

Emeryville Sports Physical Therapy

Exercise Progressions:

Everyone has different ways of progressing workout. The key is increments that you can handle, in a strategic way that better your ability to function. If affordable, progressions are coached directly by trainers, coaches and medical professionals. But you can read and learn how to progress like the professionals.

I. Cardiovascular Progression: Progress by 10% increments as tolerated. Your goal is to train at a target heart rate at 30 minutes per day, with a warm up and cool down of 10 minutes each. Modify your intensity to achieve target heart rate by adding speed, incline, and resistance. Remember, this is supposed to make you feel good afterwards, so if you experience chest pain, shortness of breath and other cardiac signs...stop and get medical help.

II. Core Progression:

Progress to three minutes per exercise. If this is easy, then you need to add resistance, speed or narrow your base of support. For example, marching with one leg touching the ground can go to no legs touching the ground to reduce the base of support. If you perform an exercise with one pound and it is easy, and then consider two pounds. With core exercise, you should be in control at medium effort rather than holding your breath in maximum effort.

III. Flexibility:

The larger muscles will stretch better with 60 second stretches. 20 seconds is adequate. The key to progressing is to practice your breathing and body alignment. Progress by combining abdominal breathing and stretching and finding neutral spine positions with the stretch. Also, progress your ability to warm up before the stretching.

IV. Strength Training:

1. **Resistance progression:** You should be able to perform 8 repetitions. Choose a weight that you can manage at 8 repetitions and progress as tolerated to 15 repetitions.

2. **Repetition Progression:** At 15 repetitions and easy effort, you probably are ready to increase the weight. Try one more pound, and see if you reduce in your repetitions to 8-10. If yes, and you tolerate then use the increased weight.

3. **Set Progression:** Progress your sets from 1-3 sets. The first set should be 50% of your goal in resistance, and then you can progress toward your training weight. Sometimes people use 5 and 7 sets. If you choose to increase to 5-7 sets, try reading on the subject such as "Body for Life" by Bill Phillips.

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.