



GOALS

Short Term:

- One chin up unassisted
 - This program contains a lot of assisted chin-ups and pull-ups each month. Assisting you with a resistance band will make it easier for you to complete them. Although you are being assisted you are still working the biceps, forearms and upper back muscles. Each week decrease the resistance band strength and at the end of December test yourself and determine if you have reached your goal.
- Lose 1 % body fat.
 - Once you come into our facility we do a full body assessment, which includes your body fat percentage. If you followed your program precisely and have trained hard for hypertrophy for a month you should have decreased your body fat percentage by 1% if not more. We will be happy to test you after 1 month.
- Increase flexibility
 - After each workout day when you do your cool down and stretching, try the pool to stretch. Or try one of our yoga classes after a workout to stretch yourself out. You will be amazed by how much Yoga can increase your flexibility.

Long Term:

- Decrease 40 yard sprint by 0.5 second
 - We have beaten the crap out of your lower body the past 6 months and for good reason. Stronger muscles will make you a faster runner.
 - Your glutes are recruited to perform hip extension when you kick your thigh backward.

- Your quads are responsible for moving two of the joints used in running, your knee joint and your hip joint. They work together to straighten your knees and bend your hips.
 - Your hamstrings allow you to flex your knees. The semitendinosus, semimembranosus and the long head biceps femoris work together to extend the hips. Your hamstrings work opposite your quads in how your knees and hips move.
 - Your calf muscles will allow you to flex your knee and allow plantar flexion of your ankle.
 - Your abdominal muscles will allow you to maintain good posture while you sprint.
- We will happily do the set up for you to test your 40-yard sprint at the end of 6 months.
- 10 more push ups
 - Your triceps have been worked very hard by the dips and rope pulls, they are the major muscle worked in the arms while doing a push up.
 - The chest was also worked very hard by the cable and dumbbell fly's. The pectoralis major that are the primary pushing muscles of the upper body and does the work when lowering and raising yourself doing a push-up.
 - The military press and dumbbell shoulder press have worked your deltoids or shoulder muscles hard. The deltoids assist the pectoralis major (chest) in the pushing and lowering motions of a push-up.
 - At the end of the 6 months try and do 10 more push up than what you could do before you trained here at BBA. If you pass 10, try 15!