



BRIAN DANLEY FITNESS

STRENGTH CONDITIONING

Purpose: To get stronger, boost energy and build endurance

RESISTANCE TRAINING:

BEGINNER (< 8 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	80 - 85% 1-RM
SETS =	1 - 6
REPS =	6 - 8
REP SPEED =	MOD SLOW
SET DURATION =	20 - 30s
REST DURATION =	2 - 5 MINS
WORKOUT DURATION =	30 - 60 MINS

INTERMEDIATE (8 - 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	80 - 85% 1- RM
SETS =	2 - 6
REPS =	6 - 8
REP SPEED =	MOD SLOW
SET DURATION =	20 - 30s
REST DURATION =	2 - 5 MINS
WORKOUT DURATION =	30 - 70 MINS

ADVANCED (> 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	80 - 85% 1-RM
SETS =	2 - 6
REPS =	6 - 8
REP SPEED =	MOD SLOW
SET DURATION =	20 - 30s
REST DURATION =	2 - 5 MINS
WORKOUT DURATION =	30 - 90 MINS

WORKOUT PROGRAMS:

- CIRCUIT TRAINING
- SUPERSET TRAINING
- 3-DAY SPLIT TRAINING
- TRX-RIP TRAINING
- UNILATERAL TRAINING
- ALTERNATE HIGH-LOW TRAINING
- ALTERNATE HEAVY-LIGHT-MEDIUM TRAINING
- UPPER-LOWER BODY TRAINING
- CORE TRAINING

CARDIO TRAINING:

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

WORKOUT PROGRAMS:

- FARTLEK TRAINING
- INTERVAL TRAINING
- REPETITION TRAINING