	12 each side
Over/Stretch: Standing 1 Arm Chest Stretch	2	:15-:20	Slow	:15	Hold each side for :15 - :20
Under/Strengthen Chin Tucks	1	12	Slow	:15	
Under/Strengthen Floor Cobra	1	12	Slow	:15	Hold top position for :02
Under/Strengthen Ball Combination with Weight	1	10	Slow	:60	Hold each position for :02-:03
LOWER CROSSED SYNDROME					
Over/Stretch: Myofascial Foam Roll	1 each	15	Slow	:15	Calves, Thighs, Inner Thighs
Over/Stretch: Standing Adduction Stretch	1	2		:15	Hold each side for :30
Over/Stretch: Kneeling Hip Flexor Stretch	1	2		:15	Hold each side for :30
Under/Strengthen Floor Bridge	1	1		:15	Hold for :30
Under/Strengthen Bird Dog	1	2	Slow	:15	Hold each side for :30
Under/Strengthen TRX Assisted Squat	2	15-20	Slow	:60	
YOUR CHOICE					
COOL DOWN					
Stationary Bike	1				5 minutes
COACHING TIPS					
Go Slow and use good form					