

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

Client: [REDACTED]
Wellness Specialist: Andrew Sokolowski

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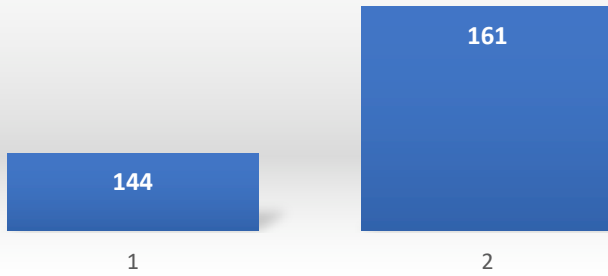


The Client completed the 15-week program, Program C. The program extended beyond 15- week due to illness, vacation, etc. The program was completed from November 2019 until March 2020. The program was designed by LiveWell Southwest Florida and implemented by Andrew Sokolowski of LiveWell Southwest Florida.

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 125 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 140 pounds of external load.

The Client demonstrated improvement of 12% from initial testing through retest.

Rear Foot Elevated SS

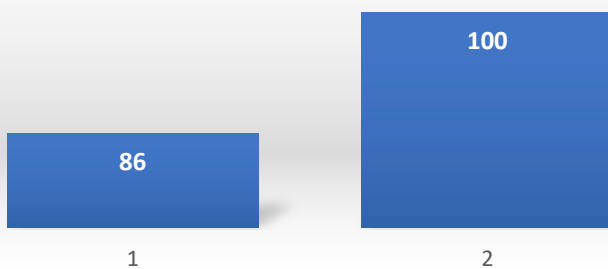


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 30 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 7 reps with an additional 35 pounds of external load.

The Client demonstrated improvement of 24% 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 75 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 8 reps with an additional 80 pounds of external load.

The Client demonstrated improvement of 16% from initial testing through retest.

DB Chest Supported Row

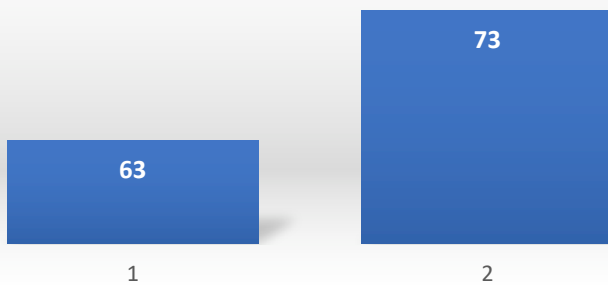


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 75 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 3 reps with an additional 80 pounds of external load.

The Client demonstrated improvement of 0% from initial testing through retest.

Incline DB Bench Press

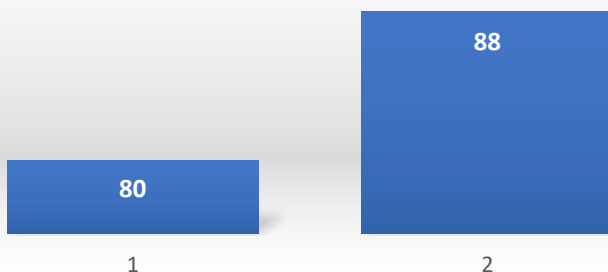


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 55 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 10 reps with an additional 55 pounds of external load.

The Client demonstrated improvement of 16% from initial testing through retest.

Dumbbell Row

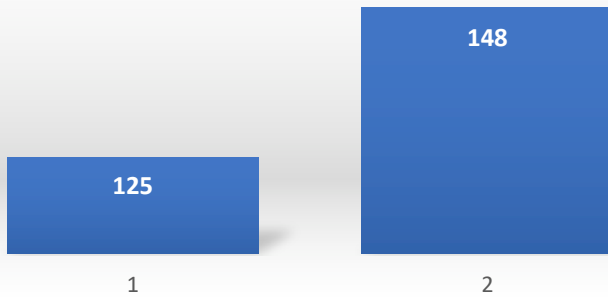


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 70 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 6 reps with an additional 75 pounds of external load.

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

Goblet Squat

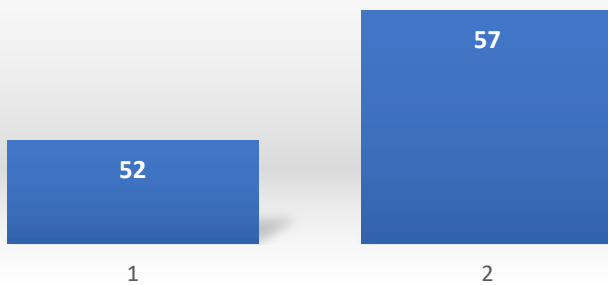


Initial test (1RM calculation) was determined using the clients initial test results after completed 8 repetitions with an additional 100 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 13 reps with an additional 100 pounds of external load.

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

Weighted Reverse Lunge

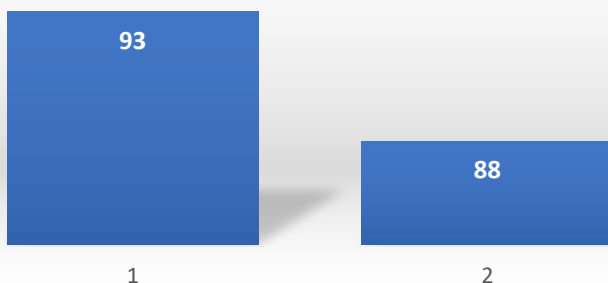


Initial test (1RM calculation) was determined using the clients initial test results after completed 5 repetitions with an additional 45pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 5 reps with an additional 50 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 10 repetitions with an additional 70 pounds of external load.

Retest (1RM calculation) was determined using the final results after the client completed 4 reps with an additional 80 pounds of external load.

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

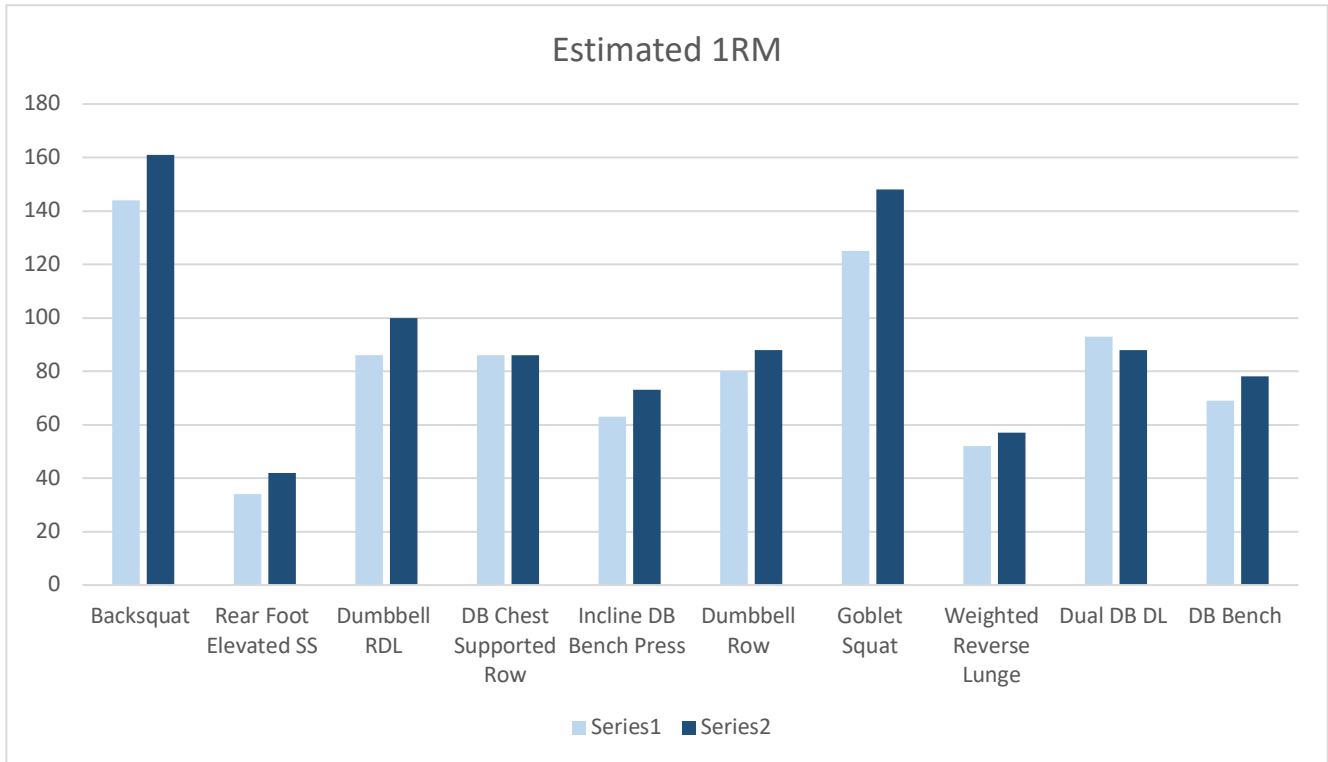
DB Bench



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

Retest (1RM calculation) was determined using the final results after the client completed 9 reps with an additional 60 pounds of external load.

The Client demonstrated improvement of 13% 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 -5% to 24 percent. The Client improved by an average of 11%.



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