

GET STRONG AF

So you want to get strong?

Well, this is the perfect program for you!

The program will focus on 3 basic lifts:

Deadlift



Squat



Pull Up



Depending on what you prefer, we will focus on 1 of these lifts each week, but this will change if:

1. You decide you would prefer to only work on 1 or 2 of the lifts instead of all 3, or a mixture of all 3 or just 2 of them.
2. We achieve our targeted goal on one of the lifts and will then focus on the other 2 or just 1 of the 2 that are left.

Training will consist of 3 days a week for an hour each session, and the off days will consist of stretching and mobility work which will be outlined to you throughout the program.

We will look at and follow several principles during training, the more we honour these principles, the more likely we are to see results.

Principles

Principle #1

Consistency

Consistency is one of the main principles of this program, and is something that we consider a habit, and the more we work on this habit, the more likely we are to see results.

The human body NEEDS consistency.

For example, to develop the triceps, a favourite exercise of mine is a Supinated (lying face up) Lying Dumb Bell Tricep Extension.

The more consistent we are at performing this exercise, the more likely we are to see definition in our arms.

I like this exercise because it teaches the client how to brace the abdominals to avoid excessive lumbar arching and teaches the client how to fully flex and extend the elbows

through a full ROM.



The weight I am using in this picture is 3kg.

Since then I am up to 8kg for 10-12 reps and also 7kg for up to 15-20 reps.

I get more of a muscle burn doing a lighter weight for more reps, and this helps increase the overall size of the muscle, whereas with the higher weight I am still breaking the muscle down, the difference is I am challenging the muscle neurologically to handle heavier weight.

We may perform this exercise every training session for the week where we perform our specified exercise as a way to engage more aesthetically pleasing training, it is important to strength train, but confidence will naturally increase when we look better too.

Principle #2

Progressive Overload

Progressive overload states that a muscle needs to be overloaded with stress during each training session to elicit a growth response and adaptation.

This overload could be:

- More reps than previously
- More weight than previously
- Different angle on the muscle during training
- Different tempo during training
- Different variation of exercise

These factors play a massive part in training, eventually the stimulus you are using can become less stimulating and new exercises are needed or you need to increase the weight.

Principle #3

Recovery

As a principle, you would spend your rest days working on your stretching and foam rolling/self myofascial release.

Muscles get tight either through contraction or from being too dormant, stretching and foam rolling allow a muscle to relax and lengthen, which increases blood flow to a working muscle, allowing nutrients to flow to the muscle and help recovery as well.

This program will follow these principles to help you develop the best body and strength you can get.

Why Those Exercises?

The deadlift, squat and pull up, single handedly, have the most function to every day life, as well as train the most muscle in the shortest time possible.

The deadlift teaches you how to lift objects off the floor while moving correctly through the hip and knee joints, keeping the back flat and engaging the core.

The squat teaches you how to use your legs correctly and through a full ROM whilst simultaneously engaging your core muscles.

The pull up teaches you to maximise your upper back muscles and core to climb objects.

What Do These Exercises Do?

Burn Calories and Increase EPOC

These exercises will help you burn calories during training, but more importantly, after training as well.

EPOC stands for Exercise Post Exercise Oxygen Consumption, and describes the phenomenon whereby our muscles lack oxygen following a workout and so the heart rate increase and our metabolic rate increases, burning calories in a bid to breath in more oxygen for adequate recovery.

Build Strong Muscle For Stronger Joints

Our joints are controlled by tendons and ligaments, and the tendons connect our bone to our muscle.

Our muscles are responsible for controlling our joints, and the stronger our muscles are, the stronger bodied we are as well as more stable.

We are at far less risk of developing osteoperosis also because our bones become more dense after training.

Build Muscle for a faster Metabolism

Our muscles require nutrients in order to either maintain or grow in size, the more muscle we build, the hungrier we feel and thus we are likely to burn more calories due to how much nutrition our muscles need.

So if you think this is the sort of program you want to join, please head to <http://www.simonwitney.co.uk/services-1/> and click either Package A, B or C to begin training, I can't wait to start working with you!