

# 150819 Wednesday Incline Bench Press

Pro 27:18

Whoever keeps the fig tree will eat its fruit; So he who waits on his master will be honored.

*A good man will be honored for his good work!*

**Base:** ROM

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

Ring Push Ups

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

Inverted Row

Alternate between Push Ups and Inverted Row.

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

(15)

**Skill:** Handstand/Walk on Hands 20 meters

**Strength:** 3-4 Rounds of Incline Bench Press @ DB

8-10 Reps to failure

Scale to skill. Extend DB's arms locked. Lower one DB keeping the other fully extended until the working arm has completed a full rep. Lower the other arm keeping the adjacent arm extended. Lower on a 4 count to increase Time-Under-Tension\*. **See TUT below.** Use a weight that will create failure within the 8-10 rep range. 7 reps is too heavy and 11 too light.

(15)

**MetCon:** 3 Rounds of

10-15 Ring or Bar Dips

10-15 Suitcase Rows @ moderate loads

(12)

**Stamina:** 50 GHD Sit Ups

**Endurance:** 8 x 100

Use 2x the sprint time for R&R

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](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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