



An Athletes Performance

Your Needs **ANALYSIS**

Starting Your Needs Analysis

This is the most important step moving forward on realizing your athletic and fitness goals.

Athletics | Fitness | Strength | Power | Mobility



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Approx total time to finish 45 min-60 min

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Making things simple

A photograph of a TRX suspension trainer. The black straps are attached to a wooden wall with blue-grey paint. A yellow diagonal graphic element is overlaid on the image. The text 'BUILDING THE BETTER ATHLETE' is centered in white, bold, italicized font. The TRX logo is visible on the straps.

***BUILDING
THE BETTER
ATHLETE***



Ammon Stephens

Coach / Owner

My love for athletics has started at a young age. My first word was football, and at the age of 4, I was playing soccer and baseball. In high school, I lettered in football for three years and track for four years. My high school football coach introduced me to powerlifting my sophomore year, and that changed my life forever.

My dream was to play college football after a severe ankle injury I had to pass on the opportunities. I focused on powerlifting after the injury, which changed a few goals of mine. I won 4 world titles in powerlifting, which came from hard work and smart coaches.

After going to college, I coached as a strength and conditioning coach in college and at the high school levels. I have continued to gain more education by being certified with the International Sports Science Association, National Academy of Sports Medicine, and Precision Nutrition.

My experiences have helped me learn how to get the most out of each athlete. I have learned that if the athlete has the desire to work hard with the right strength and conditioning program, there is no stopping the athlete.

My Goal:

My goal is to help each athlete see what their full potential is.

Ammon Stephens

ABOUT US



Our Mission:

Is to give all athletes from all walks of life the tools to see what their full potential is.

Building the Better Athlete

Each athlete will receive effective coaching, accountability, and placing a program in place to build upon the athlete's strengths and improve on the weakness. Our proven methods show if the athlete has the desire to become there best, we have the tools in place so they can reach there best.

INTRODUCTION



Your Needs Analysis

Welcome to the family. Let me begin by saying thank you for your interest in becoming a client. I'm excited about the opportunity to work with you. The needs analysis is very crucial in setting up a successful program and reaching goals. A Needs Analysis will look at the strengths and weaknesses of your body from overall strength, power, balance, mobility, muscle imbalances, to name a few areas the needs analysis will look.

We have a great process where we give great coaching while working online. I can assure you it's a great option, especially if you don't have quality coaches and trainers to work within your local area. I've had a great deal of success with my online model, and I'm confident we can have the same kind of success with you

First and foremost, I require all new clients to sign-on for a minimum of three months. I do this for two reasons:

- **The minimum of three months will give me peace of mind that the client is serious and dedicated to achieving his/her fitness/physique goals.** Not only do I pride myself on my success, but that of my clients as well. If you aren't serious about achieving your strength, physique, or long-term health goals, I'm probably not the coach for you.
- **The minimum of three months or longer ensures that I will have adequate time to produce results.** With a three-month minimum time frame, we can start to see some positive changes in your body.

After your agreement commences, it will auto-renew. If you decide not to auto-renew, please notify me no later than ten days.

Your Needs Analysis

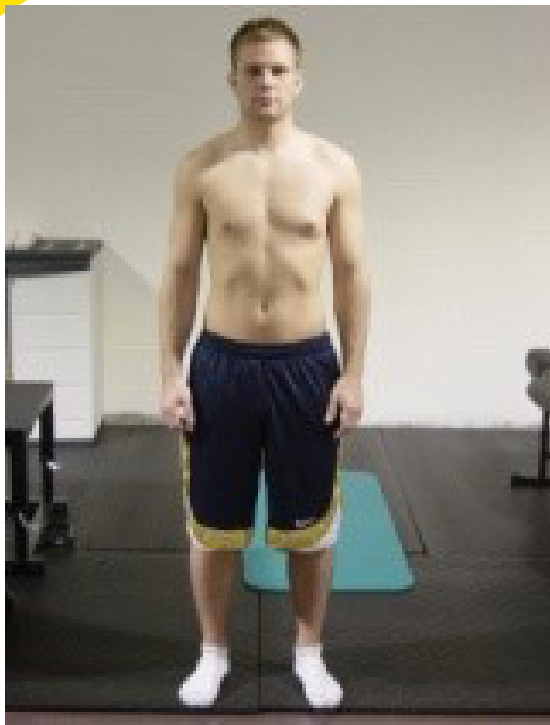


Step 1 Balance and Mobility

I need full-length posture shots from the front, sides, and back. On the next pages will be a description and show how the pictures should look.

These pictures will allow me to determine your current problem areas, postural distortions, and how exactly we are going to go about fixing them. Make sure to include everything from your feet to your head. And no, I don't need any pictures of you posing or anything like that!

Front Tall and Relaxed



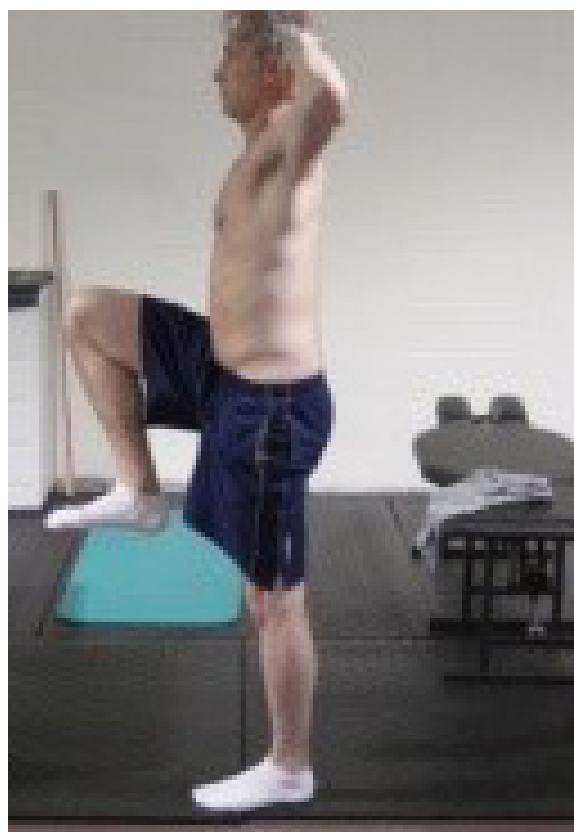
Left side tall and Relaxed



Left Side Arms Overhead



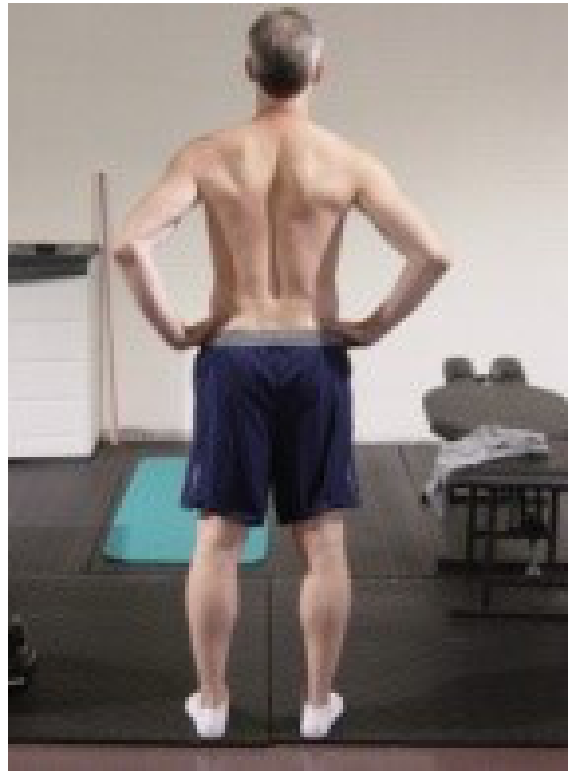
Left Side Hands Behind head, Knee raised



Rear Tall and Relaxed



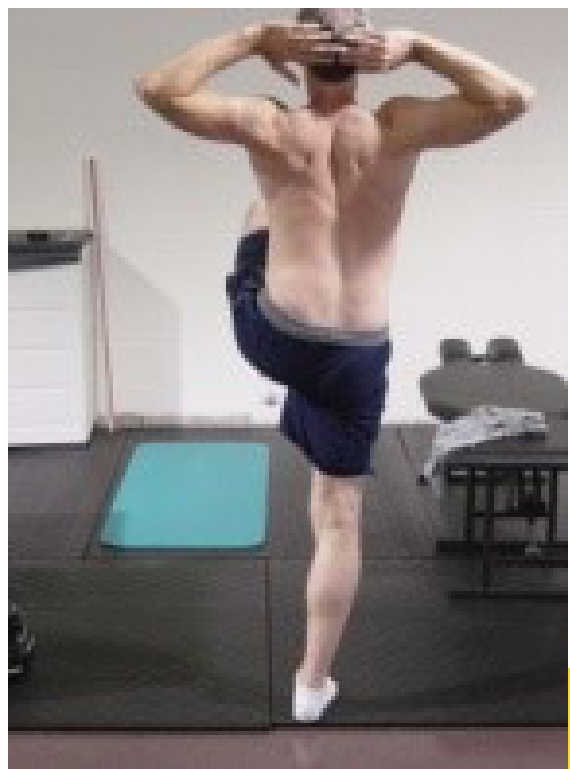
Rear Hands on Hips



Rear Arm Overhead



***Rear hands behind head,
Right Knee raised up***



Rear Hands Behind Head, Left Knee Raised



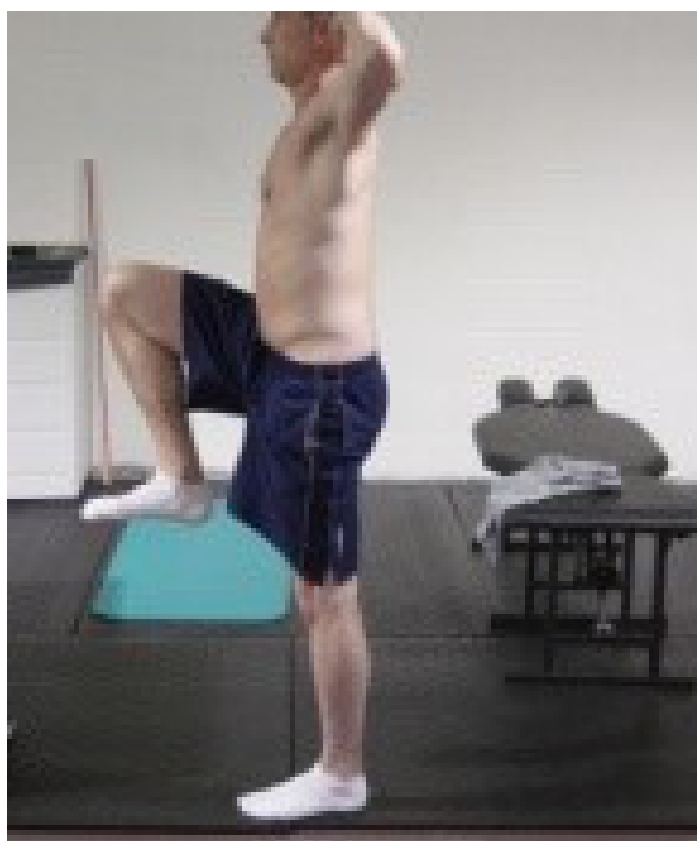
Right Side Tall and Relaxed



Right Side Arms Overhead



Right side hands behind head, left knee raised





Building
The
Best
Athletes

Mobility and Muscle Imbalances



Step 2

I need video clips of several movements/lifts. Please record at least 3 repetitions of the following movements:

Once complete please upload your videos on [your account](#). If you don't have an account yet just request an invitation and I will send an email with the login information.

If you have any questions you may email me at ammon@anathletesperformance.com or call 385.225.9160.

Bodyweight Squat



Front View

Bodyweight Squat



Side View

Bodyweight Lunge



Front View

Bodyweight Lunge



Side View

Push-Up (Top View)



Push-Up (Side View)



Toe Touch (Side View)



Shoulder Mobility Test



Right Over/ Left Under



Left Over / Right Under

Overall Strength and Power

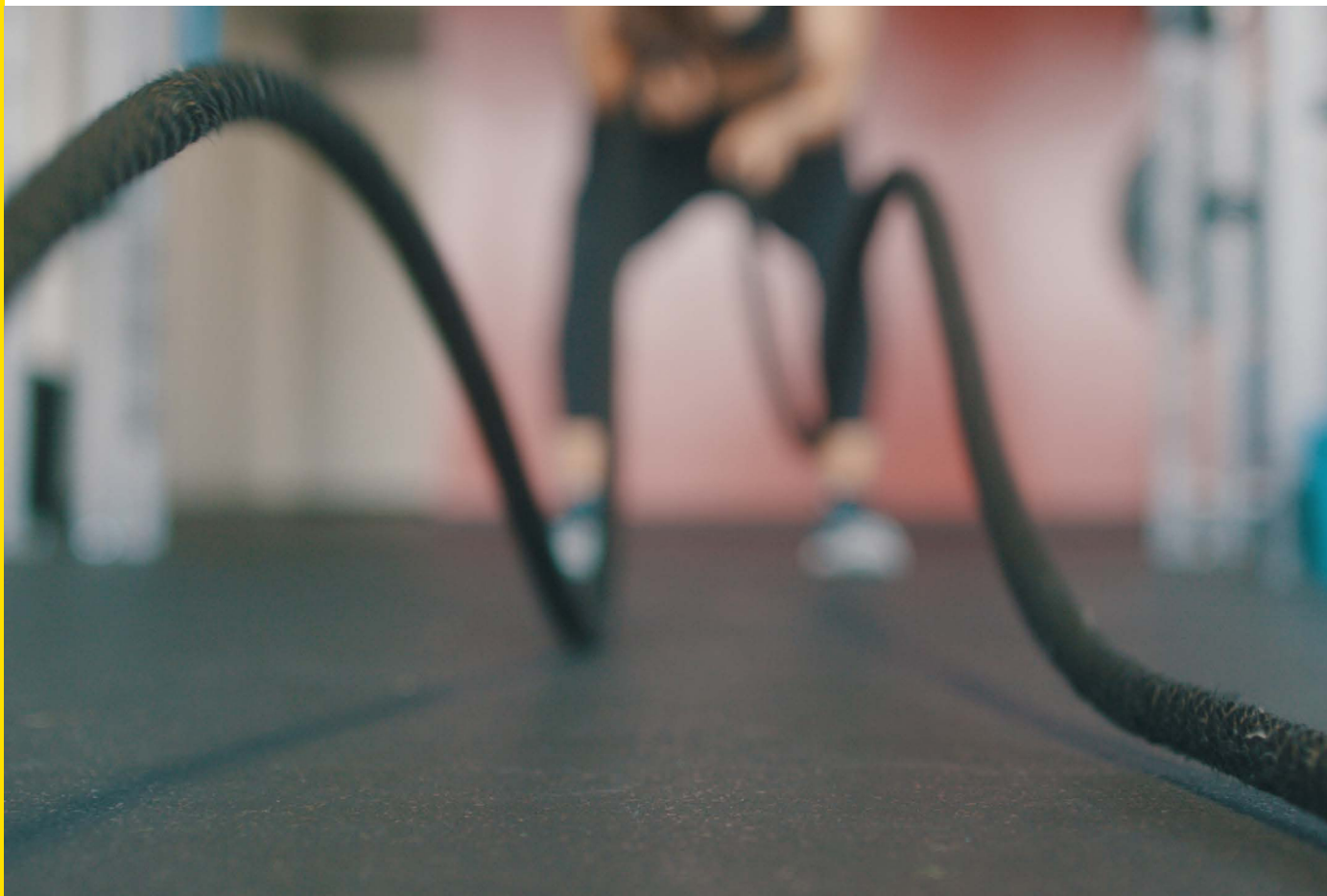
Step 3

Seeing your lifts is a crucial part of putting together a successful training program. You will need to record these three exercises (Squat, Bench Press, and Deadlift) and upload them to your account.

Remember to warm-up well first, and then you will need to place 70% of your 1 rep max on the bar. You will then lift in 1 set lift as many times as possible up to 12 reps. Please have a spotter available when performing the lifts. The next pages will show how to perform each lift.

Once complete please upload your videos on [your account](#). If you don't have an account yet just request an invitation and I will send an email with the login information

If you have any questions you may email me at ammon@anathletesperformance.com or call 385.225.9160.

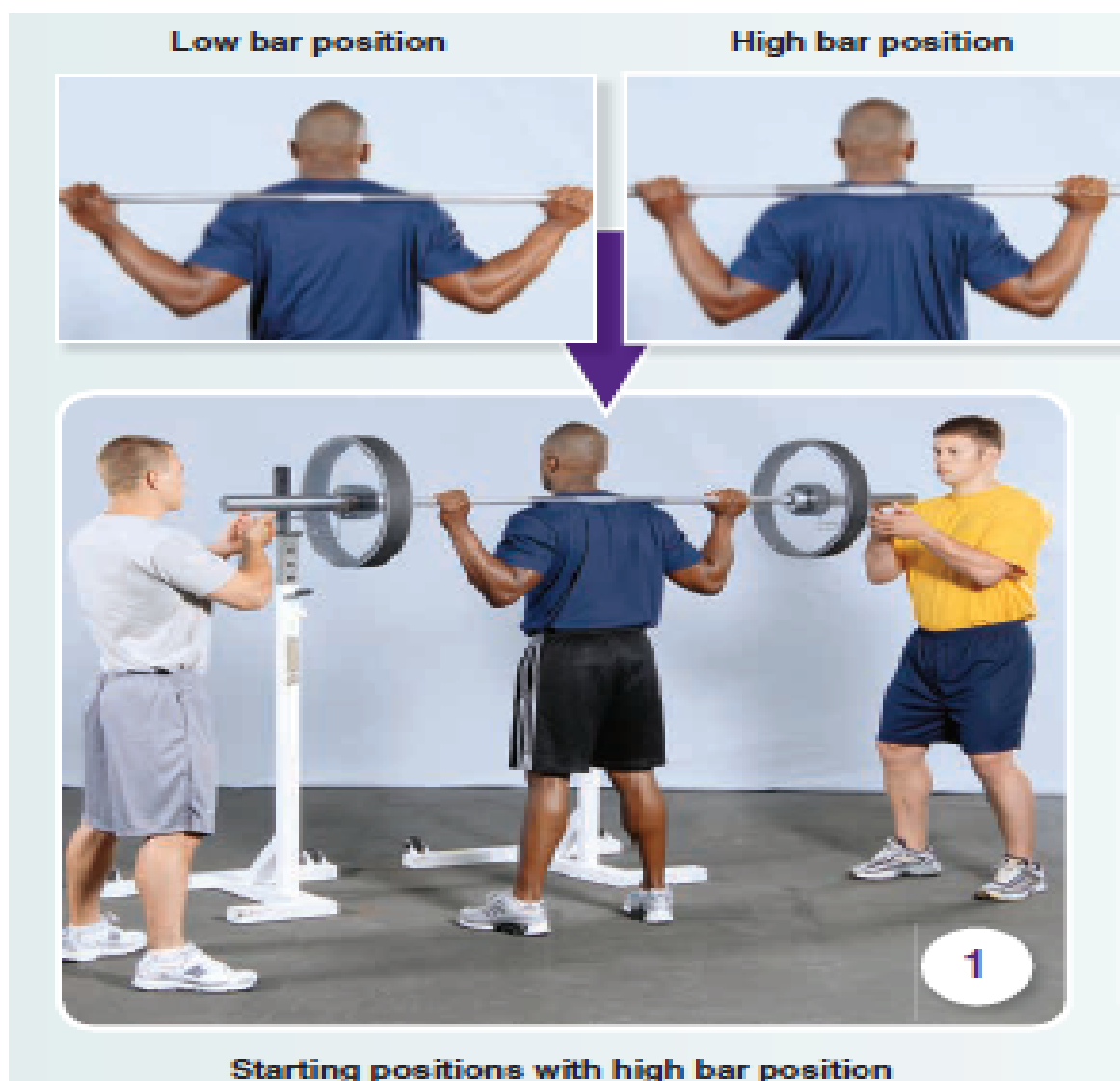


Back Squat

How to perform the Back Squat

The set up:

1) With the bar positioned at approximately armpit height on the supporting pins or ledge of shoulder-high rack stands (or in a power or squat rack), move toward the bar and position the base of the neck (or Upper middle back please see pictures) and the hips and feet directly under the bar.



Back Squat

How to perform the Back Squat

- 1) Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso.
- 2) Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back. This will be your starting position. (Note: For the purposes of this discussion we will use the medium stance described above which targets overall development; however you can choose any of the three stances discussed in the foot stances section).
- 3) Begin to slowly lower the bar by bending at hips (see coaching cue) as you maintain a straight posture with the head up. Continue down until it feels your thigh or quad is parallel with the floor. Inhale as you perform this portion of the movement. **Tip:** If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past that imaginary line (if they are past your toes) then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- 4) Begin to raise the bar as you exhale by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position.
- 5) Repeat for the recommended amount of repetitions up to 10

Coaching Cues: Remember weight on your heels, if your heels are coming up while sitting down you are putting too much stress on your knee.

Caution: This is not an exercise to be taken lightly. If you have back issues, substitute it with the dumbbell squat variation or a leg press instead. If you have a healthy back, ensure perfect form and never slouch the back forward as this can cause back injury. Be cautious as well with the weight used; in case of doubt, use less weight rather than more. The squat is a very safe exercise but only if performed properly.



Bench Press

- 1) Lie back on a flat bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position.
- 2) From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest.
- 3) Now push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again. Tip: Ideally, lowering the weight should take about twice as long as raising it.
- 4) Repeat the movement for the prescribed amount of repetitions.
- 5) When you are done, place the bar back in the rack.

Caution:

If you are new at this exercise, it is advised that you use a spotter. If no spotter is available, then be conservative with the amount of weight used.

Also, beware of letting the bar drift too far forward. You want the bar to touch your middle chest and nowhere else.

Don't bounce the weight off your chest. You should be in full control of the barbell at all times.

Once complete please upload your videos on [your account](#). If you don't have an account yet just request an invitation and I will send an email with the login information

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DEADLIFT

- 1) Stand in front of a loaded barbell.
- 2) While keeping the back as straight as possible, bend your knees, bend forward and grasp the bar using a medium (shoulder width) overhand grip. This will be the starting position of the exercise. Tip: If it is difficult to hold on to the bar with this grip, alternate your grip or use wrist straps.
- 3) While holding the bar, start the lift by pushing with your legs while simultaneously getting your torso to the upright position as you breathe out. In the upright position, stick your chest out and contract the back by bringing the shoulder blades back. Think of how the soldiers in the military look when they are in standing in attention.
- 4) Go back to the starting position by bending at the knees while simultaneously leaning the torso forward at the waist while keeping the back straight. When the weights on the bar touch the floor you are back at the starting position and ready to perform another repetition.
- 5) Perform the amount of repetitions prescribed in the program.

Caution:

This is not an exercise to be taken lightly. If you have back issues, substitute it for a rowing motion instead.

If you have a healthy back, ensure perfect form and never round the back as this can cause back injury. Be cautious as well with the weight used; in case of doubt, use less weight rather than more.

Variations: Dumbbells can be used as well though I find the bar version easier to perform.

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Step 4 *Writing Goals*

List your short-term and long-term goals. Writing goals may be challenging for some, especially because many haven't done it before!

However, this will give me clarity when writing your program(s) as we'll be focusing on the most important things first. And please don't worry too much if they aren't perfect, we'll work together to develop an action plan to help you achieve those goals.

Along these same lines, please let me know how many days per week you want to train, along with what equipment you have available.



STAYING FOCUS

A woman with her hair in a bun is shown in profile, leaning forward in a gym. She is wearing a dark, textured tank top and is holding a black roller with both hands. The background is dark and out of focus, showing other gym equipment. A thick yellow diagonal stripe runs from the top left towards the center of the image.

Reaching each goal...

Takes one step at a time.

Step 5: Scheduling Your Online Meeting

Once you have finished collecting and uploading your needs analysis information, you will need to schedule your appointment ([see times available](#)). I will need at least a day to go over your data. Each zoom meeting takes between 15 to 20 minutes, typically depending on the number of questions.





After all of this, what is next?

Now we need to start reaching your goals. To get started I will need a payment. I have put together 3 options depending on what your needs are.

The Options are

3 Months

6 Months

Or

12 Months ***Best Value***



**DEVELOPING
THE **BEST**
ATHLETES.**

Once I have all your information, I will send you a bunch of materials, including welcome emails, a smart sheet for your program, and the start of your exercise library via email and to your [account](#). My online coaching model is a great way to not only keep in touch but to keep our communication organized as well.

Again, THANK YOU for your interest in becoming a client. I appreciate your time and look forward to helping you achieve all your fitness-related goals!

Ammon Stephens



Your Checklist

- 1) Take your full-length postures shots and upload them to your account: [Log On](#). Or send me an email at ammon@anathletesperformance.com
- 2) Take your video clips and post them on your account: [Log On](#).
- 3) Please message me on your account via chat or a post (I see them right away. I will walk you through the messaging during your zoom meeting) with a list of your short and long term goals.
- 4) Then Pay for the number of months to get started, and we are off and running building the best athlete.

Thanks so much, and I look forward to working with you!

Ammon Stephens

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***BUILDING THE
BEST ATHLETES***

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<http://anathletesperformance.com>