

Dave Tate



Strong(er) Workout

Phase 1

THE STRONG(ER) WORKOUT

PHASE 1

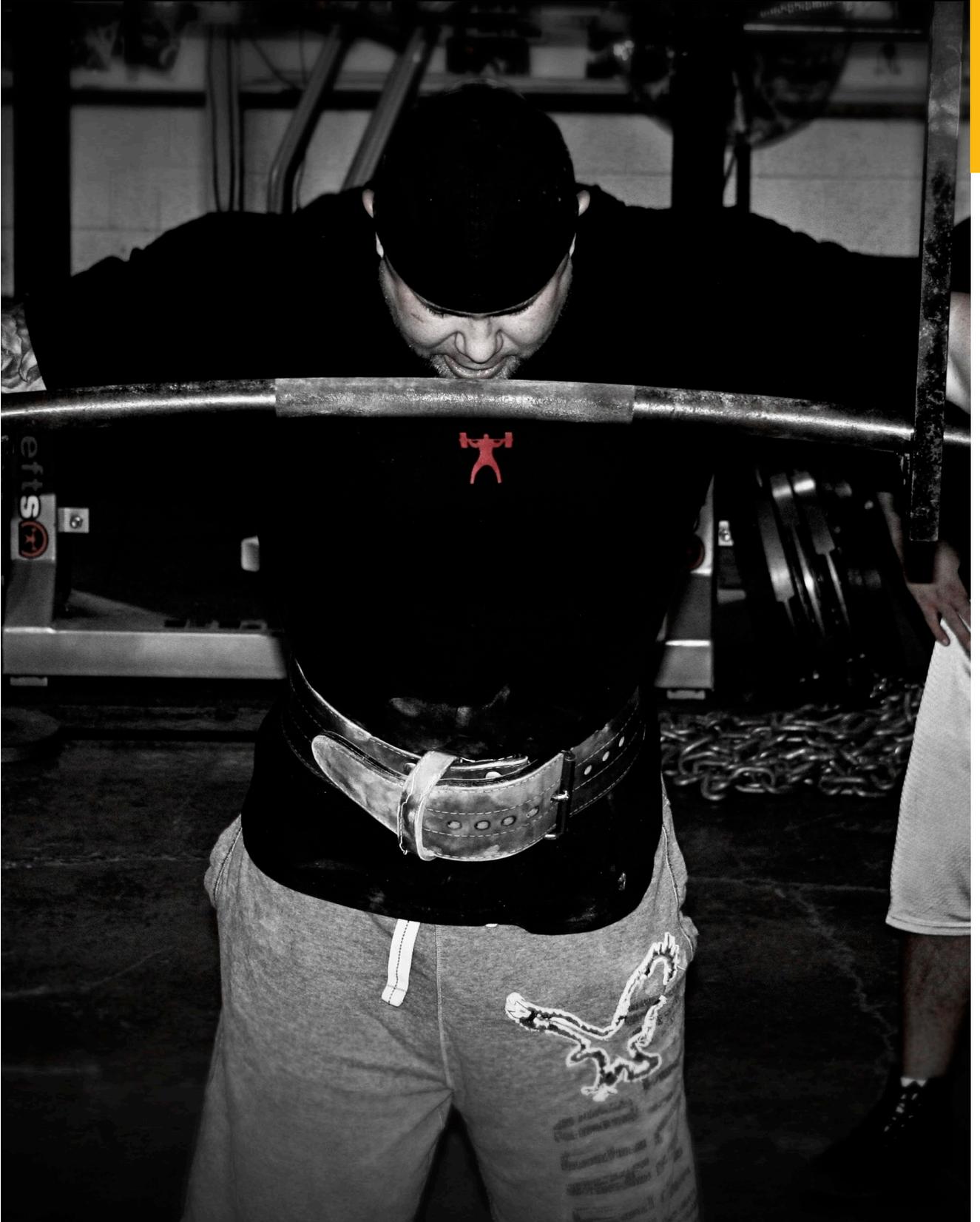
Serious training for non-competitive athletes

CONTENTS

- 4 STRONG(ER) INTRO PHASE 1
- 8 STRONG(ER) 1.1 GPP
- 24 STRONG(ER) 1.2 MUSCLE BUILDING
- 51 STRONG(ER) 1.3 RECOVERY
- 58 FAQ

Introduction

1



BECOMING A STRONG(ER) ATHLETE

A Strong(er) Athlete is an exceptional athlete, yet, of a different kind than the typical competitive sports participant. Unlike the person that trains rigorously to excel in one or two events, the goals of Strong(er) Athletes are to achieve overall strength and health to the best of their ability.

Achieving these goals requires an entirely different training regimen, not a powerlifting or bodybuilding program, but one that enhances total strength and health through specific exercise and diet.

Training for competitive sports is a point in which training for health and fitness no longer is the prime objective. A complete, well-rounded program, for example, covers all areas—from cardiovascular and strength development to flexibility, mobility, nutrition and beyond. By contrast, a competitive sport such as powerlifting requires the development of maximum strength above all other areas in order to become a champion. Sport-specific training can significantly neglect other areas of training to achieve its desired outcome.

The question then becomes, what happens when overall strength and health becomes the main purpose and goal? In other words, what does one do when they no longer have the need to excel 100 percent at one specific attribute, but rather, develop all areas at the highest level possible?

This is where the Strong(er) workout comes into play. The Strong(er) Athlete will sacrifice a studied depth in training to achieve an optimum and well-rounded breadth.

Training to be your absolute best in a sport takes years of consistent, regulated training, including great sacrifices that are hard to understand unless you have been there and lived the life. There are serious commitments of time, money and lifestyle to be made if one wishes to win in the competitive sports arena.

My own experience includes more than 20 years of training for competitive strength sports — including both powerlifting and bodybuilding. Since strength always was my first love, however, powerlifting became my sport specialty and my training and competing reign lasted over two decades. Since the age of 13, I have logged more than 10,000 hours of gym training and an equal amount in the training of others. I have written hundreds of articles and four books on the subject, while having spent countless hours advising and counseling athletes, coaches and trainers to achieve outstanding results with their programs. To say that I have lived my life “Under The Bar” would be a vast understatement.

Strong(er) Athletes might be those who no longer wish to devote 100 percent focus into one single training discipline or sport. Others might be serious trainers who wish to maintain their hard-won abilities at the highest level, but simply no longer wish to compete.

Rather than setting goals to beat others in competition, the Strong(er) Athlete wants to accomplish the goals he has set for himself. To that end, I have brought my extensive training background to bear on a 52-week program to help the Strong(er) Athlete develop all aspects of individual fitness.

Each phase of the Strong(er) Workout program builds on previously achieved goals and focuses primarily on physical preparedness, maximum strength development, dynamic strength development, muscle gain and fat loss.

The Strong(er) Workout is not a beginner’s exercise program. A consistent background of at least three to five years — with a proven training program — is recommended before undertaking the Strong(er) Workout.

This program assumes that you have a solid base of training fundamentals and good exercise technique. You must have a strong desire to train, and, at times, train extremely hard. In other words, you need to have Extraordinary Resolve to reach this level.

The Strong(er) Workout will test you both physically and mentally, but the gains will be great. In the end, you will be one of the few who possess EXTRAORDINARY RESOLVE.

If you want to make this commitment, then let’s begin: Welcome to the Strong(er) Workout.

General Physical Preparedness

1.1



GENERAL PHYSICAL PREPAREDNESS PHASE

8 WEEKS

The purpose of this phase is to develop general physical preparedness (GPP) through increased conditioning levels and the introduction of restoration techniques. Over ninety percent of the clients I've worked with over the course of my career – at least those with a training background – are either overtrained or very close to it when they come to me for advice. This phase is designed to bring the body to a baseline level where it's ready for more intense phases. This greatly lowers the risk of overtraining, stagnation and negative progress. Think of this as a "wipe the slate clean" program that will prepare you for more advanced and intense training.

Notes

Tempo:

(S) Slow, (M) Medium, (F) Fast, (X) Explosive.

When listed sequentially, i.e., 5252, the first number is the eccentric, followed by midpoint, concentric and end position.

If (F) is listed for reps, this indicates failure.

The listed tempo is a GUIDELINE. Use it as a tool and do not get caught up in counting seconds. Focus on technique first!

Days:

This program calls for three training days per week, with 1-2 rest days between sessions.

Sets:

Warm-up sets are NOT listed in the templates. Do what you feel you need to do in order to prepare yourself for your work sets.

Exercises:

It is acceptable to replace any movement with another as long as the replacement is a movement within the same plane.

Restoration Workout:

To be performed at the end of every session.

Time:

No individual session should exceed 45 minutes.

Log:

Keep a detailed log of your reps and sets, and try to break records each time an exercise is performed.

Reps:

The listed rep schemes are goals for a particular set, and should not be met most of the time. If you meet them all, increase the weight for the next set or session.

Rest:

Listed in seconds

Warm Up Workout:

To be performed before every strength session.

WARM UP WORKOUT

Movement Prep & Corrective Movements

Movement	Sets	Reps	Tempo	Rest
Hip Crossovers	1	10	M	0
Lunges	1	10	M	0
Reverse Lunges	1	10	M	0
Lateral Lunges	1	10	M	0
Free Squats	1	10	M	0
Reach and Roll	1	10	M	0
YTWL	1	10	S	0
Band Walks	1	10	M	0

Restoration Workout

Stretches	Sets	Reps	Tempo	Rest
Hip Flexor (lunge and reach)	1	10-20s	n/a	0
Seated Glute	1	10-20s	n/a	0
Lower Back (ball)	1	10-20s	n/a	0
Lower Back (knees to side)	1	10-20s	n/a	0
External Rotators	1	10-20s	n/a	0
Internal Rotators	1	10-20s	n/a	0
Quadratus Lumborum (IT Band)	1	10-20s	n/a	0
Lat Stretch (reach and roll)	1	10-20s	n/a	0
Abdominal	1	10-20s	n/a	0
Quad	1	10-20s	n/a	0
Hamstring	1	10-20s	n/a	0
Calf	1	10-20s	n/a	0
Upper and Mid Back	1	10-20s	n/a	0
Rhomboid	1	10-20s	n/a	0
Pec Major	1	10-20s	n/a	0
Neck	1	10-20s	n/a	0
	1	10-20s	n/a	0

*Recommended Reading - Stretch to Win by Ann and Chris Fredrick, available at EliteFTS.com

Restoration Workout

Massage and Release	Sets	Reps	Tempo	Rest
Foam Roller - Glute	1	5 passes	S	0
Foam Roller - Hamstring	1	5 passes	S	0
Foam Roller - Lat	1	5 passes	S	0
Foam Roller - Upper back	1	5 passes	S	0
Foam Roller - IT Band	1	5 passes	S	0
The Stick - Quad	1	10 passes	M	0
The Stick - Hip Flexor	1	10 passes	M	0
Spiky Ball - Shoulders and Rotators	1	30s	S	0

ENERGY SYSTEM TRAINING

Notes

- Two steady-state and one HIIT sessions should be performed per week.
- Steady-state and HIIT sessions can be performed on whatever days you prefer.

Steady-State Cardio (2x per week)

Walking, biking, treadmill, stair climber, stationary bike, or any other aerobic machine, working at a steady-state for 20-30 minutes. Begin at 20 minutes, and slowly work up to 30 minutes by the end of the phase.

HIIT & Metabolic Training (1x per week)

These are more intense EST sessions which involve circuits and interval training. Use the sample sessions below, or make up your own. Start at what you CAN do and work up from there.

Sample Sessions

Treadmill Intervals

After a five minute warm-up, adjust the treadmill to a 15% grade, and adjust the speed so you're walking at a VERY brisk pace. Walk for 15 seconds, then step on the side rails for 30 seconds. Repeat this process for 20 minutes, then finish with 10-15 minutes of steady-state walking (0-3% grade at 3.0-3.5 rpm). If you decide to increase the work time, try to keep the rest ratio to double the work.

Prowler Intervals

Push the Prowler for 25 steps using the low handle, then push using the vertical bars for 25 steps. Rest for 2 minutes. Repeat this process for 20-30 minutes.

Tred Sled

Treadmill: 2 minutes

Sled Dragging: 50 steps

*Repeat for 20 minutes

Sled Dragging

Drag sled for 50 steps, then rest 60-90 seconds. Repeat for 20 minutes, then finish with 5-10 minutes of steady-state cardio. You can and should mix in ankle dragging and various upper body drags.

DAY 1 OF 4

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks Roller - Glute	2	45s	n/a	60
B1. Med Ball Rotations	2	15	F	60
B2. Med Ball Sit-ups	2	15	M	60
B3. Reverse Hyperextensions	2	15	M	60

Strength Training

Monday - 1 set per movement, PAST failure (10-15 reps)

Wednesday - 1 set TO failure (6-8 reps)

Friday - 2 sets SHY (1 or 2 reps) of failure (8-12 reps)

* Listed sets do not include any warm-up sets.

* 60 seconds between sets.

* Moderate tempo on all reps.

A1. Squat

A2. GHR

B1. Wide Grip Pulldowns

B2. Front Shoulder Press

C1. Step-ups

C2. Standing Calf Raises

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	n/a	60
B1. Med Ball Rebounder	2	16	F	60
B2. Leg Raises	2	15	M	60
B3. 45-Degree Back Raises	2	15	S	60

Strength Training

Monday - 1 set per movement, PAST failure (10-15 reps)

Wednesday - 1 set TO failure (6-8 reps)

Friday - 2 sets SHY (1 or 2 reps) of failure (8-12 reps)

* Listed sets do not include any warm-up sets.

* 60 seconds between sets.

* Moderate tempo on all reps.

A1. Incline Press

A2. Row

B1. Dumbbell Flies

B2. Rear Delt Dumbbell Raises

C1. Tricep Extensions

C2. Curl

DAY 3 OF 4

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	n/a	0

Strength Training

Monday - 1 set per movement, PAST failure (10-15 reps)

Wednesday - 1 set TO failure (6-8 reps)

Friday - 2 sets SHY (1 or 2 reps) of failure (8-12 reps)

* Listed sets do not include any warm-up sets.

* 60 seconds between sets.

* Moderate tempo on all reps.

A1. Squats

A2. Stiff Leg Deadlifts

B1. Pulldown

B2. Shoulder Press

C1. Reverse Lunge

C2. Seated Calf Raises

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	n/a	60
B1. Med Ball Rebounder	2	16	F	60
B2. Leg Raises	2	15	M	60
B3. 45-Degree Back Raises	2	15	S	60

Strength Training

Monday - 1 set per movement, PAST failure (10-15 reps)

Wednesday - 1 set TO failure (6-8 reps)

Friday - 2 sets SHY (1 or 2 reps) of failure (8-12 reps)

* Listed sets do not include any warm-up sets.

* 60 seconds between sets.

* Moderate tempo on all reps.

A1. Bench Press

A2. Barbell Rows

20

B1. Dumbbell Presses

B2. Rear Delt Machine

C1. Tricep Pressdowns

C2. Barbell Curls

DIET PLAN

Notes

- The ONLY goal in this phase is to introduce more nutritious foods to the diet and start working on BASIC nutritional principles.

- Eat 6 meals per day, with each consisting of a protein, carbohydrate and fat source (from list below). This is your base diet. After you cover your base diet, eat whatever you want.

- Eat every 2.5 to 3.5 hours with the goal of 6 meals per day – even if the 6th is a protein shake before bed,

- Keep water with you at all times (or MOST times) - and DRINK IT.

- Drop 90% of the sugar from your current diet. Post-training is the only time of the day you can get away with it.

- After weight training workouts, take 1 scoop of whey protein with some type of fast-digesting carbohydrate source (waxy maize, carbohydrate drink, fruit juice or low-fat sugar source like soda).

- We suggest AnatroP to be used before – during and after all strength training sessions. 1 scoop before training with 12oz water, 1 scoop with 32oz water to sip during training and 1 scoop with 12-16oz water after training. We will build on this as the strong(er) workout continues. The goal for now is to get you mixing and drinking something throughout the workout process.

FOOD SOURCES

Protein

Egg Whites
Eggs
Omega 3 Eggs
New York Strip
Lean Ground Beef
Lean Pork
Turkey
Chicken Breast
Veal
Tuna
Lobster
Shrimp
Low-fat Cottage Cheese
Protein Shake
Low-fat Milk Products

Carbs

Whole Wheat Bread
(7 grain, 9 grain...make sure it says WHOLE wheat and not just wheat)
Sweet Potato
Yams
Potato
Cream of Wheat
Low Sugar Oatmeal
Malto Meal
Brown Rice
Real Yogurt
Rice
Whole Wheat Pasta
Whole Grain Bread
Strawberries
Melon
Apples

Oranges
Bananas
Berries
Pineapple
Papaya

Ezekiel Bread
Low Fat Cereal
Carbohydrate Drink
Rice Cakes

Vegetables

Broccoli
Corn
Bell Peppers
Cucumbers
Beans
Lettuce
Cauliflower
Green Pepper
Celery
Peas
Green Beans
String Beans

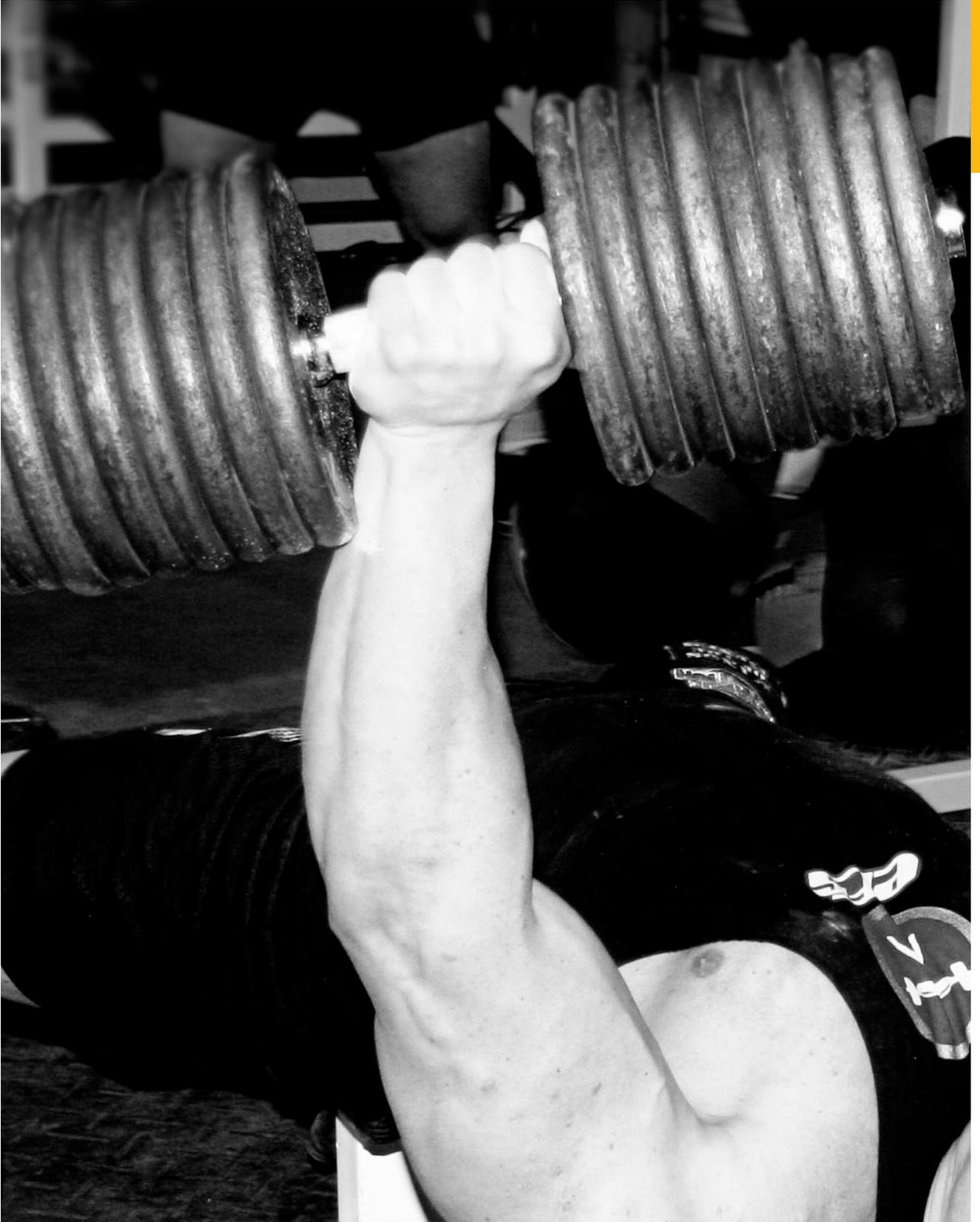
Fat

Mixed Nuts
Almonds
Natural Peanut Butter
Almond Butter
Cashews

* A special thank you to Justin Harris and Troponin Nutrition for consultation with EliteFTS on this diet phase

Muscle Building Phase

1.2



MUSCLE BUILDING PHASE

6 WEEKS

This phase builds on the preparedness developed during Phase One, while remaining “joint friendly” through the use of machines, supported movements, slower rep speeds, decreased training volume and increased mobility and flexibility.

Concurrent with the transition to Phase Two will be an increase in training intensity. This will come not in the form of an increase in training percentages, but in the effort applied to each set. Many sets in this program will be taken to failure and beyond with the implementation of rest pause (rp), triple sets (ts), strip sets (st) and other intensification techniques. Combined with slower repetition tempos and lower training volumes, an extremely anabolic environment is created. This optimizes the trainee’s ability to add muscle mass in the shortest time possible.

Notes

Tempo:

(S) Slow, (M) Medium, (F) Fast, (X) Explosive but controlled.

When listed sequentially, i.e., 5/2/5/2, the first number is the eccentric (lowering of the weight), followed by midpoint, concentric (lifting portion of the lift) and end position.

If (F) is listed for reps, this indicates failure.

The listed tempo is a GUIDELINE. Use it as a tool and do not get caught up in counting seconds. Focus on technique first!

Days:

This program calls for three training days per week, with 1-2 rest days between sessions.

Sets:

Warm-up sets are NOT listed in the templates. Do what you feel you need to do in order to prepare yourself for your work sets.

Exercises:

It is acceptable to replace any movement with another as long as the replacement is a movement within the same plane.

To look up program exercises please visit www.EliteFTS.com/exerciseindex

Time:

No individual session should exceed 75 minutes.

Log:

Keep a detailed log of your reps and sets, and try to break records each time an exercise is performed.

Reps:

The listed rep schemes are goals for a particular set, and should not be met most of the time. If you meet them all, increase the weight for the next set or session.

Stretching: Indicated with S.

Where indicated, stretch targeted muscle group as hard as you can for the time recommended.

Rest:

Listed in seconds.

Restoration Workout:

To be performed at the end of every session.

Rest Pause (rp):

Perform one set to failure at desired rep range. When completed, stop set, count 8-10 breaths, then do another set. Repeat. This will be a total of three sets when completed.

Triple Set (ts):

Back to back sets of the same movement (can only be used with single arm or single leg exercises) with no rest.

Strip Sets (st):

Remove (peel off) weight and keep going.

Warm Up Workout:

To be performed before every strength session.

WARM UP WORKOUT

Movement Prep & Corrective Movements

Movement	Sets	Reps	Tempo	Rest
Hip Crossovers	1	12-15	M	0
Leg Kicks	1	12-15	M	0
Lying Opposites	1	12-15	M	0
Leg Adduction	1	12-15	M	0
Leg Abduction	1	12-15	M	0
Reach and Roll	1	X	M	0
Lunges	1	12-15	M	0
Reverse Lunges	1	12-15	M	0
Lateral Lunges	1	12-15	M	0
Free Squats	1	12-15	M	0
YTWL	1	12-15	M	0
Broomstick	1	12-15	M	0

Restoration Workout

Movement	Sets	Reps	Tempo	Rest
Hip Crossovers	1	10	S	0
Leg Kicks	1	10	S	0
Lying Opposites	1	10	S	0
Leg Adduction	1	20	M	0
Leg Abduction	1	20	M	0
Reach and Roll	1	30s	S	0
Lunges	1	30s	S	0

ENERGY SYSTEM TRAINING

Notes

No energy system training on “mega” carb days.
No HIIT or Metabolic training on training days.
Four (4) total cardio sessions per week, consisting of two steady-state and two HIIT/Metabolic training sessions.

Steady-State Cardio:

2-3 times per week

30-45 minutes steady-state work.

Sessions will consist of bike, stepper, elliptical, rowing, walking, stationary bike, treadmill or any other cardiovascular activity.

HIIT and Metabolic Training:

2-3 times per week, on non-training days

10-20 minutes of steady-state cardio (bike, stepper or treadmill)

20-30 minutes of HIIT or Metabolic training

Break sessions up with steady-state warm-up and cool down.

Example: 10 minutes steady-state, 25 minutes HIIT, 10 minutes steady-state.

Sample Sessions

Treadmill Intervals:

After a five minute warm-up, move treadmill to 15% incline grade and adjust the speed to a level where you're walking at a VERY brisk pace. Walk for 15 seconds, then step on side rails for 30 seconds. Repeat for 20 minutes, then finish with 10-15 minutes of steady-state walking (0-3% grade at 3.0 – 3.5 RPM). If you decide to increase the work time, try to keep the rest ratio at exactly twice the time you spend working.

Prowler Intervals:

Prowler pushes for 25 steps using low handle, then push using vertical posts for 25 steps. Rest 2 minutes, then repeat for 20-30 minutes.

Strongman Circuit:

Repeat for 30 minutes, then finish with 10 minutes of steady state cardio:

4 minutes walking on treadmill

Prowler Low Handle: 25 steps

Prowler Vertical Bars: 25 steps

Log Press: 20 reps

Sled Dragging: 50 steps

Rickshaw: 50 steps

Swiss Ball Sit Ups: 30 reps

Box Skips: 20 reps

Free Squats: 30 reps

Results Circuit:

Complete as many circuits as you can in 10 minutes.

Prowler Push: 25 steps

Medicine Ball Slam: 10-20 reps

Kettlebell Swing: 10-20 reps

Hurdle Jump: 10-20 reps

Sledgehammer Smash: 10-20 reps

Timing Circuit:

Low Prowler

Burpees

Sled Drag

Week One: 30s on, 30s off, 5 rounds

Week Two: 40s on, 20s off, 5 rounds

Week Three: 30-30: 6 rounds

Week Four: 40-20: 6 rounds

Tred Sled:

Repeat for 20 minutes

Treadmill: 2 minutes

Sled Dragging: 50 steps

Torso Series:

Do as many circuits as you can in ten minutes.

Sled Dragging: 2 minutes

Med Ball Rebounder: 20 reps

Push Ups: 20 reps

Med Ball Slams: 20 reps

Leg Raises: 20 reps

Mountain Climbers: 20 reps

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks - 2 sets 45 seconds	2	45s	S	60
B1. Med Ball Rotations	2	16	F	60
B2. Med Ball Sit Ups	2	15	M	60
B3. Reverse Hyperextensions	2	8	S	60

DAY 1 OF 6

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Incline Fly	1	12	62x2	0
A2. Bench Press	1	10/10/10(st)	M	0
A3. Pec Deck	1	12	62x2	0
A4. Incline Press	1	10	62x2	0
A5. Machine Presses	1	8-10/8-10(st)	62x2	0
A6. Negative Only Dips	1	?	62x2	0
A7. Barbell Push Ups	1	?	M	0
S1. Chest Stretch	1	60s	-	0
B1. Chins	1	F(rp)	S	60
B2. Front Presses	1	10-15(rp)	62x2	60
S2. Vertical Lat Stretch	1	60s	-	0
S3. Shoulder Stretch	1	60s	-	0
C1. Rows	1	8-15(rp)	62x2	60
C2. Press Downs	1	8-15(rp)	62x2	60
S4. Horizontal Lat Stretch	1	60s	-	0
S5. Tricep Stretch	1	60s	-	0

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Leg Press	1	15/15/15(st)	M	0
A2. Leg Press Static Hold at ¼ rep (from top) for 60-90 seconds				
A3. Leg Extensions	1	20/20/20(st)	M	0
A4. Squats	1	10/10/10(st)	M	0
A5. Step Ups	1	10	M	0
S1. Quad Stretch	1	60s	-	0
B1. Leg curls	1	10-15(rp)	62X2	60
B2. 4-way neck		10/side	2112	60
S2. Hamstring Stretch	1	60s	-	0
C1. Barbell Curls	1	10-15(rp)	62X2	60
C2. Reverse Curls	1	10-15(rp)	62X2	60
C3. Seated Calf Raises	1	10-15(rp)	610x2	60
S3. Bicep Stretch	1	60s	-	0
S4. Calf Stretch	1	60s	-	0

DAY 2 OF 6

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	S	45
B1. Med Ball Rebounder	2	15	X	60
B2. Leg Raises	2	15	M	60
B3. Hyperextensions	2	15	S	60

Core Training

Movement	Sets	Reps	Tempo	Rest
A1. Planks	2	45s	S	60
A2. 45-Degree Hyper	2	20	M	60

DAY 3 OF 6

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Chins	1	Failure	5252	0
A2. Chest Supported Rows	1	8-10/ 8-10(st)	5252	0
A3. Chest Supported Rows Static Hold at ¼ position (from bottom) for 60-90s				
A4. Close Grip Pulldowns	1	8-10	5252	0
A5. Chins (Negative only)	1	F	5---	0
A6. Rows	1	8-10(rp)	M	0
S1. Vertical Lat Stretch	1	60s	-	0
S2. Horizontal Lat Stretch		60s	-	0
B1. Flat Dumbbell Press	1	10-15(rp)	5250	60
B2. Dumbbell Front Press	1	10-15(rp)	5250	60
S3. Chest Stretch	1	60s	-	0
S4. Shoulder Stretch	1	60s	-	0
C1. Tricep Extensions	1	10-15	5252	60
C2. Rear Delt Raises	1	10-15	5252	60
C3. Plate Raises	1	10-15	5252	60
S5. Tricep Stretch	1	60s	-	0
S6. Trap Stretch	1	60s	-	0

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Barbell Curls	1	8-10 (rp)	4242	0
A2. Preacher Curls	1	10-12	4242	0
A3. Cable Face Curls	1	10	4242	0
A4. Rope Curls	1	10-15(rp)	4242	0
A5. Barbell Curls (Neg. only)	1	5-8	10---	0
S1. Bicep Stretch	1	60s	-	0
B1. Hack Squat	1	20	4242	60
B2. GHR	1	Failure	M	60
B3. Step Ups	1	15-20	4121	60
S2. Quad Stretch	1	60s	-	0
S3. Hamstring Stretch	1	60s	-	0
C1. 4-Way Neck	1	10/side	M	60
C2. Hammer Curls	1	10-15(rp)	M	60
C3. Standing Calf Raise	1	20(rp)	4444	60
S4. Calf Stretch	1	60s	-	0

DAY 4 OF 6

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	S	60
B1. Hanging Leg Raises	2	15	M	60
B2. Reverse Hyperextensions	2	15	M	60

Core Training

Movement	Sets	Reps	Tempo	Rest
A. Planks	2	45s	S	60
B1. Landmine	2	16	X	60
B2. Swiss Ball Sit Ups	2	15	M	60
B3. 45-Degree Back Raise	2	15	M	60

DAY 5 OF 6

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Close Grip Bench Press	1	10-15	5252	0
A2. Dumbbell Extensions	1	10-12(ts)	4242	0
A3. Rope Pushdown	1	8-12(rp)	82x2	0
A4. Reverse Grip Pushdown	1	8-12	8242	0
A5. 2-Arm Dumbbell Kickbacks	1	10	M	0
A6. Close Grip Push-up (neg. only)		Failure	10---	0
A7. Close Grip Push Ups Static Holds $\frac{1}{4}$ from top for 60-90s				
S1. Tricep Stretch	1	60s	-	0
B1. Pec Deck	1	15(rp)	4242	60
B2. Wide Grip Pulldowns	1	8-10(rp)	4242	60
B3. Chest Supported Row	1	8-12	4242	60
S1. Chest Stretch	1	60s	-	0
S2. Vertical Lat Stretch	1	60s	-	0
S3. Horizontal Lat Stretch	1	60s	-	0
C1. One Arm Dumbbell Press	1	10/10/10(ts)	4242	0
C2. Side Raise	1	8-10/8-10(st)	6262	0
C3. Rear Delt Raise	1	8-10(rp)	6262	0
C4. Front Plate Raise	1	20	6262	0
S4. Shoulder Stretch	1	60s	-	0

Strength Training

Movement	Sets	Reps	Tempo	Rest
A1. Seated Calf Raise	1	20	6/10/2/10	0
A2. One Leg Standing Calf Raise	1	20	6666	0
A3. Toe Presses on Leg Press	1	20	6666	0
A4. Standing Calf Raise	1	20	6666	0
S1. Calf Stretch	1	60s	-	0
B1. Squats	1	20	20x0	60
B2. 4-Way Neck	1	10/side	2020	60
B3. Wrist Curls	1	20	2222	60
B4. Step Back Lunge	1	10	2222	60
S2. Quad Stretch	1	60s	-	0
C1. GHR	1	Failure(rp)	-	60
C2. Stiff Leg Deadlifts	1	15	M	60
C3. Dumbbell Curls	1	8-12(rp)	4242	60
S3. Hamstring Stretch	1	60s	-	0
S4. Bicep Stretch	1	60s	-	0

DAY 6 OF 6

Core Training

Floor Series - high reps 8-10 movements of your choice



DIET PLAN

Notes

There will be five “moderate” carb days and two “mega-high” carb days per week.

Don't worry if you have to skip a meal or you don't precisely meet all the requirements. These guidelines have been set for a clean bulk program.

The diet examples listed here are based on a lean body mass of 230 pounds.

Training Meal:

To be consumed for all strength training sessions.

Pre-workout:

1 scoop whey isolate, 1 scoop Anatrop, 1.5 scoops waxy maize

During workout:

1 scoop Anatrop, 1 scoop waxy maize

Post-workout:

1.5 scoops whey isolate, 1 scoop Anatrop, 3 scoops waxy maize

Moderate Carb Days:

5 days per week

Ratio for each meal:

50 grams protein (about .2 grams per pound lean body mass)

15 grams added fat (about .07 grams per pound lean body mass)

30-40 grams carbs (about .15 grams per pound lean body mass)

Eat when hungry. This could entail 5 meals, or as many as 10.

This ratio makes allowances for SOME "normal" food – see restaurant examples.

Example:

8oz steak

1/4 – 1/3 cup cashews

1 cup cooked brown rice

Restaurant:

Order an 8oz sirloin, potato and a salad with oil and vinegar.

You can occasionally have fries instead of a potato, but that's all your allotted fat for the meal, so NO buttered steak sauce, and NO oil or dressing on the salad.

Subway:

Footlong grilled chicken breast with cheese.

This is higher in carbs than would be ideal, but it's about the right amount of fat (18g in the cheese), and approximately the right amount of protein.

Arby's:

Giant roast beef.

You may need to order a second roast beef and pile that meat onto the first sandwich. This will contain close to the correct amounts for the ratio.

Packing food for work:

Cook a large amount of meat, along with rice or potatoes.

Bring a big bag of cashews, almonds or peanut butter. 3 spoonfuls of peanut butter is approximately 25g of fat.

Tips:

Keep cheat meals to a minimum.

The restaurant meals listed above aren't really classified as "cheat meals," but they're not perfect.

A true "cheat meal" would be something like McDonald's. Minimize these.

Mega-High Carb Days: 2 days per week

Ratio for each meal:

20 grams protein (about .09 grams per pound lean body mass)

0 grams added fat

100-200 grams carbs (4-6 meals of 100g, 4 meals of 200g) (about .43 grams and .86 grams per pound lean body mass)

½ of all carb sources should be “clean” (see list below). The other ½ can come from any carb source that is very low in fat.

Example:

½ chicken

2 cups rice

24oz grape juice

Food Sources

Protein

Egg Whites

Eggs

Omega 3 Eggs

New York Strip

Lean Ground Beef

Lean Pork

Turkey

Chicken Breast

Veal

Tuna

Lobster

Shrimp

Lowfat Yogurt

Lowfat Cottage Cheese

Protein Shake

Carbs

Sweet Potato

Yams

Potato

Cream of Wheat

Low Sugar Oatmeal

Malto Meal

Brown Rice

Rice
Whole Wheat Pasta
Whole Grain Bread
Strawberries
Melon
Apples
Oranges
Bananas
Berries
Pineapple
Papaya
Ezekiel Bread
Low Fat Cereal
Carb Drink
Rice Cakes

Vegetables

Broccoli
Corn
Bell Peppers
Cucumbers
Beans
Lettuce
Cauliflower
Green Pepper
Celery
Peas
Green Beans
String Beans

Fat

Fish Oils
Borage Oil
Mixed Nuts
Almonds
Natural Peanut Butter
Almond Butter
Cashews
Evening Primrose Oil
Olive Oil

Sample Layout:

Monday: Training Session #1 (Mega-High Carb)

Tuesday: HIIT Training

Wednesday: Training Session #2 and Steady-State Cardio

Thursday: Steady-State Cardio

Friday: Training Session #3 (Mega-High Carb)

Saturday: HIIT Training

Sunday: Off OR Steady-State Cardio

Monday: Training Session #4 (Mega-High Carb)

Tuesday: HIIT Training

Wednesday: Training Session #5 and Steady-State Cardio

Thursday: Steady-State Cardio

Friday: Training Session #6 (Mega-High Carb)

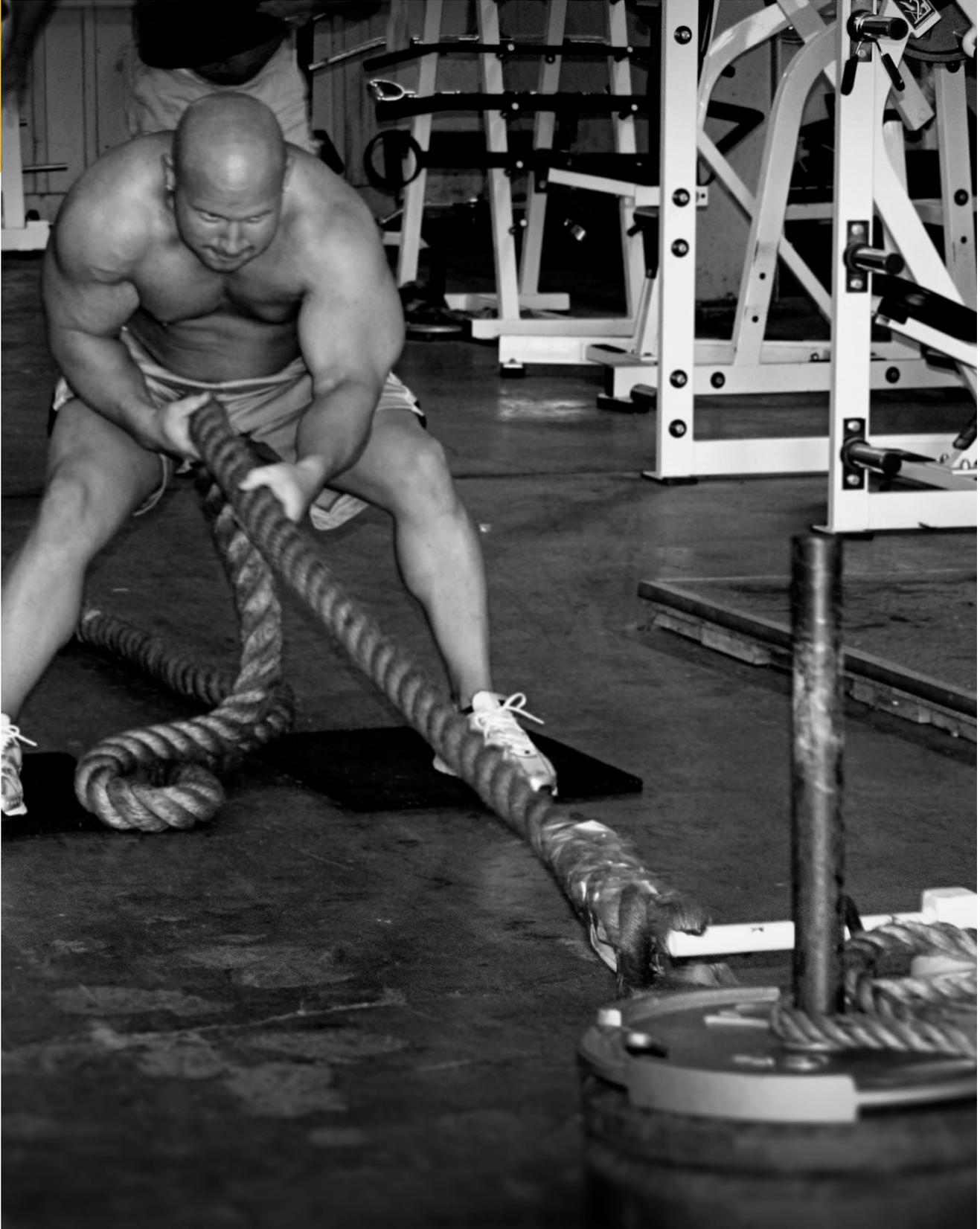
Saturday: HIIT Training

Sunday: Off OR Steady-State Cardio

I'd like to extend my thanks to Alwyn Cosgrove, Jim Wendler and Justin Harris for their help in the development of this training phase

Recovery

1.3



RECOVERY PHASE

2 WEEKS

This phase is designed for recovery and restoration. PLEASE note you will NOT lose size or strength on this phase. In fact – it will prime you for greater gains in the next phase. Take this time to RELAX, give your body and mind a break. This phase will help you to recover from the last as well as deload your training for optimal future gains.

Notes

Tempo:

Every movement will be performed with a 2 count on all sections of the movement except for a 5 count at the fully stretched position. This will be noted as SC (stretch count).

The warm up workout tempo will stay moderate (M).

Days:

This program calls for two to three training days per week, with 1-2 rest days between sessions.

Sets:

Warm-up sets are NOT listed in the templates. Do what you feel you need to do in order to prepare yourself for your work sets.

Exercises:

It is acceptable to replace any movement with another as long as the replacement is a movement within the same plane.

To look up program exercises please visit www.EliteFTS.com/exerciseindex

Time:

No individual session should exceed 60 minutes.

Load:

Keep load (weight) LIGHT

– this program is designed for the loaded stretching aspect of each movement.
A load to use would be 50% of the weight you could use for a set of ten repetitions.

Rest:

Listed in seconds.

Warm Up Workout:

To be performed before every strength session.

WARM UP WORKOUT

Movement Prep & Corrective Movements

Movement	Sets	Reps	Tempo	Rest
Hip Crossovers	1	12-15	M	0
Leg Kicks	1	12-15	M	0
Lying Opposites	1	12-15	M	0
Leg Adduction	1	12-15	M	0
Leg Abduction	1	12-15	M	0
Reach and Roll	1	X	M	0
Free Squats	1	12-15	S	0
YTWL	1	12-15	M	0

ENERGY SYSTEM TRAINING

Notes

Two (2) total cardio sessions per week, consisting of two steady-state sessions.

Steady-State Cardio: 2 times per week

20 minutes steady-state work.

Sessions will consist of bike, stepper, elliptical, rowing, walking, stationary bike, treadmill or any other cardiovascular activity.

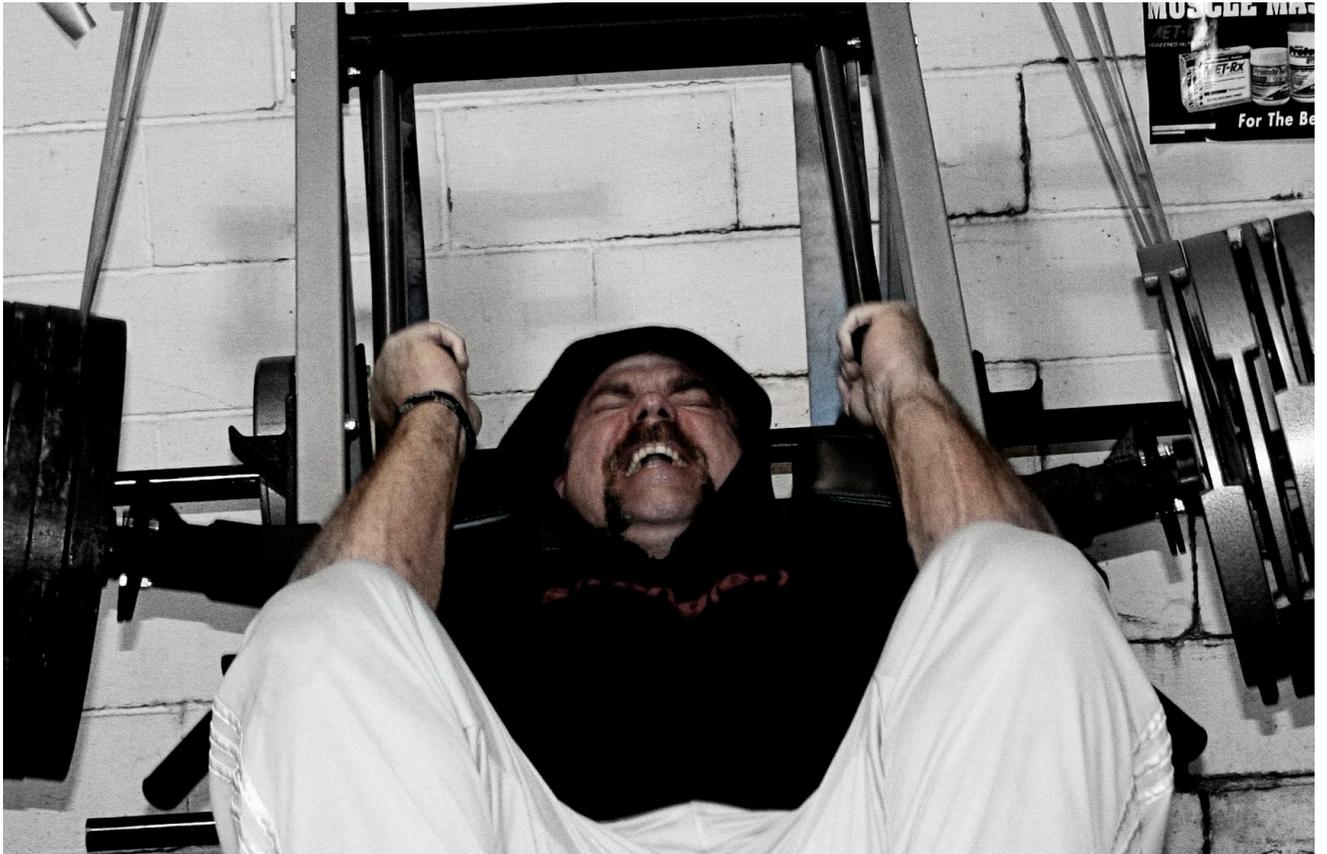
Recovery Strength Session (2-3 times per week)

Movement	Sets	Reps	Tempo	Rest
A1. Close Stance Free Squat	1	6	SC	30
A2. Stiff Leg Deadlifts	1	6	SC	30
B1. Dumbbell Presses	1	6	SC	30
B2. Chest Supported Rows	1	6	SC	30
C1. Dumbbell Flies	1	6	SC	30
C2. Rear Delt Bent Cable Raises	1	6	SC	30
D1. Incline Dumbbell Curls	1	6	SC	30
D2. Dumbbell Overhead French Press	1	6	SC	30
E1. Wide Grip Pull Downs	1	6	SC	30
E2. Arnold Press	1	6	SC	30
G1. Swiss Ball Sit Ups	1	6	SC	30
G2. 45 Degree Back Raise	1	6	SC	30

DIET PLAN

Notes

This is SIMPLE – TAKE A BREAK for the next two weeks. Eat what you want and enjoy life. Try not to go overboard!



Frequently Asked Questions

FAQ



What are you looking for other than following the program? Do you want detailed training logs, pictures, measurements, and weekly updates? What are my responsibilities to you?

In this phase, I'm just looking for how you feel and how you think you look. Nothing more. Isn't this really what a program is supposed to do? I'm not really into collecting testimonials. I just want to know how you like the program and whether or not you felt it worked for you and helped you meet your training goals.

If I do sell this program, the buyer of a program like this will have general goals to feel better, get stronger, and look better. Most people won't take the time to do any fitness testing so I want to duplicate the exact customer experience. I feel that this is the only honest and true way to tell if a program will be successful or not.

We already know that you will add muscle and drop some body fat. Just changing the program will do that much. What I'm looking for is making the training "feel" like training. I want to make it hard but enjoyable and safe. In other words, I want it to be hard enough to take out any frustrations and aggressions that you have or just to satisfy the part of us that just loves to train hard, yet do so in a way that we don't get hurt in the process. Not being competitive athletes, we can hammer down and back off as needed. We don't have to try and fit it all into a set time.

Asking questions will help. I know that this will need a FAQ to help others figure it out. The one thing I always wondered about other programs that were alleged as being tested was why there were always so many questions about it. I think that if anyone really did do the program, there would have been a ton of questions and those questions would have been addressed in the program.

Is there a place where I can look up an exercise to make sure that I understand what the movement calls for? I may know it by another name (or not at all)! I see that you can substitute out some movements. For example, would pull-ups be acceptable for wide grip triceps push-downs?

The movement will be on the exercise index on our Q&A. If there are some you can't find, email me and let me know. I will tell you how to do it and then add it to the Q&A. To keep the size of the program down, I don't want an exercise index with it. However, I do want all of the movements with the same name on the exercise index.

For the substitutes, go with the same movement plane. So a pull-up (vertical pull) would be the same as a pull-down. A wide grip push-down (arm extension) could be the same as any other extension. The kettlebell work would be great for your HIIT training or even your warm-up work.

Some clarifications please...

Page 6 mentions GPP of eight weeks. The following text only describes four weeks of workouts. Should this be four weeks?

On pages 11, 12, 13, and 14 where the workouts are described, the header reads, "Day 1 of 4," "Day 2 of 4," etc. Should these be "Week 1 of 4?" This brings me back to the point above. Is it four weeks and not eight?

I'm a little confused on carrying out the strength training in Phase 1.1. It reads...

Monday: one set per movement past failure (10–15 reps)

Wednesday: one set to failure (6–8 reps)

Friday: two sets shy (1–2 reps) of failure (8–12 reps)

So on Monday, I will do only one work set of each exercise, but what does "past failure (10–15 reps)" mean? In this one set, if I fail at rep eleven on squats, I go beyond past failure. Wednesday is fairly clear. On Friday, should that read "2 reps shy of failure?" Are we talking about Monday = extremely intense, Wednesday = intense, Friday = less intense? Does that make sense?

Thanks for the questions. This phase is a four-day training split rotated over a three-day training week. For example:

Workout rotation

Monday: Day 1
 Wednesday: Day 2
 Friday: Day 3
 Monday: Day 4
 Wednesday: Day 1
 Friday: Day 2
 Monday: Day 3
 Wednesday: Day 4
 Friday: Day 1
 Monday: Day 2
 Wednesday: Day 3
 Friday: Day 4

This is how actual movements in the program rotate. The intensity (sets and reps) stay the same by day.

Intensity rotation

Monday: one set past failure
 Wednesday: one set to failure
 Friday: two sets shy of failure

Intensity definitions:

Past failure: There are several options here. Perform a set where you will fail around 8–10 reps and then use strip sets, rest pause sets, force reps, negatives, cheating, or any other means to get a few extra reps.

To failure: This is defined as training to the point where you can no longer do the reps with good important. When your form breaks, failure has been met. To go further is doing the same as training past failure and will lead to an overtraining state with this program.

Shy of failure: This is just what it says. If you can do ten reps to failure, on this day you will just do eight.

Further clarification

Monday: Day 1
 Wednesday: Day 2
 Friday: Day 3
 Monday: Day 4
 Wednesday: Day 1
 Friday: Day 2
 Monday: Day 3
 Wednesday: Day 4
 Friday: Day 1
 Monday: Day 2
 Wednesday: Day 3
 Friday: Day 4

Notice that Monday is the high intensity training past failure day. Now you can see how each workout gets training with this intensity method one time in a 12-day period. So over 12 days, you have one past failure session, one to failure session, and one shy of failure session.

Out of curiosity, is this project an outgrowth of your own personal training odyssey? Or is it more an assessment of the business potential?

It's really more of an outgrowth of my own training. When I retired from the sport, I was beat up and not in healthy condition. I was in powerlifting condition. I knew that I had to drop weight and increase my conditioning, but I hated the idea of getting smaller and not being able to train heavy. As I progressed, I found that I couldn't jump from point A to point Z. There had to be stages to get there. I also found that I needed to have challenges to keep the fire burning. I knew I wouldn't want to compete in bodybuilding, but I liked the idea of cutting body fat while trying to add muscle.

63

Over the years, I've found that I need to have phases of very high intensity to build muscle, phases of controlled intensity, phases for maximal strength, phases for conditioning, and finally, phases to drop body fat. I found that when I set them up in a specific pattern, I was able to always train hard, avoid injury, and add muscle while losing body fat. I also found, with Justin Harris's help, ways to diet and have phases of just being normal while still making gains.

The real turning point was when my wife decided to start training again after an eight-year hiatus. I was excited to have a training partner again because I had been training alone for almost every session over the past few years. I wanted to be able to make this work for her while still doing what I needed to do. So I started to write down what I've been doing for the past few years and really examine it. I saw that intermediate lifters could do this if they came in with the recovery phase that I've used (Phase 1.1).

The program was first written so that my wife would have something to follow if I wasn't around. I then sent it to a few others who also followed the program and loved the way it worked for them. In addition, they really liked the program because every phase is totally different yet each builds on the other. It's easy to do this when you don't have to plan for a specific event.

They suggested that I sell the program. I've never been excited about selling programs. Most aren't very good and have never been tested. I compromised and agreed to put out a Beta version. I gave it to a medium-sized group to see what they thought and felt about it. After I receive their feedback, I'll ask them (you) how much they think it is worth.

The FAQ was my idea. I figured that if I had 50 people and I picked some who were very intelligent in training and others who really didn't have a clue, I'd be able to compile a FAQ to go with the program that would help ensure success for everyone.

To really answer your question, this is something I'm really excited about and love doing. If it sells, that's great. If not, it will make a great article in the future. Right now, I'm just excited to see what others will think about it.

I will be starting Phase 1.2 of the program on Monday. I know that you said to do Phase 1.3 for a week first. However, I feel that I've only been on my current training phase for two weeks so a week of recovery isn't necessary. Of course, if you insist that I do it, I will. Also, in terms of the supplements around the training meals, unfortunately I have about 8–10 lbs of BCAAs already so I will be using that and powdered Gatorade instead of the Anatrop and Wazy Maize. Once I run out of Gatorade, I'll purchase some Waxy Maize, but I already have these and the whey available.

Starting Monday, my weekly schedule (if I do begin with Phase 1.2) looks like this:

Monday morning: Lifting session #1

Monday evening: Steady state cardio (walking the dogs with my wife for about 30 minutes)

Tuesday morning: HIIT training (I don't have any sleds or the Prowler until I get back to my old gym so this will be of the treadmill variation); sauna

Wednesday morning: Lifting session #2

Thursday morning: Lifting session #3

Thursday evening: Steady state cardio (walking the dogs again)

Friday morning: HIIT Training

Depending on soreness, I might have to switch my Thursday and Friday morning workouts around. However, I'll see when I get there.

My diet will consist of moderate carb days during the week and mega high carb days on weekends. I might also drop the numbers slightly because I'm currently around 215 lbs. I'll see after a week how I'm feeling and looking and if I'm full or not. If there is anything that you think I should change or modify in any way, please let me know.

Your supplements are ok. The key goal with this phase is just to get people to take anything pre- and post-workout. I would add creatine to your mix. Take 5 grams before, during, and after your training. Also, add about 30 grams of fast carbs after training with the Gatorade (fruit juice, fruit, or gummy bears—anything that is high sugar and no fat)

Your week looks okay. However, because Wednesday and Thursday are back to back, it may get to be too much. Only time will tell. For me, the days of the week were and still are different all the time. Sometimes you get stuck going back to back. Just play this one by feel.

You really need the high days to be on training days for the best results. If you need tips on how to do this with a busy schedule, let me know. Remember, the HIIT can be any interval work so light gassers, metabolic training, kettlebells, or even band and body weight movements will work. You could even push your car.

- 65 While there are some products in here (anatotrop, sleds, ect.), the FAQ will contain many alternative ideas for those who don't have and don't want to purchase items. As we go, I'll let you know what is necessary and what can be substituted. For example, your training drinks are more of a habit right now because you aren't in negative calories. If this was a diet phase, I would suggest something completely different.

I've been asked about the spinky ball about 20 times already. This is on the site. I prefer it for recovery, but a baseball, tennis ball, or any ball will do just fine. PVC pipe or what I used last week—a log—can be used as a foam roller. However, the stick is a hard one to duplicate. You could just use the foam for your quads and hamstrings, but I've found the stick to be easier to use.

The notes under the “Energy System Training” section indicate two steady state cardio sessions and one HIIT cardio session. However, the examples give both twice a week. Do you want two and one or two, twice a week? Can I do both types on the same day in the morning and evening?

I wouldn't do both on the same day. With HIIT, you can do one or two per week (this is really up to you and whether you want to eat more or try to cut some fat). I listed two in the example so that people could see how two fit together. If you do decide to do two, make sure it doesn't affect your strength work. If it does, you'll begin to feel sore longer and not as strong at the end of your workouts.

I understand that the intensity rotation has to remain the same (MWF), but is there a reason why you picked past failure for the very first day of the program?

For most, this day will fall on a Monday, giving you two days of rest before the highest intensity day. Even with the two days, the first few weeks will be an adjustment. If you do feel trashed, try to add in a light extra workout of just foam roller and cardio work on Saturday or Sunday.

What's up with all of the calf raises and curls? Each day looks like a Westside workout because it starts with one of the three main lifts (I miss the deadlift) and then progresses to more accessory-type moves. My training has mostly been oriented toward the large muscle groups. It has been years since I've trained individual muscles. Just asking!

“It has been years since I've trained individual muscles.” Bingo! This is one of the reasons why I put those movements in the program. It's strange to me that people will spend time training stabilizer muscles for their main core lifts such as external rotators, TKEs, and reverse hypers but never think that their biceps are also a huge stabilizer in the bench press. Then they complain about elbow pain and bicep tendonitis, or they strain a pec. Calves also play a major role in knee stabilization. While some do calf raises and curls for vanity reasons, these are included because they build on the next phase. In time, you'll also see forearm and neck work for some of the same reasons.

Is there a reason why upper body exercises outnumber lower body exercises by 2:1 in Phase 1.1?

The program balances vertical pressing and vertical pulling, horizontal pressing and horizontal pulling, adduction and abduction, and flexion and extension as well as other movement planes. The assumption going into this is that most people haven't been using anywhere near a balanced program for some time. In addition, leg training with cycled intensity is very hard to recover from. In the next section, you'll see that the leg work goes up quite a bit. In Phase 1.1, we're setting the ground work.

Do you have any recommendations for training percentages based on maxes? For instance, if you max squat 300 lbs, your sets to failure for eight would be at 80 percent. Your sets with two in the tank would be at 70 percent and so on.

I really try to avoid this because it changes so much on the training level of the client. What I have done with this when I coach people is watch the rep speed. If it's a failure day and they're killing the set, I'll have them slow way down or even do an isometric hold on one rep to wear them out. I will then make a note to up the weight the next time around.

What's up with the calf raises? Just curious as to why they're in the program. It's difficult to really judge at what point you hit failure with a calf raise.

Check the FAQ. I just answered this question about the calf raises and curls. In short, because it's a GPP phase, the real goal is to change it up for people who have been training as units for so long. Many training programs have multi-joint movements, upper/lower body splits, powerlifting system training, total body workouts, and so on. While these are great, they also yield disadvantages that will lead to sticking points, weak points, and injuries in the long-term. For example, have you ever noticed how many powerlifters complain about their elbows hurting or complaining of bicep tendinitis? Almost all pec tears are at the bicep tendon insertion. Notice that these powerlifters haven't performed curls in years.

67

I don't feel that these need to be part of a total program for lifters for the entire year, but they should be in an off-season state. Think of it this way. In order to lift big weights or have great motor function, the body has to work as a unit. Nobody will disagree with this. Many functional trainers will use movements such as pillars, stability ball work, and mobility work to accomplish this goal. This has its place (and it will always be a section of this program design). However, it's limited because these movements will make your core movements weak over time. I never understood how they could say that you need to train small isolation muscles like the rotator cuff and ankle but never say a word about the calves, forearms, biceps, or neck.

Your head is really a prime mover in almost every movement because your body will always follow your head. The heavier the load, the more strain on the entire body. You'll see weaker people look down, not straight ahead or up. The biceps support the bench press. Well, they support just about every movement. You get the point. So what we're doing is taking a race car (the client) that has been racing for years into the shop, and we're taking all of the parts out, putting them on the floor, cleaning them, and fixing each one. We're trying to do this as independently as we can. As the program continues, these parts will be put back into sections, back in the car, and then back on the track.

I understand that you wanted the failure days done until form breaks down. However, is it detrimental if they've performed to the point where they can't do another rep and then do five more through rest/pause? With some of the exercises, it's very difficult to peg down when exactly the form breaks down sufficiently enough to actually stop the exercise.

If you're having a hard time with some of the clients on some movements, change the tempo to make it slower and remove all momentum from the equation.

It can be detrimental if they train past failure on more than the one scheduled day that they're programmed to do so.

The program is going really well. My body honestly hasn't felt this good in a long time. Much of the reason why I feel better is the mobility/flexibility work. I've neglected it for so long, and it's good to have to do it again. I'm looking forward to the hypertrophy phase, but I need to get my diet in check first. I still have three weeks left to do so. I was as low as 275 lbs two weeks ago but have gotten back up to 283 lbs (this morning).

As for the pre-, during, and post-workout drinks, is it alright to substitute Gatorade or fruit juice for Waxy Maize during the hypertrophy phase? If not, what would you suggest? Thanks again for this opportunity. I'm really enjoying the program so far.

While Gatorade isn't the best choice, it's okay for this phase. The goal is to make sure you're getting in the habit of pre-, during, and post-training liquids. Most people have better luck watering down their Gatorade or using G2.

I'm about to start Phase 1.2, but I can't find the descriptions of the stretches on the website. Where should I look?

The stretches are simple. Just do anything to stretch the body part listed. The position that you feel the tightest in is the one you want to use. Just do a Google search for the body part and stretches. So, for example, you would Google triiceps stretches.





The information and images in this book are the copyright property of Elite Fitness Systems. Neither this book nor any information or images contained herein may be copied or used in whole or in part without the express written permission of Elite Fitness Systems.

©Elite Fitness Systems. all rights reserved.

