



Optimum Performance Training™
Corrective Exercise Template

NAME: **EXAMPLE**

DATE:

TRAINER: **NASM**

PHASE: **CET**

DAYS/WEEK: **3**

GOAL: **KNEES MOVE INWARD IMPAIRMENT**

PROGRAM TYPE: **LONG PROGRAM- Week 1**

INHIBIT: SMR	Sets	Duration	Notes
1. Bilateral Gastrocnemius (lateral aspect)	1	30 sec.	
2. Bilateral Biceps Femoris (short head)	1	30 sec.	
3. Bilateral Adductor Complex (Focus on Magnus)	1	30 sec.	
4. Bilateral TFL/IT-band	1	30 sec.	

Approx. Time: **8 minutes**

LENGTHEN: Static Stretching	Sets	Duration	Notes
1. Bilateral Gastrocnemius (lateral aspect)	2	30 sec.	
2. Bilateral TFL	2	30 sec.	
3. Bilateral Biceps Femoris (short head)	1	2-4 sec.	Active stretch using 10 repetitions
4. Bilateral Adductor Complex	2	30 sec.	

Approx. Time: **8 minutes**

ACTIVATE: Isolated Strengthening	Sets	Reps	Tempo	Rest	Notes
1. Stability Ball Bridge	1-2	12	4/2/0		
2. Side-lying Hip Abduction. w/ External Rotation	1-2	12	4/2/0		12 Reps each leg
3. ½ Kneeling Isometric Cable Rotation	1-2	12	10 sec. hold		6 reps on each side
4.					

Approx. Time: **6-10 minutes**

INTEGRATE: Dynamic Movement	Sets	Reps	Tempo	Rest	Notes
1. Side Iso-Abs from Knees	1-3	12	Slow		6 reps on each side
2. SL Balance w/ arm reach	1-3	12	Slow		6 reps on each side
3. Ball Squat, Curl, to Overhead Press w/ band around knees	1-3	12	Slow		
4. Stability Ball Chest Press w/ band around knees	1-3	12	Slow		
5. ½ Kneeling Cable or Tubing Rows	1-3	12	Slow		6 reps on each side
6. Step-up to balance: Sagittal Plane	1-3	12	Slow		6 reps on each side

Approx. Time: **10-30 minutes**

TOTAL TIME: 30-60 MINUTES