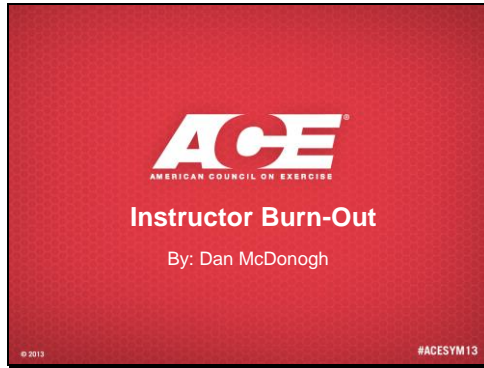
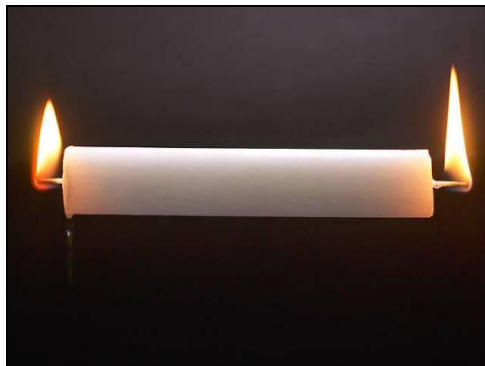


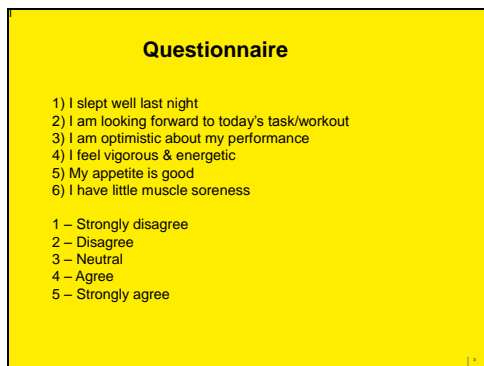
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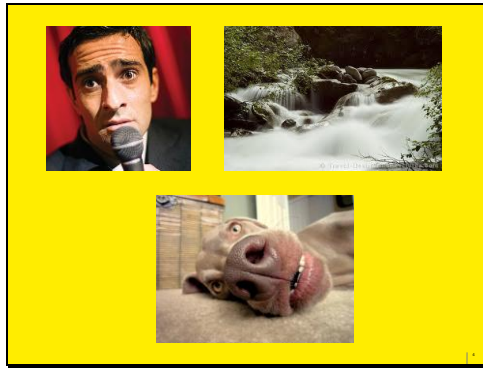
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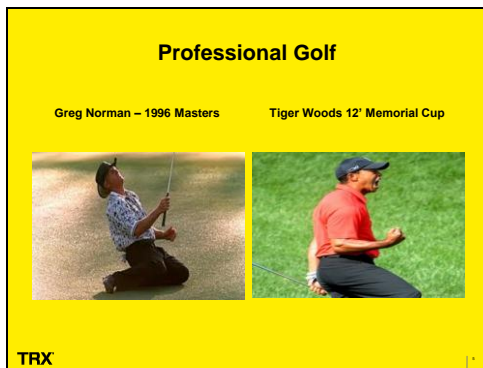
Slide 3



Slide 4



Slide 5



Slide 6



Slide 7

What Happens?

Distraction Theory




Self-Conscious Theory




TRX

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Slide 11



Slide 12



Slide 13



Slide 14



Slide 15



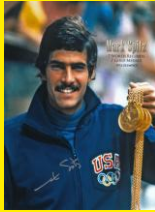
Slide 16

Fatigue

Alberto Salazar



Mark Spitz



TRX

Slide 17



Slide 18

Questionnaire

- 1) I slept well last night
- 2) I am looking forward to today's task/workout
- 3) I am optimistic about my performance
- 4) I feel vigorous & energetic
- 5) My appetite is good
- 6) I have little muscle soreness

- 1 – Strongly disagree
2 – Disagree
3 – Neutral
4 – Agree
5 – Strongly agree

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Slide 20



Slide 21



NUTRITION



Periodization

• Volume vs. Intensity during various phases



Phase	Volume (Green)	Intensity (Red)
Pre	High	Low
Build	High	Low
Peak	Low	High
Post-Peak	Low	High

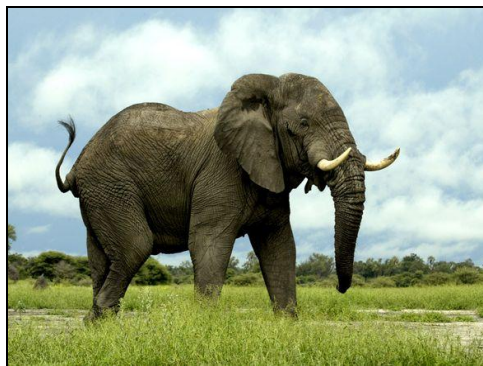
Slide 22



Slide 23



Slide 24



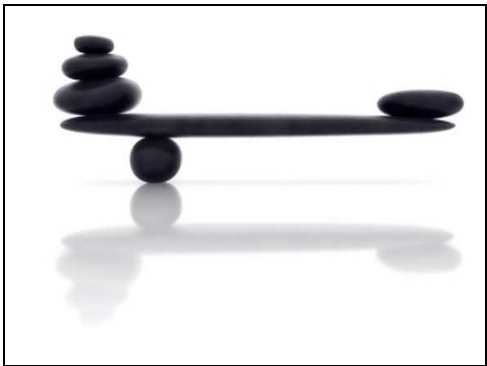
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Slide 26



Slide 27



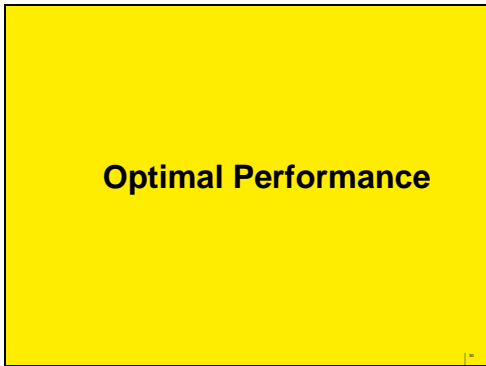
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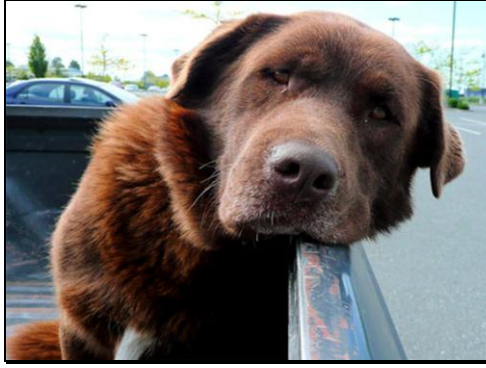
Slide 29



Slide 30



Slide 31



Slide 32



Slide 33



Slide 34



Slide 35



Slide 36



Slide 37

