

Functional Progression Towards Optimal Strength for Aging Populations
Phase 1
12/18/2019 – 3/04/2020

Client: [REDACTED]
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The Client completed the 12-week Functional Progression Towards Optimal Strength for Aging Populations during the months of December 2019 through March 2020. The program was designed by LiveWell Southwest Florida and implemented by Andrew Sokolowski of LiveWell Southwest Florida.

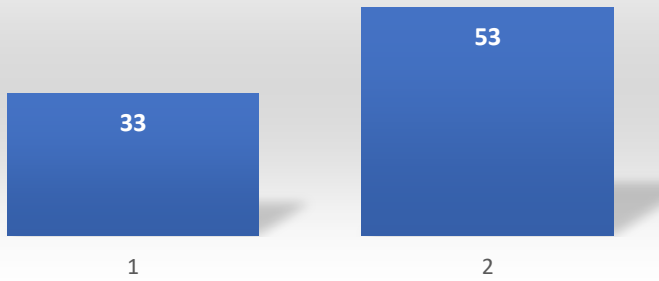
The program design was intended to improve upon current strength levels of functional movement patterns. The program was designed to be completed as two varying strength days with at least 24 hours between sessions. The program began with a two to three-week movement efficiency phase designed to eliminate 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, Horizontal Row, Goblet Squat, Dumbbell Sumo Deadlift, Dumbbell Romanian Deadlift, Leg Extension, and Lat Pulldown). 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

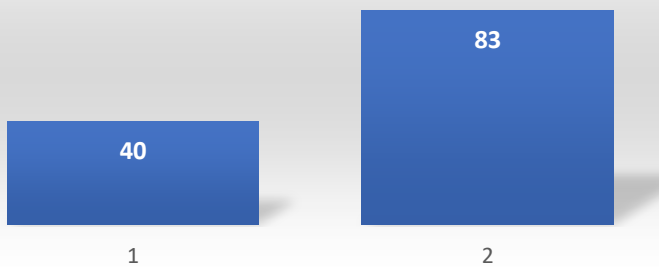


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 25 pounds of external load.

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 61% from initial testing through retest.

Glute Bridge

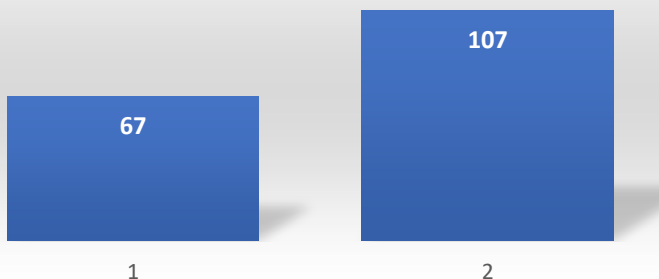


Initial test (1RM calculation) was determined using the clients initial test results after completed 10 repetitions with an additional 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 20 reps with an additional 50 pounds of external load.

The Client demonstrated improvement of 108% 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 50 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 80 pounds of external load.

The Client demonstrated improvement of 60% 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 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 70 pounds of external load.

The Client demonstrated improvement of 133% from initial testing through retest.

Horizonta Row



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 8 reps with an additional 100 pounds of external load.

The Client demonstrated improvement of 56% from initial testing through retest.

Goblet Squat

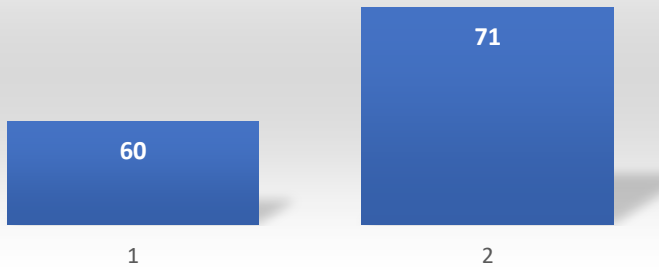


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 25 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 40 pounds of external load.

The Client demonstrated improvement of 59% from initial testing through retest.

Dumbbell Sumo Deadlift

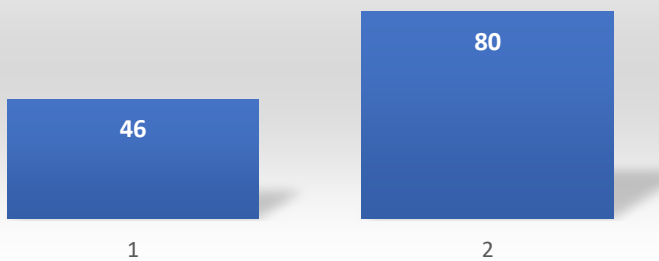


Initial test (1RM calculation) was determined using the clients initial test results after completed 1 repetitions with an additional 60 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 12 reps with an additional 50 pounds of external load.

The Client demonstrated improvement of 18% from initial testing through retest.

Dumbbell Romanian DL

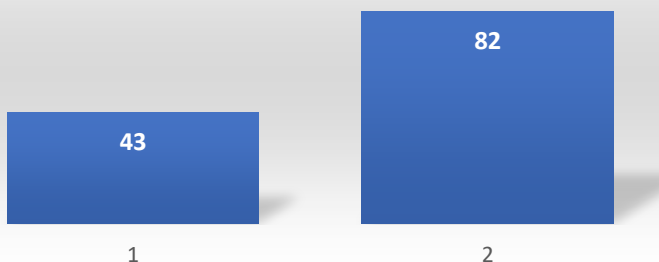


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 40 pounds of external load.

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 74% from initial testing through retest.

Leg Extension

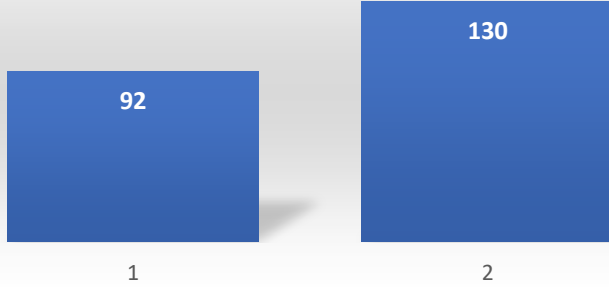


Initial test (1RM calculation) was determined using the clients initial test results after completed 12 repetitions with an additional 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 6 reps with an additional 70 pounds of external load.

The Client demonstrated improvement of 91% from initial testing through retest.

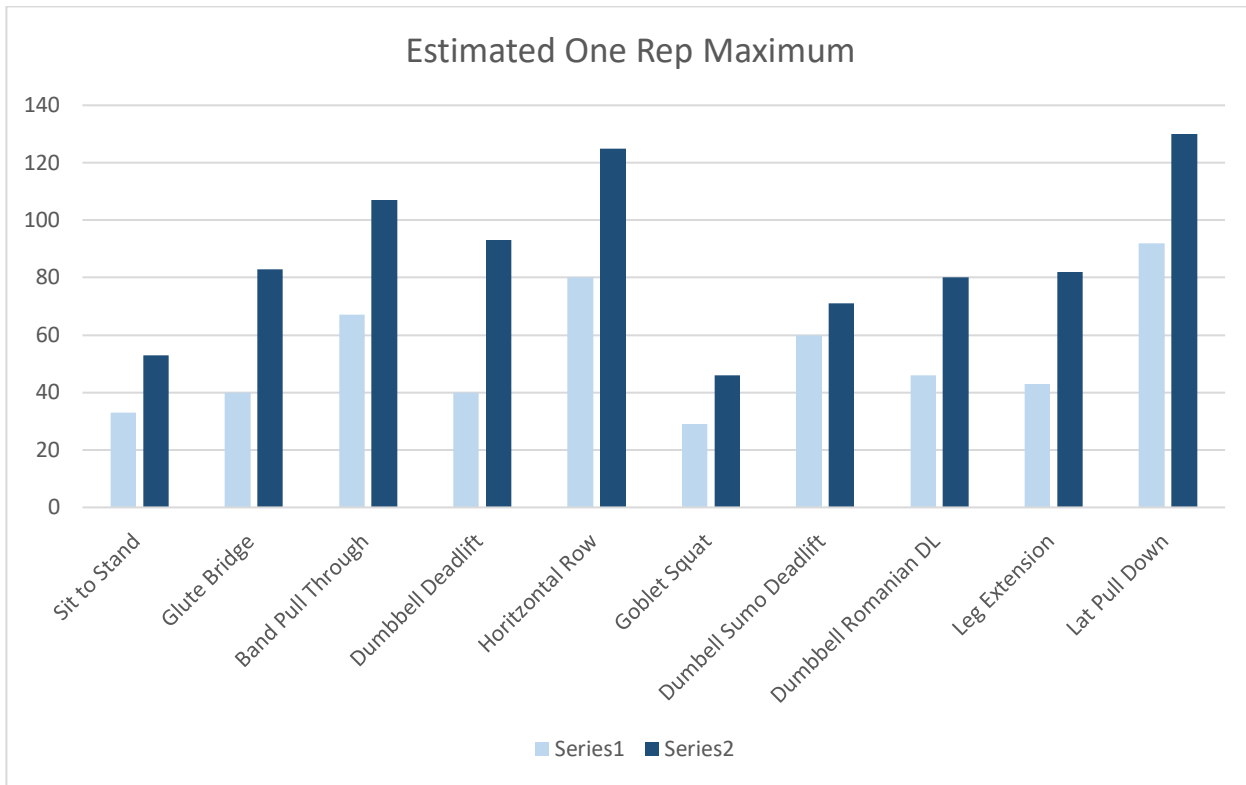
Lat Pull Down



Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 60 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 3 reps with an additional 120 pounds of external load.

The Client demonstrated improvement of 41% 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 8 to 133 percent. The Client improved by an average of 70%.

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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