THE BALANCED APPROACH TO EXERCISE WITH CYSTIC FIBROSIS
Background

- Born and raised Central California
- Graduated from Sonoma State University with BS
- Personal trainer and Strength coach for 8 years
- Director of Sports Performance at Future Prospects Performance
- Train: Athletes, Adults, and Young Adults
Brains Behind It All

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Julie Desch
What’s The Goal?
How to be Successful

- Everything works
- Stick to the process
- Track everything
- Consistency
Balance

Strength                Flexibility            Cardio
Need a Balance

- Too Much Cardio:  
  - decrease strength,

- Too Much Strength Training:  
  - decrease flexibility, postural changes,

- Too Much Flexibility:  
  - decrease strength, increase risk of injury
The Approach

- Bang for your buck
- All 6 movements every workout
- Functional multi-joint exercises
- Cardio last

Breathe
Movements

- Push
  - Push ups, Bench Press
- Pull
  - Pull Ups, 1-arm Rows
- Hinge
  - Deadlift, Kb Swings
- Squat
  - Back Squat, Front Squat
- Core
  - Plank, Side Plank (Breathe),
- Ground Base
  - Crawling, Get Up, Get Downs
Diaphragmatic Breathing

- Everyone is right dominate
- We live on our right side
- Zone of Apposition (ZOA)
- Paranasal sinuses produce Nitric Oxide
Life

Parasympathetic               Sympathetic
What Now?
Putting It Together

- 3 month program

- 3 Phases
  - Phase 1: Learn Movements (2 weeks)
  - Phase 2 and 3: Workout- Circuits (5 weeks)

- Cysters and Fibros In Training Endurance Program (CFIT)
Preparatory Phase

- 2 weeks

- Monday, Tuesday, Thursday, Friday

- **Workout -Circuit**
  - (2) Diaphragmatic Breathing
  - Push, Pull, Hinge, Squat, Core
  - 2-3 Round Circuits
  - 2 mins Rest or Rate of Perceived Exertion under 3

- **Cool Down**
  - 4 Static Stretch for breaths not time
Phases 2 and 3

- 5 week Phases
- **Workout** –
  
  Diaphragmatic Breathing, Dynamic Warm Up
  
  2-3 Round Circuits
  
  2 mins Rest or RPE under 3

- **Strength Circuit**
  
  A/B/A - 50-70% Load or Rate of Perceived Exertion **5-7**
  
  A - 10 reps (Bilateral) 2x5, 5,3,2, or 10x1
  
  B - 10 reps (Unilateral) 2x5, 5,3,2, or 10x1

- **Cool Down**
  
  4 Static Stretch for breaths not time
Endurance Program

- CFIT running program

- 12 week program
  - Jog or Walk

- 3 days a week
  - Tuesday, Thursday, Saturday
Takeaway

- Figure out the goal
- Create balance
- All 6 movements
- Bang for your buck
- Substitute breaths for time
- Consistency
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