

150901 Wednesday Incline Bench Press

Pro 28:3

A poor man who oppresses the poor is like a driving rain which leaves no food.

Base: ROM 3 Rounds of MedBall alternating hands Push Ups

Begin the Rx with your right hand on a MedBall or 8-10" elevated platform. Execute a Push Up keeping one hand on the ball and the other on the floor. As you explode from the floor switch hands moving laterally placing your left (opposite) hand on the ball and your right (other) hand on the floor. Spend as little time as possible on the ground. Keep moving from side-to-side alternating hands exploding off the floor.

1 left and 1 right equals 1 rep.

20 'Snatch' Grip (Flat Back) Bent Over Row

See @ <https://youtu.be/FtJloWrUXZo>

(15)

Skill: Handstand/Walk on Hands 20 meters

Strength: 8 Rounds of Incline Bench Press

3-3-3-3-3-3-3-3

Reps to failure

Scale to skill. Extend arms locked. Lower the bar on a 4 count to increase Time-Under-Tension*. **See TUT below.** Use a weight that will create failure within the 2-4 rep range. 5 reps is too light and 1 rep is too heavy.

(15)

MetCon: 5 Rounds for time of 10 Ring Push Ups

10 Toes-To-Bar

5 Rope or Towel Pull Ups

See @ <https://youtu.be/mSP9s9kqGvc>

(12)

Stamina: In MetCon/Base

Endurance: Jog 1600

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17

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*TUT:

Charles Poliquin is the first person I remember working with this concept. https://en.wikipedia.org/wiki/Charles_Poliquin Many of us early weight training enthusiasts experimented with similar protocols but no one took the time to do the research and write about it until Mr Poliquin.

Several years ago I was researching muscle hypertrophy and read an article by him. I implemented his strategy for some huge muscle hypertrophy gains. I have been using the protocol with my athletes and students with great success.

The basic principal of TUT is to keep the muscles in a stressed environment for a prolonged period of time forcing the muscle to adapt to greater stress and subsequently to increase in strength and size. 'Tempo' is a critical component.

Tempo is generally a 4 Count negative (eccentric contraction) followed by either no pause or a 1 count pause followed by an explosive 1 count positive (concentric contraction) and a no pause or 1 count pause in preparation for the next rep. 4-0-1-0; 4-0-2-0 etc. You can play with the numbers for the desired outcome. I prefer to utilize the eccentric contraction for hypertrophy and the concentric contraction for fast twitch explosive power. I try to get the best of both worlds.

Using Bench Press as an example, the lifter would lower the load from an extended position on a 4 count (one thousand one, one thousand two, etc.) to the chest, pause/no pause at the chest, explode to a full extension on a 1 or 2 count, and pause at the return to full extension: one rep. 4-0-1-0 Tempo

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