

LIFT **LIKE A MAN!**



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Lift Like A Man!

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Lift Like a Man Intro



This isn't going to be a grand intro.

I'm not going to talk or teach or explain why this program is so bloody awesome.

I'm not going to encourage, because you don't need it.

I'm not going to convince, because you don't need that either.

Guys need a challenge.

We need one worthy of our talents, abilities, and potential.

That's what this workout is. It's a challenge. It's something that's going to make you want to quit. All you have to do is last. Just endure what's ahead of you and ask for more.

Training Rules

In this section we'll go over the rules you'll need to follow in order to properly execute on this program. You'll learn how to prime yourself for maximum performance; how to get stronger each week; the best technique for increasing work capacity; a back off technique that will ensure you're pulling back on volume in order to benefit from super-compensation; and the simple strategy for ensuring you're adhering to the program for maximum results.

Rule #1 – Proper Warm Up

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible and less susceptible to injury.

Another benefit of properly warming up is improved muscular contractile properties that allow you to practice the movement pattern that you are about to train.

Warm-up Steps

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or treadmill.
2. Go straight to the exercise you are starting off with. Perform this exercise for 3-5 sets with an empty bar using a full range of motion. 5-6 reps per set will suffice.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Bench Press
Empty Bar x 3 x 5 Warm-up Set
135 lbs x 1 x 6 Warm-up Set
145 x 1 x 4 Warm-up Set
155 x 1 x 2 Warm-Up Set
185 x 5 x 5 Working Sets

Rule #2 – Progression

Like anything in life, fitness or otherwise, you must always aim to get better; to progress. When it comes to building muscle, gaining athletic ability, or increasing endurance, it all comes down to a gradual increase in performance.

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Without progression there is no growth. And if you're not growing, you're dying. Not because bench pressing the same amount of weight day-in and day-out is going to do you physical harm, but because, as a man, we need to improve.

That said, the first, and most important principle of this program is progression. Without the goal of getting better session to session or week to week, it's useless.

So let's talk about exactly how you'll implement this critical principle into the *Lift Like a Man* program.

Progressive Overload

Progressive Overload: *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

Whether you are looking to get bigger, stronger, or faster, the goal with any program should be progression. Continuing to outperform your last performance in order to achieve an adaptive response.

In weight lifting, this can be measured by total workload.

Calculating Total Workload: Reps x Weight = Workload

Squat Example:

	Set 1	Set 2	Set 3	Set 4
Weight	225 lbs	225 lbs	240 lbs	245 lbs
Reps	6	6	4	3
Workload	1,350 (lbs)	1,350 (lbs)	960 (lbs)	735 (lbs)
Total Workload				4395 (lbs)

If Day 1 prescribes a snatch for 5 sets of 5 reps, and you're able to hit 135 pounds for the recommended sets and reps, then next time you perform *the same workout*, you'll aim to hit 140 pounds, and so on.

Occasionally, due to certain external factors, you may fail on a set and instead of reaching the prescribed 5 reps, only be able to push it for 3 or 4. If this happens, the first step is to give it another go. Next time you perform the workout, use the same exact weight you failed with previously. If, for whatever reason, you fail again, simply reset. The next time you perform said workout, decrease the weight by 10-15% and make gradual increases from there.

Example:

Week 1 – Snatch

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Set 1: $135 \times 5 = 675$

Set 2: $135 \times 5 = 675$

Set 3: $135 \times 5 = 675$

Set 4: $135 \times 5 = 675$

Set 5: $135 \times 5 = 675$

Total Workload: 3,375 lbs.

Week 2 – Snatch

Set 1: $140 \times 5 = 700$

Set 2: $140 \times 5 = 700$

Set 3: $140 \times 5 = 700$

Set 4: $140 \times 5 = 700$

Set 5: $140 \times 5 = 700$

Total Workload: 3,500 lbs.

Simple enough, eh?

Now, as you get further into the program—or perhaps if you’re running it for the second or third time—it may not be as easy as simply increasing the load.

At some point or another, you won’t be able to progress in a linear fashion and may need to be a bit more strategic.

Here’s how I’d recommend progressing once increasing the load isn’t an option: Let’s say you aimed for 145 pounds on the snatch but were unable to complete the exercise for the prescribed volume—you missed a few reps on the last couple of sets—then you would simply aim to increase volume (through reps).

For example:

Set 1: $145 \times 5 = 725$

Set 2: $145 \times 5 = 725$

Set 3: $145 \times 5 = 725$

Set 4: $145 \times 3 = 435$

Set 5: $145 \times 2 = 290$

Total Workload: 2,900 lbs.

*Although it may seem like regression because the total workload has decreased, it isn’t. The increase in intensity is also a form of progression.

Set 1: $145 \times 5 = 725$

Set 2: $145 \times 5 = 725$

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Set 3: $145 \times 5 = 725$

Set 4: $145 \times 5 = 725$

Set 5: $145 \times 3 = 435$

Total Workload: 3,335 lbs.

Once you're able to complete all 5 sets for the prescribed reps, then you can increase the load and repeat this process.

In the event, however, that you're unable to increase the volume, you'll simply reset.

How to Reset

Decrease the total weight by 10-15% for your next snatch session. So instead of attempting 145 pounds again, you'd scale back to 120-130 pounds and start gradually increasing the weight from there.

Time Rounds and Density Training

The way you'll progress with your strength and power training is much different than the way you'll progress when training for endurance and athleticism.

Density Training

Density refers to the work you're able to do in a given amount of time. If you perform 20 sets of 10 reps in 45 minutes, your training density for that particular workout in a 45-minute timeframe would be 200 repetitions. In other words, training density is the amount of sets multiplied by the number of reps completed within a certain timeframe.

There are two ways to increase training density.

1. Increasing the amount of reps you perform in a given timeframe.
2. Decreasing the timeframe it takes in order to complete a given workout (sets x reps)

We'll use the latter.

If a particular training session takes you 1 hour to complete, the goal should be to complete that same workout in less time.

The goal of the density training is to do *more* work in less time. The working weight should remain constant—the progression variable is time. For example, if it takes you 30 minutes to complete all 4 rounds on week 1, then the goal in week 2 is not to increase the load, but to complete the same 4 rounds in slightly less time.

Time Rounds

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The goal of the time rounds is not just to help increase conditioning, but to improve work capacity by fighting through metabolic fatigue. Similar to the density training rounds, with time rounds, you should keep the working weight constant. The idea is to complete as many rounds as possible in the given time period. For example, if you were able to complete 5 rounds in 25 minutes in week 1, then you'd aim to complete 6 or more rounds, in the same timeframe, in week 2.

Let's Summarize

If you want to get better, then you've got to aim for progression. And although it may seem redundant, the most common mistake trainees make is failing to progress. They believe that if they adhere to the schedule, alone, it's enough; it isn't. It's why you'll go to the same gym for years and see guys pushing the same weight on the bench, and aside from a new beard, they've made no physical changes. Don't be that guy, lift like a man; aim to be better.

Rule #3 – Straight Sets

Unlike the traditional pyramid loading, straight sets rely more on cumulative fatigue. This means that the second set will be more challenging than the first, the third more challenging than the second, and so on.

Here's what it looks like:

If you're going to squat for 3 sets of 5 reps, you'll perform the first set with a given weight, rest, perform another set with the same weight, rest, and finish the last set with the same weight.

Set 1: 225 lbs x 5 Reps

Rest

Set 2: 225 lbs x 5 Reps

Rest

Set 3: 225 lbs x 5 Reps

Rest

Rule #4 – Planned Taper

What is a Taper?

It is a planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains.

Why Taper?

- In order to repair ligament, tendons, joints, and tissues.

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- To allow your CNS (Central Nervous System) to recover.
- To reduce the risk of overtraining.
- To give your mind and body a mental break from high intensity training.
- To prepare for more muscle gains.

What if I don't taper?

For those trainees who feel that they want to (try) go 100% at the gym, all the time, they will soon realize that this is not possible. Not implementing a taper into your training is, in my opinion, the main reason why intermediate lifters find it so hard to increase performance in the gym. This is why most trainees at the intermediate level are probably fluctuating between 10-20 pounds (up and down) with any given lift. And if they do happen to lift heavier than that 20 lbs threshold, they don't sustain it consistently and thus it becomes worthless.

When to Taper?

This is a 6 week program and it should not be performed for more than 6 weeks at a time. That said, the 6 week mark would be the perfect time to taper off. Once you've tapered, feel free to repeat the program.

Other indicators that a taper week is needed:

- You feel tired and not primed to train.
- Your lifts are not increasing (or even decreasing).
- Your tendons, joints, or ligaments are achy.

Note: A regularly scheduled taper should come before you start to experience any of these symptoms.

Rule #5 – Include GPP

GPP or General Physical Preparedness lays the groundwork for later specific physical activity. In your case, it's meant to increase conditioning, strength, speed, endurance, structure and skill.

Failing to incorporate at least 1-2 days of GPP work, per week, may not hinder your ability to gain muscle, but it will certainly limit the amount of badassery you gain from this program.

You see, being strong and muscular is great, but what is it good for when a fire breaks out and you've got to count on your lungs to save your family?

In short, make sure you're performing your GPP work—it makes you harder to kill.

Rule #6 – Adherence

There is no physiological difference between working out on Monday and working out on Tuesday. What matters is not what day of the week it is, but the total work done in a given

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period of time. On top of that, everyone's schedule is different, and since adherence is key, it's less about what you *should* do and more about what you *can* do.

The workout won't be broken down into specific days (e.g. Monday, Wednesday, Friday), instead, it'll be broken down into a given number of workouts (e.g. Day 1, Day 2, Day 3). So whether you're taking a rest day after every session or performing them all back to back—what's really important is that (1) you perform them in order—so the Day 2 workout will never be done before the Day 1 workout in the week—and (2) that all of the workouts are completed within the training week.

As for GPP—or general physical preparedness—I'd recommend adding 1-2 sessions per week. However, in the event that you're only able to fit 3 workouts into your week, the Day 1, Day 2, and Day 3 workouts are the most critical—never sacrifice those.

Workout Schedule Examples:

Sunday: Rest
Monday: Day 1 Workout
Tuesday: GPP
Wednesday: Day 2 Workout
Thursday: GPP
Friday: Day 3 Workout
Saturday: Rest

Sunday: Rest
Monday: Day 1 Workout
Tuesday: GPP
Wednesday: Rest
Thursday: Day 2 Workout
Friday: GPP
Saturday: Day 3 Workout

Sunday: Rest
Monday: Day 1 Workout
Tuesday: GPP
Wednesday: Day 2 Workout
Thursday: Rest
Friday: Day 3 Workout
Saturday: Rest

As you can see, there are countless options when it comes to scheduling your workouts. The most important thing is adherence to the main 3 workouts, everything after that is simply going to aid with your conditioning and recovery.

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Day 1

Exercise	Sets	Reps	Rest
Snatch	5	5	2-3 Minutes
Push Press	4	8	2-3 Minutes
Rack Pulls	3	6	90-120 Sec.

Density Training – 4 Rounds

Exercise	Reps
Power Clean	10
Pull Ups	25
Farmer Walks	30 Steps

Day 2

Exercise	Sets	Reps	Rest
Deadlift	3	3	2-3 Minutes
Front Squat	3	8	1-2 Minutes
Push Press	5	5	2-3 Minutes
Pendlay Rows	5	5	2-3 Minutes
A1.) Pull Ups	3	AMRAP	1 Minute
A2.) Dips	3	AMRAP	1 Minute
Snatch Grip Shrugs	4	12	60-90 Sec.

*Letters denote a superset.

For example: perform A1) for the prescribed reps; perform A2) for the prescribed reps; rest 1 minute; and repeat until you've completed the exercises for 3 sets.

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Day 3

Exercise	Sets	Reps	Rest
Squat	4	6	2-3 Minutes
Bench Press	5	6	2-3 Minutes
Overhead Press	3	12	1-2 Minutes
Rack Pulls	4	8	1-2 Minutes

Time Rounds – 25 Minutes

Exercise	Reps
Pull Ups	10
Hang Cleans	5
RDL	10

General Physical Preparedness

GPP – Day 1

Box Jumps: x 50

Find a height challenging enough to push your limits, but make sure it's manageable for the prescribed repetitions. The goal is to perform 50 box jumps in the fastest time possible. The goal should always be to beat your previous time.

Sled Push: x 5

Load the sled up with a moderate weight and push it for 20 yards. Push the sled from the starting point to the end point using about 85-95% intensity—if you can hold a conversation while performing this exercise, you're not pushing hard enough. Once you've reached the end, rest for 30-60 seconds and repeat until you've completed 5 repetitions.

Bear Crawls: x 10

Using the same 20 yards, bear crawl as fast as possible from the starting point to the finish line. Once you've reached the end point, walk back to the starting point and repeat. Do this until you've completed 10 bear crawls across 20-30 yard.

Jump Burpees: x 50

Perform 50 jump burpees—a traditional burpee where you'll perform a vertical jump at the end—as fast as you can. Keep a timer so you have a time to beat the next time around.

GPP – Day 2

Pushups: x 100

Perform 100 pushups as fast as possible. Keep a time so you have a time to beat the next time around.

Mountain Climbers: x 100

Perform 200 mountain climbers as fast as possible. Aim to finish this exercise in less time each time you perform it.

Sprints: x 10

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Identify a 20-30 yard stretch and sprint as fast as possible from the starting point to the end. Walk back to the starting point once you've reached the end; sprint back to the end point once you've reached the start. Repeat this until you have completed 10 total sprints.

Farmer Walks: x 5

Use the same 20-30 yard stretch and farmer walk from one end to the other. Once you've reached the end, that is 1 repetition. Rest for 30-45 seconds and repeat. Do this until you've completed 5 reps. For the weight, select dumbbells or kettlebells heavy enough to challenge you, but light enough to complete the workouts.

GPP Barbell Complex

In the event you don't have the equipment necessary to perform the previous GPP workouts—or you simply want to mix things up—include these barbell complex workouts instead.

How to Perform Barbell Complex Workouts

Performing the Barbell Complex Workouts is simple, but not easy. Perform the first exercise for the prescribed sets and reps, as fast as possible. Without resting, move directly into the next exercise. Do this until you've completed each exercise—that's 1 circuit. Start from the beginning again and repeat the circuit until you've reached the prescribed number of circuits.

The goal is to rest as little as possible between exercises and circuits. The more experienced you get, the faster you'll be able to finish the circuits.

GPP – Barbell Complex #1

Push Press x 10

Hang Clean x 10

Front Squat x 10

Clean & Press x 10

Repeat Circuit X 6

GPP – Barbell Complex #2

Shoulder Press x 10

Back Squat x 10

Front Squat & Press x 10

Bent Rows x 20

Lunges x 10 (per leg)

Push Press x 10

Repeat Circuit x 6

Taper Workout

Day 1

Exercise	Sets	Reps	Rest
Snatch	2	5	ALAN
Push Press	2	8	ALAN
Power Clean	2	8	ALAN
Rack Pulls	3	3	ALAN
Farmer Walks	3	15 Steps	ALAN

Day 2

Exercise	Sets	Reps	Rest
Deadlift	1	3	ALAN
Front Squat	3	4	ALAN
Push Press	2	5	ALAN
Pendlay Rows	2	5	ALAN
Snatch Grip Shrugs	2	12	ALAN

Day 3

Exercise	Sets	Reps	Rest
Squat	4	3	ALAN
Bench Press	5	3	ALAN
Overhead Press	3	6	ALAN
Rack Pulls	2	8	ALAN

*ALAN = As Little As Needed