

Strength Training “Quick Start” Program

By Dave “Coach K” Kamienski

Overview:

- This program provides an introduction to strength training utilizing a custom designed exercise program and 4 in-depth training sessions all at a modest cost investment
- Ages: 10 and older (note: some facilities set minimum age at 12)
- Includes printed work-out chart, educational handouts, and telephone & email support for questions, progress check-up & encouragement

Typical Structure:

Day 1 – Consultation & Assessment

- Initial session to discuss goals & conduct a health/fitness assessment
- Offline: design & write up custom program; typically 2 unique days of strength exercises plus any cardio-vascular and/or conditioning exercises pertinent to stated goals

Day 2 – Training Session 1

- Meet & Explain Program
- Work thru Day **1** Strength Exercises
- Teach proper weight lifting form and technique

Day 3 – Training Session 2

- Work thru Day **2** Strength Exercises
- Teach proper weight lifting form and technique

Day 4 – Training Session 3

- Reinforce Program Day **1** Exercises
- Reinforce lifting form and technique
- Establish Initial Cardio-Vascular (CV) Settings

Day 5 – Training Session 4

- Reinforce Program Day **2** Exercises
- Reinforce lifting form and technique
- CV Guidance

(Sessions 2-5 are 60-75 minutes in length)

Investment:

- \$250 (Utilizing the 5-session Personal Training Package at Ida Lee Rec Center in Leesburg)
- Group Rates available - multiple students (up to 4) may participate together and receive benefit of a tiered discount structure