

KIME

PAIN

MOTION

STRENGTH

SPEED

PERFORM

KIME PERFORMANCE TRAINING

LEVEL Advanced

Goals:

1) Improve Live factor in Pyramid

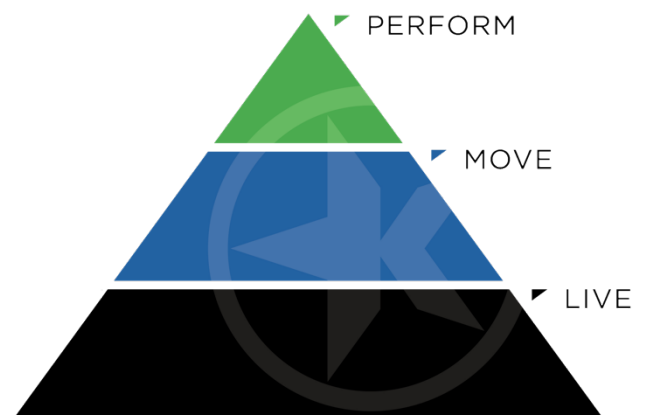
- a) Heart: Resting HR <60
- b) Fuel: Pre and post timing, macro balance, immunity
- c) Sleep: 8+ hours every night

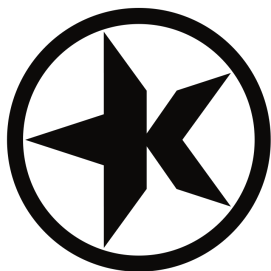
2) Improve Move factor in Pyramid with the first 3 phases of the Performance Continuum

- a) Pain: PT tools to improve tissue health
- b) Motion: Achieve *Advanced Motion Bulletproof Standards*
- c) Strength: Achieve *Strength Bulletproof Standards*

3) Improve Perform factor in the Pyramid with appropriate mindset skills

- a) Define program & schedule toward long term goal
- b) Improve *Speed & Power Bulletproof Standards*
- c) Focus on Recovery strategies with a KIME Physical Therapist





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Equipment: Level I

Trigger Point MB5 Ball | Trigger point Core Roller | SKLZ Dual Point | SKLZ Pro Band
 SKLZ Mini Band | RockFloss | SKLZ Jump Rope | SKLZ Sandbag | SKLZ MB 4-8 lbs
 Kettlebells 8-24 kg

Level Advanced: Sample Program

Day 1								
Movement Prep								
Day 1								
Reset: Calf, Hamstring, Quad, T-Spine				Rolling Pattern, World's Greatest, Scorpion				
Tactical Frog, Pretzel, Pigeon				Around the world, stir the pot				
Dynamic Movement								
Day 1								
World's Greatest				Lunge Matrix				
Scorpion				Thoracic Bridge				
DAY 1								
Advanced stability	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	reps	time	reps	time	reps	time	reps	time
Arm Bar	10	5 sec	10	10 sec	10	15 sec	10	15 sec
Adductor Plank	10	5 sec	10	10 sec	10	15 sec	10	15 sec
SL Side Plank	10	5 sec	10	10 sec	10	15 sec	10	15 sec
Adductor Plank	10	5 sec	10	10 sec	10	15 sec	10	15 sec
Strength								
Strength	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Single Arm Front Squat	3	5	4	5	5	5	6	5
Get Up	3	1+1	4	1+1	5	1+1	6	1+1
Conditioning Circuits [20 sec 2 min]								
	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
KB Swing	2	10	3	10	3	12	3	15
Band Pushup	2	5	3	5	3	8	3	10
KB Swing	2	10	3	10	3	12	3	15
Ab Wheel	2	5	3	5	3	8	3	10
KB Swing	2	10	3	10	3	12	3	15
Wiper	2	5+5	3	5+5	3	8+8	3	10+10

Contact us for a live or virtual consultation for more information.