



440: Bringing Back Foundation Strength Training: UN-Complicating Your Training for Optimal Results

PRESENTED BY

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- Head Trainer, Fitgolf Performance Center
- Masters Degree in Kinesiology
- 20 Years Experience in Fitness and Physical Therapy
- Public Speaker, Educator, Author, Contributor
- 2020 Idea World Personal Trainer of the Year Finalist

THANK YOU IDEA PTI

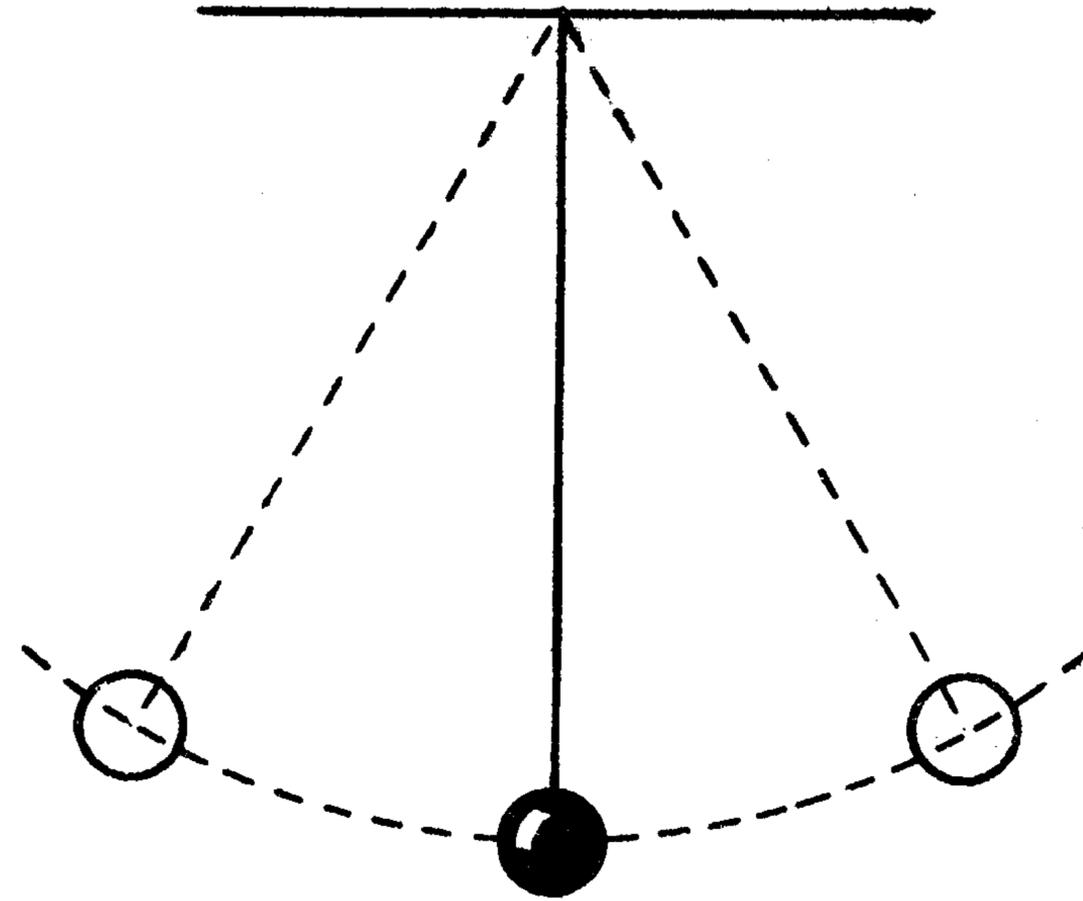


- IDEA FITNESS
- RYAN, STEFFI, MATT, & STAFF
- HOTEL AND CONFERENCE STAFF
- VOLUNTEERS
- AND YOU!!!

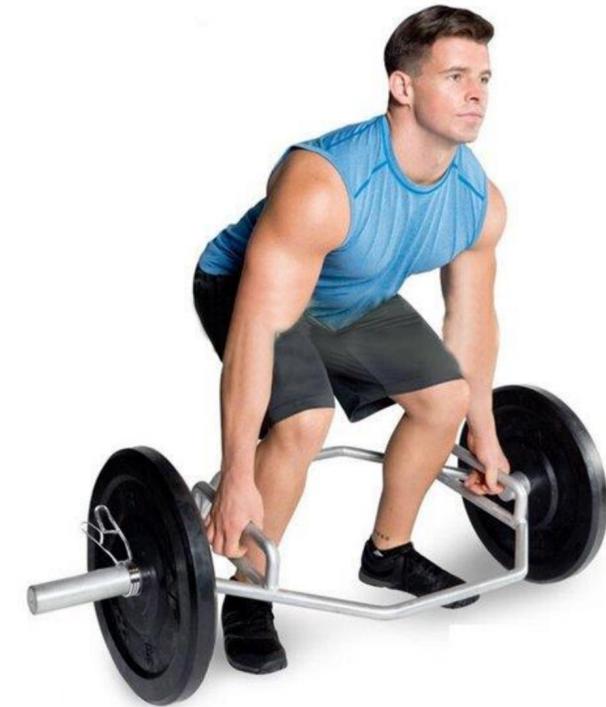


THE DICHOTOMY OF FITNESS

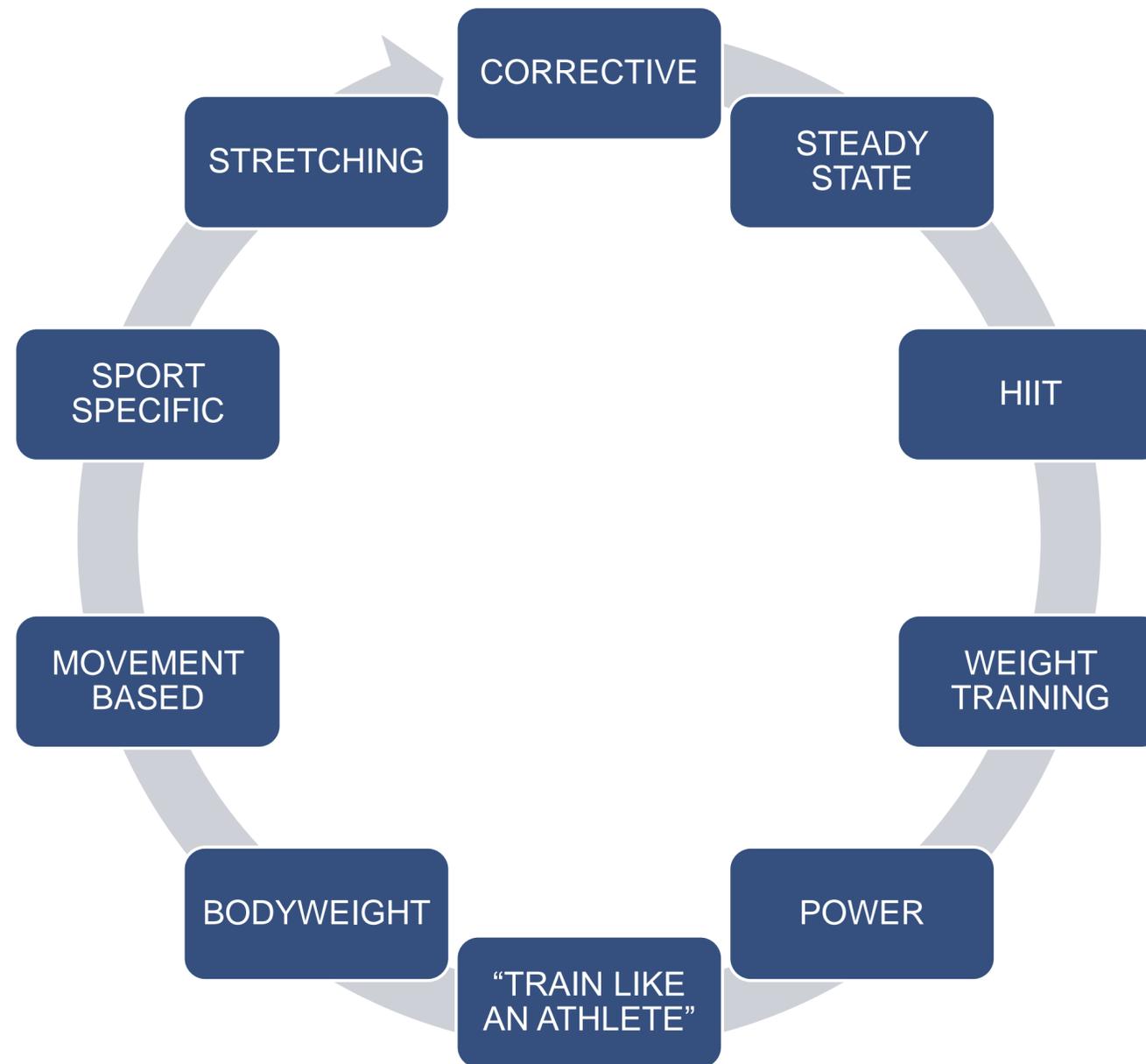
CARDIO



STRENGTH



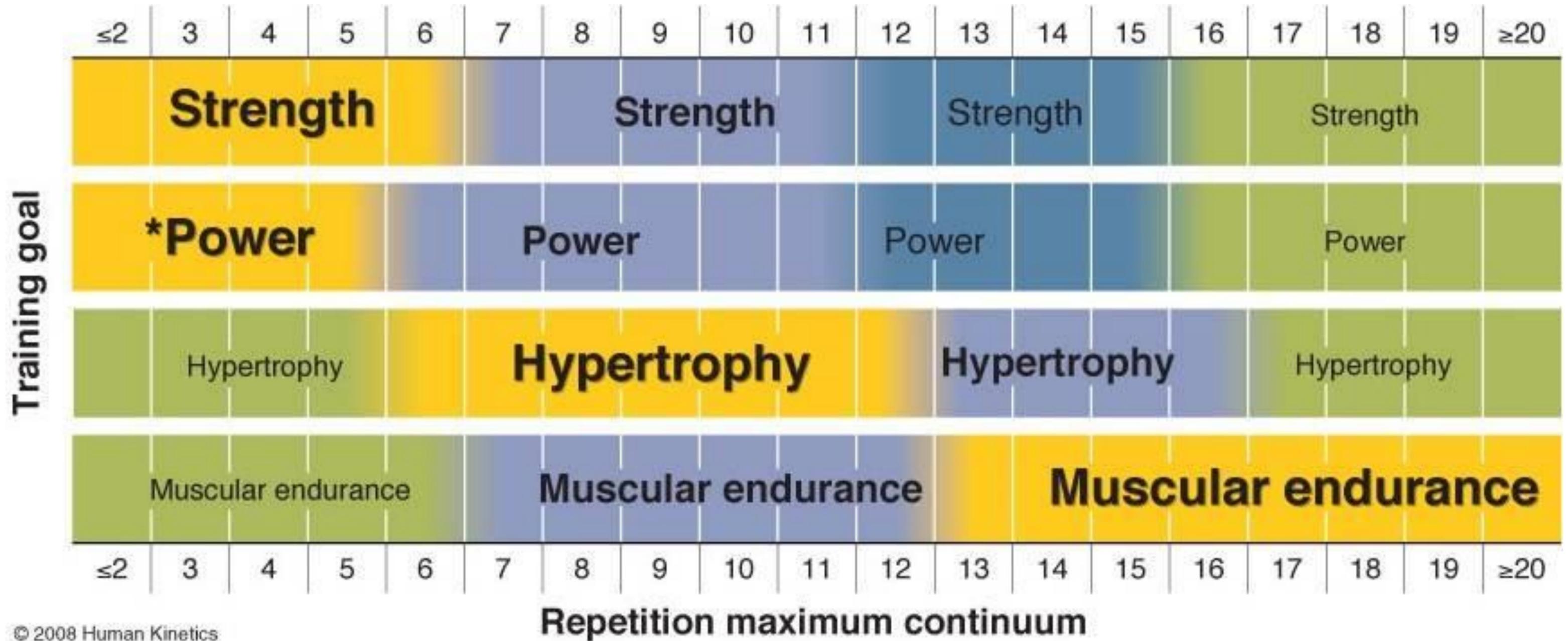
THE DICHOTOMY OF FITNESS



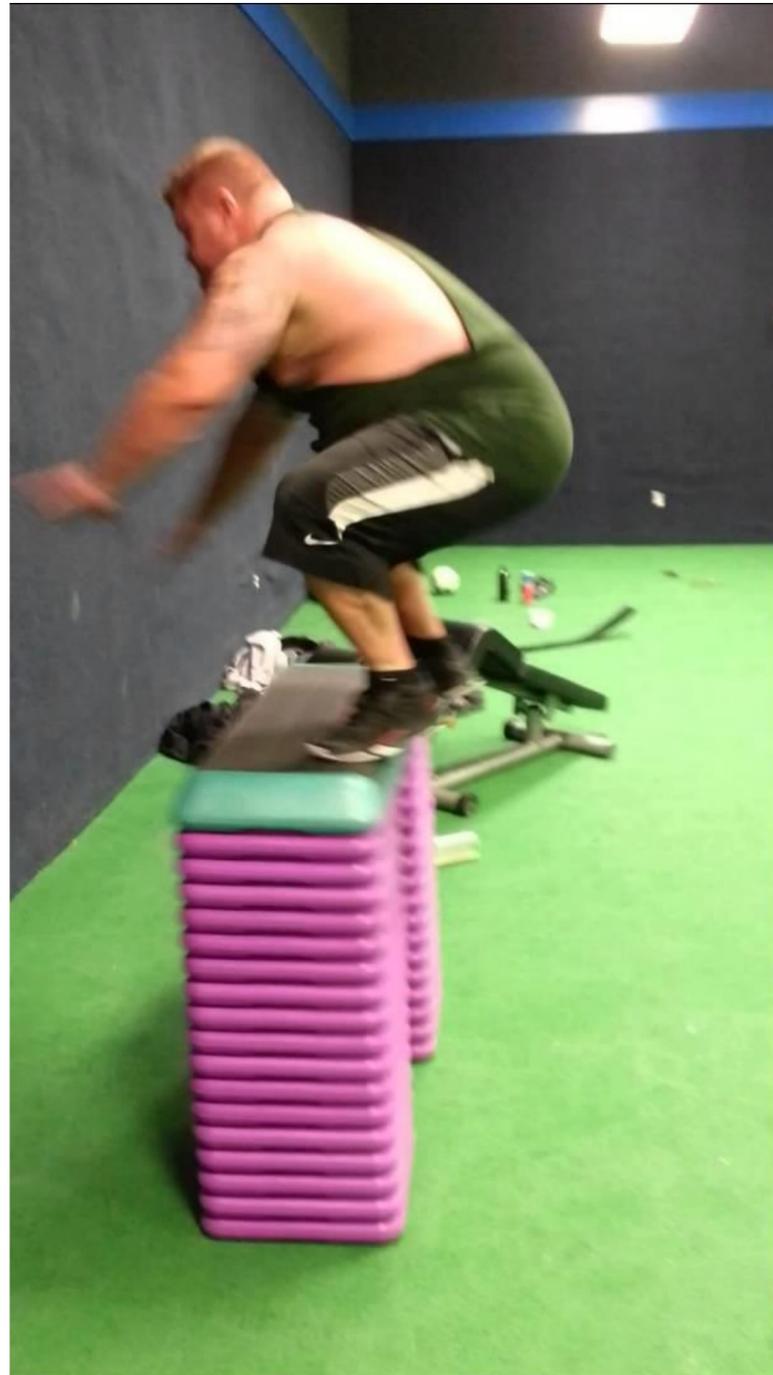
- DO NO HARM
- EDUCATE FIRST
- SET GOALS AND EXPECTATIONS
- PROGRAM AND PROGRESS TO CLIENT GOALS
- DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES
- DO.... NO.... HARM....

- Principle of Individuality
- Principle of Specificity
- Principle of Overload
- Principle of Progression
- Principle of Diminishing Returns
- Principle of Reversibility

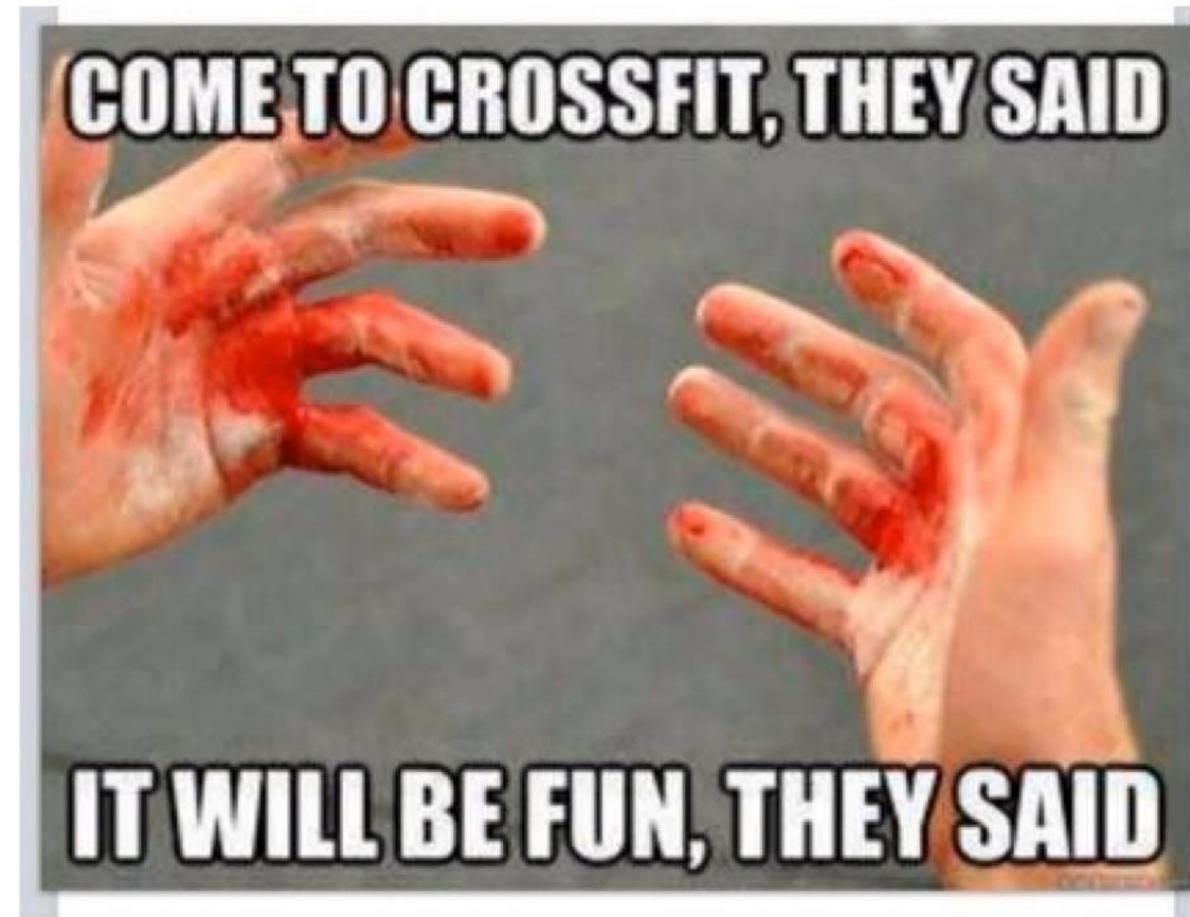
PRINCIPLE OF SPECIFICITY



RISK vs REWARD



DO..... NO..... HARM





Periodization Cycle Hierarchy

<i>Periodization Cycles</i>	<i>Description</i>
Quadrennial Cycle	Multi-year plan ≥ 4 years
Macrocycle	Description of complete training period: ≤ 1 year
Mesocycle (Phase)	Description of singular training cycle or block: 3-4 weeks
Microcycle	Describes the structural unit of a mesocycle: 1 week
Workouts	Describes the structural unit of a microcycle: hours/minutes

- **TYPES OF MICROCYCLES AND MESOCYCLES**
 - **LINEAR**
 - **BLOCK**
 - **NON LINEAR UNDULATING**
 - **DAILY UNDULATING PERIODIZATION**

- PLANK
- SQUAT
- HIP HINGE
- LUNGE
- HORIZONTAL PUSH / PULL
- VERTICAL PUSH / PULL
- ROTATE
- RECIPRICAL MOVEMENT

- PLANK
- SQUAT
- HIP HINGE
- LUNGE
- HORIZONTAL PUSH / PULL
- VERTICAL PUSH / PULL
- ROTATE
- RECIPRICAL MOVEMENT

HUNDREDS OF VARIATIONS
DOUBLE LEG / SINGLE LEG
DOUBLE LEG / SINGLE LEG
SAGITTAL / FRONTAL PLANE
DOUBLE ARM / SINGLE ARM
DOUBLE ARM / SINGLE ARM
SINGLE PLANE / MULTI PLANE
WEIGHTED / UNWEIGHTED

EXAMPLE, HORIZONTAL PUSH

- Push Ups (any variation)
- Single Arm Push Up
- Bench Press
- Dumbbell Press
- Single Arm Dumbbell Press
- Alternating Dumbbell Press

PROGRAMMING

- Prioritize STRENGTH
- Determine Goal (sets reps)
- Determine Frequency (days per week)
- Program Accordingly

EXAMPLE PROGRAM 2-3 DAYS PER WEEK

16

FULL BODY!!!!

WORKOUT A

Squat

S/L Hip Hinge

Lunge

Horizontal Push

S/A Horizontal Pull

Vertical Push

S/A Vertical Pull

WORKOUT B

Hip Hinge

S/L Squat

Lateral Lunge

S/A Horizontal Push

Horizontal Pull

S/A Vertical Push

Vertical Pull

- HYPERTROPHY
- 12 reps ONLY -3s eccentric, 1s pause, 3s concentric
 - SL Deadlifts & Push ups
 - SUMO squats & S/A Shoulder press
 - Split squats & Rows

- Strength / Endurance
- 15-20 reps ONLY -2s eccentric, 1s concentric
 - Goblet Squats & Push ups
 - Deadlifts & shoulder press
 - Lateral Lunge & Rows

- Cardio
- AMAP **** DO NOT SACRIFICE FORM FOR REPS****
 - KB Swings & Push ups
 - Jump Squats (Speed Squats) & Speed Rows
 - Jump lunge (Walking Lunge)& Skier lat pulls

QUESTIONS????



THANK

YOU!!!



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