

From Baseline to Barbell: Knowing When to Progress Your Clients

This worksheet is designed to help you apply the concepts from today's session in real-time and build your own progression system.

1. Why Does Progression Matter?

2. Goals of Today's Lecture (Circle Yours)

- ☐ Understand the importance of advanced lifts
- ☐ Learn to assess readiness
- ☐ Improve client buy-in and communication

3. The Role of Advanced Movements

List 3 benefits of advanced lifts for YOUR clients:

1. _____
2. _____
3. _____

Common Pitfalls of Premature Progression:

- ☐ Poor technique under load
- ☐ Increased injury risk
- ☐ Loss of client confidence

4. Assessing Baseline Readiness

How do you assess readiness currently?

Tools You Use (Circle or Add): FMS / Balance Tests / Core Stability / Video Review / Other:

5. Markers for Progression

Checklist: My Client is Ready to Progress When...

- ☐ Maintains form under fatigue
- ☐ Has joint control through full ROM
- ☐ Meets strength benchmarks
- ☐ Demonstrates muscular control

Client Type | Marker | Ready? (Y/N)

General Pop | Goblet Squat x10 @ 40lb | _____ 555

Athlete | Single-leg Hop Stability | _____

Strength Client | Trap Bar DL @ Bodyweight | _____

6. Prerequisites & Compensations

Mobility To Watch:

- ☐ Ankles
- ☐ Hips
- ☐ Thoracic spine

List regressions you like for:

Squat → _____

Hinge → _____

Common Compensations to Address:

- ☐ Lumbar flexion/extension
- ☐ Knee valgus
- ☐ Scapular instability

7. Progression Strategy Planner

Movement | Regressed Form | Final Form | Key Cues

Deadlift | KB Deadlift | Barbell DL | _____

Squat | Box Squat | BB Back Squat | _____

8. Getting Client Buy-In

How will you explain the “Why” to clients?

Ideas to Celebrate Small Wins:



Create mini-challenges



Progress journals



Before/after technique clips

9. Case Study Reflection

Beginner → Barbell Deadlift:

[Key adjustments, regressions, or timeframe]

Athlete → Back Squat Mastery:

Focuses: _____

Key Takeaways:

1. _____

2. _____

10. Final Checklist + Q&A Notes

Checklist for Progressing Clients:



Baseline mobility & strength



Technical consistency



Client confidence



Communication & buy-in

Questions You Still Have:

