

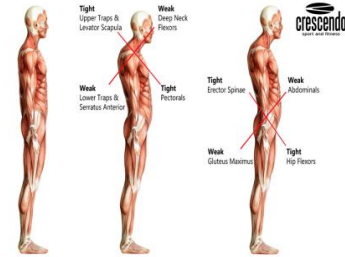


# Athlete Assessments

Step 1

## PRESENTATION

Start by learning. You will get better results if you truly understand WHY and HOW things work! Before you start, attend a Crescendo Seminar, schedule a One-on-One session live or Zoom, or watch the 12 minute Crescendo Presentation video on my website homepage.

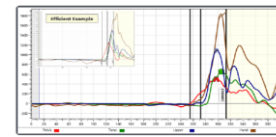


Learn about Current Science in Fitness and Sports Medicine

Step 2

## PROFILE

Initial information gathering precedes a physical evaluation. Crescendo utilizes FMS Functional Movement Screen, TPI Titleist Performance Institute, and OnBaseU screening systems to assess your movement quality capabilities. A detailed Report is produced.



BASEBALL	A	G	B	P
Peak Speed Sequence	1	3*	2	3*
Current Order	1	2	3	4
Peak Speeds (Impacts/Minute)	501	655	1089	1855
Pro Ranges	480-760	760-1150	970-1380	1530-2250
Speed Gain	1.3	1.7	1.7	

Discover YOUR Dysfunctions and Areas of Concern

Step 3

## PROGRAM

Your Report will suggest 3 areas to focus on as a result of the information gathered and your screening. It will also include a few recommended exercises that should help you improve in these areas. Crescendo can then design you a program or you can seek your own.

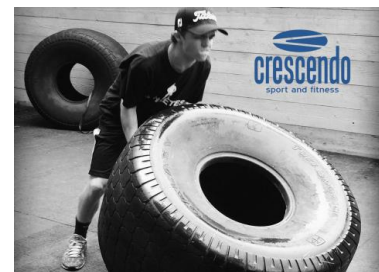
Your 4 Week Workout Plan			
Warm-Up	Stretch	Core	Performance
3-10' Minutes	6-12' Minutes	3-10' Minutes	3-10' Minutes
<ul style="list-style-type: none"> <li>1. MASH IT</li> <li>2. SIDE STEP</li> <li>3. TWIST</li> </ul>	<ul style="list-style-type: none"> <li>1. HIPS UNDER CONTROL</li> <li>2. BUTT UNDER CONTROL</li> <li>3. STABILIZE LEGS FROM FORWARD STEP</li> <li>4. ARM CIRCLES (FRONTWARD)</li> </ul>	<ul style="list-style-type: none"> <li>1. DUMBO BUNDS</li> <li>2. BIRD DOG</li> <li>3. GLUTE BRIDGE</li> </ul>	<ul style="list-style-type: none"> <li>1. WALK DRILL</li> </ul>
Perform 1-3 Sets of 1' Minute Each			
Strength		Days 2, 4, and 6 On Each Day	
20-25' Minutes	<ul style="list-style-type: none"> <li>1. PLANK SQUAT</li> <li>2. BIG CRUNCH</li> </ul>	<ul style="list-style-type: none"> <li>1. PUSH-UP</li> <li>2. PLANK W/ RESISTANCE</li> <li>3. PLANK W/ RESISTANCE</li> </ul>	<ul style="list-style-type: none"> <li>1. 1/2 PLANK</li> <li>2. PLANK W/ RESISTANCE</li> <li>3. PLANK W/ RESISTANCE</li> </ul>
Finisher		5-20' Minutes	
1st Quarter 1-20' Warm-Up / 10 Reps x 6 Times / 1 Minute Rest / Transition, Repeat 4 x for 20-30' Minutes			
Quarter 1	Quarter 2	Quarter 3	Quarter 4
1. BICYCLE	1. BICYCLE	1. BICYCLE	1. BICYCLE

Train with Individual Specific Exercises Targeting YOUR Needs

Step 4

## PROGRESS

Put your plan into action. Get motivated and work the suggested exercises into your routine. Progress appropriately. Listen to your body and tweak your program as needed. Crescendo suggests programming 4 weeks at a time, then re-assess to ensure results!



GET RESULTS! An Intelligent and Informed Plan ALWAYS Works!



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