

Training Guidelines and Tips, 3 day Beginner Training Program

Muscle focus	When performing these exercises you should ideally be focusing on the muscle your using and only that muscle. Building a solid mind muscle connection will be very important in many exercises.
Sets	Your number of sets will be listed, these are the number of working sets (not including warm up sets) you will do after you have theoretically warmed up or acclimated up to your actual working weight.
Reps	This will be the number of repetitions you are capable of with the weight your using. I would only recommend going to muscle failure when listed in the program. All other sets should be challenging but not to complete failure. Ideally keeping 1-2 reps in reserve is ideal so you can complete your volume for the day without failing.
Rest	Rest periods will vary based on lift and intensity used on the lift. Many lower rep sets will use higher rest times and many high rep sets will use a bit lower rest time.
Drop Set	For drop sets, on your last set you will reduce the weight used by 40-50% and continue to push the reps until you reach muscular failure on that lift or poor form in which we would recommend you stop. If you form is suffering its time to back off.
Super set	Super sets are a technique used to group exercises together (2 or more) this causes greater metabolic stress.
Failure	Failure as used in this program will be performing a set with a given weight until you can not longer maintain proper form or range of motion (ROM).
Warm ups	Your daily warm up will include a 5-7 minute cardio warm up to elevate heart rate and get blood flow moving to all muscles and joints.
Mobility	After your cardio warm up 5-7 minutes, it would be ideal to utilize dynamic stretching and banded hip/ rotator cuff warm ups depending on what your training on that day. You should work the motions (example: body squat, hip hinge, OHP with light weight, bench press with light weight) you will be using in the session. (either upper or lower body)
Muscle activation warm up	Chose a exercise that will stimulate the muscle that you will use on that day and perform a few light warm up sets to get blood flowing to the joints and muscles you'll be using. Example: for lower body it could be 1x20-30 reps on the kettle bell sumo squat and for upper body it could be the rotator cuff warm ups (internal and external rotation) followed by a few acclimation sets with light weight before reaching your working weight.
Acclimation	You will start your lifts after you warm up and slowly work your way up to your actual working weight by increasing the loads used by about 10% of your max each warm up set to make sure your body is ready for your working sets.
Progression	Progression is any adjustment made that will help the client improve. Ideally we want to adjust one variable (weight, repetitions, TUT, less or more rest) each week over the the course of the training cycle (typically 4-6 weeks) you will increase as you can from week to week. It could be adding weight to your lifts or adding a rep to your lifts so long as your making small progress that is the goal. The room for progression is always there. through these variables (increase weight, increase repetitions, increase TUT, adjust repetition cadence, increase or decrease rest time).
Deloads	Every 4-6 weeks I recommend that you de load your client by reducing total volume of working sets by 1 full set or reducing total training volume in half. In regards to the weight used you can either remain the same or reduce by 10-20%. Note: reducing weight could could a minor reduction in strength. (Example: 3 sets of 10 @ 200 pounds would change to 2 sets of 10 @ 170 pounds) or (4 sets of 12 @ 200 pounds would change to 2 sets of 12 @ 170-200 pounds)
3 ways to grow muscle:	Mechanical tension (heavy, muscle loading)/ metabolic stress (high rep with moderate weight, and cell swelling (limited rest and high rep to cause muscle damage).
Eccentric (lengthening) and Concentric (shortening)	Eccentric contractions or the lengthening of muscle tissue has been shown to be the main factor in causing muscle damage which ultimately leads to hypertrophy. As a intensity technique you can focus on the eccentric phase of the lift to force greater tension to the muscle. The concentric phase is the part of lifting where the muscle is in its fully contracted (shortened) state, this forces blood and nutrients into the cell.
What can you do once you plateau?	When you reach your plateau and can no longer make strength or volume increases, that would be a opportune time to de load. We would prefer that you master your movement patterns over 1 to 2 training blocks before changing the exercises to keep things fresh.
Notes:	These recommendations are for newly trained clients.

Beginner 3 day total body routine (prioritizing major muscle groups)

Progression for weeks 1-4 to 6 (dependent upon how client feels)

Option A) Add 5 pounds to the bar and keep sets and repetitions the same for the week.

Option B) Add 1 repetition to your rep count and keep weight used the same for the week.

Option C) Increase the TUT for your lifts (example: 2 second eccentric phase/ 1 second concentric phase)

Option D) In order to complete all sets and reps increase rest time to greater than 2 minutes.

Option E) Do not add entire sets to your routine, rather increase the repetitions each week until you reach either 10-12 on strength focused days or 15-20 on your other days. Once you have reached a higher level of repetitions with the same weight you should be able to drop your reps back down to their original area but start out using heavier loads than the previous training period.

Adjustments are no always necessary, movements should be arranged by clients priority

Note: You will not always be able to advance every exercise in every training block, this is a marathon not a sprint

Week 1- Start	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week: starting out
Squatting motion	3x6		3x9		3x12			9
Deadlift/hip hinge movement	3x6		3x9		3x12			9
Over head pressing movement	3x6		3x9		3x12			9
Flat bench press movement	3x6		3x9		3x12			9
Vertical pull down movement	3x6		3x9		3x12			9
Bicep curl	3x6		3x9		3x12			9
Tricep extension	3x6		3x9		3x12			9
Core movement	3x6		3x9		3x12			9

Week 2	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week:
Squatting motion	3x6		3x9		3x12			
Deadlift/hip hinge movement	3x6		3x9		3x12			
Over head pressing movement	3x6		3x9		3x12			
Flat bench press movement	3x6		3x9		3x12			
Vertical pull down movement	3x6		3x9		3x12			
Bicep curl	3x6		3x9		3x12			
Tricep extension	3x6		3x9		3x12			
Core movement	3x6		3x9		3x12			

Week 3	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week:
Squatting motion	3x6		3x9		3x12			
Deadlift/ hip hinge movement	3x6		3x9		3x12			
Over head pressing movement	3x6		3x9		3x12			
Flat bench press movement	3x6		3x9		3x12			
Vertical pull down movement	3x6		3x9		3x12			
Bicep curl	3x6		3x9		3x12			
Tricep extension	3x6		3x9		3x12			
Core movement	3x6		3x9		3x12			

Week 4	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week:
Squatting motion	3x6		3x9		3x12			
Deadlift / hip hinge movement	3x6		3x9		3x12			
Over head pressing movement	3x6		3x9		3x12			
Flat bench press movement	3x6		3x9		3x12			

Vertical pull down movement	3x6		3x9		3x12			
Bicep curl	3x6		3x9		3x12			
Tricep extension	3x6		3x9		3x12			
Core movement	3x6		3x9		3x12			

Option to de load, based on clients results and how client feels physically and mentally

Week 5	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week:
Squatting motion	3x6		3x9		3x12			
Deadlift / hip hinge movement	3x6		3x9		3x12			
Over head pressing movement	3x6		3x9		3x12			
Flat bench press movement	3x6		3x9		3x12			
Vertical pull down movement	3x6		3x9		3x12			
Bicep curl	3x6		3x9		3x12			
Tricep extension	3x6		3x9		3x12			
Core movement	3x6		3x9		3x12			

Option to de load, based on clients results and how client feels physically and mentally

Week 6	Day 1 -Strength based	Off	Day 2	Off	Day 3	Off-recovery	Off-recovery	Total sets per week: starting
Squatting motion	3x6		3x9		3x12			
Deadlift / hip hinge movement	3x6		3x9		3x12			
Over head pressing movement	3x6		3x9		3x12			
Flat bench press movement	3x6		3x9		3x12			
Vertical pull down movement	3x6		3x9		3x12			
Bicep curl	3x6		3x9		3x12			
Tricep extension	3x6		3x9		3x12			
Core movement	3x6		3x9		3x12			

We recommend a de load after 6 weeks if you haven't used one to this point, please consult your coach for further instruction.

DE LOAD WEEK

De load instruction:

-Keep all weights used the same (optional) discuss on the (details page).

-Reduce volume in half.

-This results in a reduced training volume, which allows the Central nervous system to recover.

-Once the de load week is over, you will start the program over again in the same fashion. However, if you would like you can substitute the exercises to keep your training fresh.