

Program C – Strength Portion  
Functional Movement Patterns  
November 4<sup>th</sup>, 2019 – March 11<sup>th</sup>, 2020

Client: [REDACTED]  
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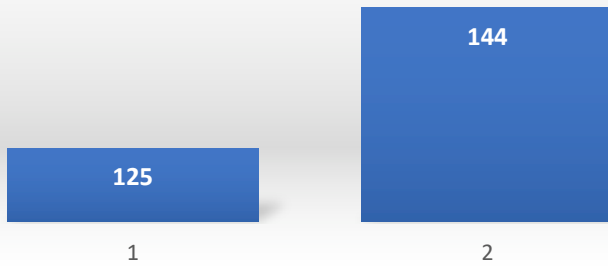
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The Client completed the 15-week program, Program C. The program extended beyond 15- week due to illness, vacation, etc. The program was completed from November 2019 until March 2020. The program was designed by LiveWell Southwest Florida and implemented by Andrew Sokolowski of LiveWell Southwest Florida.

The program was intended to improve upon current strength levels while also improving overall health and well-being. The client completed two days of strength training and one day of high intensity interval training each week. The program was designed to implement functional movement patterns that would have applicability within every day life. The program design included progressive overload from week to week based on calculation of one-rep (1RM) from initial testing.

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

## Backsquat

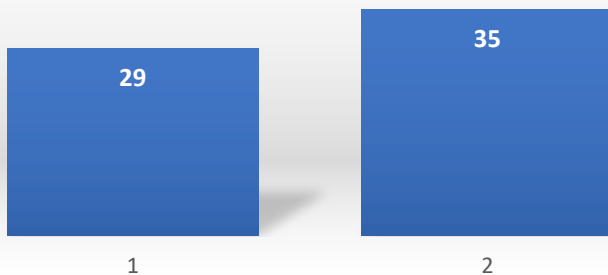


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 110 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 125 pounds of external load.

The Client demonstrated improvement of 15% from initial testing through retest.

## Rear Foot Elevated SS

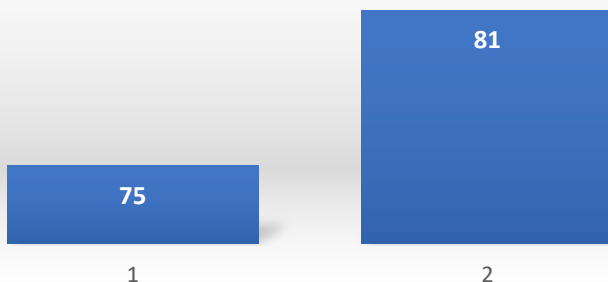


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 25 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 30 pounds of external load.

The Client demonstrated improvement of 21% from initial testing through retest.

## Dumbbell RDL

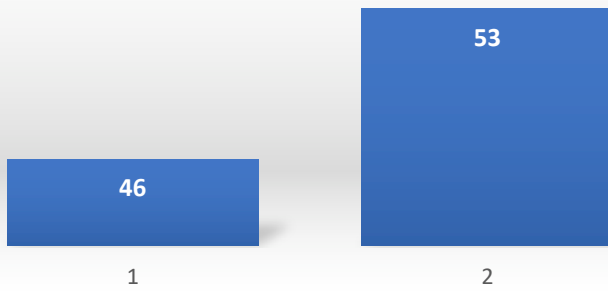


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 60 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 8 reps with an additional 65 pounds of external load.

The Client demonstrated improvement of 8% from initial testing through retest.

## DB Chest Supported Row



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 6 reps with an additional 45 pounds of external load.

The Client demonstrated improvement of 15% from initial testing through retest.

## Incline DB Bench Press

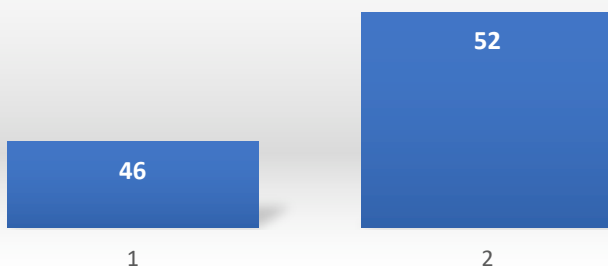


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 35 pounds of external load.

The Client demonstrated improvement of 14% from initial testing through retest.

## Dumbbell Row



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 5 reps with an additional 45 pounds of external load.

The Client demonstrated improvement of 13% from initial testing through retest.

## Goblet Squat

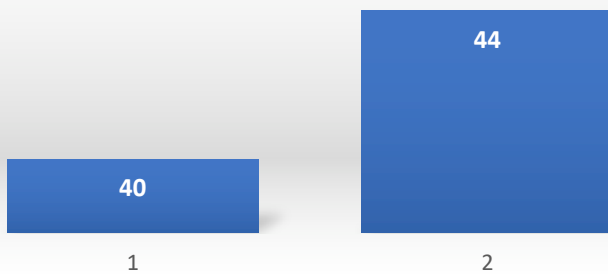


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 75 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 7 reps with an additional 75 pounds of external load.

The Client demonstrated improvement of 5% from initial testing through retest.

## Weighted Reverse Lunge

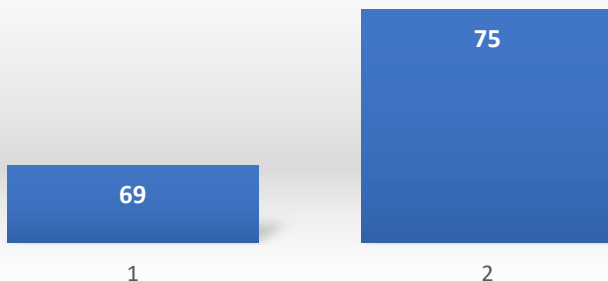


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 35 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 8 reps with an additional 35 pounds of external load.

The Client demonstrated improvement of 10% from initial testing through retest.

## Dual DB DL



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 8 reps with an additional 60 pounds of external load.

The Client demonstrated improvement of 9% from initial testing through retest.

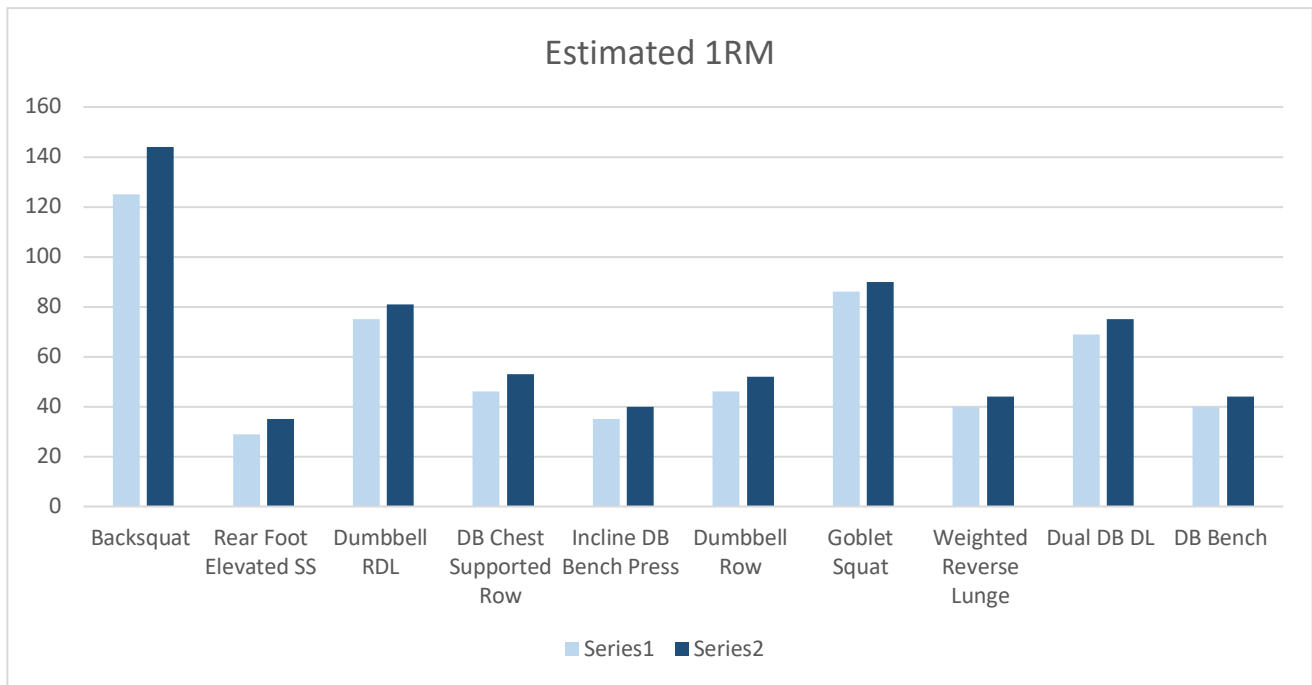
## DB Bench



Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 35 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 8 reps with an additional 35 pounds of external load.

The Client demonstrated improvement of 10% from initial testing through retest.



The graph above depicts the Client’s growth over the duration of the program. Each of the movements tested showed growth, ranging from 1 to 21 percent. The Client improved by an average of 11%.



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