



# PLT4M PROGRAM GUIDE



FALL

# 2022

A complete guide to implementing PLT4M Training Programs; curated to help coaches and teachers with program selection as well as program adoption.

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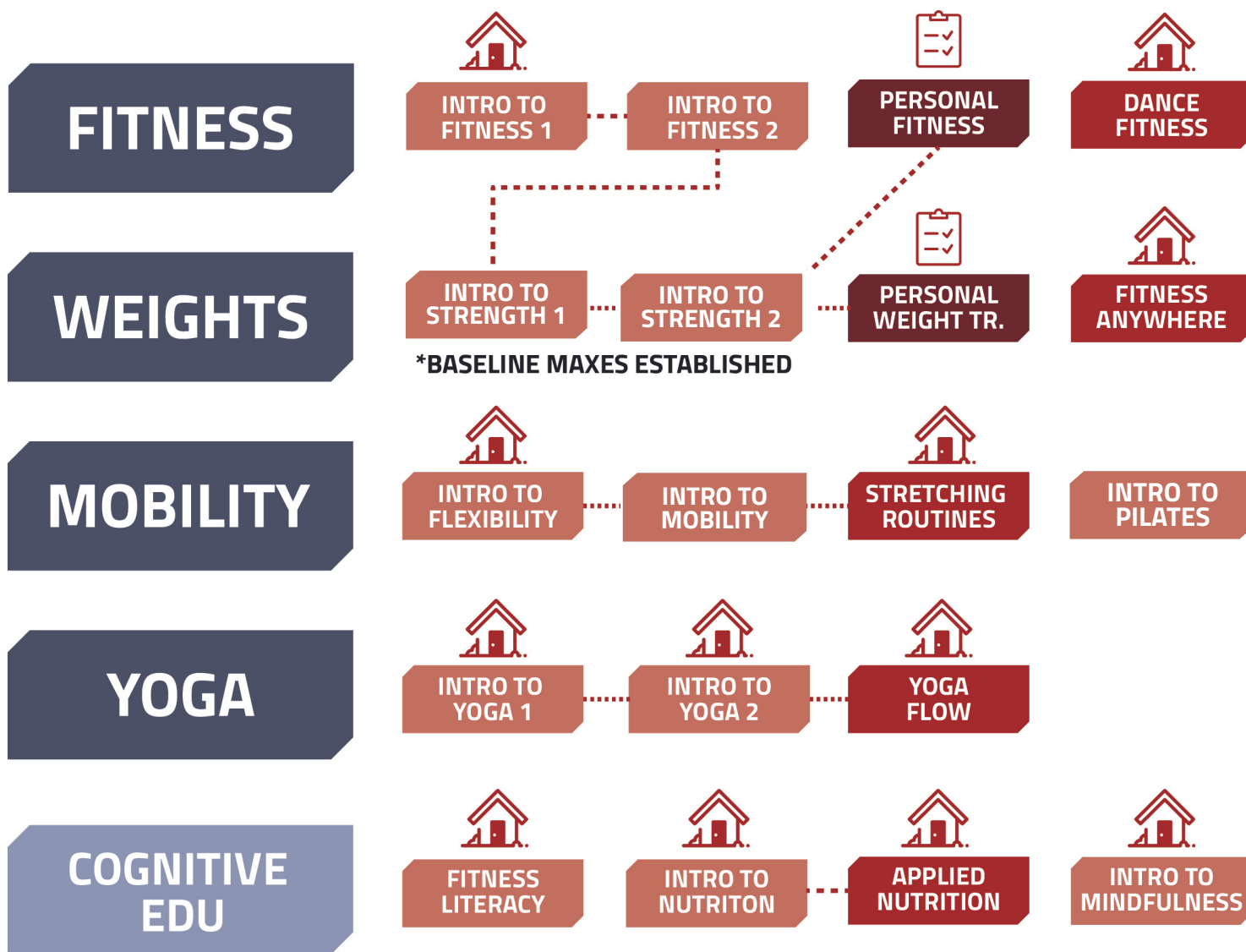
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# PHYSICAL EDUCATION PROGRAM MAP

At PLT4M, we believe in setting a proper fitness foundation, upon which you can build. Below is a map of our foundational fitness programs and progressions.



**BEGINNER**

**Foundational Programs**

**INTERMEDIATE**

**Developmental Programs**

**ADVANCED**

**Training Programs**



**Baseline Maxes Required**



**Remote Friendly**

# ATHLETIC DEVELOPMENT PROGRAM MAP

With a foundation of proper movement education, and baseline data identifying strength capacities, students and athletes can progress into personalized athletic training.



## ESTABLISH A BASELINE OF FITNESS



INTRO TO  
FITNESS 1

INTRO TO  
FITNESS 2



## INTRODUCE LOAD + INTENSITY

INTRO TO  
STRENGTH TR. 1

INTRO TO  
STRENGTH TR. 2

\*BASELINE MAXES ESTABLISHED



## TRAIN FOR YOUR SEASON

**OPTIONAL ON RAMP:**  
Use this program  
to onboard new athletes,  
or, as a bridge between  
seasons

**ATHLETE  
ON-RAMP**  
\*BASELINE MAXES  
RE-ESTABLISHED

IN-SEASON  
WEIGHT TR.



OFF-SEASON  
WEIGHT TR.



**OPTIONS:**  
Choose between a 2/3/4  
day lifting schedule

PERFORMANCE  
ANYWHERE



## SUPPLEMENT YOUR TRAINING



SPEED  
TRAINING



CONDITIONING



FLEXIBILITY



MOBILITY

STRETCHING

BEGINNER

Foundational Programs

INTERMEDIATE

Developmental Programs

ADVANCED

Training Programs



Baseline Maxes  
Required



Remote  
Friendly



# PROGRAM OVERVIEW



# INTRO TO FITNESS PART 1

## Program Description

An introduction to all things movement and fitness! The aim of this program is to provide every student a foundation upon which they can develop their personal fitness or performance training. We seek to cement proper mechanics through all of the fundamental human movements, begin to develop relative strength & mobility, while also introducing the concept of capacity.

## Breakdown

- 15 Total Lessons (5 sections of 3 lessons)
- 30-45 Minutes per lesson
- Concludes with Baseline Fitness Assessments

## Lesson Format

Each lesson begins with a guided warm up, followed by movement education and technique work. Then, a workout is prescribed and explained in detail that reinforces the major education points of the day, while introducing elements of capacity and intensity.

## Audience

Everyone! Grades 6-12. Anyone looking to get into fitness should begin with this fundamental program. Long term results come from setting a good foundation!

## Equipment

### Must Have

- PVC Pipe
- Open Floor
- "Run" Option

### Nice to Have

- TRX/Rings
- Pull-Up Bar  
(for assessment)
- Box/Bench  
(for scaling push-ups)

## Requisites

No formal requisites, open to all students!

## Assessments

Culminates in a final "assessment" of:

- 1 Mile Run (Aerobic capacity)
- 2 Min Burpee Test (Anaerobic Capacity)
- Push Up/Pull Up (Strength Capacity)
- Squat Therapy (Mobility)
- PLT4M MetCon  
(Overall Fitness)



## INTRO TO FITNESS PART 2

### Program Description

An introduction to the wide world of resistance and capacity training! We are expounding upon our mastery of human movement by adding weighted instruments and intensity. Students will learn various compound movements and loaded versions of our fundamental movement patterns. We will add elements of competition and intensity, growing our mental and physical work capacity as well.

### Breakdown

- 16 Total Lessons (4 sections of 4 lessons)
- 30-45 Minutes per lesson
- Concludes with Baseline Fitness Assessments

### Lesson Format

Each lesson begins with a guided warm up, followed by movement education and technique work. Then, a workout is prescribed and explained in detail that reinforces the major education points of the day, while introducing elements of capacity and intensity.

### Audience

Grades 7–12: Students and athletes who have a basic understanding of movement and are looking to move on into the world of fitness and performance training.

## Equipment

### Must Have

- PVC Pipe
- Medicine Ball
- Open Floor
- Jump Rope
- “Run” Option

### Nice to Have

- Pull-Up Bar / TRX / Rings
- Foam Roller /Lax Ball
- Box/Bench  
(for scaling push-ups)

## Requisites

Intro to Fitness Part 1

- OR -

A basic understanding of human movement mechanics. For example, students should know the points of performance within an air squat before attempting a loaded squat.

## Assessments

Culminates in a final “assessment” of:

- 1 Mile Run (Aerobic capacity)
- 2 Min Burpee Test (Anaerobic Capacity)
- Push Up/Pull Up (Strength Capacity)
- Squat Therapy (Mobility)
- Jump Rope (Skill)
- PLT4M MetCon (Overall Fitness)



## INTRO TO STRENGTH TRAINING PART 1

### Program Description

An introduction to the world of barbells and dumbbells!

Our primary focus, here, is becoming comfortable with a loaded bar for the first time. Namely, we will be introducing the 3 “Powerlifts” - aka the Back Squat, the Bench Press, and the Deadlift. These 3 movements are widely considered the foundational “Strength” movements. Not only will learning them be directly beneficial to health and performance through the development of baseline, full-body strength, they will also serve as a great jumping off point for the rest of our weight room movements.

Students will learn the movements very gradually, progressing from empty bars, to lightly loaded work, before coming to and recording a baseline “max” in each of the major lifts. This will help direct training within more advanced programs down the road.

Additionally, students will learn a host of accessory strength movements using the wildly versatile dumbbell, as well as continue to develop core strength and stability!

### Breakdown

- 15 Total Lessons (5 sections of 3 lessons)
- 40-45 Minutes per lesson
- Concludes with Baseline Fitness Assessments

### Lesson Format

Each training session begins with a brief guided warm up, followed by auxiliary work like core supersets, plyometrics, or loaded carries. Then, we focus on the barbell with a concerted effort paid to learning and practicing the core lift of the day. Lastly, we wrap up our instruction with 2 accessory strength movements performed “outside of the rack” with dumbbells, bands, or other equipment. If time allows, we also suggest time spent through intentional cool down and active recovery.

### Audience

Grades 9 – 12 – Students who already have a foundational movement/fitness education but lack experience in the “weight room” and are ready to add intensity to those movement patterns via loading for the first time.

## Equipment

### Must Have

- Rack/Rig/Lifting Station
- Flat Benches
- Barbells & Weight Plates (Bumper preferred for Deadlifts)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

## Requisites

Intro to Fitness 1 & 2

- OR -

A basic understanding of human movement mechanics.

## Assessments

Establishment of first-time maxes for:

- Back Squat
- Bench Press
- Deadlift





## INTRO TO STRENGTH TRAINING PART 2

### Program Description

A continued introduction to the world of barbells and dumbbells!

Our primary focus, here, is becoming comfortable with three new barbell movements. Namely, we will be introducing a few weightlifting “derivatives” - the Front Squat, Overhead Press, and Hang Clean. Not only will learning them be directly beneficial to health and performance through the development of baseline, full-body strength, they will also serve as a great jumping off point for the rest of our weight room movements.

Students will learn the movements very gradually, progressing from empty bars, to lightly loaded work, before coming to and recording a baseline “max” in each of the major lifts. This will help direct training within more advanced programs down the road.

Additionally, students will learn a host of accessory strength movements using the widely versatile dumbbell, as well as continue to develop core strength and stability!

### Breakdown

- 15 Total Lessons (5 sections of 3 lessons)
- 40-45 Minutes per lesson
- Concludes with Baseline Maxes & Fitness Assessments

### Lesson Format

Each training session begins with a brief guided warm up, followed by auxiliary work like core supersets, plyometrics, or isometric holds. Then, we focus on the barbell with a concerted effort paid to learning and practicing the core lift of the day. Lastly, we wrap up our instruction with 2 accessory strength movements performed “outside of the rack” with dumbbells, bands, or other equipment. If time allows, we also suggest time spent through intentional cool down and active recovery.

### Audience

Grades 9 – 12: Students who already have a foundational movement/fitness education but lack experience in the “weight room” and are ready to add intensity to those movement patterns via loading for the first time.

## Equipment

### Must Have

- Rig/Rack/Lifting Station
- Flat Benches
- Barbells & Weight Plates  
(Bumpers preferred for Deadlift)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars  
(or other substitutes)

## Requisites

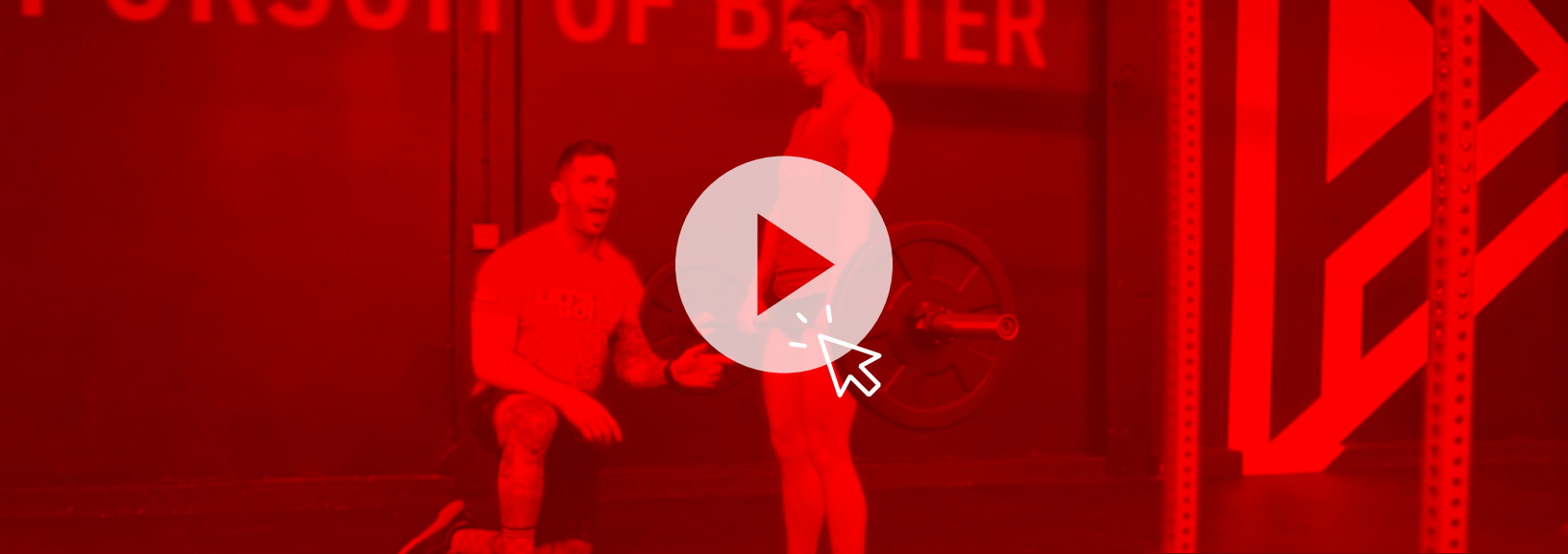
Intro to Fitness 1 & 2; Intro to Strength Training 1  
- OR -

Suggested for students who have had a comprehensive education of foundational human movement AND who have already learned the 3 core “Strength” movements (Back Squat, Bench, and Deadlift). This program assumes understanding of and relative mastery over the squat, hinge, press, pull, lunge, and “carry” patterns. We are building directly upon those learned patterns with immediate introduction of external load.

## Assessments

Establishment of first-time maxes for:

- Front Squat
- Strict Press
- Hang Power Clean



# PERSONAL WEIGHT TRAINING

## Program Description

This program is aimed at improving total body strength and strength endurance, all built into a 3-Day/wk lifting schedule.

Over the course of 24 total sessions, we will complete one major strength cycle, with pre- and post-assessment of all the relevant training markers listed below.

In each of these 24 sessions, the major emphasis will be on the development of raw strength through both a compound Barbell movement (one of the 3 Powerlifts), and a supersetted accessory strength movement (Pull-Ups, DB OH Pressing, Single Leg Squatting, Etc). Secondly, we will combine two accessory movements into a superset designed to specifically engender hypertrophy and/or muscular endurance. Lastly, we will cap each workout with one of 3 distinct "Finisher" elements: a "Core Cash-Out," some "Arm Farm," or a short "Pillar" workout.

## Breakdown

- 24 total training sessions (8 weeks of 3 sessions lessons)
- Each session takes roughly 40-45 minutes

## Session Format

Each training session contains a brief guided warm up, max strength development (powerlifts), supplemental strength work, hypertrophy training, and some sort of "Finisher" element, be it core work, arm work, or a bodyweight metcon "Pillar" workout.

## Audience

Grades 9–12: Students who already have a complete fundamental fitness education, including barbell movement and baseline max assessment, and wish to continue the pursuit of Strength and Hypertrophy.

## Equipment

### Must Have

- Rack/Rig/Lifting Station
- Flat Benches
- Barbells & Weight Plates (Bumper preferred for Deadlifts)
- Bands
- Pull Up Bars (or other substitutes)

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2

- OR -

Suggested only for students who have had a full education of both movement and strength training. Athletes should already have recent, relevant working "maxes" of Squat, Bench, and Deadlift, and should not be completely "un-trained" (no workouts in previous 2+ months).

## Assessments

Continual Tracking &  
1RM-Re-Assessment of:

- Squat Working Max
- Bench Working Max
- Deadlift Working Max

Accessory Strength/Strength  
Endurance of:

- Pull-Up (Strength)
- Push/Squat (Strength Capacity)
- Plank Hold (Stability/Stamina)



## PERSONAL FITNESS

### Program Description

The perfect program for students and athletes that are serious about their fitness, but don't desire to throw around barbells or heavy weights every day (or do not have regular access to such equipment). While "strength" will absolutely be worked on, the emphasis here is on movement, work capacity, and conditioning.

Over the course of the program, athletes will work through a multitude of movement variations, from bodyweight to loaded MBs/DBs/KBs/etc, and do so with varying weight, volume, and intensity. Each day's main "workout" will be unique, keeping things both fun and challenging, and helping all athletes to develop true all-around fitness and performance.

### Breakdown

- 24 Total Training Sessions (8 weeks of 3 scheduled per week)
- Week 1 + Week 8 = Assessment Weeks
- Each session takes roughly 30-40 minutes

### Session Format

Each session contains a brief guided warm up, followed by targeted Mobility, Core, or Strength work. Next we dive into hyper specific movement prep so as to warm up directly for our Pillar Workout of the Day.

These "finishers" combine movements and fitness elements into varying time domains and formats, designed to constantly engage and motivate for the best results. Each will also come with the ability to log scores and times for tracking over time.

### Audience

Grades 9 – 12 – Students who already have a complete fundamental fitness education, including weighted movement and baseline strength assessments (for weight prescriptions), and wish to continue the pursuit of holistic, lifelong fitness.

## Equipment

### Must Have

- PVC Pipe
- Dumbbells
- Medicine Balls
- Jump Rope
- "Run" Option
- Pull-Up Bar / TRX / Rings

### Nice to Have

- Kettlebells
- Foam Roller / Lax Ball
- Cardio Machines
- Bands

## Requisites

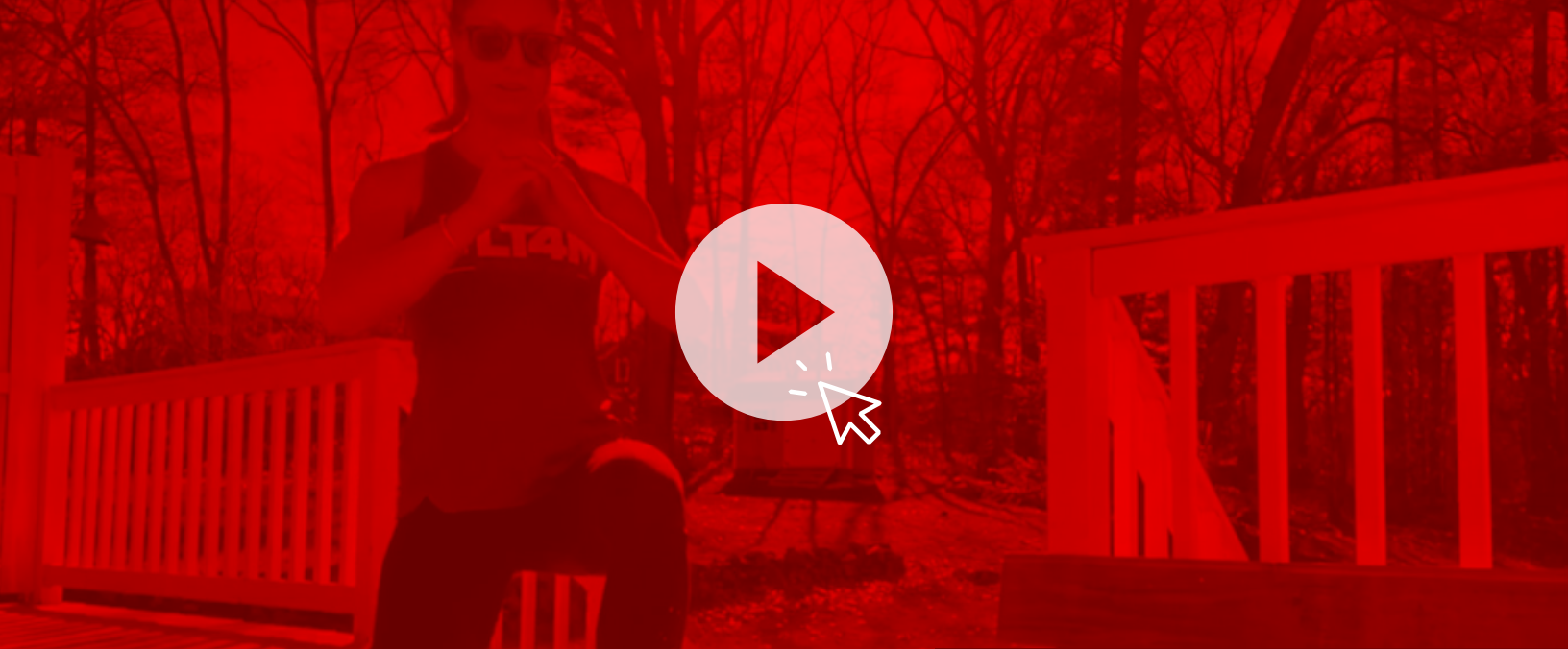
Intro to Fitness 1 & 2  
Intro to Strength 1 & 2  
- OR -

Suggested only for students who have a full education of both movement and strength training

## Assessments

Includes pre and post assessment of:

- 1 Mile Run (Aerobic Capacity)
- 2 Min Burpee (Anaerobic Capacity)
- Jump Rope (Skill)
- Push Up/Pull Up/Air Squat (relative Strength/Strength Endurance)
- Plank Hold



## FITNESS ANYWHERE

### Program Description

Each of these workouts has been programmed with the intention of being something ANYONE could complete ANYWHERE – aka without any sort of equipment at hand. We will at times recommend the use of household objects like sofas and chairs, or suggest trying to get outside to run, but for the most part everything is doable in the comfort of your own home, the gymnasium, or really anywhere with some space.

### Breakdown

- 30 Total Workouts (10 blocks of 3 workouts)
- Additional “Fitness Challenge” in each block
- Each session takes roughly 30 minutes
- This program does not have to be completed in order!

### Workout Format

Each workout begins with a guided warm-up, followed by movement prep, and ends with a “Finisher”. The Finisher is the meat and potatoes of the workout.

The entire workout is taught by one coach, providing a “follow-along” feel for students and athletes working out remotely.

### Audience

Grades 6–12: Students and athletes who have a complete education on all things fitness and performance and are looking to take training into their own hands for the first time without a special focus on strength training or athletic performance.

## Equipment NONE!

**OPTIONAL:** Students and athletes will have opportunities to add intensity through loading with the use of household objects.

## Requisites

Recommended that students have completed Intro to Fitness 1 & 2, or have a strong understanding of the fundamental movements and a baseline of strength and conditioning established.

Less experienced students may scale to the most basic (bodyweight) option. Those more experienced can “scale up” movements, with household objects or dumbbells, for increased difficulty.

## Assessments

Fitness Challenges are each repeated one time during the course of the program allowing for progress reporting:

- 1 Minute Push Up Test (Block 1 and 6)
- 1 Minute Air Squat Test (Block 2 and 7)
- 1 Minute Sit Up Test (Block 3 and 8)
- 2 Minute Burpee Test (Block 4 and 9)
- Max Elbow Plank (Block 5 and 10)





## DANCE FITNESS

### Program Description

Let's turn up the music and have some fun! This program aims to provide every student an engaging and welcoming introduction to the basics of dance fitness. We seek to introduce this form of cardio and dance fitness through a fully-developed lesson plan that allows students to learn new dance moves while getting their heart rates up and smiling!

### Breakdown

- 12 total lessons (4 sections of 3 lessons)
- 30 minutes per lesson
- Each lesson is broken down into warm-up, choreography, cardio effort, and cool down
- This program does not have to be completed in order!

### Lesson Format

Each lesson begins with a guided warm-up to prepare students for an entire dance fitness routine. The main focus of each lesson is the choreography and cardio effort, where students learn the moves for the day and then string them all together through a full routine. Finally, students will wrap up with a cool-down stretch that allows them to target the muscles they just worked on and bring their heart rates down. The entire 30 minutes includes music and follow-along instruction.

### Audience

Everyone! Grades 6-12. Anyone looking to move and groove while breaking a sweat. We encourage EVERY student to give this program a try.

## Equipment

No equipment needed! Just give yourself enough room to move around.

## Requisites

No formal requisites, open to everyone!

## Assessments

There are no formal assessments in this program.



# INTRO TO BOXING

## Program Description

An introduction to the fundamentals of boxing with a fitness twist. This program aims to introduce students to key boxing concepts like footwork, offense, and defense. In addition, students will build their general fitness skills with bodyweight exercises and different circuit style training.

These high-intensity workouts will bridge boxing skills and fitness fundamentals that are sure to be an excellent workout for any student.

## Breakdown

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 Minute Lessons
- Each lesson is broken down in 8 rounds of 3 minutes of work, 1 minute of rest.

## Lesson Format

Each workout is a total body workout! Odd rounds (1,3,5,7) consist of boxing exercises. Students will be instructed to practice different combinations and can practice at their own pace or follow along with Sean, our instructor. Even rounds (2,4,6,8) consist of bodyweight circuits. The 8th round wraps up with a core cashout. We occasionally switch up the format (boxing/fitness) of the rounds, but always follow an 8 round workout.

## Audience

No prior boxing experience needed! We do strongly recommend that students have taken part in some form of introductory fitness program as we jump right into bodyweight circuit training that requires a basic understanding of movements.

## Equipment

### Must Have:

- Open Floor

### Nice to Have:

- Boxing Bag
- Medball/Dumbbell for occasional optional loading

## Requisites

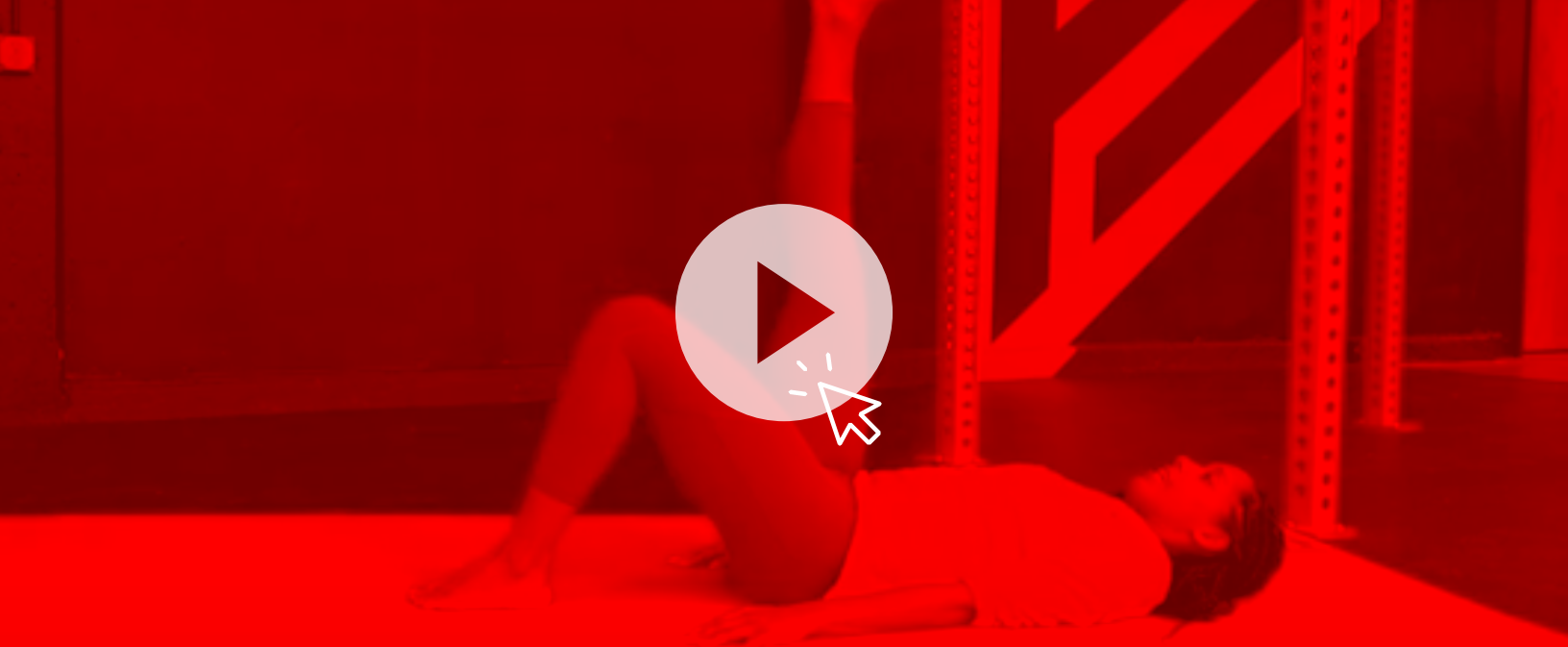
Intro to Fitness: Part 1  
Intro to Fitness: Part 2

- or -

Suggested for students who have had a comprehensive education of foundational human movement. This program assumes understanding of and relative mastery over the squat, hinge, press, pull, and lunge. We are building directly upon those learned patterns within our circuit training.

## Assessments

There are no formal assessments in this program.



## INTRO TO PILATES

### Program Description

Pilates is a low-impact form of exercise that is a great full body workout. Pilates focuses on control while enhancing balance, flexibility, and the mind-body connection. This introductory program provides an excellent challenge to all major muscle groups with a special emphasis on the core.

### Breakdown

- 12 Total Lessons | 4 Sections of 3 Lessons
- 20-30 Minutes per Lesson

### Lesson Format

All lessons are in a follow along format. Each lesson focuses on a specific pilates topic like control, centering, fluidity, precision, etc. There is a guided warm up that always starts with movements like hundreds, single leg circles, and rolling like a ball. Then students review core components of pilates while continuing to add in new variations and modifications throughout all the lessons.

### Audience

Everyone! Grades 6-12. Anyone looking to give pilates a try should begin with this fundamental program. This is meant to be a welcoming and inviting first try of pilates for all.

## Equipment

- Soft surface recommended! There is a lot of work on the ground and rolling on the spine that is done safely on a soft surface
- No reformer machines needed! This is a mat pilates program.

## Requisites

No formal requirements, open to all students!

## Assessments

There are no formal assessments in this program.



## INTRO TO YOGA PART 1

### Program Description

An introduction to the basics of yoga! We seek to develop a strong foundation in the basic areas of yoga that include standing, twisting, balancing, hips, spine, and core poses. This program seeks to onboard students of all backgrounds to yoga for the first time. With in-depth movement introductions and practice. The big focus of our yoga program is education without the intimidation that yoga can sometimes bring! The program culminates in student's first experiences with longform standard yoga flows and routines.

### Breakdown

- 12 total lessons (4 sections of 3 lessons)
  - 9 lessons of pose introduction, followed by mini-flows
  - 3 lessons of full flows
- 30 minutes per lesson

### Lesson Format

Each yoga session begins with a guided warm up, followed by movement and pose education, scaling modifications, and detailed technique work. Then, student's finish each lesson with guided flows that reinforce the major education points of the day. The final three lessons of this program put all the pieces together for more longform yoga flows!

### Audience

Everyone! Grades 6-12: Anyone looking to give yoga a try should begin with this fundamental program. This is meant to be a welcoming and inviting first try of yoga for all!

## Equipment

### Nice to Have

- Yoga Mat

## Requisites

No formal requirements, open to all students!

## Assessments

There here are no formal assessments in this program. Students are encouraged to progress onto Yoga Part 2 for continued education.





## INTRO TO YOGA PART 2

### Program Description

In Intro to Yoga Part 1, we introduced a basic Yoga foundation with in-depth movement instruction and practice. In Intro to Yoga Part 2, students will continue to grow in their yoga journey through longer form breath to movement flows while still practicing new pose variations along the way. Students will build the mind-body connection that comes with this form of exercise. Students will develop the stamina and capacity needed for full yoga workouts and be ready to continue to almost any yoga class with confidence!

### Breakdown

- 12 total lessons (4 sections of 3 lessons)
  - Each lesson is broken into 4 video parts:
    1. Intro, 2. Opening Flow/Warm-Up, 3. Flow, 4. Wrap Up
- 30 minutes per lesson

### Lesson Format

Each yoga session begins with a guided warm up and an opportunity for students to check-in mentally and physically to the day's lesson. Each lesson will follow a traditional yoga flow and move throughout an entire 30-minute workout. Lessons will also introduce 2-3 movement/pose variations embedded directly within the longer flows.

### Audience

Grades 6-12: Students who are interested in the primary movements of yoga and are looking to add this style of exercise to their fitness toolbox for long-term health and wellness.

## Equipment

### Nice to Have

- Yoga Mat

## Requisites

Intro to Yoga Part 1

- OR -

Students should have a basic understanding of foundational yoga movements. For example, they should be able to perform Warrior 2 with proper form and technique as a stand alone exercise before attempting to do it in a longer flow workout.

## Assessments

There are no formal assessments in this program.



## YOGA FLOWS

### Program Description

This program is all about the flow! In our Intro to Yoga series we introduced the basic foundations of yoga and slowly moved through basic flows. Now with a strong foundation, students will dive into more comprehensive yoga workouts with demanding breath to movement flows. We will continue to introduce more challenging poses and flow variations. Another added twist to this program is the introduction of Muscle Action Drills (MADS) that will help students target and work on both big and small muscle groups that support our yoga training.

### Breakdown

- 12 total lessons (4 sections of 3 lessons)
- Each lesson is broken into 3 video parts
  - 1. Intro 2. Full 30 Minute Flow 3. Savasana
- 30 minutes per lesson

### Lesson Format

Each yoga session begins with a guided warm up and an opportunity for students to check-in mentally and physically to the day's lesson. Each lesson will follow a traditional yoga flow and move throughout an entire 30-minute workout. Lessons will also introduce 2-3 movement/pose variations embedded directly within the longer flows.

### Audience

Grades 6-12—Students who are interested in the primary movements of yoga and are looking to add this style of exercise to their fitness toolbox for long-term health and wellness.

## Equipment

### Nice to Have

- Yoga Mat

## Requisites

Intro to Yoga Part 1, Intro to Yoga Part 2

- OR -

Students should have a basic understanding of foundational yoga movements and have the requisite stamina to complete a fully comprehensive 30 minute yoga workout. For example students should have a library of yoga movements already learned and know how to properly execute them in a longer flow workout.

## Assessments

There are no formal assessments in this program.



# INTRO TO FLEXIBILITY

## Program Description

What is flexibility? Isn't it just another word for mobility? While a common misconception, flexibility and mobility are NOT the same thing. Flexibility is in fact one element of Mobility. While mobility focuses on the intentional movement of a joint through its full range of motion (with control), flexibility refers to a muscle's ability to stretch beyond its normal resting state. Therefore, flexibility can certainly be said to be a prerequisite for good mobility. In this program, we aim to improve our flexibility through the use of static stretching. Why? Muscles all have a set length, but for a myriad of reasons like injury or poor posture, they often lose the ability to stretch to full length. This program aims to take the first step toward improving joint mobility by ensuring that our muscles can stretch to their functional limits.

## Breakdown

- 15 total lessons (5 sections of 3 lessons)
- 20 minutes per lesson
- Concludes with Squat Mobility Assessment

## Lesson Format

Each session begins with a brief introduction where we talk through the focus of each lesson. We will then move into the lesson, which is 20 minutes long, including 4-6 stretches for 2 or 2:30 minutes.

## Audience

Everyone! This is our first introduction into the world of Mobility, and it is a great place to start for kids of all ages.

## Equipment

### Nice to Have

- We suggest the use of a padded mat

## Requisites

You can jump into this program without any pre-reqs.

## Assessments

Culminates in a final "assessment" of:

- Squat Therapy



# INTRO TO MOBILITY

## Program Description

In this introduction to mobility, we aim to introduce some key mobility principles and techniques, with the goal of moving beyond simple “flexibility” and “stretching”. While we love stretching, it is only one piece of the larger mobility puzzle. To truly improve our mobility, we must equip ourselves with more advanced techniques like Self-Myofascial Release. Additionally, we review the concept of “Active Recovery”, and the role it plays in our mobility.

## Breakdown

- 15 total lessons (5 sections of 3 lessons)
- 30 minutes per lesson
- Concludes with Mobility Assessment

## Lesson Format

Each session begins with a brief introduction where we talk through the focus of each lesson, be it Stretching, SMR, or Active Recovery. We will then move into the lesson, which consists of one (sometimes two) long format, follow along videos.

## Audience

Everyone! Anyone looking to get into fitness should incorporate this fundamental program. Long term results come from setting a good foundation!

## Equipment

### Must Have

- Foam Rollers (Section 3&5)
- Lax or Tennis Balls (Section 4&5)
- We also suggest the use of a padded mat

## Requisites

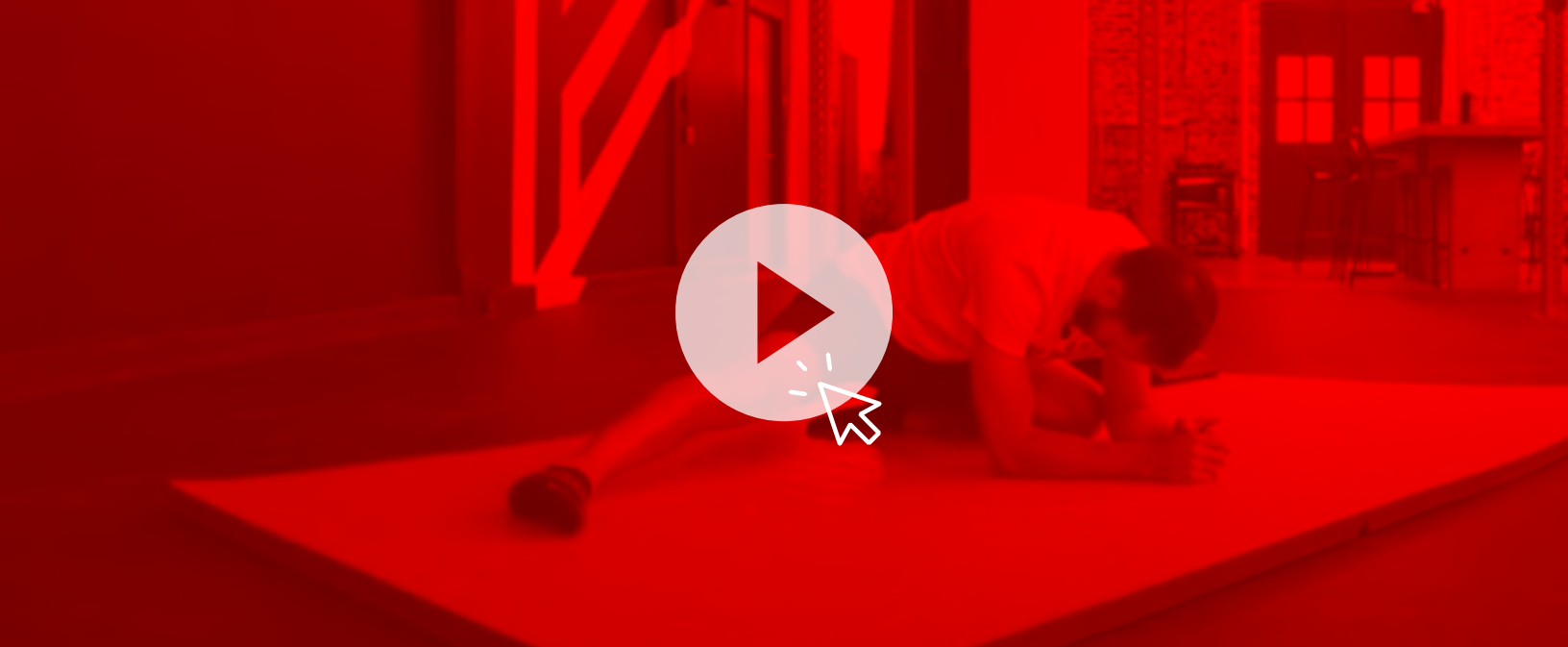
As we begin with two Sections of Stretching, you can jump into this program without any pre-reqs. However, improving your flexibility through Intro to Flexibility would be a good course to start with.

## Assessments

Culminates in a final “assessment” of:

- Squat Therapy





## STRETCHING ROUTINES

### Program Description

Stretching Routines features End Range Stretching sessions aimed at improving flexibility and range of motion. Throughout the program we use a variety of positions to target key muscles and joints, all with the end goal of making you more mobile and dynamic!

### Breakdown

- 26 total sessions
- Each session is 20 minutes
- This program does not need to be completed in sequential order

### Lesson Format

All lessons include a variety of end range stretches, with the goal of improving mobility around the key joints and muscles. Each lesson consists of one follow-along, 20 minute video.

### Audience

Everyone! This program is ideal for a classroom setting, streaming the session to a TV or Projector. If outside the classroom, students can perform as an individual through the app! Stretching Routines is best used as a complimentary program, or used on "off" days as recovery.

## Equipment

### Nice to Have

- Yoga Mat
- Medicine Ball or Block for assistance

## Requisites

No formal requisites, open to everyone!

## Assessments

There are no formal assessments within this program. Students are encouraged to progress onto MOB201 for continued education.



# FITNESS LITERACY

## Program Description

Fitness Literacy is a collection of 12 cognitive-domain assignments that serve as an excellent introduction to the world of fitness and training. Students need not possess any prior knowledge or experience.

## Breakdown

- 12 total assignments
- 3 sections of 4 lessons/assignments
- Each assignment takes roughly 15-30 minutes

## Lesson Format

Each lesson includes a written article, a summary video, and the accompanying assessment questions.

The 12 assignments are broken out into 3 distinct sections, from an introduction to the mental & physical effects of fitness, down to the mechanics of foundational human movement.

[Section 1](#): Why Fitness?

[Section 2](#): Fitness Concepts

[Section 3](#): Foundational Movements

## Audience

Everyone! Grades 6-12. Anyone looking to get into fitness should begin with this fundamental program.

## Equipment

Students must have internet access to view assignment content via PLT4M account.

## Requisites

No formal requisites, open to everyone!

## Assessments

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.



## INTRO TO NUTRITION

### Program Description

We all eat! But we don't always get our nutrition information from the place that makes the most sense. This is your complete guide to making sense of the basic nutrition in a world of information overload. This supplemental program will introduce basic concepts of nutrition and what growing bodies need to eat (calories), begin to understand the macronutrients (carbohydrates, protein, and fat), and finally connect all the pieces to our everyday lives. This program combines videos and written lessons to help students and athletes better understand concepts of nutrition and how they can apply them to their day to day lives.

### Breakdown

- 13 Chapters
- Each chapter takes 30 minutes

### Lesson Format

Each lesson contains a 5-10 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 30 minutes per lesson.

### Audience

Grades 7–12: Any student looking to expand upon their nutrition knowledge. An excellent nutrition education that will compliment any training program.

## Equipment

Students must have internet access to view assignment content via PLT4M account.

Chapters can be assigned and accessed digitally via PLT4M, or can be distributed using the full PDF e-Book.

## Requisites

No formal requisites; open to all students

## Assessments

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.



## APPLIED NUTRITION

### Program Description

In our first introductory series, we worked through fundamental and foundational elements of nutrition. Now it is time we tackle weight and all the intricacies of the subject. This program's goal is to get real about weight and help reorient students so that they can understand the multitude of factors that contribute to overall health and wellness. After breaking it all down, we can talk about some of the factors that surround more specific concepts like eating disorders, emotional eating, and more.

### Breakdown

- 9 Chapters
- Each chapter takes 30 minutes

### Lesson Format

Each lesson contains a 5-10 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 30 minutes per lesson.

### Audience

Grades 7–12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of overall health and wellness. An excellent introduction to nutrition that will compliment any training program.

## Equipment

Students must have internet access to view assignment content via PLT4M account.

Chapters can be assigned and accessed digitally via PLT4M, or can be distributed using the full PDF e-Book.

## Requisites

Introduction to Nutrition

## Assessments

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.



## INTRO TO MINDFULNESS

### Program Description

Mindfulness is paying attention to what's happening on purpose with kindness, curiosity, without judgment. This program will address the key components and standards of social emotional learning including self-awareness, self-management, responsible decision making, relationship skills, and social awareness. Throughout this program, students will be introduced to key concepts around mindfulness and practice skills that they can apply to their everyday lives.

### Breakdown

- 15 total lessons (5 sections of 3 lessons)
- Roughly 20 minutes per lesson

### Lesson Format

Centering - allowing us to arrive and be present in our lesson together

Focus Topic Breakdown - learning about the background and breakdown of different elements of mindfulness

Movement - warming ourselves up and helping us to get ready for our full practice

Mindfulness Practice - putting mindfulness into action and building skills that we can continue using outside of class

### Audience

Everyone! Grades 6-12. This is a great social emotional learning program for any student that has not had any previous formal mindfulness training.

## Equipment

Students must have internet access to view program content via PLT4M account.

## Requisites

No formal requirements, open to all students!

## Assessments

Each lesson has a short closing video that will invite students to a practice mindfulness on their own outside of class. These send off videos can easily be turned into assignments by a teacher.





## ATHLETE ON-RAMP

### Program Description

Serving as a multi-functional approach to on-ramping athletes into performance training, the GPP (“General Physical Preparedness”) & Transition Program can be a useful tool for athletes of all experience levels. Use this program as an end-to-end on-boarding process for brand new athletes prior to letting them join your full training regimen, or, as the bridge between seasons/cycles for more experienced competitors.

### Breakdown

- 20 Total Training Sessions | 5 Blocks of 4 Sessions
  - 4 Sessions of Bodyweight & Band Work
  - 4 Sessions with Lightweight External Object Training - MBs/ DBs/KBs/Etc
  - 12 Sessions with Barbell Training: from Empty Bar Technique, to setting Baseline Working Maxes
- Each session takes roughly 45-60 minutes

### Session Format

Each training session includes a guided warm-up, followed by an element of Speed/Power development, then a focus on the core movement patterns of the day for load and/or volume. We will include accessory work as weeks progress. Each session concludes with either traditional “conditioning” of Aerobic/ Anaerobic systems, or a “Finisher” that serves much the same purpose.

### Audience

Grades 9–12: An excellent option for almost any athlete looking to wind up to a true “off-season” training cycle.

## Equipment

### Breakdown Per Block

- **Block 1** - Bands and/or Medicine Balls
- **Block 2** - Bands and/or Medicine Balls, Dumbbells and or Kettlebells
- **Block 3** - Barbells, Racks, Benches, and/or Dumbbells and/or Kettleballs

## Requisites

While we ALWAYS recommend that ALL athletes engage in the complete curriculum offered through our Intro to Fitness and Weight Training programs, for a complete training education, the GPP Program does not explicitly require any prior training experience.

## Assessments

Establishment of first-time/current working maxes for:

- Squat (Back)
- Bench (Bench Press)
- Clean (Hang Power Clean)



## PERFORMANCE ANYWHERE

### Program Description

No weight room? No problem. Our Remote Athletic Development program is a complete performance training regimen, tackling the PLT4M Performance goals of Power, Control, & Capacity, just like our traditional off-season programs...without barbells. Each week is complete with dedicated speed and power ("field") work, odd-object/at-home strength and hypertrophy development, full body stability and coordination, and continual capacity and conditioning.

### Breakdown

- 60 total workouts | 15 weeks of 4 sessions
- Additional mobility session each week
- Each session takes 45-75 minutes
- Mobility sessions are 20 minutes

### Workout Format

Each session begins with a warm up, followed by an element of Speed/Power development, then a focus on core movement patterns & accessory. Each session concludes with conditioning or a "Finisher".

### Audience

Grades 9–12: Serious athletes looking to better themselves without access to the weight room.

## Equipment

# NONE!

Optional: Students and athletes will have opportunities to add intensity through loading with the use of household objects, dumbbells, or kettlebells.

## Requisites

Intro to Fitness 1 & 2

- OR -

Suggested for athletes in grades 9–12 who have had a full education of both movement and basic resistance training and wish to focus on the development of athletic ability through targeted training, but do not have regular access to a complete weight room. Athletes should already have relevant "maxes" of necessary lifts and should not be completely "un-trained" (no workouts in previous 2+ months).

## Assessments

There are no formal assessments; although, athletes will have an opportunity to record results for their "finisher" scores.



## IN-SEASON TRAINING

### Program Description

This program is designed for athletes engaged in a competitive athletic season. Our focus, here, is on maintenance – allowing the athlete to remain as close to peak performance as possible for the duration of a season. We aim to keep as much of our hard-earned gains from the off-season as possible, while also keeping the body healthy and resistant to injury during the rigors of competition.

### Breakdown

- 10 weeks consisting of:
  - 2 total body lifts
  - 1 Active Recovery Day
  - 1 Mobility session
- Each workout takes roughly 30 minutes

### Workout Format

Each session begins with a warm up, followed by an element of Speed/Power development, then a focus on core movement patterns & accessory. Each session concludes with conditioning or a “Finisher”.

### Audience

Grades 9–12: Serious athletes looking to better themselves without access to the weight room.

## Equipment

### Must Have

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/RING
- “Run Option”

### Nice to Have

- Kettlebells
- Jump Rope
- Plyo Boxes
- Foam Roller /Lax Ball
- Cardio Machines
- Bands

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2

- OR -

Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have relevant “maxes” of necessary lifts and should not be completely “un-trained” (no workouts in previous 2+ months). Your season is NOT the time to try training for the first time without proper education!

## Assessments

Continual Tracking of:

- Back Squat
- Bench Press
- “Clean”



# 4-DAY OFF-SEASON TRAINING

## Program Description

This program is aimed at developoing the complete athlete through Strength, Power, Control, & Capacity work, all built into a 4-Day lifting schedule. Over the course of 48 total sessions, two major training cycles will be employed, with pre-, mid-, and post assessment of all the relevant performance markers listed below. In each 24-session cycle, a major emphasis will be placed on building raw total-body strength through the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or “Power”, through a progression of plyometrics and the “Clean” movement – utilizing all it’s “Power” variations, from the top down. Lastly, we will consistently build durability and work capacity through a blend of active stability/ mobility work, hypertrophy training, accessory strength development, and metabolic conditioning.

## Breakdown

- 48 total training sessions
  - 12 weeks, 4 sessions scheduled per week
- Each workout takes roughly 45 minutes

## Workout Format

Each training session contains a brief guided warm up, stability and pre-hab work, plyometrics, max strength & power development (powerlifts and olympic weightlifting), and supplemental strength training (unilateral work, push/pull, etc). Every other training session will also end with an intense, competitive “Pillar” workout with complete instruction.

## Audience

Grades 9 –12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

## Equipment

### Must Have

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benchs
- Pull-Up Bar /TRX/ Rings
- Jump Rope
- Bands

### Nice to Have

- Kettlebells
- Plyo Boxes
- Foam Roller /Lax Balls
- Carido Machines

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2  
- OR -

Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have recent, relevant working “maxes” of Squat, Bench, Clean, and Deadlift, and should not be completely “un-trained” (no workouts in previous 2+ months).

## Assessments

### Continual Tracking of:

- Squat Working Max
- Press Working Max
- Clean Working Max

### Performance:

- Vertical Jump
- Pull-Up
- Push/Squat
- Jump Rope
- Plank Hold
- Broad Jumps
- Grip Hangs

1 RM Assessments: Bench Press, Strict Press, Back Squat, Front Squat, Clean, Deadlift



# 3-DAY OFF-SEASON TRAINING

## Program Description

This program is aimed at developing the complete athlete through Strength, Power, Control, & Capacity work, all built into a 3-Day lifting schedule. Over the course of 48 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below. In each 24-session cycle, a major emphasis will be placed on building raw total-body strength through the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or “Power”, through a progression of plyometrics and the “Clean” movement – utilizing all its “Power” variations, from the top down. Lastly, we will consistently build durability and work capacity through a blend of active stability/ mobility work, hypertrophy training, accessory strength development, and metabolic conditioning.

## Breakdown

- 48 total training sessions
  - 16 weeks, 3 sessions scheduled per week
- Each workout takes roughly 45 minutes

## Workout Format

Each training session contains a brief guided warm up, stability and pre-hab work, plyometrics, max strength & power development (powerlifts and olympic weightlifting), and supplemental strength training (unilateral work, push/pull, etc). Every other training session will also end with an intense, competitive “Pillar” workout with complete instruction.

## Audience

Grades 9 –12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

## Equipment

### Must Have

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar /TRX/ Rings
- Bands
- Jump Ropes

### Nice to Have

- Kettlebells
- Plyo Boxes
- Foam Roller/ Lax Ball
- Cardio Machines

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2  
- OR -

Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have relevant “maxes” of necessary lifts and should not be completely “un-trained” (no workouts in previous 2+ months).

## Assessments

### Continual Tracking of:

- Squat Working Max
- Press Working Max
- Clean Working Max

### Performance:

- Vertical Jump
- Pull-Up
- Push/Squat
- Jump Rope
- Plank Hold

1 RM Assessments: Bench Press, Strict Press, Back Squat, Front Squat, Clean, Deadlift





# 2-DAY OFF-SEASON TRAINING

## Program Description

A variation of our standard 300-Level Athletic programming, this program is aimed at developing a complete athlete, “in-the-gym”, through Strength, Power, Control, & Capacity development, all built into a 2-Day training schedule. Over the course of the program, we place an emphasis on building raw total-body strength through unique phases of the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or “Power”, through different plyometrics, ballistics, and a full progression of the “Clean” movement - utilizing all of it’s variations from the top down. Lastly, we will consistently build durability and work capacity through a blend of hypertrophy training, accessory strength work, and metabolic conditioning.

## Breakdown

- 12 weeks (2 lifts per week)
- Each workout takes roughly 50-70 minutes

## Workout Format

Each weight training day contains a brief warm up (with dynamic movement, mobility, and technique work), pre-hab & activation (injury prevention, core, etc), power development (plyo, ballistics, and/or OLY lifts), max strength (powerlifts), accessory strength work (unilateral work, push/pull, etc), and a short “finisher” for capacity and volume, complete with full instruction & explanation.

## Audience

Grades 9 –12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

## Equipment

### Must Have

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar / TRX/ Rings
- Run Options

### Nice to Have

- Kettlebells
- Jump Rope
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines
- Bands

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2  
- OR -

Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have relevant “maxes” of necessary lifts and should not be completely “un-trained” (no workouts in previous 2+ months).

## Assessments

- |                          |               |
|--------------------------|---------------|
| ▪ Vertical Jump          | ▪ Back Squat  |
| ▪ Jump Rope              | ▪ Front Squat |
| ▪ Plank Hold             | ▪ Bench       |
| ▪ 1 Min Push-Up/AirSquat | ▪ Clean       |
|                          | ▪ Deadlift    |
|                          | ▪ Press       |
|                          | ▪ Pull-Up     |



# SPEED TRAINING PROGRAM



## SPEED TRAINING

### Program Description

This program is aimed at developing an athlete's speed and change of direction ability. Over the course of 24 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below. In each 12-session cycle, a major emphasis will be placed on building pure speed through the combination of acceleration work, max velocity training, and true sprinting. Simultaneously, we will hone our running mechanics for maximally efficient movement, grow our stride rate of force production, or "Power", and develop our ability to break through deceleration/force absorption. Lastly, we will put it all together through intentional, closed-chain change of direction drills designed to improve coordination and movement economy through athletic patterns.

### Breakdown

- 24 total training sessions (12 weeks, 2 sessions per week)
- Each workout takes roughly 30 minutes
- Meant to be performed on any off day, or BEFORE any weight training season

### Workout Format

Each training session contains a brief guided warm up, running technique or acceleration/deceleration power development work, followed by intentional speed training (acceleration/top speed/full sprinting), and concluded with change of direction drills.

### Audience

Grades 9 – 12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

## Equipment

### Must Have

- Open grass/turf area
- Cones
- Stopwatch

### Nice to Have

- Track or lined field
- Timing Equipment

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2

- OR -

Athlete On-Ramp Program suggested for athletes who have had an education of both movement and strength training.

## Assessments

- Speed
  - Acceleration
    - 20yd Dash
  - Top Speed
    - 40yd Dash
- Change of Direction
  - Quickness
    - Pro-Agility or 5-10-5
  - Curvilinear Running
    - T-Drill (sprint variation)

# CONDITIONING PROGRAM



## CONDITIONING

### Program Description

This program is aimed at developing an athlete's work capacity across both the aerobic and anaerobic domains. Over the course of 24 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below. In each 12-session cycle, we place an emphasis on building aerobic capacity through the use of extensive tempo runs, and anaerobic capacity through intensive tempo sprinting. Each variation of tempo running utilizes set intervals with prescribed distances, reps, and work-to-rest ratios.

### Breakdown

- 24 total training sessions
  - 12 weeks (2 scheduled sessions per week)
- Each workout takes roughly 30 minutes
- Meant to be performed on ANY off-day or AFTER any weight training session

### Workout Format

Each training session contains a brief guided warm up, followed by our tempo run prescription of the day.

### Audience

Grades 9 – 12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.

## Equipment

### Must Have

- Open grass/turf area
- Cones
- Stopwatch

### Nice to Have

- Track or lined field
- Timing Equipment

## Requisites

Intro to Fitness 1 & 2;  
Intro to Strength Training 1 & 2

- OR -

Athlete On-Ramp Program suggested for athletes who have had a an education of both movement and strength training.

## Assessments

- Aerobic Capacity
  - 1 Mile Run
- Anaerobic Capacity
  - 300m Shuttle

# THE PLT4M GLOSSARY

When it comes to fitness and training, we need to be comfortable with a whole new language.

Activity in the gym is prescribed, constrained, and explained by words, concepts and terms that are foreign to most people. Often, this language barrier can intimidate new trainees - but that shouldn't be the case!

To help our new students and athletes navigate this world and its accompanying language, we thought it would be helpful to create a one-stop-shop glossary of fitness terms that come up in our programs.

The list isn't exhaustive, by any means, but it's a great start towards being comfortable with the jargon of fitness and training.

Check it out in the coming pages!

## REP

Abbreviation for "repetition." The number of times you are to perform a movement pattern in one set of an exercise. So if you do 5 push ups in a row before you go to pull ups, that's "5 reps".

## SET

A group of reps. If, say the movement prep before a finisher calls for 2 sets of 5 reps (2x5), you'll perform 5 reps of the movement. That's one set. Then, you rest briefly before performing the second set of 5 reps.

## SINGLES

Sets of just one rep. Performing the movement, then resting and resetting before hitting another rep.

## SUPER-SET OR "GIANT SET"

A combination of movements and sets. We are effectively pairing two movements as one. This means we perform the first set of an exercise, then immediately perform the first set of a second exercise (with no real break in between). After completing both exercises, we rest before beginning the second set of both movements.

## VOLUME

"How much." There are a few ways to determine volume. The simplest and most common way, though, is to look at how many total reps and sets are completed in a given workout. So 4 sets of 10 reps would be higher volume than 5 sets of 3.

## LOAD

"How heavy." We are simply talking about the weight of an object used during a movement. For example, the load used for a MB Thruster would be the weight of the ball.

## TECHNICAL FAILURE

The point in any movement when your muscles are so fatigued that you cannot complete any more reps with PROPER form. Sometimes you'll see workouts telling you to perform sets that push you close to, or up until failure. This means you perform as many reps as you can (with strict form) on that set.

## FINISHER

PLT4M's workout-within-a-workout. Often, the way we finish a training session - combining the movements we have practiced in a more up-beat, self-competitive format. Will usually come with the ability to log a "score" for tracking purposes.

## AMRAP

Abbreviation for "As many reps (or rounds) as possible" in a given time period. For example, a Finisher may be labeled as AMRAP8 - which means we are to complete the exercises, in order, as many times through as possible during a running 8 minute clock. You are to keep a running tally of the total reps performed as your "score".

## **EMOM**

Abbreviation for “Every Minute, On the Minute.” A style of workout used in some of our Finishers in which you are utilizing a running clock for a given amount of time (EMOMx8 = 8 minutes for example), and performing a certain amount of work each minute, resting for the remainder.

For example, EMOMx8: 7 Burpees, 7 Air Squats means:

Set a clock to run for 8 minutes. At the top of every minute (0:00, 1:00, 2:00...), perform 7 burpees, followed by 7 air squats. Then, rest for the remainder of the minute, however long it may be. Once the next minute hits, repeat the work. We are finished after we complete the 8th round of 7 & 7.

## **SCALING**

An approach to movement execution that allows a foundational pattern to be performed through a spectrum of difficulties. We “Scale” the push up, for example, through elevation. This allows us to perform the given movement, for the prescribed volume, no matter our current individual ability.

## **STRICT**

A rep or movement performed with complete control. A pull-up, for example, moved through a complete range of motion without any movement in the hips and core.

## **UNILATERAL**

Meaning a rep or movement performed by “one side of the body,” or a single limb. The “Lunge” is an example of a unilateral lower body movement, compared to a standard bilateral (two legged) squat.

## **ROM**

“Range of Motion”

## **PVC**

Plastic tubing often used as a fitness tool, replacing the functional place of a weighted barbell.

## **MB**

“Medicine Ball”. Most specifically, the soft “Dynamax” version of the classic fitness tool. the functional place of a weighted barbell.

## **DB**

“Dumbbell” - A type of free weight that is widely used in fitness and strength and conditioning.

## **FRONT RACK**

Taken from Weightlifting, this is the process by which we hold any “load” with the arms, up against the chest and under the chin.

## **STRENGTH**

Force produced against an external resistance - even just your own bodyweight, or gravity. When performing a simple push up, you are exerting force on the ground against your own bodyweight. The more force you can produce, the stronger you are, and the more reps you can perform. A push up from the floor requires more strength than an elevated push up. Strength also makes all other physical attributes better.

## **MUSCULAR ENDURANCE**

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Long-distance running and high-rep bodyweight movements (push-ups, pull-ups) are displays of muscular endurance (and strength).

## **POWER**

Power is strength displayed quickly. It’s the ability to contract a large amount of muscle units in a short amount of time. Examples of power in action: standing vertical jump, sprinting, throwing.

## **FLEXIBILITY**

The ability of a muscle to temporarily stretch beyond its resting state, when needed. Even more specifically, it is your muscles’ ability to tolerate being stretched, neurologically speaking. Basically, if you improve your flexibility through, say, static stretching, your body can move through more extreme ranges of motion without pain.

## **ISOMETRIC (CONTRACTION)**

The contraction of a muscle without significant movement. For example, this is what your abs, and lower back muscles do during a standard elbow plank. Really your entire “core” works this way. Its job is to stabilize, via isometric contraction, the entire trunk, to keep your spine in proper alignment as you move through dynamic full-body movement patterns...especially when we add load.

## **PLYOMETRICS**

A type of exercise that involves a quick “countermovement” followed by an explosive contraction. The most common plyometric exercises involve jumping.

## **MIDLINE**

A kinesiology term describing an imaginary line running down the middle of the body, and separating its right and left sides. Most often, we refer to the midline as your “core” and its ability to remain stable during movement.

# ABOUT US

## Who We Are

Above all else, the PLT4M team are coaches and educators, too. We are on the sidelines in the fall and behind the bench in the winter. We have an intimate understanding of the challenges that educators face when trying to train and work with students and athletes.

Everything we do, every feature we build, every program we release is done with the intention of making the lives of our educators and athletes better.

## Philosophy

We believe in a holistic approach to instilling lifelong fitness and improving athletic performance. PLT4M is a curriculum built around progression and planning. We believe in setting common foundations, progressing students through a holistic education into specific fitness tracks that allow them to realize their fullest potential, all while recognizing that no two individuals are the same.



## Contact Us

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