

Personal Training Services from Hayashida and Associates

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HAPT - Personal Training Services

National Academy of Sports Medicine (NASM)

The National Academy of Sports Medicine was first introduced in 1987, and today is one of the top authorities in promoting tools and research for health, fitness, sports performance, and sports medicine. The Academy has helped thousands in their journey to become better athletes and healthier individuals. NASM is also one of the few organizations that will focus on Corrective Exercise Prescription, to focus on the prevention and re-introduction of past injuries.

Through Personal Training Services available by Hayashida & Associates, we are able to incorporate NASM's Optimum Performance Training Model, also known as the OPT Model, to help assist patients after completing physical therapy treatment.

The OPT Model

- **PHASE 1** **Stabilization Endurance**
- **PHASE 2** **Strength Endurance**
- **PHASE 3** **Hypertrophy**
- **PHASE 4** **Maximal Strength**
- **PHASE 5** **Power Training**

Each phase of the OPT Model is designed to progress you to the next level of performance. **Phase 1 - Stabilization Endurance** can often be the physical therapists first priority when treating a new patient. Enhancing joint



stability, increasing flexibility, improving reaction time, and enhancing control of posture are all goals of this phase.

Once stabilization of the joint(s) is achieved and the individual can maintain stability, they may begin working on **Phase 2 - Strength Endurance**. This phase is designed to further improve stabilization,

increase strength, improve work endurance and increase lean body tissue. It requires active flexibility and may be accompanied with moderate resistance exercise. The principles of this phase are often prescribed to the patient near the end of their referral time, and allows for an easy transition to go beyond a home exercise program.



Phase 3 - Hypertrophy Training, along with phases 4 and 5, is where personal trainers can bring you closer to your new goals, avoiding the fearful thoughts of re-injury in a safe and controlled environment. This phase, along with **Phase 4 - Maximal Strength Training**, will help you achieve quicker reaction speeds, increase strength, and improve peak force and muscle use. As trainers, we consider these to be the most important part of post rehabilitation, because the stronger you get, the less likely you are to become reinjured!

Phase 5 - Power Training should be the goal for any healthy individual, as this phase can help not only with your daily lifestyle, but it can affect your athletic performance. Phase 5's purpose is to enhance neuromuscular efficiency, improve prime muscle strength, increase the rate of force power, and enhance speed strength.

Most athletes will cycle through each phase periodically so that the body is consistently adapting to an ever-changing environment, avoiding training plateaus. Whether you're a weekend warrior training for a 10k run, or a competitive athlete looking for your next edge up on the competition, training the entire spectrum of the OPT Model will benefit your health and wellness, as well as prevent re-injury. In addition, due to the changing times of the economy, package costs have been severely reduced, and family and group discounts have recently become available.

For further information on Hayashida & Associates Personal Training Services, contact Zack Bertges Zack@hayashidapt.com, or call 805.898.1907

For more information on the OPT Program you can also visit NASM.org.

