

Strength Training Overload Protocols

Resistance Guidelines

Strength Training: The Right Way

The goal of the strength training program will be to develop overall muscular strength potentials that is safe, sound, sensible, systematic and applicable to your fitness goals.

Begin each set with a goal to complete the number of repetitions listed. The effort must be increasing for every subsequent repetition.

Each repetition should be performed in a controlled, deliberate manner where the exercise is performed with appropriate level of intensity and with the minimal involvement of momentum.

You should continually contract your target musculature during the raising phase and the lowering phase of each repetition.

The lowering phase of every repetition should be slower than the raising phase. A suggested guide is to raise the involved limbs up (push or pull) in 2 seconds or at a 2 count and lower (resist) them in 4 seconds or a 4 count.

Flex the muscle momentarily in the mid-range of each exercise when the muscle is in its “fully contracted position.” Then lower the resistance slowly to the starting position. This is the most difficult way to train; however it is the most productive way to train.

When you are able to complete the exercise in proper form for the prescribed number of repetitions, add the appropriate weight (depending on the difficulty of the exercise) appropriate may be as little as 1 pound, yet not greater than 10 pounds and continue to progress. Never sacrifice quality of lifting form for quantity of weight lifted.

Chart your progression, allow ample time to rest and recover between workouts. You should change your workout every 8–10 weeks to prevent overtraining and monotony.

Use the following protocols for the exercises listed. For best results, perform each progressive weight training workout 3x a week a “minimum” 60 minutes each day, giving the muscle group trained 1 day rest in between training days. You may stretch before, during and after each exercise and or days off. Cardio may be performed “after” strength training and/or on off days.

EXERCISES LISTED BELOW

MANUAL SPEED Set is performed with a 2 count push/pull, 2 count resistance rep.

ISO–HOLDS–single set whereby reps are performed concentrically in a bi–lateral fashion, held isometrically in the full

contracted position, immediately followed by alternating right and left iso-lateral eccentric reps. Upper torso 4–6 reps, lower torso 6–8 reps.

ISO-LATERAL NEGATIVE ACCENTUATED SET–Single set whereby reps are performed iso-laterally while the opposing limb is being held isometrically for the ten second negative alternating between left and right limbs. Upper torso 10–12 reps, Lower torso 12–14 reps.

CRAZY EIGHTS–Single set whereby each rep is performed by doing a normal speed concentric, holding isometrically for 8 seconds, and lowering eccentrically at normal speed. Upper torso 4–6 reps, Lower torso 6–8 reps.

NEGATIVE PROGRESSIONS–Six sets performed in a progressive fashion whereby the last rep of each set is performed lowering the weight in a 10 second negative. Upper and lower torso 15–21 reps.

TIC-TAC-TOE-Single set whereby a single rep consists of alternating one right and left iso-lateral rep (TIC & TAC, 2 count push, 4 count resist) immediately followed by a bilateral rep (TOE, both at one time, 2 count push, 4 count resist). Upper torso 6-7 reps, Lower torso 8-9 reps.

TRU-SQUAT ELEVATOR-Single set protocol where seven reps are performed at range limiter level 2, followed immediately by seven reps at level 1 & completed with seven full range reps.

EVEN STEVENS-Single set performed in a normal speed manner holding the fully contracted position of each even number for 2,4,6,8,10 seconds respectively. Upper torso 8-10 reps, Lower torso 10-12 reps.

FAB Fives- Single set whereby each rep is performed by using a 15 second cadence (5 sec concentric lifting/5 second hold in the fully contracted position/5 second eccentric

lowering) Upper torso 4–6 reps, Lower torso 5–7 reps.

HALF REP SETS– Single set system whereby first set is performed by completing $\frac{1}{2}$ reps in the most bio-mechanically challenging range followed immediately by $\frac{1}{2}$ the # full range reps. Upper torso 8–10 reps , 4–5 reps, Lower torso 10–12 reps, 5–6 reps.

IN/DECREASING QUARTERS– Single set that begins lifting load to fully contracted position. It is proceeded by lowering the load eccentrically to $\frac{3}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ ranges of motion and lifted back to the fully contracted position. Upper torso 4–6 reps, Lower torso 6–8 reps.

MAX SET–Single set whereby a 1RM poundage is held 60 seconds statically in the fully contracted position, the weight is reduced 40–50% and performed normally for the prescribed rep range. Upper torso 6–8 reps, Lower torso 8–10 reps.

BILATERAL NEGATIVE ACCENTUATED SET– Single set whereby concentric reps are

performed bilaterally at “normal speed”, followed by a lowering iso-lateral negative alternating between left and right limbs. Upper and lower torso 8–10 reps.

SINGLE JOINT NEGATIVE-ONLY SETS-

Spotters lift weight into starting position. Lifter lowers weight under control to a 8/6/4 second cadence. Each cadence is performed for four repetitions. The set is terminated when the lifter is unable to safely control the decent of the weight. Upper and lower torso 10–12 reps.

DOUBLE JOINT NEGATIVE-ONLY SETS-

Spotters lift weight into starting position. Lifter lowers weight under control to a 12/8 second cadence. Each cadence is performed for four repetitions. The set is terminated when the lifter is unable to safely control the decent of the weight. Upper and lower torso 6–8 reps.

1 ¼ REP SETS-Single set that begins by lifting load to fully contracted position. It is proceeded by lowering the load eccentrically

¼ of the ROM and lifted back to the fully contracted position. Upper torso 8–10 reps, Lower torso 10–12 reps.

PAUSE REPS– Descending sets performed progressively whereby each rep is held in the fully contracted position for a time in seconds equal to the given rep number.

HALF REP SETS– Single set system whereby first set is performed by completing ½ reps in the most challenging range followed immediately by ½ the number full range reps. Upper torso 10/5, lower torso 12/6

PROGRESSIONS 6 Sets performed by adding 1 rep to each succeeding set following a 10 second rest. Whereby set 1=1 reps, set 2 = 2 reps, set 3=3 reps, set 4=4 reps, set 5=5 reps, set 6=6 reps. Upper and lower torso 15–21 reps.

REVERSE PROGRESSIONS–6 sets performed by subtracting 1 rep from each succeeding set following a ten second rest whereby set #1=6 reps, set # 2= 5 reps, set #3= 4 reps,

**set #4=3 reps, set #5=2 reps, set #6=1 rep.
Upper and lower torso 15-21 reps.**

**TRIPLES-3 sets performed consecutively
whereby the weight is reduced each set
approximately 25%. Upper and lower torso
5-7 reps**

Upper & lower torso 5-7 reps.

**PARTIAL RANGE REP SETS single sets where
the first and fourth sets are performed for 4
full ROM (Range of Motion) reps, the second
set for 4 upper half range reps and the third
set is for 4 lower half range reps. All 2 count
push or pull, 4 count resistance speed.**

**POSITIVELY NEGATIVE set whereby first 5
reps are lifted in a 10 second concentric
(push or pull) followed by a “normal
speed” (2 second count) eccentric
(resistance) rep. After completing half the
number (5) reps they are performed vise
versa. Upper torso 6-8 reps, lower torso
8-10 reps.**

SEVEN-UP-SETS Single set whereby a 30-45 second isometric contraction is front/back loaded in the fully contracted position and pre/proceeded by seven “normal-speed (2 count push or pull, 4 count resist) reps. Upper torso 20-35 seconds, lower torso 30-45 seconds.

SIX SHOOTERS Set is performed at normal speed (2 count push or pull, 4 count resist) rep whereby every sixth rep the lifter performs a six second concentric (push or pull) and a six second eccentric (resist) rep. Upper torso 10-12 reps, lower torso, 16-18 reps.

60-SECOND SLO-MO REP SETS Single set whereby the first rep is performed in a 30 second concentric & 30 second eccentric cadence, followed by “normal speed” reps to a maximum effort. Upper torso 4-6 reps lower torso 6-8 reps.

30-SECOND SLO-MO REP SETS Single set whereby the first rep is performed in a 15 second concentric & 15 second eccentric

cadence, followed by “normal speed” reps to a maximum effort. Upper torso 4–6 reps, lower torso 6–8 reps.

SUICIDE SETS Single set system performing a maximal concentric effort using “controlled” reps throughout the exercises fullest ROM in the prescribed repetition range. Upper torso 10–12 reps, Lower torso 12–14 reps.

BANDITS Single set system whereby first set is performed using attached bands immediately followed by the second set after the bands have been removed. Upper torso 2x 6–8, Lower torso 2x 10–12.

SEVEN–FOUR–SEVENS 3 Consecutive sets followed by a 30 second rest between sets. After completing the first set, add 10 pounds for upper torso exercises and 20 pounds for lower torso exercises. After the second set is completed, the added weights are removed and set three is performed with the original weight. Upper torso, set 1 5–7 reps, set 2, 3–4 reps, set 3, 5–7 reps. Lower torso, set 1, 6–8 reps, set 2, 3–4 reps, set 3, 6–8 reps.

3 STRIKES Three sets performed to a concentric max (set 1=17RM/set 2=8RM/set 3= 5RM) followed by a 30 second rest between sets, at least 23–30 accumulated reps must be completed. Upper and lower torso 23–30 total reps.

FOUR BY FOURS 4 Sets performed consecutively whereby the 1st and 4th sets are performed bilaterally (Both at one time) and the 2nd and 3rd sets are performed iso-laterally (4 w/ one limb then 4 w/other. Upper and lower torso 14–16 reps.

AS/DESCENDING PYRAMID SETS 6
Alternating sets performed iso-laterally by subtracting 2 reps to each succeeding set. (8–6–4) upper torso, (10–8–6) lower torso. Upper torso 16–18 reps, lower torso 20–24 reps.

SWEET SIXTEENS Four sets of 3–4 (UT)/4–5 (LT) repetitions followed by a 5 (UT)/10 (LT) second rest between each set. At least 14/16 reps must be achieved. When 16/20 reps are

achieved, the weight is increased. Upper torso 14–16 reps, lower torso 16–20 reps.

SWEETER SIXTEENS Four sets of 3–4 (UT)/ 4–5 (LT) repetitions followed by a 20 second rest between each set. At least 14/16 reps must be achieved. When 16/20 reps are achieved, the weight is increased. Upper torso 14–16 reps, lower torso 16–20 reps.

ISO-PROGRESSIONS 6 Sets performed in an iso-lateral manner where lifter alternates between right and left limbs. Ascending/ Descending progression protocol rep schemes. While one limb works the other one rests. Upper and lower torso 15–21 total reps.

Ten/Tens

Single set whereby all repetitions are performed using a ten second concentric (push or pull) and a ten second eccentric (resistance) set. Upper and lower torso 5–10 total reps.

