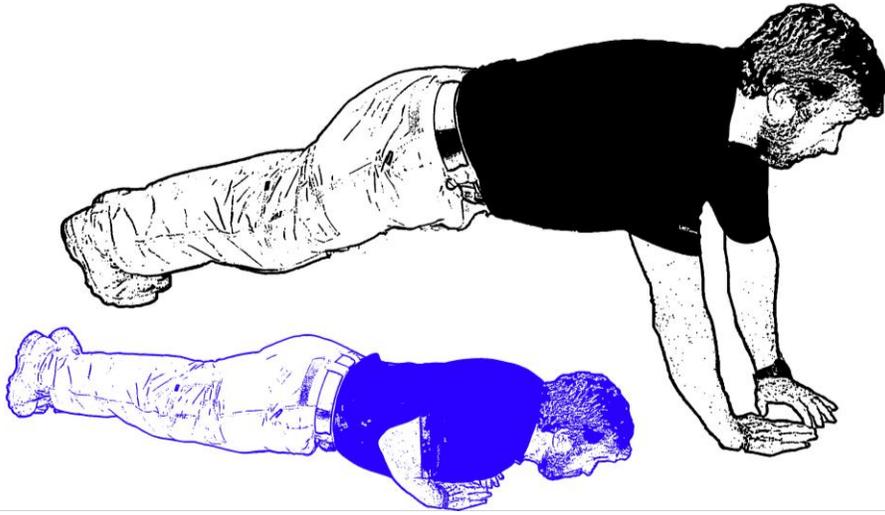


ROBERTS'
PUSH WORKOUT
Dec. 2014



WORKOUT POINTS OF PERFORMANCE

DO NOT GO TOO HEAVY WITH THE WEIGHT, unless it is a heavy scheduled workout day.

- Always pick a weight that will allow you to perform a full range of motion and control.
- If you use too heavy of a weight, for example on LAT Pulls, or any other exercise, you may not use proper form and therefore not isolate the muscles you want to condition.

My Grandmother can curl a 100 lb barbell if she throws her whole body into the movement.

Points of Performance

- Do not pause at the start or finish of each rep.
- Do not Jerk the weights up or down, use a constant pulling or pushing motion.
- In Level 3, when doing MAX sets of repetitions, perform as many reps as you can without pausing or resting. Go until failure. Failure occurs when you cannot perform a full range of motion for an additional repetition, have to pause, or start using sloppy technique.
- Rest between each set for 30 sec to up to 2 minutes, depending on the exercise.

Maximum Repetitions

Max Reps does not mean. "I will do a set of 10 and stop". It means to go until failure or loss of technique / control, then the set is complete, stop and rest. As you get stronger, add more Reps, sets, or poundage.

NOTE: Do not sacrifice technique for heavy poundage.

DO NOT PICK AND CHOOSE - DO EVERY EXERCISE

- This workout program will help you to achieve the high level of performance you will need to excel in the SEAL, SWCC, EOD, DIVER and AIRR Programs.
- This is your CORE workout program for initial conditioning. After you pass the PST, I will add in my Cross Training workout.
- These workouts are for specific muscle groups and you can do the different workouts in any order and switch them up as much as you want.
- This workout is like baking a cake. If you leave out any ingredient, or add your own, you will not have the same great tasting cake.

NOTE: #1 *

- Pick a weight that will allow you to do all the reps and achieve failure on the last rep or two. Two reps above or below your target repetitions.
- Use continuous motion from the start and finish of each exercise-movement.
- Perform each repetition slow (NO JERKING), with a consistent speed, enough to achieve full range of motion with out cheating, on the exercise.
- Control the weight throughout the entire range of motion.
- If you have to pause during your repetitions, you are at the failure point. Stop the exercise and take the prescribe rest period between sets.

Level 3 EXERCISE EXAMPLE

Shoulder Lateral Risers - *for this exercise use two, 5 to 15 Lb. plates., Dumbbells, or no weight at all.*

Perform this exercise, doing repetitions until your shoulders really start to burn. When you feel you are getting to the point of failure, pick a number ie.20...35 and push yourself to achieving that number. This number should be your point of failure. Rest for the prescribed seconds Repeat exercise for the prescribed number of sets to failure.

Speed and control

- Use a constant and controlled speed throughout the full contraction and extension of each repetition.

Going to failure

- Failure occurs when you have loss technique and have to cheat, or are unable to complete a full range of motion, or have to pause during the exercise.
 - For all **dumbbell** and **cable machine** exercises, you pick a weight that will allow you to achieve the desired repetitions to failure. Failure is 2 repetitions above or below the target reps.
 - I will use the term “Failure Weight (FW)” instead of a listed weight.
Example: Instead of 5x10x35lbs it will show 5x10xFW

Levels of Exercises

I have developed the workouts in to 3 Levels.

Level 1 is for the person using this program for the very first time. Level 1 will last you from 1 to 2 weeks. Dependent on your exercise back ground.

- Consists of free body weight and isometric exercises.

Level 2 is for the person with a history of working out. Level 2 will last you from 1 to 2 months. Dependent on your exercise back ground.

- Consist of mostly 3 to 5 sets of 10 -15 repetitions.

Level 3 is for the advanced or well-conditioned person. Level 3 will work for you for all future workouts.

- Consist of mostly 3-5 sets to failure with full range of motion or loss of proper technique/control.
- Note: Do not relax the arms at the top or bottom of any movement unless specified.
Maintain continuous tension throughout the movement.
- Pick a weight that will allow you to get the desired repetitions per set. Any weight listed in a workout is a starting point, adjust from there.

Note: DO NOT SACRIFICE TECHNIQUE FOR HEAVY WEIGHT.

PUSH WORKOUT

CHEST, SHOULDER, TRICEPS * amount of weight to use is minimum

Shoulder Risers

Level-1. 3 x 10 to 15 no Weight

Level 2. 3 x 15 to 25 x *5 lb DB

Level 3. 5 x to failure *5 lb DB

(DB) Dumbbells



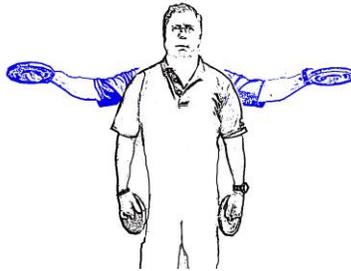
- * Start with your hands down in front of you.
- * Lift the upper arm parallel to the floor.
- * Rotate the forearm up and back
- * Lower the arms back to the Start Position.

Straight Arm Lateral Risers

Level-1. 3 x 10 to 15 x no weight

Level 2. 3 x 15 to 25 x *5 lb DB

Level 3. 5 x to failure x *10 lb DB



- * Start with your hands down at your side.
 - * Lift your arms up to your side, parallel to the floor.
 - * Return to the starting position.
- NOTE: No swinging the arms up.
NOTE: Do not go above your shoulders.

45° Lateral Risers

Level-1. 3 x 10 to 15 x no weight

Level 2. 3 x 15 to 25 x 2.5 lb DB

Level 3. 5 x to failure x 5 lb DB



- * Start with arms Parallel to the floor.
 - * Lift your arms up and back at a 45°
 - * Return to the starting position.
- NOTE: Thumbs facing upward during the entire exercise.

Rear Deltoid Risers

Level-1. 3 x 10 to 15 x *15 lb DB

Level 2. 3 x 15 to 25 x *15 lb DB

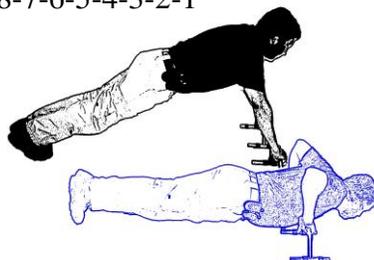
Level 3. 5 x to failure x *15 lb DB



- * Start with your hands down in front of you.
- * Rotate your arm back and slightly outward.
- * Return to the starting position.
- * Use shoulders only by bending at the elbow
- * Isolate the Tricep by focusing on lifting at the elbow.

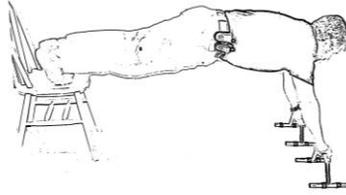
Pyramid Push-Ups

Example: 1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1



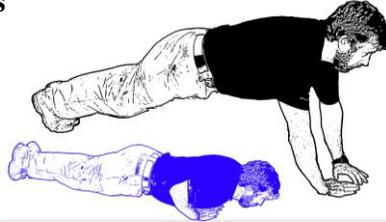
- * Always use push-up bars for your push-up workouts.
- * Do full range of motion.
- * Better to do less reps with perfect technique.

Alternate your workout with inclined push-ups to hit the upper pecs more directly. Put your feet up on a chair.



Triceps or Diamond Push-Ups

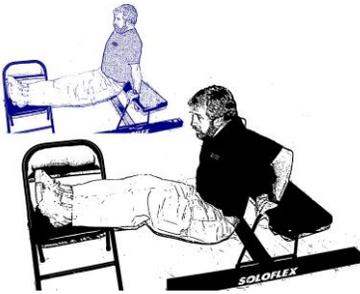
5 sets to failure



- * Start in the push-up position with the thumbs and index fingers together.
- * Go down and put the chest down over your hands.

BENCH OR BAR DIPS

3 Sets of as many reps as you can in a continuous set.



- * Place your hands on a long bench.
- * Place feet on a chair or box.
- * Go down until upper arm is parallel to the floor.



- * Place your hands on the bars.
- * jump up on the bars.
- * Go down until upper arm is parallel to the floor.
- * press up and repeat steps.

TRICEP EXTENTIONS

Palms up & Palms Down

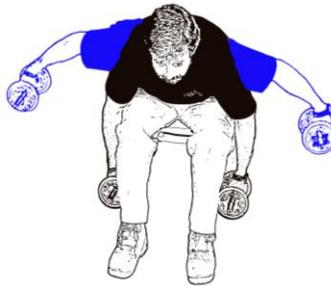
5 Sets of 15 x Failure Weight (FW)



- * Start with forearm parallel to the floor.
 - * Press arm downward until straightened.
 - * This will maintain continuous contraction of the tricep.
- NOTE: Palms down for outside tricep head.
NOTE: Palms up for inside tricep head.
- TRICEPS**

BENT OVER FLIES

5 sets of 15 with *10-20 lb dumbbells



- * Perform from a seated or standing position.
 - * Bend over so torso is parallel to the floor.
 - * Start with the arms in a hanging position.
 - * Lift dumbbells up and away from your side in a continuous motion.
 - * Return to the starting position.
- BACK OF SHOULDERS**

DUMBBELL OVERHEAD PRESS

5 sets of 15 reps with *20-5- lb dumbbells

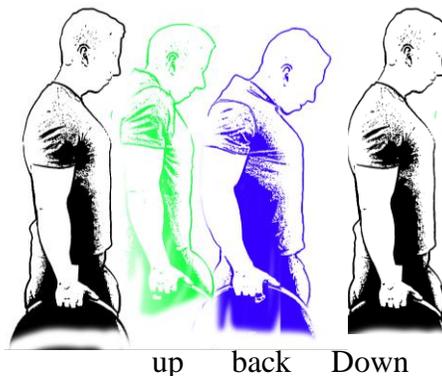


- * Start with dumbbells at shoulder level.
 - * Press both dumbbells or alternating dumbbells above your head.
 - * Never rest at the bottom, use consistent motion
- NOTE: Always press the weight straight up.
- SHOULDERS**

SHOULDER SHRUGS

5 sets of 15 reps with

*25-45 lb plates or dumbbells



- * Use dumbbells or plates.
 - * Stand with weights hanging at sides
 - * Lift the shoulders straight up, pull shoulders back and then down.
 - * Pick a weight that will allow you to perform full range of motion.
- TRAPEZIUS**

Business Card

NSW/NSO MENTOR



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