

Tiger Coaching and Personal Training

Weight Program Guidelines

- Begin each weight session with a minimum 10 min. warm-up
- Taking a day off between sessions is essential. Your muscles need the rest to recover and grow stronger.
- Each exercise should be done to a count of two when the weight is lifted on all phases. Lower the weight to a count of two on all phases except on the Power phase, lower to a count of three.
- Form is very important; isolation of each muscle group is the goal. Keep knees slightly bent on standing upper body work, be careful not to use the lower back in lifting.
- Breathe out as you lift the weight and in as you lower it. Holding your breath during your lift can raise your blood pressure drastically, plus you supply the working muscles with needed oxygen.
- Research indicates that a shorter rest period between lifts can promote greater muscle growth. Keep it to 30 sec. For all phases, especially during the Endurance and Chisel phases.

Follow each session with 15-20min of stretching and toning exercises

toning exercises:

- 1-Adductor/Abductor exercises
- 2-Ankle strengthening exercises

Flexibility stretches:

- 1-Abductors
- 2-Glutes
- 3-Hamstrings
- 4-Quadriceps
- 5-Lower back
- 6-Calves
- 7-Upper body