

PPM BASICS

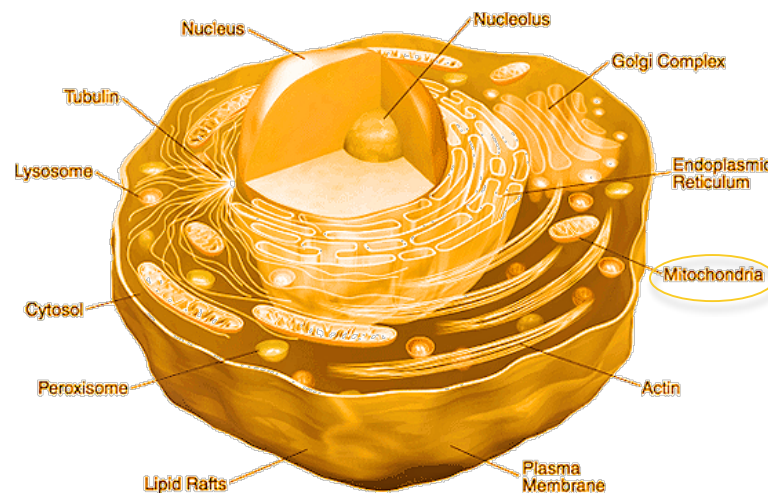


ENERGY RESOURCES

PPM MEMO: THE PPM THRIVES ON ENERGY

The Progressive Performance Methodology reaches peak effectiveness when the most important training element is properly managed: **Energy Resources**.

Regular exercise and proper nutrition impact **Mitochondria** — rod-shaped organelles that are power generators of the cell, converting oxygen and nutrients into adenosine triphosphate (ATP). **ATP** is the chemical Energy Resource that powers the cell's metabolic functions. These cellular “powerhouses” control aerobic energy production, which drives all human activities.



Healthy cell energy is important to maximize the benefits of PPM training for optimal results, so mitochondria need to be nurtured with the correct supplements, essential vitamins and minerals, and antioxidants that prevent or delay cell damage. Mitochondria use nutrients to turn fuel into the energy that cells need to operate. Cells that lack adequate energy cannot complete functional duties (such as creating strong muscle contractions).

This science informs the PPM's regulation of energy and use of a slow tempo as key elements of the method's guiding performance protocols— Auto-Regulated Training (ART) and Slow-Tempo Attentive Training (STAT).

Ultimately — for older adults, athletes, and all trainees — the PPM is a safe and effective means of encouraging muscle-fiber recruitment to stimulate growth, build strength, respect Energy Resources, and provide power to the powerhouses— the mighty mitochondria.