



The Flexible Periodization Method

Karsten Jensen Msc.

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The Flexible Periodization Method Science-based, yet the most PRACTICAL book on periodization you have ever read One question I am frequently asked since releasing the Flexible Periodization Method is Is The Flexible Periodization Method linear or non-linear periodization? My answer is usually the same: Both! TO which I am usually greeted with a response of: Huh? They are stunned! How can one system be two systems? It may seem too good to be true that with this one system of periodization you can create ANY OTHER current periodization system. But, it is in fact the TRUTH, and if you get the book you will find out how easy it is. The Flexible Periodization Method was written with ONE SINGLE purpose to help strength coaches and personal trainers create better training programs. If you are a strength coach or personal trainer and can answer Yes to any of the following questions, then you WILL GREATLY benefit from The Flexible Periodization Method . Do you feel that periodization is all science mumbo jumbo? - The FPM provides an increased understanding of periodization through a clear discussion of the pros and cons of all current periodization models. Have you ever read a book on periodization and felt that you understood the theory, yet did not know how to apply this theory? - The FPM makes the topic of periodization PRACTICAL giving you a step by step method for creating long-term training programs as well as 59 specific method variations to use in your programs. Are you a new personal trainer, who wonders how to create better training programs? - Periodization has been proven to be more effective than programs that do not follow these principles. The FPM, shows you how to create more effective training programs, through a unique version of PERIODIZATION. Have you studied periodization before and felt that your athletes and clients did not fit into the models prescribed? - Like no other method, The Flexible Periodization Method fits the system to the athlete and not the athlete to the system . Learn 7 training templates covering all physiological capacities as well as adjustment options for those blocks. The Flexible Periodization Method shows you how to adjust these blocks to fit the training of YOUR athletes. Have you ever wondered how to best combine strength training, plyometrics and energy systems training? The FPM goes beyond current periodization models by explaining how to combine strength training, plyometrics and energy systems training for optimal results. . Do you want to work with athletes? - Increase your client base by learning The Flexible Periodization Method - designed to create programs for the fitness client as well as any athlete. Are you looking for strategies to increase client retention and revenue? - By mastering the art of creating long-term training programs with the FPM you are in a position to sell macrocycles of 16-20 weeks instead of packages of 4-6 sessions and, thus, increase client retention and revenue.

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