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ACTIVATED PARTNER CONDITIONING

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Functional Concepts:

- ✓ Functional strength training requires a base of strength, stability and postural control.
- ✓ Build functional strength and stability from the C of G (core) outwards
- ✓ Always ensure stability of alignment (posture, core control, reactive joint stability) in each progression before moving on to the next.
- ✓ If you prescribe exercises from each of the functional movements (bridge, side plank, plank, bend, push, pull, lift, chop, split squat & squat) you will create a 360° 'counterbalanced' prescription
- ✓ Prescribe planks, bridges & side planks early in a functional workout to ensure myofascial core sling activation and stability = a 360° functional foundation.



What Additional Value Does Partner Training Offer:

- Competition
- Variable & Reactive Resistance
- Compliance
- Additional financial opportunities



Practical Prescription

Prescribing Partner Programs:

- ✓ Phase 1: programming should include ACTivations for all patterns + bridge, plank, side plank, push pull FS1.
- ✓ Phase 2: Introduce Squat, Split Squat, Press and Push-Pull FS1 + FS2 for the above movements
- ✓ Phase 1: Wk 1 & 2 = 1 set per exercise, Wk 3 & 4 = 2 sets per exercise
- ✓ Phase 2: Wk 1 & 2 = 1-2 set for new movements, 1 set for new progressions
- ✓ Phase 1&2: 2 days per week
- ✓ Weekly Rx: Mon = FS1, Tues = Lower Strength or Cardio, Wed = Yoga & Recovery techniques, Thur = FS1, Fri = Upper Strength or Cardio, Sat = Yoga & Recovery techniques, Sun = nil
- ✓ Advanced exercises can be added for cardiovascular conditioning & variety

FM	Core ACTivation	FS 1	FS 2
Bridge	Supine Sprinter	Bridge Chest Press	MB Hip Drop Chest Press
Quad Kneel Plank	Contra Cat Camel	Quad Kneel + Push-up	Quad Kneel +Unstable Push-up
Side Plank	+ Arm Clock	Side Plank 1arm Row	Side Plank Press Row Combo
Side Bend	Child's Pose + 2 & 10 O'clock Hand Walk	Prisoner MR Anti Side Bend	Prisoner MR Side Bend
Push	Tubing 1arm Chest Press + Partner Anti-Rotation Tubing Hold	Sh2Sh Rotating Press	Partner MR Crossbody Press
Pull	Fwd Hinge + MB Si2Si Row	Assisted Sit-up & MR Row	1ft Tubing Jump Squat Row
Squat / Press	Low Heel Straight Leg Pike Walk+MR POF Elbow Pushes	Squat Hold + Pike Walk	Squat Hold + Pike Sh Press
Chop / Lift	MB Figure 8 Chop Chop Stop Chop	MB Touch Hi Pass Low	Tubing Holds + Agility Chop
Split Squat	Kneeling Hip Flexor + Abd Rotation	MR Straight Diag Overhead Arm Lift	MR Ward-off
Crunch Advanced	Crunch + Reverse Pec Deck Leg Lower Table Top + Partner Split Jump Squat Band T-pulls + Partner Core ACTivated Fly Hold	Crunch + Rev. Pec Deck Push-up into Alt. Side Plank + Hip Tuck Jump MR or Band Ward-off Bound	Diag Crunch + Contra Rev. Pec Deck 1ft Hop + MB MR Own the Bone MR Hammie Lower + Plyo Push-up

Bbar = BodyBar, Tubing = Covered Tubing, MB = Medicine Ball, DB = Dumbell, MR = Manual Resistance, POF = Position of Flexion