



## **ROCK CITY FITNESS APPROACH TO TRAINING**

- 1) Determine the specific client goal**
  - a. Regardless of the specific goal, the client needs to have body and movement integrity**
  - b. As a response to training, the client will have improved function, capacity and fitness – which will lead to achieving their specific goal**
- 2) Conduct a movement screening and fitness evaluation**
- 3) Establish corrective exercise based on evaluation (increase mobility and muscle activity with the goal of improving movement quality)**
- 4) Establish the main workout consisting of exercises to build strength, increase muscle and cardiovascular conditioning**
- 5) Implement a progression strategy using F.I.T.T.**
  - a. Frequency – how often to exercise**
  - b. Intensity – how hard to exercise**
  - c. Time – how much exercise**
  - d. Type – what kind of exercise**