



THE ALTERNATOR

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BENEFITS

EXERCISE DENSITY: **MODERATELY
HIGH**

MUSCLE GAINER: **MODERATELY
HIGH**

FAT BURNING: **MODERATELY
HIGH**

STRENGTH FOCUS: **MODERATELY
HIGH**

KEY POINTS

by Dr. Kuntz

The Alternator is very unique program as it is one of the most well balanced programs out of all of the Prime Movement's Strength and Conditioning Workout Principles. The program allows you to intelligently alternate your parameters from a strength emphasis to a high volume, density rich program.

Can even be used as an injury prevention emphasis as it exposes your body to various loads from week to week, challenging different muscle fibers and recruitment systems.