

KIME

PAIN

MOTION

STRENGTH

SPEED

PERFORM

KIME PERFORMANCE TRAINING

LEVEL 2

Goals:

1) Upgrade LIVE: base of the Performance Pyramid

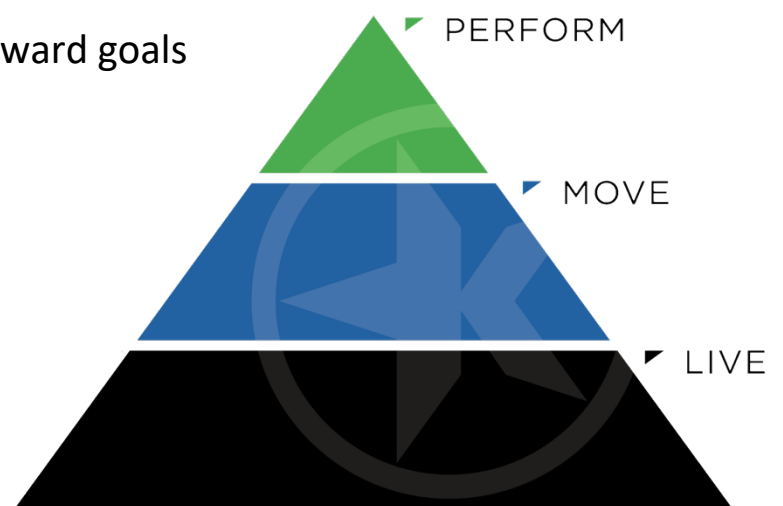
- a) Heart: Daily aerobic activity
- b) Fuel: whole foods & balanced meals
- c) Sleep: 7+ hours every night

2) Upgrade MOVE: middle of the Performance Pyramid

- a) Motion: Pass Mobility Bulletproof standards
- b) Strength: Pass Stability Bulletproof standards
- c) Conditioning: Improve total work capacity

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





KIME PERFORMANCE TRAINING LEVEL 2

Equipment: Level I

Trigger Point MB5 Ball | Trigger point Core Roller | SKLZ Dual Point | SKLZ Pro Band
SKLZ Mini Band | RockFloss | SKLZ Tubing | Kettlebells 8-12kg | MB 4-8lbs

Level 2: Sample Program

Day 1								
Movement Prep: 10 min								
Reset: Foam Roll @ HS, Quad, Glute; Ball@Calf; Peanut @T/S				Rolling, Cobra, Crawl to Squat				
Tactical Frog, Pretzel, pigeon				Band Overhead and Behind Head				
DAY 1								
Stability [Continuous; minimal rest]	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	time	Sets	time	Sets	time	Sets	time
Plank/Bridge Matrix	2	15 sec	3	15 sec	3	20 sec	3	30 sec
T Hold, Lunge Hold	2	15 sec	3	15 sec	3	20 sec	3	30 sec
Down Dog	2	15 sec	3	15 sec	3	20 sec	3	30 sec
Arm Bar	2	15 sec	3	15 sec	3	20 sec	3	30 sec
Strength [3:1 eccentric-concentric; 1:1 work-rest; 2 min rest btwn circuits]								
Strength	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Lunge Matrix	2	2	3	2	3	4	3	5
Floor Pushup	2	8	3	8	3	12	3	15
Strength	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
MB SL Romanian DL	2	5+5	3	5+5	3	8+8	3	10+10
Single Arm Rows	2	10	3	10	3	15	3	15

Our Level 2 programming can have an infinite number of customizations to fit the need of a Level 2 client. Our clinicians and trainers will help guide this journey to meet the goals of every client, particularly meeting our Bulletproof Standards. Contact us for a live or virtual consultation for a fully customizable program to address your needs and achieve your goals.