

Functional Progression Towards Optimal Strength for Aging Populations
Phase 1
1/07/2020 – 3/10/2020

Client: [REDACTED]
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The Client completed the 12-week Functional Progression Towards Optimal Strength for Aging Populations during the months of January 2020 through March 2020. The program was designed by LiveWell Southwest Florida and implemented by Andrew Sokolowski of LiveWell Southwest Florida.

The program design was intended to improve upon current strength levels of functional movement patterns. The program was designed to be completed as two varying strength days with at least 24 hours between sessions. The program began with a two to three-week movement efficiency phase designed to eliminate any, and all improper movement, inefficiencies, and to address any concerns before moving forward.

Following the movement efficiency phase the Client was tested on each of the movements (Glute Bridge, Sit to Stand, Band Pull Through, Dumbbell Deadlift, Hamstring Curl, Horizontal Row, Goblet Squat, Dumbbell Sumo Deadlift, Dumbbell Romanian Deadlift, and Leg Extension). The Client was instructed to achieve a very challenging set (8-10RPE) during the initial testing phase. Following initial testing, weights and reps were then converted to calculate one-rep maximums (1RM) for each movement. At the end of the program the client was retested on each of the movements.

The program was then completed through various weeks of strength focus, and volume focus with appropriate external loads applied. The weeks designated as strength followed a linear progression of a 3% increase each week. The weeks designated as volume remained at consistent percentage, however the Client was instructed to obtain as many reps as possible, and an intended goal of surpassing the previous 'volume week'.

Following are the results of each of the movements completed, and their appropriate growth representation.

Sit to Stand

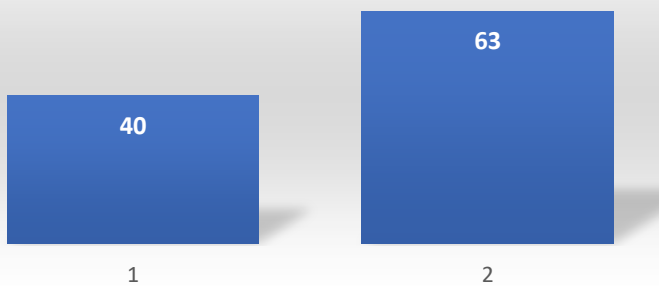


Initial test (1RM calculation) was determined using the clients initial test results after completed 9 repetitions with an additional 6 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 7 reps with an additional 10 pounds of external load.

The Client demonstrated improvement of 50% from initial testing through retest.

Glute Bridge

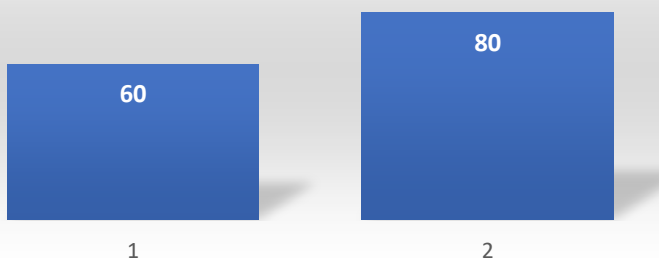


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 12 reps with an additional 44 pounds of external load.

The Client demonstrated improvement of 58% from initial testing through retest.

Band Pull Through

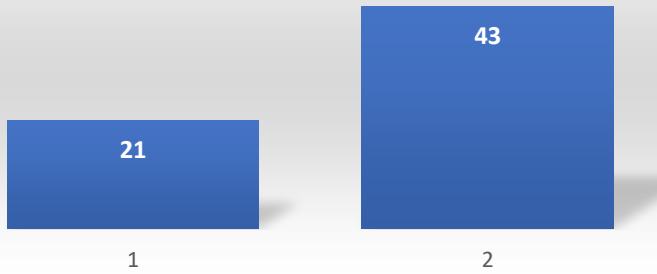


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 45 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 60 pounds of external load.

The Client demonstrated improvement of 33% from initial testing through retest.

Dumbbell Deadlift



Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 16 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 12 reps with an additional 30 pounds of external load.

The Client demonstrated improvement of 105% from initial testing through retest.

Hamstring Curl

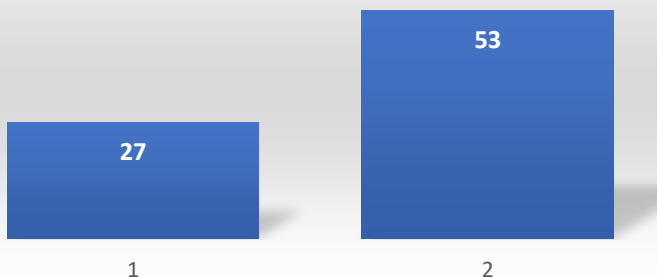


Initial test (1RM calculation) was determined using the clients initial test results after completed 8 repetitions with an additional 16 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 16 reps with an additional 33 pounds of external load.

The Client demonstrated improvement of 155% from initial testing through retest.

Horizontal Row

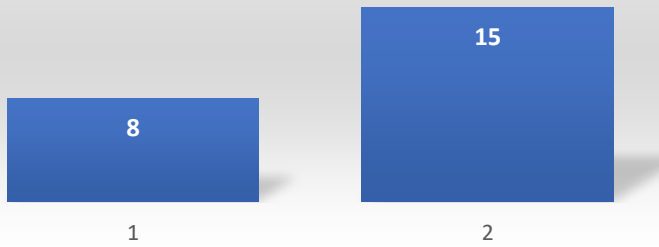


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 20 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 40 pounds of external load.

The Client demonstrated improvement of 96% from initial testing through retest.

Goblet Squat

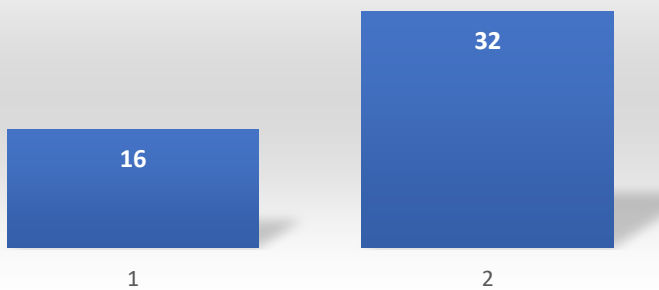


Initial test (1RM calculation) was determined using the clients initial test results after completed 7 repetitions with an additional 6 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 15 reps with an additional 10 pounds of external load.

The Client demonstrated improvement of 88% from initial testing through retest.

Dumbbell Sumo DL

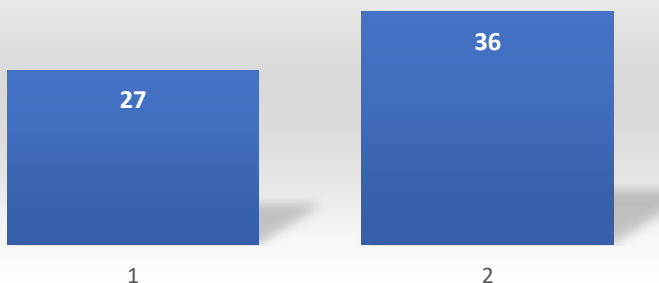


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 12 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 24 pounds of external load.

The Client demonstrated improvement of 100% from initial testing through retest.

Dumbbell Romanian DL



Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 20 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 15 reps with an additional 24 pounds of external load.

The Client demonstrated improvement of 33% from initial testing through retest.

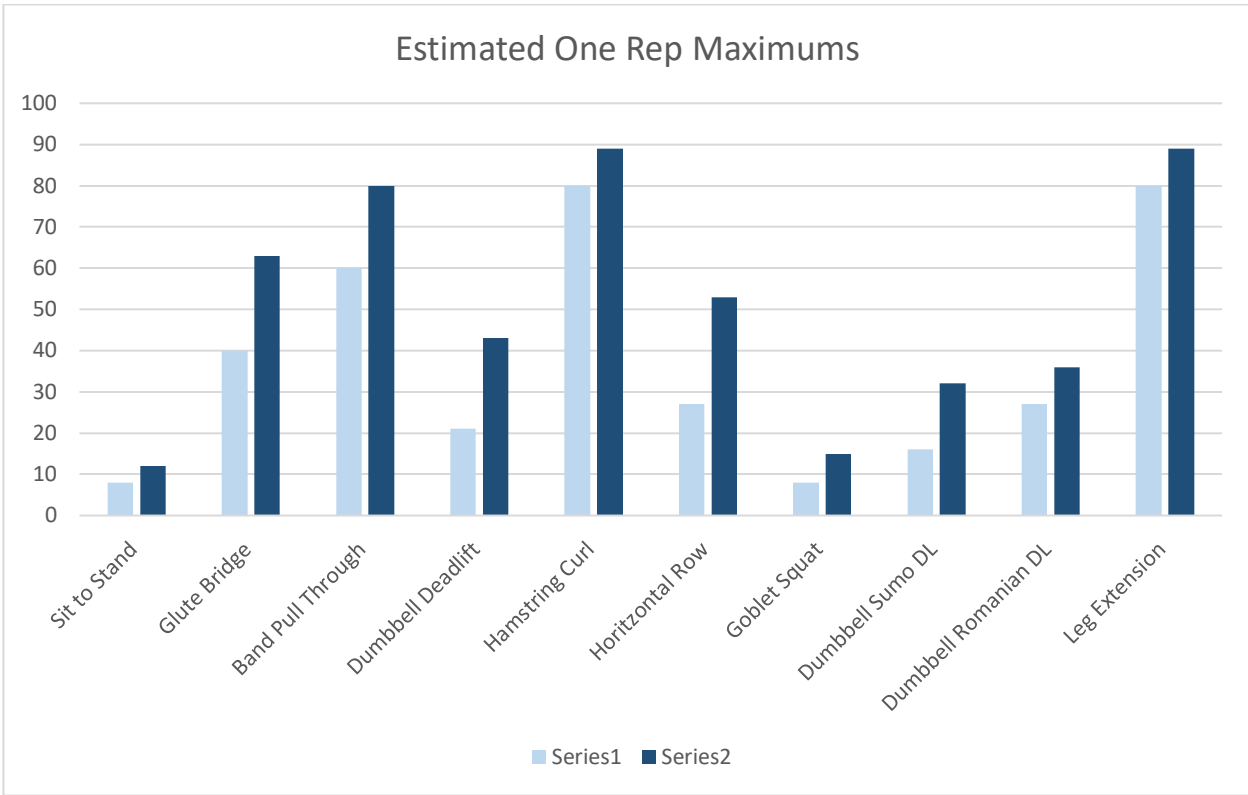
Leg Extension



Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 60 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 14 reps with an additional 60 pounds of external load.

The Client demonstrated improvement of 11% from initial testing through retest.



The graph above depicts the Client’s growth over the 12-week period. Each of the movements tested showed growth, ranging from 11 to 105 percent. The Client improved by an average of 54%.

The improvements made over the 12-week period help to ensure the physical capabilities are met, helping to ensure the Client remains independent, continues with hobbies, and maintains current health status.



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