

# HIGH PHYSIOLOGICAL LOAD OPTIONS

Average Score  
High Physiological Load (> or = 70% Max)

PHYSIOLOGICAL LOAD SCORES	EXERCISE CLASSIFICATION	INTENSITY ZONE	EXERCISE TYPE
Possible Applications	Energy Exercises	0%-40%	
<ul style="list-style-type: none"> <li>• Consciousness Health</li> <li>• Balance H.C.S.               <ul style="list-style-type: none"> <li>- Biological Oscilators</li> <li>- PH Balance</li> </ul> </li> <li>• Toxicity</li> <li>• Immune Support</li> <li>• Emotional Balance               <ul style="list-style-type: none"> <li>- Depression</li> <li>- Anxiety</li> <li>- Fear</li> <li>- Anger</li> </ul> </li> <li>• Acute pain/Injury</li> <li>• Disease State</li> <li>• Malnourished</li> </ul>	<ul style="list-style-type: none"> <li>• Harvesting Life Force</li> <li>• Tuning Biological Oscilators</li> <li>• Consciousness Shifting</li> <li>• Consciousness Healing</li> <li>• Consciousness Health Maintenance</li> </ul>	<p><b>PROFESSIONAL GUIDENCE RECOMMENDED</b></p>	<ul style="list-style-type: none"> <li>• Breathing               <ul style="list-style-type: none"> <li>- Yogic</li> <li>- Traditional</li> </ul> </li> <li>• Diaphragmatic               <ul style="list-style-type: none"> <li>- Energetic</li> <li>- Piston</li> <li>- Abdomen</li> </ul> </li> <li>• Yoga               <ul style="list-style-type: none"> <li>- Hatha(body)</li> <li>- Rasa(mind)</li> </ul> </li> <li>• Qi Gong</li> <li>• Tai Chi</li> <li>• Chakra Specific</li> <li>• Feldenkrais</li> <li>• Alexander</li> <li>• Swiss Ball Training</li> <li>• Pilates</li> <li>• Stretching</li> <li>• Active meditation               <ul style="list-style-type: none"> <li>- Walking</li> <li>- Hiking/Nature</li> <li>- Gardening</li> <li>- Swimming</li> <li>- Water Exercise</li> </ul> </li> <li>• Cycling</li> <li>• Rowing</li> <li>• Dancing               <ul style="list-style-type: none"> <li>- Controlled w/ skilled instructor</li> </ul> </li> </ul>

# MODERATE PHYSIOLOGICAL LOAD OPTIONS

Average Score  
Moderate to High Physiological Load (50%-70% Max)

PHYSIOLOGICAL LOAD SCORES	EXERCISE CLASSIFICATION	INTENSITY ZONE	EXERCISE TYPE
Possible Applications	Energy Exercises	40%-60%	<ul style="list-style-type: none"> <li>•Torso Deformation</li> <li>•Yoga</li> <li>•Stretching</li> <li>•Primal Pattern Movement Exercise</li> <li>•Qi-Gong</li> <li>•Tai-Chi</li> <li>•Soft Martial Arts</li> <li>•Walking/Hiking</li> <li>•Swiss Ball Exercise</li> <li>•Aerobics Classes</li> <li>•Water Exercise</li> <li>•Non-Competitive</li> <li>•Sports Recreation                             <ul style="list-style-type: none"> <li>-Horse Riding</li> <li>-Swimming</li> <li>-Kayaking</li> <li>-Canoeing</li> <li>-Gardening</li> <li>-Farming</li> <li>-Rollerblading</li> <li>-Others...</li> </ul> </li> <li>•Medicine Ball Exercise</li> <li>•Pilates</li> <li>•Total Gym</li> </ul>
<ul style="list-style-type: none"> <li>•Balance H.C.S.'s</li> <li>•Mobilize Fluids                             <ul style="list-style-type: none"> <li>-Bloods</li> <li>-Lymph</li> <li>-Synorium</li> </ul> </li> <li>•Mobility of Viscera</li> <li>•Visceral Ptosis</li> <li>•Disease</li> <li>•Immune Support</li> <li>•Psychological Support                             <ul style="list-style-type: none"> <li>-Opiate Production</li> </ul> </li> <li>•Stimulate Metabolism</li> <li>•Biological Oscilators                             <ul style="list-style-type: none"> <li>-Automate &amp; Synchronize</li> </ul> </li> <li>•Subacute Pain or Injury</li> </ul>	<ul style="list-style-type: none"> <li>•Harvesting Life Force</li> <li>•Tuning Biological Oscilators</li> <li>•Health Consciousness</li> <li>•Consciousness Development</li> <li>•Structural Integrity</li> <li>•Endurance                             <ul style="list-style-type: none"> <li>-Intensive Endurance</li> </ul> </li> </ul>	<p>30%</p> <p>40%</p> <p>50%</p> <p>60%</p>	

# MODERATE PHYSIOLOGICAL LOAD OPTIONS

Average Score  
Moderate to Low Physiological Load (50% or Less)

PHYSIOLOGICAL LOAD SCORES	EXERCISE CLASSIFICATION	INTENSITY ZONE	EXERCISE TYPE
Possible Applications	Structural Integrity	5%-60%	<ul style="list-style-type: none"> <li>• Swiss Ball Training</li> <li>• Feldenkrais</li> <li>• Alexander</li> <li>• Tai-Chi</li> <li>• Soft Martial Arts</li> <li>• Yoga</li> <li>• Medicine Ball Training</li> <li>• Primal Pattern Training</li> <li>• Controlled Free Weight Training</li> <li>• Rhythmic Stabilization Training</li> <li>- Body Blade</li> <li>- Twister Ball</li> <li>- Centrifugal Force Devices</li> <li>• Impulse Training</li> <li>- Eccentric Loading</li> <li>- Controlled Eccentrics</li> <li>• Balance Apparatus Training</li> <li>• Stretching</li> </ul>
<ul style="list-style-type: none"> <li>• Chronic Orthopedic Injury</li> <li>• Visceral Ptosis</li> <li>• Postural Correction</li> <li>• Faulty Motor Patterning</li> <li>• Sensory Motor Amnesia</li> <li>• Degenerative Diseases                             <ul style="list-style-type: none"> <li>- Arthritis</li> <li>- Tendonosis</li> <li>- DDD</li> <li>- DJD</li> <li>- Spiral Instability</li> <li>- Peripheral Joint Instability</li> </ul> </li> <li>• Prophylactic Conditioning</li> <li>• Balance Training</li> </ul>	<ul style="list-style-type: none"> <li>• Joint Stability Training</li> <li>• Motor Skills Development</li> <li>• Movement Awareness</li> <li>• Balance Training</li> <li>• Flexible/Muscle Balancing</li> <li>• Prophylactic                             <ul style="list-style-type: none"> <li>- Specificity Phase</li> <li>- Off Season</li> <li>- General</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>5%</li> <li>20%</li> <li>40%</li> <li>50%</li> <li>60%</li> </ul>	

# LOW PHYSIOLOGICAL LOAD OPTIONS

Average Score = or < 50% Physiological Load

PHYSIOLOGICAL LOAD SCORES	EXERCISE CLASSIFICATION	INTENSITY ZONE	EXERCISE TYPE
Possible Applications	Gross Stability/Strength	5%-80%	
<ul style="list-style-type: none"> <li>•Structural Integrity</li> <li>•Motor Skills Development                             <ul style="list-style-type: none"> <li>- Reinforcement</li> </ul> </li> <li>•Work Capacity</li> <li>•Longevity</li> <li>•Stimulate Metabolism                             <ul style="list-style-type: none"> <li>-Weight Loss</li> <li>-Weight Management</li> </ul> </li> <li>•General Health                             <ul style="list-style-type: none"> <li>-Aesthetics</li> <li>-Well-Being</li> <li>-Optimize Physiology</li> </ul> </li> </ul>	<p><u>General Fitness</u></p> <ul style="list-style-type: none"> <li>•Prophylactic or Non Clinical Corrections (relatively pain-free)</li> <li>•Wellness Exercise</li> <li>•Developmental Sport</li> </ul>		<ul style="list-style-type: none"> <li>•Free-Weight Training</li> <li>•General Sports</li> <li>•General Recreational Exercise</li> <li>•Soft Martial Arts</li> <li>•Hard Martial Arts</li> <li>•Yoga</li> <li>•Group Exercise</li> <li>•Water Sports                             <ul style="list-style-type: none"> <li>-Water Exercise</li> </ul> </li> <li>•Swiss Ball Training</li> <li>•Medicine Ball Training</li> <li>•Alexander</li> <li>•Feldenkrais</li> <li>•Dance</li> <li>•Pilates</li> </ul>

# LOW PHYSIOLOGICAL LOAD OPTIONS

Average Score = or < 25% Physiological Load

PHYSIOLOGICAL LOAD SCORES	EXERCISE CLASSIFICATION	INTENSITY ZONE	EXERCISE TYPE
Possible Applications	Sport/Work Specific	+ 80%-100%	<ul style="list-style-type: none"> <li>• Advanced                             <ul style="list-style-type: none"> <li>-Yogo</li> <li>-Sports Conditioning</li> <li>-Work Handling</li> <li>-Martial Arts</li> <li>-Serious Recreational Sports/Activities</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• Specific Strength</li> <li>• Development                             <ul style="list-style-type: none"> <li>- Environment Specific Bio-Motor Skill Development</li> </ul> </li> <li>• Terminal Rehab Conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Prevent Work Injury                             <ul style="list-style-type: none"> <li>• Improve Work Capacity                                     <ul style="list-style-type: none"> <li>-Sports</li> <li>-Work</li> </ul> </li> </ul> </li> <li>• Prevent Sports Injury</li> <li>• Wellness Exercise</li> <li>• Non-Clinical Exercise</li> </ul>		