

## **MAX EFFORT PRESS - 5,4,3,2,1**

work up to a 1RM for the day. Every two weeks change exercises to avoid “the law of accommodation”. Every week change the assistance and supplemental lifts.

TRIPHASIC (the other press day) Eccentric > Isometric > Concentric-Based (Cal Dietz Triphasic Training)

Or Dynamic Effort Method. Do DE Method when you think the athlete needs a de-load. Start with 50% of 1rm on bar plus 25% of 1rm in bands. If measuring velocity look for between .7 to .8ms. If not measuring bar speed stick with 50% and do a pendulum wave of 50, 55, 60 with 25-30% in band tension at the top.

### **TRIPHASIC EXERCISES**

- ECCENTRIC HOOKS 105-125%
- ISOMETRICS/ISOMETRONICS
- OVERLOAD CONCENTRIC (SLINGSHOT),
- ACCOMMODATING RESISTANCE: BANDS, CHAINS
- RACK PRESSES (DEAD STOP)
  
- FLOOR PRESS (supplemental) Can also be used for Max Effort exercise
- HIGH INCLINE PRESS VARIATIONS (40-70 degrees)

DIFFERENT BAR OPTIONS:

REGULAR BAR

TSUNAMI BAR (supplemental)

SECONDARY PRESS (Kilo’s rep chart) 8-15 rep range for hypertrophy

This exercise must be less intense than the 5,4,3,2,1 and you should vary the %.

## **UPPER BODY PULLS**

- PULLUP VARIATIONS
- PRIME SEATED ROW MACHINE
- SEATED ROW VARIATIONS
- DBELL ROWS
- T-BAR ROWS / PENDLAY ROW
- PRIME PULLDOWN MACHINE
- PULLDOWN VARIATIONS
- KBOX 1-ARM ROW
- CABLE ROWS (example: force pro alt row)

## **UPPER BODY PUSH REPETITION METHOD**

- PRIME INCLINE MACHINE
- DBELL PRESSES
- DIPS
- PUSH UP VARIATIONS (if weak or injured. Can also be used as a challenge set.)

## **TRICEP EXERCISES**

- STRAIGHT ARM PULLDOWN (long head)
- LATERAL TRICEP BAR EXTENSION
- EZ BAR TRICEP EXTENSION (FLAT, DECLINE)
- PUSHDOWN (different handles)
- DIPS
- OH TRICEP EXTENSION
- PRIME INCLINE MACHINE - NEUTRAL GRIP - END RANGE RESISTANCE CURVE

## **SHOULDERS AND SCAPULAR**

- POWELL RAISE: DB/CABLE
- TRAP 3 VARIATIONS
- REAR LATERAL - CABLE
- FACE PULLS/ CABLE UPRIGHT ROW
- EXTERNAL ROTATORS (SUPINE CABLE)
- FORCE PRO AT HIGH LOW/ AT-T

## **BICEPS**

- HAMMER CURL
- SUPINATED CURL, DBELLS, BARBELL
- SUPINATING CURL, DBELLS, CABLE
- INCLINE CURL - ARMS BEHIND MIDLINE
- PREACHER CURL, DBELLS, BARBELL, CABLE
- SPIDER CURL
- WATSON KBELLS
- SLAYER BAR

## **LOWER BODY MAIN EXERCISES**

- SQUAT VARIATIONS
- PRIME LEG EXTENSION
- DEADLIFT VARIATIONS
- SPLIT SQUAT VARIATIONS
- LUNGE VARIATIONS (walking, alt in place, reverse lunge off step)
- STEP UP ON PLYO-BOX
- KBOX SQUAT, SPLIT SQUAT

## **HAMSTRINGS**

- RDL VARIATIONS (DBELL, BARBELL, KBOX)
- SWISS BALL LEG CURL
- CABLE 1 LEG LEG CURL
- GOOD MORNING VARIATIONS

## **AB/CORE EXERCISES/ROTATIONAL**

- BODY SAW
- RENEGADE ROW
- PIKE UP
- AB WHEEL
- GARHAMMER RAISE/LEG RAISE VARIATIONS
- PALLOF PRESS VARIATIONS
- DECLINE SIT UP W/MED BALL
- CABLE CHOP VARIATIONS (ROTATION/ANTI-ROTATION)
- INCLINE RUSSIAN TWIST

Bondarchuk Periodization Model

Rotate exercises based off of rate of adaptation

6/4/2/75% Method another 8/6/4/2/75%

Isometric Press vs. conventional Isometric Press

Cluster Training (on Prime Incline Machine - variable resistance - bottom, middle, top)

Max Effort 5/4/3/2/1 progressive overload

Wave Loading 1,3,5 or 5,3,1? Nervous System relevant

Accommodating Resistance Training

Supra-Max Concentric (reverse bands and Slingshot) (future method)

Bondarchuk Periodization with exercises method (as opposed to periodization based on volume and/or intensity)

Dynamic Effort Method: same percentages for beginners, intermediates, or advanced? Same question for velocity

Assistance exercises I like

Specialty bars

4+2 Method

**Potential talking points/chapters**

Confirmation Bias

Structural Balance and it's short comings

Tempo: 3 digits makes more sense than 4 (example: 321 and 3012)

The old stuff is the best

Coaches of influence

The flaws with "conventional" periodization

RPE Scale 1-10

Last set/Best set (go for broke)