

**Professional Training**  
**Tony Boutagy's Guide to Advanced Program Design & Session Layout**  
For more detailed notes, visit [www.tonyboutagy.com](http://www.tonyboutagy.com)

**Preliminary Screening:**

Assessment tools –

- (1) The Overhead Squat
- (2) The Single-Leg Squat

**The Overhead Squat**

Designed to assess bilateral, symmetrical dynamic flexibility, muscle balance and integrated strength of the ankles, knees, hip, spine and shoulder complex. Generally the Overhead Squat gives an overall profile of the entire body.

- (1) Have the client place their feet between hip and shoulder width apart and pointed straight ahead. The foot and ankle complex should be in neutral position.
- (2) Have the client slowly raise their arms straight over their head, with their elbows fully extended and the arms bisecting the ears (a wooden pole can be used). Note any abnormal movement throughout the hip complex and through the shoulder-neck region when the arms are raised.
- (3) Instruct the client to slowly squat down to the lowest position that is comfortable and controllable to them.
- (4) Using a 3131 tempo, observe the client from the front, right side, left side and the rear for between 6-12 repetitions.
- (5) Do not let the client know what you are specifically looking for, as they will tend to try to "correct" themselves as they perform the test.
- (6) Begin by looking at the ankle stability and alignment, then work your way up through the knee, hip, torso, trunk and then arms.

**Single Leg Squat**

Designed to assess the strength relationship in the muscles of the lower limbs by destabilizing the hip.

- (1) Have the client place their hands on the waist and focus on an object straight ahead. Insure the feet are pointing straight head and that the foot/ankle and lumbo-pelvic-hip complex are in neutral position.
- (2) Ask the client to raise one leg and shift the weight to the opposite side. Foot lifted should be next to the stance leg.
- (3) Instruct the client to slowly squat down to the lowest position that is comfortable and controllable to them.
- (4) Using a 3131 tempo, observe the client from the front, right side, left side and the rear for between 6-12 repetitions.
- (5) Do not let the client know what you are specifically looking for, as they will tend to try to "correct" themselves as they perform the test.
- (6) First, observe the clients ability to balance on one leg. Begin by looking at the ankle stability and alignment, then work your way up through the knee, hip and then torso.

**Observations:**

- Externally rotated feet or elevation of the heels during the descent indicates tight calves;
- Excessive forward knee movement indicates weak hamstrings;
- Inward knee movement indicates weak VMO;
- Forward trunk lean indicates tight hip flexors & weak glute max;
- Lateral trunk lean indicates weak QL;
- Right or left weight distribution indicates a stronger leg to that side of lean or tightness;
- Hip drop indicates weak QL;
- Forward arms indicates tight shoulder complex

## The Session Layout:

### **(1) The General Warm-Up (Total time: 5-10 minutes, pre-training session)**

- Self-myofascial release techniques (foam rollers, tennis balls, golf balls)
- Skipping
- Stationary bike, treadmill, X-trainer, rower, etc

### **(2) The Flexibility/Mobility Drills (Total time: 0-10 minutes)**

- Beginner trainees: Static stretching, Contract-Relax & Contract-Relax/Antagonist Contract stretching;
- Intermediate trainees: Static stretching, Contract-Relax, Contract-Relax/Antagonist Contract stretching, Active Isolated Stretching, Dynamic/Mobility stretching;
- Advanced trainees: No flexibility/mobility drills, perform only warm-up sets.

### **(3) The Muscle Activation Drills (Total time: 0-5 minutes)**

- 2-3 Upper body drills (scapula retraction, scapula depression, rotator cuff)

Pick from: Prone T, prone Y, prone W, prone L, cobra variations, scapula depression drills, external rotation variations.

- 2-3 Lower body drills (glute max, glute med, VMO, hamstring)

Pick from: Lateral side steps, side lying glute med, supine glute max variations, terminal knee extension variations, ball bridging variations.

Use 1-3 sets of 10-15 reps in a circuit style on a 3131 tempo, resting 30-45 seconds between exercises.

### **(4) Abdominal Training (Total time: 0-10 minutes)**

- If the abdominals are weak or have always been performed at the end of the session, prioritize them by performing them here at the beginning of the session
- Pick 2-4 abdominal exercises, choose from:
  - A. Trunk & hip flexion (ie. Sit ups & reverse curls)
  - B. Trunk & hip rotation (ie. Russian twists & lateral leg lowers)
  - C. Trunk & hip lateral flexion (ie. Standing side bends & side lying leg lifts)
  - D. Combination of movements (ie. V sit ups & oblique curls)
  - E. Stabilization (ie. The plank or forward bar rollouts)

## **(5) Goal-Specific Strength Training (Total time: 35-60 minutes)**

### **A. Body Composition (fat loss)**

Exercise choice: Large muscle groups, compound exercises using both machine or free weights

Exercise order: Lower body paired with upper body

Training split: Total body workout, all major muscle groups

Sets: 2-5

Reps: 12-20 (some exercises can be as low as 8-10RM)

Tempo: 3010, 2110, 2011, 2010.

Rest: 30-75 seconds

Frequency: 3-4 days per week

### **B. Muscle Size (hypertrophy)**

Exercise choice: Exercises of all kinds can be used – machines, body weight & free weights

Exercise order: Conventional or unconventional sequencing

Training split: 2-3 muscle groups per session

Sets: 9-20 + sets per muscle group

Reps: 8-12 (can go as low as 6-8RM and as high as 20-50RM)

Tempo: 50X0, 4010, 40X10, 3110, 3011, 3210, 4210.

Rest: 60-90 seconds (unless using overloads)

Frequency: 3-4 days per week

### **C. Relative Strength**

Exercise choice: Large muscle groups, compound exercises using free weights

Exercise order: Conventional or unconventional sequencing

Training split: 4-5 muscle groups per session

Sets: 9-20 sets per muscle group

Reps: 8-12

Tempo: 50X0, 4010, 40X10, 3110, 3011.

Rest: 60-90 seconds (unless using overloads)

Frequency: 3-4 days per week

### **D. Multi-Strength Method Training**

Exercise 1: Power

Exercise 2: Relative strength

Exercise 3: Hypertrophy

Exercise 4: Single-limb

Exercise 5: Prehab