

PRESCRIBING STRENGTH TRAINING

PREScription FACTOR	ISOTONIC	ISOMETRIC
REPETITIONS	1-10	5-10 holds of 5-6 sec. each
SETS	3-4 sets for 1-3 reps 2-3 sets for 4-7 reps 1-2 sets for 8-10 reps	
FREQUENCY	3 sessions per week	Can be done daily
TIME TO MAJOR GAINS	6-12 weeks	
MAINTENANCE	1-2 sessions per week ● maintains better than energy systems	

PRESCRIBING FLEXIBILITY TRAINING

PREScription FACTOR	STRETCH & HOLD	PASSIVE PNF
DESCRIPTION	Joint is passively stretched to max. range & held there passively for desired length of time.	Joint is passively stretched to max. range & held passively 6 sec. Without changing joint angle, the stretched muscle contracts against resistance for 6 sec.
HOLD TIME	> 30 seconds (the longer the better)	continuous series of: 6 sec. hold 6 sec. contraction to total time \geq 60 sec.
FREQUENCY	daily or twice daily	
TIME TO MAJOR GAINS	3-12 weeks	
NOTE:	Variations exist for both of these methods by adding active flexibility techniques and by using relaxation techniques.	