

## Example of weekly program.

wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
op	table	—	table	—	static load	—	—
1	table	—	static load	—	table	—	—
2	static load	—	table	—	gait focus	UB cross	—
3	isotonic load	—	gait focus	—	mov prep	UB cross	—
4	isotonic load	—	gait focus	—	mov prep	UB cross	—
~ 1 mo							
5	BW load	—	gait focus	—	mov prep	UB cross	—
6	load intro	—	motor control	—	load intro	UB hyper	—
7	squat emphasis	—	motor control	—	single-leg emphasis	UB hyper	—
8	squat emphasis	aerobic cond	motor control	—	single-leg emphasis	UB hyper	—
~ 2 mo							
9	squat emphasis	aerobic cond	motor control	—	single-leg emphasis	UB hyper	—