



The Final Chapter

Modifying Your Strength Training Programs



Thank You for Joining Us Over the Last 12 Months!!
We Appreciate You Being Here With Us!!

Weekly Programming Purpose

Daily Workout Template

- Mobility Menu
 - 8 Minutes
- Warm Up
 - 2 Minutes
- Strength 1st
 - 10 to 15 Minutes
- Theme of the Week
 - 15 to 20 Minutes
- Cool Down
 - 5 Minutes

Week	Theme
Week 1	Pure Strength
Week 2	Power Production
Week 3	High Intensity Resistance Training [HIRT]
Week 4	Deloaded Muscular Endurance

45 to 50 Minute Workouts

Weekly Programming Purpose

Mobility Menu

40 Mini-Band Bridges

Band Above Knees [2:1]

20 Reverse Eagles

Floor - 10 Each Side [2:1]

40 Mini-Band Alt. Reverse Push Ups

20 Each Arm [2:1]

20 Three Step Series

10 Drop Foot – 10 SL RDLs

40 High Band Pull Series

20 Palms UP

20 Rear Facing Pull Overs

10 Loaded Can Opener Squats

Add Side to Side

Daily Mobility & Warm Up

Movement Primers

10 DB₍₂₎ Bench Press [2:1]

10 DB Goblet Sit to Stand [2:1]

Deep ROM

Two Rounds

Pure Strength

Required Daily

- Hinge
- Row
- Split
- Push, Press or Overhead

Additional Focus

- Ove Emphasis on One Movement Pattern Per Week
- Varied Challenge Based on Organization of Lifts or Odd Volume Rep Selection

Block
#1

Strength 1st

International Bench Press Day

*= 12 DB₍₂₎ Bench Press

8 - 10 - 12

Barbell + Band Rack Pulls

[Heavy]

*

DB₍₂₎ Racked Step Ups

[Medium - Each Leg]

*

DB + Band Goblet Sit to Stands

[Heavy]

*

KB SL RDL & Row

[Heavy - Each Leg]

*

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Block
#2

Finisher

3 - 9 - 15 - 21 - 27

KB Swings

DB₍₂₎ Hinged Row

DB₍₂₎ Push Press

KB Floor Pull Over

Finish Strong



Blueprint Program Design

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Clients Name: *Entry Level Clients* **Date:** *Eight Week Mini-Macro Cycle*

Major Emphasis or Physical Limitation(s): *Based on Clients Training Outcome or Physical Limitations*

Mobility Menu & Correctives: *Bridge, Six Point Birddog & Thoracic Rotation (minimum)* **Movement Prep Warm Up:** *Upper Body & Lower Body Lifts Should Mimic to Prep for Training Day*

Strength 1st: *Up to Three Primary & Focused Lifts*

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Theme	SG	SG	SG	NTL	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8	8	10	12	12-10-8-10-12
Sets	3	3	3	5	4	4	4	5
Load	Lite	Moderate	Heavy	Mod. - Heavy	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48	32	40	48	52
Tempo	2:1	2:1	3:1:1	2:1	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30	:25	:25	:20	:20

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Movement is Life!
 PROPER STRENGTH TRAINING FOR THE OLDER ADULT

Five Components

Hinge
Rows

Split Stance
Loaded Carries
Overhead Action

Two Modalities

Fall & Injury Prevention
Power Production

Note

Minimal Horizontal Pushing
Feature Pivot Point Training



Themes & Focuses

- Themes:

The Training Outcome

- Strength Gain
- Power Production
- Hypertrophy
- Muscular Endurance
- Non-Traditional
- Deload/Unload
- Restoration/Recovery

	Week 1	Week 2	Week 3	Week 4
Theme	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8
Sets	3	3	3	5
Load	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48
Tempo	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30

- Focuses:

- Bilateral - Unilateral - Contralateral - Ipsilateral

Sets & Repetitions

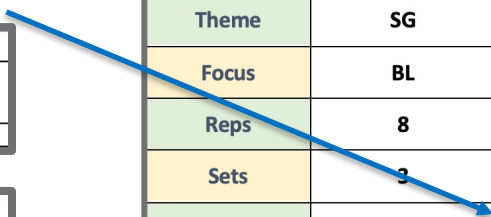
Maximal Strength				
Sets	Reps	Load	Tem.	Rec
4 - 5	6-12	7 - 10 Rating	2:2	:60 - :90
Two to Three Primary Lifts Per Workout				

Hypertrophy & General Strength				
Sets	Reps	Load	Tem.	Rec
3 - 4	8-14	5 - 8 Rating	2:1	:30 - :45
Three to Four Lifts Per Workout				

Maximal Power				
Sets	Reps	Load	Tem.	Rec
3 - 4	6-12	3 - 6 Rating	Fast	:120+
One to Two Primary Lifts Per Workout				

Muscular Endurance				
Sets	Reps	Load	Tem.	Rec
2 - 4	12-20+	1 - 6 Rating	1:1	:15 - :30
Five+ Primary Lifts Per Workout				

	Week 1	Week 2	Week 3	Week 4
Theme	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8
Sets	3	3	3	5
Load	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48
Tempo	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30



Load Selection

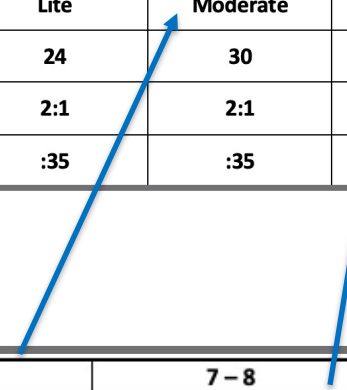
- Load is Judged:

Three Areas of Judgement

- Tempo Asked CAN Be Achieved
- Technique CAN Be Maintained
- Perceived Effort is Appropriate to Load
 - Breathing
 - Skin Color
 - Body Pressure

	Week 1	Week 2	Week 3	Week 4
Theme	SG	SG	SG	NTL
Focus	BL	UNL	UNL	UNL
Reps	8	10	12	8-10-12-10-8
Sets	3	3	3	5
Load	Lite	Moderate	Heavy	Mod. - Heavy
Tot. Vol.	24	30	36	48
Tempo	2:1	2:1	3:1:1	2:1
Recovery	:35	:35	:30	:30

1 – 2	3 – 4	5 – 6	7 – 8	9 – 10
Lite Load Moves Easy	Lite to Moderate Load Slightly Challenging	Moderate Load Moderately Challenging	Heavy Load Challenge	Very Heavy Load Very Challenging



Program Design

Block #1 Strength 1st 8₍₈₎ - 10₍₁₀₎ - 12₍₁₂₎ From 9 to 10 (7 to 8) Hex Bar Deadlifts [3:1] FROM FB Single Arm Snatch [1:1] Each Arm KB Floor Pull Overs [3:1] Big Stretch KB(2) Drop Step Touch Down Lunges [2:1] Each Leg FB(2) Bench Press [2:1] Heavy	TOA TRAINING THE OLDER ADULT <i>movement is life</i> Block #2 2nd Strength 15₍₁₅₎ x 3 Rounds Pulley Triceps Push Down [2:1] FB SA Concentration Curls [3:1] (each) FB(2) Bent Over Flys [3:1] KB Overload Calve Pumps [3:1] (each)
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Strength

Sets: 3-4

Rep: 8-15

Load: 60-80% [5-8]

Tempo: [2:1]

- Full Body/Complex/Compound Movements Earlier in Program Design
- The MORE Dynamic Lift(s) Should Come First
- Single Joint/Auxiliary/Simple Movements Later in Program Design
- The LESS Dynamic Lifts(2) Should Come Last

Do Better. Block #1

Strength 1st

Week 1: Push & Pull

8 - 10 - 12 - 10 - 8

Hexbar or KB Deadlifts

Heavy with Perfect Technique

DB(2) Bench Press

Heavy with Perfect Technique

BB or KB Rack Pulls

Hinge & Retractions

DB(2) Arnold Press

Heavy with Perfect Technique

live
BEARDED

Block #2

Chase the Pump Finisher

DB(2) French Press
Pulley Triceps Push Downs
KB Over Head Triceps

8 - 10 - 12



Do Better. Block #1

Strength 1st

Three Rounds of Testosterone Boosting
Resistance Training

Hexbar or KB Deadlifts

Heavy with Perfect Technique

Pulley Seated Rows

Heavy with Perfect Technique

DB(2) 90 Degree Rotational

Bench Press

Heavy with Perfect Technique

KB(2)/DB(2) Alt. Drop Step Lunges

Heavy with Perfect Technique (each leg)

KB/DB Single Arm Overhead Press

Heavy with Perfect Technique (each arm)

Repetitions = 8 - 10 - 12

live
BEARDED

Block #2

Chase the Pump Finisher

DB(2) Hammer Curls
Pulley Triceps Push Downs
DB(2) Bent Over Flys

8 - 10 - 12



Block
#1

Strength 1st

T-Bell Depth Squats [3:1]
Go Deep!

FB ½ Kneeling Single
Arm Snatch [1:1]
Each Arm

KB Floor Pull Overs [3:1]
Good Stretch

Band(2) Single Leg Step Ups [2:1]
Each Leg

FB(2) Arnold Press [2:1]
Slight Sumo Stance

8 – 10 – 12 – 14

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Block
#2

2nd Strength

30 Skierg Pulls [Go Hard!]

15 KB(2) Hinge & Retraction Shrugs

30 Bike Pumps [Go Hard!]

Up to Three Rounds

Block
#1

Strength 1st

8(8) – 10(10) – 12(12) – 14(14)
Strip Sets

KB Deep Squats [2:1]
Go Deep!

DB(2) Alt. Bench Press [2:1]
Each Arm

DB(2) Bent Over Rows [2:1]
Keep Back Arched

DB(2) Front Foot Elevated
Split Squats [2:1]
Each Leg – DBx2 + DBx1

KB High “T” Pulls [2:1]
Elbow Up & Apart

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Block
#2

2nd Strength

15 BB Racked Shrugs

30 DB(2) Kn. Alt. Biceps Curls
15 Each Arm

30 Band Kn. Tri-Row & Kick

Up to Three Rounds



Block
#1

Strength 1st

T-Bell Depth Squats [3:1]
Go Deep!

FB ½ Kneeling Single
Arm Snatch [1:1]
Each Arm

KB Floor Pull Overs [3:1]
Good Stretch

Band(2) Single Leg Step Ups [2:1]
Each Leg

FB(2) Arnold Press [2:1]
Slight Sumo Stance

8 – 10 – 12 – 14

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Block
#2

2nd Strength

30 Skierg Pulls [Go Hard!]

15 KB(2) Hinge & Retraction Shrugs

30 Bike Pumps [Go Hard!]

Up to Three Rounds

Block
#1

Strength 1st

8(8) – 10(10) – 12(12) – 14(14)
Strip Sets

KB Deep Squats [2:1]
Go Deep!

DB(2) Alt. Bench Press [2:1]
Each Arm

DB(2) Bent Over Rows [2:1]
Keep Back Arched

DB(2) Front Foot Elevated
Split Squats [2:1]
Each Leg – DBx2 + DBx1

KB High “T” Pulls [2:1]
Elbow Up & Apart

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Block
#2

2nd Strength

15 BB Racked Shrugs

30 DB(2) Kn. Alt. Biceps Curls
15 Each Arm

30 Band Kn. Tri-Row & Kick

Up to Three Rounds



Power Production

Required Daily

- Hinge
- Row
- Split
- Push, Press or Overhead

Additional Focus

- Lite Load Moved Quickly + Eccentric Control on Return
- Functional Movement Patterns Produce Power More Efficiently than Others

Block #1

Pure Power 1st

The Clean Bear x 5s – Five Rounds

DB(2) RDLs

Big Stretch

DB(2) Hinge & High Pull

Elbows Up & Apart

DB(2) Hang Cleans

Up & Under

DB(2) Front Squats [2:1]

Deep Squat

DB(2) Push Press [2:1]

Dip & Drive

Move Fast

Move Efficiently

Move with Purpose

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Block #2

Strong Finisher

Chase the Pump

30 KB Step Ups [2:1]

15 Each Leg

20 DB(2) Six Point Rows [2:1]

10 Each Arm

10 DB(2) Bent Over Fly [3:1]

Up to Five Rounds

Run the Rack 4x5x4



What is Power & How Do We Train to Improve It?

$$P = W/T$$

Power = Work Divided by Time

Work = Force x Distance

Time = Seconds

Suggested Training

40-60% 1RM

Six to Ten Reps

As Fast As Possible

*We Can Do
MORE!!*



To Maximize Power

You MUST Release Accelerated Load

$$P = W/T$$

Power = Work Divided by Time

Work = Force x Distance

Time = Seconds

Release Drills

Slams :: Lateral Toss :: Vertical Toss :: Chest Pass

Between the Legs Vertical :: Hammer Toss



Power Production Research for Older Adults

Table 2: Choosing strength training equipment

EQUIPMENT	PROS	CONS
Your body weight	• free • always available	• can be hard to increase intensity
Elastic bands (also called resistance bands)	• inexpensive • light enough to take anywhere	• difficult to identify the amount of resistance • bands can snap back at you if not secured properly • bands become less elastic over time
Free weights (including standard and adjustable weights such as dumbbells or barbells, and ankle or wrist cuffs that hold weight bars)	• fairly inexpensive • good choice at home or at a gym • with free weights, you exercise more muscles, because they are necessary to properly control the weight and achieve good form	• helpful to have initial supervision or to take a class to ensure good form and safe use; good form is important even if weights are light, but becomes even more so with heavier hand weights and barbells • may be hard to sufficiently increase leg weights in order to progress • momentum may make it easier to lift the load
Weight machines (Cybex, Nautilus, Technogym, etc.)	• machine helps ensure good form • easy to add weight as needed • many machines are designed to vary the weight lifted throughout the range of motion of an exercise so that the challenge to the muscle remains optimal • most machines have safety devices	• costly • certain kinds are available only at a gym • best to have initial supervision to ensure you are using the machines safely and properly • momentum may make it easier to lift the load • some machines fail to support or adjust well for women and seniors

Table 1: Know your muscles

A well-rounded strength training program works all the major muscle groups. These are the major muscle groups in your body and the actions and tasks they perform. The workouts in this Special Health Report will ensure that you train all of these key muscles.

BODY PART	MUSCLE	ACTION	EXAMPLE
Shoulders and arms	Deltoid	Moves your entire arm at the shoulder joint	Waving arm overhead
	Biceps	Bends your arm at the elbow joint	Raising a glass to drink
	Triceps	Extends your arm at the elbow joint	Pushing up a window
	Rotator cuff	Rotates arm	Throwing a ball
Back	Trapezius	Moves shoulders and shoulder blades	Shrugging your shoulders
	Rhomboid	Moves shoulder blades	Starting a lawnmower
	Latissimus dorsi	Pulls the arm down	Pulling down a window
	Erector spinae	Extends spine	Standing tall
Front of torso	Rectus abdominis	Bends torso	Sitting up in bed
	Internal and external obliques	Rotate torso	Dancing the twist
Hips, buttocks, and legs	Gluteus maximus	Extends your leg behind you	Standing up from a chair
	Quadriceps	Extends your lower leg at the knee joints	Kicking a ball
	Hamstrings	Pull your heel toward your buttock	Running
	Gastrocnemius and soleus	Point your toes	Rising up onto your toes
	Anterior tibialis	Pulls toes toward shin	Tapping your foot

Vary your equipment

Variety adds spice to all parts of life, and working out is no different. These strengthening tools can help you avoid becoming complacent or bored. Talk with a personal trainer about whether they're right for you.

- **Medicine balls** are used for core, strength, and power exercises. They are about the size of a soccer ball and come in a variety of weights. You can lift or toss them to work your muscles in new ways.
- **Resistance bands** look like big, wide rubber bands and come in several levels of resistance, designated by color. You can use bands in place of dumbbells for some exercises such as biceps curls or overhead presses, or do other exercises specifically designed for resistance bands. Bands provide more resistance on the eccentric contraction than dumbbells.
- **Resistance tubing** comes in several levels of resistance, also coded by color. Look for tubing with padded handles on each end. Some brands come with a doorknob attachment helpful for anchoring the tubing in place when doing certain exercises. Resistance tubing works like a resistance band, but it is more durable. Tubing also usually comes with handles, which can make it easier to use, especially if you have arthritis in your hands.



Power Production Research for Older Adults

Why Older Adults Desperately Need Power Training (And How to Do It Right)



When we hear the word "powerful" we tend to think of athletes like NFL running back Derrick Henry or basketball superstar LeBron James, not adults over the age of 65. But maybe but we should.

Although most adults over 65 are not trying to run through 250-pound linebackers or dunk over a 7-foot center, they are trying to accomplish many tasks that require muscular power. These tasks primarily fall into the category of activities of daily living (ADLs) and they consist of normal tasks that allow us to remain living independently such as checking the mail, walking up stairs and sitting and standing from a chair.

Muscular power is work divided by time, or force times velocity. The specifics of calculating power are outside the scope of this article, but essentially it boils down to how quickly someone can exert their muscular strength (this is a very rudimentary explanation). In other words, muscular power is the ability to produce maximum muscular force as fast as possible. This ability is crucial for many athletic movements like performing a Power Clean or broad jump, but also for being able to catch yourself when you trip over a rug in your hallway.

A loss of muscular strength and power is part of the natural aging process, even in otherwise healthy individuals. However, that does not mean we should just sit back and let it happen. The NSCA's position stand on resistance training in older adults recommends an individualized and periodized approach to resistance training, eventually working towards 2 to 3 sets of 1 to 2 multi-joint exercises per muscle group at 70-85% one rep maximum (1RM) two to three days per week. **They also recommend the inclusion of power exercises performed at higher concentric velocities between 40 and 60% 1RM.**

When hypertension is controlled, and older adults have received medical clearance, resistance training has proven to be both effective and safe. In terms of power training and safety, a recent systematic review found that the risk of adverse events during muscular power testing was between .15% and .69% (between 1 in every 658 tests and 1 in every 144 tests). Even lower-limb plyometric training has been shown to be both a safe and effective training option in older adults.

It has been demonstrated that muscular power capacity is perhaps the strongest predictor of functional limitations in older adults. It has also been shown that power training can have greater effects than traditional, slow-movement resistance training on physical function ability in older adults. Unfortunately, muscular power also decreases at a faster rate than other muscular related functions such as strength. So what can we do?

The first step is to check with a physician to ensure that you or your client is healthy enough to engage in resistance or power training. It is also paramount to ensure proper form and technique to reduce the likelihood of injury, which is one reason why it is a good idea to work with a strength training professional.



The Problem Here Is...

You Have to Decelerate the Load if You Can't Release It

Power **CAN** Be Developed by Hinging, Pulling, Pressing, Pushing Load Quickly

However, It **COULD** Be Maximized by Letting Go of the Load

No Deceleration Phase of the Load

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High Intensity Resistance Training

[HIRT]

Required Daily

- Hinge
- Row
- Split
- Push, Press or Overhead

Additional Focus

- Lift Heavier Loads on Less Technical Lifts
- Lift Moderate Loads with Higher Tempo on More Technical Lifts
- Incorporate Auxiliary Lifts on 2nd Block

Block
#1

Strength 1st HIRT

21 - 15 - 9 - 15 - 21

KB/DB₍₂₎ Close Grip Snatches

Dual Arm

KB/DB₍₂₎ Deadlift

Heavy

DB₍₂₎ Single Leg Step Ups

Each Leg

DB₍₂₎ Rot. Bench Press [2:1]

Control Rotation

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Block
#2

Chase the Pump

Lift Well

15 DB₍₂₎ Biceps Curls

15 DB Over Head Triceps Extensions

15 DB₍₂₎ Reverse Curls

15 Band Triceps Kick Down

30 DB Calve Pumps (15 each)

20 Minute AMRAP

General Guidelines for HIRT

- Super Sets, Tri-Sets or Rounds Completed
 - 2 to 6 Exercises
- Complex/Compound Movements
 - Pushes/Pulls
 - Presses/Hinges
- Repetitions Range
 - 8 to 15 (Ideal)
 - 8 to 20 (Max)
- Tempos for Each Lift
 - 2:1 (Ideal)
 - :03 Per Lift x 15 Reps
 - = :45 On (:15 Rest)
 - 1:00 Per Exercise
- Examples of Exercises of HIRT
 - Two Exercises = 2:00 of Work
 - Six Exercises = 6:00 of Work
- Examples of Total Rounds of HIRT
 - Two Exercises = 8 Minutes
 - Six Exercises = 24 Minutes

Block
#1

Pure Strength 1st

8 - 10 - 12 - 14

DB/KB Goblet Sit to Stands [2:1]

Heavy

DB/KB + Band Hinge (RDL) [2:1]

Heavy

DB(2) Bench Press [3:1]

Heavy

DB + Mini-Band SA Row [2:1]

Heavy - Each Arm

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Block
#2

HIRT 2nd

High Intensity Resistance Training

40 DB Repeat Lunges

Suitcase Style - 20 Each Leg

30 KB/DB Single Arm Swings

15 Each Arm

20 DB Single Arm Push Press

10 Each Arm

10 DB(2) Alternating Sorinex Curls

Pulls Up on the Up - Palms Down on the Down

Block
#1

Fun Friday Intervals

:20 On - :10 Off - 8 Rounds

Push Ups or DB(2) Bench Press

You Pick

Body Weight Sit to Stand

Pop Squat [3:1]

Unload

Pulley/Band Seated Rows [2:1]

Heavy

Dynamic Step Ups [3:1]

Up Switch Up Switch

DB Single Arm Squat & Press [2:1]

Four Sets Each Arm

McCheaters/Bike

Sprint/Skierg/Rower/Ropes

Go Big!!

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Block
#2

2nd Strong

8 - 10 - 12 - 14

DB(2) Sorinex Curls

Palms Up on the Up & Palms Down on the Down

DB(2) French Press

Answer the Phone

Block
#1

Pure Strength 1st

2 - 4 - 6 - 8 - 10 - 12 - 14 - 16 - 18 - 20

KB Squats [3:1]

Heavy Between the Knees

DB Single Arm Snatch [2:1]

Heavy - 1/2 Each Arm

KB Close Grip Bench Press

Pull Overs [3:1]

Heavy

KB Curl & Press [2:1]

Medium

KB Goblet Step Ups [2:1]

Heavy - Each Leg

200 Loaded Carry Steps

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Block
#2

HIRT 2nd

High Intensity Resistance Training

30 Mini-Band Side Bridges

Above the Knees - 15 Each

30 Mini-Band Fonda's

Below the Knee - 15 Each

30 Mini-Band No Moneys

Palms Up

Up to Three Rounds

Block
#1

Pure Strength 1st

8 - 10 - 12 - 14

DB/KB + Band Deadlifts

Tight

Band at Hip + DB(2) Touch Split Sq.

Each Leg

KB/DB Pull Overs [3:1]

Heavy

DB(2) SL RDLs [2:1]

Each Leg

Band Pull Starts [2:1]

Each Arm

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Block
#2

HIRT 2nd

High Intensity Resistance Training

30 Band Squat Jumps

Band at Hip

20 Rolling Push Up Holds

10 Each Side

10 DB Single Arm Snatches

5 Each = Fast

Up to Five Rounds

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Block
#1

Strength 1st

The Clean Bear x 5s – Five Rounds

DB(2) RDLs

Big Stretch

DB(2) Hinge & High Pull

Elbows Up & Apart

DB(2) Hang Cleans

Up & Under

DB(2) Front Squats [2:1]

Deep Squat

DB(2) Push Press [2:1]

Dip & Drive

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Block
#2

HIRT

High Intensity Resistance Training

30 KB/DB SL Step Ups [15 each]

20 DB(2) Six Point Row [10 each]

10 DB(2) Lateral Raises [2:1]

20 DB(2) Hammer Curls [3:1]

30 Band Foot Elevated Bridges

(Orange Self Anchor)

Up to Four Rounds

Block
#1

Tabata Burn Out

Big Finish = Go Hard!!

Lift Well

KB/DB Swings

DB(2) Chest Flys

DB(2) Sit to Stand & Press

*

DB(2) Bench Press

(Or Push Ups if you Like)(knees okay)

Band Kneeling Row & Kick

BW Split Pop Squat [switch ½]

*

:45 On - :15 Rotate

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Block
#1

* = 

Four 7's

7 KB/DB(2) RDL

7 KB/DB(2) RDL High Pull

7 KB/DB(2) RDL HP Catch Squat

7 KB/DB(2) Squat & Press

Block
#1

Strength 1st HIRT

21 - 15 - 9 - 15 - 21

KB/DB(2) Close Grip Snatches

Dual Arm

KB/DB(2) Deadlift

Heavy

DB(2) Single Leg Step Ups

Each Leg

DB(2) Rot. Bench Press [2:1]

Control Rotation

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Block
#2

Chase the Pump

Lift Well

15 DB(2) Biceps Curls

15 DB Over Head Triceps Extensions

15 DB(2) Reverse Curls

15 Band Triceps Kick Down

30 DB Calve Pumps (15 each)

20 Minute AMRAP

Block
#1

Strength 1st

International Bench Press Day

* = 12 DB(2) Bench Press

8 - 10 - 12

KB + Band Deadlifts

[Heavy]

*

DB(2) Racked Rear Leg 6-12"

Elevated Split Squats

[Medium - Each Leg]

*

DB + Band Goblet Sit to Stands

[Heavy]

*

DB(2) Kick Stand RDLs

[Heavy - Each Leg]

*

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Block
#2

Finisher

3 - 9 - 15 - 21 - 27

KB Swings

DB(2) Hinged Row

Band Side Plank SA Press

(each side)

Band Six Point Glute Extensions

(each leg)

Finish Strong

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Clients Name: Steve

Training Purpose: Increase Strength

Training Phase: Week One Phase One (start)

Physical Limitations: Lower Back

Mobility Menu & Correctives:

[6:00] Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Thoracic Rotation	20 (10 each)	1	BW	2:1	When Ready
Six Point Bird Dogs (alt.)	20 (10 each)	1	BW	2:1	When Ready
Band Chest Pull Series	60 20-20-20	1	1-2 (red)	2:1	When Ready

Movement Prep Warm Up:

[2:00] Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Mini-Band Bridge	20	1	3-4	2:1	When Ready
Band Chest Press (seated)	10	1	3-4	3:1	When Ready

Eight Week Training Cycle

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	SG	SG	SG	DL (bands or BW)	SG	SG	SG	DL
Focus	BL	BL	UNL	UNL	UNL	BL	UNL	UNL-BL
Reps	8	10	12	12-10-8-10-12	8	10	12	8-10-10-10-12
Sets	3	3	3	5	4	4	4	5
Load	Lit-Med	Med	Med	BW	Heavy	Heavy	Heavy	Mod.
Tot. Vol.	24	30	36	52	24	40	48	50
Tempo	2:1	2:1	2:1:1	2:1	2:1:1	2:1	3:1	2:1
Recovery	When Ready	When Ready	When Ready	Ready Go - Push	:30	:20	:30	Ready Go

Strength:

[20:00] Three Rounds

Component	Exercise	Reps	Sets	Load	Tempo	Recovery
Hinge	Band Foot Elevated Bridge (self anchor)	8	1	3-4	2:1	When Ready :20
Hinge - Vertical						
Row - Pull	Band Pull Over (standing)(rear facing)	8	1	3-4	2:1	When Ready :20
Horizontal						
Push - Press	Band Chest Press (split stance) (1/2 each)	8	1	3-4	2:1	When Ready :20
Vertical - Horizontal						
Split	DB(2) SL Step Up (each leg) (gun slinger)	16 (8 each)	1	1-2	2:1	When Ready :20
Vertical - Horizontal						
Complexes or Auxiliary Work	Band Hinge & Row (high anchor)	16	1	3-4	2:1	1:30

Conditioning:

[12:00] Two Exercises - Up to Four Rounds or 8:00

Exercise	Reps	Sets	Load	Tempo
Wall Sit	1:00-1:30	1	BW or 10#	Iso.
Band Push Press	20	1	1-2 (orange)	2:1

Cool Down Menu:

[5:00] Two Exercises - Two Rounds

Corrective	Reps	Sets	Load	Tempo	Recovery
Mini-Band No Money	20	1	1-2	1:1	When Ready
Band Six Point Glute Ext.	40 (20 each)	1	3-4	2:1	When Ready

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Deloaded Muscular Endurance

Required Daily

- Hinge
- Row
- Split
- Push, Press or Overhead

Additional Focus

- MOSTLY Body Weight Movements
- SOME Loaded Lifts Can Be Included but Limit High Volume
 - 50-60%
- Recovery from Load is the Focus

Block
#1

Big Finish = Go Hard!!

Lift Well

KB Sit to Stand

Skierg Pulls

Inverted Rows

Inertia Waves

Bike Pumps

Tank Prowler Push

*

:45 On - :15 Rotate

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Block
#1

* = 

Four 7's

7 KB RDL

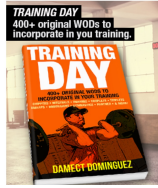
7 KB RDL High Pull

7 KB RDL HP Catch & Squat

7 KB Squat & Press



The Deload Week: Why You Need to Incorporate it in your Training



What's a deload week?

A deload week, as the name implies, is a week of training **in which you still go to the gym to workout**, but the intensity and volume of your workouts are far easier to manage. A deload week is a scheduled reduction in the total intensity and/or volume of your workouts.

Why have a deload week?

The *Essentials of Strength Training and Conditioning* explain the purpose of a deload week as an opportunity “to prepare the body for the increased demand of the next phase or period,” and to mitigate the risk of overtraining. As I already mentioned, the chief purpose of the deload week is **to give your muscles and joints time to rebuild, heal and grow stronger**. A properly planned and executed deload week allows your connective tissue to repair (since muscle recovers more quickly than your joints and ligaments) and restores testosterone and cortisol levels. **Moreover, a deload week gives your mind the chance to take things easy for a while and get away from the intensity that consistently tough workouts can provide.**

If done correctly, you should return from a deload week with a properly adapted, well-rested, stronger and more focused body—which equates to new PR's and new levels of stimuli (i.e. more weight, frequency, etc.), making the process start all over again.

What is a Deload Week?

Deload weeks are usually programmed into the fourth week of most training programs, as is the case for **Jim Wendler's 5/3/1 program**. Wendler promotes training at specific percentages in four-week cycles, with increasing intensity for the first three weeks before rounding it out with a deload week:

	Week 1	Week 2	Week 3	Week 4
Set 1	65% x 5	70% x 3	75% x 5	40% x 5
Set 2	75% x 5	80% x 3	85% x 3	50% x 5
Set 3	85% x 5+	90% x 3+	95% x 1+	60% x 5

So, how can you incorporate a deload week into your own training? One simple way is to adopt the three weeks on, one week off method that is prescribed by Wendler and other coaches. You still take your normal rest days during your training weeks, but when you get to the deload week, you *have to deload*. **Matt Rhodes in elitefts** lays out a few options to successfully incorporate deload weeks:

- Do your **normal routine** and **normal volume** (sets & reps) but **reduce the weight** you use to about **50-60%** of what you normally work out with for each exercise.
- Use the **same weight** as you **normally would**, but **drop your number of total volume** (sets x reps) to **50-60%** of your normal volume. (Note that you should stick to an 8+ rep scheme here.)
- Use **light weight** and **focus on refining your form and technique**



Keys to Deload

- Reduce Lifting Load Volume
— 50-60%
- Reduce Lifting Repetition Volume
— 50-60%
- Reduce Lifting Load & Repetition Volume
— Focus on Technique

Block #1 Deload Strength 1st 10 Barbell/KB Hinged Deadlifts * [2:1][Heavy] Touch & Go 20 BW Lateral Defense Drill * [count ever slide][fast!][quick!] 30 NT Band + Band Anti-Rotation Shoulder Wrapped Split Squats [2:1][15 each][quickly] 20_(x2) Band Chest Fly + Bench Press Series [20 each][quickly][40 total] 10 Barbell/KB Squats ☺* [2:1][Heavy] Touch & Go 200 KB(2) Loaded Carries * [100 away][100 back]	TOA TRAINING THE OLDER ADULT <i>movement is life</i> Block #2 Deload HIRT 2nd As Many Rounds As Possible in 30 Minutes 40 Calve Pumps 30 Hammer Curls 20 Over Head Triceps Extensions 10 Lateral Shoulder Raises Four Rounds
---	---

* = Regular Repetition Range
50% Load with Perfect Technique

Additional Considerations with Deload

🏠 > Military Fitness

What Is a 'Deload' Week and Why Do You Need One?



Military.com | By Stew Smith, CSCS®

A deload week is something you do only if you are training regularly and actually need a break from your normal routine. It's a week to avoid overtraining and to recover from a period of performance plateaus, decreased energy levels and a combination of over-working, poor sleep and nutrition.

The deload week is designed to help you relax, unwind, catch up on sleep, avoid stress and come back stronger the following week. These weeks work best when you need it -- but just before you need it is even more ideal.

Advertisement

- Don't know if that's you? Some of the symptoms that will prompt you need to consider a deload week include:
- Reduced performance in strength, endurance, muscle stamina, flexibility, grip.
- Lower energy levels (recent poor nutrition and sleep)
- Starting to peak on your performance and have a challenging physical test or selection in a week.
- Completing a cycle of high volume, high mileage, or heavy weights (every 6-12 weeks)

How do you deload your training?

- Reduce time training
- Reduce mileage or replace running or rucking with non impact cardio options
- Reduce volume in calisthenics (especially testing events)
- Reduce intensity of overall workout – longer rest periods, decreased speed, etc.
- Reduce weight and repetitions
- Change your routine and do something different (from lifting to walking or yoga for instance).
- Reduce 50% Training Day. Instead of training 5-6 days a week, train every other day with walking, biking, or stretching on the day in between.

The Point of Deload Week

- Reduce Joint, Tendon & Ligament Wear & Tear
 - Three to Six Weeks of Progressive Lifting Can Cause Plateaus or Injuries without Proper Rest or Deloading
- Reduce Vertical Pressure on Spine
 - Three to Six Weeks of Progressive Vertical Loading Can Cause Disc Issues, Sciatica, etc. without Proper Rest or Deloading
- Reduce Pressure on Vascular System
 - Weekly Pressure Built Up on the Vascular System Can Cause Damage in Long Term Stressful Environments without Proper Rest or Deloading
- Increase Cognitive Stimulation Due to New or Unique Exercises
 - Fun, New, Challenging Exercises that are NOT Part of Regular Programming Become a Fun Staple of This Week that Clients Look Forward to.

Deload Week (example)

S&C

Block #1

Deload Strength 1st

30 Band Kick Stand RDLs
[2:1][15 each]
*

30 Band Single Arm ½ Kn. Rows
[2:1][15 each]
*

30 Band Single Arm Over Head Press
[2:1][15 each]
*

30 Band Single Arm Cross Stag. Squats
[2:1][15 each]
*

30 Band Single Arm Chest Press
[2:1][15 each]
*

* = 20 Lunges [10 each]

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Block #2

Deload HIRT 2nd

50 Band at Hip Squat Jumps
50 Band Zombie Presses
50 Band Hold Alt. Drop Step Lunges

Have a Great Week!

ADL+

Block #1

Deload Strength 1st

30 Body Weight Alt. Step Ups
[2:1][15 each][quickly]

25 Defense Lateral Slide Drill
[left = 1 right = 2][quickly]

20 Band Stir the Pots
[2:1][20 each way] Orange

15 Band Deadlifts
[2:1] Black or Yellow

10 Band High "T" Pulls
[2:1] Black or Orange

5 Perfect Push Ups
[2:1][15 each]

As Many Rounds As Possible in 30 Minutes

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Block #2

Deload HIRT 2nd

5:00 of Wallsitting

Have a Great Week!

Deload Week (example)

S&C

Block #1

Deload Strength 1st

10 Barbell/KB Hinged Deadlifts
[2:1][Heavy] Touch & Go

20 BW Lateral Defense Drill
[count ever slide][fast!][quick!]

30 NT Band + Band Anti-Rotation
Shoulder Wrapped Split Squats
[2:1][15 each][quickly]

20_(x2) Band Chest Fly + Bench Press Series
[20 each][quickly][40 total]

10 Barbell/KB Squats ☺
[2:1][Heavy] Touch & Go

200 KB(2) Loaded Carries
[100 away][100 back]

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Block #2

Deload HIRT 2nd

As Many Rounds As Possible
in 30 Minutes

40 Calve Pumps
30 Hammer Curls
20 Over Head Triceps Extensions
10 Lateral Shoulder Raises
Four Rounds

ADL+

Block #1

Deload Strength 1st

10 KB+A90s Hinged Deadlifts
[2:1][Heavy] Unload & Go

20 NT Band Lateral Defense Drill
[count ever slide][fast!][quick!]

30 NT Band + Band Anti-Rotation
Shoulder Wrapped Split Squats
[2:1][15 each][quickly] Linda = Ft. Elev. Bridge

20_(x2) Band Chest Fly + Bench Press Series
[20 each][quickly][40 total]

10 KB+A90s Hinged Deadlifts ... Again ☺
[2:1][Heavy] Unload & Go

200 KB(2) Loaded Carries
[100 away][100 back]

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Block #2

Deload HIRT 2nd

As Many Rounds As Possible
in 30 Minutes

Skierg
Bike
Tank
—
He He He

S&C

ADL+

**S&C Elite
Super Fund Friday**



Two MOST Concerning Examples/Symptoms of Over Training

- Fatigue
- Plateaus
- &
- Be Sure to Focus On:
 - Quality Sleep
 - Proper Hydration
 - Proper Nutrition
 - Mental Mindset



My Favorite Exercises

Hinges	Rows	Split Stance	Overhead Actions	Loaded Carry
TBell Deadlifts	Pulley Kneeling Pull Down	Split Squat	SA Hang Power Snatch	Suitcase Carry
Loaded Sit to Stand	Pulley Seated Row	Rear Leg Elev. Sp. Sq.	Arnold Press	Farmer Carry
Rack Pulls	Pivot Point Row	Step Ups	Pivot Point Press/OH Press	Zurcher Carry
Hexbar Deadlift	SA Bent Row	Drop Step Lunges	Shoulder Triangle	Waiter Carry
Swings	Landmine Bent Row	Single Leg RDL	Landmine Press	Overhead Carry

Thank You So Much for Attending!!

Do You Have Questions?

Contact Me!

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