

Integrated Stabilization Training (IST)

NAME: _____ PHASE: Integrated Stabilization Training

TRAINER: www.ryanmozley.co.uk GOAL: Fat Loss

DATE: _____

*Disclaimer: Always consult you GP before changing your exercise routine. If you feel faint at any time, stop your exercise immediately.
This programme has been designed for a client with no illness, injuries and in good physical condition.*

CARDIO TRAINING: Stage 1	TIME: 20 min	EQUIPMENT: Elliptical Trainer
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WARMUP/FLEXIBILITY	Sets	Reps	Duration	Rest	Notes
1. SMR: Calves, IT band, Adductors, Piriformis	1				Hold tender spots 20-30 sec.
2. Cardio: Elliptical Trainer (Cross trainer)			5 min		
3. Static Stretching: Calves, Adductors, Hip Flexors, Lats	1		30 sec.		

CORE & BALANCE	Sets	Reps	Tempo	Rest	Notes
1. Ball Bridge	2	20	5-10 sec. hold	0 sec.	Circuit training
2. Quadraped Opposite Arm/Leg Reach	2	20	5-10 sec. hold	0 sec.	
3. Single-leg Balance Reach (Sagittal Plane)	2	20	5-10 sec. hold	90 sec.	

REACTIVE	Sets	Reps	Tempo	Rest	Notes
1. Squat Jump with Stabilization	2	5-8	3 sec hold	60 sec.	
2.					

SPEED, AGILITY, QUICKNESS	Sets	Reps	Time	Rest	Notes
1. Optional					
2.					

STRENGTH	Exercise	Sets	Reps	Intensity	Tempo	Rest	Notes
TOTAL BODY	Optional	2	20	60%	4-2-1	0 sec.	Circuit
CHEST	Ball Dumbbell Chest Press	2	20	60%	4-2-1	0 sec.	
BACK	Ball Dumbbell Row	2	20	60%	4-2-1	0 sec.	
SHOULDERS	Single-leg Scaption	2	20	60%	4-2-1	0 sec.	
BICEPS	Single-leg Dumbbell Curl	2	20	60%	4-2-1	0 sec.	
TRICEPS	Ball Dumbbell Tricep Extension	2	20	60%	4-2-1	0 sec.	
LEGS	Single-leg Squat	2	20	60%	4-2-1	90 sec.	

COOL – DOWN	
POST-WORKOUT FLEXIBILITY	Static Stretching: Calves, Adductors, Hip Flexors, Pectorals