

# tier system strength training

Tier System Strength Training: Unlocking Efficient Progression in Your Workouts

tier system strength training is an innovative approach to organizing your workouts that can dramatically improve your progress and consistency in building muscle and strength. Whether you're a beginner or an experienced lifter, understanding how to structure your training using a tiered system can help you prioritize exercises, manage fatigue, and optimize recovery. In this article, we'll dive deep into what tier system strength training entails, why it works, and how you can implement it effectively in your routine to maximize gains and minimize burnout.

## What Is Tier System Strength Training?

At its core, tier system strength training refers to organizing your exercises into different “tiers” or levels of priority within a workout session. Instead of randomly performing exercises or following a rigid template, this method categorizes movements based on their importance, complexity, and impact on your overall strength goals. The highest tier typically includes compound lifts that recruit multiple muscle groups and require the most energy and focus, while lower tiers consist of accessory or isolation exercises aimed at targeting smaller muscles or addressing weaknesses.

This tiered approach allows you to attack your training with a plan that respects your nervous system's capacity and prioritizes the most beneficial exercises first, ensuring you're fresh and capable of maximal effort when it counts the most.

## How Does the Tier System Work in Strength Training?

The tier system divides your workout into several levels, commonly three or four tiers, each with a

specific purpose:

## **Tier 1: Primary Compound Lifts**

These are the big, foundational movements such as squats, deadlifts, bench presses, and overhead presses. They engage multiple joints and muscle groups, making them the cornerstone of strength development. Because these exercises require the most energy and technical focus, they are performed at the start of a workout when you're the freshest.

## **Tier 2: Secondary Compound or Assistance Exercises**

Once the primary lifts are completed, you move on to exercises that still target multiple muscles but are less taxing or serve to reinforce the main lifts. Examples include Romanian deadlifts, front squats, and incline presses. These help build muscle balance and address weak points without overloading the nervous system.

## **Tier 3: Isolation and Accessory Work**

This tier focuses on smaller muscle groups or specific movement patterns. Exercises like bicep curls, tricep extensions, calf raises, or core work fall into this category. These movements aid muscle hypertrophy and joint health but don't require as much energy or technical skill.

## **Tier 4 (Optional): Mobility and Conditioning**

Some training programs include a fourth tier that incorporates mobility drills, stretching, or light conditioning work to enhance recovery and improve movement quality.

# Benefits of Using a Tier System in Strength Training

Organizing your workout using a tier system offers several advantages that can help both beginners and advanced lifters optimize their training.

## Efficient Use of Energy and Focus

By prioritizing the most demanding lifts first, you ensure maximum strength and concentration when performing the exercises that yield the greatest returns. This prevents fatigue from compromising your form and strength on key lifts.

## Enhanced Recovery Management

Tier system strength training respects the body's need to recover by not overloading all muscles or systems simultaneously. Because accessory work follows compound lifts, your central nervous system isn't taxed excessively, reducing the risk of burnout.

## Improved Training Consistency

When you have a clear hierarchy of exercises, it's easier to stay consistent and motivated. Knowing which lifts to focus on first helps create a sense of accomplishment and clear progression.

## Balanced Muscle Development

Prioritizing accessory and isolation exercises in lower tiers ensures that weaknesses and imbalances

are addressed, reducing injury risk and promoting overall functional strength.

## **How to Build Your Own Tier System Strength Training Program**

Creating a tiered workout plan tailored to your goals and experience level is easier than you might think. Here's a step-by-step guide to get started:

### **Step 1: Define Your Primary Goals**

Are you training primarily for strength gains, hypertrophy (muscle size), endurance, or a combination? This will determine how you select and prioritize exercises.

### **Step 2: Select Your Tier 1 Exercises**

Choose 2-3 main compound lifts that align with your goals. For strength, classic powerlifting moves like squats, deadlifts, and bench presses are ideal. For hypertrophy, you might include variations like pause squats or incline presses.

### **Step 3: Pick Tier 2 Assistance Movements**

Identify exercises that complement your main lifts by targeting supporting muscles or correcting weak points. For example, if your deadlift is lagging, Romanian deadlifts or glute ham raises could be effective.

## Step 4: Add Tier 3 Isolation Work

Include targeted exercises for smaller muscle groups that need attention or that support your compound lifts, such as bicep curls, face pulls, or calf raises.

## Step 5: Consider Tier 4 Mobility and Conditioning

Don't neglect recovery and movement quality. Incorporate foam rolling, dynamic stretches, or light cardio as needed.

## Step 6: Organize Sets, Reps, and Rest Periods

Typically, Tier 1 exercises involve lower reps with heavier weight (e.g., 3-5 sets of 3-6 reps), while Tier 2 and 3 use moderate to higher reps (8-15) with lighter loads. Rest times will also vary, with longer breaks for Tier 1 to support maximal strength.

## Common Mistakes to Avoid When Using the Tier System

Even with a solid framework, it's easy to fall into pitfalls when applying tier system strength training. Here are some tips to keep your program effective:

- **Don't Overload Lower Tiers:** Avoid doing excessive accessory work that can interfere with recovery from your primary lifts.
- **Neglecting Progression:** Make sure to gradually increase weight or reps in your Tier 1 lifts to continue making strength gains.

- **Ignoring Technique:** Prioritize proper form in Tier 1 exercises to prevent injury and maximize efficiency.
- **Skipping Warm-Ups and Mobility:** Even the best tier system won't help if you don't prepare your body adequately.

## Examples of Tier System Workouts for Different Goals

To better illustrate how tier system strength training can vary, here are two sample workouts tailored for strength and hypertrophy:

### Strength-Focused Workout

- **Tier 1:** Back Squat (5x5 at 80-85% 1RM), Deadlift (3x3 at 85-90% 1RM)
- **Tier 2:** Romanian Deadlifts (3x8), Barbell Rows (3x8)
- **Tier 3:** Face Pulls (3x15), Plank Holds (3x60 seconds)

### Hypertrophy-Focused Workout

- **Tier 1:** Incline Dumbbell Press (4x10), Front Squat (4x8)

- **Tier 2:** Bulgarian Split Squats (3x12 per leg), Seated Cable Rows (3x12)
- **Tier 3:** Bicep Curls (3x15), Tricep Rope Pushdowns (3x15)
- **Tier 4:** Dynamic Stretching and Foam Rolling (10-15 minutes)

## Integrating Tier System Strength Training with Other Methods

The tier system is versatile and can blend well with various training philosophies like periodization, progressive overload, or even high-intensity interval training (HIIT). For example, you might use periodization to cycle through different rep ranges in your Tier 1 lifts over weeks or months while still adhering to the tier structure within each workout. This hybrid approach can keep your training fresh and continually challenging.

## Final Thoughts on Tier System Strength Training

Adopting a tier system for your strength training workouts can transform the way you approach lifting. It introduces clarity and structure, helps you manage fatigue, and ensures that your most important exercises get the attention they deserve. By incorporating primary compound lifts, assistance movements, and accessory work in a prioritized fashion, you set yourself up for consistent progress and reduced injury risk.

Remember, the best workout plan is one you can stick to and that evolves with your goals and abilities. So experiment with the tier system, listen to your body, and enjoy the journey of building strength in a smart, sustainable way.

# Frequently Asked Questions

## What is a tier system in strength training?

A tier system in strength training is a method of organizing exercises into different levels or 'tiers' based on their complexity, muscle activation, or importance, to structure workouts effectively.

## How does a tier system improve workout efficiency?

By prioritizing exercises into tiers, a tier system helps focus on the most effective movements first, ensuring key muscle groups are targeted and preventing overtraining or neglect of important lifts.

## What are common tiers used in strength training programs?

Common tiers include primary compound lifts (like squats and deadlifts) as Tier 1, accessory or supplementary exercises as Tier 2, and isolation or corrective movements as Tier 3.

## Can beginners use a tier system for strength training?

Yes, beginners can benefit from a tier system as it provides a structured approach, starting with fundamental compound movements before progressing to more advanced or accessory exercises.

## How do I create a tier system for my strength training routine?

Identify your main strength goals, categorize exercises into tiers based on their importance and complexity, prioritize Tier 1 exercises, and then add Tier 2 and 3 exercises to support and complement the primary lifts.

## Does a tier system help with progressive overload?

Yes, by focusing on primary lifts in the top tier, a tier system allows for systematic progression in weight or volume, which is essential for progressive overload and strength gains.



## **Are tier systems suitable for all strength training styles?**

Tier systems can be adapted to various strength training styles, including powerlifting, bodybuilding, and general fitness, by adjusting the exercises and tiers according to specific goals.

## **What are the benefits of using a tier system over random workout selection?**

Using a tier system ensures balanced training, prevents muscle imbalances, enhances recovery by managing exercise intensity, and promotes consistent progress by focusing on prioritized movements.

## **Additional Resources**

Tier System Strength Training: A Strategic Approach to Progressive Muscle Development

tier system strength training represents a structured methodology for organizing workout regimens based on hierarchical levels or "tiers" of exercise complexity, intensity, and volume. In the contemporary landscape of strength conditioning, this system has garnered attention for its capacity to optimize training outcomes through systematic progression and workload management. By dissecting the tier system approach, this article aims to provide a comprehensive, analytical perspective on its practical applications, benefits, and considerations within strength training protocols.

## **Understanding the Tier System in Strength Training**

The tier system strength training framework divides exercises and training phases into distinct levels or tiers, each corresponding to a specific degree of difficulty, volume, or training focus. Unlike traditional linear or undulating periodization models, tier systems often emphasize a layered progression, where athletes or trainees move through foundational movements before advancing to more complex or demanding exercises. This organization facilitates a clear path for skill acquisition, muscle adaptation,

and injury risk mitigation.

At its core, the tier system applies to various training components—exercise selection, sets and reps schemes, intensity, and rest intervals—structuring them into ascending levels of challenge. For example, a beginner might focus on tier one exercises characterized by basic movement patterns and moderate loads, while more advanced trainees engage tier three or four exercises involving heavier weights, explosive movements, or greater technical demands.

## Historical Context and Evolution

The conceptual roots of tier-based training can be traced back to foundational strength principles emphasizing progression and specificity. Coaches and exercise physiologists have long recognized the importance of mastering fundamental movements—such as squats, deadlifts, and presses—before incorporating advanced variations or accessory work.

Modern strength programs, including those influenced by powerlifting, Olympic lifting, and functional fitness, increasingly adopt tiered structures to balance volume and intensity effectively. This evolution reflects a growing understanding of neuromuscular adaptation timelines and the necessity of periodized complexity to prevent plateaus.

## Key Features of Tier System Strength Training

The tier system is characterized by several defining attributes that distinguish it from other strength training methodologies:

- **Progressive Complexity:** Exercises are categorized from simple to complex, aligning with the trainee's skill and strength levels.

- **Structured Volume and Intensity:** Each tier prescribes specific set, rep, and load parameters, allowing systematic overload without excessive fatigue.
- **Focus on Foundational Movements:** Emphasis on mastering basic lifts before advancing reduces injury risk and builds a robust strength base.
- **Adaptability:** The system accommodates varying goals, from hypertrophy to maximal strength, by adjusting tier progression and training variables.

These features collectively create a training environment conducive to sustainable strength gains, tailored to individual capabilities and goals.

## Comparing Tier System with Traditional Periodization

Traditional periodization models, such as linear or block periodization, typically manipulate training variables over fixed timeframes to cycle through phases of hypertrophy, strength, and power. While effective, these frameworks can sometimes lack the granularity needed for nuanced progression, especially in heterogeneous training populations.

Tier system strength training introduces a more modular progression, focusing on skill and strength acquisition within discrete tiers before advancing. This can lead to more personalized pacing and reduced risk of overtraining.

However, some critics argue that the tier system's multi-level approach may complicate program design for coaches unfamiliar with its structure. Furthermore, without adequate monitoring, trainees might plateau within a tier or advance prematurely, potentially compromising results.

# Implementing Tier System Strength Training: Practical Considerations

To effectively incorporate tier system strength training, practitioners must understand how to structure tiers and monitor progression.

## Designing Tiers

Tiers can be designed around various criteria:

- **Exercise Complexity:** Basic movements (tier 1), intermediate variations (tier 2), advanced lifts (tier 3).
- **Load Intensity:** Submaximal loads (tier 1), moderate intensity (tier 2), near-maximal or maximal efforts (tier 3).
- **Training Volume:** High volume with lighter weights (tier 1), moderate volume (tier 2), low volume with heavy weights (tier 3).

This tier categorization should align with the trainee's experience and objectives, ensuring foundational competencies are solid before progressing.

## Progression Strategies

Effective progression in tier system strength training involves:

1. Establishing baseline performance metrics for tier one exercises.
2. Monitoring technical proficiency and recovery status.
3. Gradually increasing load or complexity once mastery is achieved.
4. Integrating deload or recovery phases as necessary to prevent overtraining.

Objective assessments, such as movement quality screenings and strength testing, support informed decisions regarding tier advancement.

## **Benefits and Limitations**

The tier system's primary advantage lies in its ability to provide a clear roadmap for strength development, minimizing ambiguity in exercise selection and progression. By focusing on mastery and gradual overload, it promotes long-term adherence and reduces injury incidence.

Conversely, the system may require more initial planning and education for both coaches and athletes. Additionally, rigid adherence to tier progression without flexibility can hinder adaptation, especially in individuals with fluctuating recovery or external stressors.

## **Real-World Applications and Case Studies**

Tier system strength training is gaining traction in diverse settings—from collegiate athletic programs to rehabilitation clinics and commercial gyms. For instance, a collegiate football strength coach might implement tiered progressions to accommodate a wide range of athlete experience levels, ensuring

novices build a solid foundation before engaging in explosive power exercises.

In rehabilitation, physical therapists leverage tier systems to reintroduce patients to strength training methodically, starting with low-load, low-complexity movements and advancing as recovery permits.

Moreover, competitive powerlifters benefit from tiered programming by scheduling their training cycles around foundational strength tiers before transitioning to competition-specific intensity tiers, optimizing peak performance timing.

## **Technology and Tier System Integration**

Advancements in fitness technology further enhance the tier system's efficacy. Digital platforms and apps now allow for detailed tracking of tier progression, fatigue monitoring, and adaptive programming based on real-time data. This integration facilitates personalized coaching and data-driven adjustments, essential for maximizing strength gains and minimizing injury risk.

## **Conclusion: Navigating Strength Training Through a Tiered Lens**

Tier system strength training embodies a methodical, progressive approach to developing muscular strength and technical proficiency. By categorizing exercises and training parameters into hierarchical tiers, it offers a coherent framework conducive to sustained progress and injury prevention. While it demands thoughtful planning and adaptability, the system's strategic layering of complexity and intensity aligns well with contemporary understandings of exercise science.

For athletes, coaches, and fitness enthusiasts seeking a structured yet flexible pathway to strength enhancement, the tier system presents a compelling alternative to conventional periodization models. Its emphasis on mastery and gradual progression supports not only physical development but also the cultivation of movement literacy essential for long-term training success.

# **Tier System Strength Training**

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Strength and conditioning specialist Joe Kenn draws upon the three strength disciplines; weightlifting, powerlifting, and body building, as well as training principles of traditional periodization and high-intensity training, to define the Tier System of athletic-based strength training. The tier system promotes training athletes on a rotation of movements (total body, upper body, lower body) rather than training body parts. The result is an integrated, whole-body strength training program with greater real-world and sport-appropriate applicability. The book explores an overview of the system, and provides annual plan development, training cycles, and daily and weekly plans. Ideal for coaches and trainers of football, basketball, track & field, wrestling, gymnastics and any sport requiring maximum and explosive strength.

**tier system strength training: Athletic Performance Optimization** Ava Thompson, AI, 2025-03-14 Athletic Performance Optimization explores how to achieve peak athletic performance by strategically combining training, nutrition, and recovery. This comprehensive guide emphasizes the importance of individualized plans tailored to each athlete's unique needs. Discover how effective training maximizes strength and endurance while minimizing injury, and learn about the critical role of nutrition in fueling performance and facilitating muscle repair. The book progresses logically, starting with foundational concepts of human performance and biomechanics. It then delves into training methodologies, including periodization and sport-specific skill development, followed by detailed nutritional guidance with macronutrient and micronutrient recommendations. Finally, it examines recovery protocols, such as sleep optimization and injury prevention. Scientific evidence, meta-analyses, and elite athlete case studies support the data-driven insights presented throughout the book. This book uniquely integrates diverse strategies into a cohesive optimization plan, moving beyond isolated approaches to provide a framework for maximizing performance. It's designed for athletes, coaches, and sports science students, offering practical guidance for creating data-driven optimization plans.

**tier system strength training: Mobile Technologies for Smart Healthcare System Design** Xiaonan Guo, Yan Wang, Jerry Cheng, Yingying (Jennifer) Chen, 2024-09-11 This book offers a comprehensive examination of mobile technologies in healthcare. It starts by covering wireless solutions, including WiFi signals and mmWave technology for activity recognition, fitness assistance, and eating habit monitoring. The discussion extends to wearable technologies that focus on personal fitness and injury prevention, highlighting the innovative use of PPG sensors in wearables, which enable gesture recognition and user authentication. Based on thorough analyses on the challenges of designing robust mobile healthcare systems, this book addresses the difficulty of gathering accurate and reliable sensor data amidst the variability of human activities. It explores solutions using advanced sensing modalities, such as WiFi, mmWave, and PPG sensors, and robust algorithms for feature extraction to interpret activities, gestures, and biometrics. It also tackles system robustness across diverse environments and practical issues such as reducing training efforts, handling motion artifacts, and the implementation of these systems using commercially available devices. The primary audience for this book targets computer science students and researchers working in mobile computing, smart healthcare, human-computer interaction and artificial intelligence/machine learning. Professionals and consultants focused on advancing mobile-based healthcare solutions will want to purchase this book as a reference.

**tier system strength training: Push, Jump, Punch A Developmental Process for Teaching the Power Clean to Athletes** Joseph Kenn, 2012-03-06 This book is a frame work and breakdown of a systematic way to develop the proper technical efficiency to instruct athletes in the proper mechanics of the power clean. The power clean is one of the most popular movements used to train athletes today. This book allows the coach and athlete to slow cook the process and develop tremendous strength, technique, and confidence along the way to ensuring proper body mechanics to a safe and effective movement.

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**tier system strength training: Buenas prácticas en el entorno EEES (Espacio Europeo de Educación Superior)** Olga Barceló Guido, Kiki Ruano Arriagada, 2011-11-01 La Universidad se encuentra inmersa en un profundo proceso de cambio. El marco de referencia que supone el Espacio Europeo de Educación Superior es una invitación a profundizar en la responsabilidad de adecuar la universidad a las necesidades y retos del futuro. Sin embargo, cuando se avanza en el despliegue del proyecto son muchas las dudas que surgen y muchos los problemas que se presentan. La responsabilidad que asumen las universidades a la hora de elaborar las memorias de los nuevos



grados es muy elevada. Necesitan un planteamiento que atienda cuanto menos a una doble dimensión. Por una parte, la visión y el posicionamiento. En segundo término, la arquitectura de contenidos y de competencias. La primera fase, no nos debe llevar a pensar sólo en los profesionales que la sociedad requerirá en el futuro, sino y sobre todo, en los profesionales que lo crearán. La segunda, nos acerca a la parte operativa. La coordinación para llevar a buen término la capacidad de adaptación del individuo a las exigencias a las que se enfrentará a lo largo de su trayectoria vital. Pues bien, el presente libro pretende dar respuesta a algunos de los problemas, dificultades y complicaciones con las que la universidad se va a encontrar a la hora de llevar a la práctica esta segunda fase. En este sentido, la implementación de nuevas materias, la intensificación del uso de metodologías activas, la homogeneidad terminológica, el diseño de los programas de las asignaturas con base en las competencias generales y las específicas, la utilización de criterios de evaluación más sofisticados que den respuesta al verdadero conocimiento y trabajo de los alumnos, el correcto uso de las plataformas tecnológicas, ... etc. en definitiva, un conjunto de medidas que sirven para afrontar con profesionalidad el doble reto de colocar al alumno en el centro de su propio proceso de aprendizaje y a la universidad como motor de la sociedad.

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**tier system strength training:** *Teacher Supply and Teacher Quality* Gerald Rupert Grace, Martin Lawn, 1991 When Sir Claus Moser said in his Presidential Address to the British Association (1990) that central to all school problems is the state of the teaching profession, he was expressing a widely held view. The decade of the 1980s in many English-speaking countries has done little to improve the morale and work conditions of teachers in publicly provided education. The gap between the public rhetoric which acknowledge the importance of teachers and the realities which teachers experience remains very great. With reference to England and Wales this timely and critically stimulating book examines the issues which have to be addressed in the 1990s. It provides an agenda for educational policies and practices which take seriously the importance of teachers as key agents for realizing equal educational opportunities for all.

**tier system strength training:** *Nuevas tendencias en entrenamiento personal (Color)* Gabriel Hernando Castañeda, 2011-07-18 El entrenador personal es uno de los profesionales más valorados para el asesoramiento de la actividad física, el ejercicio y la salud; ya sea en centros deportivos, en colaboración con rehabilitadores y especialistas en recuperación funcional o prescribiendo actividad a poblaciones especiales. Es, por un lado, un profesional cualificado de la actividad física y, por el otro, un especialista en comunicación, relaciones sociales, motivación y atención al público. En este

libro, escrito por profesionales de larga trayectoria en el sector y especialistas en cada una de las disciplinas, se desarrollan todos los aspectos que hacen a esta profesión. También se presenta un atlas de ejercicios con materiales alternativos orientado al entrenamiento personal: Fitball, BOSU, Roller, Circle, Gliding o Foam entre otros materiales. -directrices del entrenamiento de fuerza en situaciones inestables -método Pilates -prescripción del ejercicio aeróbico -lesiones en el entrenamiento con cargas -evaluación y control de la aptitud física -control de riesgo para la salud en el entrenamiento -procedimientos de emergencia -tratamiento de lesiones y primeros auxilios -suplementos naturales en la nutrición de personas activas -tratamiento de los problemas de espalda -entrenamiento para personas mayores -electroestimulación en el entrenamiento personal -diseño de salas de entrenamiento -régimen laboral y fiscal -responsabilidad civil y penal -calidad de vida laboral y prevención de riesgos laborales. Esta obra constituye una herramienta de trabajo y de consulta esencial para los profesionales en ejercicio y para los que deseen desarrollarse en esta profesión. Gabriel Hernando Castañeda (coordinador) es Licenciado en Ciencias de la Actividad Física y el Deporte (UPM) y Máster en Gestión de Entidades Deportivas. Es formador de profesionales del fitness y entrenadores personales y entrenador personal en ejercicio.

**tier system strength training: Hearings, Reports and Prints of the Senate Committee on Armed Services** United States. Congress. Senate. Committee on Armed Services, 1979

**tier system strength training: *Men's Liberation*** Conrad Riker, MEN ARE UNDER ATTACK - AND FEMINIST LIES ARE THE WEAPON Why are you treated like a criminal for being born male? Have you been silenced when you tried to expose abuse? Do you feel enslaved by a system that steals your freedom? This book arms you with reality: - Shatter the myth that only men commit violence. - Expose how the Duluth Model rigs the system against you. - Reveal why women initiate aggression more often than you're told. - Uncover the data feminists bury to control the narrative. - Escape the double bind of toxic masculinity traps. - Reclaim your right to lead without apology. - Fight gynocratic tyranny crushing your manhood. - Join brothers waking up to the redpilled truth. If you want to break your chains and dominate your destiny, buy this book today.

**tier system strength training: Successful Pathways for the Well-Being of Black Students** Khanare, Fumane Portia, Marina, Brenda L.H., 2023-05-23 A grassroots understanding of well-being can be an effective approach to meeting the needs of children in low-resource settings. Due to this, evidence on how to sustain such approaches is needed. Successful Pathways for the Well-Being of Black Students addresses a long-standing need for a book that focuses more on strength over weakness, inclusion over exclusion, health over neurosis, agency over passiveness, and future over the past of Black students' well-being. The book also articulates a vision for the kind of educational environment where Black students can thrive. Covering key topics such as community, workplace well-being, stress, and relationships, this premier reference source is ideal for administrators, policymakers, academicians, researchers, scholars, practitioners, librarians, instructors, and students.

**tier system strength training: Air Force Magazine** , 1998-07

**tier system strength training: Entrenamiento personal** Alfonso Jiménez Gutiérrez, 2007 A lo largo de la obra se tratan los temas cruciales para abordar las competencias profesionales de cualquier entrenador personal: la descripción funcional de los sistemas cardiovascular, respiratorio y muscular; las adaptaciones al ejercicio aeróbico y anaeróbico; la prescripción del entrenamiento aeróbico; el desarrollo de la fuerza muscular; la actualización de la técnica de ejecución de los principales ejercicios; las lesiones más habituales a las que hay que enfrentarse constantemente; técnicas de diagnóstico inicial que clarifiquen las necesidades y los objetivos de los posibles clientes; las herramientas, protocolos e instrumentos para poder evaluar sus capacidades físicas inicialmente y a lo largo del programa; las bases para desarrollar una nutrición sana, equilibrada y efectiva; las principales indicaciones, recomendaciones y consideraciones para el entrenamiento de sujetos con trastornos de salud; o finalmente, los recursos y herramientas para comunicar todo este potencial al mercado. Los diferentes capítulos están pensados para permitir descubrir a algunos, y recordar a otros, los fundamentos y aplicaciones de esta otra forma de entender y desarrollar el Entrenamiento

Personal.

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