



BRIAN DANLEY FITNESS

FLEXIBILITY

Purpose: To increase your joint range of motion

RESISTANCE TRAINING:

BEGINNER (< 8 MO)

FREQUENCY =	5 - 7 X / WK
LOAD =	SLIGHT DISCOMFORT
SETS =	2 - 3
SET DURATION =	15 - 30s
WORKOUT DURATION =	5 - 10 MINS

INTERMEDIATE (8 - 18 MO)

FREQUENCY =	5 - 7 X / WK
LOAD =	SLIGHT DISCOMFORT
SETS =	2 - 3
SET DURATION =	15 - 30s
WORKOUT DURATION =	5 - 10 MINS

ADVANCED (> 18 MO)

FREQUENCY =	5 - 7 X / WK
LOAD =	SLIGHT DISCOMFORT
SETS =	2 - 4
SET DURATION =	15 - 30s
WORKOUT DURATION =	5 - 10 MINS

WORKOUT PROGRAMS:

- **JOINT MOBILITY TRAINING**
- **ROTATOR CUFF TRAINING**
- **ROTATION TRAINING**
- **YOGA TRAINING**

CARDIO TRAINING:

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	60 - 85% HRR
WORKOUT DURATION =	20 - 45 MINS

WORKOUT PROGRAMS:

- **SLOW / LONG DISTANCE TRAINING**
- **CROSS TRAINING**
- **CIRCUIT TRAINING**