Volume Two

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Intro

Welcome

he Programs

That Work manual benefitting the Makea-Wish Foundation has become an annual tradition for Team elitefts. More importantly I think it defines who we are as a Team, a company, and a community. The primary aim for Team elitefts is to Live, Learn, and Pass On. We take this very seriously. To be a member of Team elitefts you must certainly be strong. But, that is just the beginning. We care more about the strong person inside.

The Make-a-Wish Foundation is a cause that is very important to both Dave and Traci Tate. It has also become very important to all of Team elitefts. It is our chance to do something great. Every year Dave sends me the pictures and thank you letters from the children's whose lives this project has touched. I cannot even put into words how much these touch my heart.

I want to say thank you for your support from all of us on Team elitefts. Thank you for joining us in our mission to Live, Learn, and Pass on.

All the best,

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Bob Youngs Team elitefts member since 1998

RMENT

Marshall Johnson

POWERLIFTING TRAINING PROGRAM

ne of my most favorite programs is the one I have been doing pretty much my entire lifting career. Its very simple, and requires a good work ethic. I have always been a big fan of leaving everything in the gym. It is pretty much just progressive overload, increasing the weight and dropping the reps over a three month time period leading up to your meet. It

has worked for me both as a raw and equip lifter. Here is a summary of what I have done.

Month 1:

The first month, of three total(12 weeks) is all raw. Also there are no "straight weight" sets. All main lifts are done with either bands, chains, or both. I was always more particular to chains. This is completely a mental thing for me. I have always done better when I didn't know the exact weight on the bar, I just focused on working as hard as I possibly could. This first month is all triples. Each week I would work up to my absolutely heaviest triple. The next week I would try to beat it, even if it was only by 5lbs. Once I was done I would follow with a heavy assistance lift. Usually for a set of 5 in the first month, and straight weight. For squats I preferred good mornings, for deadlift it was rack pulls, and for bench it was floor presses. I would then follow up with two more light weight, volume related lifts.

Month 2:

I am now back to straight weight for my main lifts. The second month is now doubles. I would work up to my heaviest double, and try to beat it the following week. The assistance lifts stayed the same, except it moved down to the 3 rep range for the 1st assistance lift. If I was raw I simply just stayed raw. If I was training for an equip meet I would ease into the gear. Either just briefs, or straps down if no briefs. I wanted to get as strong as possible with as little help from gear as possible. Around the 6-8 week mark I would throw the suit on over my briefs but still straps down. If no briefs I would still stay straps down.

*Bench is different though. In month 2 I would do full range triples in my shirt, no boards. I would stay in my shirt as many weeks as I could until it started to have a negative effect. For me, I struggle in bench shirts, so I need more time in my shirt than most people. The 2-3 week mark is about as long as I can stay in my shirt consecutively.

Month 3 (4 weeks from meet):

Now all the gut busting work, and strength building has been done. These last 4 weeks are spent dialing in your gear and working with singles. I put my straps up and try to figure out what my opening attempts will be. I try to be done squatting and deadlifting at the 10 week marking, leaving to full weeks to recover. I will usually hit my bench opener around the 7-10 days out mark. By this time, the 8 week mark most of my assistance work is gone.

*It's a very simple program, pretty much just progressive overload. I increase the weight and decrease the reps the closer I get to the meet. Its very easy, and very effective for beginners to intermediate lifters.

Marshall Johnson is 29 years old and lives in Monticello, Minn. His wife, Kathy Johnson, holds multiple national and world records in powerlifting. Since both of their lives revolve around the sport, there's an amazing bond between them. Marshall started powerlifting about three years ago, although he started as a bodybuilder. He competed in two shows, both at 183 pounds, placing second at one. Although Marshall is completely saturated by powerlifting, he would like to some day wear his stage panties again. Marshall competes in the 275/308 pound weight classes. His best competition lifts are a 1052 squat, 705 bench, and an 810-pound deadlift. His goals in powerlifting career is over, Marshall would like to be ranked as the top 275-pound powerlifter in the world. He believes if he trains smart and stays healthy for another ten years or so, this is a very good possibility.

View Marshall's Training Log here

Andrew Hargus

BE AN ATHLETE

A comprehensive program designed to increase athletic performance and decrease the potential for injury.

'd like to thank Coach Watts and Dave Tate for allowing me the honor and privilege of contributing to such a noble and worthwhile cause. A belief in one's self can be inspired by the simplest act and the Make-A-Wish foundation has found a way to make a profound difference in the lives of so many.

To "Be An Athlete" does not simply mean one merely plays a

sport. Just as the title of Coach is earned, so is the title of Athlete. An athlete prepares mentally as well as physically each and every day, honing their skills so that they may have that one moment of glory. An athlete grows to appreciate the grind...the daily blood, sweat and unrelenting torture they go through. Pushing themselves a little farther each week, each day and with every repetition, because deep down they know "Every Rep Counts". As is the case with any program, it is all relative. That is to say that everything should be taken into account and considered in a comprehensive and systematic manner based on the needs of each individual athlete and their specific goals. The following program is an example of what I use for my athletes.

BASE	Day 1			Day 2			Day 3			
SMR / Foam Rolling		Move In: Biceps actors, Gastroc/			Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus		
Warm-Up	Activ	e Dynamic Wa	rm-Up	In-Place Warm-Up			Activ	e Dynamic Wa	rm-Up	
Plyometrics		Week 1			NONE			Week 1		
Speed Agility Quickness		NONE			Cone Drills			NONE		
Pre- Habilitation	Term	Terminal Knee Extensions 3 x 10 each leg		Band Ext	Band External Rotations High/Low 2 x 15 each			Face Pulls 2 x 1 Pallof Press 2 x 1		
m : 1		BB Hang Clean KB Swing			BB Push Press					
Triple Extension	W/U 4 sets	1-5 reps 3 reps	55-65% 77-83%	W/U 3 sets	1-5 reps 10 reps	55-65% 77-83%	W/U 4 sets	1-5 reps 3 reps	55-65% 77-83%	
	BB Front Squat			В	B Overhead Pre	SS		BB Squat	1	
Strength	W/U 3 sets	1-5 reps 8-10 reps	55-65% 77-83%	W/U 3 sets	1-5 reps 8-10 reps	55-65% 77-83%	W/U 4 sets	1-5 reps 8-10 reps	55-65% 77-83%	
	BB	BB Romanian Deadlift			BB Bent Row			Glute / Ham Developer		
Strength	4 sets	6-8 reps	80%	3 sets	8-10 reps	80%	3 sets	10 reps	BW	
_	BB	Romanian Dea	dlift		BB Bent Row		Glute / Ham Developer			
Strength				3 sets	8-10 reps	80%				
Accessory	Single Leg Glute/Ham Bridge w/ Band 3 x 10 each leg		NONE		Dips (Weighted if >10 reps) 3 x 10					
Conditioning		NONE			Prowler Pushes 3 x 60'		NONE			
Flexibility		am Roll (Same Stretch Band F			SMR/Foam Roll (Same as Above) Jump Stretch Band Routine		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine			

LOAD I	Day 1			Day 2			Day 3	Day 3		
SMR / Foam Rolling		Move In: Biceps 1ctors, Gastroc/		Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			
Warm-Up	Activ	ve Dynamic Wa	rm-Up	In-Place Warm-Up			Activ	e Dynamic War	m-Up	
Plyometrics		Week 2			NONE			Week 2		
Speed Agility Quickness	NONE			Cone Drills			NONE			
Pre- Habilitation	I's, Y's, W's, T's A's 3 x 10 each		ś	Planks 2 x Imin			Band	Scapular Retra 3 x 15	letion	
Triple		BB Clean Pull	Pull DB Snatch		BB Push Jerk					
Extension	W/U 5 sets	1-5 reps 3 reps	55-65% 80-87%	W/U 4 sets	1-5 reps 3 reps ea	55-65% 80-87%	W/U 4 sets	1-5 reps 3 reps	55-65% 80-87%	
	BB Box Squat		I	BB Incline Press			Hex Bar Deadlif	ť		
Strength	W/U 4 sets	1-5 reps 6-8 reps	55-65% 80-87%	W/U 3 sets	1-5 reps 6-8 reps	55-65% 80-87%	W/U 3 sets	1-5 reps 6-8 reps	55-65% 80-87%	
01	Single L	eg DB Romania	n Deadlift	BB Bent Row (Supinated Grip)			BB Romanian Deadlift			
Strength	3 sets	6 reps ea	85%	3 sets	6-8 reps	85%	3 sets	6-8 reps	87%	
Strength		NONE			NONE			NONE		
Strength										
Accessory	"T" Strap Scarecrows 3 x 10		Tempo P	Tempo Pull Ups (Weighted if >10) 3 x AMAP		Towel Hangs for Time (Grip Work) 3 x ALAP				
Conditioning		NONE		Sand	Sand Bag Carry for Time 3 x 60'		NONE			
Flexibility		am Roll (Same) Stretch Band F		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine			SMR/Foam Roll (Same as Above) Jump Stretch Band Routine			

LOAD II	Day 1	Day 1		Day 2			Day 3		
SMR / Foam Rolling		love In: Biceps ctors, Gastroc/		Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus		
Warm-Up	Ir	n-Place Warm-	Up	In	1-Place Warm-U	Jp	In	I-Place Warm-U	Јр
Plyometrics		NONE			NONE			NONE	
Speed Agility Quickness		NONE			NONE			NONE	
Pre- Habilitation	NONE			NONE			NONE		
m : 1	BB Power Clean from Deck			NONE			BB Split Jerk		
Triple Extension	2-3 W/U 6 sets	1-5 reps 2 reps	55-65% 90-95%				2-3 W/U 6 sets	1-5 reps 2 reps	55-65% 90-95%
		BB Squat			3 Overhead Pre	ess	В	B Sumo Deadli	ft
Strength	2-3 W/U 3-5 sets	1-5 reps 3-5 reps	55-65% 87-93%	2-3 W/U 3-5 sets	1-5 reps 3-5 reps	55-65% 87-93%	2-3 W/U 3-5 sets	1-5 reps 3-5 reps	55-65% 87-93%
	BB	Romanian Dea	adlift	BB Bench Press			DB Bent Row		
Strength	3 sets	3-5 reps	87-93%	3-5 sets	3-5 reps	87-93%	3 sets	3-5 reps	87-93%
		NONE		BB Bent Row			NONE		
Strength				3-5 sets	3-5 reps	87-93%			
Accessory	NONE			NONE		NONE			
Conditioning		NONE			NONE		NONE		
Flexibility		am Roll (Same Stretch Band I	,		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine		

DE-LOAD	Day 1	Day 1		Day 2	Day 2			Day 3		
SMR / Foam Rolling		Move In: Biceps actors, Gastroc/S		Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			Knees Move In: Biceps Femoris, Ad- ductors, Gastroc/Soleus			
Warm-Up	I	n-Place Warm-V	Jp	Ir	n-Place Warm-V	Up	Ir	n-Place Warm-U	Јр	
Plyometrics		NONE			NONE			NONE		
Speed Agility Quickness		NONE			NONE			NONE		
Pre- Habilitation		Sleeper Stretch			C Atlas Lunge S	tretch	Gas	troc/Soleus Stro	etch	
Triple	Axle Push Press			KB Swing (Overhead)			DB Push Press			
Extension	4 sets	8-10 reps	65-75%	4 sets	10 reps	55-65%	4 sets	8 reps ea	55-65%	
a		DB Goblet Squat			BB Close Grip Bench Press			B Reverse Lung	ge	
Strength	4 sets	8-10 reps	70-77%	4 sets	8-10 reps	70-77%	4 sets	6 reps ea	77%	
		DB Step Ups		DB Standing Overhead Press			Glute / Ham Developer Holds			
Strength	3 sets	8 reps ea	70%	3 sets	8 reps ea	70%	3 sets	ALAP	BW	
		NONE		BB Bent Row (Snatch Grip)			NONE			
Strength				3 sets	8 reps	77%				
Accessory	1	3B Rollouts 3 x 1	10		NONE		Chin Ups 3 x AMAP			
Conditioning		NONE		Weig	Weight Sled Walks 5 x 60'		NONE			
Flexibility		am Roll (Same : Stretch Band F	,		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine		SMR/Foam Roll (Same as Above) Jump Stretch Band Routine			

Athlete Profile

Name:				Freshman	Sophmor	e
Date:			Hang Clean	rrestinian	Soprino	c
Height:						
Weight:			Hang Snatch			
Gender:			Squat			
Sport:	Sport:					
Position:			Vertical			
Physical Limitations and Inju	ries:					_
						_
Overhead Squat Analysis:						
Feet Flatten	Right	Left	Unwanted Global Muscular	r Activity	Yes	No
Feet Externally Rotate	Right	Left	Weight Distribution Deviate	es	Yes	No
Heel Rise	Right	Left	Balance		Good	Poor
Knee Internal Rotation	Right	Left	Notes:			
Knee External Rotation	Right	Left				
Low Back Arches	Yes	No				
Low Back Rounds	Yes	No				
TVA Activation	Yes	No				
Arms Fall Forward	Yes	No				
Cervical Spine Juts Forward	Yes	No				
Needs Assessment:						
Coach:			Evaluation Date:			

Active Dynamic Warm-Up 10-15 yards

- Walking Toe Touches
- Walking Knee Tucks
- Skip for Height
- Carioca
- High Knee Carioca
- Butt Kicks
- Spiderman Lunge / Cossack
- Backpedal
- Backward High Knee Abduction
- Walking Lunge and Twist
- Walking RDL and Leg Swing

In-Place Warm-Up

- Quick Jacks
- Flings
- Y-Squats
- Windmills
- Toe Touch Squats
- Arm Circles
- Leg Swings
- Single Leg RDL's T's
- Sumo Burpees
- Wide Outs
- Bird Dogs

Stationary Warm-Up

- Wrist Circles
- Elbow Circles
- Arm Circles
- Arm Rotations
- Triceps Stretch Side Bends
- Torso Rotations
- Bow & Bend
- Standing Hip Circles
- Ankle & Knee Squat Stretch
- Dynamic Iron Cross
- Dynamic Scorpion

Plyometrics Week 1

- Pogo Jumps x 10
- Tuck Jumps x 3 (Stick the Landing)
- Squat Jumps x 3 (Stick the Landing)
- No Hand Sqt Jumps x 3 (Stick the Landing)
- Single Leg Lateral Jumps x 4 (Stick the Landing)

Plyometrics Week 2

- Pogo Jumps x 15
- Tuck Jumps x 5 (Stick the Landing)
- Squat Jumps x 5 (Stick the Landing)
- No Hand Sqt Jumps x 5 (Stick the Landing)
- Single Leg Lateral Jumps x 4 (Stick the Landing)

Plyometrics Week 3

- Pogo Jumps x 10
- Tuck Jumps x 3 (Continuous)
- Squat Jumps x 3 (Continuous)
- No Hand Sqt Jumps x 3 (Continuous)
- Single Leg Lateral Jumps x 4 (Stick the Landing)

Jump Stretch Band Routine

- Hamstring Stretch Middle
- Hamstring Stretch Right
- Hamstring Stretch Left
- Knee Flexion / Extension
- Ankle Mobility Inversion / Eversion
- Ankle Mobility Circles
- Iliotibial & TFL Stretch (Up & Over)
- Adductor Stretch (Up & Over)
- Periformis Stretch
- Prone Quadriceps Stretch

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Andrew Hargus. My experience and certifications include being an Exercise Specialist at the Columbus State Community College – Human Performance Center since September of 2008. I am a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, Performance Enhancement Specialist through the National Academy of Sports Medicine and a Level I certified coach through USA-Weightlifting. I have established the only weightlifting club on the CSCC campus and we have a webpage, which I maintain regularly. I have also established the Strength and Conditioning program with the CSCC athletic department. In developing this program for the Division II Columbus State Cougars I have worked closely with the Athletic Director to design, implement and schedule year-round strength and conditioning programs. This has been a very successful program, providing CSCC athletes with the means to increase athletic performance and decrease the potential for injuries from its inception in September of 2009.

In addition to the Columbus State program, I have been a volunteer strength and conditioning coach at Denison University under the mentorship of Coach Watts since January of 2010. In that time I have assisted in the creation, organization, planning and monitoring of numerous athletic events and developed athletes at all levels of their training. Currently I am performing the duties of physical education teaching assistant at Denison University. Jo Jordan

POWERLIFTING MEET TRAINING

		Full Gear	900	Brief	745	SD	800	
Week	Box/full	percent	weight	reps		range	gear	bar
WEEK	boxyruii	percent	weight	reps		Tange	Bear	bai
18	full	89%	665	3 x 2		3-6reps	brief	mast
Deload	box	70%	520	2x2		8-20reps	Briefs	SSBAR
16	full	91%	680	3x2		3-6reps	brief	mast
15	full	89%	710	3x2		3-6reps	SD	mast
14	full	92%	735	3x2		3-6reps	SD	mast
13	full	95%	760	3x1		3	SD	mast
Deload	box	70%	520	2x2		8-20reps	Briefs	SSBAR
11	full	96%	770	3x1		3-6 reps	SD	mast
10	full	98%	785	3x1		3-6 reps	SD	mast
9	full	99%	790	3x1		3-6 reps	SD	mast
8	full	90%	810	3x1		3-6reps	FULL	mast
Deload	box	70%	520	2x2		8-20reps	Briefs	SSBAR
6	full	89%	800	3x1		3-6reps	full	mast
5	full	85%	765	2x3		3-6reps	full	mast
		91%	820	2x2				

The author: Jo Jordan

Ranked top 10 in the 242 pound weight class, Jo Jordan has achieved an elite total with best lifts of a 970 pound squat, 650 pound bench, and 720 pound deadlift. In the 275 pound weight class, he has squatted an amazing 1003 pounds. Jo won the 2008 AAPF Nationals in the 242 pound class, and took second place at the 2008 WPC World Championships. In 2007, he captured the 242 pound class title at the AWPC World Championships. Married with three daughters, Jo earned a bachelor's degree in Recreation from the University of Florida and is currently a certified personal trainer through NESTA. He resides in Orlando, Fla., and trains at Orlando Barbell.

Brett Bartholomew, M.S. Ed.

8 WEEK STRENGTH/ POUSACE AND CONTRACT A

his program is designed for the competitive or elite amateur or professional boxer who is 8 weeks out from their next bout. It is designed for those with a training age of 1-3 years and is appropriate for any fighter who has little to no past in formal training other than traditional "roadwork" which commonly features calisthenics, bodyweight exercises, basic plyometrics, and conditioning. As always, anybody taking part in this program should be medically cleared to train and should undergo a basic evaluation- whether it be an Functional Movement Screen or related screen in order to understand any limitations or red flags that could predispose them to injury.

The program is split up into 2, 4-week phases. The first phase focuses on increasing the fighter's base level of strength & power qualities through progressive overload and refinement of basic movement patterns (push, pull, squat, hinge, lunge, throw etc.) This is not the time to be fancy or participate in any exhausting "fighter's circuits". Focused ESD work should be taken care of during boxing sessions, after the main strength session or on alternate days, and will depend on your own individual practice schedule and life/time demands.

PROGRAMS THAT WORK 3 VOL. 2

Overall volume is moderate to high relative to the fighting population and should focus on proper progressions and teaching of power and primary strength movements.

The second phase uses a "complex" style of training in which a heavy resisted movement is followed by an explosive movement that is biomechanically similar to the movement preceding it (i.e. heavy front squat followed by a body-weight squat jump). This method of training aids in the recruitment of one's most powerful muscle fibers and stimulates the CNS which enhances overall power output and transfer of strength into the ring. During the second phase, you will notice the overall volume is decreases. This is done for two reasons; the first and foremost of which is simply **because as the day/night of the fight gets closer, the amount of boxing specific work (time spent sparring, working mitts and defensive drills with boxing coach) must increase in order for the fighter to hone their skills and overall fight strategy. The majority of their time spent in the gym should be allocated to the performance of power and primary strength based movements (cleans, squats, snatches, press.) The second of which is so that the body has time to recover based on the increased demands placed upon it. This is why you see very few sets or movements prescribed on week 8. Get in, get out, recover! STRESS IS CUMULATIVE!** This phrase is never more appropriate than in the life of a fighter. One must take in account the totality of stress placed upon them between strength training, boxing specific work, conditioning, dieting, and external factors such as work, relationships, sleep, and family.

How To Go Through The Training Session

After addressing soft tissue restrictions with a foam roller, lacrosse ball, or baseball and warming up thoroughly. Move through the workout in the order dictated by the letter and number next to each exercise.

For example, on Day 1/Phase 1, you will see an "A1" next to Clean Grip Hang Snatch. This means that you will do that exercise by itself, rest 2-3 minutes (closer to 2 for light relative loads, and closer to 3 for mod-heavy loads). Feel free to take that rest time to perform and brief corrective or mobility work needed. After completing all of the sets and reps, you will then move to exercises B1 and B2 which are Front Squat and Neutral Grip (N.G.) Pull-Up. You will perform a set of each back to back with little to no rest in between, than will rest 2 minutes before performing the next set for those two exercises. Do not rush or neglect rest. We are training for quality, not a new land speed record.

What About Recovery Methods?

Keep it simple. When you are in the gym (boxing or strength training), be focused, get your work done at a high-level and then get out! Follow each training session with the recovery method of your choice; hydrotherapy, light stretching, low intensity ESD flush, sleep, music, or additional soft-tissue. This aspect of your training along with understanding and adhering to the basic principles of progressive overload and planned variation will put you in position to perform your best the night of the fight. Good luck!

DAY 1 PHASE 1

Exercise	Week 1	Week 2	Week 3	Week 4
A1: Hang Snatch- Cl. Grip	3x5 (light)	3x5 (light)	4x4 (mod)	4x4 (mod)
B1: Front Squat	3x8	3x8	4x6	4x6
B2: N.G. Pull-Up	3x8	4x6	4x5	4x5
C1: RDL: 2DB, 1 Leg	3x8 ea	3x8 ea	Зхб еа	Зхб еа
C2: DB Bench-1 Arm	3x8 ea	3x8 ea	Зхб еа	Зхб еа
C3: MB Throw: Perpendicular	3х5 еа	3х5 еа	Зх5 еа	Зх5 еа

DAY 2 PHASE 1									
Exercise	Week 1	Week 2	Week 3	Week 4					
A1: Clean Pull: From Floor or Hang	3x5 (light)	3x5 (light)	4x4 (mod)	4x4 (mod)					
B1: Incline Bench Press: Alt. DB	3x8 ea	3x8 ea	4хб еа	4хб еа					
B2: DB Reverse Lunge from Deficit: 2 DB	3х8 еа	3x8 ea	4хб еа	4хб еа					
C1: KB Swing	3x10	3x10	3x10	3x10					
C2: Inverted Row: TRX or BB	3x Max Reps	3x Max Reps	3x Max Reps +5-10lbs	3x Max Reps +5-10 lbs					
C3: Rotational MB Slam (10-20lb MB)	3x5 ea	3x5 ea	3х5 еа	3x5 ea					

DAY 3 PHASE 1

Exercise	Week 1	Week 2	Week 3	Week 4
A1: Altitude Drop to Vertical Jump (non countermovement)	3x8 total (4 ea leg)	3x8 total (4 ea leg)	3x6 total (3 ea leg)	3x6 total (3 ea leg)
B1: Deadlift- Conventional	5/3/1 Protocol	5/3/1 Protocol	5/3/1 Protocol	5/3/1 Protocol (Unload)
C1: DB Row- 1 Arm	3x10 ea	3x10 ea	3x8 ea	3x8 ea
C2: Glute-Ham Raise	3x10	3x10	3x8 (Add wt. or band)	3x8 (Add wt. or band)
D1: OH Press: 1-Arm (dumbbell or kettle- bell)	3x8 ea	3x8 ea	Зхб еа	Зхб еа
D2: Rollouts or Bodysaw	3x15-20	3x15-20	3x15-20	3x15-20

DAY 1 PHASE 2

Exercise	Week 5	Week 6	Week 7	Week 8
A1: Hang Snatch- Cl. Grip	4x3 (Mod-Heavy)	4x3 (Mod-Heavy)	4x2 (Heavy)	3x2 (Mod)
B1: Bench Press: BB or DB	4x5 (Mod-Heavy)	5x4 (Heavy)	5x3 (Heavy)	3x5 (Light- Mod)
B2: MB Reactive Chest Pass (8-10lb)	4x5 Rapid!	4x5 Rapid!	4x5 Rapid!	3x5 Rapid!
Cl: Push Press: 2 DB or Kettlebell	2x8	2x6	2x6	

DAY 1 PHASE 2								
C2: DB Row- 1 Arm	2x8 ea	2x6 ea	2x6 ea					
C3: Off-Bench Oblique	2x15 ea	2x15 ea	2x15 ea					

DAY 2 PHASE 2				
Exercise	Week 5	Week 6	Week 7	Week 8
A1: Clean Pull: From Floor or Hang	4x3 (mod-heavy)	4x3 (mod-heavy)	4x2 (heavy)	3x2 (mod)
B1: Front Squat	4x5 (Mod-Heavy)	5x4 (Heavy)	4x3 (Heavy)	3x3-5 (mod)
B2: Squat Jump- Countermovement (bodyweight only)	4x5 (Multiple Re- sponse)	4x5 (Multiple Re- sponse)	4x4 (Multiple Re- sponse)	3x5
C1: DB Walking Lunge	2x8 ea.	2хб еа	2х6 еа	
C2: Glute Bridge: Shoulder Elev. & Band Resist	2x12	2x12	2x12	
C3: Push-Pull: Rota- tional Emphasis	2x5 ea	2x5 ea	2x5 ea	

DAY 3 PHASE 2				
Exercise	Week 5	Week 6	Week 7	Week 8
A1: Depth Jump to Box	3x6 total (3 ea leg)	3x6 total (3 ea leg)	3x6 total (3 ea leg)	3x4 total (2 ea)
B1: Deadlift-Conven- tional	5/3/1 Protocol	5/3/1 Protocol	5/3/1 Protocol	3x3 (Light-Mod)
Cl: Chin-Up	3x5 (Heavy)	3x5 (Heavy)	3x5 (Heavy)	
C2: Overhead Slam (Medball or Deadball)	3x5	3x5	3x5	
D1: Pushups (Close Grip on Medball)	2x10 (Add Wt. if Possible)	2x10 (Add Wt. if Possible)	2x10 (Add Wt. if Possible)	
D2: Sprinter Sit-Ups	2x30 Total	2x30 Total	2x30 Total	

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POWERFUL POWERLIFTING

A triphasic training approach to meet preparation for the multi-ply power lifter

n Cal Dietz's (and Ben White's) original Triphasic Training Manual they call for three different training phases which consist of three different training blocks each (Eccentric, Isometric, and Reactive / Concentric). As power will be my only concern for this training cycle it will only be a 14 week program as opposed to a year long training protocol.

Introductory Work Capacity Phase:

This phase is designed to prepare the muscles and the body to be able to perform under to high demands of the phases that are to follow. Rep ranges will be high, and rest time will be very low. The weights being used are not critically important, hit all of your reps WITHOUT missing.

Week One: VOLUME

Day One (week 1): Upper

Bench Press 4x10 w/ <90sec rest between sets 1a. DB Incline 4x15,12,10,8 1b. Lat Pull Down 4x15,12,10,8 2a. Banded Push Ups 3x Max Reps, 80% of your max reps, 60% 2b. Pull Ups 3x Max reps, 80% of your max reps, 60% DB I,Y,T, BO Raises 3x6-8 each way Biceps x a lot Triceps x a lot

Day Two(week 1): Lower

Back Squat 5x8 RDL 4x8 Box Pistol Squats 4x8 each leg Leg Extension 3x10 Leg Curls 3x10 Weighted Abs x a lot

Day Three(week 1): Upper

Incline Bench 4x8 la. DB Flat Bench 5x10, 9,8,7,6 lb. TRX Strap Rows 5x10, 9,8,7,6 2a. Swiss Bar bench 3x10 2b. TRX Strap Scarecrows 3x10 Rolling Triceps Extensions 3x10 Biceps x a lot

Day Four(week 1): Lower

Deadlift 5x5 Barbell Complexes: 3sets of: Bent over row x 8, RDL x 8, Hang Clean Pull x 8, Hang Clean x 8, Front Squat x 8, Push Press x 8, Back Squat x 8 All exercises performed in succession WITHOUT setting the bar down Abs

Week Two: More VOLUME

Day One (Week 2) : Upper

Bench Press 4x8 w/ <90sec rest between sets 1a. DB Incline 5x15,12,10,8,6 1b. Lat Pull Down 5x15,12,10,8,6 2a. Banded Push Ups 3x Max Reps, 80% of your max reps, 60% 2b. Pull Ups 3x Max reps, 80% of your max reps, 60% DB I,Y,T, BO Raises 3x6-8 each way Biceps x a lot Triceps x a lot

Day Two (Week 2): Lower

Back Squat 5x8 Sumo RDL 4x8 Box Pistol Squats 4x8 each leg Leg Extension 3x10 Leg Curls 3x10 Weighted Abs x a lot

Day Three (Week 2): Upper

Incline Bench 4x8 la. DB Flat Bench 5x10, 9,8,7,6 lb. TRX Strap Rows 5x10, 9,8,7,6 2a. Swiss Bar bench 3x10 2b. TRX Strap Scarecrows 3x10 Rolling Triceps Extensions 3x10 Biceps x a lot

Day Four (Week 2): Lower

Deadlift 5x5 Barbell Complexes: 3sets of: Bent over row x 8, RDL x 8, Hang Clean Pull x 8, Hang Clean x 8, Front Squat x 8, Push Press x 8, Back Squat x 8 All exercises performed in succession WITHOUT setting the bar down Abs

Triphasic Introduction

Our Triphasic phases will be set up as follows. Upper and lower body days (Day 1, Day 2) will be done following the triphasic method. Days 3 and 4 will be Max Effort upper and lower days, Power Lifting gear will be gradually introduced leading into the meet.

During the triphasic days the main lifts (Squat, Bench) should be performed between 70 and 80%. Loads over 80-82.5% are not attainable if you are following the correct tempos and rep schemes. Regardless of the tempo(s) being used you should try to move the bar concentrically as fast as possible. You must rest a MINI-MUM of 3 minutes in between your bench press sets on the Triphasic days to maximize quality of the work.

Upper Body Days should not be performed closer than 48 hours apart (Monday – Thursday)

Lower Body Days should follow the same protocol (Tuesday-Friday)

Phase One: Eccentric Loading

The goal of this phase is to teach the body how to fight and stabilize against an eccentric load.

Note: For this phase our triphasic days will not change. The Numbers in parenthesis are tempos (Eccentric:Isometric:Concentric:Time between Reps)

Week Three

Day One (Week E3): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1
1a. Triphasic Bench Press 4x3 @ 80% 5 count eccentric (5:0:0:0)
1b. Empty Barbell Bench Throw x8
1c. Med Ball Chest Pass x 10
1d. Accelerated Push ups x 5
2a. DB Incline Press 4x12,10,8,6
2b. Lat Pull Down 4x12,10,8,6
Banded Face Pulls 4x15

Shoulder rotator work

Day Two (Week E3): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Back Squat 4x3 @ 80% 5 count eccentric (5:0:0:0) lb. Eccentric Focused Hurdle Hops x5 lc. Reactive Barbell Squat Jump x5 jumps @ <95# ld. 10M Sprint OR 5(each leg) High Knees in place Eccentric RDL 4x5 (5:0:0:0) Glute Ham Raise 3x12,10,8 Abs

Day Three (Week E3) : Max Effort Upper

SHIRTED Bench Press Work up to 80-85% off your chest for a single Add BP Shirt Take 3-5 more sets to work to a heavy single off of a 4 board Shirt off 3 x 8-10 reps – 4 board DB Floor Press 4x5 Weighted Pull ups (Overhand) 4x5 Ia. Machine Press 3x10-12 Ib. Machine Pull (Or lat pull down) 3x10-12 Biceps / Triceps x A LOT

Day Four (Week E3): ME Lower

Since we will ALWAYS use our triphasic day for squatting we will rotate other lower body exercises on this day (Squats, Front Squats, Deadlifts, Good mornings, Rack Pulls, Etc.) We will also always be in some sort of gear, briefs are a MINIMUM. Deadlift (Briefs only) Max Effort 3 Keep Briefs on, Back Squat 4x5 (60-70% of Geared Squat Max) 1a. Weighted Reverse Hypers 4x10 1b. Machine Abductor Work 4x10 2a. Machine Hamstring 3x15 2b. Band TKE 3x20 Weighted Abs x A Lot

Week Four

Day One (Week E4): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Bench Press 4x3 @ 80% 5 count eccentric (5:0:0:0) lb. Empty Barbell Bench Throw x8 lc. Med Ball Chest Pass x 10 ld. Accelerated Push ups x 5 2a. DB Incline Press 4x12,10,8,6 2b. Lat Pull Down 4x12,10,8,6 Banded Face Pulls 4x15 Shoulder rotator work

Day Two (Week E4): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Back Squat 4x3 @ 80% 5 count eccentric (5:0:0:0) lb. Eccentric Focused Hurdle Hops x5 lc. Reactive Barbell Squat Jump x5 jumps @ <95# ld. 10M Sprint OR 5(each leg) High Knees in place Eccentric RDL 4x5 (5:0:0:0) Glute Ham Raise 3x12,10,8 Abs

Day Three (Week E4): Max Effort Upper

SHIRTED Bench Press Work up to 80-85% off your chest for a single Add BP Shirt Take 3-5 more sets to work to a heavy single off of a 3 board (Try to hit the same weight you did on the 4 board last week) Shirt off 3 x 6-8 reps – 4 board DB Floor Press 4x5 Weighted Pull ups (Underhand) 4x5 Ia. Machine Press 3x10-12 Ib. Machine Pull (Or lat pull down) 3x10-12 Biceps / Triceps x A LOT

Day Four (Week E4): ME Lower

Back Squat (Briefs, Knee wraps) ME3 Deadlift (Briefs) Max Effort 3 Keep Briefs on – Deadlift 3x5 @80% of your ME3 Ia. Weighted Reverse Hypers 4x10 Ib. Machine Abductor Work 4x10 2a. Machine Hamstring 3x15 2b. Band TKE 3x20 Weighted Abs x A Lot

Week Five

Day One (Week E5): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1
1a. Triphasic Bench Press 4x3 @ 80% 5 count eccentric (5:0:0:0)
1b. Empty Barbell Bench Throw x8
1c. Med Ball Chest Pass x 10
1d. Accelerated Push ups x 5
2a. DB Incline Press 4x12,10,8,6
2b. Lat Pull Down 4x12,10,8,6
Banded Face Pulls 4x15
Shoulder rotator work

Day Two (Week E5): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Back Squat 4x3 @ 80% 5 count eccentric (5:0:0:0) lb. Eccentric Focused Hurdle Hops x5 lc. Reactive Barbell Squat Jump x5 jumps @ <95# ld. 10M Sprint OR 5(each leg) High Knees in place Eccentric RDL 4x5 (5:0:0:0) Glute Ham Raise 3x12,10,8 Abs

Day Three (Week E5): Max Effort Upper

SHIRTED Bench Press Work up to 80-85% off your chest for a single Add BP Shirt Take 4-6 more sets to work to a heavy single off of a 2 board Shirt off 3 x 4-6 reps – 4 board DB Floor Press 4x5 Weighted Pull ups (Neutral Grip) 4x5 Ia. Machine Press 3x10-12 Ib. Machine Pull (Or lat pull down) 3x10-12 Biceps / Triceps x A LOT

Day Four (Week E5): ME Lower

Back Squat (Knee Wraps, Briefs, Suit [Straps Down]) 10+ sets in you gear (3 briefs/wraps, 3 suit, briefs, wraps, 2 suit bottoms 2+ straps up) Work up to a moderately heavy 1 Deadlift (FULL GEAR) Max Effort 1 Keep Briefs and suit on, no straps – Deadlift 3x3 @80% of your ME1 w/suit 1a. Weighted Reverse Hypers 4x10 1b. Machine Abductor Work 4x10 2a. Machine Hamstring 3x15 2b. Band TKE 3x20 Weighted Abs x A Lot

Week Six (Deload)

Day One (Week E6): Triphasic Upper Deload

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Bench Press 2x3 @ 60% 5 count eccentric (5:0:0:0) 2a. DB Incline Press 2x12,10, 2b. Lat Pull Down 2x12,10 Banded Face Pulls 2x15 Shoulder rotator work

Day Two (Week E6): Triphasic Lower Deload

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Back Squat 2x3 @ 60% 5 count eccentric (5:0:0:0) Eccentric RDL 2x5 (5:0:0:0) Glute Ham Raise 2x10 Abs

Day Three (Week E6): Max Effort Upper Deload

SHIRTED Bench Press Work up to 80-85% off your chest for a single Add BP Shirt Take 3-5 more sets to work to 75% of what you hit week 3 off of a 2 board DB Floor Press 2x5 Pull ups (Neutral Grip) 2x5 Ia. Machine Press 2x15 Ib. Machine Pull (Or lat pull down) 2x15 Biceps / Triceps x A LOT

Day Four (Week E6): ME Lower Deload

Back Squat (Knee Wraps, Briefs) Work to a Medium weight (65-70% of what you hit last week)

Keep Briefs on Deadlift 2x3 @80% la. Weighted Reverse Hypers 2x10 lb. Machine Abductor Work 2x10 2a. Machine Hamstring 2x10 2b. Band TKE 2x10 Weighted Abs x A Lot

Phase TWO: Isometric Loading

Our goal is to be able to create isometric tension at the most challenging portion of our main lifts. Holding a squat at parallel, and a bench press .5-1" off the chest will accomplish this goal.

Note: As with the eccentric phase our triphasic days will NOT change during this cycle.

Week Seven

Day One (Week ISO7): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Bench Press 4x3 @ 80% 5 count ISO Hold (0:5:0:0) 1b. Accelerated Push Ups x 5 1c. Oscillatory banded pushups x 10 2a. DB Floor Press 4x10,8,6,5 2b. DB Single Arm Row 4x10 TRX Strap Scare Crow 3x15 Shoulder rotator work

Day Two (Week ISO7): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 Ia. Triphasic Back Squat 4x3 @ 80% 5 count ISO hold at Parallel (0:5:0:0) Ib. Seated Box Jumps x 5 Ic. Paused Barbell Squat Jump x5 jumps @ <95# Id. 10M Sprint OR 5(each leg) High Knees in place Oscillatory RDL 4x 5OC +1 x 5 (4 sets of 5 Oscillatory reps and 1 full rep, 5 times) Paused Glute Ham Raise 4x6 Hold at 45deg Abs

Day Three (Week ISO7): Max Effort Upper

Reverse Light Band Bench Press

Work up to 100% of your raw max WITH the bands on before putting on your shirt With your shirt on work to a ME2 off of 1 board TRX Strap Rows 4x10-12 Swiss Bar bench 4x6-8 Weighted Pull Ups 6x5 Biceps x a lot Triceps x a lot

Day Four (Week ISO7): Max Effort Lower

Back Squat (Knee Wraps, Briefs, Suit [Straps down]) ME 1 Drop to 80-85% of your ME1 for 2x3 Keep gear on Rack Deadlifts (Briefs) 6x3 work up to a moderately heavy triple Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Eight

Day One (Week ISO8): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1
1a. Triphasic Bench Press 4x3 @ 80% 5 count ISO Hold (0:5:0:0)
1b. Accelerated Push Ups x 5
1c. Oscillatory banded pushups x 10
2a. DB Floor Press 4x10,8,6,5
2b. DB Single Arm Row 4x10
TRX Strap Scare Crow 3x15
Shoulder rotator work

Day Two (Week ISO8): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Back Squat 4x3 @ 80% 5 count ISO hold at Parallel (0:5:0:0) lb. Seated Box Jumps x 5 lc. Paused Barbell Squat Jump x5 jumps @ <95# ld. 10M Sprint OR 5(each leg) High Knees in place Oscillatory RDL 4x 5OC +1 x 5 (5 Oscillatory reps and 1 full rep, 5 times) Paused Glute Ham Raise 4x6 Hold at 45deg Abs

Day Three (Week ISO8): Max Effort Upper

Reverse Average Band Bench Press Work up to 110% of your raw max WITH the bands on before putting on your shirt With your shirt on work to a ME1 off of 1 board TRX Strap Rows 4x10-12 Swiss Bar bench 4x6-8 Weighted Pull Ups 6x5 Biceps x a lot Triceps x a lot

Day Four (Week ISO8): Max Effort Lower

Back Squat (Knee Wraps, Briefs, Suit) ME 1 Drop to 85-87.5% of your ME1 for 2x2 Keep gear on Rack Deadlifts 5x2 work up to a heavy double Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Nine

Day One (Week ISO9): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Bench Press 4x3 @ 80% 5 count ISO Hold (0:5:0:0) lb. Accelerated Push Ups x 5 lc. Oscillatory banded pushups x 10 2a. DB Floor Press 4x10,8,6,5 2b. DB Single Arm Row 4x10 TRX Strap Scare Crow 3x15 Shoulder rotator work

Day Two (Week ISO9): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Back Squat 4x3 @ 80% 5 count ISO hold at Parallel (0:5:0:0) lb. Seated Box Jumps x 5 lc. Paused Barbell Squat Jump x5 jumps @ <95# ld. 10M Sprint OR 5(each leg) High Knees in place Oscillatory RDL 4x 5OC +1 x 5 (5 Oscillatory reps and 1 full rep, 5 times) Paused Glute Ham Raise 4x6 Hold at 45deg Abs

Day Three (Week ISO9): Max Effort Upper

Reverse Strong Band Bench Press Work up to 125% of your raw max WITH the bands on before putting on your shirt With your shirt on work to a ME1 off of 1 board Hit 100% of your ME1 off of a 3 or 4 board for 2x3-5 reps (Shirt on) TRX Strap Rows 4x10-12 Swiss Bar bench 4x6-8 Weighted Pull Ups 6x5 Biceps x a lot Triceps x a lot

Day Four (Week ISO9): Max Effort Lower

Back Squat (Briefs, Suit, Knee Wraps) ME 1 Drop to 85-87.5% of your ME1 for 2x2 Keep gear on Rack Deadlifts 5x2 work up to a heavy double Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Ten (ISO DELOAD)

Day One (Week ISO9): Triphasic Upper Deload

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Bench Press 2x3 @ 60% 5 count ISO Hold (0:5:0:0) 2a. DB Floor Press 2x10,8 2b. DB Single Arm Row 2x10 TRX Strap Scare Crow 2x8 Shoulder rotator work

Day Two (Week ISO9): Triphasic Lower Deload

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Back Squat 2x3 @ 60% 5 count ISO hold at Parallel (0:5:0:0) Oscillatory RDL 2x 3OC +1 x 5 (3 Oscillatory reps and 1 full rep, 5 times) Paused Glute Ham Raise 2x5 Hold at 45deg Abs

Day Three (Week ISO9): Max Effort Upper Deload

Reverse Strong Band Bench Press Work up to 100% of your raw max WITH the bands on before putting on your shirt With your shirt on work to 80% of your ME1-1 board to a 2 board TRX Strap Rows 2x10-12 Swiss Bar bench 2x6-8 Pull Ups 3x5 Biceps x a lot Triceps x a lot

Day Four (Week ISO9): Max Effort Lower Deload

Back Squat (Briefs, Suit, Knee Wraps)Work to 80% of your ME 1 from last week Rack Deadlifts 3x1 work up to 85% of your Heavy Double from last week for 3x1 Machine Hamstring 2x8 Machine glute / Abductor 2x8 Weighted Abs x A lot

Phase Three: Concentric Strength / Meet Prep

The goal of this phase is to teach our body to move the weights as fast as possible. To do this we must utilize the Stretch Shortening Complex. With all of our main triphasic movements we will move the weights as explosively as possible, not only upwards but through the eccentric phase as well. Pull the bar towards yourself on the bench press and drop into your squats with as much speed as possible.

Notes: For the Triphasic Ballistic Bench Press pull the bar towards your chest, reverse the bar BEFORE it makes contact with your shirt. There should be around 1" of clearance between your chest and the bar, accelerate the bar as rapidly as possible.

Week Ten

Day One (Week C10): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Ballistic Bench Press 4x3 @ 70-75% (x:x:x:1) pause 1 second in between reps lb. Barbell Bench Throws x 5 lc. Accelerated Push Ups x 5 2a. Oscillatory DB bench press 3OC+1 x 6 (4 sets) 2b. Oscillatory TRX Row 5OC+1 x 6 (4 sets) TRX Strap Scare Crow 3x15 Shoulder rotator work

Day Two (Week C10): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Ballistic Banded Back Squat 4x3 @ 60-65% (x:x:x:1) Squatting against light bands 1b. Box Drop Jumps x 5 1c. Reactive Barbell Squat Jump x5 jumps @ <75#
1d. 10M Sprint OR 5(each leg) High Knees in place
Reactive Rear Foot Elevated (RFE) Jumps 4x5 each leg
Ballistic Glute Ham Raise 4x6
Abs

Day Three (Week C10): Max Effort Upper

Bench Press 50% x 5, 65%x3, 80%x1, 90%x1 Put on your shirt Work up to an approximate opener off of a 1 board Hit that same weight off of a 2 board Hit your opening weight for a triple off a 3 board Work to a ME1 off a 3 board DB Bench 4x6-8 Lat Pull downs 4x10 Single Arm Row 4x5 Heavy Shoulder Rotator Work

Day Four (Week C10): Max Effort Lower

Back Squat (Briefs, Suit, Knee Wraps) ME 1 Find an approximate opener Drop to 80% of your ME1 for 3x2 Keep gear on Deadlifts 3x1 take 8-10 sets to work up to three heavy singles Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Eleven

Day One (Week C11): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Ballistic Bench Press 4x3 @ 70-75% (x:x:x:1) pause 1 second in between reps lb. Barbell Bench Throws x 5 lc. Accelerated Push Ups x 5 2a. Oscillatory DB bench press 3OC+1 x 6 (4 sets) 2b. Oscillatory TRX Row 5OC+1 x 6 (4 sets) TRX Strap Scare Crow 3x15 Shoulder rotator work

Day Two (Week C11): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Ballistic Banded Back Squat 4x3 @ 60-65% (x:x:x:1) Squatting against light bands 1b. Box Drop Jumps x 5 1c. Reactive Barbell Squat Jump x5 jumps @ <75#
1d. 10M Sprint OR 5(each leg) High Knees in place
Reactive Rear Foot Elevated (RFE) Jumps 4x5 each leg
Ballistic Glute Ham Raise 4x6
Abs

Day Three (Week C11): Max Effort Upper

Bench Press 50% x 5, 65%x3, 80%x1, 90%x1 Put on your shirt Work up to an approximate opener off of a 1 board Hit 3-5% more than your opener off of a 2 board Hit 10% more than your opener off a 3 board Hit your opener off a 1.5 board DB Bench 4x5 Lat Pull downs 4x10 Single Arm Row 4x5 Heavy Shoulder Rotator Work

Day Four (Week C11): Max Effort Lower

Deadlifts Full Gear Take 6-8 sets to find an approximate opener Drop to 90% of your opener and hit 2x2 Back squat Briefs only 3x5 Moderate weight Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Twelve

Day One (Week C12): Triphasic Upper

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1
1a. Triphasic Ballistic Bench Press 4x3 @ 70-75% (x:x:x:1)
pause 1 second in between reps
1b. Barbell Bench Throws x 5
1c. Accelerated Push Ups x 5
2a. Oscillatory DB bench press 3OC+1 x 6 (4 sets)
2b. Oscillatory TRX Row 5OC+1 x 6 (4 sets)
TRX Strap Scare Crow 3x15
Shoulder rotator work

Day Two (Week C12): Triphasic Lower

Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 1a. Triphasic Ballistic Banded Back Squat 4x3 @ 60-65% (x:x:x:1) Squatting against light bands 1b. Box Drop Jumps x 5 1c. Reactive Barbell Squat Jump x5 jumps @ <75# 1d. 10M Sprint OR 5(each leg) High Knees in place Reactive Rear Foot Elevated (RFE) Jumps 4x5 each leg Ballistic Glute Ham Raise 4x6 Abs

Day Three (Week C12): Max Effort Upper

Bench Press 50% x 5, 65%x3, 80%x1, 90%x1 Put on your shirt Work up to an approximate opener off of a 1 board Hit that same weight off of a 2 board Hit your opening weight for a triple off a 3 board Hit your opener off of a 1 board DB Bench 4x5 Lat Pull downs 4x10 Single Arm Row 4x5 Heavy Shoulder Rotator Work

Day Four (Week C12): Max Effort Lower

Back Squat (Briefs, Suit, Knee Wraps) Hit your opener Drop to 90% of your Opener for 2x1 Keep gear on Deadlifts Full gear 3x1 take 8-10 sets to work up to 90-95% of your opener Machine Hamstring 3x10-12 Machine glute / Abductor 3x10-12 Weighted Abs x A lot

Week Thirteen (Deload)

Day One (Week C13): Max Effort Lower Deload

Back Squat (Briefs, Suit, Knee Wraps) Hit your opener Deadlifts Full gear Hit your opener Machine Hamstring 2x8 Machine glute / Abductor 2x8 Weighted Abs x A lot

Day Three (Week C13): Max Effort Upper Deload

Bench Press 50% x 5, 65%x3, 80%x1, 90%x1 Put on your shirt Work up to an approximate opener off of a 2 board DB Bench 2x5 Lat Pull downs 2x10 Single Arm Row 2x5 Shoulder Rotator Work Day Three (Week C13): Triphasic Lower Deload Back Squat 50% x 5, 60% x 3, 70% x 3, 80% x 1 Ia. Triphasic Ballistic Banded Back Squat 2x3 @ 60-65% (x:x:x:1) Squatting against light bands 1b. Reactive Barbell Squat Jump x5 jumps @ <75# Reactive Rear Foot Elevated (RFE) Jumps 2x5 each leg Ballistic Glute Ham Raise 2x5 Abs

Day Four (Week C13): Triphasic Upper Deload

Bench Press 50% x 5, 60% x 3, 70% x 3, 80% x 1 la. Triphasic Ballistic Bench Press 2x3 @ 70-75% (x:x:x:1) pause 1 second in between reps lb. Barbell Bench Throws x 5 2a. Oscillatory DB bench press 3OC+1 x 6 (2 sets) 2b. Oscillatory TRX Row 5OC+1 x 6 (2 sets) TRX Strap Scare Crow 2x10 Shoulder rotator work

Week Fourteen (Meet Week)

Note: Day one and day two should be performed NO LATER than Monday/Tuesday of the week of your meet.

Day One (Week M14): Upper Deload

Dynamic Warm up Bench press work to 80% of your opener off a 4 board for 1-2 sets TRX Strap rows 2x6 Shoulder Rotator Work

Day Two (Week M14) Lower Deload

Dynamic Warm up Back Squat work up to a LIGHT 2x5 Nothing over 50% Machine Hamstring 1x15 Light Abs

SFW At the meet

Kevin Argauer is in his first year as Assistant Strength and Conditioning Coach for the Panthers. Kevin oversees program development for Men's and Women's Swimming and Diving, Men's and Women's Track and Field and Cross Country programs. He also assists with the Wrestling program. Coach Argauer earned his Certified Strength and Conditioning Specialist Certification (CSCS) from the National Strength and Conditioning Association in 2010. He earned a Bachelor's degree in Sport Management from Robert Morris University in 2009.

In addition to his responsibilities with the Panthers Kevin is an Elite level power lifter. His best lifts are an 800 Squat, 625 Bench, and 740 Deadlift and a 2165 pound three lift total. David Allen



ooking for a simple way to get strong with training 3 days a week? This training program is designed to do just that. You hit a version of the big three lifts each day using either the maximal effort method, the dynamic effort method, or the repetition effort method. For speed work against bands, the rest between sets needs to be somewhere between 30 seconds and 1 minute. Use the following guide for band tension:

Max Lift	Band to use
<200	Micro mini
200-300	mini
300-400	monster
400-500	light
500-600	average
600+	strong

On your max effort lifts, you will work up to a heavy set of 3 using however many warm up sets as necessary. Ideally you will get around 3 heavy sets at 90% or above what your max set of three would be. On the repetition lifts, choose a weight that is challenging for one set of 10 and do 3 sets with it, after your warm up sets. Use the following guide for chain weight:

Max Lift	Chains to use
<200	10 lbs each side
200-300	20 lbs each side
300-400	30 lbs each side
400-500	40 lbs each side
500-600	50 lbs each side
600+	60 lbs each side

That's it, pretty simple. Follow this guide and enjoy your PR's!

Week 1

Day 1

Deadlift 8x1 (50%) against bands for speed Wide Stance Box Squats work up to a heavy set of 3 Close Grip Bench Press 3x10 w/chains Neutral Pulldowns 3x10 45 Degree Hypers with weights 3x15

Day 2

Bench Press 8x3 (50%) against bands for speed Sumo Deadlifts work up to a heavy set of 3 Front Squats 3x10 w/chains Pullups 3x10 Glute Ham Raises 3x10

Day 3

Squats 8x2 (50%) against bands for speed Incline Bench Press work up to a heavy set of 3 RDL's 3x10 w/chains Chinups 3x10 Reverse Hypers 3x15

Week 2

Day 1

Deadlift 8x1 (55%) against bands for speed Wide Stance Box Squats work up to a heavy set of 3 Close Grip Bench Press 3x10 w/chains Neutral Pulldowns 3x10 45 Degree Hypers with weights 3x15

Day 2

Bench Press 8x3 (55%) against bands for speed Sumo Deadlifts work up to a heavy set of 3 Front Squats 3x10 w/chains Pullups 3x10 Glute Ham Raises 3x10

Day 3

Squats 8x2 (55%) against bands for speed Incline Bench Press work up to a heavy set of 3 RDL's 3x10 w/chains Chinups 3x10 Reverse Hypers 3x15

Week 3

Day 1

Deadlift 8x1 (60%) against bands for speed Wide Stance Box Squats work up to a heavy set of 3 Close Grip Bench Press 3x10 w/chains Neutral Pulldowns 3x10 45 Degree Hypers with weights 3x15

Day 2

Bench Press 8x3 (60%) against bands for speed Sumo Deadlifts work up to a heavy set of 3 Front Squats 3x10 w/chains Pullups 3x10 Glute Ham Raises 3x10

Day 3

Squats 8x2 (60%) against bands for speed Incline Bench Press work up to a heavy set of 3 RDL's 3x10 w/chains Chinups 3x10 Reverse Hypers 3x15

Week 4

Day 1

Deadlift 8x1 (65%) against bands for speed Wide Stance Box Squats work up to a heavy set of 3 Close Grip Bench Press 3x10 w/chains Neutral Pulldowns 3x10 45 Degree Hypers with weights 3x15

Day 2

Bench Press 8x3 (65%) against bands for speed Sumo Deadlifts work up to a heavy set of 3 Front Squats 3x10 w/chains Pullups 3x10 Glute Ham Raises 3x10

Day 3

Squats 8x2 (65%) against bands for speed Incline Bench Press work up to a heavy set of 3 RDL's 3x10 w/chains Chinups 3x10 Reverse Hypers 3x15

David Allen is the owner and head trainer at NBS Fitness, the top training facility in Memphis, TN. David is a former college strength and conditioning coach who now works with personal training clients and athletes of all ages, professions, and experience levels. David played football in college while getting his degree in exercise science with a minor in nutrition. NBS Fitness is host to the best powerlifters, strongmen, bodybuilders, and serious trainees in Memphis. David currently competes in powerlifting and has previously competed in bodybuilding and Olympic lifting.

Jerry Shreck

NEN'S BASKETBALL

for a College Men's Basketball Team
These phases include pre-season, In-season, and post-season for the University Varsity weight room. Descriptions and videos of all exercises can be found at www.varietytrainer.com.

PHASE ONE

Functional IP: Day 1: Walking Hip Circuit Day 2: Shoulder Circuit Day 3: Ankle Inv/Eversion

Core: Day 1: Seated Russian Plate Twist ss Plate Crunch Day 2: Db/KB Oblique Raise Day 3: Cable/Db Side Bends

Emphasis: Day 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	
KB Swing 12	/ /	/ /	/ /	/ /	/ /	
Back Squat	10	8	6	6	3	
Back Squat	8	8	6	6	3	
Back Squat	8	8	6	4	3	
Back Squat	6	6	4	4	3	
Back Squat		6	4	4	3	
Bench Press	8	5	*5	5	3	
Bench Press	8	5	*5	5	3	
Bench Press	5	5	*3	3	3	
Bench Press	5	5	*3	3	3	

Supplemental: Day 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Partner Curl 8-10			/	/	1	
Swivel Grip Pull- up ss F	/ /	/ /	/ /	/ /	/ /	
Banded Good Morning 10	/ /	/ /	/ /	/ /	/ /	
	/	/	/	/	/	
	/	/	/	/	/	
	/	/	/	/	/	

Abdominal/Low Back: Day 1: D-Ball Core- Seated Partner Pass L/R 2-3 x 20 Day 2: Ab/Low Back Circuit w/SC Day 3: Choice From Core List

*Board Press (Tempo: 3-2-0-2)

Description of exercises and videos can be found at www.varietytrainer.com

Emphasis: Day 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	
*Hang Clean	/	/	/	/	/	
Hang Clean	/	/	/	/	/	
Hang Clean	/	/	/	/	/	
Hang Clean		/	/	/	/	
D-Ball Alt. Shoulder Squat 20						
D-Ball Alt. Shoulder Squat 20						
Plate Push/Drag w/SC						

*Hang Clean: Week 1- 4 x 5, Week 2- 5 x 4, Week 3- 6 x 3, Week 4- 7 x 2, Week 5- 8 x 2

Supplemental: Day 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Standing Curl-To- Press 8	/	/ /	/ /	/ /	/ /	
Dips F	/	/	/	/	/	
Wrist/Grip Work						

Emphasis: Day 3					
	Week 1	Week 2	Week 3	Week 4	Week 5
Push Press	5	4	4	3	3
Push Press	5	4	4	3	3
Push Press	5	4	4	3	3
Push Press	5	4	4	3	3
Dead Lift 3					
Dead Lift 3					
Dead Lift 3					
RDL ss One Arm Db Row 8	8	8	6	6	6
RDL ss One Arm Db Row 8	8	8	6	6	6
RDL ss One Arm Db Row 8		8	6	6	6
Incline Barbell Press	8	6	*SB (5)	*SB (5)	*SB (5)
Incline Barbell Press	8	6	*SB (5)	*SB (5)	*SB (5)
Incline Barbell Press	8	6	*SB (5)	*SB (5)	*SB (5)

Emphasis: Day 3

*SB-Speed Bench 45-55%

PHASE TWO

Functional IP: Day 1: Scapular Retraction, Ankle Inversion/Eversion

- Day 2: Standing Hip Circuit
- Day 3: Internal/External Rotation, BT Toe Touch

Core: Day 1: Db/Kb Oblique Raise

- Day 2: Hanging Leg Raise
- Day 3: Side Bend

Emphasis: Day 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Split Jerk 4						
Split Jerk 4						
Split Jerk 4						
Split Jerk 4						
Band Squat 3 (Bar 45-60%) 30sec Rest	/ /	/ / /	/ / / /	/ / / /	/ / / /	
Speed Bench 5-7	45%	45%	50%	50%	55%	
Speed Bench 5-7	45%	50%	50%	55%	55%	
Speed Bench 5-7	45%	50%	55%	55%	60%	
Speed Bench 5-7	50%	50%	55%	60%	60%	

Supplemental: Day 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Rope Climb F	/	/	/	/	/	
HS One Leg Back Extension w/wt 7/7	/	1	1	/	1	
Wrist/Grip Work	/	/	/	/	/	

Abdominal/Low Back: Day 1: SC Choice

Day 2: Choice from Core List

Day 3: HS Back Ext., Cable Band Belly Push-outs

Flexibility Program Band Stretching Encouraged!! *Day 1 Maybe Box Squats (SC Decision)

Emphasis: Day 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Hang Clean-To-Split Jerk 2	/ /	/ /	/ /	/ /	/ /	
Floor Press 3						
Floor Press 3						
Floor Press 3						
Floor Press 3						

Emphasis: Day 2					
Swivel Grip Pull- up F	45%	45%	50%	50%	55%
Swivel Grip Pull- up F	45%	50%	50%	55%	55%

Supplemental: Day 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	
*D-Ball Rebound Hold						
KB Cobra 6	/	/	/	/	/	
*Band Platform Calves						
SC/Choice Work:						

*D-Ball Rebound Hold: 3 rounds of 30-45 seconds.

*Band Platform Calves: 100 reps You can mix it in throughout your workout.

Emphasis: Day 3						
	Week 1	Week 2	Week 3	Week 4	Week 5	
KB Snatch 8	/ /	/ /	/ /	/ /	/ /	
Back Squat	6	6	10	8	6	
Back Squat	6	6	10	8	6	
Back Squat	6	6	8	8	6	

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Bench Press	4	5	*6	7	8
Bench Press	4	5	*6	7	8
Bench Press	4	5	*6	7	8
Pull-up ss 8 D-Ball Slam 8	/ / / /				

Supplemental: Day 3								
	Week 1	Week 2	Week 3	Week 4	Week 5			
Wrist/Grip Work	/	/	/	/	/			
	/	/	/	/	/			
	/	/	/	/	/			
	/	/	/	/	/			
	/	/	/	/	/			

*Board Press: 2 Board (3,1,0,2)

PHASE THREE

- Functional IP:
 Day 1: M-R Ankle Complex (Inv/Ever/Dorsi), Internal/External Rotation

 Day 2:
 Hamstring Stretch/Press, Hip Circuit LLR/RRL
- **Core:** Day 1: Cable or Db Side Bends
 - Day 2: Diagonal Plate Raise

Emphasis: Day 1							
	Week 1	Week 2	Week 3	Week 4	Week 5		
1 Arm KB Clean L/R 5							
1 Arm KB Clean L/R 5							
1 Arm KB Clean L/R 5							
KB Alt. Lunge w/ Press 8							
KB Alt. Lunge w/ Press 8							
One Arm Db Row 6							
One Arm Db Row 6							
Incline Db Press 8							
Incline Db Press 8							

Supplemental: Day 1							
	Week 1	Week 2	Week 3	Week 4	Week 5		
Partner Curl 8-10	/	/	/	/	/		
Alt. Db Ant/Lat Raise 10							
Alt. Db Ant/Lat Raise 10							
Wrist/Grip F							
Optional:							
Dips	/	/	/	/	/		
E-Z Bar Curl 21's	/	/	/	/	/		

Abdominal/Low Back: Day 1: SC Choice

Day 2: Choose From Core List (Challenge Yourself!!)

Flexibility Program *Band Stretching

Emphasis: Day 2									
	Week 1	Week 2	Week 3	Week 4	Week 5				
Hang Clean-To-Split Jerk 2	/ / / /	/ /	/ /	/ /	/ / / /				
Floor Press 3									

Emphasis: Day 2			
Floor Press 3			
Floor Press 3			
Floor Press 3			
Swivel Grip Pull- up F			
Swivel Grip Pull- up F			

Supplemental: Day 2								
	Week 1	Week 2	Week 3	Week 4	Week 5			
*D-Ball Rebound Hold								
KB Cobra 6	/	/	/	/	/			
*Band Platform Calves								
SC/Choice Work:								
	/	/	/	/	/			
	/	/	/	/	/			
	/	/	/	/	/			

*D-Ball Rebound Hold: 3 rounds of 30-45 seconds.

*Band Platform Calves: 100 reps You can mix it in throughout your workout.

PHASE FOUR

Functional IP: Day 1: Shoulder Circuit Day 2: Hip LLR/RRL

Core: Day 1: Seated Plate Russian Twist 50 reps Day 2: Diagonal Plate Raise L/R 10-20 reps

Emphasis: Day 1							
	Week 1	Week 2	Week 3	Week 4	Week 5		
Split Jerk 4							
Split Jerk 4							
Split Jerk 2							
One Arm Db Snatch 3							
One Arm Db Snatch 3							
One Arm Db Snatch 3							
Walking Db Lunge- Curl-To-Press 15yds							
Walking Db Lunge- Curl-To-Press 15yds							

Supplemental: Day 1									
	Week 1	Week 2	Week 3	Week 4	Week 5				
*D-Ball Rebound Hold									
SB ABC's A-Z	/	/	/	/	/				
M-R Ankle Inv/Ever- sion & Dorsi-flexion 10									
Wrist/Grip F									

Abdominal/Low Back: Day 1: SC Choice Day 2: SC Choice

Flexibility Program *Band Stretching Is Encouraged!

Comments: (Strength Coach ONLY)

*Take A 2 Minute or More Rest Between Completed Sets Of Power Movements. *D-Ball Rebound Hold: 2-3 rounds of 30-45 seconds.

Emphasis: Day 2								
	Week 1	Week 2	Week 3	Week 4	Week 5			
Hang Clean- To-Push Press 3								
Hang Clean- To-Push Press 3								
Hang Clean- To-Push Press 3								

Emphasis: Day 2			
Hang Clean- To-Push Press 3			
LM Jam Rotation L/R 3-5			
LM Jam Rotation L/R 3-5			
LM Jam Rotation L/R 3-5			
LM Ab Bar Twist L/R 6			
LM Ab Bar Twist L/R 6			
Tennis Ball Focus Drill			

Supplemental: Day 2

	Week 1	Week 2	Week 3	Week 4	Week 5
BT Toe Touch 8+	/	/	/	/	/
Banded Good Morn- ing 10	/	/	/	/	/
Side Bend 10	/	/	/	/	/

Functional IP: Day 1: Walking Hip Circuit

Day 2: Shoulder Circuit

Day 3: Standing Hip Circuit Day 4: Internal/External Shoulder Rotation Core: Day 1: Side Bend

Day 2: Oblique Raise Day 3: Side Bend Day 4: Oblique Raise

Emphasis: Day I							
	Week 1	Week 2	Week 3	Week 4	Week 5		
Back Squat	14	16	18	20	20		
Back Squat	12	12	10	8	8		
Back Squat	10	10	10	8	6		
Back Squat	8	8	8	6	4		
Back Squat			6		4		
Dumbbell Lunge	12	14	10	10	12		
Dumbbell Lunge	12	12	10	10	8		
Dumbbell Lunge	10	10	8	8			
Dumbbell Lunge			8	8			

Em	phasis:	Dau 1
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Supp	lemental:	Dau 1

	Week 1	Week 2	Week 3	Week 4	Week 5
Partner Curl 10-12					
Partner Curl 8-10					
M-R Hamstring Curl F					
M-R Hamstring Curl F					
Satan Calves 6/6/6					

Supplemental: Day 1						
Satan Calves 6/6/6						
Satan Calves 6/6/6						
Satan Calves 6/6/6						
Flexibility						

Day 1: Banded or Bar Good Mornings

Emphasis: Day 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Bench Press	10	10	12	12	10	
Bench Press	8	8	8	6	5	
Bench Press	8	6	6	4	3	
Bench Press	6	6	4	4	3	
HS High or Mid Row	12	14	14	14	PU-F	
HS High or Mid Row	12	12	14	12	PU-F	
HS High or Mid Row	10	10	10	10	PU-F	
Cable/Db Fly	10	10	10	8	8	
Cable/Db Fly	10	10	8	8	6	
Cable/Db Fly		10	8	8		

Supplemental: Day 2							
	Week 1	Week 2	Week 3	Week 4	Week 5		
Chin-up ss F Standing Barbell Curl 10	/ / / /	/ /	/ /	/ / / /	/ / / /		
Tricep Complex							
Flexibility							

Supplemental: Day 2

Day 2: BT or HS Ab Circuit Work

Emphasis: Day 3						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Barbell/Hex Dead Lift	5	5	5	5	5	
Barbell/Hex Dead Lift	5	5	5	5	3	
Barbell/Hex Dead Lift	5	5	5	5	3	
Barbell/Hex Dead Lift	5	5	5	3	3	
Barbell/Hex Dead Lift		5	5	3		
RDL	8	8	8	8	6	
RDL	8	8	8	8	6	
RDL	8	8	8	6	6	
RDL	8		6	6		

Supplemental: Day 3						
	Week 1	Week 2	Week 3	Week 4	Week 5	
Alt. Db Step-up	14	12	12	10	8	
Alt. Db Step-up	12	12	10	10	8	
Alt. Db Step-up	12	12	10	8	8	
Alt. Db Step-up	12		10			
Dirty Thirty Calves 12/12/12						
Dirty Thirty Calves 12/12/12						
Dirty Thirty Calves 12/12/12						
M-R Ankle Inv/Ever. 12/12						
Flexibility						

Day 3: HS or Legend Box Back Extension Work

Emphasis: Day 4							
	Week 1	Week 2	Week 3	Week 4	Week 5		
Swivel Grip Pull- up F	/	/	/	/	/		
One Arm Db Row	8	8	8	8	8		
One Arm Db Row	8	8	8	8	8		
One Arm Db Row	6	6	6	6	6		

Emphasis: Day 4						
Incline Db Press	12	14	12	10	8	
Incline Db Press	10	10	8	8	6	
Incline Db Press	10	8	8	6	6	
Shrug	10	10	12	12	7	
Shrug	10	10	10	10	7	
Shrug	F	F	F	F	7	

Supplemental: Day 4						
	Week 1	Week 2	Week 3	Week 4	Week 5	
BW Dip ss 10 Triceps Push Down 10/F	/ /	/ / / /	/ /	/ /	/ / / /	
Descending Weight One Arm Db Bicep Curl 8/8/8	/ /	/ /	/ /	/ /	/ /	
Additional Work:						
Wrist Curls						
Reverse Wrist Curls						
Flexibility						

Day 4: Ab Circuit With Strength Coach

Jerry Shreck is the head strength and conditioning coach and fitness facilities coordinator at Bucknell. He joined the Bison staff in 2000 and after threeseasons as the athletic trainer for the Bucknell men's basketball team was appointed to his current role, coinciding with the opening of the sparkling 15,000-square-foot Krebs Family Fitness Center and Berger Family Weight Room.

A 1996 graduate of East Stroudsburg University with a degree in movement studies and exercise science, Shreck is charged with detailed daily strength and conditioning routines for each of Bucknell's athletic programs. A native of Mongomery, Pa., Shreck is a member of the National Strength and Conditioning Association and the National Council of Strength and Fitness. He contributes to many strength and fitness websites and is a question and answer expert of several professional fitness forums. Shreck, whospeaks at numerous national strength and conditioning conferences each year, is an innovator of several training styles and is sought out by many professionals for his injury prevention techniques.

Under Shreck, the general philosophy of the Bison strength program is year-round periodization with a high-intensity base, supplemented with functional and sport-specific training. Training programs for most teams employ explosion techniques with power bands and plyometrics.

The ultimate goal of the strength and conditioning program is the prevention of injuries and training athletes to their peak physical condition

Joe Schillero

he following is based off what I did for 12 weeks leading into the Lexen Xtreme Fall Classic. I used a conjugate framework, utilizing max effort, dynamic effort, and repetition effort exercises. I rotated my max effort work with exercises I've found to benefit my raw lifts. I rotated supplementary exercises in 4-week blocks, and kept most of the other smaller assistance work simple with a few variations here and there. As I came closer to the meet, my max effort exercises focused more on my competition lifts and worked to peak for the meet.

Goal: Peak for Powerlifting Competition

Competition Deadlift Style: Conventional

Areas of Weakness (These are areas I needed to focus on, but remem-

ber everything needs to get stronger as you design any program): Glutes/ Hips (deadlift lockout/mid-squat), Shoulders/Triceps (bench lockout).

Notes Regarding Max Effort Work:

*The ME lifts I chose are what I've seen benefit my raw numbers so far, yours may be different.

*As you can see in the program: I rarely worked up to ME singles two weeks in a row with the same exer-

PROGRAMS THAT WORK 3 VOL. 2

cise, I either switched back and forth from triples, or added some sort of accommodating resistance or specialty bar – I found that this kept me from stalling or beating myself up too bad.

*The last block before the meet, on ME days I starting taking possible 2nd/3rd attempts with reverse bands and then as the weeks went on used less and less bands to peak leading into the meet. The last training week before the meet only work up to openers.

Notes Regarding Dynamic Effort Work:

*The percentages are a starting point, I've had to adjust the weights in the past based off my bar speed and technique. This is why it's great to either have a training partner with you or video your sets, so someone can keep you accountable - Speed work needs to be FAST, lower the weights if needed in order to perform the lifts correctly and with explosiveness.

*No longer than 60 seconds between DE sets.

Notes Regarding Repetition Work:

*Supplementary Exercises: I chose these based off my weaknesses or things that would help improve technique flaws – Again these will vary from person to person.

*Accessory Exercises: Don't overthink these – They were chosen to keep balance, prevent injury, and gain muscle mass. They can easily be modified from person to person.

*Supplementary & Assistance work is tapered down as I get closer to the meet to focus on recovery and prevent injury.

*If an exercise intensity is listed as 'moderately heavy', it means about an RPE of 7-9 (leaving a rep or two in the tank)

DE Squat & Bench Progressions:

Block 1 – Bands Block 2 – Chains Block 3 – Straight Weight *Percentages listed in program below

Abbreviations:

ME – Max Effort DE – Dynamic Effort OHP – Overhead Press RB – Reverse Bands BW – Bodyweight Wtd - Weighted

Week 1 (Start of Block 1)

Monday (ME Upper):

A. Bench Press
*Work up to ME Triple
B. Floor Press 3x8
C. Dumbbell Rows 3x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ Average Band – 10x2 w/ 45% of 1RM (no wraps) B. Sumo Deadlifts *Work up to moderately heavy set of 5 C. Wide Stance Box Squats 3x8 D1. Cable Pull Throughs 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench Press w/ Mini Band – 8x3 w/ 50% B. Standing OHP *Work up to moderately heavy set of 5 C. Close Grip Bench Press 3x8 D. Chins 4 sets max reps (BW or Weighted) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to ME Triple B. Hip Belt Squat 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 2

Monday (ME Upper):

A. Bench Press *Work up to ME Single, then 1-2 singles w/ reverse band B. Floor Press 3x8 C. Dumbbell Rows 3x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ Average Band – 10x2 w/ 47% B. Sumo Deadlifts *Work up to moderately heavy set of 5 C. Wide Stance Box Squats 3x8 D1. Cable Pull Throughs 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench Press w/ Mini Band – 8x3 w/ 50% B. Standing OHP w/ Swiss Bar *Work up to moderately heavy set of 5 C. Close Grip Bench Press 3x8 D. Chins 4 sets max reps (BW or Weighted) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to ME Single, then 1-2 singles w/ reverse band B. Hip Belt Squat 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 3

Monday (ME Upper): A. Bench Press w/ Chains *Work up to ME Single

B. Floor Press 3x8 C. Dumbbell Rows 3x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ Average Band – 10x2 w/ 50% B. Sumo Deadlifts *Work up to moderately heavy set of 5 C. Wide Stance Box Squats 3x8 D1. Cable Pull Throughs 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench Press w/ Mini Band – 8x3 w/ 50% B. Standing OHP w/ Fat Gripz/Axle *Work up to moderately heavy set of 5 C. Close Grip Bench Press 3x8 D. Chins 4 sets max reps (BW or Wtd) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat w/ Chains *Work up to ME Single, B. Hip Belt Squat 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 4

Monday (ME Upper):

A. Bench Press w/ 2 Board *Work up to ME Single B. Floor Press 3x8 C. Dumbbell Rows 3x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ Average Band – 10x2 w/ 52% B. Sumo Deadlifts *Work up to moderately heavy set of 3 C. Wide Stance Box Squats 3x8 D1. Cable Pull Throughs 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench Press w/ Mini Band – 8x3 w/ 50% B. Standing OHP *Work up to moderately heavy set of 3 C. Close Grip Bench Press 3x8 D. Chins 4 sets max reps (BW or Wtd) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat w/ SSB *Work up to ME Triple B. Hip Belt Squat 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 5 (Start of Block 2)

Monday (ME Upper):

A. Bench Press w/ Pause *Work up to ME Triple B. 2 Board Bench 3x8 C. Meadows Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ 100 lbs of chain – 10x2 w/ 40% B. Block pull mid shin (conv) *Work up to moderately heavy set of 5 C. Front Squat 3x8 D1. Hyperextension 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench w/ 80 lbs of chains – 8x3 w/ 50% B. Standing OHP w/ Swiss Bar *Work up to moderately heavy set of 5 C. Incline Bench Press 3x8 D. Chins 4 sets max reps (BW or Wtd) E. Cable Rows 3x10

Saturday (ME Lower):

A. Deadlift *Work up to ME Single B. Leg Press 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 6

Monday (ME Upper):

A. Bench Press w/ Pause *Work up to ME Single B. 2 Board Bench 3x8 C. Meadows Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ 100 lbs of chain – 10x2 w/ 42% B. Front Squat 3x8 C1. Hyperextension 3x10 C2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench w/ 80 lbs of chains – 8x3 w/ 50% B. Standing OHP w/ Fat Gripz *Work up to moderately heavy set of 5 C. Incline Bench Press 3x8 D. Chins 4 sets max reps (BW or Wtd) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to ME Single, then 1-2 w/ RB B. Leg Press 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 7

Monday (ME Upper):

A. Bench Press w/ Chains *Work up to ME Triple B. 2 Board Bench 3x8 C. Meadows Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ 100 lbs of chain – 10x2 w/ 44% B. Block pull mid shin (conv) *Work up to moderately heavy set of 5 C. Front Squat 3x8 D1. Hyperextension 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench w/ 80 lbs of chains – 8x3 w/ 50% B. Standing OHP *Work up to moderately heavy set of 5 C. Incline Bench Press 3x8 D. Chins 4 sets max reps (BW or Weighted) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat w/ SSB *Work up to ME Triple B. Leg Press 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 8

Monday (ME Upper):

A. Bench Press w/ 2 Board *Work up to ME Triple or Double B. 2 Board Bench 3x8 C. Meadows Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats w/ 100 lbs of chain – 10x2 w/ 46% B. Conventional Deadlift *Work up to moderately heavy set of 5 C. Front Squat 3x8 D1. Hyperextension 3x10 D2. Abs w/ Spud Strap 3x10

Thursday (DE Upper):

A. DE Bench w/ 80 lbs of chains - 8x3 w/ 50% B. Standing OHP *Work up to moderately heavy set of 3 C. Incline Bench Press 3x8 D. Chins 4 sets max reps (BW or Wtd) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to ME Triple B. Leg Press 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 9 (Start of Block 3)

Monday (ME Upper):

A. Bench Press w/ Competition Pause *Work up to Opener, then possible 2nd and 3rd attempts (and possibly a little higher) with Light Reverse Band B. Swiss Bar Close Grip Bench 3x8 C. Cable Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats (Straight Weight) - 10x2 w/ 45%
B. Deficit Deadlift (conv)
*Work up to moderately heavy set of 5
C. Good Morning 3x8
D1. Cable Pull through 3x10
D2. Hanging Leg Raises

Thursday (DE Upper):

A. DE Bench (Straight Weight) – 8x3 w/ 60% B. Standing OHP w/ Swiss Bar *Work up to moderately heavy set of 5 C. Close Grip Floor Press 3x8 D. Chins 4 sets max reps (BW or Weighted) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat

* Work up to Opener, then possible 2nd and 3rd attempts (and possibly a little higher) with Average Reverse Band
B. Bulgarian Split Squats 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 10

Monday (ME Upper):

A. Bench Press w/ Competition Pause *Work up to Opener and slightly higher, then 2nd/3rd attempts with Monster Mini Reverse Band B. Swiss Bar Close Grip Bench 3x8 C. Cable Rows 4x10 D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats (Straight Weight) – 10x2 w/ 50% B. Conventional Deadlift *Work up to moderately heavy set of 3 C. Good Morning 3x8 D1. Cable Pull through 3x10 D2. Hanging Leg Raises

Thursday (DE Upper):

A. DE Bench (Straight Weight) – 8x3 w/ 60% B. Standing OHP w/ Fat Gripz *Work up to moderately heavy set of 5 C. Close Grip Floor Press 3x8 D. Chins 4 sets max reps (BW or Weighted) E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to Opener and slightly higher, then possible 2nd/3rd attempts with Light Reverse Band B. Bulgarian Split Squats 3x8 C. Glute Ham Raise 3x8 D. Weighted Abs 4x10

Week 11

Monday (ME Upper):

A. Bench Press w/ Competition Pause *Work up to Opener and slightly higher, then 2nd/3rd attempts with Mini Reverse Band D1. Tricep Pushdowns 3x25 D2. Bicep Curls 3x15

Wednesday (DE Lower):

A. DE Box Squats (Straight Weight) – 10x2 w/ 55% B. Deficit Deadlift (conv) *Work up to moderately heavy set of 3 D1. Cable Pull through 3x10 D2. Hanging Leg Raises

Thursday (DE Upper):

A. DE Bench (Straight Weight) – 8x3 w/ 60% D. Chins 4 sets max reps (BW or Weighted)

E. Cable Rows 3x10

Saturday (ME Lower):

A. Squat *Work up to Opener and slightly higher, then possible 2nd/3rd attempts with Monster Mini/Light Reverse Band Depending on feel.

Week 12

Monday (ME Upper): A. Bench Press *Work up to Opener

Wednesday (DE Lower): B. Conventional Deadlift *Work up to Opener

Saturday or Sunday (ME Lower): A. Squat *Work up to Opener

Week 13 (Week Before Meet)

Off training – A couple light workouts with bands to stay loose if necessary.

Joe Schillero is a competitive powerlifter and graduate assistant at the University of Akron in Ohio.

Bryan Christopher

PRO BASKETBALL PROCRAM

created this program for a professional basketball player returning from his season in Europe. He'd earned a reputation as a player who lived under the basket and did "the dirty work" - rebounding, putbacks, defending the post, drawing fouls, taking charges, etc. He wanted to be more physically dominant next season and needed to get bigger and stronger.

Similar to Joe Defranco's West-

side For Skinny Bastards template, the program utilized one day of max-effort training and one day of repetition-effort later in the week. We structured his training sessions around a pre-existing knee injury and subsequent surgery, travel, sport practices and speaking engagements.

Max effort sets were taken to (but not beyond) failure, as the goal was to never miss a rep. Accessory sets were stopped 1-2 reps short of failure unless otherwise noted. We used the pull-ups and pushups to keep relative strength in check. Because his pushups and pull-ups were keeping pace with his weight gain, we didn't worry about nutrition.

When we began in March he benched 275x2 and performed 12 pull-ups at a bodyweight of 242. In August he nailed 315x3, 23 pull-ups and weighed 260.

Block 1

Day 1

A. ME Bench Press

week 1: bench press: work up to 3rm week 2: incline bench press: work up to 5rm, then 1 back off set (same weight, fewer reps) week 3: incline bench press: work up to 3rm, then 1 back off set (90% of top set, same reps) week 4: bench press: work up to same weight as week one and perform max reps.

B1. 2 board press: 4x6, push number of reps on final set

B2. miniband pullaparts: 4x10

C. Machine Row: 4x10

D1. Bicep curls: 3x10-12

D2. Double miniband tricep extensions: 3x10-12

Day 2

A1. Blast strap pushups: 4 sets.

Weeks 1 and 3: 1xmax reps, 1-3xhalf of max

Weeks 2 and 4:5 sets. Total volume should be more than weeks 1 and 3.

A2. Chins (palms up):

Weeks 1 and 3: 1xmax reps, 1-3xhalf of max

Weeks 2 and 4: 5 sets. Total volume should be more than weeks 1 and 3.

B. Blackburns: (isometric Y-W-T-Arrow): 2 sets of 10 seconds at each position

C1. Lying Tricep Extension: 3x8-12

C2. Bicep curl: 3x8-12

Block 2

Day 1

A. ME Bench: work up to 3-5rm, then perform 1-2 back-off sets Week 1: bench press Week 2: close-grip Week 3: close-grip Week 4: bench press B. Kneeling land-mine press: 3-4 sets of 8-10 C1. DB row: 3-4x8-10 C2. Face pull: 3-4x15 D1. Blast Strap tricep extensions: 3x10

D2. Blast Strap bicep curls: 3x10

Day 2

A. 100-rep challenge: complete 100 pushups as quickly as possible and record your time. B1. narrow-grip chins (palms up):

Week 1: 1xmax reps, 2xhalf of max

Weeks 2-3: 3-4 sets of 75% of max reps. Increase total volume each week.

B2. Y's: 3-4x10-12

C. GPP (sledge hammer strikes, sled drags, medicine ball throws, tire flips, etc.)

Block 3

Day 1

A. ME bench: work up to 1-3rm, then perform 1-3 backoff sets with 90% of top set Week 1: bench press Weeks 2-3: close-grip incline Week 4: bench press
B1. 1-arm DB bench press: 4x10 each side
B2. BB row: 4x10
C1. Blast Strap reverse flies: 3x8-10
C2. Lying tricep extensions with regular band: 3x8-12
C3. bicep curl: 3x8-12

Day 2

A1. Pushups w/ regular band: 3 sets of max reps (stop 1-2 short of failure on first 2 sets)
A2. Land-mine row (feet straddling bar): 3 sets of 10
B. standing external rotations w/ band: 3x15
C. GPP (sledge hammer strikes, sled drags, medicine ball throws, tire flips, etc.)

Block 4

Day 1

A. ME bench: Weeks 1&2: bench press with bands: work up to 1-3rm + 1-3 backoff sets Weeks 3-4: Bench press with swiss bar: work up to 4-8rm
B1. DB military press: 3x10
B2. weighted chins: 3x8
C. T Pushups: 3x10-12

Day 2

A. bench reps test: 225xmax reps (stopping 1 rep short of failure) + 1-2 backoff sets B. X-press with minibands: C1. tricep extensions: 3-4x8-12 C2. Bicep curl: 3-4x8-12

It is an honour to contribute some programs to the great fund raising project, having purchased and read previous editions, I am humbled to have my own contribution for the 2013 edition.

I have two programs for you to try. The first was written recently for a player who needs substantial upper body size and strength whilst maintaining good levels of strength & power in his lower body. The second is the program I use myself, which I thought I would share to give you an idea and insight how a strength & conditioning coach trains.

Bryan Christopher is a sports performance coach through USA Weightlifting. He teaches high school English, coaches baseball, and trains a select group of high school, college, and professional athletes in his garage gym in Durham, North Carolina. Ashley Jones



Upper Body Double day on Monday/Wednesday/Friday Lower Body on Tuesday/Saturday Off days are Thursday/Sunday

Week 1/3/5

Monday: Chest/Back Wednesday: Shoulders/Arms Friday: Chest/back

Week 2/4/6

Monday: Shoulders/Arms Wednesday: Chest/Back Friday: Shoulders/Arms

Chest/Back am

Bench Press Pendlay Row Incline Bench Press Weighted Chins

Chest/Back pm

Triple Drop (Incline to Flat) DB Bench Press s/s Seated Row or 1 Arm DB Row 5 x 5 s/s 5 x 6- 10 DB Flat Bench Flyes s/s Lat Pulldown to Chest 4 x 8 - 12 MMA KB Floor Press s/s Renegade Row 3 x 10 - 15

Shoulders/Arms am

Military Press Upright Row Barbell Curl Dips

Shoulders/Arms pm

Seated DB Shoulder Press 30's method Klokov Raise 3 x 12 3 Way DB Shoulder Raise Matrix Bicep Curl s/s Lying Triceps Extension 4 x 5/5/5/5 s/s 4 x 6 - 10 DB Twist Curl s/s Triceps Pressdown 3 x 12

Lower Body

Tuesday

Power Clean Front Squat/Back Squat complex Romanian Dead Lift

Saturday

Power Snatch Dead Lift Single Leg Sprinters Squat

Sets & Reps Information

Lower Body Days

Week 1/4: 2 x (6/5/4) Week 2/5: 2 x (5/4/3) Week 3/6: 2 x (4/3/2)

Upper Body AM

Weeks 1 & 2: 2 x (6/5/4) Weeks 2 & 5: 2 x (5/4/3) Weeks 3 & 6: 2 x (4/3/2)

My Program 2013 version

Monday

Power Snatch Power Clean Cambered Bar Good Morning Weighted Core

Tuesday

Bench Press Incline Bench Press Military Press Close Grip Bench Press Weighted Dips

Thursday

30 cms Box Step Ups 40 cms Box Squat with Safety Bar Romanian Deadlift Weighted Core

Friday

Weighted Chins Close Grip Pendlay Bent Over Row Klokov Raise EZ Bar Curls

Program Design

Week 1: 4 x 6 @ 75% Week 2: 6 @ 75%, 5 @ 80%, 4 @ 85%, 4 @ 85+% Week 3: 5 @ 80%, 4 @ 85%, 3 @ 90%, 3 @ 90+% Week 4: 4 @ 85%, 3 @ 90%, 2 @ 95%, 2 @ 95+%

Exercises are rotated every 2 cycles for variation and training the various weak points along the force velocity curve and strength curves, bar changes or grip changes or exercise changes are used.

Weighted core is usually 3 sets x 5 reps choosing from the following list:

Windmills, Zercher lift, Suit Case Deadlift, Barbell Sit up, Russian Twist, Weighted Bridge for time.

Ashley Jones is a rugby strength and conditioning coach who has worked with the elite of the game, having been employed by the Crusaders (Super XV competition), New Zealand All Blacks, and the Australian Wallabies over the last decade. He has been awarded an honorary position at Bond University in Australia as an Adjunct Assistant Professor. Ashley has worked in the sports physical performance conditioning and fitness industries since 1978 and has worked in three professional sports (basketball, rugby league, and rugby union) across three countries (New Zealand, Australia, and Japan). C.J. Murphy

BEGINNER MEET TEMPLATE

his template was written for 2 female clients but will work just as good for men. Both had a history of strength training but not powerlifting.

One had been training with me for general fitness and one came to me with a BUNCH of injuries. Her injuries included a disc problem and a very serious knee injury. She was unable to do any form of squatting patterns for about a year and a half. We just got here moving in the squat about 2 months before this program began. She did do a push/pull meet last year and performed well.

The other girl saw all the STRONG ladies at TPS and changed her mind about getting jacked and strong (HER). She wanted to compete. I paired them up as training partners and they are about 5 weeks out from their meet as of now. They will be lifting in the 17th Annual RPS Power Challenge in October. This is the first meet TPS has ever hosted.

Both women were good at grinding out lifts, but were slow. I designed the program around the injuries of one, and set it up so they could both get great results training together. There is an emphasis on speed, but not in a conjugate manner. I used Compensatory Acceleration Training

PROGRAMS THAT WORK 3 VOL. 2

ala Fred Hatfield and Josh Bryant. So far it is working very well. Once this meet is over, we will most likely switch to a full conjugate system.

I also included GPP/Conditioning for them on the same day because their work schedules made it difficult to get here more than 3 days per week.

Notes:

A dynamic warmup is done all days as is tissue work before and after as well as the body weight work done first.

FG Pullup= Blast Strap Pullup

When a number is present for reps in the warmup-perform as many reps as possible leaving one in the tank as a circuit. Stop when the total number of reps is complete.

OH Squat-Overhead Squat BR-back raise OHP-Overhead Press CAT=Compensatory Acceleration Sets-think FAST SLSU-Straight Leg Situp GHR-Glute Ham Raise HFBR=Hatfield Back Raise HLR=Hanging Leg Raise CGI=Close Grip Incline R/H=Reverse Hyper SSB=Safety Squat Bar GM=Good Morning

Week 1		
Day 1	Day 2	Day 3
Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups
1. Squat (set 1rm)	1. Bench (set 1rm)	1. Deadlift (set 1rm)
2. CAT Squats w/ mini band -60% lrmx2x5	2. CAT Bench w/1 chain (60% 1rm x3 repsx4)	2. 7" Block Snatch Grip DL (3x10 at 65%)
3. Overhead Squat (3x8)	3. 3 Board Close Grip (3x12)	3. DB Row (3x15)

Week 1		
4. BR w/wt (3x12)	4. OHP (8) + Band Pullups between sets (amap) 3x	4. GHR (3xamap)
5. 10 Count Plank + SLSU w/wt (5) x3	4. OHP (8) + Band Pullups between sets (amap) 3x	5. HFBR (3x20)
ANNA: 6 Prowler Sprints x 100 ft	5. DB Flyes + band pushdown + DB Curls (12 eachx4)	6. HLR-STRICT (amap) + McGill Crunch w/ 1/1000 hold (5) x4
Mary-15 minute sled		

Week 2			
Day 1	Day 2	Day 3	
Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	
1. Pause Squat (75% 1 rm 3x5) + 1 set no pause x2 FAST	1. Bench (70% 1rm x 3x5)	1. Deadlift (3x5 at 75%)	
2. CAT Squats w/mini-65% 1rmx2x6	2. CAT Bench w/l chain(60% 1rm x3x5)	2. 5" Block Snatch Grip DL (3x5 at 65%)	
3. HF Lunge or Reverse Lunge (3x12 total)	3. CGI (3x8)	3. Good Mornings (4x10)	
4. BR w/wt (4x10)	4. OHP (8) + Band Pullups between sets (amap) 4x	4. SLRDL (3x6)	
5. 10 Count Plank + SLSU w/wt (8) x3	5. DB Flyes + band pushdown + DB Curls (10 eachx4)	5. HFBR w/wt (3x15)	
ANNA: 6 Prowler Sprints x 100 ft		6. HLR-STRICT (amap) + SLSU (15's by AMAP) x4	
Mary-15 minute sled			
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vveek 5		
Day 1	Day 2	Day 3
Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups
1. Pause Squat (85% 1 rm 3x3) + 1 set no pause x2 FAST	1. Bench (80% 1rm x 3x3)	1. Deadlift (3x3 at 80%)
2. CAT Squats w/mini-60% 1rmx2x8	2. CAT Bench w/2 chain(55% 1rm x3x5)	2. 1" Deficit DL (3x5 at 75%)
3. HF Lunge (3x12 total)	3. DB Bench (3x12) + Band Pullups between sets (amap)	3. Front Squat (3x8)
4. BR w/wt (3x15)	4. OHP (10) 3x	4. HFBR w/wt (4x12)
5. 10 Count Plank + SLSU w/wt (8) x3	5. Band Flyes + band pushdown + Hammer Curls (12 each x3)	6. HLR-STRICT (amap) + SLSU (20's by AMAP) x3
ANNA: 6 Prowler Sprints x 100 ft		6. HLR-STRICT (amap) + SLSU (15's by AMAP) x4
Mary-15 minute sled		

Week 4		
Day 1	Day 2	Day 3
DELOAD	DELOAD	DELOAD
Dynamic warmup + 25 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 25 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 25 FG Pullups/ Back Raise/Pushups
1. Squat (3x5 at 55%)	1. Bench (3x5 at 65%)	1. Deadlift (3x5 at 50%)
2. Power Runner (3x8 ea. Light-me- dium)	2. Alt. DB Incline (3x12 ea. –medi- um)	2. Front Squat (3x12 –light)

Week 4		
3. Backwards sled drag (100 ft. x4)	3. Pulldowns (12) + Tate Press (12) + Lateral Raise (12)	3. R/H (3x20)
4. McGill Crunch (4x5 ea. w/ 1/1000 hold)	4. Ab Wheel (4x 8-12)	

Week 5 Reload		
Day 1	Day 2	Day 3
Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups
1. Squat (re-test 1RM)	1. Bench (re-test 1rm)	1. Deadlift (re-test 1rm)
2. CAT Squats w/2 chain-55% lrmx2x8	2. CAT Bench w/mini (45% 1rm x3x5)	2. Speed Pull w/ 2 chain (4x1 at 55%)
3. BR w/wt (3x15)	3. DB Bench (3x15) + Band Pullups between sets (amap)	3. OH Squat (light/deep 3x8)
4. Backwards Sled Drag (3x200 ft.)	4. Tri-Rock (12) + Plate Raise (12) 4x	4. HFBR w/wt (4x12)
5. Ab Wheel (4x 8-12 w/1/1000 pause)		5. HLR (Mary-3xAmap)
		TRX Pike + Buzzsaw (Anna 3x amap)

Week 6		
Day 1	Day 2	Day 3
Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups
1. Squat (80% 1rm 3x3)	1. Bench (70% 1rm 3x5)	1. Deadlift (85% 1rm 2x3)
2. CAT Squats w/2 chain-60% 1rmx2x8	2. CAT Bench w/mini (55% 1rm x3x6)	2. Speed Pull w/ 2 chain (5x1 at 60%)
3. Lunge/Reverse Lunge (3x 8 ea.)	3. 3 Board CG (4x12)	3. SSB GM (3x15)
4. BR w/1/1000 hold (2x12)	4. Inc. DB Bench (2x15) + Band Pullups between sets (amap)	4. R/H (3x15-20)
5. Backwards Sled Drag (2x200 ft.)	5. Band Push down (shitload) + DB Curls (Shitload) + Laterals (shitload) 2x	5. HLR (Mary-4xAmap)
6. Ab Wheel (5x 8-12 w/1/1000 pause)		TRX Pike + Buzzsaw (Anna 4x amap)

Week 7 Semi Deload			
Day 1	Day 2	Day 3	
Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 30 FG Pullups/ Back Raise/Pushups	
1. Squat (70% 1rm 2x3)	1. Bench (70% 1rm 3x3)	1. Deadlift (75% 1rm 3x1)	
2. CAT Squats w/mini-60% 1rmx2x3	2. CAT Bench straight weight (55% 1rm x3x3)	2. Speed Pull straight weight (3x1 at 65%)	
3. Lunge/Reverse Lunge (2x 8 ea.)	3. Decline DB Bench (2x12)	3. SSB GM (2x8)	
3. BR w/1/1000 hold (2x12)	4. Face Pulls (2x15) + Band Pullups between sets (5)	4. R/H (2x15-20)	

Week 7 Semi Deload		
4. Backwards Sled Drag (1x300 ft.)	4. Band Push down (shitload) + DB Curls (Shitload) + Laterals (shitload) 2x	5. HLR (Mary-2xAmap)
5. Ab Wheel (3x 8-12 w/1/1000 pause)		TRX Pike + Buzzsaw (Anna 2x amap)

Week 8 Reload		
Day 1	Day 2	Day 3
Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 40 FG Pullups/ Back Raise/Pushups
1. Squat (85% 1rm 2x2) + 1-2 heavy singles	1. Bench (90% 1rm 3x1)	1. Deadlift (85% 1rm 2x2) + 1-2 heavy singles
2. CAT Squats w/mini-45% 1rmx2x5	2. CAT Bench mini (50% 1rm x3x3)	2. 1″ Deficit Speed Pull straight weight (5x1 at 55%)
3. Step Ups (3x 12 ea.)	3. Alt. DB Bench (3x8) + Face Pulls (12-15) + Band Pullups between sets (5)	3. Front Squat (2x12)
3. BR w/mini & hold (3x12)	4. Tate Press (12)+ Hammer Curl (12) + Lateral (12-15) 2-3x	4. R/H (3x15-20)
4. Backwards Sled Drag (2x200 ft.)	4. Band Push down (shitload) + DB Curls (Shitload) + Laterals (shitload) 2x	5. Slsu w/wt (5) + McGill Crunch w/ 1/1000 hold (5 ea) x3
5. Ab Wheel (3x 8-12 w/1/2000 pause)		

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Week 9		
Day 1	Day 2	Day 3
Dynamic warmup + 50 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 50 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 50 FG Pullups/ Back Raise/Pushups
1. Squat (95% 1rm 3x1)	1. Bench (95% 1rm 3x1)	1. Deadlift (95% 1 RM x1,100% 1rm x1, 102.5 1RM x1)
2. CAT Squats w/mini-55% 1rmx2x6	2. CAT Bench mini (55% 1rm x3x5)	3. Front Squat (2x12)
3. Step Ups (2x 12 ea.)	3. CG Floor Press (4x6)	4. R/H (3x15-20)
3. BR w/mini & hold (2x12)	4. Pulldowns (4x12-15)	5. Slsu w/wt (5) + McGill Crunch w/ 1/1000 hold (5 ea) x5
4. Backwards Sled Drag (1x200 ft.)	5. Face Pulls (12-15) + Band Tri-ex- tension (12-15) x3	
5. Ab Wheel (4x 8-12 w/1/2000 pause)		

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Day 1	Day 2	Day 3
Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 35 FG Pullups/ Back Raise/Pushups
1. Squat (3x3 at 65%-FAST)	1. Bench (3x3 at 75%)	1. Deadlift (3x2 at 70%)
2. Backwards sled drag (100 ft. x4)	2. DB OHP (8) + Band Pullups (6) + Pulldowns (8) 3x	2. Front Squat (2x12 –light)
4. McGill Crunch (4x5 ea. w/ 1/1000 hold)	3. Tate Press (12) + Lateral Raise (12)	3. R/H (3x20)
	4. Ab Wheel (2x 8-12)	

Week 11 Meet Week			
Day 1	Day 2	Day 3	
Dynamic warmup + 20 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 20 FG Pullups/ Back Raise/Pushups	Dynamic warmup + 20 FG Pullups/ Back Raise/Pushups	
1. Squat-3x3 at 50%	1. Off	1. Off	
2. Bench 3x3 at 50%			
3. Pulldowns			
Face Pulls			
Back Raise (3x12)			
4. SLSU (3x8)			

Murph is the founder and owner of Total Performance Sports. This gym was featured as one of America's 20 Best Gyms – twice. Murph is also a multiple award winning trainer and on the Advisory Board for Men's Fitness magazine and Muscle and Fitness magazine. He has over 20 years experience as a trainer, coach, athlete and certified nutritionist. Murph is a retired Strongman competitor, former National Powerlifting Champion and the Massachusetts State Chairman for North American Strongman. He trained numerous amateur and professional athletes over the years who won state, national and world championship titles in a wide variety of sports.

While he is pigeonholed as the "Strongman Guy," he works extensively with "regular" people whose goals range from fat loss to sports performance and anything in between. Ask him a question about Strongman, powerlifting, business, personal training, nutrition and everything related to fitness and sports performance.

Murph and TPS have been featured regularly in Muscle and Fitness Magazine, Men's Health Magazine, Powerlifting USA, Oxygen Magazine, DrSquat.com, CNN, the Boston Globe and many more. He is also the author of several books, including The Complete Guide to Using the Safety Squat Bar and the DVD Strongman Training for Athletes and Competitors

Ross Bowsher



Day 1 Lower

Battle Rope Warm-up 3x33 Full Clean 3x3 50% 60% 70% Power Clean 2x3-80% | Week 2: 2X2-85% | Week 3: 1, 1, 1-90% Box High Pull 2x2-85% | Week 2: 2x2-90% | Week 3: 1, 1, 1-95% Squat Week 1: 50%x2 60%x2 70%x2 80%x2 85%x2 | (Reverse band) 90%x3 Week 2: 50%x2 60%x2 70%x2 80%x2 85%x2 | (Reverse band) 95%x2 Week 3: 50%x2 60%x2 70%x2 80%x2 85%x2 | (Reverse band) 100%x2 Rack Pull Shrug 4x5 GHR 3X5 mini band

Day 2 Upper

Battle Rope warm-up 3X33 Log Jerk Week 1: 4x4 | Week 2: 4x3 | Week 3: 4x2 Bench Press + mini band Week 1: 5x5-60% | Week 2: 4x4-65% | Week 3: 3x3-70% Bench Press + mini band (3 Board) Week 1: 2x3-70% | Week 2: 2X1-75% | Week 3: 1, 1, 1 -80% Dumbbell Row 4x8 Hammer Curl 3x6 Dirty 30' 2x30Run the Rack Rear Delts 1x40

Ross Bowsher is a Sports Perfomance Coach and Director of strength research and development at a BIG 10 University. He coordinates the strength and conditioning for the football BIG-SKILL athletes (linebackers, full backs, tight ends, H Backs). He is also Head strength and conditioning coach for the baseball program and track and field throwers. In the past two seasons, his athletes have made it to two bowl games and won the BIG 10 Baseball Championship. This outdoor season, two of his throwers have finished in the top three in the nation, and he has trained four All-Americans. He also had the top freshman shot putter in the nation. Prior to that, he spent six seasons as the asstiant strength coach to the legendary Jim Peal, where together they trained both the 2010 and 2011 NCAA Final Four basketball teams. Under Coach Peal's guidance, Butler also won two Pioneer Football league titles in one of the nation, stop 1-AA Leagues. Ross is also a competitive powerlifter in his free time. He competes multi-ply and has elite totals in the 242-, 275-, and 308-pound classes. His best competition lifts are 875, 540, 720 for a 2,135 total.

Brian Schwab

MINIMALIST METHOD

fter strength training for over 25 years, competitively Powerlifting for almost 20 (having broken over

30 world records in the process), personal training for almost 20, and owning my own gym for the last 9, I feel that I have designed the ideal routine for anyone who wants to get bigger, stronger, leaner, and improve their health through Powerlifting. The vast majority of my clients have been average Joe individuals (as Orlando Barbell is much like Average Joe's Gym from the movie "Dodgeball") who have just wanted to benefit not just from strength training, but from my knowledge of Powerlifting. I'll be honest, I've always preferred working with the average individual instead of athletes. The reason for this is because many athletes think they already know the right way, when they most often don't.

Here's one of the raw Deadlift options from my Minimalist Method

Ebook that will be released soon:

Don't let the name fool you. There will be no minimal effort in this program. You'll be exerting maximal effort for maximal gain while utilizing minimal movements to use maximum weights. You'll be spending the minimal amount of time in the gym utilizing a minimal number of exercises. In an nutshell, you'll be receiving the most benefit for your efforts.

Week	Exercise	Reps
1	4 " block pulls (or rack pulls from just below the knee)	5 5
	Wide Grip Cable Pulldowns	12 10
	Mid Grip Cable Rows	12 10
2	2 " Block pulls w/chains (or rack pulls from mid shin)	5 +40 lbs of chains5 +80 lbs of chains
	Mid Grip Cable Pulldowns	12 10
	Close Grip Cable Rows	12 10
3	Reverse Average Band (set at approx. eye level)	5 5
	Close Grip Cable Pulldowns	12 10
	Barbell Rows	12 10
4	4 " block pulls (or rack pulls from just below the knee)	4 4
	Close Grip Pull Ups (weighted or assisted if necessary)	12 10
	DB Rows	12 10
5	2 " Block pulls w/chains (or rack pulls from mid shin)	4 +40 lbs of chains4 +80 lbs of chains

Week	Exercise	Reps
	Wide Grip Cable Pulldowns	10 8
	Mid Grip Cable Rows	10 8
6	Reverse Light Band	4 4
	Mid Grip Cable Pulldowns	10 8
	Close Grip Cable Rows	10 8
7	4" Block pulls (or rack pulls from just below the knee)	3 3
	Close Grip Cable Pulldowns	10 8
	Barbell Rows	10 8
8	2" Block pulls w/chains (or rack pulls from mid shin)	3 +40 lbs of chains3 +80 lbs of chains
	Close Grip Pull Ups (weighted or assisted if necessary)	10 8
	DB Rows	10 8
9	Reverse Mini Bands	3 3
	Wide Grip Cable Pulldowns	8 6

Week	Exercise	Reps
	Mid Grip Cable Rows	8 6
10	4 " block pulls (or rack pulls from just below the knee)	2 2
	Mid Grip Cable Pulldowns	8 6
	Close Grip Cable Rows	8 6
11	2 " Block pulls w/chains (or rack pulls from mid shin)	 2 +40 lbs of chains 2 +80 lbs of chains
	Close Grip Cable Pulldowns	8 6
	Barbell Rows	8 6
12	Floor	2 2
	Close Grip Pull Ups (weighted or assisted if necessary)	8 6
	DB Rows	8 6
	Optional Max Singles Week	·
13	4" Block pulls (or rack pulls from just below the knee)	1 1
14	2" Block pulls w/chains (or rack pulls from mid shin)	1+40 lbs of chains1+80 lbs of chains
15	Floor	1 1

Brian has the all time highest total of 1930 lbs in the 148 lb. class and is a WPO champion in the lightweight division. His total for the 148 lb class was ranked number one on Powerlifting USA's top 100 list for 8 consecutive years. He won the 148 lbs. class in the first Bench America contest and is recognized as one of the most consistent powerlifters in the world. Brian competes equipped as well as raw (his raw total was ranked #2 in the nation in the 148 lb class in 2009 with lifts of a 501 lb squat, 325 lb bench, a 550 deadlift, and a 1377 lb total). Brian holds a Bachelor of Science degree in Exercise and Sport Sciences from the University of Florida and is a CSCS (Certified Strength and Conditioning Specialist) with the NSCA (National Strength and Conditioning Association). He owns and operates Orlando Barbell (www.orlandobarbell. com)--a 24 hour card access gym that is powerlifter friendly. His best lifts in the 148 lb. class are a 765 pound squat (five times bodyweight), the highest 148 pound class full meet bench of 565 pounds, a 606 pound deadlift and the all time highest total of 1,930 pounds. He has now moved up to the 165 pound class where his best lifts include an 825 lb squat, a 622 lb bench (the 3rd highest of all time), a 628 pound deadlift, and a 2045 lb pound total (the 3rd highest total of all time in the 165 lb class). View Brian's Training Log HERE

Brian Carroll



WEEK	SQUAT	BENCH	DEAD
1	Suited: Full gear: 75%x1 – 3 sets box squat: 3 sets of 5 (raw) Reverse sled drag: 100 yards Reverse hyper: 3 sets of 12 Up and down plank: 50 reps	Shirted: 80% x3 2bd 85%x3 1.5bd BB OHP: 3 sets of 5 Band fly: 3 sets of 12 Band press-down: 3 sets of 12	Suited: 80%x3(comp stance) 6" Block pull: 85%x3 SSB wide stance squat(raw): 3 sets of 8 GHR: 3 sets of 12 Up and down plank: 50 reps
2.	Suited: Full gear: 80%x1 – 2 sets RB: 85%x2(approx last warm- up) Pause squat: 3x5(raw) Reverse sled drag: 100 yards Up and down plank: 60 reps	Shirted: 90%x2 2bd 95%x2 1bd 97% x2 3bd BB OHP: 3 sets of 5 Close grip off chest: 3 sets of 5 Band fly: 3 sets of 15	Suited: 85%x3(comp stance) 4″block pull: 90%x2 SSB close stance(raw)squat: 3 sets of 8 Barbell shrug: 3 sets of 10 Up and down plank: 65 reps
3. deload	Briefs: 50%x3(w/ 75lb in- chains) – 2 sets Pause squat: 3x8(raw) Reverse sled drag: 100 yards Plank: 3x60sec hold	Floor press(60%): 5 sets of 5 Incline DB press: 3 sets of 15 Band press-down: 3 sets of 15 Band fly: 3 sets of 15	Suited(form work): 60%x1x3(comp stance) SLDL 2 sets of 5 Kroc row: 3 sets of 10 Up and down plank: 50 reps
4.	Suited: Full gear: 85%x1 – 2 sets RB: 90%x1 – 2 sets Box squat: 3x5(raw) Reverse sled drag: 100 yards Up and down plank: 70 reps	Shirted: singles Last warm-up -1bd Projected 1st - touch Projected 2nd – half bd PR – double* – 2bd BB OHP: 3 sets of 10 Band fly: 3 sets of 12	Suited: 90%x2(comp stance) 6in block pull: 95%x3 GHR: 4 sets of 10 Barbell shrug: 3 sets of 10 Up and down plank: 80 reps

WEEK	SQUAT	BENCH	DEAD
5.	Briefs: 5 sets of 2(50%) Walking lunge: 100 yards Reverse sled drag: 100 yards Plank: 3 sets of 1min hold	Floor press(60%): 3 sets of 8,(65%) 2 sets of 5 Incline BB: 3 sets of 8 Band fly: 3 sets of 20 Band press-down: 3 sets of 20	SLDL: 3 sets of 5 Oly squat: 3 sets of 8 Kroc row: 3 sets of 10 DB shrug: 3 sets of 12 Up and down plank: 90 reps
6.	Suited: Opener: single Second: single Third: single w/RB Pause squat: 3x5(raw) Reverse sled drag: 100 yards Up and down plank: 75 reps	Shirted: Doubles Last warm-up -half 1st -touch or half 2nd - 1board 3rd - 1.5 board PR- 1bd DB OHP: 3 sets of 10 Band fly: 3 sets of 20	Suited(comp stance): PR double Romanian dl: 3 sets of 8 GHR: 3 sets of 12 Barbell shrug: 3 sets of 12 Up and down plank: 75 reps
7.	Suited: Opener: single Attempt PR single Another 5% w/RB Reverse sled drag: 100 yards Plank: 3 sets of 1min holds	Shirted: Singles: Last warm-up- touch 1st - touch 3rd – half PR double – 1bd Incline DB: 3 sets of 5 Band fly: 3 sets of 20	Suited(comp stance): Singles: Last warm-up 1st 2nd 6" block pull: PR double! Barbell shrug: 3 sets of 10 Plank: 3 sets of 1min holds
8. deload	Briefs: 3x3(approx 50%) work on speed Box squat: 3 sets of 5(raw) Walking lunge: 100 yards Up and down plank: 50 reps	Floor press: 3 sets of 5 Floor press close grip: 3 sets of 8 DB OHP: 3 sets of 12 Band fly: 3 sets of 20	Suited: form pull 60%x1 – 4 sets – comp stance Lat pull-down: 3x10 GHR: 4 sets of 15 Barbell row: 3 sets of 10 Up and down plank: 50 reps
9.	Suited: Last warm-up (85%): single RB: opener Pause squat: 3x10(raw and light) Reverse sled drag: 50 yards	Shirted: Singles Last warm-up - touch Opener – touch 2nd attempt- 1bd Band fly: 3 sets of 20	Suited(comp stance) Last warm-up - double SSB wide(raw)squat: 3 sets of 10 Barbell shrug: 3x10 Up and down plank: 100 reps

WEEK	SQUAT	BENCH	DEAD
10.	One week out:	5 days out:	4 days out:
	3 sets of 8 – SSB(super light	Floor press: 3 sets of 8	Lat pull-down: 3x12
	Box squat: 3x3(light and fast)	Band fly: 3 sets of 15	DB shrug: 3x12

- Warm-up to about 50%-70% of your raw max, before sliding into your gear. Once you start a 10 week precontest cycle, there Is not a need to push raw maxes. This was built in the offseason.
- Consider last warm-up: 85%
- Consider opener: 90-92% of best lift
- Second: something you KNOW you can hit: 96-99% on that given day
- Third: Most cases a PR usually about 5-10lb per time. Do not get greedy
- These are ALL approximate and exceptions can apply.
- Block and rack pull is done conventional and raw straps optional, but only suggested to use in rack pulls, not blocks.
- All deadlifts from floor will be done with comp stance.
- Consider using cambered or specialty bar for assistance squats ie pause squats. Your shoulders will thank you and so will your biceps tendons.
- STRAPS UP ON SUITED WORK EVERY WEEK, UNLESS NOTED AS "DOWN".
- Use the percentages of your best lifts that are a true and clean lift that would pass in a strictly judged meet. Not garbage lifts that would never pass.
- Assistance Lifts are done raw, unless stated otherwise.
- When lifts are raw, use your approximate raw max for percentages.
- DO NOT skip your reverse band sets, even if you're gassed
- Use an average band for the RB (reverse band) work. I use a grey or "average", from EliteFTS.com. If your squat max is under 700lb, then use an orange band which is AKA light.
- Assistance work: leave 2-3 reps in tank on every set give or take. Never to failure.
- NO MISSES LIFTS at all. The only day there should be a chance of missed lifts would be on max day.
- Consider doing ab/band fly etc exercise(programmed at the end) as a warm-up too, that way you don't have to bother with it at the end, can break a sweat to get warm and ready for the work ahead.
- Throw in reverse curls/hammer curls if work in shirt is getting to them. I typically add them in toward the end because since clients tend to have beat up biceps tendons from the shirted bench.

Brian has been a competitive powerlifter since 1999, when he broke into the sport with bench-only competitions. In 2004, within a year of his first full power meet, he finished second at the WPC Worlds in the open class as a junior – totaling 2000 pounds. Since then, Brian has recorded numerous top-two finishes, including the WPC Worlds, WPO Finals, APF Seniors and the IPA Pro-Am, SPF Pro-am and the XPC Coalition Meet and XPC Arnold Finals. For the past 9 years, Brian has consistently added an average of 90+ pounds to his total each year, going from 1752 to 2730 over this span. Brian is self - employed as trainer(both online and in person) as well as a massage therapist in Jacksonville, FL - where he owns his own massage and personal training business. Brian enjoys coaching lifters, guiding their training and watching them succeed.

Best official lifts:

220 - 1030 Squat, 633 Bench, 755 Dead - 2375 TOT

242 - 1064 Squat, 785 Bench, 771 Dead - 2570 TOT

275 - 1185 Squat, 821 Bench, 800 Dead - 2730 TOT

Joe Hashey

SPEED TRAINING for Football

Fastest 6 Weeks of Your Life

ne of the most beautiful sights of the fall isn't the foliage, it's football! I'm on the edge of my seat every weekend watching our athletes zig and zag through the defense and pull away for a touchdown. Make no mistake, these kids put in the hard work during the offseason to make the highlight plays.

Program Considerations

For this program, we'll have to make the assumption that you don't have a lot of fancy equipment. Also, I'm not going to throw overly complicated drills at you without being able to teach and observe your form. Instead this program will be done with the bare minimum in terms of equipment and very common drills that you either have done before, or can easily find online. (First place to look would be youtube.com/footballquickness).

Unlike what you might have read before, the magic IS NOT in fancy drills. There are simple principles that you need to follow, including proper rest and making sure to hit multiple angles during the exercises.

Common Mistakes To Avoid

- Half speed doesn't mean half form. I'll include warm up reps of some drills. The form should be PERFECT during these reps, not just sloppily going through the motions. Consider these reps brain training.
- **Cheat the rest time and cheat your gains**. Just because you think you can handle it, doesn't mean you should. Quality over quantity.
- Less is more. On the same topic, don't add anything to these workouts because you feel fresh. Do exactly what is on the templates and leave feeling strong not wrecked!
- **Skipping strength**. Why only 2 days a week? Because any more would trash your gym gains. Use these WITH a good strength program.

The Fastest 6 Week Program

Week 1, Day 1:

- 1. Mini hops 5 x 10 seconds. 20 seconds rest.
- 2. 20 yard shuttle x 8, 4 starts each direction. 1 minute rest.
- 3. 3 cone drill x 4. 90 seconds rest.
- 4. Back pedal 4 x 15 yards. 60 seconds rest.

Week 1, Day 2:

- 1. Stride outs 5 x 30 yards at 60%.
- 2. 10 yard sprints x 8. 60 seconds rest.
- 3. Build ups (Start at a jog and build up speed until you hit max speed at around 30-35 yards) 5 x 60 yards. 90 sec. rest.

Week 2, Day 1:

- 1. Mini hops 5 x 10 seconds. 20 seconds rest.
- 2. 3 cone drill x 8. 60-90 seconds rest.
- 3. 20 yard shuttle x 4. 60-90 seconds rest.
- 4. Side shuffle x 10 yards then break into a sprint for 10 yards x 6. 60-90 seconds rest.

Week 2, Day 2:

- 1. Power skips 6 x 10 yards. 30 seconds rest.
- 2. 10 yard sprints x 5. 60 seconds rest.
- 3. 40 yard sprints x 5. 90 seconds rest.
- 4. Cool down 100 yard sprints x 4 at 60% speed (100% form!)

Week 3, Day 1:

- 1. Mini hops 5 x 10 seconds. 20 seconds rest.
- 2. Back pedal 4 x 20 yards. 60 seconds rest.
- 3. Side shuffle to sprints x 10 yards then break into a sprint for 10 yards. 60 second rest.
- 4. 20 yard shuttle x 10, 5 each direction. 60-90 seconds rest.

Week 3, Day 2:

- 1. Forward jumps 6 x 3 jumps in a row. 60 second rest.
- 2. Vertical jumps 10 x 1. 45 seconds rest between jumps.
- 3. 10 yard sprints x 8. 60 seconds rest.
- 4. 60 yard sprints x 3. 90 seconds rest.

Week 4, Day 1:

- 5. Mini hops 5 x 10 seconds. 20 seconds rest.
- 6. 20 yard shuttle x 8, 4 starts each direction. 1 minute rest.
- 7. 3 cone drill x 4. 90 seconds rest.
- 8. Back pedal 4 x 15 yards. 60 seconds rest.

Week 4, Day 2:

- 4. Stride outs 5 x 30 yards at 60%.
- 5. 10 yard sprints x 8. 60 seconds rest.
- 6. Build ups (Start at a jog and build up speed until you hit max speed at around 30-35 yards) 5 x 60 yards. 90 sec rest.

Week 5, Day 1:

- 5. Mini hops 5 x 10 seconds. 20 seconds rest.
- 6. 3 cone drill x 8. 60-90 seconds rest.
- 7. 20 yard shuttle x 4. 60-90 seconds rest.
- 8. Side shuffle x 10 yards then break into a sprint for 10 yards x 6. 60-90 seconds rest.

Week 5, Day 2:

- 5. Power skips 6 x 10 yards. 30 seconds rest.
- 6. 10 yard sprints x 5. 60 seconds rest.
- 7. 40 yard sprints x 5. 90 seconds rest.
- 8. Cool down 100 yard "sprints x 4 at 60% speed (100% form!)

Week 6, Day 1:

- 5. Mini hops 5 x 10 seconds. 20 seconds rest.
- 6. Back pedal 4 x 20 yards. 60 seconds rest.
- 7. Side shuffle to sprints x 10 yards then break into a sprint for 10 yards. 60 second rest.
- 8. 20 yard shuttle x 10, 5 each direction. 60-90 seconds rest.

Week 6, Day 2:

- 5. Forward jumps 6 x 3 jumps in a row. 60 second rest.
- 6. Vertical jumps 10 x 1. 45 seconds rest between jumps.
- 7. 10 yard sprints x 8. 60 seconds rest.
- 8. 60 yard sprints x 3. 90 seconds rest.

Weeks 1, 2, 3 and weeks 4, 5, 6 are the same. Monitor your times and how they improve. Also, this is a highly efficient method of training because you do not have to learn new drills every week.

Stick to the basics. Do them right. Get improvements.

More About Joe: Joe Hashey is the owner of Synergy Athletics gym in upstate NY and has trained football athletes since 2005. Recently one of the football teams he trained won back to back NYS championships. If you want Joe's free tips for a lightning fast first step, you can grab it at www.FootballQuickness.com .

Ted Toalston

TRAINING AS A POWERLIFTER

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his program was written by Dave Tate for the weekend crew a few years ago. It incorporates variations for both geared and raw lifters and blends it together so everyone could support each other and make gains. Two of the lifters using this program took their totals form elite to pro. It is a thorough and excellently planned program for almost any type of lifter.

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes
- 2. Light Cardio
- 15-20 minutes not exceeding 65 percent max heart rate

Modifications: n/a

Tuesday:

- 1. Warm Up
- Do whatever you normally do
- 2. Box Jumps
- Warm up to a box height that is 60 percent of your best one rep max jump
- Perform five sets of two jumps with less than 90 seconds rest
- 3. Hamstrings
- GHR would be the best choice Four sets going two reps shy of failure. If you don't have access to a GHR, do stiff-leg deadlifts with a weight you can do for 20 reps. Do four sets of 10 reps with a moderate tempo.
- Rest two minutes

4. Standing Pull Down Abs with Cable

- Four sets of 15 reps with 90 seconds rest
- 5. Special exercise #1
- Nothing required at this time.
- 6. Free Time

• 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Wednesday:

1. Wide Grip Pulldowns

• Use a weight you could do for 20 reps and do six sets 10-12 reps

- Change bar every couple sets
- 2. Special Exercise #1
- Not needed at this time
- 3. Special Exercise #2
- Not needed at this time
- 4. Conditioning

• Prowler or Sled work – Six trips of 30 steps moderate intensity

- 5. Foam Roller Massage Work
- Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

•If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

- 1. Warm Ups
- Do whatever you normally do

2. Bench Press

- Six sets five reps with 40 percent of your CM
- (competitive max), 60 rest between sets
- Explosive tempo

3. Extensions

• Eight sets of eight reps with 60 seconds rest using weight you could do for 15 reps

4. Seated Dumbbell Side Raise

- Use a weight you could do 20 reps with lax form
- Do three sets 12 -15 reps with tight form
- Leave a few reps at the end of each set

5. Band Pull-Aparts

Use mini band for two sets to failure

6. Free Time

• 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

·If you need extra technique, work broomstick squats and

deadlifts facing a wall.

Friday:

- 1. Soft Foam Roller Work
 - Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate

3. Sled or Prowler

• 4 trips of 30 steps with 2 min rest between trips

Modifications:

• If you need extra technique work broom stick squats and deads facing a wall.

Saturday:

1. Warm Up

Do whatever you normally do

2. Reverse Band Squats

- Double light band around top of mono lift and around bar. One band per side. Loop in bar around mono and back on bar again
- Briefs and wraps
- Free Squats

Work up to PM 1RM (perceived one rep max). Work up in small jumps (plate, quarter, plate, quarter, etc.) with sets of three and five reps. When it begins to feel heavy, knock down to singles. As you work up in singles, as soon as you can GUESS what your one rep max WOULD be, STOP working up. If you aren't sure, then take a smaller jump to get a better idea. NO MISSING weights.

Now off your PM, you will do two sets of three at 78 percent

3. Pulls Against Bands off Three Mats

- Use extra wide jump stretch platform and place three mats inside
- You will use whatever bands you like, BUT the bar needs to move with force so the bar weight

will be somewhere between 225 and 315 pounds. Base this on feel.

4. GHR

No extra weight needed. Do four sets to failure.

5. Hanging Leg Raises

- No extra weight needed, but make sure your hips stretch out at the bottom.
 - Four sets to failure
- 6. Free Time
- 20 minutes total: Focus on single leg movements, abs and lower back work.
- Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much, as you will bench tomorrow.

7. Foam Roller

• Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting Raw, then wraps only.
- If you drink alcohol, then limit to one to two drinks on this day.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Floor Press with Chains

- Raw
- Rest as needed between sets

Work up to 50 percent of your best CM (competitive max) and then with each additional set, add one chain per side while doing triples. When the triples become hard, drop to singles and keep working up to a one-rep max. After this max is achieved, drop down to 78 percent of this for one more set of three reps.

- 2. Flat Dumbbell Press
 - Warm up how you like
 - Rest two to four minutes between sets
- Work up to your best set of 10, rest two to four minutes and repeat for one more set trying to get the same reps. Try to

beat the numbers you hit last week.

3. Magnum Shoulder Press

- This is the new machine red frame
- Use palm-in grip
- Follow the same set rep pattern as dumbbell presses

4. Rows

- Doesn't matter what type or if you use a couple movements instead of one
- Leave one to two reps in the tank with every set
- Six sets of 10 reps

5. Negative Only Barbell Close Grip Push-up

- Put bar in the bottom of power rack or smith machine at lowest setting
- One finger on the smooth part of bar for you grip setting
- Start at top lock out position and lower using a 12 count. Kneel to help get back up. Do for four to five reps. If this is easy place bench under feet or use weight vest.
- 2 sets

6. Free Time

 20 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it.

Week 3

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 15-20 minutes not exceeding 65 percent max heart rate

Tuesday:

1. Warm Up

• Do whatever you normally do.

2. Box Jumps

- Warm up to a box height that is 70 percent of your best one rep max jump.
- Perform four sets of one jump with 120 seconds rest

3. Hamstrings

- GHR would be the best choice four sets going to failure. If you don't have access to a GHR, do stiff-leg deadlifts with a weight you can do for 20 reps. Do 3 sets 15 reps with a moderate tempo.
- Rest two minutes

4. Standing Pull Down Abs with Cable

- 4 sets 15 reps with <60 seconds rest
- 5. Free Time
- 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Modifications:

If you need extra technique work broom stick squats and deadlifts facing a wall.

Wednesday:

1. Wide Grip Pulldowns

- Use a different bar than last week, but still go wide.
- Use a weight you could do for 20 reps and do 5 sets 8 reps.
- Change bar every couple sets.

2. Special Exercise #1

• Not needed at this time.

3. Special Exercise #2

Not needed at this time.

4. Conditioning

Prowler of Sled Work – Six trips of 30 steps moderate intensity

5. Foam Roller – Massage Work

• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Ups

• Do whatever you normally do

2. Bench Press

- Six sets of five reps with 45 percent of your
- CM (competitive max) 60 seconds rest between sets
- Explosive tempo

3. Extensions

• Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps

4. Seated Dumbbell Side Raise

- Use a weight you could do 20 reps with lax form.
- Do three sets 12-15 reps with tight form.
- Leave a few reps at the end of each set.

5. Band Pull Aparts

- Use mini band for 2 sets to failure
- 6. Free Time
- 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Friday:

1. Soft Foam Roller Work

Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65 percent max heart rate

3. Sled or Prowler

• Four trips of 30 steps with two minutes rest between trips

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up

Do whatever you normally do

2. Reverse Band Squats

- Double light band around top of mono lift and around bar. One band per side. Loop in bar around mono and back on bar again.
- Full Gear
- Free Squats

Work up to three sets of one rep with 85 percent of your PM from last week. READ THAT AGAIN. You will use your PM from last week to calculate your 85 percent. You will do three singles with full gear using the same weight.

3. Pulls Against Bands

- Use extra wide jump stretch platform
- You will use whatever bands you like, BUT the bar needs to move with force so the bar weight will be somewhere between 225 and 315. Base this on feel.
- Use 30 percent less weight that last week and do eight sets of one with 60 seconds rest.

4. GHR

- No extra weight needed. Do four sets to failure
- 5. Hanging Leg Raises
- No extra weight needed, but make sure your hips stretch out at the bottom.
- Four sets to failure

6. Free Time

- 20 minutes total: Focus on single leg movements, abs and lower back work.
- Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller

Work the crap out of your lats and upper back, but also use

The Stick and other tools to hit the legs, etc

Modifications:

- If you are lifting Raw, then wraps only. If not, only changes necessary.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Floor Press with Chains

- Raw
- Rest as needed between set.

Work up and beat you best number from the past two weeks for a single. After this set, you will rest a few minutes and do one more set with 10 percent less weight for as many reps as you can get.

2. Flat Dumbbell Press

- Warm up how you like.
- Rest two to four minutes between sets.
- Use the same weight you used last week, but only do one set with as many reps as you can get.

3. Magnum Shoulder Press

- This is the new machine red frame.
- Use palm in grip.
- Follow the same set rep pattern as dumbbell presses.

4. Rows

- Doesn't matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
- Leave one to two reps in the tank with every set.
- Four sets of eight reps.

5. Close Grip Push-up

- Put bar in the bottom of the power rack or smith machine at the lowest setting.
- One set max reps with only body weight for resistance.
- Free Time
- 20 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or

has ever hurt to do the movement then don't do it.

Week 4

Monday:

1. Soft Foam Roller Work

- Nothing deep, just light passes.
- 2. Light Cardio
- 15-20 minutes not exceeding 65 percent max heart rate.

Tuesday:

1. Warm Up

• Do whatever you normally do.

2. Box Squats with Safety Squat Bar

- Warm up to a weight that you COULD do for 15-20 reps if you had to. This will be the weight you will use for your training sets.
- Perform seven sets of two reps with 60 seconds rest.

3. Hamstrings

- GHR would be the best choice two sets of eight reps (two reps shy of failure). Hold weights or use weight vest of needed.
- Rest two minutes

4. Weighted Incline Sit Ups

Four sets of eight reps with 60 seconds rest. These should be with heavy weight, but still leaving two reps at the end of each set.

5. Free Time

20 minutes total. Keep movements to machines or single legwork in the 12-15 rep range.

Modifications:

•If you need extra technique work, broomstick squats and deadlifts facing a wall.

Wednesday:

1. Close Grip Pulldowns using DD Handle

• Use a weight you could do for 10 reps and do six sets with eight reps with 60 seconds rest.

2. Special Exercise #1

 Wide Grip Straight Arm Pull Downs – work up to max set of 12 reps, rest 2 minutes and try to match the same weight and reps.

3. Special Exercise #2

• Vertical and horizontal stretching for the lats. Find one stretch for each you feel deeps in the lats and hold for 60 seconds.

4. Conditioning

 Prowler of Sled Work – six trips of 35 steps moderate intensity.

5. Foam Roller – Massage Work

• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deads facing a wall..

Thursday:

1. Warm Ups

• Do whatever you normally do

2. Bench Press

- Seven sets of five reps with 40 percent of your CM (competitive max) 45 rest between sets
- Explosive tempo

3. Extensions

• Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps

4. Standing Dumbbell Front Raise

- Use a weight you could be 20 reps with lax form.
- Do three sets 12 -15reps with tight form.
- Leave a few reps at the end of each set.
- This weight should not exceed 25 pounds.

- 5. Band Pull Aparts
- Use mini band for two sets to failure

6. Free Time

20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique work, broomstick squats and deadlifts facing a wall.

Friday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.
- 2. Light Cardio
- 10 minutes not exceeding 65 percent max heart rate

3. Sled or Prowler

Four trips of 30 steps with two minutes rest between trips.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Saturday:

- 1. Warm Up:
 - Do whatever you normally do
- 2. Box Squats
- Briefs
- Work up to 40 percent of your CM (competition max) and do five sets of two reps with 90 second rest. These should be EXPLOSIVE AND FAST. After these five sets, begin to work up to:
- 60 percent of your best full meet squat for two reps
- 65 percent of your best full meet squat for two reps
- If it looks and feels good and everyone else agrees, you can go ahead and do 67 percent for two reps for an extra set.

3. Pulls Off Floor with Fat Bar

• Work up to PM (projected max). DON'T MAX OUT just use

your best guess. Then drop down and do:

- 70% x 2
- 75% x 2
- 77% x 2

4. Stiff-leg Deadlifts

 Keep the weight light (about half of what you use for the Fat Bar Pulls). Stand on a three to four inch mat and keep the tension on the hamstrings. Do 3 sets 6 reps making sure to keep all the tension on the hamstrings and glutes. It should feel like your hamstrings will rip off.

5. Hanging Leg Raises

- No extra weight needed, but make sure your hips stretch out at the bottom.
- Two sets to failure

6. Free Time

- 20 minutes total: Focus on single leg movements, abs and lower back work.
- Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller

• Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting Raw then wraps only. If not, only changes necessary.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Close Grip Incline Press

- Work up to a heavy set of five reps then rest three to four minutes and try to repeat.
- 2. N/A
- 3. N/A

4. Rows

• Doesn't matter what type, or if you use a couple movements instead of one, BUT make sure these are

movements you did not do last week.

- Leave one to two reps in the tank with every set.
- Four sets of eight reps

5. N/A

Free Time

30 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it. HAVE FUN but don't be a dumb ass either. You have done a lot of upper body work so this is a needed break.

Monday:

1. Soft Foam Roller Work – nothing deep, just light passes.

2. Light Cardio – 15-20 minutes not exceeding 65% max heart rate

Tuesday:

1. Warm Up

• Do whatever you normally do.

2. Box Squats with Safety Squat Bar

- Whatever weight you used last week add 5% more.
 So if you used 400 pounds, you would add 20 pounds.
 Round to the nearest 5 pound jump.
- Perform 7 sets of 2 reps with < 60 seconds rest

3. Hamstrings

- GHR would be the best choice 2 sets of 8 (to failure). Hold weights or use weight vest if needed.
- Rest < 3minutes

4. Weighted Incline Sit Ups

• 2 sets 8 reps with < 60 seconds rest. These should be one rep shy of failure.

6. Free Time

• 20 minutes total. Keep movements to machines or single leg work in the 12-15 rep range.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Wednesday:

1. Close Grip Pulldowns using DD Handle

• Use a weight you could do for 10 reps and do 6 sets 8 reps with < 60 seconds rest

2. Special Exercise #1 – Wide Grip Straight Arm Pull Downs

 Work up to a max set of 12 reps, rest 2 minutes and try to match the same weight and reps.

3. Special Exercise #2 – Vertical and horizontal stretching for the lats.

- Find one stretch for each you feel deeps in the lats and hold for 60 seconds.
- 4. Conditioning
- Prowler or Sled Work 5 trips of 25 steps moderate intensity
- 5. Foam Roller Massage Work
- Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

- 1. Warm Ups
- Do whatever you normally do

2. Bench Press

- 6 sets 5 reps with 44% of your CM (competitive max) < 45 rest between sets
- Explosive tempo

3. Extensions

• 8 sets 8 reps with < 30 seconds rest using weight you could do for 15 reps

4. Standing Dumbbell Front Raise

- Use a weight you could do 20 reps with lax form.
- Do 3 sets 12 -15 reps with tight form.
- Leave a few reps at the end of each set.
- This weight should not exceed 25 pounds.

5. Band Pull Aparts

Use mini band for two sets to failure

6. Free Time

• 20 minutes total: focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique. work broomstick squats and deadlifts facing a wall.

Friday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

- 10 minutes not exceeding 65% max heart rate
- 3. Sled or Prowler
- 2 trips of 30 steps with 2 minutes rest between trips

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Saturday:

- 1. Warm Up:
- Do whatever you normally do
- 2. Box Squats
- Briefs

Work up to 44% of you CM (competition max) and do 5 sets of 2 reps < 90 second rest. These should be EXPLOSIVE AND FAST. After these 5 sets begin to work up to:

- 65% of you best full meet squat for 2 reps
- 70% of your best full meet squat for 2 reps

• If it looks and feels good and everyone else agrees you can go ahead and do 75% for 2 reps for an extra set.

3. Pulls Off Floor with Mastadon Bar

- Work up to PM (projected max). DON'T MAX OUT just use your best guess. Then drop down and do:
- 70% x 2
- 75% x 2
- 77% x 2

4. Stiff leg Deads

 Keep the weight light (about ½ of what you use for the Fat Bar Pulls). Stand on 3-4 inch mat and keep the tension on the hamstrings. Do 2 sets 8 reps making sure to keep all the tension on the hamstrings and glutes. It should feel like your hamstrings will rip off.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure

6. Free Time

- 20 minutes total: focus on single leg movements, abs and lower back work.
- Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much, as you will bench tomorrow.

7. Foam Roller

 Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc

Modifications:

- If you are lifting Raw, then wraps only. If not, only changes necessary.
- If you drink alcohol then limit to 1-2 drinks on this day.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

- 1. Close Grip Incline Press
- Work up to heavy set of 3 reps, then rest 3-4 minutes and try to repeat.

2. One Arm Over head Dumbell Prsss

- 2 sets 12-15 reps (2 reps shy of failure)
- 3. N/A

4. Rows

- Doesn't matter what type or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set
- 4 sets 8 reps

5. N/A

Free Time

 30 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it. HAVE FUN but don't be a dumb ass either. You have done a lot of upper body work, so this is a needed break.

Week 6 (of 12)

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.
- 2. Light Cardio
- 15-20 minutes not exceeding 65% max heart rate

Tuesday:

1. Warm Up

Do whatever you normally do.

2. Box Squats with Safety Squat Bar

Whatever weight you used last week add 5% more. So if you used 400 pounds, you would add 20 pounds. Round

to the nearest 5 pound jump.

• Perform 5 sets of 2 reps with < 60 seconds rest

3. Hamstrings

- GHR would be the best choice 2 sets of 6 (to failure). Hold weights or use weight vest of needed.
- Rest < 3 minutes

4. Weighted Incline Sit Ups

• 2 sets 8 reps with < 60 seconds rest. These should be one rep shy of failure.

5. Free Time

• 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Wednesday:

1. Bench Grip Pulldowns

• Use a weight you could do for 10 reps and do 4 sets 12 reps with < 60 seconds rest.

2. Special Exercise #1 – Wide Grip Straight Arm Pull Downs

Work up to max set of 12 reps, rest 2 minutes and try to match the same weight and reps.

3. Special Exercise #2 – Vertical and horizontal stretching for the lats.

• Find one stretch for each you feel deep in the lats and hold for 60 seconds.

4. Conditioning

Prowler or Sled Work – 5 trips of 25 steps moderate intensity.

5. Foam Roller – Massage Work

• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Ups

Do whatever you normally do

2. Bench Press

- 7 sets 3 reps with 46% of your CM (competitive max)
 <45 rest between sets
- Explosive tempo

3. Extensions

• 8 sets 8 reps with < 30 seconds rest using weight you could do for 15 reps

4. Standing Dumbbell Front Raise

- Use a weight you could do 20 reps with lax form.
- Do 3 sets 12 -15 reps with tight form.
- Leave a few reps at the end of each set.
- This weight should not exceed 25 pounds.

5. Band Pull Aparts

• Use mini band for one set to failure

6. Free Time

• 20 minutes total: focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique work broom stick squats and deads facing a wall.

Friday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate

3. Sled or Prowler

• 2 trips of 30 steps with 2 minutes rest between trips

Modifications:

• If you need extra technique, work broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up:

• Do whatever you normally do

2. Box Squats

- Briefs
- Work up to 46% of you CM (competition max) and do 5 sets of 2 reps < 90 second rest. These should be EXPLOSIVE AND FAST. After these 5 sets begin to work up to:
- 70% of you best full meet squat for 2 reps
- 74% of your best full meet squat for 2 reps
- If it looks and feels good and everyone else agrees you can go ahead and do 76% for 2 reps for an extra set.

3. Pulls Off Floor with Texas Power Bar

- Work up to PM (projected max). DON'T MAX OUT just use your best guess. Then drop down and do.
- 75% x 2
- 77% x 2
- 80% x 2

4. Stiff leg Deads

 Keep the weight light (about ½ of what you use for the Fat Bar Pulls). Stand on 3-4 inch mat and keep the tension on the hamstrings. Do 2 sets 8 reps making sure to keep all the tension on the hamstrings and glutes. It should feel like your hamstrings will rip off.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure

6. Free Time

• 20 minutes total: focus on single leg movements,

abs and lower back work.

• Take 20 minutes to do whatever you want for your squat and dead. Just avoid anything that will work the upper back too much, as you will bench tomorrow.

7. Foam Roller

• Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting Raw, then wraps only. If not, only changes necessary.
- If you drink alcohol then limit to 1-2 drinks on this day.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Close Grip Incline Press

- Work up to heavy sets of 3 reps. Rest, then hit a drop set with half the weight used for top set for as many reps as you can.
- 2. One Arm Over head Dumbell Prsss
- 2 sets 12-15 reps (2 reps shy of failure)

3. N/A

4. Rows

- Doesn't matter what type, or if you use a couple of movements instead of one, BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set.
- 4 sets 8 reps

5. N/A

Free Time

30 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it. HAVE FUN but don't be a dumb ass either. You have done a lot of upper body work so this is a need break.

Week 7 (of 12)

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 15-20 minutes not exceeding 65% max heart rate

Tuesday:

- 1. Warm Up
- Do whatever you normally do.

2. Good Mornings

- Work up to a moderate weight that you can do for 3 sets of 5 reps. This should be a weight you could do for 12-15 reps if asked.
- Begin movement by pushing hips back and trying to stretch your hamstrings as hard ads you can and you descend.
- Rest < 3 minutes.

3. Hamstrings

- GHR would be the best choice 4 sets 10 (shy of failure). Hold weights or use weight vest of needed.
- Rest < 3 minutes

4. Standing Cable Pulldown Abs

• 5 sets 15-20 reps with < 60 seconds rest. These should be one rep shy of failure.

5. Free Time

• 10 minutes total. Keep movements to machines or single legwork in the 12-15 rep range.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Wednesday:

- 1. Chest Supported Rows
 - Use a weight you could do for 10 reps and do 4 sets 12 reps with < 60 seconds rest

- 2. Special Exercise #1 Wide Grip Straight Arm Pull Downs
- Work up to max set of 12 reps, rest 2 minutes and try to match the same weight and reps.

3. Special Exercise #2 – Vertical and horizontal stretching for the lats.

• Find one stretch for each you feel deeps in the lats and hold for 60 seconds.

4. Conditioning

• Prowler or Sled Work – 4 trips of 25 steps moderate intensity

5. Foam Roller – Massage Work

• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

- 1. Warm Ups
- Do whatever you normally do

2. Bench Press

- 8 sets 3 reps with 40% of your CM (competitive max) < 30 rest between sets
- Explosive tempo

3. Pushdowns (any bar or rope – doesn't matter)

• 8 sets 8 reps with <30 seconds rest using weight you could do for 15 reps

4. Rear Dumbbell Lateral Raise

- Use a weight you could do 20 reps with lax form.
- Do 3 sets 12 -15reps with tight form.
- Leave a few reps at the end of each set.
- This weight should not exceed 25 pounds.

5. Band Pull Aparts

 Use mini band and do as many reps as you can in 60 seconds – 2 sets

6. Free Time

10 minutes total: focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Friday:

1. Soft Foam Roller Work

• Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up:

- Do whatever you normally do
- 2. Squats
- Full Gear

Work up to PM. DO NOT max out or even come close. Just get an idea of where you are with full gear, and straps up. You WILL BE 3-4 inches high. Don't force it. Once you get an idea of where you think your max would be...

- 80% x 3
- 82% x 3
- 84%x1
- 86% x1

3. Pulls Off Floor with Texas Power Bar

Work up to PM (projected max). DON'T MAX OUT just use your best guess. Then drop down and do:

- 73% x 1
- 75% x 1

- 77% x 1
- 79% x 1

3. Reverse Hypers

• 3 sets 10-12 reps

4. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure

5. Free Time

- 10 minutes total: focus on single leg movements, abs and lower back work.
- Take 20 minutes to do whatever you want for your squat and dead. Just avoid anything that will work the upper back too much, as you will bench tomorrow.

6. Foam Roller

• Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc

Modifications:

- If you are lifting Raw then wraps only. If not, then only changes necessary.
- If you drink alcohol then limit to 1-2 drinks on this day.
- After training, spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

- 1. Bench Press
- Warm up and...

Work up to a PM of a 3-board press using full gear (shirt). Once again this is PM. Once you get your PM figured out drop to a 2-board and do...

- 80% x 3
- 82% x 3
- 84%x1
- 86% x1

2. JM Press

 Work up to 2 heavy sets of 5 off carpet, manpon or soft board.

3. Rear Delt Machine

• 6 sets 12 reps with less than 30 seconds rest.

4. Rows

- Doesn't matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set
- 4 sets 8 reps

5. N/A

Free Time

15 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it. HAVE FUN but don't be a dumb ass either. You have done a lot of upper body work, so this is a needed break.

Week 8 (of 12)

Monday:

1. Soft Foam Roller Work

• Nothing deep, just light passes.

2. Light Cardio

• 15-20 minutes not exceeding 65% max heart rate

Tuesday:

1. Warm Up

• Do whatever you normally do.

2. Good Mornings

• Work up to a moderate weight that you can do for 3 sets of 5 reps. This should be a weight you could do for 12-15 reps if asked, but 15-30 pounds more than last week.

- Begin movement by pushing hips back and try to stretch your hamstrings as hard ads you can and you descend.
- Rest < 3 minutes.

3. Hamstrings

- GHR would be the best choice 3 sets 10 (shy of failure). Hold weights or use weight vest if needed.
- Rest < 3 minutes.

4. Standing Cable Pulldown Abs

• 4 sets 15-20 reps with < 60 seconds rest. These should be one rep shy of failure.

5. Free Time

• 10 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Wednesday:

- 1. Chest Supported Rows
- Use a weight you could do for 10 reps (needs to be more weight than last week) and do 3 sets 12 reps with < 60 seconds rest
- 2. Special Exercise #1 Wide Grip Straight Arm Pull Downs
- Work up to max set of 12 reps, rest 2 minutes and try to match the same weight and reps.

3. Special Exercise #2 – Vertical and horizontal stretching for the lats.

Find one stretch for each you feel deep in the lats and hold for 70 seconds.

4. Conditioning

Prowler or Sled Work – 3 trips of 25 steps moderate intensity

5. Foam Roller – Message Work

• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Ups

Do whatever you normally do

2. Bench Press

- 8 sets 3 reps with 43% of your CM (competitive max)
 < 30 rest between sets
- Explosive tempo

3. Pushdowns (any bar or rope – doesn't matter)

• 8 sets 8 reps with < 25 seconds rest using weight you could do for 15 reps

4. Rear Dumbbell Lateral Raise

- Use a weight you could be 20 reps with lax form but more than last week.
- Do 3 sets 12 reps with tight form.
- Leave a few reps at the end of each set
- 5. Band Pull Aparts
- Use mini band and do as many reps as you can in 60 seconds – 2 sets

6. Free Time

• 10 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Modifications:

If you need extra technique, work broomstick squats and deadlifts facing a wall.

Friday:

1. Soft Foam Roller Work

• Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate

Modifications:

If you need extra technique, work broomstick squats and deads facing a wall.

Saturday:

- 1. Warm Up:
- Do whatever you normally do
- 2. Squats
- Full Gear
- Use your PM from last week to determine percentages.
- 78% x 3
- 84% x 3
- 86%x1
- 88% x1

3. Pulls Off Floor with OLD Texas DL bar

- Use PM from last week to determine percents.
- 70% x 1
- 76% x 1
- 81% x 1

4. Reverse Hypers

• 2 sets 10-12 reps

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure

7. Foam Roller

• Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Modifications:

- If you're lifting raw, then wraps only. If not, only changes necessary.
- If you drink alcohol, then limit to 1-2 drinks on this day.
- After training spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.
Sunday:

1. Bench Press

- Warm up and do...
- Work up to a PM of a 2 board press using full gear (shirt). Once again this is PM. Once you get your PM figured out, drop to a 1-board and do..
- 80% x 3
- 82% x 3
- 84%x1
- 86% x1

2. JM Press

• Work up to 2 heavy sets of 3 off carpet, manpon or soft board.

3. Rear Delt Machine

• 2 sets 12 reps with less than 90 seconds rest.

4. Rows

- Doesn't matter what type or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set
- 2 sets 8 reps

5. N/A

Free Time

15 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement, then don't do it. HAVE FUN but don't be a dumb ass either. You have done a lot of upper body work so this is a needed break.

Week 9 (of 12)

Monday:

1. Soft Foam Roller Work – nothing deep, just light passes.

2. Light Cardio – 10 minutes, not exceeding 65% max heart rate.

Tuesday:

1. Warm Up

Do whatever you normally do.

2. Speed Box Squat

- Using briefs
- 55% of PM (perceived max) from 2 weeks ago for 6 sets 3 reps.

3. Hamstrings

- GHR would be the best choice 2 sets of 10 (shy of failure). Hold weights or use weight vest of needed.
- Rest < 3minutes.

4. Standing Cable Pulldown Abs

• 2 sets 15-20 reps with < 60 seconds rest. These should be 1 rep shy of failure.

5. Free Time

10 minutes total. Keep movements to machines or single-leg work in the 12-15-rep range.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Ups

• Do whatever you normally do.

2. Bench Press

- 7 sets 3 reps with 46% of your CM (competitive max) < 30 rest between sets.
- Explosive tempo.

3. Pushdowns (any bar or rope, it doesn't matter)

8 sets 8 reps with < 25 seconds rest using weight you could do for 15 reps.

4. Chest Supported Rows

 Use a weight that you could do for 20 reps with lax form, but make sure it's more weight than last week.

- Do 3 sets of 12 reps with tight form.
- Leave a few reps in the tank at the end of each set.

5. Band Pull-Aparts

Use mini band and do as many reps as you can in 60 seconds – 2 sets

6. Free Time

• 10 minutes total: Focus on chest, delts, and arms. Stick to machines, dumbbells or cables.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Friday:

1. Soft Foam Roller Work

• Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up:

- Do whatever you normally do.
- 2. Squats
- Full Gear
- Use your PM (perceived max) from last week to determine percentages.
- 80% x 2
- 85% x 2
- 90%x1
- 93% x1

3. Pulls Off Floor with DL bar.

- Use PM from last week to determine percents.
- Work up to opener for 1 rep.

4. Reverse Hypers

• 2 sets 10-12 reps.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure.

7. Foam Roller

• Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting raw then use wraps only. No other changes necessary.
- If you drink alcohol, limit it to 1-2 drinks on this day.
- After training spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Bench Press

- Warm up
- Work up to a PM of a 1 board press using full gear (shirt). Once again this is PM. Once you get your PM figured out drop to a chest and do.
- 84% x 3
- 86% x 1
- 90%x 1
- 92% x1

2. 4 Board Press – close – moderate grip

- Work up to 2 heavy sets of 3 hold last rep for 5 count.
- 3. Rear Delt Machine
- 2 sets 12 reps with less than 90 seconds rest.

4. Rows

- Doesn't matter what type or if you use a couple movements instead of one BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set.
- 2 sets of 8 reps.

5. N/A

6. Free Time

15 minutes to do what you want. Don't be retarded. Keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement in question, then don't do it. HAVE FUN but don't be a dumbass either. You have done a lot of upper body work so this is a much-needed break.

Week 10 (of 12)

Monday:

1. Soft Foam Roller Work

Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate.

Tuesday:

- 1. Warm Up
- Do whatever you normally do.

2. Speed Box Squat

- Using briefs
- 50% of PM from 2 weeks ago for 6 sets 2 reps.

3. Hamstrings

- GHR would be the best choice 3 sets of 10 (shy of failure). Hold weights or use weight vest of needed.
- Rest < 3minutes.

4. Standing Cable Pulldown Abs

• 4 sets 15-20 reps with < 120 seconds rest. These should be 1 rep shy of failure.

5. Free Time

• 10 minutes total. Keep movements to machines or single leg work in the 12-15-rep range.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Ups

• Do whatever you normally do.

2. Bench Press

- 7 sets 3 reps with 44% of your CM (competitive max) < 30 seconds rest between sets.
- Explosive tempo.

3. Pushdowns (any bar or rope, it doesn't matter)

• 6 sets 8 reps with < 25 seconds rest, using weight you could do for 15 reps.

4. Chest Supported Rows

- Use a weight you could do for 20 reps with lax form, but make sure it's more weight than last week.
- Do 3 sets of 12 reps with tight form.
- Leave a few reps in the tank at the end of each set.

5. Band Pull Aparts

Use mini band and do as many reps as you can in 60 seconds – 2 sets.

6. Free Time

• 10 minutes total: Focus on chest, delts, and arms. Stick to machines, dumbbells or cables.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Friday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.
- 2. Light Cardio
- 10 minutes not exceeding 65% max heart rate

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up

- Do whatever you normally do.
- 2. Squats
- Full Gear
- Use your PM from last week to determine percentages.
- 80% x 1
- 90% x 1
- 94%x1
- 96% x1
- Then do Reverse Band Squats working up to 1 rep max.

3. Pulls Off Floor with DL bar

- Speed Pulls 50% of weight used last week for 6 sets 1 rep.
- 4. Reverse Hypers
- 2 sets 10-12 reps.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure.

7. Foam Roller

• Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting raw then use wraps only. No only changes necessary.
- If you drink alcohol, limit it to 1-2 drinks on this day.
- After training spend the rest of the day relaxing and do what you can to keep all stress levels down.

Nap if you can.

Sunday:

1. Bench Press

- Warm up.
- Work up to a PM (perceived max) of a 1 board press using full gear (shirt). Once again this is PM. Once you get your 1 board PM figured out, do full bench.
- 84% x 3
- 90% x 1
- 92%x 1
- 94% x1
- 2. 4 Board Press with a close/moderate grip
- Work up to max effort single. You will use your bench shirt.

3. Rear Delt Machine

2 sets 12 reps with less than 90 seconds rest.

4. Rows

- Doesn't matter what type or if you use a couple movements instead of one BUT make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set.
- 2 sets of 8 reps.

5. N/A

Free Time

15 minutes to do what you want. Don't be retarded. Keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don't do it. HAVE FUN but don't be a dumbass either. You have done a lot of upper body work so this is a much-needed break.

Week 11 (of 12)

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate.

Tuesday:

1. Warm Up

Do whatever you normally do.

2. Speed Box Squat

- Using briefs
- 40% of PM (perceived max) from 2 weeks ago for 6 sets 2 reps.

3. Hamstrings

- GHR would be the best choice. Do 2 sets of 10 (shy of failure). Hold weights or use weight vest of needed.
- Rest < 3minutes.

4. Standing Cable Pulldown Abs

• 2 sets 15-20 reps with < 120 seconds rest. These should be 1 rep shy of failure.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Thursday:

1. Warm Up

Do whatever you normally do.

2. Bench Press

- 7 sets 3 reps with 40% of your CM (competitive max) < 45 rest between sets.
- Explosive tempo.

3. Band Pushdowns

• 3 sets 15 reps with < 120 seconds rest using weight you could do for 10 reps.

4. Pulldowns (any bar)

- Use a full range of motion with a big stretch.
- Do 2 sets of 12 reps with tight form.

• Leave a few reps at the end of each set.

5. Band Pull Aparts

 Use mini band and do as many reps as you can in 60 seconds – 2 sets.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Friday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Saturday:

- 1. Warm Up
- Do whatever you normally do.

2. Squats

- Full Gear
- Use your PM from last week to determine percentages.
- 80% x 1
- Then do Reverse Band Squats working up to 1 rep max.

3. Pulls Off Floor with DL bar.

Speed Pulls – 40% of weight used last week for 4 sets of 1 rep.

4. Reverse Hypers

• 2 sets of 10-12 reps.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure.

7. Foam Roller

• Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting raw then use wraps only. No other changes necessary.
- If you drink alcohol, limit it to 1-2 drinks on this day.
- After training spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Bench Press

- Warm up.
- Work up to weight you touched with last week using a one board.
- 2. Reverse Band Press (average band)
- Set the bands and bar up so it just hovers about your chest.
- I'm guessing this will be 95 pound with the average bands.
- There should be NO weight off your chest.
- You will do a total of 100 reps. Try not to push hard at all. Let the bands do most of the work. Also try not to flex at the top.
- This is a recovery movement NOT A STRENGTH one.
- If you don't flex hard you should be able to do 100 reps. If you do flex hard you will be lucky to do 50.

3. Rear Delt Machine

• 2 sets of 12 reps with less than 90 seconds rest.

4. Rows

- Doesn't matter what type or if you use a couple different movements instead of one, but make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set.
- 2 sets of 8 reps.

Week 12 (of 12)

Monday:

- 1. Soft Foam Roller Work
- Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate.

Tuesday:

- 1. Warm Up
- Do whatever you normally do.

2. Speed Box Squat

- Using briefs
- 44% of PM from 2 weeks ago for 6 sets of 2 reps.

3. Hamstrings

- GHR would be the best choice. Do 2 sets of 10 (shy of failure). Hold weights or use weight vest of needed.
- Rest < 3 minutes.

4. Standing Cable Pulldown Abs

• 3 sets of 15-20 reps with < 120 seconds rest. These should be 1 rep shy of failure.

Modifications:

If you need extra technique work, do broomstick squats and deadliftss facing a wall.

Thursday:

1. Warm Ups

• Do whatever you normally do.

2. Bench Press

- 5 sets of 3 reps with 40% of your CM (competitive max) with < 60 rest between sets.
- Explosive tempo.

3. Band Pushdowns

• 3 sets of 15 reps with < 120 seconds rest using weight you could do for 10 reps.

4. Pulldowns (any bar)

- Use a full range of motion with a big stretch.
- Do 2 sets of 12 reps with tight form.
- Leave a few reps in the tank at the end of each set.

5. Band Pull Aparts

Use mini band and do as many reps as you can in 60 seconds – 2 sets.

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Friday:

1. Soft Foam Roller Work

• Nothing deep, just light passes.

2. Light Cardio

• 10 minutes not exceeding 65% max heart rate

Modifications:

If you need extra technique work, do broomstick squats and deadlifts facing a wall.

Saturday:

1. Warm Up:

- Do whatever you normally do.
- 2. Squats
- Full Gear
- Work up to opener.
- Then do Belt Squats for 2 sets of 8 reps.
- 3. Pulls Off Floor with DL bar.
- Speed Pulls 45% of weight used last week for 4 sets of 1 rep.

3. Reverse Hypers

• 2 sets of 10-12 reps.

5. Hanging Leg Raises

- No extra weight needed but make sure your hips stretch out at the bottom.
- 2 sets to failure.

7. Foam Roller

• Work the crap out of your lats and upper back but also use The Stick and other tools to hit the legs, etc.

Modifications:

- If you are lifting raw, use wraps only. No other changes necessary.
- If you drink alcohol, limit it to 1-2 drinks on this day.
- After training spend the rest of the day relaxing and do what you can to keep all stress levels down.
- Nap if you can.

Sunday:

1. Bench Press

- Warm up.
- Do opener.

2. Reverse Band Press (average band)

- Set the bands and bar up so it just hovers about your chest.
- I'm guessing this will be 95 pound with the average bands.
- There should be NO weight off your chest.
- You will do a total of 100 reps. Try not to push hard at all. Let the bands do most of the work. Also, try not to flex at the top.
- This is a recovery movement NOT A STRENGTH one.
- If you don't flex hard you should be able to do 100 reps. If you do flex hard you will be lucky to do 50.

3. Rear Delt Machine

• 2 sets of 12 reps with less than 90 seconds rest.

4. Rows

- Doesn't matter what type or if you use a couple different movements instead of one, but make sure these are movements you did not do last week.
- Leave 1-2 reps in the tank with every set.
- 2 sets of 8 reps.

Ted Toalston started his competitive powerlifting career in January 2009 and on December 5th 2010 secured a Pro total. He is a 33 year-old a warehouse supervisor from Columbus, Ohio. At 5'9", 198, with a 1,970 total (785/510/675). Mark Watts

PRE-SEASON for Baseball

n December of 2005, while serving as an assistant strength and conditioning coaches at the United States Military Academy at West Point, I made a trip to elitefts to talk shop with Dave Tate and Jim Wendler. It was my first year as a DI strength coach and that visit helped me create a program that helped the Army Baseball team win the Patriot league in 2006. This is the program that I cam up with that was inspired by that visit. Would I still incorporate that exact program if I had to do it again today? Probably not. But based on my knowledge, experience, and situation; this was the best program I could formulate.

At West Point, the cadet-athletes have several obstacles to overcome that student-athletes at other schools may not have to deal with. As coaches, we couldn't make excuses for them; we had to find a way to work around these added stressors. We would spend a lot of time turning roadblocks into speed bumps. Most of the challenges were logistical in nature and required a little more detailed team scheduling, session planning, and program design. As the quote goes, we had to turn those obstacles into opportunities. There are a few factors that made our situation a little difficult from a sports performance perspective:

- Practice and training schedules All of our athletes had a block of time from 3:15pm until 6:30pm for athletics. Within this 3 hour and fifteen minute block, the coaches need to schedule practice, meetings, lifting, speed, agility, film, walk-throughs, field maintenance, etc. We could not schedule teams before this time, not even in the early mornings.
- Rest & Recovery USMA cadets average about 5 hours of sleep a night. The weekends are usually reserved for military training for the off-season athletes. There is no a lot of free-time for the cadets during the day.
- Nutrition Most cadets can't keep food in their barracks and most meals are not buffet style. For instance, all 4200 cadets eat lunch in about 30 minutes. Cadet-Athletes need to be very creative when adding quality meals and snack to their diet.

These were factors we cannot control and there were many positive influences that effected our success. This was especially true for our Baseball team.

- A coaching staff that let me do my job.
- Cadet-Athletes that bought in to our system.
- A Head Strength Coach who gave me a tremendous amount of guidance and support.
- Great Facilities.
- Good Talent.

The training philosophy was very similar to most strength and conditioning coaches in the industry. Our main objectives were to enhance athletic performance and decrease the chance of injury. Our basic training program utilized a conjugate periodization template. We would rotate exercises every one to three weeks and used the maximum-effort, repetition and occasionally the dynamic effort methods. An important indicator of athletic success for our ball players was adequate rest and recovery. We have implemented a basic and rough emulation of the High-Low Sequencing System which James Smith has augmented and made popular.

All of our baseball players would Squat, Pull and Press relatively heavy throughout the year. We would dedicate at least one day per week for the development of maximal strength. We felt it was important for our athletes, regardless of sport, to continue to break records throughout the coarse of the training year. We would progress athletes within our system depending on their level of physical readiness in terms of the skills we will require them to do. Here was our basic weekly template.

PRE-SEASON

Day 1 (Monday) High CNS Demand Total Body Lifting Session

Day 2 (Tuesday) Low CNS Demand (Linear Speed) Running Session

Day 3 (Wednesday) Low CNS Demand Total Body Lifting Session

Day 4 (Thursday)

High CNS Demand (Lateral Speed) Running Session

PRE-SEASON TRAINING OVERVIEW						
SUN	MON	TUE	WED	THR	FRI	SAT
Off	ME Lift Hitting Groups	Practice Linear Speed	Hitting Groups RE Lift	Practice Lateral Speed	Practice	Practice Base Run- ning

PRE-SEASON STRENGTH TRAINING & SPEED DEVELOPMENT OVERVIEW					
MON	TUE	WED	THR		
Dynamic Warm-up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up		
Squat or Deadlift*	Speed Mechanics Speed Ladder Drills	Step-Up	4 Square/ Line Drills		
GM/RDL or SLSQT*	Plyometrics	Back Raise	Plyometrics		
Glute-Ham Raise	Skips, Bounds, Hops	Leg Press or Leg Curl	Box Jumps, Depth Jumps Deceleration Technique		
Reverse Hyper	Acceleration Starts	Hip, Knee, & Ankle BW Pull or Chin	6 Cone Drills		
ME Pull-Up/ Row	30s	Push-Up Variation	Shuttles		
ME Press	60s	External Rotation	Ladders		
Push-Pull Circuit	Conditioning (Opt.)	4-Way Neck/ Trap Upper Arm & Wrist	Conditioning (Opt.)		
Rear-Delts	Partner Stretch	High Rep Abs	PNF Stretch		
Heavy Abs					

* If the athlete is Squatting for his Max-Effort movement for that particular week, he will be performing a Good Morning or RDL variation for his second lift of that session. Consequently, the week the athlete is performing a Max-Effort Dead-lift will include a Single Leg Squat variation for the second lift.

This general schedule could change depending on the practice schedule, the academy's academic calendar, and the position of the player. For the most part, pitchers were organized into pitching groups that would determine what days they are throwing "live", consequently dictating what days that group would lift. As a general rule, we would try to have the pitchers lift on Monday unless they are throwing live on Monday or Tuesday. In this case, that particular pitching group would perform the Day 1 lifting session the day after they throw live. This chart illustrates a pitcher's corresponding lift days in reference to their most physically demanding pitching session.

Throw Live On:	SUN	MON	TUE	WED	THR	FRI	SAT
Lift Days:	MON,	TUE,	WED,	MON,	MON,	MON,	MON,
	WED	THR	FRI	THR	FRI	WED	WED

During the pre-season training, the Monday lift sessions would be encompassed in a 4-week training cycle. The Max-Effort, Supplemental, and Auxiliary exercises would all be rotated from week to week. This rotation was dependent on the max-effort exercise category chosen for that particular week.

Day 1: Week-to-Week Overview (4-Week cycle)			
	Lower Body Max Effort	Upper Body Max Effort	
WEEK 1	Squat Variation	Vertical Pull Variation Horizontal Press Variation	
WEEK 2	Deadlift Variation	Horizontal Row Variation Vertical Press Variation*	
WEEK 3	Squat Variation	Vertical Pull Variation Horizontal Press Variation	
WEEK4	De-Load	Horizontal Row Variation Vertical Press Variation*	

* The vertical press variations would also include incline presses and not just overhead pressing. Pitchers would not overhead press during pre-season or in-season training.

The following is a more detailed list of training days and exercises and drills within those training days. Along with an exercise category, set, rep, intensity, and occasionally rest intervals are listed. These variables will cover a number of different exercise variations and set and rep ranges for the workout. Keep in mind, this in not an inclusive list. This list simply illustrates some of the choices of exercises we would use in each category depending on the equipment available to us. The total volume would be relatively low and the entire workout would take 45-50 minutes including the warm-up.

Day 1 (Monday)

HIGH CNS DEMAND TOTAL BODY LIFTING SESSION

Dynamic Warm-Up

Week 1 & 3 Squat Variation

Work up to a 3-5 Rep Max and then:

- 1.) Perform a drop set with 90% of Rep Max Weight OR
- 2.) Perform a 3-5 Rep Cluster with the Rep Max Weight with 15-60 sec. Rest Intervals

Barbell Back Squat Cambered Bar Squat SS Yoke Bar Squat Barbell Back Squat w/ Chains Barbell Back Squat w/ Bands

Week 2 Deadlift Variation

Work up to a 3-5 Rep Max and then:

1.) Perform a drop set with 90% of Rep Max Weight OR

2.) Perform a 3-5 Rep Cluster with the Rep Max Weight with 15-60 sec. Rest Intervals Conventional Deadlift Sumo Deadlift Trap Bar Deadlift Conventional Rack Pulls (Below Knee) Conventional Rack Pulls (Above Knee) Conventional Deadlift w/ Bands Sumo Deadlift w/ Bands Conventional Deadlift w/ Chains Sumo Deadlift w/ Chains

Week 4 De-Load Option

This week is used as a recovery week for our athletes from the high CNS demand from the previous Max-Effort exercises. We would try to stay consistent with the movement patterns and still perform a squat, deadlift, good morning, or pull variation. We will also continue to keep the volume relatively low. The difference will be in the specific variations of exercises, method of strength training and rep ranges. We will predominately use the Sub-maximal Effort Method and the Repeated Effort (Repetition) Method on our De-Load weeks. We would perform 1-3 sets of 5-8 repetitions for our emphasis lifts.

The de-load week can also serve as a remedial squat week for our athletes having trouble with depth and sitting back in the squat. We would re-introduce box squats in the fall for a 3-week cycle. This cycle would have the athletes alternate between box squats, front squats & bodyweight squat variations for logistical reasons. We feel this training block would lay a solid foundation for our max-effort cycles in the weeks to come. The intensity of the training load would be more consistent with the dynamic method although we understood our players were probably not ready for a true dynamic squat cycle. We would use 6-12 sets of 2-3 repetitions focusing on the set-up and technique. This set and rep scheme allowed our athletes more "first reps" of each exercise and the specific type of exercise is incorporated to allow the athlete to hit parallel consistently and be able to "sit back" while squatting. Again, during our Pre-Season training, these squat

variations were used as basic technique work for athletes who needed additional attention to the squat.

Barbell Box squat (1" below parallel) Front Squat Fat Bar Zercher Squat SS Yoke Bar Zercher Squat Dumbbell Goblet Squat Belt Squat on Blocks Dumbbell Deadlift Hammer Deadlift Snatch Grip Deadlift Suitcase Deadlift Single Leg Good Mornings Single Leg RDL (with one or two dumbbells)

* This was also a week to introduce our Olympic Lifting Variations to our fielders. Most of our Baseball players have never performed any of the Olympic lifts. Although we would not introduce a full clean (which includes a catch phase) at this point. We would incorporate our standard teaching progression for the shrug pull series. These lifts would include:

Clean Grip Shrug Pull from the Hang (above knee with pause) Clean Grip Shrug Pull from the Floor Clean Grip Shrug Pull from the Rack (above or below knee) Snatch Grip Shrug Pull from the Hang (above knee with pause) Snatch Grip Shrug Pull from the Floor Snatch Grip Shrug Pull from the Rack (above or below knee)

* Although we would not incorporate the Olympic lift variation to our pitchers, we would have them do some plyometric, ballistic, and dynamic movements in place of our shrug-pull series. These movements will include:

Med Ball Scoop Throws Med Ball Rotational Throws Med Ball Slams One Arm Dumbbell Swings* * At the time, we did not have kettlebells

As you can see, the de-load week can be implemented not only to aid in recovery and restoration of our players, but also as a tool to introduce new exercises, reinforce good technique, or improve technique for those applicable movements.

Posterior Chain - Bend Variation (When a ME Squat is Performed First)

1-3 sets of 6-10 repetitions Barbell Good Morning Cambered Bar Good Morning SS Yoke Bar Good Morning Single Leg Good Morning Barbell RDL Dumbbell RDL

Single Leg Push Variation (When ME Deadlift is Performed First)

1-3 Sets of 8-12 repetitions Barbell Split Squat Dumbbell Split Squat Barbell Forward Walking Lunge Dumbbell Walking Forward Lunge Barbell Step-Up Barbell Side Step-Up

Posterior Chain – Glute-Ham Emphasis

1-3 Sets of 10-15 repetitions Glute-Ham Raise Glute-Ham Raise with Weight Glute-Ham Raise (Kneeling on Bench) Glute-Ham Raise (Kneeling on Stability Ball w/ Feet against wall) Partial Glute-Ham Raise (Kneeling on Bench)

Max Effort Upper Body Pull

Work up to a 5-8 Rep Max and then:

- 1.) Perform a drop set with 90% of Rep Max Weight OR
- 2.) Perform a 3-5 Rep Cluster with the Rep Max Weight with 15-60 sec. Rest Intervals Neutral Grip Pull-Up with weight

Wide Grip (Overhand) Pull-Up with weight Chin-Up (Underhand Grip) with weight Bent-Over Barbell Row Bent Over Dumbbell Row One Arm Dumbbell Row Bent Over One Arm Dumbbell Row

Max Effort Upper Body Press

Work up to a 3-6 Rep Max and then:

- 1.) Perform a drop set with 90% of Rep Max Weight OR
- 2.) Perform a 3-5 Rep Cluster with the Rep Max Weight with 15-60 sec. Rest Intervals

2 Board Press 3 Board Press Bench Press w/ Chains 2 Board Press w/ Chains 3 Board Press w/ Chains Bench Press w/ Mini-Bands 2 Board Press w/ Mini-Bands 3 Board Press w/ Mini-Bands Bench Press w/ Chains Floor Press Floor Press Floor Press W/ Chains Standing Barbell Overhead Press One Arm Dumbbell Overhead Press

Incline Barbell Press

Our Pitchers would not do any overhead pressing during pre-season or in-season training. They will however use a variety of max effort pressing movements. All of these will be predominately high-end presses i.e. 2-3 board press, 2-3 board band press, floor press w/ chains, etc.

Secondly, our pitchers would utilize our "10% rule" with their max effort pressing movements. We have one or two pitchers who have soreness in their posterior shoulder but most are sore in the anterior of lateral heads of their deltoids. We had seen a considerable drop of in performance for our max effort presses. In this case, pitchers would subtract 10% of their target weight to be used for the day from that target weight. This weight will now be their target weight for that movement. For example:

Target weight for 2 Board press is 300lbs (this is usually a 5-10 pound PR from the last training block); 300 x 10% = 30lbs; 300-30=270; 270 will now be the target weight for that pitcher.

We would also utilize this method for our wrestlers who are cutting weight during the season. Their target weights were usually higher from their pervious rep maxes during pre-season. We got this elitefts articles on Auto-Regulatory Training. This is not exactly how this method was intended to be used, but the general concept has been tweaked to work well in our system.

All of our dumbbell presses would be executed with the lifter's palms facing each other. We felt this helps reduce excessive external rotation on the shoulder joint.

Push-Pull Superset or Circuit (One push & One Pull)

1 superset or circuit for 8-15 reps Dumbbell Renegade Row Inverted Incline Dumbbell Row Hammer ISO Row Hammer ISO Low Row Hammer ISO High Row Hammer ISO Pull-Down (various grips) Low Cable Row (various attachments or with towels) Cable Pull-Down (various attachments or with towels) Dumbbell Stability Ball Press Incline Dumbbell Press Dumbbell Floor Press Flat Dumbbell Press Hammer ISO Bench Press Hammer ISO Incline Press Hammer ISO Decline Press Hammer ISO Shoulder Press

Posterior Shoulder Girdle

1-2 sets of 10-15 repetitions Ys and Ts Bent Over Rear Dumbbell raise Cable Face Pulls Band Face Pulls Band Pull Apart Kneeling Scarecrows Hammer Rear Delt Raise

Heavy Abs

2-4 sets of 10-15 repetitions Barbell Landmines Band Rotations Med Ball Floor Slams Med Ball Rotational Throws Med Ball Wall Slams Med Ball Wall Slams Med Ball Sit-up & Throw Straight Leg Sit-Up Weighted Crunch (w/ plate, dumbbell or barbell) Russian Twist Dumbbell Side Bends Band Side Pull-Downs Weighted Side Crunch Leg Raise with Med Ball Reverse Crunch on Reverse Hyper Machine

Grip

1-2 timed sets for 30-60 seconds Gripper Bumper Plate tosses, flips, spins, drops, etc. Plate Pinches Dumbbell Holds (at the end) Farmer Holds Hand Expanders Plate Hub Holds

Day 2 (Tuesday)

Low CNS Demand (Linear Speed) Running Session

Dynamic Warm-up – Form Run Sprint Mechanics (PAL) Speed Ladder Drills Plyometrics – Skips, Bounds, Hops, Single-Leg Runs, Etc. Acceleration Starts – Falling, Prone, Push-Up, Kneeling, Supine, Resisted, Etc. Build-Up Sprints

PROGRAMS THAT WORK 3 VOL. 2

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30 yard Sprints – 2-6 sprints w/ 45-90 second rest intervals
60 yard Sprints – 2-4 sprints w/ 75-120 second rest intervals (every other week)
Conditioning (optional) – 200s, Fartleks, Tempo Runs, etc.
Cool Down
Static Stretching
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Pitchers would not participate in our 2 weekly speed sessions. They will also conduct separate and different conditioning sessions that more closely resemble the energy system they will be using in a game situation. This would entail a slight higher volume and work to rest ratios similar to pitching multiple innings. Our Pitching Coach would organize, implement, and monitor the conditioning for the pitchers.

Although some would classify full speed sprints demanding on the Central Nervous System, we generally insert them on Tuesdays. We have the option to perform these on Thursdays if need be. Keep in mind, the volume of these sprints would be very low and the rest intervals are considerably long.

Day 3 (Wednesday)

Low CNS Demand Total Body Lifting Session

This day is the second lift of the week and was not as CNS intensive as the Monday session. None of the exercises fall into the max effort category and there are no exercises that require the loading of the spine at maximal or even circa-maximal weights. Most of the upper body exercises would be bodyweight only. We want our athletes to understand the intensity of their efforts should still be high. The training load and type of exercise were the main variables manipulated on this day.

Single Leg Push Variation

1-3 sets of 8-15 repetitions Dumbbell Step-Up Prisoner Step-Up Dumbbell Side Step-Up Pumbbell Side Step-Up on 15-degree incline bench Prisoner Side Step-Up on 15-degree incline bench Dumbbell Lunge & Step-Up on 12" Box Prisoner Lunge & Step-Up on 12" Box Pistol Squats Skater Squats Supported Pistol Squats

Posterior Chain - Low Back Emphasis

1-3 sets of 8-15 repetitionsBack ExtensionBack Extension with WeightBack Extension with a Band45 Degree Back ExtensionSingle Leg Back Extension

Reverse Hyper Reverse Hyper w/ Bands Hammer Hip & Back

Leg Press Variation

1-2 sets of 10-20 repetitions Leg Press ISO Leg Press Single Leg Press Alternating Leg Press DUO Leg Press Stability Ball Squat (ball between back and wall) Sit-Back Bodyweight Squats

Hip Mobility or Knee and Ankle Pre-Hab

3-6 sets of 10-15 repetitions Hurdle Drill (Multi-Directional Step-Over & Duck-Under) Quadra-ped (fire hydrant) Series Scorpion Series Leg Swing Series Band TKEs Leg Extension (last 30 degrees of flexion) Ankle Eversion and Inversion (Standing, Band or Dyna-Disc) Ankle Dorsi-Flexion (Standing or Manual Resistance) Calf Raise

Bodyweight Pull-Up or Row (No external resistance)

1-3 sets of 10-30 repetitions Chin-Up (underhand grip) Tempo Pull-Ups (3 second concentric, isometric hold at top, eccentric and pause at bottom) Segmented Pull-Ups (3 second pause at mid-positions, top and bottom) Inverted Rack Row (Overhand Grip w/ feet on Stability Ball) Inverted Rack Row (Underhand Grip w/ feet on Stability Ball) Blast Strap Row

Push-Up Variation

1-3 sets of 10-30 repetitions Blast Strap Push-Ups Push Ups (Feet on Stability Ball) Push Ups (Hands on Stability Ball) Push Ups (Feet Elevated) Push Ups (Two Hands on One Med Ball) Jack-Me-Ups Parallel Bar Dips (no added weight) Dumbbell Push-Ups Dumbbell T-Push-Ups

Rotator Cuff – External Rotation

1-2 sets of 10-15 repetitions
Lying Dumbbell External Rotation (lying on side)
Incline Dumbbell External Rotation (lying on side)
Lying Dumbbell External Rotation (lying face down - low position)
Lying Dumbbell External Rotation (lying face down - high position)
Lying Dumbbell External Rotation (lying on back)
Band External Rotation (upper arm at side)
Band External Rotation (upper arm at 90 degrees)
Cuban Press

Neck and Trap

1-3 sets of 8-15 repetitions
4 Way Manual Neck
4 Way Neck Machine
Stability Ball Neck Bridging
4 Way Neck with Plate
Dumbbell Shrug
Barbell Shrug
Hammer Seated Shrug
Bent Over One Arm Dumbbell Shrug
Upright Row (Various Bars or Dumbbells)

Arms

1-3 sets of 8-15 repetitions Lying Dumbbell Extension Lying Barbell Extension Lying EZ Bar Extension JM Press Tate Press Rolling Dumbbell Extension Dumbbell Extension with Bands Piston Push Downs Barbell, Dumbbell, or EZ Bar Curl Dumbbell Hammer Curls Zottman Curls

Wrist Curls

Reverse Wrist Curls Ulnar Deviation Radial Deviation Wrist Rotation Wrist Roller

Abs (High Repetition)

2-4 sets of 25-50 repetitions

Various Crunches Various Leg Raises Various Reverse Crunches Side Crunches V-Ups Sprinter Sit-Ups APFT Sit-Ups * We will use many different variations and combinations of all of these movements.

Day 4 (Thursday)

High CNS Demand (Lateral Speed) Running Session

Dynamic Warm-Up - Ground Based (Mostly from the Parisi Warm-up) Foot Quickness - 4-Square or Line Drill Plyometrics - Multi-Directional Box Jumps or Depth Jumps (3-6 total jumps) Deceleration Technique (Mostly from The Parisi Deceleration Method) Shuttle, Ladder, or 6 Cone COD Drills (2-4 reps of any given drill) Conditioning (Optional) – 150 Shuttles, 30-60-90-120 Intervals, etc.

IN-SEASON TRAINING

MARCH-MAY

Our in-season training was very similar to our pre-season training in terms of scheduling, exercise selection and volume. This was especially true for the lifting session on Day 1. The second lift of the week was reduced in volume compared to the pre-season. Sometimes this session was even eliminated during weeks with mid-week games scheduled.

Day 1 (Monday)

High CNS Demand Total Body Lifting Session - This session was almost identical to the Monday lifting during pre-season.

Day 2 (Tuesday, Wednesday or Thursday Afternoon)

Low CNS Demand Total Body Lifting Session We would reduce the volume even further and sometimes replace this session with a Total Body Strength Session on the field in conjunction with the Mobility and Flexibly session.

Day 3 (Thursday Evening)

Low CNS Demand Total Body Mobility & Flexibility Session (On the Field) This may also have lower and upper strength components included as well depending on the weekly schedule.

OFF-SEASON TRAINING

Our off-season training was loosely based on Joe DeFranco's "Westside for Skinny Bastards" program. It is a 3-Day program that has been tweaked a little to fit our logistical and facility needs. Since incorporating this particular program for our Baseball players, I have seen tremendous gains from everyone. I was pleasantly surprised and am thoroughly convinced that this is the best program for the off-season here at West Point. We have made some minor adjustments with the upper body and lower body split and we maintain multiple 3-4 week cycles.

OCTOBER-NOVEMBER				
	MONDAY	WEDNESDAY	FRIDAY	
WEEK 1	ME LB - Squat	ME UB - Pull/ Row	ME LB - Deadlift	
WEEK 2	ME UB – Press Emp.	ME LB - Squat	ME UB - Pull/ Row	
WEEK 3	RE LB – De-load	ME UB – Press Emp.	Strongman Comp.	

Once our speed and agility sessions were included into our training, we reduced the lower body lifting days to once a week. We felt this was crucial for recovery. We have also flipped the thursday and friday days in the past and are still experimenting on which split will give us the maximum results.

DECEMBER - JANUARY					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	ME Upper	Linear Speed	ME Lower	RE Upper	Lateral Speed Conditioning
WEEK 2	ME Upper	Linear Speed	ME Lower	RE Upper	Lateral Speed Conditioning
WEEK 3	ME Upper	Linear Speed	ME Lower	RE Upper	Lateral Speed Conditioning
WEEK 4	ME Upper	Linear Speed	ME Lower	RE Upper	Lateral Speed Conditioning

There are many different ways to train athletes to prepare for college baseball. For the unique situation at West Point, we felt this is the most efficient way to get the most results.

PROGRAMS THAT WORK 3 VOL. 2

Every situation is unique and what worked for us may not work somewhere else. We are blessed in this information age to have so many resources at our disposal. There are many people who had influenced our program without even knowing it. Most can be found on elitefts.com. There is a saying that the best coaches are also the best thieves. Just as we have "borrowed" most of our ideas and plugged them into our situation. I hope you can "borrow" some of our ideas.

Mark Watts is the Director of Education at elitefts[™]. He has a master's degree in exercise science and health promotion from California University of Pennsylvania and a master's degree in elementary education from Clarion University of Pennsylvania. Mark has been working with college athletes in over 20 different sports at the Division I, II, and III levels for over 15 years as a strength and conditioning coach. Prior to elitefts[™], he coached athletes at Denison University, the United States Military Academy at West Point, Allegheny College, and Clarion University. He has also completed strength and conditioning internships at the University of Tulsa and Ohio State University. Mark is certified by the National Strength & Conditioning Association, USA Weightlifting, the National Academy of Sports Medicine, and the Collegiate Strength & Conditioning Coaches Association. He started competing in powerlifting in 1997 and is an amateur Strongman competitor in the master's division. Mark is originally from Pittsburgh, Pennsylvania, and is a USMC veteran.

Karsten Jenson

THE MOST POTENT WAY TO BUILD MAXIMAL STRENCTH

se Heavy Loads with an eccentric emphasis to improve structural as well as functional strength is Insider Principle 11 out our 21 Insider Principles of World Class Strength and Conditioning.

Creating an eccentric emphasis in the training program can be done with SUB maximal loads (loads below 100 % 1rm) or with SUPRA maximal loads (loads above 100% 1RM).

Creating an eccentric emphasis with sub maximal load is done by slowing down the eccentric phase of the movement. An example of this strategy is to perform the eccentric part (lowering) of the weight in 5-10 seconds. Eccentric emphasis with sub maximal loads can (and should be) used by nearly all athletes/clients and is extensively used in the ISS ("Isolation-Stability-Structure") and SIS (Structure-Isolation-Stability) blocks of my "Flexible Periodization Method"

Eccentric training with SUPRA maximal loads is a "different animal" all together. Eccentric training with SUPRA maximal loads are saved for the SSP (Skill-Strength-Primal Patterns) (1) blocks in the "Flexible Periodization Method"

Eccentric training with supra maximal loads is about lowering more weight than you can lift.

PROGRAMS THAT WORK 3 VOL. 2

Lowering weights in excess of 100% of 1RM is the SINGLE method that creates the HIGHEST tension on the musculoskeletal unit.

Thus, if the client/athlete is ready for it – **lowering weights in excess of 100 % 1RM is the most potent way to build maxi**mal strength.

But if you load the bar with a load in excess of what you can lift, and lower it, how do you get the weight back up? Meet "weight releasers"!

Instead of manually de loading the bar after each rep, weight releasers – placed on the bar in the top of the lift - gently releases themselves from the bar at a designated height (typically the absolute bottom of the lift)

An important goal with my book, "The Flexible Periodization Method" is to bridge periodization theory to specific program design. Therefore section 2 of the book includes specific method variations that you can use to build your programs.

Below is one example of such a program, a squat cycle of 12 workouts that helped world class water skier Jesper Cassoe bring his Back Squat (top of thighs parallel to floor) close to twice his bodyweight .

Session nr	Sets x reps	Load on the bar (%1RM)	Total load(%1RM)
1	1x8	60%	85%
2	1x7	60%	90%
3	1x6	80%	95%
4	1x5	80%	100%
5	lx4	80%	105%
6	2x2	70%	115%
7	2x2	70%	110%
8	2x2	70%	120%
9	1x5	80%	105%
10	3x1	70%	125-135%*
11	2x2	60%	100%
12	3-5x1		TEST IRM

The program is designed with a very low volume pr session and is meant to be performed 3 times a week. Thus the duration of the program will be 4 weeks.

I created this cycle based on the "Train as often as possible while staying as fresh as possible"- principle outlined in "Science and Practice of Strength Training", by Wladimir Zatsiorsky.

Weight releasers work with exercises that have an ascending strength curve (you are strongest in the top of the lift). Prime examples are squats, dead lifts (powerlifter OR Olympic weightlifting style) and bench press. Any exercise trained in this fashion should be placed first in the training program and each set should be perform as close to maximal readiness as possible.

A few words of caution: Be careful when you load the weight releasers on to the bar. They can be placed on the bar while the bar is still racked, in which case you must un rack the bar carefully and sym-metrically. The last thing you want is to have one of the weight releasers fall off!

The weight releasers can also be placed on the bar in the un racked position, in which case two spotters are needed, each holding a weight releaser and placing carefully on the bar at the same time (use a 2-1-now! command)

Typically a power lifter should not use supra maximal eccentric training as the last cycle before a competition. Due to the supra maximal loads, the bar must be lowered slowly – for most lifters more slowly than the lifter's preferred rhythm. Therefore, the supra maximal loading cycle should be followed by a short cycle, where the new strength is integrated into the rhythm of the competitive lift.

! Make sure to get The Flexible Periodization Method to learn more different method variations SPECIFIC to each phase of a macro cycle AND take the confusion out of creating periodized training programs. (Sign up for our newsletter at www. yestostrength.com to receive advanced notification)

References:

1. Primal Patterns are a trademark of the Chek Institute. (www.chekinstitute.com)

As a Strength and Conditioning Expert Karsten Jensen has helped World Class and Olympic Athletes and coaches from 13 different sports since 1993, including seven years with the Danish National Elite Sports Institution. He believes in the unlimited potential of the human being and shares his viewpoints as an international speaker, author of several books and educator with Certified Professional Trainers Network. He currently works as a high performance trainer at the University of Toronto and also shares "Insider Principles of World Class Strength and Conditioning Methods" through his website ww.yestostrength.com. He holds a Masters degree in Exercise Physiology as well as several other certifications. Jay Demayo



Phase 1				
Work Out	Reps/Sets	Day 1	Day 2	Day 3
Warm Up				
Roll Out				
Carries: Waiters Walk, Suitcase				
Squat Stretch/ Boot Strap/ Pulse Squat/ Goblet Squat	x5ea x5/:03			
Rev. Good AM/ RDL/ 1arm 1 leg Row/ Swing	x3/.03			
Pulsing Hip Flexor Stretch				
Superman Planks 10sec.ea./ Scap Push Up/ Peter Pan Push Up				
Bridges	2x20sec.			
Rack Step Overs	x10			
Inverted Row	x10			
Rack Squat Unders	x10			
Lift				
Band AB/Adduction, Flexion/Extension (In Squat Warm Up)	x20 Each			
Back Squat				
Warm Up 1 (Down Dog/Pigeon)	x5E			
Warm Up 2/2 Way 1/2 Kneeling Lunge Stretch (AD/HF)	x20			
Back Squat				
Pull Through	x20			

Phase 1	
Leg Press Calf Raise	x20
Straight Arm Pull Down	x20
Triceps Push Down	x20
Lat Pull Down/Pull Up	x20
Bat Wings	x20
Head Supported Post Delt Flies	x20
Full Front Raise	x20
DB Curls	x20
Ab Wheel/GH Sit Up/Stir-The Pots/Rev Crunch/Rev Trunk Twist	x25 Each
Hanging Abs Progression	x25
Flutter Kicks (On Back and Front) On Bench	x25 Each
Back Raise w/Pause	x20

Phase 1b				
Work Out	Reps/Sets	Day 1	Day 2	Day 3
Warm Up				
Roll Out				
Carries: Waiters Walk, Suitcase				
Squat Stretch/ Boot Strap/ Pulse Squat/ Goblet Squat	x5ea x5/:03			
Rev. Good AM/ RDL/ 1arm 1 leg Row/ Swing	X0/.00			
Pulsing Hip Flexor Stretch				
Superman Planks 10sec.ea./ Scap Push Up/ Peter Pan Push Up				
Bridges	2x20sec.			
Rack Step Overs	x10			
Inverted Row	x10			
Rack Squat Unders	x10			
Lift				
Band AB/Adduction, Flexion/Extension (In Squat Warm Up)	x20 Each			
Back Squat				
Warm Up 1 (Down Dog/Pigeon)	 x5E			
Warm Up 2/2 Way 1/2 Kneeling Lunge Stretch (AD/HF)	x20			
Back Squat				
Pull Through	x20			

Phase 1b	
Leg Press Calf Raise	x20
Straight Arm Pull Down	x20
Triceps Push Down	x20
Lat Pull Down/Pull Up	x20
Bat Wings	x20
Head Supported Post Delt Flies	x20
Full Front Raise	x20
DB Curls	x20
Ab Wheel/GH Sit Up/Stir-The Pots/Rev Crunch/Rev Trunk Twist	x30 Each
Hanging Abs Progression	x25
Flutter Kicks (On Back and Front) On Bench	x30 Each
Back Raise w/Pause	x20

Phase 1c				
Work Out	Reps/Sets	Day 1	Day 2	Day 3
Warm Up				
Roll Out				
Carries: Waiters Walk, Suitcase				
Squat Stretch/ Boot Strap/ Pulse Squat/ Goblet Squat	x5ea x5/:03			
Rev. Good AM/ RDL/ 1arm 1 leg Row/ Swing	X3/.03			
Pulsing Hip Flexor Stretch				
Superman Planks 10sec.ea./ Scap Push Up/ Peter Pan Push Up				
Bridges	2x20sec.			
Rack Step Overs	x10			
Inverted Row	x10			
Rack Squat Unders	x10			
Lift				
Band AB/Adduction, Flexion/Extension (In Squat Warm Up)	x20 Each			
Back Squat				
Warm Up 1 (Down Dog/Pigeon)	x5E			
Warm Up 2/2 Way 1/2 Kneeling Lunge Stretch (AD/HF)	x20			
Back Squat				
Pull Through	x20			

Phase Ic	
Leg Press Calf Raise	x20
Straight Arm Pull Down	x20
Triceps Push Down	x20
Lat Pull Down/Pull Up	x20
Bat Wings	x20
Head Supported Post Delt Flies	x20
Full Front Raise	x20
DB Curls	x20
Ab Wheel/GH Sit Up/Stir-The Pots/Rev Crunch/Rev Trunk Twist	x35 Each
Hanging Abs Progression	x30
Flutter Kicks (On Back and Front) On Bench	x35 Each
Dolphin Kicks (On Back and Front) On Bench	x30 Each
Back Raise w/Pause	x20

This is the first 6-9 weeks of our initial training plan for our swim team here at the university. As you can see from the plan, it begins to make the slow, gradual progression from general to specific as we progress throughout the fall.

A few key points to keep in mind with this program:

- 1. You are reading correctly this is 1 set of 20 repetitions. I do follow quite a bit of what Dr. Yessis teaches, and have had a great amount of success following his methods. There are quite a few things to keep in mind with this program:
- a. Your intensity and volume is low. Remember, most swimming athelte's cover a TON of yardage a week. There's no reason to drill them into the ground on land.
- b. Progress as needed. Do not sacrifice technique in any of the exercises to add resistance or (in the case of the ab work) volume. At the end of the day the athlete could care less if they can squat more than before (some care, and of course strength coaches care, but other than that it's reality). All they care about is are they going to move faster, period.

- c. The warm up exercises were taken directly from Dan John's DVD lecture series recorded during the "Never Let Go Book Tour Event". It's really fantastic. Honestly, the whole thing was taken right from there. I've seen (both with myself and my athletes) that squatting and moving just feels better following that protocol.
- d. I use the Active Cords that Dr. Yessis has for all the band work. I think they work great for not only these, but a bunch of other specialized exercises that we get into later.
- e. For the "Hanging Ab Progression" we go in the following order: 1 knee up at a time with a pause both at the top and when the feet are together, 2 knees up at a time with a pause at the top and bottom, straight legs to 90 with a pause at the top and bottom, knees to arm pits with pauses, toes to bar. The big thing we try to do is have the athletes stay in a "line" and not let their "butts pop back." We want to be able to hold that streamline position on top of the water, we are looking to strengthen the mid-section to hold this position better here.
- f. The Land Mine ¼ Squat and Press is a lead in to more specialized exercises to work the push off motion of the wall. It's just a squat press with a bar in the landmine. If you don't have one, I have 2 of the Eco Landmines through EliteFTS. Get them. No seriously, minimize this screen and go order a couple now. They're a great, inexpensive tool that is worth triple what they charge for it.
- g. We use the leg press for the calf raise because I don't want to load their shoulders again, but if you would prefer to use a bar, or have a machine for calf raises, that's fine too.
- h. For the Flutter Kicks and Dolphin Kicks, put your hips at the end of the bench, lower 1 leg (in the flutters, 2 in the dolphins) to the floor and raise the opposite leg the same distance above your midline and then switch (or just go up as high as you went down in the dolphin). Like with the hanging ab progression, the goal is to do so without arching your lower back. Keep that "streamline" so the athlete stays "on top of the water."
- i. Remember that the athlete's, espically new ones, have a HUGE amount of stress on them, so allow them to progress slowly. Do not be afraid to cut a work out short, or even pull it out completely. Just because "this is what is says" doesn't mean a thing. Get to know your athlete's and feel out how they are feeling/adapting/recovering and know that if you back them off one day, you may have just saved 2 down the road.
- j. With all that being said, you still push it. This isn't an "easy program". The "20's" are going to challenge your fitness, your strength, and challenge you mentally to push through it. If you stick with it, progress slowly, and don't back away from it you will see significant results. I have 6 women who have squatted more than their body weight for 20 reps. Yes, you read that right, 18-22 year old women in the program for 2 years are squatting their bodyweight for a 20. You will get stronger, you will improve your fitness, and once you've mastered this level you are ready to progress.

Enjoy, train hard, and swim fast.

Jason DeMayo is in his 10th year as a strength and conditioning coach at the University of Richmond, and his eighth year working with the men's basketball team.

DeMayo is directly responsible for the strength training, conditioning and flexibility development of the men and women's basketball teams. He also educates the student-athletes on the proper nutrition to make sure their bodies are performing to their full potential.

Jay has presented at 10 different seminars and clinics in five different states and has coached and lectured for a month at Ningbo University in China.

He came to Richmond from Indiana State, where he was a graduate assistant during the 2002-03 academic year. The Fairport, N.Y. native played on the soccer team at SUNY-Cortland.

Mike Stuchiner

THE SEMI GEARED 5/3/1 **PROGRAM**

I need to state right from the beginning that the base of this program is the end result of multiple emails between myself and Adam Driggers. I had read one of his posts regarding his prep for the 2014 Arnold Classic and I felt some of the ideas would work for me. So, I applied them. This program is dedicated to those who are training alone and still want to apply the use of gear to there training.

The Squat

Just like the 5/3/1 this is run in 3 week cycles.

Week 1- 5's- This is done raw and it is based off of 90% of your best raw squat

(65%, 75%, 85%)- 2 back off sets with 75%

Week 2- 3's This is done in briefs and a belt and is based off of 90% of your best brief squat (70%, 80%, 90%). 2 back off sets with 80%

Week 3- 1's- This is done in briefs, belt and knee wraps and is again based off of 90% of your best brief squat. (75%, 85%, 95%). If you feel good go for a pr and if not do 2 more singles with 95%.

Assistance Work

Quad's, Hamstrings, lower back and abs all for 5 sets of 10-15 reps

The Bench press

Week 1- 5's- This is done as a full range movement raw. (65%, 75%, 85%)

2 back off sets at 80%

Week 2- 3's- This is a partial movement-(pin press, floor press or rev cambered bar)- just work up to a heavy triple. Then take 10% off that top number and do 2 back off sets.

Week 3- 1's- This is a full range movement based off you best raw single but here you will be using the sling shot in replacement for a bench shirt. (75%, 85%, 95%)

Assistance work

Heavy rows, over head presses, tri's all 6 sets of 10-15 reps

Deadlift

Basic 5/3/1 program with back off sets each week. I personally train the deadlift raw but if you do use briefs or a suit then apply weeks 2 and 3 as if you would in the squat.

Assistance work

Upper back, shrugs, hamstrings, abs all 6 sets 10-15 reps

Mike Stuchiner (aka Paper) is a 38-year-old native New Yorker and an elite-level powerlifter of 21 years. His current best total is 1950 pounds in the 275-pound weight class. He has squatted 800 pounds, benched 565 pounds, and deadlifted 635 pounds. Mike has a master's degree in herbal medicine, a license in massage therapy, and is certified in ART work. Mike has written two booklets on herbal medicine, has done over 75 lectures, and is always available for consultations and lectures. Mike can be reached at: powerherb@yahoo.com. You can also visit his new website at Eliteherbalist.com

by Joe Giandonato, MS, and Eric Clark

ELITE DEFENIVE BACK TRAINING

he skillset required to be an elite defensive back is quite expansive. An elite defensive back must possess appropriate levels of muscular and cardiorespiratory fitness, a constellation of biomotor abilities, which include: strength, speed, power, agility, and coordination, fully developed skill competencies as well as intangibles, ranging from mental toughness to instincts. Athletes deficient in any of the aforementioned categories will not be capable of competing at their greatest potential.

Football requires a significant investment of time and resources to ensure adequate preparation. Athletes and coaches must devise a sustainable strategy which encompasses the development of a balanced blend of physical attributes and technical skills. Athletes are expected to meet and be capable of exceeding competitive demands. With game speed growing exponentially faster and offenses and defenses evolving into intricately complex schemes, its vitally important that football players thoroughly develop, in the most efficient manner possible, the physical and technical skills as well as the proper mentality necessary to performing at their highest level.
Coaches and scouts want the total package. While a big bench or clean numbers are commendable, a weight room warrior can easily be found at any nearby gym. While speed is very important, if an athlete cannot change direction, redirect, and decelerate fluidly, that speed won't transfer to the football field. Similarly, an athlete capable of dancing around cones and zipping through agility ladders won't see the field if they're 50 pounds lighter than the guy they're lining up from. Strength, speed, and agility are worthless if the football player lacks positional skills. And physical and technical skills are as good as a 56K modem in today's computing world, if the athlete isn't tough or in shape.

Five Defensive Back Training Tenets

Athletes should take heed to the advice outlined below if they're serious about elevating their game. Football coaches and strength and conditioning professionals would be wise to invest some consideration in the following training guidelines.

1. Train to become a better athlete

Defensive backs have churned out some impressive testing numbers throughout the years in the NFL Combine and during Pro Days.

In 2005, Gerald Sensabaugh of North Carolina registered an NFL Combine record of 46 inches in the vertical jump. That same year, Scott Starks of Wisconsin recorded an 11'4" broad jump. Two years later, Chris Houston of Arkansas posted 27 reps of 225 at a bodyweight of 185 pounds. He also ran a 4.32 40 yard dash.

Defensive backs are usually regarded as being the best athletes on the field as their positional demands require a versatile skillset. Defensive backs must be able to go stride for stride downfield with wide receivers and acrobatically defend passes with precision, requiring great leaping ability and painstaking body control. They must be able to swiftly dodge blockers while they pursuit ball carriers. Lastly, they must have the power to hit ball carriers and the strength to bring them down to the ground.

We encourage our football players to become better athletes and not pigeonhole themselves as weightlifters, powerlifters, sprinters or jumpers. The training programs we assemble for our athletes merely draw from a number of disciplines; however, we ensure there is appropriate balance between modalities and caution that coaches and athletes refrain from using one sport to train for another. We iterate the ideal of train to become a better athlete, just not a better lifter or runner.

The components of a training program that should be addressed include limit strength work, muscular endurance, muscular power, specific energy system capacity and power work, linear and multidirectional speed work, soft tissue health, which includes myofascial work and flexibility, and recovery.

2. Prioritize Strength Appropriately

Defensive backs, especially cornerbacks need strength to jam receivers at the line which prevents them from getting a clean release. This is vital when covering a speedy receiver. Some cornerbacks have been successful in spite of not possessing elite top end speed. All-Pro corners Ronde Barber and Nnamdi Asomugha imposed their physicality at the line on faster receivers. Jamming the receiver is necessary to play effective press coverage. In the Buccaneers' Tampa 2 defense, Ronde Barber would routinely jam the receiver lining up from him at the line and drive him inside; however, jamming is more popular in man-to-man coverage. During his prime, Nnamdi Asomugha was regarded as an elite shutdown cornerback.

Younger athletes would be best served investing a bulk of their off seasons getting stronger. Strength is a foundational biomotor ability. Without a sufficient amount of strength, an athlete won't be able to absorb or generate force, maintain body control, and stave off otherwise innocuous injuries. Youth football players, younger high school players, and athletes with naturally slight frames in comparison to their bigger counterparts, should devote most of their efforts in getting stronger.

The approach we've found to be the most optimal with younger athletes beginning a strength training program is to focus your efforts on coaching in the weight room. Observe how they move and teach them how to move better. Introduce them to bodyweight exercises by first teaching them how to achieve and maintain spinal neutrality through quadruped and prone exercises and how to properly brace. One they've demonstrated these two concepts, they may incorporate isometric exercises into their training such as bridging, planking, squat, lunge, push up hold and flexed arm hangs before incorporating dynamic strength exercises. We suggest incorporating compound movements with just the bar or a dowel initially and emphasize tempo, accentuating the eccentric and pause portions of the movements which help establish kinesthetic awareness and proprioception.

With regards to periodization, linear works best with younger, lesser experienced athletes and as we've outlined earlier we utilize movement progression transitioning moving from ground-based stabilization exercises to ground-based compound exercises. For example, a sensible continuum regarding movement progression is as follows: supine – prone – quadruped – half kneeling – double kneeling – split stance – squat hold – standing – hinging – squatting – landing – bilateral jumping.

When dealing with younger athletes and those with fewer training years under their belts, we abide by simple progressive overload guidelines and conservatively increase resistance (load progression), mechanical work and physiological output (volume progression), and planar progression (i.e., sagittal to frontal, frontal to transverse). Conversely, stronger athletes and older athletes will necessitate vastly different preparatory strategies. Stronger athletes may require more power development work, conditioning, or skill work. Older athletes typically need to devote more time to recovery. Coaches and athletes should be advised to balance preparatory approaches judiciously.

3. Perform Appropriate Agility Work

Agility ladders and cones have been long abused by sport and strength coaches as babysitting tools. Our contention with ladder work is that it promotes rapid foot turnover as the athlete weaves in and out of the predetermined path laid out in front of them. Rapid foot turnover inhibits the amount of force the athlete can put in the ground which is detrimental to speed development and athletic performance.

Cone work is effective when preparing for closed skill tests such as the 5-10-5 pro agility drill and the T-test, which are routinely tested at skills combines. Outside of that, instructing athletes to run along predetermined courses lined with cones is glorified busy work unless you teach your athletes how to move in the first place.

Agility is not rabidly slicing through ladders and weaving through obstacle courses while a coach yells one word directives in the midst of a daydream.

Agility is the locomotor skill whereby and athlete changes direction, redirects, or transitions to another movement while nearly maintaining the same speed.

Change of Direction

Change of direction involves engaging in a turn beyond 90 degrees of more. Momentum in one direction is stopped through braking before a movement in another direction is generated.

To ensure efficient braking, an athlete should transition into a squat position while they slow down. Instructing an athlete to do so will lower their center of gravity, mitigating rotational torque occurring at the base of support.

Additionally, the athlete should be instructed to align the upper leg, lower leg, and foot which is braking, in the direction of the movement they are trying to slow or stop.

Lastly, braking should occur with shorter strides, which prevents false stepping and reduces the likelihood of injury.

Redirection

Redirection involves engaging in a turn less than 90 degrees. Effective redirection comprises shifting the one foot or both in the desired direction. It is advisable that athletes maintain constant stride length and frequency while redirecting as the turns are not as sharp. Greatly altering stride length or frequency will cost the athlete time and may expose them to an increased injury risk.

Transition

Transitioning generally entails a rotation between movements. Effective transitioning comprises the initiation of rotation at the hip joint of the stance leg which triggers full body rotation. Rotating during the stance phase permits the foot to push as the hips and torso are aligned in the desired direction.

Backpedal

Defensive backs typically begin each play in a backpedal. Defensive backs use the backpedal to detect the receiver's anticipated route, either inside or outside.

Cornerbacks defending receivers on their routes will generally transition from a backpedal into a sprint downfield. It is vital that cornerbacks establish a firm stance prior to backpedaling which is derived from the athletic ready position.

The stance position should encompass shoulder width foot position, slightly bent knees and hips, with the shoulder pads in front of the toes and torso perpendicular with the ground. Coaches have also suggested that the feet be slightly staggered, with the foot closest to the sideline up and the opposite foot back. Arms and shoulders should be relaxed and draped close to the body. The body should be kept low which will ease the transition between the backpedal and subsequent sprint.

Defensive backs should be instructed not to run backwards when backpedaling. Instead, they should be told to push off the front foot and glide the opposite foot back and repeat until they transition into sprinting downfield.

Speed Turn Drill

One of our favorite defensive back agility drills is the speed turn drill. The speed turn drill integrates a reactive com-

ponent as the athlete begins in a backpedal, before breaking toward the quarterback and awaiting a coaches signal to turn and run down the sideline while looking back at the quarterback as if they were covering a receiver in man-to-man coverage. The athlete must remain attentive as they stride downfield and be ready to defend or intercept the ball thrown at them to complete the drill.

The drill is regarded as a hallmark assessment by coaches and scouts as it gauges the defensive back's hip fluidity, instincts, and hand-eye coordination. As such, the drill often appears at combine workouts, pro days, tryouts, and early in camp.

Strength Matters

Requisite to performing these drills, athletes must demonstrate acceptable levels of strength and exhibit mastery of basic movement patterns. If an athlete cannot perform a bodyweight squat to parallel without compensating at the lumbosacral region, it'd be prudent to have them devote more time to strength, mobility, or flexibility or a balance of the three. Preliminary research revealed that a substantial difference in spine tilt angle exists between high speed backpedaling and low speed backpedaling, showing that greater spine tilt angles (closer to an erect torso) generated slower speeds. While it could be surmised that greater spine tilt angles were attributable to lower skills as backpedaling is a skill dependent task, the greater spine tilt angles may also be associated with lower strength levels. It requires a lot of strength and body control to maintain a stance and explode out of it into a proper backpedal.

4. Get Tougher

While defensive backs are regarded as the best athletes on the field, they are also stereotyped as prima donnas who are unwilling to deliver a hit or make a tackle downfield.

Coaches and scouts look for toughness in their players and defensive backs aren't given a free pass. In order to play football at a high level, you must be tough; otherwise your ass will be covered in splinters from riding the pine throughout your career. While there's no handbook for developing toughness, we like to challenge the intestinal fortitude of our players by having them perform strongman influenced training within workouts from time to time.

Loaded carries, consisting of yoke walks, farmer's walks, and performed for time, distance, or volume, usually do the trick. We prefer loaded carries to tire flips, stones, and keg tosses, as they do not require technical proficiency, carry lower injury risks, and provide an ample metabolic stimulus, as they can be performed longer without many breaks or interruptions. Farmer's walks strengthen the core and improve grip strength. Improving grip strength will pay dividends as the defensive back has to fight the receiver for the ball, drag fleeing ball carriers to the ground by their jersey, or strip the ball from an opposing player.

Loaded carries also serve as a viable alternative to sprints and conditioning in the context of punishment exercise. While we frown on doling out exercise as punishment, we realize that it happens out there. Carries don't beat up the legs as much as sprinting does, provided they aren't too heavy.

Other toughness building modalities may include but are not limited to timed sets, giant sets, and circuits consisting of single joint and/or non-ballistic bodyweight exercises. These strategies are best used in the offseason as the timed sets and giant sets are used to build work capacity, training density, and serve as an ample hypertrophic stimulus. Bodyweight exercises are great for younger athletes who aren't yet proficient with loaded exercises or at the end of a workout when the body is beset by fatigue.

5. Train the appropriate energy system

The predominant energy pathway in football is alactic aerobic. Football players and coaches mistakenly undermine the importance of the aerobic energy system. A robustly developed aerobic energy system, or as many old school coaches would call it, "an aerobic base", is necessary to the development of an elite athlete. Those with streamlined aerobic functioning are adept in burning fat during exercise and can yield far greater ATP production through aerobic pathways due to enhanced mitochondrial and capillary density. The more ATP you're able to produce aerobically will reduce your reliance on anaerobic glycolysis for energy production. Having a greater "aerobic base" will afford you quicker recovery between bouts of exertion and between training sessions. Lower intensity steady state exercise, or LISS, should be performed during the early offseason to reestablish foundational capacity and tapered down during the preseason and season to maintain aerobic fitness levels.

12 Week Strength Training Program for	a Varsity HS Defensive Back
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Week 1		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 12	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 6 x 6 @ 50% (Focus on Bar Speed)
Barbell Squat 3 x 12 @ 65% paired with Banded TKEs	Barbell Bench Press 3 x 12 @ 65% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 6 x 6, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Timed Banded Pressdowns and Curls 5 rounds of :30 each
Core	Core	Core
Stretch	Stretch	Stretch

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Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 12	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 6 x 6 @ 55% (Focus on Bar Speed)
Barbell Squat 4 x 12 @ 65% paired with Banded TKEs	Barbell Bench Press 4 x 12 @ 65% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 7 x 6, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Timed Banded Pressdowns and Curls 5 rounds of :45 each
Core	Core	Core
Stretch	Stretch	Stretch

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WEER 5		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 10	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 6 x 5 @ 60% (Focus on Bar Speed)
Barbell Squat 5 x 10 @ 70% paired with Banded TKEs	Barbell Bench Press 5 x 10 @ 70% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 8 x 6, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Timed Banded Pressdowns and Curls 5 rounds of :60 each
Core	Core	Core
Stretch	Stretch	Stretch

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WCCR 4		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 8	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 5 x 5 @ 65% (Focus on Bar Speed)
Barbell Squat 5 x 8 @ 75% paired with Banded TKEs	Barbell Bench Press 5 x 8 @ 75% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 5 x 5, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Timed Banded Pressdowns and Curls 4 rounds of :75 each
Core	Core	Core
Stretch	Stretch	Stretch

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WEER J		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 8	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 5 x 5 @ 70% (Focus on Bar Speed)
Barbell Squat 4 x 8 @ 80% paired with Banded TKEs	Barbell Bench Press 4 x 8 @ 80% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 6 x 5, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Timed Banded Pressdowns and Curls 3 rounds of :90 each
Core	Core	Core
Stretch	Stretch	Stretch

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WEER O		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 6	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 5 x 4 @ 75% (Focus on Bar Speed)
Barbell Squat 4 x 6 @ 82% paired with Banded TKEs	Barbell Bench Press 4 x 8 @ 82% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 6 x 4, per- formed with ascending loads, starting at weight of pull and paired with Groiner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 12 A2) DB Neutral Grip Incline Press 3 x 12	A1) DB Flat Bench 3 x 12 A2) DB Reverse Lunge 3 x 12
B1) One Legged Glute Bridge 3 x 12 B2) Calf Raise 3 x 12	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

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Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 5	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 5 x 3 @ 80% (Focus on Bar Speed)
Barbell Squat 4 x 5 @ 85% paired with Banded TKEs	Barbell Bench Press 4 x 5 @ 85% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 5 x 4, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 12 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 12	A1) Pull Up 3 x 10 (Add weight) A2) DB Neutral Grip Incline Press 3 x 10	A1) DB Flat Bench 3 x 10 A2) DB Reverse Lunge 3 x 10
B1) One Legged Glute Bridge 3 x 10 B2) Calf Raise 3 x 10	B1) Dumbbell Row or Inverted Row 3 x 12 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

Week 8			_
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Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 3 x 5	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 5 x 3 @ 85% (Focus on Bar Speed)
Barbell Squat 4 x 4 @ 88% paired with Banded TKEs	Barbell Bench Press 4 x 4 @ 88% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 4 x 4, per- formed with ascending loads, starting at weight of pull and paired with Groiner to Thoracic Rotation
A1) DB Step Up 3 x 10 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 10	A1) Pull Up 3 x 10 (Add weight) A2) DB Neutral Grip Incline Press 3 x 10	A1) DB Flat Bench 3 x 10 A2) DB Reverse Lunge 3 x 10
B1) One Legged Glute Bridge 3 x 10 B2) Calf Raise 3 x 10	B1) Dumbbell Row or Inverted Row 3 x 10 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

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WEER 5		
Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 4 x 4	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 4 x 3 @ 90% (Focus on Bar Speed)
Barbell Squat 4 x 3 @ 90% paired with Banded TKEs	Barbell Bench Press 4 x 3 @ 90% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 4 x 3, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 8 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 8	A1) Pull Up 3 x 8 (Add weight) A2) DB Neutral Grip Incline Press 3 x 8	A1) DB Flat Bench 3 x 8 A2) DB Reverse Lunge 3 x 8
B1) One Legged Glute Bridge 3 x 8 B2) Calf Raise 3 x 8	B1) Dumbbell Row or Inverted Row 3 x 8 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

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Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 4 x 3	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 3 x 3 @ 90% (Focus on Bar Speed)
Barbell Squat 3 x 3 @ 90% paired with Banded TKEs	Barbell Bench Press 3 x 3 @ 90% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 3 x 3, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 8 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 8	A1) Pull Up 3 x 8 (Add weight) A2) DB Neutral Grip Incline Press 3 x 8	A1) DB Flat Bench 3 x 8 A2) DB Reverse Lunge 3 x 8
B1) One Legged Glute Bridge 3 x 8 B2) Calf Raise 3 x 8	B1) Dumbbell Row or Inverted Row 3 x 8 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

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Day One	Day Two	Day Three
Warm Up / Correctives / Neck	Warm Up / Correctives / Neck	Warm Up / Correctives / Neck
Barbell RDL 4 x 3	Push Press or Vertical Med Ball Toss 3 sets	Barbell Hang Clean or Barbell High Pull 3 x 3 @ 90% (Focus on Bar Speed)
Barbell Squat 3 x 2 @ 90% paired with Banded TKEs	Barbell Bench Press 3 x 2 @ 90% paired with Banded Pull Aparts, Wall Slides or Face Pulls	Barbell Front Squat 3 x 2, performed with ascending loads, starting at weight of pull and paired with Gro- iner to Thoracic Rotation
A1) DB Step Up 3 x 8 A2) Swiss Ball Leg Curl or Glute Ham Raise 3 x 8	A1) Pull Up 3 x 8 (Add weight) A2) DB Neutral Grip Incline Press 3 x 8	A1) DB Flat Bench 3 x 8 A2) DB Reverse Lunge 3 x 8
B1) One Legged Glute Bridge 3 x 8 B2) Calf Raise 3 x 8	B1) Dumbbell Row or Inverted Row 3 x 8 B2) Lateral Raise + Front Raise + Rear Delt Raise Combo 3 sets	B1) Player's Choice B2) Player's Choice
Core	Core	Core
Stretch	Stretch	Stretch

Week Twelve

Rest

Week Thirteen

Report to camp and/or test.

References

http://www.shobix.co.jp/jssf/contents/supplement/files/P-181.pdf

About the authors

Joe Giandonato, MS, CSCS, was recently appointed as the Coordinator of Membership Fitness at Drexel University where he'll be overseeing the university's Pro Active Health Fitness Program. Giandonato was previously the Head Strength and Conditioning Coach and Fitness Director at Germantown Academy in Fort Washington, PA, where he presided over the assessment, preparation, and implementation of training programs for athletes grades 6 through 12 and consulted an accomplished alumni base consisting of a number of collegiate and professional athetes. Giandonato also serves an adjunct instructor of exercise science and fitness electives at colleges throughout the Philadelphia-area. In addition to his coaching and teaching duties, Giandonato is also a contributing author on a number of health, fitness, and strength and conditioning websites, including STACK, EliteFTS, Livestrong, and TNation. Previously, Giandonato held stints at Saint Joseph's University, where he assisted with their strength and conditioning program, the University of Pennsylvania, and at the Children's Hospital of Philadelphia, where he developed and availed health promotion programming in a number of departments. A Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and Level 1 Club Coach through USA Weightlifting, Giandonato holds a master's degree in Exercise Science from California University of Pennsylvania and is a graduate of Fairleigh Dickinson University, where he studied psychology. During his undergraduate years, Giandonato competed as a powerlifter and played soccer. Presently, Giandonato is working towards an MBA and training for a full lift raw meet in 2014. He can be reached via e-mail at giandonatoj@yahoo.com.

Eric Clark is presently the defensive backs coach and strength and conditioning coach at Imhotep Charter High School in Philadelphia, PA. Eric also serves as a health and physical education teacher at Northeast High School and works as a personal trainer in the Philadelphia-area. Prior to his arrival at Imhotep Charter, Clark served as an assistant strength and conditioning coach at Saint Joseph's University, where he was responsible for men's and women's soccer and assisted with the preparation of men's and women's basketball and at La Salle University, where he served as an intern strength coach working with all of their varsity teams. Clark is a graduate of Towson University with a degree in Sport Management, where he was a three year starter at cornerback for the Tigers. Clark is certified as a Level 1 Club Coach through USA Weightlifting, Level 1 Track Coach through USA Track and Field, and as a personal trainer through AFAA. Clark is presently completing his graduate studies and helping his graduating players at Imhotep prepare for the rigors of college football.

Mick Manley

SUMO DEADLIET

A surefire way to add pounds to your sumo deadlift

If you ever have some time off between meets and want to focus on your sumo pull, this will add pounds.

Squats

Since our main focus will be for the dead lift, we are going to be box squatting 2 weeks out of the 3 week wave. You will want to sex up the box slightly above parallel. By doing this you will help strengthen your hips tremendously. You will be using reverse minis on your 2 box squats week. This will be an extra wide stance since we're working on hip strength. Since your squat weight will be sub-maximal, we will pull on this day as well.

week 1

work up to a weight you can do 5 for, but only do 3. 5 sets at that weight

conv pulls from floor 3x3 65% of max

week 2

work up to a weight you can do 3 for, only do 2 3 sets at that weight

conv pulls off blocks

4x2 80% of max

week 3

work up to a weight you can do 3 for, only do 2 3 sets

sldls work up to a weight you can do 5 for, only do 3 5x3

week 4

work up to a weight you can do 5 for, but only do 3. 4 sets at that weight

conv pulls from floor 3x3 75% of max

week 5

work up to a weight you can do 3 for, only do 2 3 sets at that weight

conv pulls off blocks 5x2 80% of max

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week 6

work up to a weight you can do 3 for, only do 2 2 sets

sldls work up to a weight you can do 5 for, only do 3 6x3

week 7

work up to a weight you can do 5 for, but only do 3. 3 sets at that weight

conv pulls from floor 4x2 75% of max

week 8

work up to a weight you can do 3 for, only do 2 2 sets at that weight

week 9 – off

Dead lift work

week 1

67% of max 4x3 sumo

55% of max 4x3 sumo standing on 100s

week 2

62.5% of max 4x4 sumo 55% extra wide sumo 6x4

week 3

85% 4x2 sumo

snatch grip dead lifts off blocks (use chains if possible) try to get up to about 70% of max without chains and 85% with chains example based off a 600 max 315 bar weight 200lbs chain weight 5x3 off 2 block

week 4

80% of max sumo 4x3 60% standing on 100's 3x3

week 5

75% - sumo 4x3 65% - extra wide sumo 3x3

week 6

87.5% 4x2 sumo

snatch grip dead lifts off blocks (use chains if possible) try to get up to about 75% of max without chains and 87.5% with chains 2x2 off 3 blocks

week 7

90% 3x1 – sumo

week 8

75% 2x4 – sumo

week 9

test max!!

Accessory work should be based off of weaknesses. Remove accessory work a little at a time as your approach your max testing!!

Mick Manley is an insurance agent who resides in Omaha, NE. The late Rick Hussey helped instill many positive values in him not just as a lifter, but also as person. He has pro totals in three different weight classes and has plans to make huge gains in the 198-pound weight class. His best squat is 860, his best bench is 501 and his best deadlift is 766 pounds. His short term goals are to squat 900, bench 525, deadlift over 800, and total 2100. His long-term goals are to take the all-time total of 2300 pounds and all-time deadlift record of 793 at 181 pounds.

Ted Perlak

PROGRAMMING OVER TWO OVER TWO SOUTHER for Football Off-season (Winter)

recently had the privilege to speak about this topic at one of the Hammer Strength Clinics in May, if you ever get a chance, go to one of these, great coaches – better presentations – and an unbelievable avenue to meet and network with people in the field. This can honestly be said for any clinic, go to them!!!!

The background of this program is that I have tried everything in the

book on myself and with my staff, and when we were brainstorming our off-season set-up all the ideas came back to three training modalities, set-ups, systems, or templates depending on what you want to call them – the west side/conjugate system, Prilepin's chart, and the tier system.

We all loved the Max effort / Dynamic effort set-up of the west side/conjugate system – but with hitting a relative intensity of 100% every week with college athletes at times our technique can go. Also, I love the speed work, and the players love using chains, but as with any of us, what you "love" usually isn't the best thing for you, we didn't have the highest training age, and we needed to get bigger and hit some volume.

I personally had great results using Prilepin's chart parameters, but it is boring, and it is stressful once you

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get to the 80% range. This is a sound loading system if done properly, but over the 7 weeks we needed to get some more variation to keep the players excited about training.

Finally, I love how the tier system allows you to hit 3 focuses – Max Effort, Dynamic Effort, and Repeated Effort (volume), but I am still a 4 day a week guy, nothing against 3 days a week, I just believe that we need to work on limited things with great focus in each session, when we go total body every day I feel that something suffers, also we were a group that didn't need a big "sport specific" program, we needed General Strength, a simple set-up, and extreme attention to detail.

To tie it all in, we stepped back and realized that the only way we could get in what we wanted, be sound, get stronger, and have great attention to detail was to plan over two weeks rather than over 1 week. This is the set-up we created; value the training functions of the tier system – ME, DE, RE.; use the set-up of the west side/conjugate method – ME / DE training, and incorporate the high and low ends of the volume while using Prilepin's chart.

Results? 66 Football players participated in the program, we also ran 3 days a week which isn't outlined in the program, 83% hit a PR in all three main lifts (Power Clean, Bench Press, Front Squat).

The great thing about this set-up is every 2 weeks your athletes "Max" in some type of movement – so the intensity can be through the roof in regards to the atmosphere of the room, you hit dynamic effort every two weeks – on those days the volume per set is low, and the set number is high on your prime movement so the focus on lift set-up, speed, and technique can be high. Every second week your athlete's will hit the high end of Prilepin's chart on the volume days, this is never to failure, and it is always done with perfect form and the weight stays set, again, this allowed us to get perfect reps. Finally, possibly the most important part of the entire program, is the second day of week 2, 4, & 6 (half volume days) we used the low end of the chart, this allowed us to still get a training stimulus, and allowed our kids to have a mini "deload" day every two weeks. We used this day to "pause" every rep of all movements, even assistance lifts, and it allowed me as a coach to follow the plan with the end game of being fresh for our max effort work the following Monday and Tuesday.

Quick notes, we followed a semi-linear loading set up for Olympic movements, we are very strict on Olympic lifts and "train" them hard, but really only "test" them to have loading parameters. We have a very quick hook when it comes to technical break downs. With regards to the squatting movement with athletes I always test the front squat and train the back squat. Whether this is right or wrong it's what I believe, I have always found that the Front Squat is easier to "miss" so on max effort days it is a safer movement, also, on volume days the actual load is heavier with using Back Squat so the training stimulus is higher. Lastly, the majority of our athletes will catch the clean in a full squat, so the higher intensity, lower volume work with the Front Squat benefits our Olympic variations. Below is the basic set-up.

Basic Set-up

Week 1, 3, 5

Monday – ME Upper Body (Running Program in AM) Tuesday – ME Lower Body (No Running) Wednesday – No Lift (Running Program) Thursday – DE Upper Body (No Running) Friday – DE Lower Body (Running Program in the AM – starting week 4)

Week 2, 4, 6

Monday – RE Upper Body – High End of Prilepin's Chart (Running Program) Tuesday – RE Lower Body – High End of Prilepin's Chart (No Running) Wednesday – No Lift (Running Program) Thursday – RE Upper Body – Low End of Prilepin's Chart - pause all reps (No Running) Friday – RE Lower Body – Low End of Prilepin's Chart – pause all reps (Running Program)

Week 7 – Test week

Week 1

Monday – Max Effort Upper Body

	Floor Press – wo o	rk up to 5rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max) Superset w/ 10 Band Pull Aparts each set
	Back Combo – 2	Groups
	0	Group #1 – 1 Arm DB Row – 5x5e
	0	Group #2 – Blue Band Underhand grip Low Row – 5x10
		• 1 set every 75sec – running clock
	Shoulder Girdle -	- 2 Groups
	0	Group #1 – DB Side Raise – 3x8 (10 on last set)
	0	Group #2 – Seated Plate Raise – 3x8 (10 on last set)
		• 1 set every 60sec – running clock
	Assistance Circu	it
	0	Green Band Triceps Push-downs – 8x10
	0	Super set 1st 4 sets w/Incline Y's – 4x10
	0	Superset 2nd 4 sets w/DB Hammer Curls – 4x6e
		• 8 minutes to complete circuit
Tuesda	y – Max Effort Lov	ver Body
	Clean Pull (Block	s) – 3x3 @ 65%, 70%, 75%
	0	1 set every 90sec – running clock
	Power Clean (Flo	or) – 2 @ 65%, 1 @ 70%, 3x3 @ 80% add wt if easy after set 1
	0	1 set every 2minutes – running clock

- Front Squat work up to 3rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max)
- Posterior Chain (hip extension) + WT'd Core 2 Groups

- o Group #1 Back Extension w/weight 3x10
- o Group #2 Full Sit-up w/weight 3x10
- Single Leg + WT'd Core #2
 - o Group #1 DB Box Step-up 3x5e
 - o Group #2 Band Standing AB 3x20 (off GHR)

Thursday – Dynamic Effort Upper Body

- Pull-up Holds 5x:20 sec 4 Groups (20sec Work, 60sec Rest)
- DE Chain Bench Press 60lbs of Chain (standard regardless of Max) 2 @ 50%, 2 @ 55%, 8x2 @60% Pause Every Rep – Focus on Bar speed and pushing your head, shoulders, butt through the bench.
 - o Superset w/ 10 Band Pull Aparts each set
 - 1 set every 2 min running clock
- Shoulder Girdle 2 groups
 - o Group #1 DB Seated Clean 3x8 (10 on last set)
 - o Group #2 Green Band Face Pull 3x10 (12 on last set)

Assistance Circuit

- o Red Band Resisted Push-ups 8x10
- o Super set 1st 4 sets w/Incline T's 4x10
- o Superset 2nd 4 sets w/DB Curls 4x6e
 - 8 minutes to complete circuit

Friday – Dynamic Effort Lower Body

- Clean Pull (Floor) 3x3 @ 60%, 65%, 70%
- Hang Clean (pause above knee Low Catch) Foundation Style 2 @60%, 1 @65%, 3x3 @ 70%
- DE Chain Front Squat 60lbs of Chain (standard regardless of Max) 2 @ 50%, 2 @ 55%, 8x2 @60% Pause Every Rep – Focus on Bar speed and pushing your knees out, elbows high, rock solid through the middle.
- Posterior Chain (hip extension) + WT'd Core 2 Groups
 - o Group #1 Band Good Morning 3x10
 - o Group #2 Full Sit-up w/weight 3x10
- Single Leg + WT'd Core #2
 - o Group #1 DB Box Step-up 3x3e
 - o Group #2 Band Standing AB 3x20 (off GHR)

Week 2

Monday – RE (Full Volume) Upper Body

•	Bench Press	
	0	High End of Prilepin's Chart – 3 @ 50%, 5x6 @60% (30 total reps)
	0	Superset w/ 10 Band Pull Aparts each set
		• 1 set every 2 min – running clock
•	Pull-ups	
	0	Set a goal for 5 sets (example – 50 reps) Hit 10 reps each set, perfect form, leave one in the
		tank – don't work to failure
		• 1 set every 2 min – running clock
•	Shoulder Girdle -	
	0	Group #1 – Bar Upright Row – 3x12 (14 on last set)
	0	Group #2 – DB Rear Delt Raise – 3x12 (14 on last set)
		1 set every minute – running clock
•	Assistance #1	
	0	Bar Military Press – (70% of your Bench Press Max) – 3x10 @ 50%
	0	2 Arm DB Incline Row – 3x10
		• 1 set every 90 sec – running clock
•	Assistance #2	
	0	Bar Biceps Curls – 3x10
	0	DB Skull Crushers – 3x10
		1 set every minute – running clock
Tuesday	v – RE (Full Volum	ne) – Lower Body
•	Olympic Combo ·	– Floor
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat
	0	5 sets – 60%, 65%, 70%, 75%, 75%
		• 1 set every 2min – running clock
•	Back Squat	
	0	High End of Prilepin's Chart – 3 @ 50%, 5x6 @60% (30 total reps)
	0	125% of your Front Squat 5rm from week 1
		• 1 set every 2 min – running clock
•	Posterior Chain (knee flexion) + WT'd Core – 2 Groups
	0	Group #1 – Glute Ham Raise – 3x10
	0	Group #2 – Plate Twist – 3x20e
•	Single Leg + WT'c	d Core #2
	0	Group #1 - DB Reverse Lunge – 3x6e

Group #2 – Plate Toe Touch – 3x20 0

Thursday – RE (Half Volume) Upper Body

•	Bench Press		
	0	Low End of Prilepin's Chart – 3 @ 50%, 5x3 @60% (15 total reps) – Pause Every Rep	
	0	 Superset w/ 10 Band Pull Aparts each set 1 set every 2 min - running clock 	
		• I set every 2 min – running clock	
•	Pull-ups		
	0	Hit half the Reps from Monday in 5 sets – (example 50 reps Monday – do 25 on Thursday) –	
		Pause Every Rep	
		• 1 set every 2 min – running clock	
•	Shoulder Girdle -	-	
	0	Group #1 – Bar Upright Row – 3x6 – Pause Every Rep	
	0	Group #2 – DB Rear Delt Raise – 3x6 – Pause Every Rep	
		1 set every minute – running clock	
•	Assistance #1		
	0	Bar Military Press – (70% of your Bench Press Max) – 3x5 @ 50% - Pause Every Rep	
	0	2 Arm DB Incline Row – 3x5 – Pause Every Rep	
		• 1 set every 90 sec – running clock	
•	Assistance #2		
	0	Bar Biceps Curls – 3x5 – Pause Every Rep	
	0	DB Skull Crushers – 3x5 – Pause Every Rep	
		1 set every minute – running clock	
Friday –	RE (Half Volume)) – Lower Body	
	Olympic Combo -	- Blocks	
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat	
	0	5 sets – 55%, 60%, 65%, 70%, 70%	
	-	 1 set every 2min – running clock 	
•	Back Squat		
	0	Low End of Prilepin's Chart – 3 @ 50%, 5x3 @60% (15 total reps) – Pause Every Rep	
	0	125% of your Front Squat 5rm from week 1	
		• 1 set every 2 min – running clock	
	Posterior Chain (knee flexion) + WT'd Core – 2 Groups		
	0	Group #1 – Glute Ham Raise – 3x5 – Pause Every Rep @ Top & Bottom	
	0	Group #2 – Plate Twist – 3x10e	
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Single Leg + WT'd Core #2
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- Group #1 DB Reverse Lunge 3x3e Pause Every Rep @ Top & Bottom 0
- Group #2 Plate Toe Touch 3x10 Pause Every Rep @ Top & Bottom 0

Week 3

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Monday – Max Effort Upper Body

- Pin Press work up to 3rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max) 0
 - Superset w/ 10 Band Pull Aparts each set
- Back Combo 2 Groups
 - Group #1 1 Arm DB Row 5x5e 0
 - 0 Group #2 - Blue Band Underhand grip Low Row - 5x10
 - 1 set every 75sec running clock •

Shoulder Girdle – 2 Groups •

0

- 0 Group #1 – DB Side Raise – 3x8 (10 on last set)
 - Group #2 Seated Plate Raise 3x8 (10 on last set)
 - 1 set every 60sec running clock •
- Assistance Circuit
 - Green Band Triceps Push-downs 8x10 0
 - Super set 1st 4 sets w/Incline Y's 4x10 0
 - \cap Superset 2nd 4 sets w/DB Hammer Curls - 4x6e
 - 8 minutes to complete circuit .

Tuesday – Max Effort Lower Body

- Clean Pull (Blocks) 3x3 @ 70%, 75%, 80%
 - 1 set every 90sec running clock 0
- Power Clean (Floor) 2 @ 65%, 1 @ 75%, 3x3 @ 85% -- add wt if easy after set 1 •
 - 1 set every 2minutes running clock 0
- Front Squat work up to 5rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max)
- Posterior Chain (hip extension) + WT'd Core 2 Groups •
 - Group #1 Back Extension w/weight 3x10 0
 - 0 Group #2 - Full Sit-up w/weight - 3x10
- Single Leg + WT'd Core #2
 - Group #1 DB Box Step-up 3x5e 0
 - 0 Group #2 - Band Standing AB - 3x20 (off GHR)

Thursday – Dynamic Effort Upper Body

- Pull-up Holds 5x:22 sec 4 Groups (20sec Work, 60sec Rest)
- DE Chain Bench Press 60lbs of Chain (standard regardless of Max) 2 @ 50%, 2 @ 55%, 8x2 @60% Pause Every Rep – Focus on Bar speed and pushing your head, shoulders, butt through the bench.
 - Superset w/ 10 Band Pull Aparts each set
 - 1 set every 2 min running clock
- Shoulder Girdle 2 groups

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- o Group #1 DB Seated Clean 3x8 (10 on last set)
- o Group #2 Green Band Face Pull 3x10 (12 on last set)
- Assistance Circuit

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- o Red Band Resisted Push-ups 8x10
- o Super set 1st 4 sets w/Incline T's 4x10
- o Superset 2nd 4 sets w/DB Curls 4x6e
 - 8 minutes to complete circuit

Friday – Dynamic Effort Lower Body

- Clean Pull (Floor) 3x3 @ 65%, 70%, 75%
- Hang Clean (pause above knee Low Catch) Foundation Style 2 @60%, 1 @65%, 3x4 @ 70%
- DE Chain Front Squat 60lbs of Chain (standard regardless of Max) 2 @ 50%, 2 @ 55%, 8x2 @60% Pause Every Rep – Focus on Bar speed and pushing your knees out, elbows high, rock solid through the middle.
- Posterior Chain (hip extension) + WT'd Core 2 Groups
 - o Group #1 Band Good Morning 3x10
 - o Group #2 Full Sit-up w/weight 3x10
- Single Leg + WT'd Core #2
 - o Group #1 DB Box Step-up 3x3e
 - o Group #2 Band Standing AB 3x20 (off GHR)

Week 4

Monday - RE (Full Volume) Upper Body

0

- Bench Press
 - High End of Prilepin's Chart 3 @ 50%, 2 @60%, 6x4 @70% (24 total reps)

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	0	Superset w/ 10 Band Pull Aparts each set
		• 1 set every 2 min – running clock
•	Pull-ups	
	0	Try to beat your number from week 2, still working with 5 sets, perfect form, leave one in the
		tank – don't work to failure
		• 1 set every 2 min – running clock
•	Shoulder Girdle	– 2 Groups
	0	Group #1 – Bar Upright Row – 3x12 (14 on last set)
	0	Group #2 – DB Rear Delt Raise – 3x12 (14 on last set)
		• 1 set every minute – running clock
•	Assistance #1	
	0	Bar Military Press – (70% of your Bench Press Max) – 3x8 @ 60%
	0	2 Arm DB Incline Row – 3x10
		• 1 set every 90 sec – running clock
•	Assistance #2	
	0	Bar Biceps Curls – 3x10
	0	DB Skull Crushers – 3x10
		• 1 set every minute – running clock
Tuesday	y – RE (Full Volur	ne) – Lower Body
•	Olympic Combo	- Floor
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat
	0	- 5 sets – 62.5%, 67.5%, 72.5%, 77.5%, 77.5%
		• 1 set every 2min – running clock
•	Back Squat	
	0	High End of Prilepin's Chart – 3 @ 50%, 2 @ 60%, 6x4@70% (24 total reps)
	0	125% of your Front Squat 3rm from week 3
		• 1 set every 2 min – running clock
•	Posterior Chain	(knee flexion) + WT'd Core – 2 Groups
	0	Group #1 – Glute Ham Raise – 3x10

Group #2 – Plate Twist – 3x20e 0

Single Leg + WT'd Core #2

- Group #1 DB Reverse Lunge 3x6e 0
- Group #2 Plate Toe Touch 3x20 0

Thursday – RE (Half Volume) Upper Body

•	Bench Press	
	0	Low End of Prilepin's Chart –3 @ 50%, 2 @ 60%, 6x2@70% (12 total reps) – Pause Every Rep
	0	Superset w/ 10 Band Pull Aparts each set
		• 1 set every 2 min – running clock
•	Pull-ups	
	0	Hit half the Reps from Monday in 5 sets – (example 50 reps Monday – do 25 on Thursday) –
		Pause Every Rep
		• 1 set every 2 min – running clock
•	Shoulder Girdle	– 2 Groups
	0	Group #1 – Bar Upright Row – 3x6 – Pause Every Rep
	0	Group #2 – DB Rear Delt Raise – 3x6 – Pause Every Rep
		1 set every minute – running clock
•	Assistance #1	
	0	Bar Military Press – (70% of your Bench Press Max) – 3x4 @ 60% - Pause Every Rep
	0	2 Arm DB Incline Row – 3x5 – Pause Every Rep
		• 1 set every 90 sec – running clock
•	Assistance #2	
	0	Bar Biceps Curls – 3x5 – Pause Every Rep
	0	DB Skull Crushers – 3x5 – Pause Every Rep
		1 set every minute – running clock
Friday	v – RE (Half Volum	e) – Lower Body
	Olympic Combo	o – Blocks
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat
	0	5 sets – 57.5%, 62.5%, 67.5%, 72.5%, 72.5%
		• 1 set every 2min – running clock
•	Back Squat	
	0	Low End of Prilepin's Chart – 3 @ 50%, 2 @60%, 6x2 @70% (12 total reps) – Pause Every Rep
	0	125% of your Front Squat 3rm from week 3
		• 1 set every 2 min – running clock
•	Posterior Chain	(knee flexion) + WT'd Core – 2 Groups
	0	Group #1 – Glute Ham Raise – 3x5 – Pause Every Rep @ Top & Bottom
	0	Group #2 – Plate Twist – 3x10e
	Single Leg + W1	7'd Core #2
	0	Group #1 - DB Reverse Lunge – 3x3e – Pause Every Rep @ Top & Bottom
	0	Group #2 – Plate Toe Touch – 3x10 - Pause Every Rep @ Top & Bottom

Week 5

Monday – Max Effort Upper Body

- 2 Board Press work up to 1rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max) o Superset w/ 10 Band Pull Aparts each set
- Back Combo 2 Groups
 - o Group #1 1 Arm DB Row 5x5e
 - o Group #2 Blue Band Underhand grip Low Row 5x10
 - 1 set every 75sec running clock
- Shoulder Girdle 2 Groups
 - o Group #1 DB Side Raise 3x8 (10 on last set)
 - o Group #2 Seated Plate Raise 3x8 (10 on last set)
 - 1 set every 60sec running clock

Assistance Circuit

- o Green Band Triceps Push-downs 8x10
- o Super set 1st 4 sets w/Incline Y's 4x10
- o Superset 2nd 4 sets w/DB Hammer Curls 4x6e
 - 8 minutes to complete circuit

Tuesday – Max Effort Lower Body

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- Clean Pull (Blocks) 3x3 @ 75%, 80%, 85% o 1 set every 90sec – running cl
 - o 1 set every 90sec running clock
- Power Clean (Floor) 2 @ 60%, 1 @ 70%, 1 @ 80%, 3x2 @ 90% -- add wt if easy after set 1 o 1 set every 2minutes – running clock
- Front Squat work up to 3rm, 20 min to find max (if you have time left, continue w/singles @ 90% of that max)
- Posterior Chain (hip extension) + WT'd Core 2 Groups
 - o Group #1 Back Extension w/weight 3x10
 - o Group #2 Full Sit-up w/weight 3x10
 - Single Leg + WT'd Core #2
 - o Group #1 DB Box Step-up 3x5e
 - o Group #2 Band Standing AB 3x20 (off GHR)

Thursday – Dynamic Effort Upper Body

Pull-up Holds – 5x:22 sec – 4 Groups (20sec Work, 60sec Rest)

DE Chain Bench Press – 60lbs of Chain (standard regardless of Max) – 2 @ 50%, 2 @ 55%, 8x2 @60% - Pause Every Rep – Focus on Bar speed and pushing your head, shoulders, butt through the bench.

- o Superset w/ 10 Band Pull Aparts each set
 - 1 set every 2 min running clock
- Shoulder Girdle 2 groups
 - o Group #1 DB Seated Clean 3x8 (10 on last set)
 - o Group #2 Green Band Face Pull 3x10 (12 on last set)
- Assistance Circuit
 - o Red Band Resisted Push-ups 8x10
 - o Super set 1st 4 sets w/Incline T's 4x10
 - o Superset 2nd 4 sets w/DB Curls 4x6e
 - 8 minutes to complete circuit

Friday – Dynamic Effort Lower Body

- Clean Pull (Floor) 3x3 @ 65%, 70%, 75%
- Hang Clean (pause above knee Low Catch) Foundation Style 2 @60%, 1 @65%, 3x4 @ 70%
- DE Chain Front Squat 60lbs of Chain (standard regardless of Max) 2 @ 50%, 2 @ 55%, 8x2 @60% Pause Every Rep – Focus on Bar speed and pushing your knees out, elbows high, rock solid through the middle.
- Posterior Chain (hip extension) + WT'd Core 2 Groups
 - o Group #1 Band Good Morning 3x10
 - o Group #2 Full Sit-up w/weight 3x10
- Single Leg + WT'd Core #2
 - o Group #1 DB Box Step-up 3x3e
 - o Group #2 Band Standing AB 3x20 (off GHR)

Week 6

Monday - RE (Full Volume) Upper Body

0

0

Bench Press

- o High End of Prilepin's Chart 3 @ 60%, 2 @70%, 6x3 @80% (18 total reps)
 - Superset w/ 10 Band Pull Aparts each set
 - 1 set every 2 min running clock

Pull-ups

- Try to beat your number from week 4, still working with 5 sets, perfect form, leave one in the tank don't work to failure
 - 1 set every 2 min running clock

•	Shoulder Girdle -	-
	0	Group #1 – Bar Upright Row – 3x12 (14 on last set)
	0	Group #2 – DB Rear Delt Raise – 3x12 (14 on last set)
		1 set every minute – running clock
•	Assistance #1	
	0	Bar Military Press – (70% of your Bench Press Max) – 3x6 @ 70%
	0	2 Arm DB Incline Row – 3x10
		• 1 set every 90 sec – running clock
•	Assistance #2	
	0	Bar Biceps Curls – 3x10
	0	DB Skull Crushers – 3x10
		1 set every minute – running clock
Tuesday	– RE (Full Volum	e) – Lower Body
•	Olympic Combo -	- Floor
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat
	0	5 sets – 65%, 70%, 75%, 80%, 80%
		• 1 set every 2min – running clock
•	Back Squat	
	0	High End of Prilepin's Chart – 3 @ 60%, 2 @70%, 6x3 @80% (18 total reps)
	0	125% of your Front Squat 3rm from week 5
		• 1 set every 2 min – running clock
•	Posterior Chain (l	knee flexion) + WT'd Core – 2 Groups
	0	Group #1 – Glute Ham Raise – 3x10
	0	Group #2 – Plate Twist – 3x20e
•	Single Leg + WT'd	l Core #2
	0	Group #1 - DB Reverse Lunge – 3x6e
	0	Group #2 – Plate Toe Touch – 3x20
Thursda	y – RE (Half Volu	me) Upper Body
•	Bench Press	
	0	Low End of Prilepin's Chart –3 @ 60%, 2 @ 70%, 5x2@80% (10 total reps) – Pause Every Rep
	0	Superset w/ 10 Band Pull Aparts each set
		• 1 set every 2 min – running clock
•	Pull-ups	
	0	Hit half the Reps from Monday in 5 sets – (example 50 reps Monday – do 25 on Thursday) –
		Pause Every Rep

• 1 set every 2 min – running clock

•	Shoulder Girdle - o o	- 2 Groups Group #1 – Bar Upright Row – 3x6 – Pause Every Rep Group #2 – DB Rear Delt Raise – 3x6 – Pause Every Rep • 1 set every minute – running clock
•	Assistance #1	Bar Military Press – (70% of your Bench Press Max) – 3x3 @ 70% - Pause Every Rep
	0 0	 2 Arm DB Incline Row - 3x5 - Pause Every Rep 1 set every 90 sec - running clock
•	Assistance #2	
	0	Bar Biceps Curls – 3x5 – Pause Every Rep
	Ο	 DB Skull Crushers - 3x5 - Pause Every Rep 1 set every minute - running clock
Friday -	- RE (Half Volume) – Lower Body
•	Olympic Combo	– Blocks
	0	3 Clean Pull + 2 Power Clean + 1 Front Squat
	0	5 sets - 57.5%, 62.5%, 67.5%, 72.5%, 72.5% • 1 set every 2min - running clock
•	Back Squat	
	0	Low End of Prilepin's Chart – 3 @ 60%, 2 @70%, 5x2 @80% (12 total reps) – Pause Every Rep
	0	 125% of your Front Squat 3rm from week 3 1 set every 2 min - running clock
•	Posterior Chain (knee flexion) + WT'd Core – 2 Groups
	0	Group #1 – Glute Ham Raise – 3x5 – Pause Every Rep @ Top & Bottom
	0	Group #2 – Plate Twist – 3x10e
•	Single Leg + WT'd	l Core #2
	0	Group #1 - DB Reverse Lunge – 3x3e – Pause Every Rep @ Top & Bottom
	0	Group #2 – Plate Toe Touch – 3x10 - Pause Every Rep @ Top & Bottom

Week 7 – Test Week

Monday – Bench Press – 1rm Tuesday – Power Clean – 1rm Thursday – Front Squat – 1rm

Ted Perlak was named the new head strength and conditioning coach at Elon University in May of 2013. Perlak came to Elon after eight years at Fordham University.

PROGRAMS THAT WORK 3 VOL. 2

Perlak, who spent the previous six seasons as the head strength and conditioning coach at Fordham, has worked with football, basketball, soccer, softball and track and field teams during his tenure at the New York university.

Prior to his stint at Fordham, Perlak served as the director of strength and conditioning at Iona College for two years. While at Iona, he was responsible for the design, implementation and coaching of all varsity athletic programs. He also supervised and organized staff participation in off-season and preseason workout sessions.

Perlak served as the strength and conditioning coordinator at Saint Joseph's University in Philadelphia, Pa., in 2004 where he designed and executed the strength and conditioning program. He was also responsible for off-season and preseason workouts.

Perlak has been involved with the United States Olympic Training Center, serving as a strength and conditioning resident intern from January until May of 2004. In that role he assisted the staff in developing and implementing programs for Olympic, Olympic hopefuls, Pan-American and Paralympic individual athletes and national teams.

A 2001 graduate of Worcester State College, Perlak was a four-year starter and two-time captain with the football team before earning a bachelor's degree in health science with a concentration in exercise science. Following a year in which he served as the strength and conditioning coordinator at his alma mater, Perlak woked at Temple University as an assistant strength and conditioning coach. While at Temple, he earned his master's in sport administration in 2004.

Eric Maroscher

DEADLIFT LOCKOUT Deadlift Lockout Program

his is a program that I have personally used throughout my over two-decades long powerlifting career. Over the years I have seen programs come and go. I have seen new trends that work well, many that work somewhat and some that result in no gains. What I have come to experience over the years is that a lot depends on you as a lifter and the soundness of the

program.

This program can be injected into any larger program as its sole purpose is to help the deadlifter, who gets the bar only to their knees, to a full and complete lockout. If you can't get the bar off of the ground either your starting position was off, your head was not in it, or the weight was flat out too heavy. If you get the bar to your knees or just above and you can't pull the trigger on it and bring it to lockout there is just one reason why...your lockout strength is insufficient for the weight load in your hands.

This program is bread and butter, it is steak and eggs, it is tried and it is true. It is not fancy, there are no special apparatus involved, it doesn't require specific gear and best of all, it works.

With the squat you have to con-
centrate on many aspects of the lift. Technically you are working to keep your head up, your knees and butt out, your weight on the outer back part of your foot, etc. The bench press also has many specific technical nuances as well, especially the shirted bench press. The beauty of a conventional deadlift is that good form makes a huge difference in how much you can pull, but having said that, there are some amazingly huge pullers that rely on good old pulling power.

Be you a puller with perfect form or a lock-it-out by any means necessary kind of puller, this program will improve your lockout.

The components of this routine are two: heavy, above the knee, low rep rack pulls and moderate weight, higher rep shrugs.

Rack Pulls:

The rack pulls will do a few things for you. First they will engage your central nervous system (CNS). When you are locking out weight heavier than you can actually deadlift, in addition to strengthening your erectors, etc, you are creating a neural pathway. Think of it like this, when you are the first person to drive down the road on a winter morning following a big snow fall, it is tough plowing your tires through that snow. The snow somewhat dictates where your tires are going to go. But, after you have driven to and from, to and from on that snow covered street, your car's wheels follow the grooves or path it has created with prior trips and the travel is far less resistant. When pulling extremely heavy weight in the rack, you are creating this tire track in your CNS and when it comes to the big deadlift, your CNS is ready for the bigger load based on the 'tire tracks' of prior training sessions. Or, think of it this way, it is not unlike a batter swinging two bats to warm up with, then batting with the one bat, which now feels much lighter after swinging the two first. Second, heavy rack pulls will help you develop the muscle firing ability to properly lock out the weight. What I mean is, a heavy rack pull will often times sit on the rack while you pull, and pull, and pull, then finally it will finally and slowly come off the ground, sometimes actually going side to side, before going up. By experiencing this physical act over and again, you condition your body (lower back, erectors, etc.) to keep pulling hard if not harder once the bar stalls around your knees. Your body will learn to keep firing these muscles and this will in turn allow for those muscles to keep pulling when they would typically stop after a few moments of failing to move the weight. Third, the rack pulls will allow you to handle a much heavier load than you can actually deadlift, again, filling in strength gaps along the way. Not unlike squatting with bands, where the tension at the top might be greater than the weight you could actually lift for a full squat.

Shrugs:

Shrugs are probably more popular in bodybuilding circles, as they are great for building that huge neck we so often see on those 'built to show' bodies. For the deadlifter, the trap engagement is the cheery on top of the ice cream Sunday. With trap engagement, when the head goes up, the weight goes up, and the head should be facing up the entire lift from start to finish. Shrugs develop that last muscle group that engages at the top of the deadlift. They are often build when deadlifting, but are, in my personal opinion, a neglected part of the deadlift training cycle and something that seems too simple to work, yet it does, and does so extremely well.

A few notes on form:

Both of these movements should, as much as possible, mimic your deadlift. Your hands should be on the bar for rack pulls and shrugs just as if they were on the deadlift bar. The same distance apart. The only difference being, you will be using wrist straps and you will be double pronated grip for both movements. Reason being, you don't want your grip to be the weak link when training lockouts, thus the straps. Also, your feet should be at the same distance apart when doing rack pulls and shrugs as when deadlifting. And like when pulling conventional deadlift, your head should be looking up when doing bother rack pulls and shrugs. With shrugs, you can be leaning back somewhat as well, thus the bar will be sliding up and down your quads as it does with the conventional deadlift.

Sets and Reps:

The great thing about both of these movements, is that they can be done after deadlift because they don't burn out the CNS. You can do them every week with no issue with burnout.

Following your deadlift, be it light or heavy deadlift day, you will do 4 sets of rack pulls. Following that you will do five sets of shrugs, three sets in front with a regular loaded barbell, and two behind with a cambered bar if you have one.

NOTE: There are no %'s as this is based on feel and how powerful you feel that day. This is a no-self-pressure program as it is not about going up in weight each week, but rather filling in a gap that exists in between the bar being just above your knees and the lockout. Plenty of programs work with %'s but this is not one of them. This is a volume based program so do not get wrapped up in how much weight you did the week before, as that is just a guideline. If you feel 25LB stronger, do it. If you feel 10LBS weaker, so be it.

Week One: Rack pulls. As heavy as possible 4 sets of 5 reps (individual reps, not crashing the weight down to get momentum, but five individual reps). Shrugs, as heavy as possible for 20-25 reps. Not speed demon reps, but straight leg, strait arms, all the way to the top, mini-pause, then down, repeat.

Week Two: Rack pulls. As heavy as possible for 4 sets of 1-2 reps. Shrugs, as heavy as possible with good form for 15-20 rep.

Week Three: Rack pulls, repeat week one. Shrugs, repeat week one.

Week Four: Rack pulls, repeat week two. Shrugs, repeat week two.

Week Five: Rack pulls as heavy as you can for 4 sets of one rep. Shrugs, as heavy as possible for 15 reps.

Week Six: Rack pulls, repeat week one. Shrugs, repeat week one.

Week Seven: Rack pulls, repeat week two. Shrugs, repeat week two.

Week Eight: Rack pulls, repeat week five. Shrugs, repeat week five.

Following the eight week program, you will repeat this routine, <u>but only every other week with rack pulls</u>, but shrugs you will continue to do weekly.

The beauty of this program is after your deadlift, it is a great finisher that uses heavy weight but because it is not an 'off the floor, full body movement' it won't burn you out, yet it will bring your lock out up to par with the rest of your pull. The other aspect to note, if you are pulling the right amount of weight you will feel like the weight is just stuck to the rack with glue and only right before you can't pull any longer, the bar comes off of the rack and you lock it out. The weight often will hover some, slightly moving left or right before coming off of the rack. When you put it down after your pull you will feel your back decompress. Then you know the weight is the right weight for you. Also, with this program, do not sacrifice form for weight, and it is better to have an extra rep in you than to lose a rep in the set.

Eric Maroscher is co-owner (with NFL defensive end Phillip Daniels) of the Monster Garage Gym in Gurnee, Illinois. He is also leader of the Maroscher PL Team and a two-time WPC World Powerlifting Champion, two-time APF National Powerlifting Champion, WPC North American Powerlifting Champion, and multi-time APF IL State Champion.

Thomas E. Deebel, D.C.



get a lot of questions on how to rehab or come back from an injury. This is a topic that can fill volumes, but so often we way over think this. I'm going to assume a few things : 1. You are cleared medically to resume training. 2. You can do normal accessory exercises. I want to make this simple and easily understandable so you can start right away with your main power lifts.

I like to break down the program by simply taking the difference between what you can safely train with now and what you were using prior to your injury. I roughly follow these guidelines myself and use this with my patients.

If you were off from training one week allow four weeks to get back to normal levels. If you were off 2 weeks allow 4-6weeks. If you were a month allow up to weeks, six weeks up to three months. The higher end should be used if there is a fairly large disparity between your training weights and what you can now do pain free with good form.

Once you are cleared medically carefully warmup up and work up with your weights in your main exercise. When you feel some discomfort, record that weight. This is where it is usually safe to start from. You don't want to gut through pain to much because it will alter your form and can lead to reinjry or a whole new problem, and we don't want that.

I'll start with a hypothetical here. Lifter A has a max raw bench of 300 lbs. His top work weight was 270 x3 x 3. He was off one week with a pec strain. He had ART and can do pushups pain free. Testing shows he can safely do 225 x 3 with some slight twinges. This lifter should carefully warmup and make sure he is using SMR (self myofascial release) at home,

He would structure his program like this on his heavy work day : week one, top set of bench press 225 x 3 x 3

Week two : 240 x 3 x 3 **Week three:** 255 x 3 x3 **Week four :** 270 x 3 x 3

Lifter b suffered a pirifomis strain and was off 4 weeks from training. His previous max squat was 500 lbs with a loose pair of metal briefs. His top work sets were 460 x 5. Testing after medical clearance showed he can do reps with 315 with no alteration in form or pain. I;m going to lay out his top work day. Please not, if you are doing a conjugate style program or squatting multiple days per week, adjust the weights on those days in conjunction with your current weights.

Week one : 315 x 5 Week two : 335 x 5 Weeks three – six, add twenty lbs per week. Week seven: 440 x 5 Week eight : 460 x 5.

Note, I would recommend this fellow continue using his briefs while he recovers.

Lifter C has a 600 lb deadlift wth a Metal King Deadlifter. His raw deadlift is 550. He suffered a Quadratus lumborum strain and was not training for eight weeks. There is no evidence of any disc injury. After testing he can safely do reps with 405 for 6 reps with no increase in pain. If his mobility was fine I would recommend he break this down for 8 weeks at a minimum. He is a strong fellow and he might recover a little

faster strength wise. He should still do his mobility work, stretching and SMR also.

Week one 405 x 5 for a top set . Add 15 lbs per week until week seven where you should be at 495 x 5. The next week jump to 515 x 5. From here you can probably safely hit lower reps with heavier weights.

I came upon this simple but effective idea after getting hurt a lot. So often I wanted to rush things and dive right back where I was. Over time I realized a "slow cooking" approach worked much better. If you look at some very effective training programs such as 5 3 1 you can see they rely on consistent training and slow gains.

When you're coming back from an injury you have some issues to deal with. Detraining from the time off. Pain, maybe the most powerful movement reprogrammer we have for our nervous system. We don't want to train ourselves to move wrong and cause another injury.

And lastly is the unknown. Will I get hurt again? When will I get better? All this seems to go away when you actively plan out your recovery and map out the road you are going to follow.

Thomas graduated from Penn State University in 1985 with a B.S. in biology with a physiology concentration. In 1988, he graduated from Palmer College of Chiropractic with a D.C. degree. In 1998, Thomas achieved his first ART certification in upper extremity work. Since then he's achieved certification in all course work through level three (biomechanics). Thomas worked on the Ironman Triathlon treatment staff 6 times in 1998-2001, and has also been part of the Arnold Classic medical staff.

Matt Slats



his is a program I have been using myself and with 3x Raw USAPL National Champion John Norcott. We use it for hypertrophy, core strengthening, and refinement of squat technique. This 8-week cycle is not for the faint of heart and should be followed with appropriate recovery methods. What do I mean by "Pure" raw squat? No belt, No briefs, No knee wraps. Just you, a pair of chucks, and the bar. By no means am I against the use of belts and knee sleeves for squatting. However, for this program, the use of an external aid would defeat the purpose of developing the core strength needed to support heavy weight down the road.

HOW IT WORKS

You will work within the set of rep ranges and attempt the maximum number of repetitions on the last set. If you are able to complete each set to the high end of the rep ranges, you bump your weight up the following training session. If you do not attain the max rep range, you will not increase your weight from the prior week for the following set.

Total Volume needs to be calculated and then matched by a posterior chain movement for the days training. My favorite posterior chain movement is the RDL for this type of training. It allows you to use the appropriate weight to match the total volume and control the eccentric portion of the movement in order to induce the greatest amount of hypertrophy.

For the sake of this program, percentages are not included and the lifter bases their next weight based on feel or rate of perceived exertion. Novice lifters are advised to make small jumps and progress slowly focusing on perfect technique. The following is an example of an 8-week cycle based off numbers from John Norcott.

Week 1	Weight/Reps	Week 2	Weight/Reps
(8-10)	315/10	(8-10)	325/10
(6-8)	355/8	(6-8)	365/8
(4-6)	385/6	(4-6)	395/6
(MaxRep)	425/11	(MaxRep)	445/11
TOTAL VOLUME	12,975	TOTAL VOLUME	13,435
RDL'S	4x12 @ 265	RDL'S	4x12 @ 285

Week 3	Weight/Reps	Week 4	Weight/Reps
(8-10)	335/10	(8-10)	345/10
(6-8)	375/8	(6-8)	385/8
(4-6)	405/6	(4-6)	415/6
(MaxRep)	465/12	(MaxRep)	485/10
TOTAL VOLUME	14,360	TOTAL VOLUME	13,870
RDL'S	4x10 @ 315	RDL'S	4x10 @ 315

Week 5 Reload	Weight/Reps	Week 6	Weight/Reps
5x5	315	(8-10)	355/10
		(6-8)	395/8
		(4-6)	425/6
		(MaxRep)	500/9
TOTAL VOLUME	7,875	TOTAL VOLUME	13,760
RDL'S	3x10 @ 225	RDL'S	4x10 @ 315

Week 7	Weight/Reps	Week 8	Weight/Reps
(8-10)	365/10	(8-10)	375/10
(6-8)	405/8	(6-8)	415/8
(4-6)	440/6	(4-6)	450/6
(MaxRep)	520/6	(MaxRep)	530/6
TOTAL VOLUME	12,660	TOTAL VOLUME	12,950
RDL'S	4x10 @ 315	RDL'S	4x10 @ 315

Some of the points worth mentioning while performing this program:

- Place your squat workout at the beginning of your training week because it demands your maximum effort and attention.
- Listen to your body! If you need to reload and recover at different weeks do so.
- Perform each repetition with the best technique possible and stop repetitions when technique falters.
- The last set of each training session is another attempt to beat your past performance. Train to set a PR each time!

Matthew Slachetka is in his first year as a member of the Eastern Michigan University athletics department.

Slachetka joined EMU in July 2013 after spending the previous two years as the assistant strength and conditioning coach at Virginia Commonwealth University.

The 30-year-old Slachetka joined VCU in 2010 and worked directly with the women's basketball, men's soccer, women's soccer, golf and cross country programs. Prior to joining the VCU staff, he was the graduate assistants strength and conditioning coach at Eastern Illinois University in 2009. Prior to that he spent from 2006-09 as the football sports performance intern at the University of Louisville.

Slachetka was a walk-on football offensive lineman at the University of Massachusetts after serving five years in the United States Marines including two tours of duty in Iraq. A native of Chicopee, Mass., he graduated from Chicopee Comprehensive in 2001 before enrolling in the Armed Forces in June of 2001. He completed his tour in June 2006.

Slachetka graduated from the UMass in 2010 with a bachelor's degree in kinesiology. He earned his master's degree in sports management from Eastern Illinois University in 2012.

Brandon Patterson

TARRATUP for problematic elbows

needed an upper body warmup that would help me work around some nagging elbow problems. My goal was to address the entire upper body, add some time to work on problem areas, and balance both closed/open chain movements and complex/single-joint movements so that core temperature, nervous activation, and joint mobilization are achieved without straining the very muscles I'm trying to spare. Most of

my aches are related to the muscles in my forearms, so they're specifically targeted. If forearm wraps seem to help your elbow pain, you might want to take a look at this.

Self-massage with tennis ball: I put the ball between me and a wall and hit my upper back, pecs, delts, and lower back. I doubt there's any fascial magic going on here, but just like any massage, this seems to ease pain and improve range of motion. I've found the tennis ball is the best way to get my lower back feeling better.

Light stretching: To help with banged-up elbows, stretch by neutrally posting the palm of your hand against a wall at shoulder height and then turning away. You might feel this from your palm all the way up into your upper arm and chest. Repeat for the second arm. Once the flexors feel good, stretch the extensors by holding your arm straight

in front of you at shoulder height with the hand in pronated position. Pull down on the outstretched hand with your free hand until the muscles feel limber. Repeat for second arm.

Don't worry about the stretching hurting your training—just keep the stretches under 30 seconds and here at the front of the warm-up. Feel free to hit some overhead standing/kneeling triceps stretches if you think you need them.

Closed-chain upper back activation: Stand facing a wall with your hands outstretched at shoulder height so that your fingertips and thumbs are placing the slightest pressure against the wall. While keeping your fingers in touch with the wall, actively retract and protract the scapulae, pausing in the retracted position to feel the movement. When the retractions get smooth, switch to elevating and depressing the scapulae until this second motion feels likewise fluid.

Empty shrug: To make sure your traps are ready to go, raise your arms almost to your sides in a scapular plane position and parallel to the floor. Shrug them upward, then actively depress. Repeat until the move feels fluid. I'll often work in some neck stretches (traps, levator scapulae, and flexors), too.

Overhead thoracic reach: I picked this up from Todd Nieder. Stagger your feet, brace your abdomen, and hold your hands overhead about shoulder width apart and in a neutral position. Lean back like you're winding up to throw a basketball or medicine ball, with most of the motion occurring in your thoracic spine (your arms will come back a little too, which is fine.) Repeat 5-10 times, depending on feel. This will open up the chest (including the tough-to-get pec minor.) To help with this stretch/mobility drill, you can hold a light medicine ball.

Thoracic twist: Lying on your side with knees tucked to about 90 degrees, sweep your top arm back in an arc, and touch the floor behind you. Your upper back will rotate with the motion and should flatten against the floor. Knock out a few reps and switch sides. Though it's frowned upon by many, I'll do something similar for my lower back doing hip twists. I usually get some satisfying pops from these. (They lower back ones may be as smart as picking a scab, but hell, I like 'em.)

Overhead squat: Take a broomstick or light barbell and knock out 5-10 controlled reps. Focus on your shoulders and keeping the bar stable. If you like unilateral movements and are good enough to where you can do them without thinking about your balance, go for lunges or split-squats.

Traction arm circles with mini-band: We can thank Dave Tate for popularizing these. They're good for working the rotators without having your shoulders sound like cement mixers. Loop a mini band around something stable that's higher than your head (top of a squat rack of a stack-loaded machine like the lat pull-down works well) and then loop your hand through the loose end. Walk backwards until you feel the band's tension stretching your shoulder socket. Do 8-10 reps each of swinging the banded hand in clockwise circles. Start with a few small circles in each position before going as wide as you can. Do a set with your arm in front, another with your arm at your side, and a third facing away. Then reverse the process with counter-clockwise circles. Switch arms and repeat. I'll usually do a few rowing motions after finishing with each arm.

Mini band overhead extension: Using the same band, take the dangling end in both hands and face away from the looped end. With the band held over your head, walk until you feel some light tension in the band, then do some controlled overhead extensions. The idea is to do just enough to get the elbows ready before moving onto pushups and ultimately your first press of the day. (After a full workout, I'll knock out a long set to failure before I leave the gym.) The band's great for this because it comes closer to matching your strength curve.

Band pull-aparts: After I unloop the band, I'll do a few band pull-aparts where I really focus on pinching the shoulder blades.

Quadruped reach: Get on your knees and elbows (preferably on a mat), brace your abdomen, and tuck your chin to get a neutral neck. Actively retract and depress your scapulae and hold them in that position. While keeping everything tight, extend one your arms out in front of you so that it's parallel to the floor. Hold for a second before returning the arm, then relax. Get back into a tight position and repeat with the opposite arm. Continue alternating, but stop before fatigue sets in. You might feel this movement in your lats, traps, rhomboids, and obliques. It's also a great pre-hab movement. A pretty good alternative would be bird dogs.

Push-ups/T-pushups: I knock out a couple of very controlled pushups with a focus on protracting my scapulae at the top and going easy on my elbows. These are just like a regular pushup, only at the top of the push your rotate your body so that one hand remains planted straight-arm into the floor and the other hand sticks straight out, perpendicular to your spine. Your feet, knees, hips, abdomen, trunk, and head should all be aligned. I do these a little more explosively, which gets my nervous system charged up and makes the shoulder force a little more athletic. The t-part of the pushup hits all your stabilizers with a closed-chain, unstable movement that's great for activation. Stop well short of failure. If you start getting tired but don't feel ready, stop the set, catch your breath, and then do short sets until you get there. You want to feel amped and ready before your first lift.

Brandon Patterson is a recreational lifter and sports science junkie. He focuses on culling through and "translating" the esoteric aspects of strength research, theory, and programming for the benefit of everyone from coaches to beginning lifters. Brandon also runs secondlevelfootball.com, a website devoted to gridiron football. You can follow him on Twitter @ BPSportScience for commentary and news on sport training and theory.

Clint Smith

BENCH Competition PREPARATION

his is a bench program based on what I currently do when preparing for a competition. It incorporates the ideas that Paul Key has brought to our gym since joining. I think Paul has a lot of experience and great insight when it comes to bench press programming. Here are the main underlying themes behind this bench program and what I think make it work well.

Reverse Band Benching

A great bench presser must be able to touch lighter weight and lock out the heavy weights. A prepared bencher knows what he can touch and what he can lockout. In my experience, it is pretty easy to have a good idea of what you can lock out but hard to get a close idea of what you can touch. The reverse band set up is great at zeroing in on both of these. No boards are used for the primary reverse band work. As the bands stretch, the load decreases and can be used to practice touching lighter weight. In order to finish the rep you will have to lock out the full bar weight. So in one repetition you work on touching light weight and locking out heavy weight.

Hammer the Lockout

The second most important thing behind being good at touching the

chest in a shirt is being able to grind out the heavy weight to lock out. This program has a focus on pressing off boards and incorporates bands. The limited range of motion for the boards allows us to focus on lock out strength. The band sets (including the reverse band as mentioned above) trigger even more of a stimulus to generate lock out strength.

About the Program

Here are some items that need to be clarified regarding the program:

RPE and General Comments on Intensity

RPE stands for rated perceived exertion. There are different scales related to this that you will find on the internet. The one I refer to is simple. An RPE of 8 is 80% effort. RPE of 9 is 90% and so forth. RPE of 10 would be the max that you could do on the lift in question, whether it be a competition shirted bench or a raw 3 board with chains. It is also very important to remember that the RPE refers to a percentage of exertion ON THAT GIVEN DAY. It is not necessarily relative to an absolute max, especially one that you hit 3 years ago at a heavier bodyweight or something similar. It is important not to push it too hard too fast, and maximum effort in a training cycle should only be exerted at calculated times. Otherwise you will get overtrained and banged up. So use the RPE's mentioned in the training templates as a means to gauge how hard to push the intensity. Overall, the training cycle should begin with weights that you can handle well and should gradually increase as you progress through the cycle. The RPE should not be 10 until meet day. We want to peak at the meet not in the gym – Right?

Reverse Band Setup

For this program, it is ideal to setup the bands so that they reduce the load by 100 lbs at the chest. They also must be almost completely deloaded at lock out. With this setup, lets look at the scenario where you barely complete a rep at a given weight. Now you have a very good idea of what you are capable of pressing. You can also feel confident in being able to touch 100 pounds less. For most lifters, this will yield a pretty good estimate of the range for both opener and third attempt. We set the reverse bands up by looping them over a monolift and pulling a bench underneath the rack. This way we can fine tune the band tension by raising or lowering the monolift.

Assistance

There are infinitely many ways you could set up the assistance to work well with this program. Just be sure that the assistance work is not too heavy. Going too heavy on assistance after the heavy shirted work is a sure way to burn out and overtrain. The goal to the assistance work should be to get in a lot of volume with lighter weight. Pump a lot of blood. Generally aim for an RPE of 6-8 with reps of 5-20. Mix things up. Hit weak points. I recommend Band Pushdowns, Nose-Breakers, Lateral Raises, Front Raises, Illegally-wide bench press, incline press, decline press, dumbbells, the list goes on.

Template A and Template B

I have created two different training templates for this program. Template A is something very similar to what Paul Key uses. I would say that it is best used for someone with a high workload capacity or for a bench-only competitor. Template A is based on being in the shirt 2 out of every 3 weeks. I have found that when training all three lifts, I cannot bench heavy in a shirt that frequently. The forearms and shoulders also take a beating from squatting and deadlifting. It is too much for me to handle so much shirted benching on top of that. If you feel that you fall into the same category then Template B is for you. This template is based off of being in the shirt every other week. In order to make this work, the total training cycle time had to be stretched out.

Closing

I hope that you give this program a try. My next meet will be the 2014 XPC Finals at the Arnold Classic and I plan on doing something very similar. If you have any questions regarding this please be sure to ask me a question by submitting a QA on elitefts.com!

Week	Movement	Raw Work	Shirt Work Sets/Reps/Intensity	
		Sets/Reps/Intensity		
1	3 board with EFS Pro Light Band	3/3/RPE 7	Work up to heavy single in 3-5 sets (RPE 8)	
2	3 board with Chains	4/3/RPE 6	NONE	
3	Reverse Band (no boards)	Work Singles up to a Set at RPE 7	Work up to a weight that touches chest and is still pressed smoothly	
4	Close Grip with EFS Pro Light Band	4/5/RPE 6	NONE	
5	2 Board	Work doubles up to a set at RPE 8	Work up to Heavy Single at RPE 8	
6	Floor Press	3/5/RPE 5	NONE	
7	Reverse Band (no boards)	Work Singles up to a Set at RPE 7	Work up to projected 2nd attempt at lockout	
8	3 board with Chains	4/3/RPE 6	NONE	
9	3 board with EFS Pro Light Band	3/3/RPE 7. Increase from Week 1	Work up to heavy single in 3-5 sets. Beat Week 1	
10	Close Grip with EFS Pro Light Band	4/3/RPE 7	NONE	
11	Reverse Band (no boards)	Work Singles up to a set at RPE 7. Increase from Week 3.	Work up to projected 3rd attempt at lockout	
12	Floor Press	3/5/RPE 5	NONE	
13	Meet Week. No Lifting.			

Clint graduated from the University of Florida in 2003, and now works in Jacksonville, FL, as a civil engineer. He began competing in 2004 as bench-only. Clint met Team Samson members Adam Driggers, Brian Carroll, and Tony Garland at his first shirted bench meet and began training with them full-time very soon afterward. Since then, he has steadily improved in the sport, with his top accomplishments being 2009 APF Senior Nationals' Best Lifter, 2011 SPF Powerstation Pro Amsecond-place lightweight, and first place (242-class) and third-place overall at the 2013 XPC Finals. Since the beginning, his total has increased from 2060 to 2485 pounds. His current best lifts are 963 squat, 810 bench press and 770 deadlift in the 242 pound weight class. Clint trains with Team Samson Barbell and lives with his wife and daughter.

Bill Allars

SMOOTH YOUR SQUAT, BENCH, HIPS, AND SHOULDERS

hile it was an honour to receive an invitation to again contribute a program to "Programs that Work" to again benefit the Make-A-Wish Foundation I immediately found myself at a bit of a loose end. For most of the intervening twelve months between the last edition and this one, I have been busily utilising 5/3/1 from Jim Wendler and The Cube Method from Brandon Lilly as the basis of my personal training program. What could I contribute then that may be of some value, other than to recommend that people who programs that really work to get their hands on the work of Jim or Brandon any way then can? Then it came to me – while I follow the basic templates that these fine gentlemen have put together, I also have an "additional" workout that I complete each week.

WHAT IS THIS "ADDITIONAL" WORKOUT

Being comfortably on the north side of forty, I have some minor ongoing issues that need constant attention in order for them not to progress to serious issues that would interfere with my training. The two key areas that I need to focus on are keeping the hips and shoulders in a state where they continue to function and allow me to squat, bench, deadlift and press to my heart's content.

The workout focuses on grooving the key movements but in a slightly different manner to the way they are normally done. The workout does require some equipment, but not a lot. A couple of moderately heavy kettlebells and away you go.

The workout is:

Kettlebell Front Squats	5 sets of 10
Kettlebell Single Leg Deadlifts	5 sets of 10 each leg
Single Leg Squats	5 sets of 10 each leg
Kettlebell Swings	5 sets of 20
Kettlebell Floor Press	5 sets of 20
Kettlebell One Arm Rows	5 sets of 10 each arm
Kettlebell One Arm Military Press	5 sets of 10 each arm
McGill Curls	5 sets of 20

Bearing in mind that this is an "extra" workout focusing on grooving motions and rehabilitating problem joints, there are two key things to focus on:

- 1. The weight does not need to be heavy, it shouldn't be easy but it shouldn't be heavy enough to impose on your recovery or count as anything approaching a maximal effort workout; and
- 2. The repetitions need to be quality particularly given the weight is moderate and the aim is to keep the joints lubricated and moving.

З.

EXERCISE RATIONALE

Now that the workout has been presented, let me offer the justifications I have in my own mind for why I do each of the exercises contained within it.

Kettlebell Front Squats

Like most of us interested in building or maintaining strength levels in the big lifts, I do a ridiculous amount of back squats using either a straight bar or a safety squat bar. The kettlebell front squats are included in the workout to do a number of things:

- 1. Work the squat motion but in a slightly different manner that allows me to focus more on sitting back as the kettlebells try to pull me forward;
- 2. Allows for squats to be done without loading a bar on the back; and
- 3. Forces me to keep my back arched which is important for me as I have excessive curvature of the spine, particularly in the thoracic area.

Including the Front Squats forces the back muscles to work in a different manner and forces the stabilisation of the core otherwise a face plant or dropped kettlebells is a real possibility.

Kettlebell Single Leg Deadlifts

I happen to really like doing this exercise, I don't know why, I just do. I also have a large number of clients who enjoy doing the exercise, once they have the balance and core stability to do it properly. I include this exercise in the workout as it really seems to help keep the hips moving and forces the body to stabilise and groove the motion while balancing on a single leg. This exercise also helps to address any movement imbalances between limbs.

This exercise, along with single leg squats, seems to have addressed a number of lower back issues that I was having as a result of being left-side dominant to an extent that had become ridiculous.

Single Leg Squats

Single leg squats are another exercise that forces stability through the core and lower limbs. The great part about this exercise is that you can build strength and coordination at the same time. While I would love to be able to do arse to the grass single leg squats, I can't. No matter, I do single leg box squats and challenge the hips, pelvis and thighs to align and work to get me down and back up. This exercise has been beneficial to me in strengthening the hips and helping to address the imbalance between my left and right sides.

Kettlebell Swings

No discussion of hip movements would be complete, in my view, without referencing the kettlebell swing. This is the best exercise I have come across to learn how to hip-hinge correctly and has, I believe, benefited my deadlift as well as improving my lower back and core strength. Feel free within the context of this workout to increase the repetitions if you want to address conditioning as part of your session.

Kettlebell Floor Press

This is the first of the shoulder exercises that I do (I know it hits the chest and triceps as well but work with me on this). Using a kettlebell rather than a dumbbell means that the weight is centred behind your hand rather than on top of your arm as it is when you use dumbbells or a barbell. Using the kettlebell changes the motion and forces shoulder stabilisation in order to complete repetitions. The first few times you do this exercise it feels unnatural but you over time you will become more comfortable in completing it. Remember to protect your elbows when bring the kettlebells up off the floor for your first repetition.

Kettlebell One Arm Rows

This is really done only to move the scapulae and get some work done in the large muscles of the upper back to balance out the work done by the chest, shoulders and triceps in the floor press.

Kettlebell Military Press

This is another exercise that forces some stabilisation of the shoulder and feels different to the standard dumbbell or barbell military press. I complete the exercise with a kettlebell in one arm at a time to also increase core stability and make the exercise just that little bit harder.

McGill Curls

This is an exercise that I picked up from the writings of Dr Stuart McGill after watching Brian Carroll's interactions with the great man. I can't say enough good things about this exercise and the effect it has on the abdominal muscles and those of the wider core. I have also had clients complete the exercise who have long complained of lower back pain and they can all complete it with no pain (but much moaning as the difficulty of the exercise kicks in).

Summation

There it is - a simple kettlebell based session to hopefully improve your squat, hips, lower back and shoulders. Remember not to go too heavy in completing it. My personal aim is to complete each the session through doing five supersets to keep things moving and to minimise the weight I can use and also complete each superset. Hopefully this session, or a variation of it, will also benefit you. If it does that's excellent, if it doesn't hark back to the words of the immortal Bruce Lee "Adapt what is useful, reject what is useless, and add what is specifically your own."

Bill Allars is a personal trainer in Frankston, Australia.

Chad Walker

6 WEEK BENCH PROCRAM

Week 1:	Work up to a 1 rep max. When you find your 1 rep max start your down sets as follows: Example: 300lbs is your 1 rep max. Multiply that by the following percents .90, .85 and .70 300x.90 = 270, 300x.85=255,300x.7=210. Now you have figured out your down sets.				
	First down set will be 270x3 reps. Second down set will be 255x5reps. Third down set will be 210x10+. Do as many as possible.				
Week 2:	If all reps were completed on week 1 move up 5lbs. If you did not complete all reps stay at the same numbers as week one.				
	305 is your new 1 rep max. 305x.90=275, 305x.85=260, 305x.70=215. First down set will be 275x3 reps. Second down set will be 260x5 reps. Third down set will be 215x10+ reps. Do as many as possible.				
Week 3:	Same rules apply as week 2. If you are moving up your new 1 rep max is 310. 310x.90=275, 310x.85=263.5, 310x.70=217. Now the numbers are odd. Be honest with yourself and get the weight as close to possible to the new percent. If the weights are feeling heavy round the number down. If you are feeling great round the number up.				
	First down set will be 275x3reps. Second down set will be 263x5 reps. Third down set will be 217x10+ reps. Do as many as possible.				
Week 4:	This will be a rep week. Use 60% for 3 sets of 20 reps. 310x.60=185 3 sets of 185.				
Week 5	Work up to 315 for your 1 rep max. 315x.9=283.5, 315x.85=265, 315x.70=220.				
	First down set will be 283x3 reps. Second down set will be 265x5 reps. Third down set will be 220x10+reps.				
Week 6	This week you should shoot for 320 for your new 1 rep max. 320x.90=288,320x.85=272320x.7=225				
	First down set will be 288x3 reps. Second down set will be 265x5 reps. Third down set will be 225x10+reps.				

Accessory work should be similar every week. For triceps I like to work close grip bench for sets of 10 or board presses. Vary the boards and always try to increase your weight if you complete your reps. For back I like high rep wide grip lat pull downs. For shoulders I like front raises and rear delts. I always finish the day with abs.

Always be real with yourself and pick realistic numbers to start with. No one cares how much weight you can lift but people are always impressed with smart training that shows improvement. Be consistent and you will get results.

Among Chad Walker's accomplishments are a 1,100 squat, 755 bench press, and 800-pound pull for a big 2,655 total and third-place overall at the recent XPC meet. This is only scratching the surface of his potential. His goal is to become the top multi-ply super heavy weight (SHW) in the sport, and he seems well-positioned to make this happen.

Jonathan Mike

METABOLIC RESISTANCE TRAININC

he majority of training plans for the general population center around fat loss. A very popular and highly effective method is metabolic resistance training, or MRT. This refers to exercise training sessions designed to maximize caloric expenditure and increase the metabolic rate. When MRT is combined with adequate nutrition you can accelerate fat loss while

maintaining lean muscle mass. The main stimulus for metabolic resistance training is to use movement-based exercises, or exercise that incorporate larger muscle mass. The magnitude of energy expended is directly proportional to the amount of muscle mass used during training. Hence, more muscle, the more energy expended. It is important to pick exercises that are the most effective such as deadlifts, squats, overhead press, dumbbell rows, or incorporate the use of these exercises in interval fashion, which leads to another benefit of metabolic resistance exercise, which is do more work in less time, or increase exercise density. Specifically, doing high reps (i.e. 15) which elicits greater volumes of energy than the higher intensity lifts (85% +) and limit the rest intervals to 30-40 seconds or less per set, which yields a better a training density, and more work in less time. However, some people may not be ready for this type of training, especially if they are a relatively a new client. Many individuals will possess underlying muscle and structural imbalances that can lead to poor movement patterns. In addition, some clients may be too weak to obtain a metabolic training effect. Therefore, working on basic movement patterns and establishing structural balance coupled with basic strength training protocols (i.e. split routine, total body sessions), or conditioning tools (i.e. sleg drag) will work best for these types of people. The use of shorter rest periods will allow better training density, while also focusing on their weaknesses, and establish better strength and stability and movement competency. See circuit sample for these types of training routines.

Order	Circuit A : 2X- 2 min rest 30 Seconds on, 40 Seconds off	Order	Circuit A 3x 20 Seconds On, 30 Seconds off
1A	TRX Jump lunge	1A	KB Swings
2A	KB SA (KettleBell Single Arm)/Farmers Walk	2A	Side Plank w/ Band Row
ЗA	MB (Med Ball) 1/2 Kneel Side Rotation Throw	ЗA	TRX SHELCS
4A	Front Plank with Band Row (low row)	4A	Spiderman Pushups
5A	Bag Drag	5A	Mountain Climbers
Order	Circuit B: 2X- 30 Seconds on 40 Seconds off	Order	Circuit B 3x 20 Seconds on, 30 Seconds on
1A	Bear Crawls	1A	Broad Jump
2A	1/2 Kneel Bottom Up KB (KettleBell) Press	2A	MB Scoop Throw (forward)
ЗА	MB Rollover Floor Slams	ЗA	TRX Inverted Row
4A	TRX Single Arm Row	4A	KB Single Leg Deadlift
5A	KG Swings	5A	Single Arm Overhead Press (DB)

Jonathan Mike, PhD(c), CSCS, USAW, NSCA-CPT, is a doctorate candidate. He studied exercise physiology at the University of New Mexico and received his bachelor's and master's degrees in exercise science from Western Kentucky University. Jonathan has been lifting and training heavy for 14 years and has been competing in the sport of Strongman since 2007. To learn more about Jonathan or contact him, visit The Strength Exchange. Josh Bryant and Adam benShea



ny discussion about how to cut a traditional masculine image may be put to rest with a reference back to the action stars of yesteryear (think George Reeves to John Wayne). Whether the star filled out his wool shirt with manual labor brawn or his blazer was augmented with artificial shoulder pads, the image of the broad shouldered leading man

remains consistent. There is just something about big, wide shoulders that intrigues women and inspires men.

Big shoulders do not just have aesthetic appeal. Shoulder strength is a crucial component for any movement that requires upper body power. Like a Canuck lumberman up in the Northwest Territories, golfers and baseball sluggers need shoulder strength for an effective swing. Similarly, the boxer generates strength through his delts and traps for effective strikes, while a grappler needs power in his shoulder for tighter clinches. The sheer functionality of building cock strong shoulders means that shoulder training is crucial component of the workout program for cage fighters, strongmen, doormen, rugged outdoorsmen, Hawaiian watermen, and even pumped up cons on the jailhouse yard. Increased internet chatter surrounds discussion about how prisoners are able to become so big and muscular with minimal equipment and a far-from-perfect nutritional plan. While there are aspects of the prison lifestyle that actually enhance training results, it is the jailhouse approach to strength training that is primary reason for the image of the prisoner busting through his institutionally issued denim. Beyond bars, prisoners take a direct approach to training.

When they have access to a weight pile, the biggest lifters on the yard hoist heavy weights in large movements; rather than light weights in isolated exercises. Reminiscent of an old black and white image of George "The Russian Lion" Hackenschmidt, lifting big weights overhead is the classic illustration of sheer power. In this way, a powerful overhead press can command respect in any prison yard or warehouse training facility.

Thus, overhead presses serves to build masculine brawn, enhance utilitarian strength, and fulfill the traditional look of raw power. So, to build shoulders that take out door jams, fill out prison denim, and impress even the most jaded tailor, complete the following routine.

-All exercises go as heavy as possible maintaining good form, including adding weights to dips and pull ups. Increase poundages weekly!

Week 1

Day 1

- 1) Overhead Press 75 percent x 1 rep x 10 sets rest 30 seconds
- 2) Bottom Level Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 3) Mid-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 4) Top-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 5) Dips 8 reps x 3 sets (As heavy as possible)
- 6) Pull ups Neutral Grip Juarez Valley 6 (6,1,5,2,4,3)

Day 2

- 1) One Armed Neutral Grip Dumbbell Press (use a 8 rep max weight, start with weaker arm, match reps on stronger arm. Reduce weight by 1/3 second set)
- 2 sets Rest Paused (Rest pauses do as many reps as possible one shy of failure rest 20 seconds, repeat, rest 20 seconds repeat one set is really 3)
- 2) Face Pulls 12 reps 3 sets
- 3) Lat Pull downs-10 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows 12 reps 3 sets
- 5) Overhead Dicks Press-8 reps 5 sets
- 6) Cheat Curls-6 reps 3 sets (5 second negative)

Week 2

Day 1

- 1) Overhead Press 80 percent x 1 rep x 8 sets rest 45 seconds
- 2) Bottom Level Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 3) Mid-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 4) Top-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 5) Dips 8 reps x 3 sets
- 6) Pull ups Neutral Grip Juarez Valley 6 (6,1,5,2,4,3)

Day 2

- One Armed Neutral Grip Dumbbell Press (use a 8 rep max weight, start with weaker arm, match reps on stronger arm. Reduce weight by 1/3 second set)
 2 sets Rest Paused (Rest pauses do as many reps as possible one shy of failure rest 20 seconds, repeat, rest 20
 - 2 sets Rest Paused (Rest pauses do as many reps as possible one sny of failure rest 20 seconds, seconds repeat one set is really 3)
- 2) Face Pulls 12 reps 3 sets
- 3) Lat Pull downs-10 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows-10 reps 3 sets
- 5) Overhead Dicks Press-8 reps 5 sets
- 6) Cheat Curls-6 reps 3 sets (5 second negative)

Week 3

Day 1

- 1) Overhead Press 83 percent x 1 rep x 6 sets rest 60 seconds
- 2) Bottom Level Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 3) Mid-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 4) Top-range Isometric Rest 2 minutes CAT OHP rest 2 Minutes 65 percent x 1 rep x 2 sets
- 5) Dips 7 reps x 3 sets (As heavy as possible)
- 6) Pull ups Neutral Grip Juarez Valley 6 (6,1,5,2,4,3) As heavy as possible

Day 2

- 1) One Armed Neutral Grip Dumbbell Press (use a 5 rep max weight, start with weaker arm, match reps on stronger arm. Reduce weight by 1/3 second set)
 - 2 sets Rest Paused (Rest pauses do as many reps as possible one shy of failure rest 20 seconds, repeat, rest 20 seconds repeat one set is really 3)
- 2) Face Pulls 12 reps 3 sets
- 3) Lat Pull downs-8 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows 3 6 reps 3 sets
- 5) Overhead Dicks Press-8 reps 5 sets
- 6) Cheat Curls-5 reps 3 sets (5 second negative)

Week 4 Deload-use 60% of weights week 3, reduce all exercises by 1 set.

Week 5

Day 1

- 1) Overhead Press 88 percent x 1 rep x 5 sets rest 90 seconds, last set rest paused
- 2) Land Mine Press-8 reps x 3 sets
- 3) Dips 6 reps x 3 sets
- 4) Pull ups Neutral Grip Juarez Valley 6 (6,1,5,2,4,3)
- 5) Overhead triceps ext 1 arm dumbbell 15 reps x 4 sets

Day 2

- 1) savickas press 8 reps 3 sets
- 2) Face Pulls 12 reps 3 sets
- 3) Lat Pull downs-8 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows 8 reps 3 sets
- 5) Overhead Dicks Press-6 reps 5 sets
- 6) Zottman Curls-15 reps 3 sets

Week 6

Day 1

- 1) Overhead Press 92 percent x 1 rep x As many sets as possible rest 25 seconds between sets
- 2) Land Mine Press-7 reps x 3 sets
- 3) Dips 5 reps x 3 sets
- 4) Pull ups Neutral Grip Jailhouse 7 (7,6,5,4,3,2,1)
- 5) Overhead triceps ext 1 arm dumbbell 12 reps x 4 sets

Day 2

- 1) savickas press 6 reps 3 sets
- 2) Face Pulls 12 reps 3 sets
- 3) Lat Pull downs-8 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows 7 reps 3 sets
- 5) Overhead Dicks Press-5 reps 5 sets
- 6) Zottman Curls-12 reps 3 sets

Week 7

Day 1

- 1) Overhead Press 96 percent x 1 rep x ?? sets as many sets as possible resting 35 seconds
- 2) Land Mine Press-5 reps x 3 sets
- 3) Dips 5 reps x 3 sets
- 4) Pull ups Neutral Grip Jailhouse 7(7,6,5,4,3,2,1)
- 5) Overhead triceps ext 1 arm dumbbell 10 reps x 4 sets

Dav 2

- 1) savickas press 4 reps 3 sets
- Face Pulls 12 reps 3 sets 2)
- 3) Lat Pull downs-8 reps 3 sets
- 4) Incline Chest Supported Dumbbell Rows 8 reps 3 sets
- 5) Overhead Dicks Press-5 reps 5 sets
- 6) Zottman Curls-10 reps 3 sets

Week 8

Deload

Week 9

Test new Max

Josh Bryant is one of the fastest rising names in the fitness industry. He works as a speed, strength, and conditioning coach at one of the top high school programs in Texas. Currently, he is a personal trainer who works successfully with many clients both in person at Metroflex Gym and via the internet. By using the Joshstrength Method, he has trained world record setting powerlifters, women fitness competitors, Olympic athletes, professional fighters, NCAA champions, and a host of high school athletes who have received collegiate scholarships. As an athlete, he won many national and world titles in both powerlifting and Strongman and, at 22-years-old, was the youngest person in powerlifting history to bench press 600 pounds raw. He squatted 909 pounds in the USPF, officially bench pressed 620 pounds raw, and officially deadlifted 810 pounds raw. In 2005, he won the Atlantis Strongest Man in America competition. Along with ISSA certifications in fitness training, nutrition, and conditioning, Josh has been awarded the prestigious title of Master of Fitness Sciences (MFS). He was also recently named the ISSA Director of Applied Strength and Power. In addition to being certified by the NSCA as a Certified Strength and Conditioning Specialist (CSCS) and by NASM as a Performance Enhancement Specialist (PES), Josh completed his master of sciences degree in exercise science (July 2010). He has been published in numerous magazines, periodicals, and websites and is the founder and owner of Joshstrength.com and the Joshstrength Method. To learn more about Josh or to contact him, visit www.joshstrength.com. View Josh's training log.

Adam benShea is a Brazilian Jiu-Jitsu black belt under Ricardo "Frajinha" Miller (Paragon Brazilian Jiu-Jitsu). Adam has won the World, Pan American, and California State Brazilian Jiu-Jitsu Championships. He is a graduate of UC Santa Barbara and holds an MA from Indiana University. Adam is currently training at the Alliance HO in Atlanta with Franiinha's instructor Romero "Jacare" Cavalcanti. Adam's is working at Emory University completing his PHD.

Check out his website for more workout ideas: Adam's Website. Adam is the Joshstrength.com Grappling/MMA Advisor.

Dan John



ecently, Seth Rosenberg asked me, well, challenged me, to come up with a training program that covered "everything" and worked the whole body as well as having mobility and conditioning work included in it. Oh, and forgot to add: I could only use ten movements.

Challenge accepted. I came up

with a very simple program based on two handfuls of movements and respects the insights of deLorme and Watkins. So, you will see strength and hypertrophy work based on their simple program.

Janda's work is reflected, too, as we will be glute focused each day and stretch what needs to be stretched and strengthen what needs strengthening. Not long ago, I was asked to summarize "throwing far" in as few words as I could. So:

Stretch what is tight. Strengthen what is weak. Fit goes far. Smooth goes far.

Probably there are too many words and frankly much of it is redundant, but the point is clear: what is the simplest approach to being fit for your task? Or, to say it another way,

what is the LEAST amount I can do to get to my goal?

I also added the Tabata Protocol twice a month. When I first logged on the net, I found Clarence Bass's remarkable site, cbass.com. It continues to be a smart place to visit. He introduced me to this famous quote:

"[Six to eight very hard 20 second intervals with 10 second rest periods] may be one of the best possible training protocols...."

Izumi Tabata, Ph.D., National Institute of Health & Nutrition, Tokyo, Japan

I tried it with everything in 1999, including Military Presses, a resounding failure. When I started doing Front Squats with it, amazing things happened and I reported this in an article for t-nation.com. Soon, everyone was doing "Tabatas" and I accept part of the blame for some of the idiocy. I still think that there is a great value in twice a month Tabata training.

For mobility and tonic workouts, (tonic workouts are those light, refreshing training sessions that seem to undo the soreness of a tough training session), I kept the same basics, but tried to vary the reps and load a bit.

It's simple stuff and nothing I said is original. The goal is to follow it and strive for mastery, beauty and elegance in your training sessions.

This kind of program is excellent for any one over 28 or anyone looking for a simple approach to full body training. The complete monthly program can be found at the end, but for clarity, here are the lessons learned:

1. Advanced programming, that includes the importance of mobility, stability, core work, intervals, strength training and cardio, can be done with a minimum of equipment and movments.

2. By planning a month, or two or three months, it is possible to "build in" days that focus on one tool or another.

3. It is always better to have a few movements that cover a lot of needs rather than dozens of isolated things.

The movements, for the record:

- 1. One Arm Press
- 2. One arm row
- 3. Swing
- 4. Goblet Squat
- 5. Bird Dog
- 6. Push Up Position Plank (PUPP)
- 7. Hip Flexor Stretch
- 8. Hip Flexor Rainbows.
- 9. Six Point Zenith
- 10. Suitcase Carry

Challenge Accepted, Seth!!!

Classical Conditioning in X Moves

Introduction: Training programs and exercise selection and nutritional tweaks bombard us nearly every time we open the Internet or a new fitness magazine. We get deluged with "try this" and "do that." How do we filter what works for us? How do we discern what will or won't work?

I have a bit of advice for most of us that goes back to the Greeks: what is your philosophy of training? I'm serious, too: what are the basic suppositions that drive your vision of training, health, and fitness?

My philosophy for strength training, and no surprise here, is based on three concepts:

1. Movements, not muscle

The Fundamental Human Movements

Push Pull Hinge Squat Loaded Carries

The "Sixth Movement" This is everything else from rolling, to half kneeling work, to lunges, and one arm. It also included torque, twisting, rotational and antirotational work.

2. "If it is important, do it every day, if it isn't, don't do it at all." This is a quote attributed to wrestling Olympic Gold Medalist Dan Gable

If we know the moves, how do we decide "when" to do them? I argue: every day. In my approach, we will explore the basic movements in nearly every workout. With most athletes, the movement needs repeating far more than most people think. At the elite levels of track and field and Olympic lifting, the total number of full movements is simply staggering.

3. Repetitions...lots of repetitions.

I can't say it any better than what I learned from a hearing impaired discus thrower that I worked with a few years ago. He had become very good and I asked him his secret. He took his right middle finger and twisted it over his right index finger. and then slapped it into his left palm. In sign language, it means "repetition."

Loading for the Program

A = Light(50%) / B = Medium(75%) / C = Heavy(100%)

For this program, the weight is based on what you can do for ten repetitions, not for a single lift. So, it will be a load that you can do "sometimes" for eight reps and sometimes for twelve, depending on things. Never miss a lift.

Program A – Simple Strength

"Absolute strength is the glass. Everything else is the liquid inside the glass. The bigger the glass, the more of everything else you can do." Brett Jones.

Getting stronger is the foundation of all fitness goals. Stretching during rest periods keeps the intensity up (including heart rate). Strive to increase "C" over time.

Push – One Arm Press

- A x 10
- o Hip Flexor Stretch Right Knee Down
- B x 5
- o Hip Flexor Stretch Left Knee Down
- C x 10

Pull – One Arm Row

- A x 10
- o Rainbow Right Knee Down
- B x 5
- o Rainbow Left Knee Down
- C x 10

Hinge – Swings

- A x 30
- o Bird Dogs Right Knee Down
- B x 15
- o Bird Dogs Left Knee Down
- C x 30

Squat – Goblet Squat

- A x 10
- o Six Point Zenith Right Hand Sweeps Up
- Bx5
- o Six Point Zenith Left Hand Sweeps Up
- C x 10

Plank – Push Up Plank for 2:00 Goal

Carry –Suitcase Carry. With the less dominant hand walk as far as you can under load. Put the weight down. Turn around and come back with the dominant hand.

Program B – The Cardio Hit Workout

Mixing the dynamic swing with the grinding squat has been an interesting way to increase heart rate for the past few years. Adding the stretch between sets will keep the heart rate high but will also add some heart rate variability (a good thing). Don't hold the stretches for more than 30 Seconds; pop up for another set of swings.

- 15 Swings / One Goblet Squat
- o Hip Flexor Right Knee Down
- 15 Swings / One Goblet Squat
- o Hip Flexor Left Knee Down
- 15 Swings / One Goblet Squat
- o Rainbow Right Knee Down
- 15 Swings / One Goblet Squat
- o Rainbow Left Knee Down
- 15 Swings / One Goblet Squat
- o Bird Dog Right Knee Down
- 15 Swings / One Goblet Squat
- o Bird Dog Left Knee Down
- 15 Swings / One Goblet Squat
- o Six Point Zenith Right Hand Sweeps Up
- 15 Swings / One Goblet Squat
- o Six Point Zenith Left Hand Sweeps Up
- 15 Swings / One Goblet Squat
- o Push Up Plank
- 15 Swings / One Goblet Squat
- o Suitcase Walk R/L

Program C – Tonic Recharge Workout

This is the workout following a Tabata day. Yes, this is an easy day, but always focus on the long term goal and the journey.

Push – One Arm Press

- A x 10
- o Hip Flexor Right Knee Down
- o Hip Flexor Left Knee Down

Pull – One Arm Row

- A x 10
- o Rainbow Right Knee Down
- o Rainbow Left Knee Down

Hinge – Swings

- A x 30
- o Bird Dogs right Knee Down

o Bird Dogs Left Knee Down

Squat – Goblet Squat

- A x 10
- o Six Point Zenith Right Hand Sweeps Up
- o Six Point Zenith Left Hand Sweeps Up

Plank – Push Up Plank

• 1:00

Program D – Bi – Monthly Tabata

Stay focused. It is only a ten second rest, be ready to go again at seven seconds. Go after it today. Please use a "Tabata Timer" available for free on the web. You go for twenty seconds, rest for ten, repeat another seven times. (For a total of eight rounds and four minutes of working out)

- Tabata Workout One
- o Tabata Goblet Squats for 4 Minutes
- Tabata Workout Two
- o Tabata Swings for 4 Minutes

Program E-the Mobility Workout

Hold each position for thirty seconds.

- Under thirty years of age: go through the movements for two circuits (do every movement once, finish the list, repeat)
- From Thirty to Fifty: go through the movements for three circuits.
- Over fifty: At least three circuits, strive to do four or five.

Hip Flexor Right Knee Down Hip Flexor Left Knee Down Rainbow Right Knee Down Bird Dog Right Knee Down Bird Dog Left Knee Down Six Point Rainbow Right Hand Sweeps Up Six Point Rainbow Left Hand Sweeps Up

For every lift or stretch:

- Insure the feet are grounded: Stretch out the toes and grab the ground while driving the heels down.
- Whenever standing, attempt to level the belt of your pants parallel with the floor. Squeeze the Glutes to do this. Under load, you may notice your tummy pooch out a bit, this is fine.
- Be sure to breath! Mastery of breathing is one of the secrets to super strength.
One Arm Press

Use both hands to set the weight in place on the shoulder. Squeeze your glutes first to begin the rep. Strive to have the elbow in a vertical line under the wrist throughout the movement. Finish with a parallel belt to the floor.

One arm row

The non-working arm should be securely locked down on the off leg. Hold the thumb of the working arm in the armpit for a short pause on every rep. Do not jerk the weight. Move the weight under control and drive the elbow to the ceiling.

Swing

At the top of the movement, find the Plank position: glutes tight, thighs tight, and upper body tight. At the top, "throw" the weight back to the hinge.

Feel the "Hinge" in your hamstrings. Think of snapping a football back to a punter.

Squat

Begin the movement with the glutes locked and the belt line parallel. Drop the body between the legs and strive to push the knees OUT with the elbows. Pause. Squeeze the thighs to return to the standing position.

Bird Dog

If the left knee is down, strive to drive the HEEL of the right foot straight back. Try to have both butt cheeks on the same plane parallel to the floor. Hold the Bird Dog for as long as you can. If you go over two minutes, pump the left elbow to the right knee for reps. Switch sides.

Push Up Position Plank (PUPP)

Squeeze the glutes. Try to squeeze "the heads of trolls" in your arm pits. Hold this for up to two minutes. Focus on squeezing on not just surviving the time.

Planks, as a variation

Same as PUPP, but on the elbows. Try to pull the elbows to the knees throughout the time.

Hip Flexor Stretch

If the left knee is down, insure that the right big toe is pushing hard into the ground. Squeeze the glutes and pull the top of the head to Zenith. Feel the stretch in the left front hip. Switch sides.

Hip Flexor Rainbows.

Same as the Hip Flexor Stretch, but with the left knee down, sweep the right arm in a long slow arc from overhead to straight back trying to open up the chest and core. Extra tip: close the right eye try to trace the movement with your left eye.

Six Point Zenith

On your hands, knees and feet (Six point), take your right arm and hug your left knee. Then, in a long lazy arc stretch the right arm up to Zenith, or as close as you can. Use the same reach as the Hip Flexor Rainbow. Feel the stretch in your chest and core and continue to hug and stretch. Extra tip: close the right eye try to trace the movement with your left eye.

Suitcase Carry

Pick up a weight in one hand. Stand tall, insure your belt line is parallel, and walk. Repeat with the other side.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A Simple	E Mob	B Cardio		A Simple	D1 (GS)
	C (Tonic)	E Mob	A Simple		B Cardio	A Simple
	A Simple	E Mob	B Cardio		A Simple	D2 (Sw)
	C (Tonic)	E Mob	A Simple		B Cardio	A Simple

This is a nice way of looping the workouts together. Having one day a week, Tuesday in this example, to do just mobility work is a nice way to keep any program fresh. Note that we do Simple Strength twice a week and six Cardio (four "B Cardios" and the Tabata Days) workouts a month. Most people need to get their strength and hypertrophy (lean body mass) improved, although I found the Tabatas to do a lot for LBM. I like having two days off a week to enjoy life, but actually it works to three or more as the mobility and the Tonic workouts are just not very hard.

Don't ignore the Tonic workouts. Many people err by missing a chance to move and refresh. It's part of an intelligent, long-term approach to training, but many ignore the simple Tonic workouts that are the "hair of the dog that bit you."

Dan John has spent his life with one foot in the world of lifting and throwing, and the other foot in academia. An All-American discus thrower, Dan has also competed at the highest levels of Olympic lifting, Highland Games and the Weight Pentathlon, an event in which he holds the American record.

Dan spends his work life blending weekly workshops and lectures with full-time writing, and is also an online religious studies instructor for Columbia College of Missouri. As a Fulbright Scholar, he toured the Middle East exploring the foundations of religious education systems. His books, on weightlifting, include Intervention, Never Let Go, Mass Made Simple and Easy Strength, written with Pavel Tsatsouline as well as From Dad, To Grad.

Clint Darden



very once in a while I'll get a Strongman that has tons of speed, loves to deadlift, but isn't the greatest squatter or presser in The World. Sometimes they are not the most intense rocket in the gym either...quite possibly because they are just a little bit "over the hill" and they need to hold back the intensity. I like to mask the intensity by throwing in some volume work at different percents on the core lifts, making sure to not let them get beat up in the process. This program is not for the complete beginner and it is not for the Elite Level Athlete. It has been GREAT for many off season Masters Class Strongman competitors looking for a solid 4 week break from what they are currently doing while not doing a ton of different exercises in the gym.

When in doubt, take 5% off of the bar. ALWAYS GET THE SETS AND REPS IN!

Week 1:

Day 1: Squats: SS Bar or Straight Bar From 40% take 10- lb jumps till you reach a 5RM 75% x 5 x 3 sets 65% x 8 x 3 sets

Deadlifts: 50%+ bands 3 x 5 sets, 60 seconds rest between sets

ABS: 3 sets

Day 2: Axle Press: From 40% take 5 lb jumps till you reach a 5 RM 75% x 5 x 3 sets 65% x 8 x 3 sets

Axle Floor Press with Chains:

50% + chains x 3 x 5-8 sets, 60 seconds rest between sets

Day 3: Deadlift: IRM - band weight at the top = W W x .85 = Week 1's Weight 2 sets of 3 reps

OHP Exercise 2: Do something FUN! 2-3 Strongman Events

Week 1 introduces the program to the lifter without a high amount of weight being used and enough volume for the lifter to feel like they have done more work on the core lifts than they normally do. It also gives them the creativity to do any Strongman Events that they LIKE doing at the end of Day 3.

Week 2:

Day 1:

Squats: SS Bar or Straight Bar From 40% take 10- lb jumps till you reach a 3RM 80% x 5 x 3 sets 70% x 8 x 3 sets

Deadlifts: 50%+ bands 3 x 5 sets, 60 seconds rest between sets **ABS:** 3 sets

Day 2:

Axle Press: From 40% take 5 lb jumps till you reach a 3 RM 80% x 5 x 3 sets 70% x 8 x 3 sets

Axle Floor Press with Chains:

50% + chains x 3 x 5-8 sets, 60 seconds rest between sets

Day 3:

Deadlift: 1RM - band weight at the top = W W x .9 = Week 2's Weight 2 sets of 2 reps

OHP Exercise 2: Do something FUN!

2-3 Strongman Events

Week 2 shows an increase in the weight on the bar with a slightly lower volume than done in Week 1. The athlete still has a lot of options on Day 3 for Strongman Event Training.

Week 3:

Day 1: Squats: SS Bar or Straight Bar From 40% take 10- lb jumps till you reach a 1RM 80% x 5 x 3 sets 70% x 8 x 3 sets

Deadlifts: 50%+ bands 3 x 5 sets, 60 seconds rest between sets **ABS:** 3 sets

Day 2: Axle Press: From 40% take 5 lb jumps till you reach a 1 RM 80% x 5 x 3 sets 70% x 8 x 3 sets

Axle Floor Press with Chains:

50% + chains x 3 x 5-8 sets, 60 seconds rest between sets

Day 3:

Deadlift: 1RM - band weight at the top = W W x 100 + 5 lbs = Week 3'w Weight Week 3: 1 rep

OHP Exercise 2: Do something FUN! 2-3 Strongman Events

Week 3 is a tough, physical week. It demands max weights being used from top to bottom and you will need to be well rested and prepared each day when you come to the gym. Again, Day 3 gives the athlete a lot of freedom with the Strongman Events.

Week 4:

Day 1: Squats: 3 sets of 3 with 75%

Leg Press: 3 sets of 20 with 2 minutes rest between sets

Hack Squats: 2 sets of 20 with 2 minutes rest between sets

Deadlifts:

65% + bands x 6 singles, 15 sec rest between sets, or skip completely

GHR: 3 sets of max reps

ABS: 3 sets

Day 2: Axle Press: Seated: 3 sets of 5 with a light weight

Bench Press: 65% x 4 sets of 8 Rotators, Triceps, Lats

Day 3: Deadlift: Anything fun, pull with chains, bands, straight weight, partial deads, reverse band, etc...

OHP Exercise 2: Do something FUN! 2-3 Strongman Events

Week 4 is a form of a Deload, but it should not be easy. You are driving the same truck, just down a different road to get to the same destination. Work hard but do everything with a slightly different stimulus. Again, Strongman Event Training is left up to the lifter.

The Author: Clint Darden earned his Pro Card in Strongman in 2003 in the USA and moved to Cyprus in 2004. He competed in the USA, as well as throughout Europe representing both the USA, as well as Cyprus on the International Level. He owns Elite Power Nutrition supplements in Cyprus, a full-time dad and the Director of Autism Assessment Support Practice. He has struggled with Ulcerative Colitis for 4 years now and has come a very long way, but still suffers from it daily.

Ken "Skip" Hill

IMBALANCES

am pretty old but I remember sitting in the YMCA gym that I trained at when I was sixteen crying like a big, fat pussy. I was the only one in the gym and the lights had been off for about ten minutes after closing time when it occurred to me that I was not going to win the Mr. Olympia one day because I had one pec larger than the other. Hey, don't laugh. I may have been sixteen but this happens all of time to people of all ages and all levels of training. Don't cry. There is hope.

I understand that studies have been done to show that when one side of your body is injured, you can train the other side and not lose as much size and strength to the damaged side and you can regain that strength quicker when you are able to train the damaged side again. This is one fine example as to why I hate studies, sometimes. You believe what you want but I have seen time and time again where this simply does not happen. In my experience, it NEVER has happened.

The imbalance doesn't necessarily have to be from an accident, either. Most people have imbalances whether small and subtle or quite pronounced and have not injured the area at any time. We tend to favor our dominant side so if you are right-handed you will likely find

yourself stronger on your right side. This could range from just a slight dip in strength on one side to a situation where you could get a few more reps on one side than the other.

People with these imbalances will tend to make the imbalances worse over time if they are training with focus on the strong side and most people do this. What I mean by focusing on the strong side is they will train an exercise like the bench press and go until the strong side fails. What you want to do to improve these imbalances is do exactly the opposite and train with focus on the WEAK side, instead.

When you focus on the weak side you will need to stop the set when the weak side starts to fail. This has to be done preferably with a barbell, though dumbbells can still be used, too. I prefer the barbell over the dumbbells in these situations because it is very easy to see if your bar is level or not or if one side is twisted or dipping. Ideally, the bar should be level the entire duration of the set and not twisted. Do not use fixed machines when you have an imbalance because it is too easy to shift the majority of the work to the stronger side.

When the weak side starts to fail the set should end. You might think that you have more in the tank and can get more reps but that would perpetuate the imbalance. When you stop a set when the weak side starts to fail, you are taxing the weak side with a stimulus that will make the weak side get stronger. The strong side won't be taxed as much and the demand on the strong side won't cause the strong side to grow stronger.

On the flip side, if you continue the set past the point where the weak side starts to fail, you will likely see the bar twist and/or dip on that side to try to find secondary muscles to recruit to finish the rep and usually this is exactly what happens. Training like this will allow you to complete at least a couple more reps but this will do nothing more than cause both the weak side AND the strong side to grow stronger. Both sides will grow stronger but the imbalance will remain.

If you can train with focus on the weak side and stop the set when the weak side fails, it won't be long before the weak side catches up to the strong side and the imbalance is rectified.

It is hard to hold back sometimes but if this sport were based only on hard work, there would be a lot more huge and strong guys than there are. Imbalances can lead to injuries so even if you think that one side doesn't appear larger than the other, you could be playing with fire. Train hard but train smart, first.

Ken "Skip" Hill has been involved in the sport of bodybuilding for almost 30 years and competing for over 20 of those years. Born and raised in Michigan he has spent the last 16 years calling Colorado home with his wife of 20 years and their 4 children. His primary focus is nutrition and supplementation but is called on for his years of training experience, as well. He started doing online contest prep in 2001 and is considered one of the original contest prep guys when the bodybuilding boards were still in their infancy. His track record with competitive bodybuilders is well-respected and he also does sport-specific conditioning including working with professional athletes. He owns IntenseMuscle.com and TEAM SKIP Nutritional Consulting and Contest Preparation. You can follow him on Twitter at #IntenseMuscle. Chase Karnes



for 2013 NAS Strongman Nationals Below is my program for the 2013 North American Strongman Nationals where I'll be competing in the Lightweight 200 class. The program is two different 6 week phases.

The events for 2013 NAS Strongman Nationals are:

Day 1:

Axle Clean & Press for reps – 275# - 1 minute time limit. Giant Wheel Barrow Load and Carry – Carry and Load kegs, then push wheel barrow back. 230#/250#/275# kegs for 75 ft., 50 ft., 25 ft. – 90 second time limit. Car Deadlift for reps – Max reps in 60 seconds

Day 2:

Yoke Carry/Sled Drag Medley – 50 ft. each – 1 minute time limit. 730# yoke/heavy sled. Press Medley – 180# circus dumbbell, 260# axle, 300# log, 220# keg. Any order. 75 second time limit. Frame Carry – 700# - 50 ft. – 60 second time limit. Stone Carry and Load – Carry 260#/300#/330# stones 15 ft. and load over 54 inch bar. 75 second time limit.

This program was designed with my strength and weaknesses in mind. These are factors I considered for each event that is listed above.

- · I'm a really strong presser. This weight won't be an issue. It'll be more of an endurance thing for me than anything else.
- This will be the most taxing event from a conditioning standpoint. I'll need to slowly build up my event specific conditioning for this event via keg carries and loads. I don't have access to a giant wheelbarrow, but will use other implements to improve conditioning in a medley fashion with the keg carry and loads. For example: Frame carries, heavy Prowler sprints, sled drags will all be paired in at some point.
- I'm usually pretty solid at this event. We never know how heavy it'll be so I'll get some heavy squat/deadlift work in. I'll also hit some high rep squats incase this event becomes a rep fest. I'll also gradually ramp up the weight on our car deadlift implement as the competition gets closer.
- The yoke is probably one of my worst events in past years, but it has continued to improve. It's not my weakest event this year. There is a one drop rule on the yoke this year so I'll also focus on not dropping the yoke at all during training. The weight isn't too heavy, but it is heavy enough. The sled drag will be the decider on this event. I'll be hitting sled drags pretty frequently as they aren't very taxing and easy to recover from.
- Again, my press is my strong point. This press medley is actually pretty heavy, but I can hit all the weights in the medley. I'll work on some submax medleys early on with just 2 or 3 implements. As the weeks get closer I'll hit the full medley with competition weights.
- The frame carry is super heavy and has a one drop rule just like the yoke. This one may come down to distance so foot speed is critical here. But so is grip strength. I won't be hitting comp weight on my frame as the pick is much lower and handles are wider than the frame we will be using in competition. I'll work up in the 90%+ range of the competition weight a couple of times during this prep.
- The stone carry and load should be interested. I'm typically pretty good at stones, but have never carried them. Luckily carrying the kegs will have some carryover for conditioning the hamstrings and low back for the carry. I'll also be carrying the stones when training them. I'm pretty confident I can finish this whole run. This will just come down to practicing the event and finding the best way to carry the heaviest stone.

The training split is 14 days total alternating workouts for the entire 6 weeks. In regards to gym lifts Weeks 1,3,5 are the same and weeks 2,4,6 are the same in terms of exercises performed, but other variables change. Event days rotate on the same schedule but there is a bit more variance.

Phase 1:

Week A. (Weeks 1, 3, 5)

Saturday:

A. Circus DB Clean & Press - Working up to 85-95% 1RM.

B. Keg Clean & Press - Working up to 230 keg for reps. Starting week 1 with 1 rep. Trying to add a rep weekly.

C. Frame Carry – Working up to 83%, 86% and 89% on weeks 1, 3 and 5 respectively.

D. Keg Carry Medley – 210#/230#/250#. Week 1 – Carry. Week 3-Carry and load. Week 4-Carry and load increased distance.

Sunday:

Walk - 30-45 Minutes - HR 120-130 BPM

Monday:

A. Axle Clean & Press – 5/3/1 + 5-10% increase over last set for 5, 3 or 1 rep depending on week. Bl. Bench Press – 5/3/1 B2. Chin Ups – 4 sets of 10 C1. Band Tricep Extensions – 4 sets of 25 C2. Face Pulls – 4 sets of 25 D1. Hanging Leg Raises – 4 sets of 10 D2. Rollouts – 4 sets of 10

Wednesday:

Box Jumps – 3 sets of 5 Squats – Work up to a 5RM, 3RM and 1RM on weeks 1, 3 and 5 respectively. Weeks 1 and 3 perform backoff set of 15-20 reps. Keg Carries – 210# or 230# keg for 80 ft. with 80 ft sprint. 3-4 runs with 1minute – 90 second rest. Bent Knee Sit Ups – 3 sets of 20 Stir the Pot - 3 sets of 3 in each direction.

Week B. (Weeks 2, 4, 6)

Saturday:

A. Press Medley - Pick 2-3 implements. Do 1-2 rounds.

B. Yoke/Sled Medley - Yoke - Top end set of 96% of comp weight week 2. 100% week 4. 103% week 6. Sled heavy.

C. Atlas Stone Carry and Load – 2 runs. A light stone of 2-3 stones. A heavy run of 2-3 stones. Try to improve by doing another stone (3 instead of 2), heavier stones or beating last week's time.

Sunday:

Walk - 30-45 Minutes - HR 120-130 BPM

Monday:

A. Log Clean & Press - 5/3/1 + 5-10% increase over last set for 5, 3 or 1 rep depending on week.
B1. Overhead Press - 5/3/1
B2. 1-Arm DB Row - 4 sets of 10
C1. Band Tricep Extensions - 4 sets of 25
C2. Barbell Curls - 4 sets of 25
D1. Hanging Leg Raises - 3 sets of 10
D2. Rollouts - 3 sets of 10
D2. Band Pull Aparts - 3 sets of 33

Wednesday:

A. Deadlift - Work up to a 5RM, 3RM and 1RM on weeks 1, 3 and 5 respectively.
B. Car Deadlift - 3 sets of 3-10 reps. First set belt only. Second set deadlift suit. Third set belt only again.
C. Sled Drag - 2-3 sets of 80 ft. with 90 seconds - 2 minutes rest. Increase weight each week.
D1. Bent Knee Sit Ups - 3 sets of 20
D2. Stir the Pot - 3 sets of 3 each direction

Phase 2:

Week A. (Weeks 1, 3, 5)

Saturday:

A. Circus DB Clean & Press - Working up to 85-95% 1RM.
B. Keg Clean & Press - 170#x3, 210#x3, 230#xAMAP
C. Frame Carry - Working up to 89%, 92% and 94% on weeks 1, 3 and 5 respectively.
D. Keg Carry Medley - 210#/230#/250# - Carry and load. Followed by heavy prowler sprint back. 1-2 rounds.

Sunday:

Walk - 30-45 Minutes - HR 120-130 BPM

Monday:

A. Axle Clean & Press - 5/3/1 + 5-10% increase over last set for 5, 3 or 1 rep depending on week.
B1. Bench Press - 5/3/1
B2. Chin Ups - 4 sets of 10
C1. Band Tricep Extensions - 4 sets of 25
C2. Face Pulls - 4 sets of 25
D1. Hanging Leg Raises - 4 sets of 10
D2. Rollouts - 4 sets of 10

Wednesday:

Box Jumps – 3 sets of 5 Atlas Stone Carry and Load – 240#/260# stones x 1 round. 260#/300#/340# stones x 1 round. Squats – Work up to a 5RM, 3RM and 1RM on weeks 1, 3 and 5 respectively.

Thursday:

Keg Carries – 210#/230#/250# x 80 ft. x 2 rounds. Bent Knee Sit Ups – 3 sets of 20 Stir the Pot - 3 sets of 3 in each direction.

Week B. (Weeks 2, 4, 6)

Saturday:

A. Press Medley – All implements. Competition weights. Faster each week.
B. Yoke/Sled Medley - Yoke – Top end set of 96% of comp weight week 2. 100% week 4. 103% week 6. Sled – Heavy.
C. Sled Drag – 2 sets of 80 ft.

Sunday:

Walk - 30-45 Minutes - HR 120-130 BPM

Monday:

A. Log Clean & Press - 5/3/1 + 5-10% increase over last set for 5, 3 or 1 rep depending on week.
B1. Overhead Press - 5/3/1
B2. Blast Strap Row - 5 sets of 10
C1. Band Tricep Extensions - 4 sets of 25
C2. Barbell Curls - 4 sets of 25
D1. Hanging Leg Raises - 3 sets of 10
D2. Rollouts - 3 sets of 10
D2. Band Pull Aparts - 3 sets of 33

Wednesday:

A. Deadlift - Work up to a 5RM, 3RM and 1RM on weeks 1, 3 and 5 respectively. Add deadlift suit after RM sets and pull 1-3 reps working up.

B. Car Deadlift – 3 sets of 3-10 reps. First set belt only. Second set deadlift suit. Third set deadlift suit.

Thursday:

A. Sled Drag – 3 sets of 80 ft. with 90 seconds rest. B1. Bent Knee Sit Ups – 3 sets of 20 B2. Stir the Pot – 3 sets of 3 each direction

*Exercises with pairings are done as alternating sets (Example: A1. And A2.). A set of A1. is performed followed by a short rest. Then A2. is performed followed by a short rest. This is repeated until all sets/reps are completed.

*Where percentages are listed this is a percentage of my current 1RM (rep max) for the particular lift unless noted that it's a percentage of the competition weight (Yoke, Frame).

*When working up to a RM – Such as a 5RM – I worked up to the heaviest weight I could handle with good form the for target rep max. These are rep maxes for that day with good form. Not true testing maxes.

Nick Showman

YOUTH FOUNDATION TRAINING

nterest in training youth athletes has definitely grown over the last decade. This is a result of more people beginning to understand the benefits of developing a solid base level of strength. Those who can coach youth athletes effectively and efficiently understand that using a successful program catered to college athletes is not the best option for youth athletes. Youth programs should focus on movement quality over movement quantity, contain all aspects of athletic movement, and should contain enough variety to keep youth athletes engaged throughout the training session.

Each training session should begin with some type of warm up to prepare the athletes for the training session. Most athletes will not understand why they are warming up, so it is the coach's responsibility to explain why they are performing each drill in the warm up. An effective warm up will get them ready both physically and mentally for the task in their workout.

Listed below is a 12-week cycle that can help athletes first master the basic movements and then lead into a progression where they can safely begin to incorporate strength training.

Phase 1				
Week	Day 1		Day 2	
	Dynamic Warm Up		Ground Based Warm	Up
Week 1				
	A) Med Ball Chest Pass	2x10	A)Reset Vertical Jumps	4x5
1 Second Iso-	B) Med Ball Scoop Throw	2x10	A) Med Ball Overhead Press	
metric on all	A) Prisoner Squat (Facing Wal	,	B) Blast Strap Row	4x8
strength	B) Double Leg Glute Ham Bridg		A) Kettlebell Deadlift	4x8
movements	A) Elevated Push Up	4x8	B) Hinge	4x8
	B) Kettlebell Batwings	4x8	A)Sit Ups	2x10
	A) Sit Ups	2x10	B) Push Up Plank	2x15 sec
	B) Push Up Plank	2x15 sec		
	Dynamic Warm Up		Ground Based Wa	ırm Up
Week 2				
	A)Med Ball Chest Pass	2x10	A)Reset Vertical Jumps	4x5
	B)Med Ball Scoop Throw	2x10	A)Med Ball Overhead Press	4x6
2 Second Iso-	A)Prisoner Squat (Facing Wall)	4x6	B)Blast Strap Row	4x6
metric on all	B)Double Leg Glute Ham Bridge	e 4x6	A)Kettlebell Deadlift	4x6
strength	A)Elevated Push Up	4x6	B)Hinge	4x6
movements	B)Kettlebell Batwings	4x6	A)Sit Ups	2x10
	A)Sit Ups	2x10	B)Push Up Plank	2x30 sec
	B)Push Up Plank	2x30 sec		
	Dynamic Warm Up		Ground Based Warr	n Up
Week 3				
	A)Med Ball Chest Pass	2x10	A)Reset Vertical Jumps	
	B)Med Ball Scoop Throw	2x10	A)Med Ball Overhead Press	4x5
3 Second Iso-	A)Prisoner Squat (Facing Wall)	4x5	B)Blast Strap Row	4x5
metric on all	B)Double Leg Glute Ham Bridge	e 4x5	A)Kettlebell Deadlift	4x5
strength	A)Elevated Push Up	4x5	B)Hinge	4x5
movements	B)Kettlebell Batwings	4x5	A)Sit Ups	2x10
	A)Sit Ups	2x10	B)Push Up Plank	2x45 sec
	B)Push Up Plank	2x45 sec		

Phase 2				
Week	Day 1		Day 2	
	Dynamic Warm Up		Ground Based Wa	rm Up
Week 1		10		4 5
10		2x10	A)Low Box Jumps	4x5
1 Second		2x10	A)1 DB Push Press	4x8
Isometric on all		x8	B)Blast Strap Row	4x8
strength	=/	4x8	A)Hex Bar Deadlift	4x8
movements	inji doli oʻpo	x8	B)Monster Walk	4x8
	2)2dila libbiotod l'all'opo	4x8	A)V Ups	2X10
		x10	B)Superman	2x10
		2x10	C)Side Plank	2x15 seconds
	C) Side Plank 2	2x15 seconds		
	Dynamic Warm Up		Ground Based	Warm Up
Week 2				-
	A)Med Ball Rotational Throw	2x10	A)Low Box Jumps	4x5
	B)Med Ball Jump Shot	2x10	A)1 DB Push Press	4x6
2 Second	A)Goblet Squat 4	хб	B)Blast Strap Row	4x6
Isometric on all	B)Single Leg Glute Ham Bridge	4x6	A)Hex Bar Deadlift	4x6
strength	A)Push Ups 4	1x6	B)Monster Walk	4x6
movements	B)Band Assisted Pull Ups	4x6	A)V Ups	2x10
		2x10	B)Superman	2x10
		2x10	C)Side Plank	2x30 seconds
	· -	2x30	-,	
	Dynamic Warm Up		Ground Based V	/arm Up
Week 3				
	A)Med Ball Rotational Throw	2x10	A)Low Box Jumps	4x5
	B)Med Ball Jump Shot	2x10	A) 1 DB Push Press	4x5
3 Second	A)Goblet Squat	1x5	B)Blast Strap Row	4x5
Isometric on all	B)Single Leg Glute Ham Bridge	4x5	A)Hex Bar Deadlift	4x5
strength	A)Push Ups 4x	:5	B)Monster Walk	4x5
movements		x5	A)V Ups	2x10
	A)V Ups 2xi	10	B)Superman	2x10
	B)Superman 2x	10	C)Side Plank	2x45 seconds
	· ·	45 seconds	,	

Phase 3		
Week	Day 1	Day 2
	Dynamic Warm Up	Ground Based Warm Up
Week 1 1 Second Isometric on all strength movements	A)Med Ball Backwards Throw2x10B)Med Ball Slam2x10A)2 Kettlebell Squat4x8B)Double Leg Glute Ham Bridge on Med Ball 4x8A)Med Ball Push Up4x8B)Bodyweight/Band Assist Pull Up4x8A)Hanging Knee Ups2x10B)Russian Twist2x10C)Push Up Plank2x15 seconds	A)Hurdle Jumps (6 inch)4x5A) 2 DB Push Press4x8B)Blast Strap Row4x8A)Hex Bar Deadlift4x8B) Reverse Hyper off bench4x8A)Hanging Knee Ups2x10B)Russian Twist2x10C)Push Up Plank2x15 seconds
	Dynamic Warm Up	Ground Based Warm Up
Week 2 2 Second Isometric on all strength movements	A)Med Ball Backwards Throw2x10B)Med Ball Slam2x10A)2 Kettlebell Squat4x6B)Double Leg Glute Ham Bridge on Med Ball 4x6A)Med Ball Push Up4x6B)Bodyweight/Band Assist Pull Up4x6A)Hanging Knee Ups2x10B)Russian Twist2x10C)Push Up Plank2x30 seconds	A)Hurdle Jumps (6 inch)4x5A)2 DB Push Press4x6B)Blast Strap Row4x6A)Hex Bar Deadlift4x6B)Reverse Hyper off bench4x6A)Hanging Knee Ups2x10B)Russian Twist2x10C)Push up Plank2x30 seconds
Week 3	Dynamic Warm Up	Ground Based Warm Up
3 Second Isometric on all strength movements	A)Med Ball Backwards Throw2x10B)Med Ball Slam2x10A)2 Kettlebell Squat4x5B)Double Leg Glute Ham Bridge on Med Ball 4x5A)Med Ball Push Up4x5B)Bodyweight/Band Assist Pull Up 4x5A)Hanging Knee Ups2x10B)Russian Twist2x10C)Push Up Plank2x45 seconds	A)Hurdle Jump (6 inch)4x5A)2 DB Push Press4x5B)Blast Strap Row4x5A)Hex Bar Deadlift4x5B)Reverse Hyper off bench4x5A)Hanging Knee Ups2x10B)Russian Twist2x10C) Push Up Plank2x45 seconds

Wrap Up-

This base template can be applied to middle school and high school athletes who do not have a very high training age. This program will also prepare them for the next stages of training, such as introducing the Olympic lifts. The rep schemes are relatively low to keep their attention on the exercise. Remember, five good reps are better than ten poor reps. The important aspects should be to master the basics and really get the athletes to move properly throughout a full range of motion. Most of the teenage athletes I see at Showtime Strength & Performance are going through puberty, and this usually results in very tight hamstrings and weak glutes. It's imperative to work out those problems before forcing the young athletes into uncomfortable and potentially dangerous situations. Also, I did not add conditioning at the end of the workouts. The reason for this is to let the trainer/coach create the conditioning. Use your imagination when it comes to this portion of the workout. If it was a good training session, you could let the athletes play a game that gives them a chance to compete against each other. Pushing a Prowler is another great option for a lower body dominant day, but don't just have the kids push it to see who can go the longest without throwing up. Bring energy, have fun, and care about your athletes and you will see huge changes.

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Nick Showman is the owner of Showtime Strength & Performance in Newark, Ohio and the president of the Natural Ohio Bodybuilding Association. Showman was previously a sports performance coach at Total Athletic Development and an assistant strength & conditioning coach at Denison University and Granville High School. Doug Berninger

WEIGHTLIFTER GONE STRONG, MAN!

pdate from Last M.A.W. I've been out of the Weightlifting scene for a little while now. In last year's Programs That Work, I wrote on the program that would bring me back to the competition platform. I did end up competing at the 2013 Arnold Sports Festival and came close to hitting my desired numbers. I had hoped for a 90kg Snatch and 115kg Clean and Jerk. A far cry from my bests, those were goals that I felt were reasonable, but not easily attainable. I finished the meet with 87kg in the Snatch and 115kg in the Clean and Jerk, having attempted 92kg for my 3rd Snatch attempt (5 of 6 for the meet). I'm happy with the results and can walk away from Weightlifting (for awhile, not for good), knowing that I left it all on the platform.

Current Feelings & Goals

I'm like a little kid with a severe case of...SQUIRREL! Sorry, got distracted . Really though, I like to try different things and push my performance in different ways. I've done one Bodybuilding show; too many Weightlifting meets to count; and two Powerlifting meets. The way I see it, the only things I have left are Strongman and Highland Games to complete. I know, there are also arm wrestling and grip events, but I'm not interested in those as much.

I feel that I'd be fairly good if I spent some time training and competing in North American Strongman (Amateur), which my friend and recurring Nationals 175lbs competitor, Mark Taysom, has confirmed on several occasions. They have a 175lbs class that I'd fit perfectly. The problem? I'm currently 171lbs; I had my wisdom teeth out a week ago and lost about 8lbs from not being able to eat whole food. Boys and girls, I have some work to do! One of my goals is to be 185lbs by January 1, 2014. Going along with that, I also would like to compete sometime around the middle of next year (June or July). Where do I go from here?

Strongman Needs Analysis

Since I don't have my eyes set on a specific competition in the future, I will look at the qualities that are often required in most competitions.

In Strongman, there are several physical qualities and movement patterns that all the best competitors must possess and be able to perform. These include a high capacity of overhead max strength and strength-endurance, as well as coordination/balance; deadlift max strength and strength-endurance; unilateral carries; and cardiovascular endurance. It's also good to know that many events may be timed with 60 seconds usually being the maximum time allowed. In these events, the competitor must complete as many repetitions as possible in that time. This is where the strength-endurance qualities play a big role in performance. Now, what do I need, specifically?

Athlete Needs Analysis

I'll start by giving you my stats and background. I'm currently 5'81/2" and 171lbs. You know my lifting background as far as competition, but here are some of my lifting stats for a better gauge of how I'd stack up against others (these are all-time bests, I haven't maxed on any of these in awhile and may not even be close to some):

Clean & Jerk	Snatch	Deadlift	Press	Squat	Bench Press	Front Squat
280	225	500	192	365	265	300

Nothing to write home about; these lifts were all done at a body weight between 165-170lbs. Once I gain some mass, I feel these will move up well.

My anthropometrics (long shanks) are not conducive to squatting, as you can see by the numbers above. However, I can pull fairly well and squatting is not as prevalent as deadlifting in Strongman competitions. I have had many knee issues in the past that would not be pushed in my Strongman training. So I have a slight advantage in this respect. Also, I know from past experience that I have good overhead strength and, with this, the potential to get better with more mass. Those are my two strengths; what are my weaknesses?

I am lacking all endurance qualities (muscular and cardiovascular) from having competed in Weightlifting for so long. However, I have a genetic advantage in cardiovascular endurance, so this is something that I can quickly gain. I know this because of having to perform a VO2 max test in graduate school and scoring highest in the class, after not doing ANY conditioning in years prior. I'm also lacking the structure and overall strength in specific areas that is required of my weight class. I will be competing against guys that walk around at 190+lbs and cut down to 175lbs. I will need to gain serious mass, in my legs especially, to even "stay in the competition" against these competitors.

STRENGTHS	WEAKNESSES
Pulls from the Ground	Overall Structure / Strength
Overhead Strength	Current Endurance Levels (Muscular and Cardiovascular)
Genetic Potential for Cardiovascular Endurance	Mass : Height (too skinny for my height / limb lengths)

The Program

I know that I have as much time as I need to get ready for a competition, so I will start the program with higher volume and less-specific movements to build work capacity (GPP - General Physical Preparation). This higher volume will prepare my joints and connective tissue for the higher-intensity work that will follow, as well as prepare my cardiovascular system for increasing demands. As I finish this GPP phase, I will transition into lower volume, higher intensity workloads. I will also slightly increase the amount of conditioning I do on non-training/lifting days; adding sprints, prowler pushes, and the like into active recovery days. After this, there will be a Special/Specific Physical Preparation (SPP) phase, where I am performing more competition-specific work. Last is a short Competition Phase, where the main focus is on the movements and events of that specific competition.

Below is a layout of what the phases and their foci may look like leading into a competition.

GPP

(Very High Volume, Low-Moderate Intensity; 5-6 days/week) General Movements, Hypertrophy, Strength-Endurance, General Conditioning, Less Max Strength/Power

SPP

(Moderate Volume, Moderate to High Intensity; 4-5 days/week) Specific Movements, Less Hypertrophy, Strength-Endurance, Specific Condi-

tioning, More Max Strength/Power

Competition (Low Volume, Very High Intensity; 2-3 days/week) Extremely Specific Movements, Loads, and Repetitions. Specific to Competition Events

Based on the chart above and a mock competition (events below), I will develop a six-week GPP phase; four-week SPP Phase; and two-week Competition phase, pretending that I'm 12 weeks out. The competition events are as follows (Novice LW or 175 lbs. class weights):

18" Deadlift for Max: 50 lb. jumps. Miss and you're done. Straps, belt, and chalk allowed. No bare feet. Starting weight set at 400 lbs.

Log Press for Reps (60 second Time Limit): Clean and Press every repetition. 160 lb. log. Belt and chalk allowed.

Farmer's Walk: 180 lbs each handle. Athlete must carry 20 meters down and 20 meters back in the shortest time possible. 60 second time limit.

Conan's Wheel: 30 seconds to lift, then no time limit. Weight set at 450 lbs. Furthest carried wins.

Atlas Stones: 90 seconds to complete all stones. Stone weights - 185, 225, 250, 275, 305

GPP Phase (6 Weeks), Red = Deload week

Monday		
Exercise	Sets x Reps (Weeks 1, 2, etc.)	
Bench Press	4x10, 5x10, 5x10, <mark>3x6</mark> , 5x10, 5x8	
A1) Dips	3x10, 4x10, 4x12, <mark>1x20</mark> , 4x12, 4x10	
A2) Push-ups	3x15, 4x15, 4x18, <mark>2x20</mark> , 4x20, 3x25	
Prone Row	4x10, 5x10, 5x10, <mark>4x6</mark> , 5x10, 5x8	
B1) SA DB Rows	3x12, 3x12, 4x12, <mark>3x6</mark> , 4x12, 4x10	
B2) Chin-ups	3x8, 3x10, 4x10, <mark>3x6</mark> , 4x10, 4x8	
C1) Suitcase Carries (yards)	3x30, 3x30, 3x45, <mark>2x60</mark> , 3x45, 4x45	
C2) Physioball Stir-the-Pot	3x8, 3x8, 3x10, <mark>2x12</mark> , 3x10, 4x10	
D1) Rope Face Pulls	3x15, 3x15, 4x15, <mark>2x10</mark> , 4x15, 4x12	
D2) DB Shrugs	3x15, 3x15, 4x15, <mark>2x10</mark> , 4x15, 4x12	

Tuesday			
Exercise	Sets x Reps (Weeks 1, 2, etc.)		
Back Squat	4x10, 5x10, 5x10, <mark>4x6</mark> , 5x10, 5x8		
RDL	4x10, 5x10, 5x10, <mark>4x6</mark> , 5x10, 5x8		
A1) DB Bulgarian Squat	3x8, 3x10, 4x10, <mark>2x6</mark> , 4x10, 4x8		
A2) Glute-Ham Raise (GHR)	3x10, 3x10, 4x12, <mark>2x10</mark> , 4x12, 4x10		
B1) BB Walking Lunges	3x10, 4x10, 4x10, <mark>2x8</mark> , 4x10, 4x8		
B2) Quad Mobs	x 10ea set		
C1) MB Slams	3x10, 3x10, 4x10, <mark>2x12</mark> , 4x10, 4x10		
C2) Cable Lift (Parallel Stance)	3x10, 3x10, 4x10, <mark>2x8</mark> , 4x10, 4x8		
D1) Rope Pull-Throughs	3x12, 3x12, 4x12, <mark>2x8</mark> , 4x12, 4x10		
D2) Glute Hypers	3x12, 3x12, 4x12, <mark>2x8</mark> , 4x12, 4x10		

Wednesday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Rower (minutes)	20, 20, 30, <mark>20</mark> , 30, 30

Thursday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
A1) Press	4x10, 4x10, 5x10, <mark>3x6</mark> , 5x10, 5x8
A2) Bent BB Row	4x12, 4x12, 5x12, <mark>3x8</mark> , 5x10, 5x8

Thursday			
B1) Pull-ups	4x8, 4x8, 4x10, <mark>2x12</mark> , 4x10, 4x8		
B2) TRX Rows	4x12, 4x15, 4x15, <mark>2x20</mark> , 4x15, 4x12		
C1) TRX Supermans	3x10, 3x12, 4x12, <mark>2x15</mark> , 4x12, 4x12		
A2) 90/90 Stretch	x10ea side, ea. set		
D1) Incline DB Bench	4x8, 4x10, 4x10, <mark>4x6</mark> , 4x10, 4x8		
D2) TRX Push-ups	4x12, 4x12, 4x15, <mark>2x20</mark> , 4x15, 4x12		
E1) DB Farmer's Walks (yards)	3x30, 3x30, 4x45, <mark>2x60</mark> , 4x45, 4x45		
E2) SA Press to Windmill	3x8, 3x8, 3x10, <mark>1x15</mark> , 3x10, 4x8		

Friday			
Exercise	Sets x Reps (Weeks 1, 2, etc.)		
Deadlift	3x5+1x10, 3x5+1x10, 4x3+2x10, <mark>5x1</mark> , 4x3+2x10, 4x2+1x10		
A1) Front Squat	4x5, 4x6, 4x6, <mark>5x2</mark> , 4x5, 4x5		
A2) Close-Stance RDL	4x8, 4x10, 4x10, <mark>3x6</mark> , 4x8, 4x8		
B1) Good Morning	3x10, 4x10, 4x10, <mark>2x6</mark> , 4x10, 4x8		
B2) Mini-Band Monster Walks	x10each, each set		
C1) Back Hypers	4x10, 4x10, 4x10, <mark>2x6</mark> , 4x10, 4x8		
C2) Ab Wheel Rollouts	4x10, 4x10, 4x12, <mark>2x8</mark> , 4x12, 4x10		
Side Plank w/ Reach Under	3x10, 4x10, 4x10, <mark>2x12</mark> , 4x10, 4x12		

Saturday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Hill Sprints (yards)	8x20, 8x30, 8x30, <mark>4x40</mark> , 8x40, 10x40

SPP Phase (4 Weeks), Red = Deload week

Monday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Power Clean	4x5, <mark>4x1</mark> , 5x4, 5x3
Push Press	4x5, <mark>4x2</mark> , 5x4, 5x3
Al) Anderson Front Squat	4x4, <mark>5x1</mark> , 5x4, 5x3
A2) Band Ankle Mobs	10 each way, each set
B1) SA DB Press	3x10, <mark>3x5</mark> , 4x8, 4x8
B2) BB Row	3x10, <mark>3x6</mark> , 4x10, 4x10
C1) Waiter's Carries (yards)	3x30, <mark>1x60</mark> , 3x45, 2x60
C2) Ab Wheel Rollouts	3x8, <mark>1x10</mark> , 3x10, 3x10

Tuesday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Prowler (Rope) Pull + Push	4x20, <mark>2x40</mark> , 4x30, 4x30
Mobility Work	As Needed

Wednesday

Exercise	Sets x Reps (Weeks 1, 2, etc.)
Power Snatch	4x4, 4x1, 5x4, 5x3
Deficit Deadlift (block 2",3",3",2")	4x3, <mark>3x1</mark> , 5x3, 5x3
BB Bulgarian Squat	4x6, <mark>3x4</mark> , 4x6, 4x5
A1) BB Farmer's Holds (BB each hand – in seconds)	3x30, <mark>1x60</mark> , 4x40, 4x40
A2) Cat/Camels	10 each set
B1) Reverse Hypers	3x10, <mark>2x8</mark> , 4x10, 4x8
B2) Cable Lift (Split Stance)	3x10, <mark>1x10</mark> , 3x10, 3x8

Friday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Zercher Deadlift (from low block)	4x4, <mark>4x2</mark> , 5x4, 5x3
Prone BB Row	4x8, <mark>2x5</mark> , 4x8, 4x6
A1) Pull-ups	4x6, <mark>3x3</mark> , 4x6, 5x5
A2) Wall Slides	x10 each set
D1) DB NG Bench	4x8, <mark>2x5</mark> , 4x8, 4x6
D2) TRX Face Pulls	4x12, <mark>2x10</mark> , 4x15, 4x15
BB "Yoke" Walks (yards)	4x30, <mark>2x30</mark> , 4x45, 4x45

Sunday	
Event Day	
(Practice events)	1-2 sets of each for specified duration or distance

Competition Phase (2 Weeks), **Red** = Competition week

Monday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Clean and Push Press	4x4, 2x4
Front Squat	4x4, <mark>4x</mark> 2
RDL	4x5, <mark>3x3</mark>
BB Farmer's Walks (BB in each hand)	4x30, 2 <mark>x3</mark> 0
B1) Back Hypers	3x10, 2x6
B2) Pallof Press (Parallel Stance)	3x10, <mark>2x5</mark>

Tuesday	
Exercise	Sets x Reps (Weeks 1, 2, etc.)
Trap Bar Farmer's Walks	5x40 (20 down/back), Day Off Competition Week

Thursday

Exercise	Sets x Reps (Weeks 1, 2, etc.)
Power Clean and Press	4x5, 4x10
18" Deadlift	4x3, 3x2 (Speed)
Bent-Over BB Row	4x6, Nothing Competition Week
D1) DB Press	4x5, Nothing Competition Week
D2) SA DB Row	4x6, Nothing Competition Week
Prowler Push	6x30, <mark>2x30</mark>

Saturday and/or Sunday	
Compete Well!!!	Required Competition Volume

Rinse and Repeat

Following competition, there should be a period of active rest, where other activities are undertaken before starting to train hard and heavy again. Once a new competition is chosen, the process begins again. I hope this program will guide you as you train towards your first Strongman meet.

Doug Berninger, M.Ed., CSCS*D, RSCC

Doug received his Master's degree in Kinesiology from Bowling Green State University in 2011. He is currently the Assistant Strength Coach in the Performance Center of the National Strength and Conditioning Association (NSCA). Prior to coaching at the NSCA, Doug has had the opportunity to work with athletes in many different settings including Athletes' Performance, Bowling Green State University, the Olympic Training Center (Colorado Springs) and the University of Michigan.

Along with his passion for coaching athletes to excellence, he also enjoys the education aspect of the strength and conditioning profession. He has written articles for publication on EliteFTS.com; held two personal blogs on strength and conditioning; and hopes to write several books in the future. Doug's personal athletic background includes competing in Weightlifting and Powerlifting for the past six years. Although he considers Weightlifting to be his niche within strength and conditioning, you may see him in Strongman in the near future.

Visit Doug's blogs at: http://dougberninger.com/ http://www.tacticalstrengthtraining.com/ Amy Wattles



raining individuals with disabilities can be one of the most rewarding experiences you may ever choose to participate in. Good working knowledge of different disabilities and how to manage them is essential in order to adequately support a client who is disabled. Supporting an individual with a disability in any type of physical activity or training should be based

on best practices and basic tenants of effective programming for ALL individuals. There are oftentimes assumptions made that because someone is disabled, he or she is not able to perform like non disabled people. As a result, it is common for services to be watered down, minimized or dramatically altered simply because of the presence of a disability, not necessarily due to the actual limitations of the disability. Training for any individual is designed with the idea of meeting a clear and specific purpose or goal. The same holds true to individuals with disabilities. While there are many direct correlations between effective programming and improvement in movement, balance, etc. the primary purpose of the client session is fitness or exercise. That concept needs to be the guiding factor in any program development or implementation.

Being disabled is not a pass for professionals to be mediocre with programming and service delivery or providing a watered down version of physical therapy in the gym setting. The standard of accountability and effectiveness should be far greater than that for individuals without disabilities.

Programming should be modified to allow the individual access to the same training philosophies and practices as non disabled persons. Modifying means to change what is being taught or expected so that the client is able to perform a version of the exercise or perform a similarly beneficial exercise. In addition to modifications, individual needs should be taken into account and provided accommodations for. An accommodation **is something that allows the client to over-come or work around his/her disability.** Accommodations in the gym setting can be extra time to complete an activity, shorter duration of a specific exercise, providing visual supports for training instruction, etc.

Before any modifications or accommodations are implemented in an exercise program, it is important that the person with the disability be given appropriate opportunities to perform and participate without modifications or supports or starting with the very least intrusive and necessary It is important to always begin training with the thinking that the person is able to do everything independently with the internal understanding that reality can be entirely different and you will need to improvise on the fly in order to avoid potential disaster. As need is demonstrated then the supports such as: shorter duration, visual supports and scheduling, more frequent breaks, rewards/incentives, etc can be put into place.

Individuals with disabilities tend to not have equal access to the same fitness opportunities and experiences as the general population. The number of individuals with disabilities continues to rise along with an increasing life span for this population. Fitness professionals must meet the increasing demand for providing physical opportunities and equal access as non disabled peers in any fitness or exercise setting.

Amy competes in strongman, highland games, and grip. Amy has won several national championships in multiple strength sports, holds multiple world records in grip and has competed in the World Strongwoman Championship. In addition to competing, Amy is a special education teacher and owns Competitive Edge Athletic Performance Center in Meridian, Idaho.

Greg Everett

5-WEEK SOUAT PROGRAM

The following program is a simple 5-week squat cycle appropriate for intermediate weightlifters who want to boost their leg strength quickly before their next complete training cycle. It's important to start with accurate max numbers for the back and front squats.

Week 1

Monday Back Squat - 5 x 3 @ 75%

Wednesday Front Squat – 5 x 2 @ 70%

Saturday Back Squat – 5 x 3 @ 80%

Week 2

Monday Front Squat – 5 x 2 @ 70%

Wednesday Back Squat – 5 x 2 @ 85%

Saturday Front Squat – 5 x 2 @ 70%

Week 3

Monday Back Squat - 4 x 3 @ 85%

Wednesday Front Squat – 5 x 2 @ 70%

Saturday Back Squat – 5 x 1 @ 90%

Week 4

Monday Front Squat – 5 x 2 @ 70%

Wednesday Back Squat – 3 x 2 @ 90%

Saturday Front Squat - 5 x 2 @ 70%

Week 5

Monday Back Squat - 3 x 1 @ 95%

Wednesday Front Squat – 5 x 2 @ 70%

Saturday Back Squat – Test Max

Greg Everett is the author of Olympic Weightlifting: A Complete Guide for Athletes & Coaches and Olympic Weightlifting for Sports, owner of Catalyst Athletics, publisher of the Performance Menu Journal and coach of the Catalyst Athletics weightlifting team in California. Clint Darden



Recently I had a request from someone that needed a program that fit the following needs:

- 1) Must work around his ability to recover (low)
- 2) Can only train on Saturday and Sunday

There are so many options that I could give for a 2 day Weekend Training Program but it all depends on your recovery and how insane that you go in the gym. If you are going with full insanity training intensity and working to and past failure, you will not recover from anything shy of a curl and kickback routine. The key is to find a program where you can get in a month's worth of work in an actual month, not be over trained, do what it takes to make progress, and not do too much in the process.

This is how I see your training going:

**** Determine Your TRAINING MAX And Use It! I can't express this enough for anyone that has recovery issues or that must train on a schedule like this one. You can always "take a heavier single, double, or triple" after you have done your work sets if you are having a great day but once you have overestimated your strength level for that day and get crushed under a barbell...you can't really take that back and still make progress. Find a training max somewhere between 90 and 95% of your best 1RM and work off of that number

Week 1

Saturday:

Squat: Dynamic Effort doubles Deadlift: Work up to a max 3 Easy Lat Work: 3-4 sets ABS: 4 sets

Sunday:

Bench Press: Dynamic Effort triples 3 Board Press: 85% of your full 1RM x 5 x 3 sets 1 Board Press: 85% x 2 x 2 Tricep Extension of Choice: 3 sets of 10+ Moderate Lat Work: 3-4 sets ABS: 4 sets Good Mornings: 4 sets of 8, moderate intensity

Week 2

Saturday:

Squat: Work up to a max 3 Deadlift: Speed Deads, 50% x bands x 6-8 singles Easy Lat Work: 3-4 sets ABS: 4 sets

Sunday:

Bench Press: Work up to a max 3 3 Board Press: 90% full 1RM x 3 x 4 sets 1 Board: 87.5% x 1 x 2 sets Tricep Work: 3 sets of 10+ Moderate Lat Work: 3-4 sets ABS: 4 sets Good Mornings: 3 sets of 5, moderate intensity

Week 3:

Saturday:

Squat: Dynamic Effort Doubles Deadlift: Work up to a max single Alternate Stance, plates on blocks: 70% of that stance x 3 x 3 Easy Lat Work: 3-4 sets ABS: 4 sets

Sunday:

Bench Press: Dynamic Effort Doubles 3 Board Press: 90% x 2 x 2 sets 4 Board Press: 90% x 3 x 3 sets 1 Board Press: 90% x 1 Tricep Work: 2 moderate sets of 10+ Moderate Lat Work: 3 sets ABS: 4 sets Good Mornings: 5 sets of 3, moderate intensity
Week 4:

Saturday:

Squat: Work up to a max single Deadlift: Speed Deads with 45% + bands for 8 sets of 2 Alternate Stance, plates on blocks: 75% x 3 x 3 Easy Lat Work: 4 sets ABS: 4 sets

Sunday:

Bench Press: Work up to a max single 3 Board Press: 85% x 5 x 3 sets 4 Board Press: 85% x 6 x 3 sets 1 Board Press: 90% x 1 Triceps: 3 sets of 10+ Lats: 3-4 moderate sets Good Mornings: 4 sets of 8, moderate intensity

REPEAT BACK AT WEEK 1

Dynamic Effort: I normally have clients rotate their speed work based around 45, 47, 50, 52, 55% on box squats plus the use of bands and/or chains. For Bench Press I will suggest anywhere between the area of 30% + bands/chains (lots of sets and reps, little rest), 45-60% + bands/chains (6-12 sets of 2-4), or 75% + bands/chains/straight weight and METAL Catapult (lots of sets of 2-3). For Speed Deadlifts I normally keep things rotating around 45, 55, and 65% + bands or chains. Things change when we are talking about Raw lifters, what shoes they wear and how wide they squat. I'm having more and more clients that squat raw and high bar style do more work in the 65% range for sets of 2 and 3 as well as 80-85% for multiple singles. For the bench press it often fits the athlete to do more sets of 1, 2 and 3 reps at 70% as well but I almost alwasy keep the % the same on the speed deadlift work.

Well, Aaron, there you go! As long as you can use some intelligence, program your board presses and TRAINING MAXES properly, eat like a horse Friday-Monday and so some recovery work during the weekend and through the week...you can make some pretty darn good progress right here.

Let me know when this works for you!

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John Meadows



This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 1

Legs – 17 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. Just pyramid up doing sets of 8. Once you get to a pretty tough 8, I want you to stay there and do 3 sets of 8. On each set add in 6 partials after your full range of motion 8 reps. 3 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

Chain safety bar squats – Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. Sit back as best you can just like you are doing a regular barbell squat with your sternum held high (arched chest). Find where your stance is most comfortable and stick to it. I want you to do a 3 second descent on the way down on all your work sets, then blast the weight back up. Look for the "switch" to kick in. Work up to a weight that is about 60% of your 6 rep maximum. So if you can SBS 300 for 6, then go up to 180 as your top end weight.

Now it's time to add chains. Let's add a chain each set, and stick with sets of 6. Four sets should be plenty. If 3 chains feel really heavy and your speed comes to a halt, you can stop there, but I would like to see 4 sets as your goal. 4 total work sets.

Goal – Explosive reps. Drive up as hard as you can.

Leg press – We are going to pump your entire leg now with constant tension and varying angles. I want you to do a few really low rep sets just so you can get to a nice weight to work with. On each set I want you to do 8 reps with your feet high and wide on the platform, toes pointed out at 10 o'clock, then bring your feet together in the middle of the platform and pump out 8 more reps. Do 4 sets like this. On all these sets use constant tension and no lock out. 4 total work set.

Goal – To get a massive pump in your legs.

Stretches - After each set of leg presses, do a 30 second stretch on each quad.

Step ups – I want you to hold a plate in each hand (if it is the kind you can easily grip), or hold dumbbells and step up onto a box. The box should be about knee level. I want you to use a subtle lean forward on these as you go down. So as you are lowering yourself, lean forward (bend at the waist) just a hair. You will feel it working your glute/hamstring tie-in really well. Your quads will be screaming too. Do all your reps on one leg, and then switch legs. When you do each leg, come up 4/5 of the way then go right back down. Do sets of 12 with each leg, and 3 sets total. 3 total work sets.

Goal – Constant tension to further enhance massive pump from leg press.

Barbell stiff legged deadlifts – Keep the bar in tight on these and push your hips back. Keep your back arched and chest lifted. Go down nice and slow and feel your hams stretching. Do not go so low that your back rounds. Bring the weight all the way up, drives your hips forward, and flex your glutes. Do 3 sets of 10. 3 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 14 sets / Shoulders - 10 sets

Slight incline dumbell press – Put a pair of 25's at the end of the bench so it is on a very slight incline. Lay on the end so that you are inclined not declined. Work your way up doing sets of 8. On these just keep going until you hit a weight that you miss 8 with, or barely get. Do not lock these out, use constant tension. We will count the last 3 sets as work sets. Don't take huge jumps in weight or you will cheat yourself out of work sets. 3 total work sets

For example – this would be perfect 25 x 8 55 x 8 75x8 80x8 85x7 . For example – this would not be good 25 x 8 55 x 8 85x7

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Don't touch your chest, stop an inch shy, and don't lock out. Keep constant tension on your chest, but explode out of the bottom! 5 total work sets

Goal – Explosiveness

Smith machine decline – This should be a very slight decline. Steep angles are not good for shoulder health. You can do a scrape the rack version if you do not have a smith machine. Start with a high rep set of 20. Move up in weight and shoot for 15. Move up in weight again and shoot for 10. For your last set, we are going to do a drop set. Move up in weight, and shoot for 6 or so reps, then drop the weight and try to get another 6 or so, then drop the weight significantly and widen your grip. Pump these until your chest quits firing. Make sure you have a spotter. On all sets use constant tension and no lockout. 4 total work sets

Goal – Maximum pump

Chain flyes on a flat bench – Hook a few chains up to small handles that you would normally use in a pulley/crossover type machine. The chains will deload at the bottom so stretch, then fly the weight up as you would normally do a fly. The weight will get increasingly heavier as you go through the range of motion. If the chains deload too much, try to raise the bench. Do 2 sets of 20. 2 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbell bent over side lateral partials – Use a partial range of motion on these (hang and swings). Do 3 sets of 30 3 total work sets.

Goal – Maximum pump/blood flow in your delt immediately.

Seated dumbell side laterals – Do 3 sets of 10 here seated on a bench. I want these to be ultra strict. No swinging or shrugging. 3 total work sets.

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Cage press – Drive the weight up explosively and as you press lean your head forward into the movement. Remember to use a staggered stance for balance and wear a belt to protect your lower back. At the end of each set of 5, with the weight locked out, do a sort of reverse shrug. Push the weight up with your traps for an additional 4 reps. 4 total work sets.

Goal - Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 17 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 sets. Remember to stretch, don't let your torso drop as you stretch, and do to keep the side you are working higher (by raising that hip). 4 total work sets.

Goal – Get some blood flowing and pre-pump your lats.

Dumbell deadstop rows – These are a standard dumbell row, but the difference is that you set the weight on the ground each rep, and then forcefully ram your elbow up for maximum lat activation. Don't yank the weight with your arms, drive your elbows. The key to rowing is driving with your elbows! Do 4 sets of 8. 4 total work sets.

Goal - Explosiveness!

Dumbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. 3 total work sets.

Goal – Constant tension on your lats.

Shrugs – Trap bar shrugs. If you do not have a trap bar, use dumbbells. Hold the contracted position for 3 seconds on each rep. Squeeze your traps hard! Do 3 sets of 15. 3 total work sets

Goal – Max trap pump

Stretchers – These are done by grabbing a close grip handle in a pulldown and actually standing up with one foot on the bench. Tilt down and duck your head between your arms to emphasize the stretch. Straighten your arms and reach forward! Now raise up, arch, and drive the weight in like you are doing a low row. Do 3 sets of 8.3 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 9 sets / Shoulders – 11 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

Machine press – Work your way up to a weight that is a pretty tough 10 reps with a full range of motion. Stretch and flex and every rep. Stay there and do 3 sets of 10 with it. 3 total work sets

Pec minor dips - Crank as many reps as you can get for 3 sets! 3 total work sets

Dumbell twist press – These are dumbell presses where you start in the normal bench press position, but as you drive the dumbbells up turn your pinkies in so that when you reach the top of the movement, your hand are supinated and you are flexing your pecs. This twist will enable you to get a fierce contraction. Do not go so heavy that you can't twist the dumbbells properly. It will probably take less than 50% of what you would normally dumbell press. Do 3 sets of 10. 3 total work sets

Supersetted with

Over and backs w/ band - You are going to go over and back 10 times each set. Do this after each set of twist presses.

Dumbell side lateral partials – I want you to do these heavy. Keep a slight bend in your arms, tilt your head back. Remember to relax your traps/ and just swing the weight 4 to 6 inches. Do sets of 30, then immediately do Spidercrawls.

Supersetted with

Spidercrawls – Go up to above head, and down to below waist 3 times on each set. Pull the band apart, and keep it apart! Don't let your hands come in. Fight it!

Do 4 supersets for 8 total sets.

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 20 reps like this. 3 total work sets

Biceps - 12 sets / Triceps - 12 sets / Calves - 6 sets / Abs 8 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

Superset #1

Rope pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Once you are warmed up, do sets of 12.

Superset with

Cable curls – Immediately do these after pushdowns. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 15 here, I want you arms to be full of blood 5 – 10 minutes into the workout.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Cross body hammer curls – This is a hammer curl done where you curl the weight in front of your body instead of beside it. Do all 10 reps on one arm, then do 10 on the other.

Superset with

Bench dips – If you have a training partner I would love to see you stack some weight on your lap when you do these. Go down nice and slow, but do not try to get down real low. Go down about half way.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Pronated kickbacks – I am not a fan of kickbacks done in the traditional style, but these are awesome. Stand up straight with dumbbells at your side. Your thumbs should be on your side, now bend over and keep your thumbs in this position. When you kick the weight back/up, flex hard, your palms will be facing the ceiling. Do sets of 10.

Superset with

Seated incline dumbell curl – Sit down on a utility bench at a high incline angle. Lay back and let your arms hang out to the side. Keep your palms up through the entire movement. You will get a nasty stretch at the bottom. Lower the weight carefully, and don't try and go heavy. Let your arm gently straighten and then flex the weight up hard. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Standing calve raises – Do sets of 10 all the way up until you can't get 10 anymore. Take small weight jumps so you get a high number of sets in. I want at least 6 good hard sets. 6 total work sets.

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal - Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Week 2

Legs – 16 sets:

Seated leg curls – Do 2 - 4 warm up sets to get you started. Once you reach a weight that is a tough 10 reps, stay there and do 3 sets of 10 with it. I want these rest-paused. So straighten your legs, pause for a split second, and then contract fully and flex before going back to starting position. You will also be doing a 4th set in which you do 10, drop the weight and do another 6-8 reps, and then grind out 20 partial reps out of the stretched position. That should load your hams with blood. 4 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

Chain safety bar squats – This is close to the same as last week, but it's time for another challenge set and you don't need to do the 3 second descents as you previously did. Just use good controlled form on the descent. Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. Sit back as best you can just like you are doing a regular barbell squat with your sternum held high (arched chest). Look for the "switch" to kick in. Work up to a weight that is about 60% of your 6 rep maximum. So if you can SBS 300 for 6, then go up to 180 as your top end weight.

Now it's time to add chains. Let's add a chain each set, and stick with sets of 6. Three sets should be plenty leading up to the challenge set.

Challenge set - I want you to see how many good solid reps you can get with your final weight. Shoot for more than 10. Your speed will suffer, but that's ok on this one set. This set is about heart. Once you do this, take off all chains and do more reps. Do as many good ones as you can. Do not keep going if you know your form will deteriorate. After this step back and count to 30 real slow, drop some more weight, and finish strong with more perfect reps. 4 total work sets.

Goal – Explosive reps. Drive up as hard as you can, plus a challenge set to push you to your limits.

Leg press – We are going to pump your entire leg now with constant tension as we did last week. I want you to put your feet high and in the middle of the platform, and pump out sets of 20 reps. Find a weight that is a tough 20, and keep going up each set while still hitting your rep count.

Here is an example of how it might look.

500 lbs - You do 20 straight.

550 lbs - You do 15 reps, pause due to fatigue, and then do your last 5.

600 lbs – You do 10 then pause, then another 5 then pause, and then another 5. At this point, it seems impossible to add weight. Don't listen to that voice.

650 lbs – You do 8 reps and then pause, then 4 more, then 4 more, then 2 more, and then barely get your last 2. That is the kind of intensity I want out of these 4 sets.

4 total work set.

Goal – To get a massive pump in your legs.

Stretches - After each set of leg presses, do a 30 second stretch on each quad.

Dumbell stiff legged deadlifts – Keep the dumbbells in tight on these and push your hips back. Keep your back arched and chest lifted. Go down nice and slow and feel your hams stretching. Do not go so low that your back rounds. Bring the weight all the way up, drives your hips forward, and flex your glutes. Do 4 sets of 10. 4 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 14 sets / Shoulders - 9 sets

Decline dumbell press – This is just like last week, expect at a slightly different angle. Remember to use a slight decline angle. I use a sit up bench and lower it down all the way to accomplish this. Work your way up doing sets of 8. On these just keep going until you hit a weight that you miss 8 with, or barely get. Do not lock these out, use constant tension. We will count the last 3 sets as work sets. Don't take huge jumps in weight or you will cheat yourself out of work sets. 3 total work sets

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For example – this would be perfect
25 x 8
55 x 8
75x8
80x8
85x7
.
For example – this would not be good
25 x 8
55 x 8
85x7
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Goal - Get blood flowing in pecs, and get them activated.

Reverse band bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Touch your chest, pause for a split second, and then fire off hard! Don't lock out. Keep constant tension on your chest, but explode out of the bottom! 5 total work sets

Goal – Explosiveness

Smith machine Incline – This should be a very slight incline. Steep angles are not good for shoulder health. You can do a scrape the rack version if you do not have a smith machine. Very quickly get to a weight that is a tough 8 reps, and do 4 sets of 8 with it. If you fall a few reps shy of 8 on the last couple of sets, that's ok. Do not worry. Do not touch your chest (stop an inch or two short), and do not lockout. Use continuous tension for max pump effect. 4 total work sets

Goal – Maximum pump

Partial dips – Do these out of the bottom/stretched position.. Only come up half way. Let your elbows travel out to the side, tuck your chin on your chest and pump. Do 2 sets to failure. 2 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbell bent over side laterals - Use a full range of motion on these. Do 3 sets of 20. 3 total work sets.

Goal – Maximum pump/blood flow in your delt immediately.

Over and back press – On these you are doing a standing barbell press. Use your typical shoulder press hand spacing on the bar. Lower it to your nose, and then press up, but ONLY high enough to clear your head, and then take it behind your neck, but DO NOT lower more than 2 to 3 inches. Then bring it back over just clearing your head again. Over and back is 1 rep. These are not meant to be done heavy. These are for pumping. Do 3 sets of 10. 3 total work sets.

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Cage press – Set the pins up high, all the way to the top of your forehead. Let's keep cranking on these as out explosive movement, and use a little more weight with the shortened range of motion. Do 3 sets of 5 once you find the perfect weight and groove. 3 total work sets.

Goal - Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 16 sets

One-arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 sets. Remember to stretch (reach for the floor), don't let your torso drop as you stretch, and to keep the side you are working higher (by raising that hip). 4 total work sets.

Goal – Get some blood flowing and pre-pump your lats.

Smith machine rows – Do 1 to 2 feeder sets to get to your working weight. Now do 4 sets of 6 exploding up with the weight. Remember, the way to explode on these is by driving your elbows up hard, not yanking the bar hard with your arms! 4 total work sets.

Goal - Explosiveness!

Dumbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. 4 total work sets.

NOTE: As a variation on these, you can try these on a sit up bench raised slightly for a little bit of a decline angle. So get in the apparatus as if you are going to do sit ups, but do a pullover with the same form. It's a little different angle and stretch.

Goal – Constant tension on your lats.

Dead hang – Attach some weight via a dip belt, use straps, and hang as long as you can from a chin up bar. Relax your arms and feel the stretch in your lats. Tilt your head back for even more stretch. See how long you can make it for! 1 total work set

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want a crazy pump in your lower back! 3 total work sets.

Goal – Max Spinal erector pump

Chest - 11 sets / Shoulders – 10 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

Pec minor dips – Do a few pushups to get you warmed up for these. We are going back to doing these first! Crank as many reps as you can get for 3 sets! Shoot for 20 reps on the first set of two. 3 total work sets

Banded dumbell press – This is another awesome exercise that delivers a massive contraction and pump. Wrap a red long mini band under the bench, and around so that you are holding the bands in your thumbs on each side. Have you partners hand you the dumbbells at the same time in each hand. Drive straight up with a normal grip and flex your pecs. This will feel great against the band tension. Do 4 sets of 10. 4 total work sets

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of banded dumbell presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good adjunct to keep you loose.

Dumbell flyes – On these I want continuous tension. So when you come up, come up so that your hands are at the 10 o'clock and 2 o'clock position, and then go right back down. Keep your sternum lifted so that your chest is stretching. Do 4 sets of 12. 4 total work sets

Supersetted with

Over and backs w/ band - Keep these going! Do 10 reps after every set of flyes.

Do 4 supersets for 8 total sets.

Dumbell bent over raises – After one warm up set, I want you to do 4 sets of 15 with a full range of motion this week. 4 total work sets

6-ways – Time to cook your entire delt. Again as a refresher, start the dumbbells at your side, and do a side lateral, stop at the contracted part and swing them around in front of you, then raise overhead working your anterior/front delts, then back down to chest level, then back out to the side, then back down to your side! That is all 1 rep! Do 3 sets of 10 like this. 3 total work sets

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. 3 total work sets

Biceps - 12 sets / Triceps - 12 sets / Calves - 4 sets / Abs 8 sets

Goal - The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

Superset #1

Vbar pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Once you are warmed up, do sets of 12. With the vbar, let it ride up a little higher when you are in the eccentric part of the lift. It will give your tri a little more thickness around your elbow (medial head). Don't get sloppy though, maintain total control.

Superset with

Cable curls – Immediately do these after pushdowns. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 15 here, I want you arms to be full of blood 5 - 10 minutes into the workout.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Reverse grip EZ bar curl – Do these standing, and bring the weight all the way up and flex, and let your arms straighten out completely at the bottom. This is going to blast your upper forearm (brachioradialis) as well. I expect your lower bis to be filled with blood after these too. Do sets of 12 on these.

Superset with

Cable extensions – These are the one arm extensions you do holding a cable facing away from the machine. Get a nice full range of motion on these too. At the end of every set of 10, pump out 5 partials out of the stretched position (not contracted).

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Lying extensions (prefer kettlebells) – Lower slowly and focus on getting a good stretch then kick straight up and right back down. Keep continuous tension, don't kick the bells up and over your chest, again, straight up and right back down. Do not lockout, but come close. Do sets of 10.

Superset with

Preacher curl – You can use an EZ curl bar or a straight bar. Do not let the bar come all the way down on these. Go down about 2/3 of the way and come up and flex hard for a sec, then right back down. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Seated calve raises – Do a few warm up sets to get to a weight that is a challenging 12. Now stay there and do 4 sets of 12 with it. Get a good stretch at the bottom, and get a nice contraction at the top. It won't take much weight. 4 total work sets.

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal - Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals- 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Week 3

Legs – 18 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This week you will be doing 3 sets of 10 with a moderately tough weight. Keep your hips jammed into the pad so you isolate hams better. On your 4th set, you are going to do 1.25 reps. This means you let the weight come down, come up like you are doing a partial, go back down, then come all the way back up. That is one rep. I want a set of 10 like this with a weight that is slightly lighter than the 3 sets of 10 you did. 4 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

This week you are going to be doing your explosive work on a very pumped set of legs - with that in mind, enjoy!

Leg press & leg extension superset – Work your weight up warming up with sets of 10. I also want you to do some light leg extensions. Once you are ready for your work sets, I want them done with the following rep scheme. The first set should be tough on the leg press, but you should be able to complete all 10 reps done non-stop. I expect the last set to be a very difficult challenge, with some breaks as you go through the set to get 16 reps. Push yourself.

Set #1 - Leg extension 10 reps, casually go to leg press (do not rush), and do 10 reps on the leg press. Set #2 - Leg extension 10 reps, casually go to leg press (do not rush), and do 12 reps on the leg press. Set #3 - Leg extension 10 reps, casually go to leg press (do not rush), and do 14 reps on the leg press. Set #4 - Leg extension 10 reps, casually go to leg press (do not rush), and do 16 reps on the leg press.

On the leg extension, hold the flex for 1 second on each rep.

On the leg presses, pump them with continuous tension. Do not lockout. Put your feet where they are most comfortable on the platform.

8 total work sets via 4 supersets

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 10 second stretch on each quad.

Barbell squats – Do a few sets of 3 reps to get you to a weight that you can do explosively for 6 reps. I want you to stick with the weight and do 4 sets with it. On each set try to drive up even faster! Your legs will be pretty fatigued by the preceding work, but you will still have plenty of strength to move weight fast. You also do not have chains kicking in this week as you go, so the weight should really fire up at the midpoint in the rep. Depth wise, going to parallel or slightly above that is just fine. 4 total work sets.

Goal - Explosive reps. Drive up as hard as you can.

Barbell stiff legged deadlifts – On these I want you to use 25 lb plates and get a really good stretch. Do these very controlled and deliberately. As you lower the weight, push your hips back, and feel your hams stretch. Bend your knees a bit too at the bottom so you don't pull any muscle (in a bad way). Do 2 sets of 12. 2 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 13 sets / Shoulders - 9 sets

Banded chest press – Use the long red pro mini bands on these. Do as many warm ups as you need and then simply find a good weight and do 3 sets of 8 with it. Explode out of the bottom. Flex hard at the top. Get everything activated and full of blood. If you are using a flat or decline machine, only let your elbows go back to where they are even (in line with) your chest. Do not let the weight come all the way back. 3 total work sets

Goal - Get blood flowing in pecs, and get them activated.

Chain bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Touch your chest, pause for a split second, and then fire off hard! Don't lock out. Keep constant tension on your chest, but explode out of the bottom! Put the chains on first, on the inside of the weights, and make sure 3-5 links are touching the ground when you are at lockout. 5 total work sets

Goal – Explosiveness

Smith machine Decline – This should be a very slight decline. We use a sit up bench set all the way down and slide it into the rack. On these you are going to do higher rep pumping sets. Do not lockout, and as soon as your touch chest, fire weight back up. I want you to do 3 sets of 15 done in this style. 3 total work sets

Goal – Maximum pump

Partial dips – We are going to repeat these from last week! Do these out of the bottom/stretched position.. Only come up half way. Let your elbows travel out to the side, tuck your chin on your chest and pump. Do 2 sets to failure. 2 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

No presses this week - this week will be all lateral variations.

Dumbell bent over side laterals – Use a full range of motion on these. Do 3 sets of 15. 3 total work sets.

Goal - Maximum pump/blood flow in your delt immediately.

Spidercrawls – Use the short red pro mini band for these. I want you to crawl up and down the wall for 60 seconds straight per set. Do 3 sets like this. Fight to keep your hands apart, and to not stand to close to wall, Push yourself on these, it just requires pain tolerance. 3 total work sets.

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Dumbell front raises – Do these seated. Keep your hands pronated throughout the whole rep. Bring the dumbbells up 3 to 4 inches past eye-level. Lower them to the side of your body. Do 3 sets of 12. 3 total work sets.

Goal – Even more blood in shoulders! They should be numb.

Back - 19 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. 4 total work sets.

Goal – Get some blood flowing and pre-pump your lats.

Chain deadlifts – Work your way up doing sets of 3, until you get to a weight that is about what you would normally be able to do for 10 reps. I want you to add a chain to each side per side, for 4 sets (so finish with 4 chains per side). This week do sets of 5. I do want you to be explosive on these. Get tight and fire the weight up hard. In between each rep, re-set for a split second and then fire back up. Don't bounce the weight off the floor. 4 total work sets.

Goal - Explosiveness!

Dumbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. 4 total work sets.

Goal – Constant tension on your lats.

Barbell shrugs - Do 3 sets of 10 with a 2 second flex at the top of every rep. 3 total work sets.

Goal – Max trap pump

Dead hang – Attach some weight via a dip belt, use straps, and hang as long as you can from a chin up bar. Relax your arms and feel the stretch in your lats. Tilt your head back for even more stretch. See how long you can make it for! 1 total work set

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! 3 total work sets.

Goal – Max Spinal erector pump

Chest - 10 sets / Shoulders – 11 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

Machine press – After a few sets to warm up, pyramid up doing sets of 10 with a full range of motion. Use a neutral grip if your machine allows it. Hold and flex for just a split second at the top. Just keep going up until you can't get 10 good reps. We will count the last 3 sets as working sets. 3 total work sets

Dumbell hex press – Time for more intense squeezing and contracting. I want you to do 4 sets of 10 here. Sit the dumbbells on your chest for a second, then drive them up squeezing with every ounce of strength you have. Remember to "smash" the dumbbells together throughout the entire set. Do 4 sets of 10. 4 total work sets

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of hex presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good exercise to keep you loose.

Stretch pushups – Throw a chain across your back and do 3 sets to total failure. Keep your chin up, try to touch the ground with your sternum, and don't let your lower back sway.

Supersetted with

Over and backs w/ band - Keep these going! Do 10 reps after every set of stretch pushups.

Do 4 supersets for 8 total sets.

Dumbell seated side laterals – Do one warm up set of 10. I want these done ultra strict. Use a weight that allows this. No shrugging, no swinging, just super strict reps where you bring the dumbbells out to your side to eye level. Do 4 sets of 10. 4 total work sets

Dumbell front raises – Stay seated on the bench. Now I want you to do front raises, so bring the dumbbells straight out in front to hit your anterior delt. Bring them up strictly 2-3 inches above eye level. Do 4 sets of 10 here too. 4 total work sets

Facepulls w/ a band – Grab a long orange micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. 3 total work sets

Biceps - 15 sets / Triceps - 15 sets / Calves - 4 sets / Abs 8 sets

Goal - The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

No supersetting on this day!

Vbar pushdowns – Do as many warm ups as you need. On these we are going to reduce rest breaks for an even faster, more increased pump effect. I don't care if the weights you are using goes down. Arm training is not about setting barbell curl PR's! So with that in mind, do sets of 15 on the pushdown. Only take 45 seconds between sets and do 6 sets. As you go, you will need to decrease the weight to hit your number. That's ok. Do what you need to do to hit 15 reps. Do 6 sets! 6 total work sets

Cable curls – After doing all of your sets on pushdown, move to these. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 8 here and again only take 45 seconds between sets. Do 6 sets of these. 6 total work sets

Cross body hammer curl – On these I want you to hammer curl them across your body. You can do all your reps on one arm and then move to the other, or alternate. Either way is fine. Do 10 reps for each arm though. I want 6 sets again with 45 second rest breaks. 6 total work sets

Dip machine/dip between benches – After you do all your hammer curls, move onto these. As usual take a 3 second descent on these. Your arms should be absolutely on fire and screaming at this point. If not, you have went too heavy more than likely, and did not focus enough on flexing during your movements. Do sets of 8 here too with 45 second breaks, and again 6 sets. 6 total work sets

Decline lying extensions w/ EZ curl bar – Do these on a decline. I prefer to use a sit up bench lowered all the way down so the angle isn't too steep. I want you to really stretch on these. Your arms should be full of blood, so lower the weight behind your head slowly, and drive straight up to ¾ lockout, then right back down. Do sets of 10 here, but this time only 3 sets, and also now I want you to rest for as long as you need to before starting again. The blood is in there, so let's take our time and work a stretched muscle hard. 3 total work sets

Preacher curl – Like the extensions, now take your time on these too. Do sets of 8. I want 3 total sets. Remember to not let your arms straighten; work the sweet spot of the movement. Flex hard throughout the movement, but really hard at the top. 3 total work sets

Standing calve raises – Do a few warm up sets here. I want you to get to a weight that is a tough 15. On each set shoot for 15 reps with a full range of motion, and then tack on 10 partials out of the bottom. As always, superset these with tibia raises. 4 total work sets.

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal - Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Week 4

Legs – 18 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This week you are doing all rest/pause reps. So straighten your legs, pause for a split second, then curl the weight back as far as you can. Do 4 good hard sets of 10 here. 4 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

Barbell squats – I would prefer you change out to safety bar squats this week. If you do not have one, that's ok, just stick to the regular barbell. Do as many sets as you need to warm up, progressively moving up to a weight that is about right for 6 explosive reps. Keep the weight low enough for you to be able to accelerate out of the bottom. Do 3 sets of 6 with this weight. For your 4th set I want you to reduce the weight about 25% and just go all out to failure. Get as many reps as you can. Push yourself. Train like a champion. 4 total work sets.

Goal - Explosive reps. Drive up as hard as you can, plus a challenge set to push you to your limits.

Leg press – Do a few feeder sets of 3 just to get you up to a weight that will be perfect for 15 reps. I want your feet to be close together, and around the middle of the platform. I want these reps to be pumping reps done with no lockout. Just fire like a piston up and down. Do 3 sets of 15 once you have found a weight that is a pretty tough 15. For your 4th set, we are going to do another challenge set. I want you to do as many reps as humanly possible with the same weight. This means you can pause, rest for a few seconds, use your hands to help, etc. An awesome set here would be grinding out like 25 reps. 4 total work sets

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 10 second stretch on each quad.

Chain barbell stiff legged deadlifts – On these I want you to pull from midshin, like you are doing a rack pull for your back. Put two chains on each side, and then just keep adding weight doing sets of 8. On each rep stand up straight and flex your glutes. We are working the top half of the movement; the chains will engage even more muscle as the bar will get heavier toward lockout. Keep going up until you can't get your 8 reps. We will count the last 4 sets as working sets. Don't take huge jumps, or you will not get enough sets. 4 total work sets.

Goal - Work a pumped muscle with a movement that emphasizes stretch (partial stretch in this case)

Chest - 13 sets / Shoulders - 9 sets

Dumbell press on a slight incline – Elevate the bench a few inches by placing 25 lb plates under the side of the bench where your head will be. Do sets of 8 all the way up until you can't get 8. On these I don't want you to lockout. Just give your pecs continuous tension by getting a good stretch and then driving up to ¾ lockout. We'll count the last 4 sets as work sets. Remember when you get into the working sets, don't take huge jumps or you won't get enough sets in. If you get stuck with less than 8 reps before you're your 4th set, feel free to lighten it up a bit too. 4 total work sets

Goal - Get blood flowing in pecs, and get them activated.

Incline bench press – Do a few feeder sets of 3 to get you to a weight that is a challenging 6. Now stay there and do 3 good explosive sets of 6 with it. Don't take the bar all the way to chest, stop at about 2 inches above chest, and don't lockout. These are explosive, but we also want continuous tension. 3 total work sets

Goal - Explosiveness

Smith machine Decline – We are going to hit these again. I want 3 sets of 10 reps here. I want you to pause the weight on your chest for just a split second then drive up to 3/4 lockout then come right back down. 3 total work sets

Goal – Maximum pump

Flye machine/dumbell flyes – We are going to work a full range of motion on these. If you have a machine for these, that is my number one choice. I want a stretch to where your arms come straight out to the side, but not beyond that, and then bring your hands in together and flex hard. Do 3 sets of 10 like this. 3 total work sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbell bent over side laterals – Use a full range of motion on these. Do 3 sets of 15. 3 total work sets.

Goal – Maximum pump/blood flow in your delt immediately.

6-ways - Do 3 sets of 10 on these. 3 total work sets.

Goal - More blood in the other parts of your shoulders other than rear/posterior head of delt.

Ultrawide grip barbell overhead press – These are tough. You cannot use a heavy weight; in fact it's not safe. Take your grip way out on a barbell, for me I literally go all the way to the collar. Lower the weight all the way to your chest and actually touch it, then drive to the top of your forehead only. Don't lockout. I only use like 75 lbs on these. These are HARD. Do 3 sets of 10. Remember go all the way down until you touch your chest. Stagger your stance for balance, and wear a belt for safety reasons. 3 total work sets.

Goal – Even more blood in shoulders! They should be numb.

Back - 18 sets

One-arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. if you have a Meadows row attachment, use it on these. 4 total work sets.

Goal – Get some blood flowing and pre-pump your lats.

Smith machine rows – As usual, ram your elbows up, and keep your upper body stationary. It's all in the elbow drive. Wear a belt on these. Find a weight that you can do explosively for 6 reps, and do 4 sets of 6 with it. 4 total work sets.

Goal – Explosiveness!

Dumbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. 4 total work sets.

Goal – Constant tension on your lats.

Pulldowns with a stretch – These are fun. You are doing a regular pulldown to the front, the difference is as you let the weight come up and your arms are locked out, your training partner is going to GENTLY push down on the stack to make it heavier thereby stretching your lats more than they usually get. This is the only part of the movement where your partner applies extra tension. Again, use a gentle, not jerky or overly aggressive stretch. Be very clear with your partner about this. Do 3 sets of 8. 3 total work sets.

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! 3 total work sets.

Goal – Max Spinal erector pump

Chest - 10 sets / Shoulders – 11 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

Machine press – After a few sets to warm up, pyramid up doing sets of 10 with a full range of motion. Use a neutral grip if your machine allows it. Hold and flex for just a split second at the top. Just keep going up until you can't get 10 good reps. We will count the last 3 sets as working sets. 3 total work sets

Dumbell hex press – Time for more intense squeezing and contracting. I want you to do 4 sets of 10 here. Sit the dumbbells on your chest for a second, then drive them up squeezing with every ounce of strength you have. Remember to "smash" the dumbbells together throughout the entire set. Do 4 sets of 10. 4 total work sets

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of hex presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good exercise to keep you loose.

Stretch pushups – Throw a chain across your back and do 3 sets to total failure. Keep your chin up, try to touch the ground with your sternum, and don't let your lower back sway. 3 total work sets

Supersetted with

Over and backs w/ band - Keep these going! Do 10 reps after every set of stretch pushups.

Do 4 supersets for 8 total sets.

Dumbell seated side laterals – Do one warm up set of 10. I want these done ultra strict. Use a weight that allows this. No shrugging, no swinging, just super strict reps where you bring the dumbbells out to your side to eye level. Do 4 sets. 4 total work sets

Dumbell front raises – Stay seated on the bench. Now I want you to do front raises, so bring the dumbbells straight out in front to hit your anterior delt. Bring them up strictly 2-3 inches above eye level. Do 4 sets here too. 4 total work sets

Facepulls w/ a band – Grab a long orange micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. 3 total work sets

Biceps - 12 sets / Triceps - 12 sets / Calves - 4 sets / Abs 8 sets

Goal - The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

Rope pushdowns – Do as many warm ups as you need. Do sets of 15 on these. Don't lock out, just keep firing up and down like a piston to get the blood moving in your triceps.

Supersetted with

Barbell curls – Make sure you have done plenty of warm ups here too. You are going to do sets of 8 here.

8 total work sets via 4 supersets

Hammer curl – On these I just want you to do regular hammer curls for sets of 10.

Supersetted with

Single arm pushdowns – These are just pushdown done with a single cable handle, but on these, lock your arm and flex your tri for 2 seconds on each rep. Drive more blood in there! Do sets of 10.

8 total work sets via 4 supersets

Reverse grip pushdown – Now that your tricep is full of blood, let's work a "stretch" exercise. On these lean forward and let the bar sort of come behind your head for maximum stretch. Go a bit heavy, and don't lockout. Just work that stretch! Do sets of 10 here too.

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calve raises – Do plenty of warm up sets here. I want you to get to a weight that is a tough 8. On each set shoot for 8 reps with a full range of motion, and then tack on 5 partials out of the bottom. As always, superset these with tibia raises. 4 total work sets.

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals- 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Week 5

Legs – 19 sets:

Seated leg curls – Do 2 - 4 warm up sets to get you started. Nothing fancy this week. We are doing straight sets of 10. Just find a weight that is a pretty tough 10, and shoot for 4 sets of 10 with it. If you can't quite get 10 on the last few sets, that's fine. Have someone press down on your lower back lightly so your hips don't rise off the bench. 4 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

Barbell stiff-legged deads – We are also doing "normal" straight sets of these too today. Just pull from the floor and come up ¾ of the way, before going right back down. Keep a little bend in your knees when lowering the weight. On each rep I want you to set the bar down, and then fire back up with perfect form. Do sets of 10. 4 total work sets.

Goal – Explosive reps for hams

Leg press – Do plenty of warm up sets on these. Use the stance that you feel most comfortable and powerful with. Do straight sets of 10 working your way up until you can barely get 10. Do not lock these out; keep continuous tension on your quads. 4 total work sets

Goal - Activate your quads - get a lot of blood in there

Barbell squats – Do explosive sets of 5 all the way up until you feel like you are "grinding" and your rep speed is way down. Use whatever stance you feel strongest. We'll count the last 3 sets as work sets! 3 total work sets.

Goal - Explosive reps for quads

Kettlebell side squats – These always looked a little goofy to me, but they are a great abductor, and adductor exercise that also is fantastic for pumping. Hold the kettlebell out in front of you with your arms hanging down, and simply step to the side and squat down. Do this in one smooth motion. So don't step to the side, stop then squat down. Do it all together, so as you are stepping to the side you are really starting the descent too. If you do this right, you will immediately feel these in your ab and adductors. Let's pump like crazy on these. Do 4 sets of 15 on each leg. 4 total work sets.

Goal – To get a massive pump in your legs.

Chest - 15 sets / Shoulders - 13 sets

Dumbell press on a slight decline – We are going to do these on a slight decline. After plenty of warm ups, do sets of 8 working your way up until you hit a weight you hit failure on right around 8. Once the sets become hard, take small jumps so you can get 4 good work sets from this. Usually we do these only to 3/4 lockout, but this week I want you to lock these out and flex your pecs hard. 4 total work sets

Goal - Get blood flowing in pecs, and get them activated.

Incline bench press – Do a few feeder sets of 3 to get you to a weight that is a challenging 5. Remember, don't let the weight come all the way down and touch your chest, and also do not lock these out. Fire the weight up out of the bottom and when you hit ¾ lockout come right back down. Do 4 sets 5 with a weight that allows you get to get all your reps explosively. 4 total work sets

Goal - Explosiveness

Dips – On these I want you to get a really good stretch at the bottom. Tuck your chin into your chest, and keep your feet out in front of you slightly. Come up about 3/4of the way on these too, so your triceps don't wear out before your pecs can work hard. If you can, toss a chain or two across your back on these! Do 4 sets of 12 reps. If 12 is easy, add weight (or chains). 4 total work sets

Goal – Maximum pump

Stretch pushups – I want you to crank a lot of reps out on these. Shoot for 20 or so on the first set, and then from there you will lose some reps, but that is ok. Go to failure on every set. On the last set, once you hit failure, do 6 partials out of the bottom (stretched position) to really pump and annihilate your pecs. 3 total work sets.

Goal - Work a pumped muscle with a movement that emphasizes stretch.

Dumbell bent over side laterals – Use a full range of motion on these. Do sets of 15.

Supersetted with

Face pulls/Band pull apart – On each rep hold the flexed position for 2 seconds. This should be excruciating, but watch your rear delts pump up. Do another 15 here.

8 sets via 4 supersets

Goal – Maximum pump/blood flow in your delt immediately.

Cage presses – Talk about training on a pumped muscle. Well this would be it. Find a weight that you accelerate explosively with and do 5 sets of 5 with it, and call it a day! 5 total work sets.

Goal - Explosive work

Back - 17 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. 4 total work sets.

Goal - Get some blood flowing and pre-pump your lats.

Chain deadlifts – Today will be fun on these. I want you to do triples up until you get to a weight that is kind of heavy, not something with you have to grind to get the reps, remember these are explosive. Attach 2 chains on each side. You are going to do 1 rep, step back and count to 10, and do it again. I want 15 explosive reps total done like this. So this is 15 singles with a 10 second break in between each one. We'll call this 3 work sets, just due to it being 15 reps. 3 total work sets.

Goal - Explosiveness!

Dumbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. 4 total work sets.

Goal – Constant tension on your lats.

Barbell shrugs – On these just pyramid up doing sets of 8 with a 2 second flex on each rep, until you get to a weight that you can barely do your 8 with. We'll count the last 3 sets as work sets. 3 total work sets.

Goal – Maximum pump in traps

Banded hyperextensions – As always, my favorite spinal erector exercise. Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! 3 total work sets.

Goal – Max Spinal erector pump

Chest - 12 sets / Shoulders – 10 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

Dumbell hex press – We are going to start with the hex press this week for an unbelievable flex and contraction. Do as many warm ups as you need, then I want you to find a weight that feels perfect for 10 reps and do 4 sets of 10. On every rep flex hard at the top, and then pause the dumbbells on your chest. 4 total work sets

Pec minor dips – Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there.

Supersetted with

Over and backs w/ band - You are going to go over and back 10 times each set. Do this after each set of pec minor dips.

Do 4 rounds.

Machine press – On these we want to extract every last bit of flexing you have in your pecs. Drive these to lockout, then flex for 2 seconds. Do 4 sets of 8 this way. On the 4th set, I want you to add on an additional 10 partials out of the bottom position (oppositve of flexed) to finish off your pecs. 4 total work sets

Dumbell side laterals – Nothing fancy here, just do a warm up set, and then 4 sets of moderately heavy weight for 8 reps. Bring the dumbbells up to just a few inches above parallel. 4 total work sets

Machine laterals (for rear delts) – This is done on a pec deck type machine where you face it, and do rear delt laterals. If you don't have one, feel free to do dumbell bent over laterals. I want you to do 3 sets of 20 on these. You don't have to hold and flex. Get a good tempo going and just pump your rear delts as hard as you can. 3 total work sets

Spidercrawls – Go up and down a wall 3 times for each set. Remember to force your hands as far apart as you can. Don't let your hands come in close, and don't stand to close to the wall or it is too easy. Stand back, force your hands apart, and your delts will be on fire, I promise. 3 total work sets

Biceps - 12 sets / Triceps - 12 sets / Calves - 4 sets / Abs 8 sets

Goal - The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

Vbar pushdowns – Do as many warm ups as you need. Do sets of 15 on these. Don't lock out; just keep firing up and down like a piston to get the blood moving in your triceps.

Supersetted with

Cable curls 1.25's – On these you are going to a full rep, and then a quarter rep out of the bottom hence the 1.25s reps. Each time you do this, this is 1 rep. I want 8 reps like this on each set. Drive the blood in there!

8 total work sets via 4 supersets

Seated incline dumbell curls – This is where you sit an incline utility bench back a bit and let your arms hang down for an awesome stretch. Do not try to go real heavy on these. We are doing 8 reps on these, and then 6 more partial reps out of the bottom. Your bis will be on fire!

Supersetted with

Close grip pushups – Use about a shoulder width grip, and really try to place 100% focus on using triceps on these. go to failure each set.

8 total work sets via 4 supersets

Seated dip machine (or bench dips) – Go nice and slow on these. Feel the muscle stretch, and then go to ¾ lockout. As you fatigue, keep going and just do little reps. Push yourself until you are just moving an inch or so. This should burn like fire. Shoot for around 8 good reps before kicking in the partials for enhanced bloodflow.

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calve raises – Do plenty of warm up sets here. I want you to bump the reps up this week. Do a set of 30, then 25, then 20, then 15. On each set add weight. If your calves are burning so bad you can't get to the top of the movement, that ok, just do partials out of the bottom until you hit your rep target. 4 total work sets.

Supersetted with
Dorsiflexion - After each set of standing calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals- 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Week 6

Legs – 17 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This time I want you to do 3 regular sets of 15 reps. On your 4th set, I want 15 again, but then tack on 35 partials. This is a lot of reps, and should have your hams completely loaded with blood. 4 total work sets.

Goal – Activate your hams – get a lot of blood in hams.

Barbell squats – Do explosive sets of 8 all the way up until you feel like you are "grinding" and your rep speed is way down. Use whatever stance you feel strongest. For your last set, we are going to do a challenge set. So whatever you finished for your last set of 8, now do as many reps as you can possibly do with good form. Rest 20 seconds, drop the weight some, and now crank again doing as many as you can with good form. If you can handle it, do one more drop. I do. We'll call this 4 sets total. 4 total work sets.

Note: If you have a Safety Squat Bar, use it this week.

Goal – Explosive reps for quads and a challenge set to shock your legs

Leg extensions – Let's move on to something where you are seated as you might be a bit gassed if you pushed yourself hard on that last set of squats. Do 3 sets of 8 with a weight you can hold and flex each rep for 2 seconds with. 3 total work sets.

Goal – More blood into your quads. Pump.

Hack squat – Ok, now that you have had a chance to sit down, let's get back up and finish your quads off with a supramax pump set. Do 2 sets of 10 with a descent weight using a good full range of motion, and then on your 3rd set, I want you to do 10, then drop the weight in half, and go all out to near failure. I want you to be able to rack the weight, is why I say "near" failure. 3 total work sets

Note: If you do not have a good hack squat – use the same scheme on the leg press.

Goal – To get a massive pump in your legs.

Barbell stiff-legged deads – Use a good full range of motion on these. Come all the way up, flex your glutes, and then get a nice stretch. Use 25 lb plates to enhance the stretch. Do 3 sets of 10. 3 total work sets.

Goal – Train on a fully pumped stretched muscle.

Chest - 14 sets / Shoulders - 9 sets

Dumbell press on a slight incline – Do plenty of warm up sets working your way up doing 8 reps a set. Keep going until you get to a weight you can barely hit 8 with. On these, don't lockout. Come up ¾ of the way, and then go right back down and get a good stretch at the bottom. We'll call this 3 working sets. 3 total work sets

Goal - Get blood flowing in pecs, and get them activated.

Incline bench press – Many times we do these for explosiveness, but today we are going to do these for reps. Find a weight you can do for 10 reps. As usual, don't come up all the way, come up ¾ of the way and then go down to an inch or two above your chest. Keep this constant tension for all 10 reps to enhance your pump. Do 3 sets of 10. 3 total work sets

Goal - Additional chest pump

Reverse band bench press – Now we are ready to hit the explosive work! Work up to a good weight quickly and do 5 sets of 5 with it! 5 total work sets

Goal - Explosiveness

Stretch pushups – Let's keep doing these, but elevate your feet a bit more now to make them harder! Do 3 sets to failure. 3 total work sets.

Goal - Work a pumped muscle with a movement that emphasizes stretch.

Dumbell side laterals – Use a full range of motion on these. Do sets of 15.

Supersetted with

Face pulls/Band pull apart – On each rep hold the flexed position for 2 seconds. This should be excruciating, but watch your rear delts pump up.

8 sets via 4 supersets

Goal – Maximum pump/blood flow in your delt immediately.

Rear delt destroyer set – Do partial raises bent over for rear delts for 60 reps, and then drop weight in half and do 30, then one more drop and do 15. You can and should probably do this lying face down on an incline utility bench so your lower back doesn't give out. 1 total work set.

Goal – Supra max pump

Back - 17 sets

One arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. If oyu have the Meadows row handle use it, and use 10 lb plates. 4 total work sets.

Goal – Get some blood flowing and pre-pump your lats.

Low cable row – These are just standard low cable rows with a close grip handle. Get a nice stretch and arch your chest as you drive your elbows back and pull the weight in and flex your lats. Do a pyramid here. Do 12, 10, 8, and 6 reps with increasingly heavier weight as you go. Don't compromise form though. 4 total work sets.

Goal – Additional blood flow in lats

Dumbell pullovers - Do 4 sets of 12 with our usual style of laying on the bench and not across it.. 4 total work sets.

Goal – Constant tension on your lats.

Dumbell shrugs - On these try and go heavy. Hold for a 1 second flex at the top. Do 4 sets of 8 like this. 3 total work sets.

Goal – Maximum pump in traps

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! 3 total work sets.

Goal – Max Spinal erector pump

NOTE: We are laying off of explosive back work this week in favor of more pumping type exercises.

Chest - 11 sets / Shoulders – 10 sets (pumping day)

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

Machine press – Do as many warm ups as you need working your way using a nice full range of motion with a short flex at the top. Do sets of 10, and when you can't get 10 anymore, that will be enough. Don't take big increases in poundages, or you won't get enough sets in. I want the last 3 sets to be pretty tough. 3 total work sets

Dumbell hex press – I want you to find a weight that feels perfect for 12 reps and do 4 sets of 12. On every rep flex hard at the top, and then pause the dumbbells on your chest. 4 total work sets

Pec minor dips – Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there.

Supersetted with

Over and backs w/ band - You are going to go over and back 10 times each set. Do this after each set of pec minor dips.

Do 4 rounds.

Machine laterals (for rear delts) – I want you to do 3 sets of 30 on these. You don't have to hold and flex. Get a good tempo going and just pump your rear delts as hard as you can like last week. 3 total work sets

Spidercrawls – Go up and down a wall 3 times for each set. Remember to force your hands as far apart as you can. Don't let your hands come in close, and don't stand to close to the wall or it is too easy. Stand back, force your hands apart, and your delts will be on fire, I promise. 3 total work sets

6 ways – Do 3 sets of 10 here. 3 total work sets

Biceps - 12 sets / Triceps - 12 sets / Calves - 5 sets / Abs 8 sets

Goal - The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

Rope pushdowns – Do as many warm ups as you need. Tilt your body down to a 90 degree angle so you get a bit more of a stretch, and don't worry about flexing in the contracted position. Use more of a pumping motion. D0 20 reps like this.

Supersetted with

Cable curls - Do 8 full range of motion reps with a nice hard 2 second flex at the top of every rep.

8 total work sets via 4 supersets

Hammer curls – Do these out to the side, not across your body. Do sets of 10 reps squeezing with your grip hard!

Supersetted with

Reverse grip pushdowns – Lean down and into these to like you did the first pushdowns, just reverse your grip! Do sets of 12 here. Work the stretch!

8 total work sets via 4 supersets

Incline lying extension/skullcrusher – Now that your elbows are greased up, we are going to do these. Don't try and go real heavy. Use a weight that you can lower slowly to right down to your forehead and then drive back up to ³/₄ lockout. Do sets of 15 here!

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calve raises – Do plenty of warm up sets here. Go heavy. Do full range motion sets of 8 all the way up until you can't get your 8 reps. Take small jumps in weight to get more volume in. We'll call this 5 sets. 5 total work sets.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Abdominals- 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Jim Wendler

12 WEEK NAW PROGRAM

Week I/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

• 60 seconds rest between sets

· Lower the bar in two seconds (under control) and explode on the way up

· Focus on form and pushing explosively and under control.

• Do not take the bar out unless you are physically and mentally ready to perform the set perfectly.

• You may notice that you may be faster and stronger with one grip; this is normal. Do not lower your training weight because of this.

4 Board Bench Press - 3 sets of 3 repetitions

• Start with your dynamic bench weight for your first set of 3 reps. Add weight for your next 2 sets; you do not have to get a true three rep maximum on this day. Your goal is to learn the movement and to have a baseline weight for your 3 rep max.

• A four board is made by taking four 2x6 boards and nailing (or gluing) them together. The boards are generally 16-18' in length.

• This exercise is great for improving your lockout strength in the bench press

• Remember to use the same set up as you do for your bench press.

• Your grip should be a pinky on the ring (about 26" from index fingers).

_____x 3 _____x 3 _____x 3

DB Bench Press - 3 sets of 10 repetitions

• Start with a pair of dumbbells that you know you can get for 15-20 reps for your first set. Increase the weight on the next two sets. These reps do not have to be performed explosively. These are done to help the bottom portion of your bench press so focus on staying tight at the bottom and driving out of the hole. This does not mean to throw the weight up and have your back come off the bench. Think about driving strong, controlled and fast from your chest.

• Your elbows should be tucked into your sides, but your palms don't have to be facing each other during the entire lift.

_____ x 10 _____ x 10 _____ x 10 _____ x 10

DB Bent Over Row - 3 sets of 10 repetitions

• Start with a pair of dumbbells that you know you can get for 15-20 reps for your first set. Increase the weight on the next two sets. These are done to help your stability throughout the entire press. Focus on pulling your shoulder blades together and staying tight much like you would during a press. Strong lats will help with proper bar position and proper set up.

_____ x 10 _____ x 10 _____ x 10 _____ x 10

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise

Week I/Day II - Max Effort Squat/Deadlift

Close Stance Low Box Squats - work up to a 5 rep max

• A low box is defined as a box that puts you about 2" below parallel.

• A close stance is defined as being slightly narrower than shoulder width; about the same stance as you would perform a conventional deadlift or the same stance as you would when performing a vertical jump.

• Wear a weight belt for your last 3-5 sets.

• Start with the bar (45lbs) for 5 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 5 reps until you cannot achieve the desire reps. Don't worry if this 5 rep max record isn't an all out record. All that you are looking for is a number to start with. It's better to be conservative. Record your 5 rep max below.

_____x5

Glute Ham Raises - Perform 30 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift.

Number of sets to hit 30 reps _____

DB Lunges - 3 sets of 10 repetitions per leg

Make sure you are taking full strides and not short changing yourself. Start with your bodyweight on the first set and increase the weight if you can on your next two. Single leg movements are great for eliminating weaknesses as well as developing overall strength in the hips, glutes, quads and hamstrings. Make sure your torso is upright throughout every rep.

Body Wt. x 10 _____ x 10 _____ x10

45 Degree Back Raises - 3 sets of 15 repetitions

For your first set, place your hands behind your head. If this is easy, place a

10lbs weight behind your head for the next 2 sets. Be sure to hold each rep at the top for 2 seconds. Low back strength is crucial in maintaining proper position in the squat as well as limiting injury potential in the squat and deadlift. Control yourself on the way down.

Body Wt. x 10 _____ x 10 _____ x10

Weighted Sit-ups w/ feet anchored- 3 sets 10 reps

For your first set, place your hands behind your head. If this is easy, place a 5 or 10lbs plate behind your head for your next 3 sets. Strong abs = a strong man. Make sure you are beginning each rep by flexing your abs. Don't use your arms to jerk yourself up.

Body Wt. x 10 _____ x 10 _____ x10

Dumbbell Triceps Extensions - 3 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled.

This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

______x10 ______ x 10 ______x10

Week I/Day III - Max Effort Bench Press

2 Board Bench Press - work up to a 5 rep max

• Start with bar (45lb) and work up slowly. Add about 10% of your max bench press to each set. For example, if you bench press 300lbs you would add 30lb to each set. Keep doing sets of 5 reps until you cannot achieve the desired reps. Record your 5 rep max below.

• Grip the bar using your pinky on the power ring

• Control the bar on the way down and concentrate on exploding on the way up.

_____x5

Pull-ups – 5 sets

• Test yourself and see how many reps you can do in one set. Use an overhand, shoulder width grip. Record this number below

- _____
- Now divide that number by ½:
- Max Reps x ½ = _____
- Perform 5 sets with ½ your max reps.

• Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Take as much time as you need to complete the sets and reps.

3 Way Shoulder Raises - 3 sets of 20 repetitions per side

• Using a 10lbs. weight in each hand perform 20 reps of front raises, 20 reps of side raises and 20 reps of rear raises without resting. This constitutes one set. This is a great way to strengthen and condition your shoulders without having to stress them with a pressing movement. Keep your reps controlled and do not heave or jerk the weight to complete reps.

Dumbbell Triceps Extensions - 3 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled. This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

_____x10 _____ x 10 _____x10

Week I/ Day IV - Dynamic Squat and Deadlift

Box Squat - 10 sets of 2 repetitions @ 55%_____

• Use a parallel box.

*It is imperative that you wear a popped collar shirt or black Westside Barbell shirt when squatting. This only applies to this week.

• 60 seconds rest between sets.

- Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.
- Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 55%_____

- Use either a conventional or sumo stance; whichever you are strongest with
- 60-90 seconds rest between sets
- Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

• Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 3 sets of 10 repetitions

Perform your first set with a weight that you can use for 15-20 reps and increase the weight every set. The Reverse Hy-

perextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect.

______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell.

______x10 ______x10 ______x10

Hanging leg raise with bent knees- 3 sets of 10 repetitions

Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week II/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%, 1x2 @ 70%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

- 60 seconds rest between sets
- · Lower the bar in two seconds (under control) and explode
- 4 Board Bench Press 3 sets of 3 repetitions

• Now that you have a recorded 3 rep max from the first week, try to beat your record on your last set. If you can perform more than 3 reps on this set, go ahead and try to get as many reps as you can.

• Use the same grip (26" from index fingers) as last week.

_____x 3 _____x 3 _____x 3

DB Bench Press - 4 sets of 10 repetitions

• Gauge your dumbbell weight from the previous week. Be sure to do your first set at a lighter weight. Increase the weight every set but make sure you are getting all of your reps for each set.

_____x 10 _____x 10 _____x 10 _____x 10 _____x 10

DB Bent Over Row - 4 sets of 10 repetitions

• Gauge your dumbbell weight from the previous week.

Remember to focus on pulling your shoulder blades together and staying tight much like you would during a press. Strong lats will help with proper bar position and proper set up.

_____x 10 _____x 10 _____x 10 _____x 10 _____x 10

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise.

Week II/Day II - Max Effort Squat/Deadlift

Close Stance Low Box Squats - work up to a new 5 rep max

• Now that you have a 5 rep max from last week, try to break that 5 rep max this week.

• Use the same kind of warm-up as last week, but you can cut down some of your sets and reps to get to your new 5 rep max.

• A low box is defined as a box that puts you about 2" below parallel.

• A close stance is defined as being slightly narrower than shoulder width; about the same stance as you would perform a conventional deadlift.

• Start with the bar (45lbs) for 5 reps and work up slowly.

Add approximately 10% of your max squat for each set.

For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 5 reps until you cannot achieve the desire reps. Record your new 5 rep max below.

_____x5

Glute Ham Raises - Perform 40 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift.

Number of sets to hit 40 reps _____

DB Lunges - 4 sets of 10 repetitions per leg

Make sure you are taking full strides and not short changing yourself. Just like the first week, begin with your bodyweight on your first set. Your last three sets can be done with dumbbells.

Body Wt. x 10 _____ x 10 _____ x10 _____ x10 _____ x10

45 Degree Back Raises - 4 sets of 12repetitions

Like last week, use your bodyweight for your first set. If you used any additional weight for your last sets, try to do that for your last three sets. Be sure to hold each rep at the top for 2 seconds. Low back strength is crucial in maintaining proper position in the squat as well as limiting injury potential in the squat and deadlift.

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

For your first set, place your hands behind your head. If this is easy, place a 5 or 10lbs plate behind your head for your next 3 sets. Strong abs = a strong man. Make sure you are beginning each rep by flexing your abs. Don't use your arms to jerk yourself up.

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Week II/Day III - Max Effort Bench Press

2 Board Bench Press - work up to a new 5 rep max

• Now that you have established a 5 rep max from last week, your goal this week is to simply try to beat that record.

• Use the same basic warm-up strategy as last week but you can cut down some of the sets and reps to reach a new 5 rep max.

• Start with the bar (45lbs) for 5 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add 30lbs each set. Keep doing sets of 5 reps until you cannot achieve the desire reps. Record your new 5 rep max below.

• Grip the bar using your pinky on the power ring

· Control the bar on the way down and concentrate on exploding on the way up.

_____x5

Pull-ups - 6 sets

- Perform 6 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.
- Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Take as much time as you need to complete the sets and reps.

3 Way Shoulder Raises - 3 sets of 20 repetitions per side

• Using a 10lbs. weight in each hand perform 20 reps of front raises, 20 reps of side raises and 20 reps of rear raises without resting. This constitutes one set. This is a great way to strengthen and condition your shoulders without having to stress them with a pressing movement. Keep your reps controlled and do not heave or jerk the weight to complete reps.

Dumbbell Triceps Extensions - 4 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled.

This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

_____x10 _____x10 _____x10 _____x10 _____x10

Week II/ Day IV - Dynamic Squat and Deadlift

Box Squat - 10 sets of 2 repetitions @ 60%_____

- Use a parallel box.
- 60 seconds rest between sets.
- Lower yourself in a controlled manner, sit on the box for
- 2 seconds, and explode on the way up.
- Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 60%_____

- Use either a conventional or sumo stance; whichever you are strongest with
- 60-90 seconds rest between sets
- Concentrate on pulling fast off of the floor and throughout the entire lift.
- Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.
- · Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 4 sets of 10 repetitions

• Perform your first set with a weight that you can use for 15-20 reps and increase the weight every set. The Reverse Hyperextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect. It is not that important to break records in this exercise, but if you can handle more weight than you did last week, then go for it.

______x10 ______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raise with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week III/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%, 1x2 @70%, 1x1 @ 80%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

- 60 seconds rest between sets
- · Lower the bar in two seconds (under control) and explode on the way up

• You will be working up heavier on the last couple of sets.

- Do this with your competition grip.
- · Your rest time can be extended on these heavier sets to 2-

4 minutes.

4 Board Bench Press - 3 sets of 3 repetitions

• You have established a 3 rep max from the first two weeks. All you have to do is try to beat your 3 rep max

• Use the same grip as last week (26" between index fingers).

_____x3_____x3_____x3

DB Bench Press - 5 sets of 10 repetitions

• Gauge your dumbbell weight from the previous week. Be sure to do your first set at a lighter weight. Increase the weight every set but make sure you are getting all of your reps for each set.

• The volume is getting higher and you may have to rest a little bit longer between sets.

• Remember that you are trying to strengthen the bottom portion of your bench press with this lift so be sure to focus on driving the dumbbells off of your chest much like you would a bench press. Be sure to stay tight throughout the entire lift, especially at the bottom.

_____x10 _____x10 _____x10 _____x10 _____x10

DB Bent Over Row - 5 sets of 10 repetitions

• Gauge your dumbbell weight from the previous week. Remember to focus on pulling your shoulder blades together and staying tight much like you would during a press. Strong lats will help with proper bar position and proper set up.

_____x10 _____x10 _____x10 _____x10 _____x10 _____x10

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise.

Week III/Day II - Max Effort Squat/Deadlift

Close Stance Low Box Squats - work up to a new 5 rep max

• Now that you have a 5 rep max from last week, try to break that 5 rep max this week.

• Use the same kind of warm-up as last week, but you can cut down some of your sets and reps to get to your new 5 rep max.

• A low box is defined as a box that puts you about 2" below parallel.

• A close stance is defined as being slightly narrower than shoulder width; about the same stance as you would perform a conventional deadlift.

• Start with the bar (45lbs) for 5 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 5 reps until you cannot achieve the desire reps. Record your new 5 rep max below.

_____x5

Glute Ham Raises - Perform 40 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift. Because most people have a difficult time with this exercise we did not increase the number of reps. Try to decrease the number of sets to reach 40 reps.

Number of sets to hit 40 reps _____

DB Lunges - 4 sets of 10 repetitions per leg

Make sure you are taking full strides and not short changing yourself. Just like the first week, begin with your bodyweight on your first set. Your last three sets can be done with dumbbells.

Body Wt. x 10 _____ x 10 _____ x10 _____ x10 _____ x10

45 Degree Back Raises - 5 sets of 10 repetitions

Like last week, use your bodyweight for your first set. If you used any additional weight for your last sets, try to do that for your last four sets. Be sure to hold each rep at the top for 2 seconds. Low back strength is crucial in maintaining proper position in the squat as well as limiting injury potential in the squat and deadlift. Try to handle heavier weights on this exercise but do not do so if your form is compromised.

Body Wt. x 10 _____ x 10 _____ x10 _____ x10 _____ x10 _____ x10

Weighted Sit-ups w/ feet anchored- 5 sets 10 reps

For your first set, place your hands behind your head. If this is easy, place a 5 or 10lbs plate behind your head for your next 4 sets. Strong abs = a strong man. Make sure you are beginning each rep by flexing your abs. Don't use your arms to jerk yourself up. Don't be scared to try a 25 or 45lbs plate. You may surprise yourself!

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Week III/Day III - Max Effort Bench Press

2 Board Bench Press - work up to a new 5 rep max

• This is the last week of doing the 2 Board Bench Press; it's time to gather all your energy and try to beat your 5 rep max.

• Use the same basic warm-up strategy as last week but you can cut down some of the sets and reps to reach a new 5 rep max.

• Start with the bar (45lbs) for 5 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add

30lbs each set. Keep doing sets of 5 reps until you cannot achieve the desire reps. Record your new 5 rep max below. • Grip the bar using your pinky on the power ring (26" between index fingers).

• Control the bar on the way down and concentrate on exploding on the way up.

_____x5

Pull-ups - 7 sets

• Perform 7 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.

- Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.
- Your pull up strength should be getting better.

3 Way Shoulder Raises - 3 sets of 20 repetitions per side.

• Using a 10lbs. weight in each hand perform 20 reps of front raises, 20 reps of side raises and 20 reps of rear raises without resting. This constitutes one set. This is a great way to strengthen and condition your shoulders without having to stress them with a pressing movement. Keep your reps controlled and do not heave or jerk the weight to complete reps. Don't worry if you are still using light weights for this exercise. This is not something you have to break records on.

Dumbbell Triceps Extensions - 5 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled. This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

_____x10 _____x10 _____x10 _____x10 _____x10 _____x10

Week III/ Day IV - Dynamic Squat and Deadlift

Box Squat -8 sets of 2 repetitions @ 65%_____, 1x1 @75%, 1x1 @ 85%

This week you will be working up to a heavier weight. Your rest periods after your initial 8 sets can be increased to 2-4 minutes. Just make sure you are ready for the heavier weights both physically and mentally.

• Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

· Lower yourself in a controlled manner, sit on the box for

2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 8 sets of 1 repetition @ 65%_____, 1x1 @ 75%,1x1 @ 85%

• Like the squat, you will be working up to a heavier weight.

Rest periods can be increased to 2-4 minutes for these sets. Be ready physically and mentally for each set.

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

• Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

• Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 4 sets of 10 repetitions

• Perform your first set with a weight that you can use for 15-20 reps and increase the weight every set. The Reverse Hyperextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect. It is not that important to break records in this exercise, but if you can handle more weight than you did last week, then go for it.

______x10 ______x10 ______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raise with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week IV/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

• 60 seconds rest between sets

· Lower the bar in two seconds (under control) and explode on the way up

Rack Lockouts - 3 sets of 3 repetitions

· Your rack lockouts should be done so that you have about

- a 4" range of motion.
- Your grip should be about a pinky on the ring.

• Start with the weight that you used for your dynamic bench press for your first set of three reps. Increase the weight for the final two sets. Don't worry if this last set isn't an all out effort. You are coming off a very hard week of training and are merely setting a guideline for the next couple of weeks.

_____x 3 _____x 3 _____x 3 _____x 3

DB Incline Bench Press - 3 sets of 10 repetitions

• The volume has gone down this week so start with a light weight that you could do 15-20 reps. Increase the weight on the succeeding sets and make sure you are getting all 10 reps.

• This is a great exercise for your shoulders and will help strengthen the bottom portion of your bench. Stay tight throughout the entire lift.

_____x10 _____x 10 _____x10

Chest supported rows - 3 sets of 10 repetitions

This movement is done on any number of a variety of machines or apparatuses in your weight room. Don't worry about tracking this exercise as there are too many variables with different machines. Just remember why you are doing this; to increase the stability during your bench press.

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise.

Week IV/Day II - Max Effort Squat/Deadlift

Deadlifts while standing on elevated surface - work up to a 3 rep max

• The elevated surface should be about 3" off of the ground. Basically you are going to be pulling the bar an extra 3" than normal. This is going to be very difficult.

• The easiest thing to use as an elevated surface is weight plates. Place two 45lbs plates side by side (face down) and stack 1 or 2 extra plates on top. People also use aerobic step up boxes or any sturdy box that is lying around.

- Use a conventional stance.
- · Don't use deadlift straps unless you need to.
- Wear a belt for your last couple of sets.

• Start with the bar (45lbs) for 5 reps and work up slowly. It may be easier to start with 45lbs plates on each side of the bar (135lbs.) because of the elevated platform. Add approximately 10% of your max deadlift for each set. For example if you deadlift 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this is not an all out effort. You are simply trying to set a baseline for the next several weeks. Record your 3 rep max below.

_____хЗ

Glute Ham Raises - Perform 30 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift. Try to perform the 30 reps in fewer sets than before.

Number of sets to hit 30 reps _____ DB Step Ups - 3 sets of 10 repetitions per leg

• Step up onto a box that puts your thigh about parallel to the floor.

- Perform all of your reps with your weakest leg first.
- Keep an upright torso throughout all of your reps.

_____ x 10 _____x10 _____x10 _____x10

Back Raises (back hyperextensions) - 3 sets of 10 repetitions with body weight

For this exercise, be sure to hold the top position for 3-5 seconds. Static strength in your low back is essential for holding yourself upright in the squat and will do wonders to help you.

Weighted Sit-ups w/ feet anchored- 3 sets 10 reps

You should know now what your abs are capable of when doing this exercise. Even so, start with your hands behind your head on your first set and increase the weight for your next couple of sets. Again, you are coming off a very difficult three week cycle, so don't be afraid to back off a little on this exercise.

Body Wt. x 10 _____ x 10 _____ x10

Week IV/Day III - Max Effort Bench Press

Floor Press - work up to a 3 rep max

• This is your first week performing the floor press so make sure your form is perfect.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add

30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below. • Grip the bar using your pinky on the power ring

• Control the bar on the way down, pause for a second on the floor and concentrate on exploding on the way up.

• Don't be concerned if your 3 rep max isn't an all out record. You are just getting a guideline for the next 2 weeks.

Pull-ups - 5 sets

- Perform 5 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.
- Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Dumbbell Front Raises - 3 sets of 10 repetitions

• Don't be too concerned with the weight used on this day.

There is no need to record this weight. Just make sure you are not jerking the weight up and using your body to lift the dumbbell. Front raises help build stability in the beginning of the bench press.

Elbows out Triceps Extensions - 3 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled.

This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

• Most people have not done this exercise before so it may take some getting used to.

______x10 ______x10 ______x10 ______x10

Week IV/ Day IV - Dynamic Squat and Deadlift

Box Squat -10 sets of 2 repetitions @ 55%_____

• You are now returning to the first wave of the squat program.

Your speed should be getting better and you should be refining your technique.

- Use a parallel box.
- 60 seconds rest between sets
- Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.
- Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 55%_____

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

· Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 3 sets of 10 repetitions

• Perform your first set with a weight that you can use for 15-20 reps and increase the weight every set. The Reverse Hyperextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect. It is not that important to break records in this exercise, and you may want to back off the weight that you used for last week.

______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raises with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week V/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

• 60 seconds rest between sets

• Lower the bar in two seconds (under control) and explode on the way up

• You may notice that you may be faster and stronger with one grip; this is normal. Do not lower your training weight because of this.

Rack Lockouts - 3 sets of 3 repetitions

- Your rack lockouts should be done so that you have about a 4" range of motion.
- Your grip should be about a pinky on the ring.
- Last week you worked up to a 3 rep max. Your goal this week is to simply beat that record.

_____x 3 _____x 3 _____x 3 _____x 3

DB Incline Bench Press - 4 sets of 10 repetitions

• Start with a light weight that you could do 15-20 reps.

Increase the weight on the succeeding sets and make sure you are getting all 10 reps.

• This is a great exercise for your shoulders and will help strengthen the bottom portion of your bench. Stay tight throughout the entire lift.

______x10 ______x10 ______x10 ______x10 _____x10

Chest supported rows - 4 sets of 10 repetitions

This movement is done on any number of a variety of machines or apparatuses in your weight room. Don't worry about tracking this exercise as there are too many variables with different machines. Just remember why you are doing this; to increase the stability during your bench press.

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise

Week V/Day II - Max Effort Squat/Deadlift

Deadlifts while standing on elevated surface - work up to a new 3 rep max

• Now that you've got a number to beat from last week, adjust your warm-up sets and reps so that you are primed and ready to beat that record.

• The elevated surface should be about 3" off of the ground.

Basically you are going to be pulling the bar an extra 3" than normal. This is going to be very difficult.

• The easiest thing to use as an elevated surface is weight plates. Place two 45lbs plates side by side (face down) and stack 1 or 2 extra plates on top. People also use aerobic step up boxes or any sturdy box that is lying around.

- Use a conventional stance.
- Don't use deadlift straps unless you need to.
- Wear a belt for your last couple of sets.

• Start with the bar (45lbs) for 5 reps and work up slowly. It may be easier to start with 45lbs plates on each side of the bar (135lbs.) because of the elevated platform. Add approximately 10% of your max deadlift for each set. For example if you deadlift 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this is not an all out effort. You are simply trying to set a baseline for the next several weeks. Record your 3 rep max below.

_____хЗ

Glute Ham Raises - Perform 40 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift. Try to perform the 40 reps in fewer sets than in the second week.

Number of sets to hit 40 reps _____

DB Step Ups - 4 sets of 10 repetitions per leg

• Step up onto a box that puts your thigh about parallel to the floor.

• Perform all of your reps with your weakest leg first.

• Keep an upright torso throughout all of your reps.

_____x 10 _____x10 _____x10 _____x10 _____x10

Back Raises (back hyperextensions) - 3 sets of 10 repetitions with body weight

For this exercise, be sure to hold the top position for 3-5 seconds. Static strength in your low back is essential for holding yourself upright in the squat and will do wonders to help you. If you can, hold a pair of dumbbells in your hands for this exercise. Your range of motion may be somewhat limited but we are trying to achieve a static hold at the top of the movement.

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

Your abdominal strength needs to be increased so really push yourself on these. Start with your bodyweight on the first set and remember to flex your abs first before performing the movement.

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Week V/Day III - Max Effort Bench Press

Floor Press - work up to a new 3 rep max

• Your goal this week is to simply beat last week's number.

• This is your second week performing the floor press but you may still feel awkward with this movement. You can alter the set and reps slightly to prepare yourself for your 3 rep max.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add 30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below.

• Grip the bar using your pinky on the power ring

· Control the bar on the way down, pause for a second on the floor and concentrate on exploding on the way up.

_____хЗ

Pull-ups - 6 sets

• Perform 6 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.

• Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Dumbbell Front Raises - 4 sets of 10 repetitions

• Don't be too concerned with the weight used on this day. There is no need to record this weight. Just make sure you are not jerking the weight up and using your body to lift the dumbbell. Front raises help build stability in the beginning of the bench press.

Elbows out Triceps Extensions - 4 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled.

This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

• Most people have not done this exercise before so it may take some getting used to.

This is not an exercise that you should be too concerned about in regards to weight being handled. Still try to push yourself and still maintain your form.

______x10 ______x10 ______x10 ______x10 ______x10

Week V/ Day IV - Dynamic Squat and Deadlift

Box Squat -10 sets of 2 repetitions @ 60%_____

• You are now at the second week of your second squatting phase. Your speed should be getting better and you should be refining your technique.

- Use a parallel box.
- 60 seconds rest between sets
- Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.
- Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 60%_____

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

- 60-90 seconds rest between sets
- · Concentrate on pulling fast off of the floor and throughout the entire lift.
- Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.
- · Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull

Reverse Hyperextensions - 4 sets of 10 repetitions

- Perform your first set with a weight that you can use for
- 15-20 reps and increase the weight every set. The

Reverse Hyperextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect. You can start to increase the weight on these if you feel like you can.

______x10 ______x10 ______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raise with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week VI/ Day I - Dynamic Bench Press

Dynamic Bench Press - 6 sets of 3 repetitions at 60%, 1x1 @70%, 1x1 @ 80%, 1x1 @ 90%

- Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers
- 60 seconds rest between sets
- · Lower the bar in two seconds (under control) and explode on the way up
- You will be working up heavier on the last couple of sets. Do this with your competition grip.
- Your rest time can be extended on these heavier sets to 2-4 minutes.

Rack Lockouts - 3 sets of 3 repetitions

• Your rack lockouts should be done so that you have about a 4" range of motion.

• Your grip should be about a pinky on the ring.

• This is the last week of doing rack lockouts so your goal is to break your 3 rep record. This is the time to go all out so don't leave anything on the bench.

_____x 3 _____x 3 _____x 3 _____x 3

DB Incline Bench Press - 5 sets of 10 repetitions

• The volume has increased this week so you may have to take extra time between sets. Increase the weight on the succeeding sets and make sure you are getting all 10 reps.

• This is a great exercise for your shoulders and will help strengthen the bottom portion of your bench. Stay tight throughout the entire lift.

_____x10 _____x 10 _____x10 _____x10 _____x10 _____x10

Chest supported rows - 5 sets of 10 repetitions

• This movement is done on any number of a variety of machines or apparatuses in your weight room. Don't worry about tracking this exercise as there are too many variables with different machines. Just remember why you are doing this; to increase the stability during your bench press.

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise.

Week VI/Day II - Max Effort Squat/Deadlift

Deadlifts while standing on elevated surface - work up to a new 3 rep max

• You've done these for two weeks, so get ready to go all out and break your 3 rep record. Be sure to adjust your warm-up sets and reps so that you are primed and ready to beat that record.

• The elevated surface should be about 3" off of the ground. Basically you are going to be pulling the bar an extra 3" than normal. This is going to be very difficult.

• The easiest thing to use as an elevated surface is weight plates. Place two 45lbs plates side by side (face down) and stack 1 or 2 extra plates on top. People also use aerobic step up boxes or any sturdy box that is lying around.

• Use a conventional stance.

- Don't use deadlift straps unless you need to.
- Wear a belt for your last couple of sets.

• Start with the bar (45lbs) for 5 reps and work up slowly. It may be easier to start with 45lbs plates on each side of the bar (135lbs.) because of the elevated platform. Add approximately 10% of your max deadlift for each set. For example if you deadlift 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this is not an all out effort. You are simply trying to set a baseline for the next several weeks. Record your 3 rep max below.

_____хЗ

Glute Ham Raises - Perform 40 reps

Use as many sets as you need to get this number. Strong hamstrings will help you sit back into the proper squat position. This is paramount in having proper squat form. Also, hamstrings are crucial in the deadlift. Try to perform the 40 reps in fewer sets than in the second week.

Number of sets to hit 40 reps _____

DB Step Ups - 4 sets of 10 repetitions per leg

• Step up onto a box that puts your thigh about parallel to the floor.

• Perform all of your reps with your weakest leg first.

• Keep an upright torso throughout all of your reps.

_____ x 10 _____ x10 _____ x10 _____ x10 _____ x10

Back Raises (back hyperextensions) - 3 sets of 10 repetitions with body weight

For this exercise, be sure to hold the top position for 3-5 seconds. Static strength in your low back is essential for holding yourself upright in the squat and will do wonders to help you. If you can, hold a pair of dumbbells in your hands for this exercise. Your range of motion may be somewhat limited but we are trying to achieve a static hold at the top of the movement.

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

Your abdominal strength needs to be increased so really push yourself on these. Start with your bodyweight on the first set and remember to flex your abs first before performing the movement.

Body Wt. x 10 _____ x 10 _____ x10 _____ x10 _____ x10 _____ x10

Week VI/Day III - Max Effort Bench Press

Floor Press - work up to a new 3 rep max

• Your goal this week is to simply beat last week's number.

• This is your last week doing floor presses to get ready to press a new PR.

• Adjust your sets and reps on your warm-up sets so that your body and mind are ready for your final attempt.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add

30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below. • Grip the bar using your pinky on the power ring

· Control the bar on the way down, pause for a second on the floor and concentrate on exploding on the way up.

_____хЗ

Pull-ups - 7 sets

• Perform 7 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.

• Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Dumbbell Front Raises - 5 sets of 10 repetitions.

• Don't be too concerned with the weight used on this day. There is no need to record this weight. Just make sure you are not jerking the weight up and using your body to lift the dumbbell. Front raises help build stability in the beginning of the bench press.

Elbows out Triceps Extensions - 5 sets of 10 repetitions

• Begin with a weight that you can perform for 15-20 reps and increase the weight every set. Do not let your form break down! Perform these reps slowly and controlled. This is a great way to develop the triceps around the elbow which will help your lockout strength in the bench press.

• Most people have not done this exercise before so it may take some getting used to.

• This is not an exercise that you should be too concerned about in regards to weight being handled. Still try to push yourself and still maintain your form.

______x10 ______x10 ______x10 ______x10 _____x10 _____x10

Week VI/ Day IV - Dynamic Squat and Deadlift

Box Squat -8 sets of 2 repetitions @ 65%_____ 1x1 @ 75%, 1x1 @ 85%

• You are now at the third week of your second squatting phase.

• You are again working up to heavier weights on the squat, so be sure to rest 2-4 minutes before your heavier sets.

• Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

· Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 8 sets of 1 repetition @ 65%_____, 1x1 @ 75%,1x1 @ 85%

• Like the squat, you will be working up to a heavier weight. Take 2-4 minutes rest for these heavier sets and concentrate on using good form and pulling with speed.

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

· Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 5 sets of 10 repetitions

• Perform your first set with a weight that you can use for 15-20 reps and increase the weight every set. The Reverse Hyperextension is one of the best ways to increase your lower back strength as well as rehabilitation. Try not to swing the weights too much as this will make the exercise easier and you will lose the training effect. You can start to increase the weight on these if you feel like you can.

______x10 ______x10 ______x10 ______x10 _____x10 _____x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raise with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week VII/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

- 60 seconds rest between sets
- · Lower the bar in two seconds (under control) and explode on the way up

5 Board Press - 3 sets of 3 repetitions

- Start with your dynamic bench press weight for your first set of 3 reps and increase the weight on your next 2 sets.
- You do not have to go up to a all out 3 rep max; just get a guideline for the next 2 weeks.
- Your grip should be about a pinky on the ring.

_____x 3 _____x 3 _____x 3 _____x 3

Dumbbell Rear Laterals - 3 sets of 12 repetitions

• This is a great way to develop your upper back and your shoulders. Do these very strictly and focus on pinching your shoulder blades together.

• Don't worry about the weight that you use on this exercise.

Week VII/Day II - Max Effort Squat/Deadlift

High Box Squats - work up to 3 rep max

- A high box is one that would put you about 2" above parallel
- Use a shoulder width stance for your sets.
- Use a belt for your heavier sets.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this 3 rep max record isn't an all out record. All that you are looking for is a number to start with. It's better to be conservative. Record your 3 rep max below.

_____хЗ

Good Mornings - 3 sets of 10 repetitions

- This is a great movement for your hamstrings, low back and glutes.
- Start with the bar for your first set.
- Once your form starts to deteriorate stop the set immediately.
- · None of these sets should be an all out effort; just practice your form

Bar x 10, _____ x 10 _____ x 10

Weighted Sit-ups w/ feet anchored- 3 sets 10 reps

Your abdominal strength needs to be increased so really push yourself on these. Start with your bodyweight on the first set and remember to flex your abs first before performing the movement.

Body Wt. x 10 _____ x 10 _____ x10

Week VII/Day III - Max Effort Bench Press

Close Grip Bench Press - work up to a 3 rep max

• Your grip should be such that your index fingers are about 17" apart.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add

30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below.

• Control the bar on the way down and press explosively on the way up. Don't bounce the bar off your chest.

_____хЗ

Pull-ups - 5 sets

- Perform 5 sets with 1/2 of your max reps; remember that you tested your max number of reps last week.
- Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Week VII/ Day IV - Dynamic Squat and Deadlift

Box Squat -10 sets of 2 repetitions @ 55%_____

• You are now at the first week of your third squatting phase.

• Your speed and form should be getting better.

• Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

· Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 55%_____

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

• Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 2 sets of 10 repetitions

• This is a light training week, so you don't have to kill yourself.

_____x10 _____x10

Side bends with dumbbells - 2 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

_____x10 _____x10

Hanging leg raise with bent knees- 2 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.
Week VIII/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

- Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.
- 60 seconds rest between sets
- Lower the bar in two seconds (under control) and explode on the way up

5 Board Press - 3 sets of 3 repetitions

- This is the second week of the 5 board press. You now have a guideline for your 3 rep max. Try to beat this record.
- Your grip should be about a pinky on the ring.

_____x 3 _____x 3 _____x 3 _____x 3

Standing Dumbbell Military Press - 4 sets of 10 repetitions

- · Palms should be facing each other throughout the entire movement
- Do not use your legs or excessively arch your back to complete a rep.
- Start with a weight that you know you can do for 15-20 reps and increase the weight for each set.

_____x10 _____x10 _____x10 _____x10 _____x10

Dumbbell Rear Laterals - 3 sets of 12 repetitions

• This is a great way to develop your upper back and your shoulders. Do these very strictly and focus on pinching your shoulder blades together.

• Don't worry about the weight that you use on this exercise.

Week VIII/Day II - Max Effort Squat/Deadlift

High Box Squats - work up to a new 3 rep max

• This is your second week of doing high box squats. You probably have noticed that you can handle heavier weights on this exercise so be sure to have competent spotters.

- A high box is one that would put you about 2" above parallel
- Use a shoulder width stance for your sets.
- Use a belt for your heavier sets.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this 3 rep max record isn't an all out record. All that you are looking for is a number to start with. It's

better to be conservative. Record your 3 rep max below.

_____хЗ

Barbell Lunges - 3 sets of 10 repetitions per leg

- Start with the bar on your first set and work up slowly.
- Make sure you are taking full strides with every rep. Half steps yield half results!
- Make sure your torso is held upright throughout the entire lift.

Good Mornings - 3 sets of 10 repetitions

• This is the second week performing good mornings but the same protocol as last week exists. Do not try to record weights on this movement.

- This is a great movement for your hamstrings, low back and glutes.
- Start with the bar for your first set.
- Once your form starts to deteriorate stop the set immediately.
- None of these sets should be an all out effort; just practice your form

______x10 ______x10 ______x10

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

Your abs should be getting stronger now and you should have a good feel on what kind of weight you can handle. Always make sure to flex your abs first before you begin each rep.

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Week VIII/Day III - Max Effort Bench Press

Close Grip Bench Press - work up to a new 3 rep max

• This is the second week of close grip bench presses. Since you are probably fairly familiar with this exercise go ahead and push for an all out 3 rep max.

• Your grip should be such that your index fingers are about 17" apart.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add 30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below.

• Control the bar on the way down and press explosively on the way up. Don't bounce the bar off your chest.

_____хЗ

Pull-ups - 6 sets

- Perform 6 sets with 1/2 of your max reps.
- Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.
- Your pull up strength should be getting better.

Triceps Extensions with a straight bar - 4 sets of 10 repetitions

- Start with the bar and make sure your form is perfect.
- Don't let your elbows dip down when extending the weight up.
- By using a slow and controlled movement there is less stress on your elbow joint.

______x10 ______x10 ______x10 ______x10

Seated DB Power Cleans - 4 sets of 15 repetitions

- This is one of the best exercises for building your upper back and shoulders.
- Start with very light dumbbells (10lbs.) and be sure your form is perfect
- Don't use momentum to bring the weights up.
- Don't worry about keeping records with this exercise.

Week VIII/ Day IV - Dynamic Squat and Deadlift

Box Squat -10 sets of 2 repetitions @ 60%_____

- You are now at the second week of your third squatting phase.
- Your speed and form should be getting better.
- Use a parallel box.
- 60 seconds rest between sets, except for your heavier sets.
- Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.
- Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 10 sets of 1 repetition @ 60%_____

• Use either a conventional or sumo stance; which ever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 4 sets of 10 repetitions

• You are coming off a deload week so you can increase the weight on this exercise.

______x10 ______x10 ______x10 ______x10 ______x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raises with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week IX/ Day I - Dynamic Bench Press

Dynamic Bench Press - 6 sets of 3 repetitions at 60%, 1x1 @70%, 1x1 @ 80%, 1x1 @ 90%

- Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.
- 60 seconds rest between sets
- Lower the bar in two seconds (under control) and explode on the way up
- You will be working up heavier on the last couple of sets. Do this with your competition grip.
- Your rest time can be extended on these heavier sets to 2-4 minutes.

5 Board Press - 3 sets of 3 repetitions

- This is your final week of the 5 board press. It's time to break a new 3 rep record.
- * Your grip should be about a pinky on the ring.

_____x 3 _____x 3 _____x 3 _____x 3

Standing Dumbbell Military Press - 5 sets of 10 repetitions

- Your volume is now going to be higher so you may have to take a some longer rest breaks between sets.
- · Palms should be facing each other throughout the entire movement
- Do not use your legs or excessively arch your back to complete a rep.
- Start with a weight that you know you can do for 15-20 reps and increase the weight for each set.

______x10 ______x10 ______x10 _____x10 _____x10

Dumbbell Rear Laterals - 4 sets of 12 repetitions

• This is a great way to develop your upper back and your shoulders. Do these very strictly and focus on pinching your shoulder blades together.

• Don't worry about the weight that you use on this exercise.

Week IX/Day II - Max Effort Squat/Deadlift

High Box Squats - work up to a new 3RM

- This is the last week of high box squats and time to hit some big numbers.
- A high box is one that would put you about 2" above parallel
- Use a shoulder width stance for your sets.
- Use a belt for your heavier sets.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this 3 rep max record isn't an all out record. All that you are looking for is a number to start with. It's better to be conservative. Record your 3 rep max below.

_____хЗ

Barbell Lunges - 4 sets of 10 repetitions per leg

- Start with the bar on your first set and work up slowly.
- Make sure you are taking full strides with every rep. Half steps yield half results!
- Make sure your torso is held upright throughout the entire lift.

______x10 ______x10 ______x10 ______x10

Good Mornings - 3 sets of 10 repetitions

• This is the third week performing good mornings but the same protocol as the other weeks exists. Do not try to record weights on this movement.

- This is a great movement for your hamstrings, low back and glutes.
- Start with the bar for your first set.
- Once your form starts to deteriorate stop the set immediately
- None of these sets should be an all out effort; just practice your form

______x10 ______x10 ______x10

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

Your abs should be getting stronger now and you should have a good feel on what kind of weight you can handle. Always make sure to flex your abs first before you begin each rep.

Body Wt. x 10 _____ x 10 _____ x10 _____ x10 _____ x10 _____ x10

Week IX/Day III - Max Effort Bench Press

Close Grip Bench Press - work up to a new 3 rep max

• The third week doing the close grip bench press so there should be no excuses! Set a record.

• Your grip should be such that your index fingers are about 17" apart.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max bench for each set. For example if you bench press 300lbs you would add

30lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Record your 3 rep max below.

· Control the bar on the way down and press explosively on the way up. Don't bounce the bar off your chest.

_____хЗ

Pull-ups - 7 sets

• Perform 6 sets with 1/2 of your max reps.

• Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Triceps Extensions with a straight bar - 5 sets of 10 repetitions

• Start with the bar and make sure your form is perfect.

· Don't let your elbows dip down when extending the weight up.

• By using a slow and controlled movement there is less stress on your elbow joint.

______x10 ______x10 ______x10 _____x10 _____x10 _____x10

Seated DB Power Cleans - 4 sets of 15 repetitions

- This is one of the best exercises for building your upper back and shoulders.
- Start with very light dumbbells (10lbs.) and be sure your form is perfect
- · Don't use momentum to bring the weights up.
- Don't worry about keeping records with this exercise.

Week IX/ Day IV - Dynamic Squat and Deadlift

Box Squat -8 sets of 2 repetitions @ 65%_____ 1x1 @75%, 1x1 @ 85%

• You are now at the third week of your third squatting phase.

• You will be handling heavy weights and you may be a little tired from some of the increased volume, but this is no time to give up.

• Increase your rest time to 2-4 minutes between your heavier sets.

• Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

• Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 8 sets of 1 repetition @ 65%_____, 1x1 @ 75%,1x1 @ 85%

• Perfect form on every set, especially the heavier sets, will ensure that the weight moves effortlessly.

• Increase rest time to 2-4 minutes between your heavier sets.

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

• Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 5 sets of 10 repetitions

• Make sure you are not swinging the weights too much and using momentum. Concentrate on increasing the strength in your lower back, hamstrings and glutes.

______x10 ______x10 ______x10 ______x10 _____x10 _____x10

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques. This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10 ______x10

Hanging leg raises with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week X/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

• 60 seconds rest between sets

· Lower the bar in two seconds (under control) and explode on the way up

4 Board Press - 3 sets of 3 repetitions

• This is the same exercise you performed the first three weeks. Look back and find your 3 rep record and break it!

• Your grip should be about a pinky on the ring.

_____x 3 _____x 3 _____x 3 _____x 3

Dumbbell Bench Press - 4 sets of 10 repetitions

• At this point, you should have a good feel on what kind of weight you can handle for dumbbell bench presses.

- Remember why you are doing these; stay tight and focus on driving off of the chest.
- · Start light on your first sets and keep working to handle heavier dumbbells.

______x10 ______x10 ______x10 ______x10 ______x10

Dumbbell Bent Over Row - 4 sets of 10 repetitions

• You know what you can do on this exercise, just do it with proper form.

• Don't look like you are starting a lawnmower! Pull the dumbbell up and contract your upper back and lats at the top.

• Remember: you are building stability and strength for your bench press.

______x10 ______x10 ______x10 ______x10

Triceps Pushdowns - 4x12

• Choose any kind of triceps attachment (straight bar, rope, etc.) and be sure that you can get all 12 reps of every set. Do not be concerned about recording this weight or keeping track of this exercise.

Week X/Day II - Max Effort Squat/Deadlift

Pin Deadlifts or Rack Pulls - work up to a 3 rep max

- Place the bar in a power rack so that the bar is about 1-2" below your knee.
- Use a conventional stance
- Don't use straps unless you have to.
- Use a shoulder width stance for your sets.
- Use a belt for your heavier sets.

• Start with the bar (45lbs) for 3 reps and work up slowly. Add approximately 10% of your max squat for each set. For example if you squat 400lbs. you would add 40lbs each set. Keep doing sets of 3 reps until you cannot achieve the desire reps. Don't worry if this 3 rep max record isn't an all out record. All that you are looking for is a number to start with. It's better to be conservative. Record your 3 rep max below.

_____хЗ

Barbell Lunges - 4 sets of 10 repetitions per leg

- Start with the bar on your first set and work up slowly.
- Make sure you are taking full strides with every rep. Half steps yield half results!
- Make sure your torso is held upright throughout the entire lift.

______x10 ______x10 ______x10 ______x10 ______x10

Good Mornings - 3 sets of 10 repetitions

• This is the third week performing good mornings but the same protocol as the other weeks exists. Do not try to record weights on this movement.

- This is a great movement for your hamstrings, low back and glutes.
- Start with the bar for your first set.
- Once your form starts to deteriorate stop the set immediately.
- · None of these sets should be an all out effort; just practice your form

______x10 ______x10 ______x10

Weighted Sit-ups w/ feet anchored- 4 sets 10 reps

Your abs should be getting stronger now and you should have a good feel on what kind of weight you can handle. Always make sure to flex your abs first before you begin each rep.

Body Wt. x 10 _____x 10 _____x10 _____x10 _____x10

Week X/Day III - Max Effort Bench Press

3 Board Bench Press - work up to a 1 rep max

• This is your first of two weeks using a three board. You are already familiar with doing 2 board, 4 board and 5 board presses so it shouldn't be difficult to learn.

• This is the first time that you are working for a 1 rep max.

• Warm up using sets of 3 reps. Once you get to about 80% of your 1 rep max for your bench press, drop the reps to 1 rep per set.

• Use the same grip that you would for your competition bench press.

• Don't fail on this day; just get a good feel for the exercise but don't be afraid to strain.

• Record your 1 rep max below

_____x1

Pull-ups - 6 sets

• Perform 6 sets with 1/2 of your max reps.

• Pull-ups are one of the best strength and mass builders for the upper body. Do not neglect this exercise.

• Your pull up strength should be getting better.

Triceps Extensions with a straight bar - 4 sets of 10 repetitions

• Start with the bar and make sure your form is perfect.

• Don't let your elbows dip down when extending the weight up.

• By using a slow and controlled movement there is less stress on your elbow joint.

______x10 ______x10 ______x10 ______x10 ______x10

Seated DB Power Cleans - 4 sets of 15 repetitions

- This is one of the best exercises for building your upper back and shoulders.
- Start with very light dumbbells (10lbs.) and be sure your form is perfect
- Don't use momentum to bring the weights up.
- Don't worry about keeping records with this exercise.

Week X/ Day IV - Dynamic Squat and Deadlift

Box Squat -8 sets of 2 repetitions @ 60%_____

• You are now at the third week of your third squatting phase.

• You will be handling heavy weights and you may be a little tired from some of the increased volume, but this is no time to give up.

• Increase your rest time to 2-4 minutes between your heavier sets.

• Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

• Lower yourself in a controlled manner, sit on the box for

2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Deadlift - 8 sets of 1 repetition @ 60%_____

• Perfect form on every set, especially the heavier sets, will ensure that the weight moves effortlessly.

• Increase rest time to 2-4 minutes between your heavier sets.

• Use either a conventional or sumo stance; whichever you are strongest with and plan to use for your meet or testing day.

• 60-90 seconds rest between sets

• Concentrate on pulling fast off of the floor and throughout the entire lift.

• Do not rip or jerk the weight off of the floor; think about having a controlled aggression and power in the beginning of the lift.

· Concentrate on using proper form on every rep. Make sure your set up is perfect before you pull.

Reverse Hyperextensions - 5 sets of 10 repetitions

• Make sure you are not swinging the weights too much and using momentum. Concentrate on increasing the strength in your lower back, hamstrings and glutes.

Side bends with dumbbells - 3 sets of 10 repetitions per side

• Side bends are a great way to develop your obliques.

This will help you stabilize heavier weights in the squat and deadlift. Do these controlled and focus on using your obliques to move the dumbbell. Again, don't focus on breaking any records but use heavier weights on this exercise as long as your form allows it.

______x10 ______x10 ______x10

Hanging leg raises with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week XI/ Day I - Dynamic Bench Press

Dynamic Bench Press - 8 sets of 3 repetitions at 60%

• Use three different grips. These grips should be 17", 26" and 32"; measured from your index fingers.

- 60 seconds rest between sets
- · Lower the bar in two seconds (under control) and explode on the way up

4 Board Press - 3 sets of 3 repetitions

• Do not go for a 3 rep max on this exercise. Since you are going to be maxing out soon you are going to start to deload. Do not go heavier than 80% of your 3RM on this exercise on any of your sets. So if your best 3 rep max is 300 on the 4 board press, you would not go over 240 for 3 reps.

_____x 3 _____x 3 _____x 3 _____x 3

Dumbbell Bench Press - 3 sets of 10 repetitions

• You are beginning to deload, so take it easier on your accessory work.

Dumbbell Bent Over Row - 3 sets of 10 repetitions

• Use good form, but don't kill yourself.

______x10 ______x10 ______x10

Week XI/Day II - Max Effort Squat/Deadlift

Pin Deadlifts or Rack Pulls - This is going to be slightly different. Work up to your goal weight on your deadlift. This will be significantly lighter than last week.

- Place the bar in a power rack so that the bar is about 1- 2" below your knee.
- Use a conventional stance
- Don't use straps unless you have to.
- Use a shoulder width stance for your sets.
- Use a belt for your heavier sets.

Goal weight for Deadlift_____x1

Weighted Sit-ups w/ feet anchored- 3 sets 10 reps

Your abs should be getting stronger now and you should have a good feel on what kind of weight you can handle. Always make sure to flex your abs first before you begin each rep.

Body Wt. x 10 _____ x 10 _____ x10

Week XI/Day III - Max Effort Bench Press

3 Board Bench Press - This is going to be slightly different. Work up to 80% of last week's 3 board bench press. Make sure to use your competition grip.

Last week's 3 board bench press max X 80%_____ Pull-ups - 4 sets

• Perform 4 sets with 1/2 of your max reps.

Seated DB Power Cleans - 2 sets of 15 repetitions

- This is one of the best exercises for building your upper back and shoulders.
- Start with very light dumbbells (10lbs.) and be sure your form is perfect
- Don't use momentum to bring the weights up.
- Don't worry about keeping records with this exercise.

Week XI/ Day IV - Dynamic Squat and Deadlift

Box Squat - 6 sets of 2 repetitions @ 55%_____

• Since you are deloading this week, your sets are cut down to 6 total.

· Use a parallel box.

• 60 seconds rest between sets, except for your heavier sets.

· Lower yourself in a controlled manner, sit on the box for 2 seconds, and explode on the way up.

• Proper form should be executed on every rep of every set.

• Make sure you take your time to set up before taking the bar out of the power rack or Monolift. Do not take a bar out unless you are ready.

Reverse Hyperextensions - 3 sets of 10 repetitions

• Make sure you are not swinging the weights too much and using momentum. Concentrate on increasing the strength in your lower back, hamstrings and glutes.

______x10 ______x10 ______x10

Hanging leg raises with bent knees- 3 sets of 10 repetitions

• Hanging leg raises are one of the hardest abdominal exercises for many people. Be sure to contract your abs before each rep and do not swing or use momentum to raise your legs.

Week XII/Day I - Dynamic Bench Press

• Take the day off

Week XII/Day II - Max Effort Squat and Deadlift

Take the day off

Week XII/Day III - Test Max Bench Press

• Test your 1RM of your Bench Press

• Give yourself enough time for this testing day so that you are not rushed.

• By now you should know how to warm-up for the bench press. You should also know that you may have to less or more warm-up sets to get ready for your max bench press.

Remember that your warm-up sets are exactly that: WARM-UP SETS. So don't tire yourself out, but don't take a max attempt until you are ready.

Week XII/Day IV - Test Parallel Squat and Deadlift

• Test your 1RM of your Squat and Deadlift

• Give yourself enough time for this testing day so that you are not rushed. Make sure that you planned in advance to have spotters and your training partners available.

• Test the squat first and the deadlift second. For your squat max, you should not use a box. Warm-up by starting with the bar and working up slowly but don't tire yourself out.

Take as much time between sets as you feel you need.

• After you max on the squat, take some time between your deadlift attempts. Because your body is already warmed up and your mind ready to go, you may not have to perform that many warm-up sets for your deadlift.