



KIME PERFORMANCE TRAINING

LEVEL I

Goals:

1) Upgrade LIVE: base of the Performance Pyramid

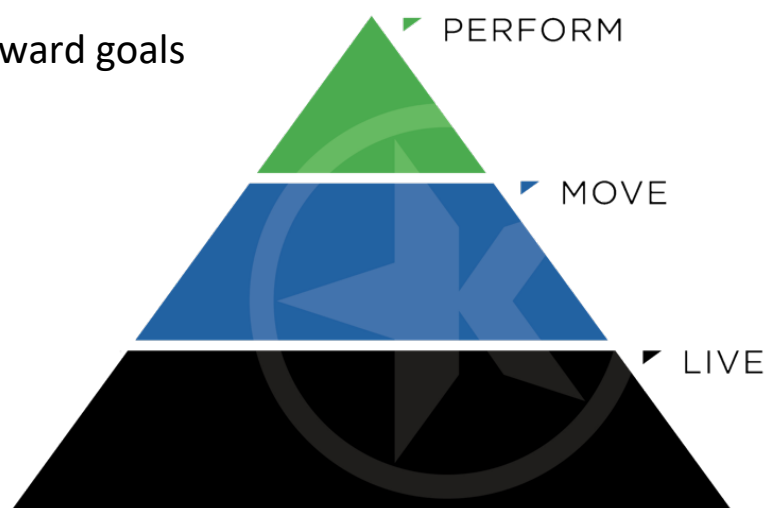
- a) Heart: Daily aerobic activity
- b) Fuel: whole foods & balanced meals
- c) Sleep: 7+ hours every night

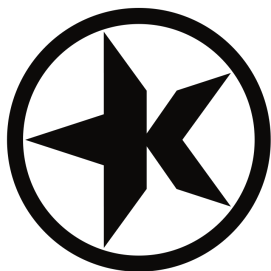
2) Upgrade MOVE: middle of the Performance Pyramid

- a) Pain: mobility tools to improve tissue health
- b) Motion: Stretch and Stabilize
- c) Strength: Build foundation

3) Upgrade PERFORM: top of the Performance Pyramid

- a) Work with physical therapist, coach, and/or doctor
- b) Set a schedule for success
- c) Consistency builds habit toward goals





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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

Level 1: Sample Program

Day 1								
Movement Prep: 10 min								
Reset: Foam Roll @ HS, Quad, Glute; Ball@Calf; Peanut @T/S				Standing quad stretch, 1/2 kneel hip flexor, wall HS stretch				
Supine hip rotations and child pose				Band Overhead and Behind Head				
DAY 1								
Stability	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	time	Sets	time	Sets	time	Sets	time
Bridge/Bridge March	2	15 sec	3	15 sec	3	20 sec	3	30 sec
Plank, SA Plank, Side Plank	2	15 sec	3	15 sec	3	20 sec	3	30 sec
SL Balance	2	15 sec	3	15 sec	3	20 sec	3	30 sec
Strength								
Strength	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Step Up	2	5	3	5	3	8	3	12
Angled Pushup	2	5	3	5	3	8	3	12
Strength	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
T Hold with stick 5 sec	2	5	3	5	3	5	3	5
Prone Isometrics 5 sec: A-T-W	2	5	3	5	3	5	3	5

Our Level 1 programming can have an infinite number of customizations to fit the need of a Level 1 client. Our clinicians and trainers will help guide this journey to meet the goals of every client. Contact us for a live or virtual consultation for a fully customizable program to address your needs and achieve your goals.