

The intent of this weight program is to incorporate a gradual plateau for maximum strength performance through a variety of exercises, active rest and recovery. This program is designed to avoid the common pitfall of over training injuries, while stimulating maximal and efficient muscle growth. The one cycle of the program is 8 weeks. That 8 weeks is divided into 5 phases: Strength Endurance, Hypertrophy, Maximum Strength, Power, Active Rest and Recovery. It consists of CORE, AUXILIARY, & SUPPLEMENTAL exercises.

The only input into the program will be for the 1 repetition max of your CORE exercise. Once those are determined, input those figures in the appropriate spots in the upper left hand corner of the spread sheet (*located at the bottom of the page*) will calculate the weights for each week of each phase.

The initial weights for the auxiliary and supplemental exercises should fall between 50% to 60% of your strength capability for those exercises. You want just enough weight to exert yourself and complete each set of repetitions prescribed.

Key Definitions

1. ONE REP MAX (1RM)- THE MAXIMUM AMOUNT OF WEIGHT THAT CAN BE LIFTED ONCE. A 1RM IS ONLY FOUND FOR MAJOR MUSCLE GROUPS-CHEST, SHOULDERS, BACK AND LEGS. MINOR MUSCLE GROUPS- ABS, ARMS, NECK, TRAPS, CALVES AND FOREARMS DO NOT REQUIRE A 1RM. A 1RM IS FOUND FOR CORE EXERCISES ONLY.

2. CORE EXERCISE- THE STRONGEST EXERCISE USED FOR A MAJOR MUSCLE GROUP E.g., BENCH PRESS (CHEST), SQUAT (LEGS). THE CORE IS ALWAYS DONE FIRST IN THE ROUTINE.

3. SUPPLEMENTAL EXERCISE- A WEAKER EXERCISE THAT FOLLOWS AND WORKS THE SAME MUSCLE GROUP AS THE CORE, AND HAS A SIMILAR RANGE OF MOTION (ROM) AS THE CORE EXERCISE. E.g., A SUPPLEMENTAL EXERCISE TO A BENCH PRESS COULD BE A DUMBBELL PRESS OR AN INCLINE BARBELL PRESS.

4. AUXILIARY EXERCISE- SIMILAR TO THE SUPPLEMENTAL EXCEPT THE ROM IS DIFFERENT FROM THE CORE E.g., AN AUXILIARY TO THE BENCH PRESS COULD BE A DUMBBELL FLY OR INCLINE DUMBBELL FLY.*

5. HYPERTROPHY - STAGE OF MUSCLE DEVELOPMENT DENOTED BY AN INCREASE IN MASS.

* NOTE- AUXILIARY AND SUPPLEMENTAL EXERCISES DO NOT REQUIRE A 1 REP MAX. A RESISTANCE THAT ENABLES THE EXERCISER TO COMPLETE THE DESIGNATED NUMBER OF REPETITIONS SHOULD BE SELECTED. THIS IS DETERMINED BY SOME TRIAL AND ERROR.

Rules and Regulations: Pay attention here. Ignoring these guidelines will defeat the whole intent of the program.

1. Stay with the type of exercise you selected in the first week.
2. Warm-ups do not count towards your workout routine. A warm-up is defined by a weight equal to or less than 50% of your 1 rep max.
3. The total number of reps must fall between 24 and 32. No more no less. This allows for minor adjustments in the number of reps and sets, best bet is to stay with the recommended reps and sets.
4. Don't lift longer than 1 hour. If you are lifting that long, you may be over training.
5. Adequately hydrate pre, in and post workout.
6. Eat approximately 50g of carbohydrate (200 calories) solid or liquid form about 60 minutes prior to working out.

TYPES OF EXERCISES

LEGS	PRESSES	PULLS
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Rear Squats	Bench Press	Chin Ups
Front Squats	Incline Press	Lat Pull downs
Leg Press	Decline Press	One arm Dumbbell Rows
Hack Squats	Dumbbell Fly/Press	Bent Over Rows
Lunges	Incline Dumbbell Fly/Press	Seated Rows
Leg Curls	Behind Neck Shoulder Press	Barbell/Dumbbell Shrugs
Leg extensions	Front Shoulder Press	Upright Rows
Calf Raises	Lateral Dumbbell Raises	Barbell/Dumbbell Curls



LCDR's Pearl's of Wisdom to Improve Human Performance:

1. MINIMUM NUMBER OF EXERCISES PER MAJOR MUSCLE GROUP= 2, MAXIMUM= 3.
 MATRIX CAN BE AS FOLLOWS:

- CORE – SUPP- AUX
- CORE - SUPP- SUPP
- CORE - AUX- AUX

2. MAXIMUM NUMBER OF EXERCISES PER MINOR MUSCLE GROUP= 1.



LCDR's Question and Answer email address for exercise physiology and human performance improvement
This is a future venture and will be released as soon as available