



“Current Trends in Strength Training”

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PROGRAM OBJECTIVES

1. Prevention of injuries
2. Optimization of performance
3. “Harmonious development and eventual perfection of the human character”

VARIABLES TO MANIPULATE IN PROGRAM DESIGN

1. Choice of exercise
2. Order of exercise
3. Volume of exercise
4. Intensity of effort
5. Rest intervals
6. Supplemental conditioning modes
7. Recuperation techniques

Rule # 1: Program Design

Every exercise, set and rep has to have an explicit purpose in optimizing performance or reducing injury.

INJURY PREVENTION - UPPER BODY

- Prone Incline Front Raise
- Prone Incline Lateral Raise
- Prone Incline Shoulder Extension
- Prone Incline Y's
- Single Arm DB Pullover
- Side Lying External Rotation
- Scaption
- Flies Stretch
- Incline Flies Stretch
- External Rotation Stretch
- Internal Rotation Stretch
- Supine Scaption
- Tubing External Rotation
- Tubing Shoulder Extension
- Plate Circles
- Inverted Row

INJURY PREVENTION - LOWER BODY

- Single Leg RDL
- 3 Plane Single Leg RDL
- Single Leg RDL on Cable Crossover
- Back Extension

LOWER BODY POWER MOVEMENTS

- Power Clean
- Hang Clean
- Snatch
- Clean Grip Snatch
- Push Press
- Clean Pull
- Power Shrug From Rack
- DB Squat Jumps
- Split Squat Jumps
- Step-up Jumps
- Walking Lunge Jumps

LOWER BODY STRENGTH MOVEMENTS

- Squat
- Front Squat
- Romanian Deadlift
- Lunge
- Step-up
- Overhead Split Squat
- Back Extension
- Glute/Ham Raise
- Heel Raise

UPPER BODY STRENGTH MOVEMENTS

- Chin-up
- Pull-up
- Neutral Grip Chin-up
- Inverted Row
- DB Pullover
- Straight Arm DB Pullover
- Bent Over DB Row
- Close Grip Bench Press
- Close Grip Incline Press
- Dips
- DB French Press

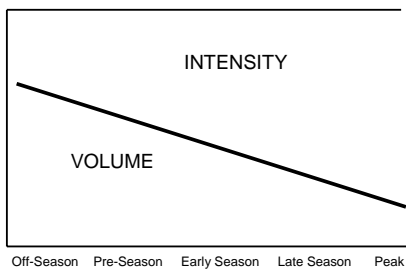
CORE MOVEMENTS

- Hanging Straight Leg Raise
- Bubka
- V-up
- Hands on Ball, Feet on Bench
- Hands on Bench, Feet on Ball
- "The Wheel"
- Ab-Dolley Pike
- Ab-Dolley Tuck
- Ab-Dolley "Wheels"
- Decline Board Hip-ups
- Twisting Decline Hip-ups

ORDER OF EXERCISES GUIDELINES

1. Power before strength
2. Multi-joint before single joint
3. Complex before simple
4. Specific before general

WEIGHTROOM VOLUME/INTENSITY CYCLING



* High Intensity and High Volume do not mix
