

# Acute Variables



# STABILIZATION-STAB. ENDURANCE

Stabilization- Stabilization Endurance	Reps	Sets	Tempo	% Intensity	Rest Interval	Frequency	Duration	Exercise Selection
<b>Flexibility</b>	<b>1</b>	<b>1-3</b>	<b>30 sec. hold</b>	<b>n/a</b>	<b>n/a</b>	<b>3-7x/week</b>	<b>*4-6 weeks</b>	<b>SMR and Static</b>
<b>Core</b>	<b>12-20</b>	<b>1-4</b>	<b>4-2-1</b>	<b>n/a</b>	<b>0-90 sec.</b>	<b>2-4x/week</b>	<b>4-6 weeks</b>	<b>1-4 Stabilization Level</b>
<b>Balance</b>	<b>12-20 6-10 (SL)</b>	<b>1-3</b>	<b>4-2-1</b>	<b>n/a</b>	<b>0-90 sec.</b>	<b>2-4x/week</b>	<b>4-6 weeks</b>	<b>1-4 Stabilization Level</b>
<b>SAQ</b>	<b>1</b>	<b>1-2 1-2</b>	<b>Controlled</b>	<b>n/a</b>	<b>0-60 sec. 0-90 sec.</b>	<b>2-4x/week</b>	<b>4-6 weeks</b>	<b>4-6 Ladder Drills 1-2 Cone Drills</b>
<b>Reactive</b>	<b>5-8</b>	<b>1-3</b>	<b>3-5 sec. Hold</b>	<b>n/a</b>	<b>0-90 sec.</b>	<b>2-4x/week</b>	<b>4-6 weeks</b>	<b>0-2 Stabilization Level</b>
<b>Resistance</b>	<b>12-20</b>	<b>1-3</b>	<b>4-2-1</b>	<b>50-70%</b>	<b>0-90 sec.</b>	<b>2-4x/week</b>	<b>4-6 weeks</b>	<b>1-2 Stabilization Progression</b>

# Strength-Strength Endurance

Strength- Strength Endurance	Reps	Sets	Tempo	% Intensity	Rest Interval	Frequency	Duration	Exercise Selection
Flexibility	5-10	1-2	2-4 sec. hold	n/a	n/a	3-7x/week	4-6 weeks	SMR and Active
Core	8-12	2-4	3-2-1 1-1-1	n/a	0-60 sec.	2-4x/week	4-6 weeks	1-3 Strength
Balance	8-12	2-4	3-2-1 1-1-1	n/a	0-60 sec.	2-4x/week	4-6 weeks	1-3 Strength
SAQ	1	3-4 2-3	Controlled	n/a	0-60 sec. 0-90 sec.	2-4x/week	4-6 weeks	6-9 Ladder Drills 1-2 Cone Drills
Reactive	8-10	2-4	Repeating	n/a	0-60 sec.	2-4x/week	4-6 weeks	1-3 Strength
Resistance	8-12	2-4	Str 2-0-2 Stab 4-2-1	70-80%	0-60 sec.	2-4x/week	4-6 weeks	1 Strength superset w/ 1 Stabilization

# Strength-Hypertrophy

Strength-Hypertrophy	Reps	Sets	Tempo	% Intensity	Rest Interval	Frequency	Duration	Exercise Selection
Flexibility	5-10	1-2	2-4 sec. hold	n/a	n/a	3-7x/week	4 weeks	SMR and Active
Core	8-12	2-3	3-2-1 1-1-1	n/a	0-60 sec.	3-6x/week	4 weeks	0-4 Strength
Balance	8-12	2-3	3-2-1 1-1-1	n/a	0-60 sec.	3-6x/week	4 weeks	0-4 Strength
SAQ	1	3-4 2-3	Controlled	n/a	0-60 sec. 0-90 sec.	3-6x/week	4 weeks	6-9 Ladder Drills 1-2 Cone Drills
Reactive	8-10	2-3	Repeating	n/a	0-60 sec.	3-6x/week	4 weeks	0-4 strength
Resistance	6-12	3-5	2-0-2	75-85%	0-60 sec.	3-6x/week	4 weeks	2-4 Strength Level Exercises/BodyPart

# Strength-Maximal

Strength-Maximal	Reps	Sets	Tempo	% Intensity	Rest Interval	Frequency	Duration	Exercise Selection
Flexibility	5-10	1-2	2-4 sec. hold	n/a	n/a	3-7x/week	4 weeks	SMR and Active
Core	8-12	2-3	1-1-1	n/a	0-60 sec.	2-4x/week	4 weeks	0-3 Strength
Balance	8-12	2-3	1-1-1	n/a	0-60 sec.	2-4x/week	4 weeks	0-3 Strength
SAQ	1	3-4 2-3	Controlled	n/a	0-60 sec. 0-90 sec.	2-4x/week	4 weeks	6-9 Ladder Drills 1-2 Cone Drills
Reactive	8-10	2-3	Repeating	n/a	0-60 sec.	2-4x/week	4 weeks	0-3 Strength
Resistance	1-5	4-6	X-X-X	85-100%	3-5 min.	2-4x/week	4 weeks	1-3 Strength

# Power

Power	Reps	Sets	Tempo	% Intensity	Rest Interval	Frequency	Duration	Exercise Selection
Flexibility	10-15	1-2	controlled	n/a	n/a	2-4x/ week	4-6 weeks	SMR and Dynamic
Core	8-12	2-3	Fast	n/a	0-60 sec.	2-4x/ week	4-6 weeks	0-2 stabilization
Balance	8-12	2-3	Controlled	n/a	0-60 sec.	2-4x/ week	4-6 weeks	0-2 stabilization
SAQ	1	3-6 3-6	Controlled	n/a	0-60 sec. 0-90 sec.	2-4x/ week	4-6 weeks	6-9 Ladder Drills 2-4 Cone Drills
Reactive	8-12	2-3	x-x-x	n/a	0-60 sec.	2-4x/ week	4-6 weeks	0-2 stabilization
Resistance	1-5 (s) 8-10 (p)	3-5	x-x-x (s) x-x-x (p)	85-100% (s) up to 10% BW or 30-45% IRM (p)	1-2 min. b/w pairs, 3-5 min. b/w circuits	2-4x/week	4 weeks	1 Strength superset w/ 1 Power

# Thank You!



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