

TRAINING TEMPLATE INSTRUCTIONS

All strength programs will be provided in the following format:

Exercise	Reps	Tempo	Intensity	Rest	Sets
1) Bench press	8 – 12	2 0 2	-1 RM	60 s	2 - 4
2) Prone cobra	3 - 9	20 – 60 s	3 min total	½ of hold	1

Reps – a rep is one complete motion through the exercise, for example, one repetition of the bench press is taking the bar off the rack, lowering it to your chest then pressing it up until your elbows are straight

Tempo – the pace of the movement or amount of time to hold a static exercise;

Example: 2 0 2 means lower the weight over 2 sec (eccentric), no pause at bottom, lift weight over 2 sec (concentric); if you see an 'x' that means you do the rep as fast as possible

Intensity – the amount of weight to use or time to work for the exercise

- Max: do as many reps as you can in **perfect form**
- -1 RM: stop when you feel like you have 1 more rep left in good form
- -2 RM: stop when you feel like you have 2 more perfect reps left
- BW: body weight exercise
- % 1 RM: your 1 rep-max multiplied by the % given

Rest – amount of time to rest in between sets;

- arrows (▼ 60 s ▲): if you see a down arrow, it means proceed to the next exercise without resting, once you see the right arrow, rest for the amount of time shown then go back to the first exercise in the sequence (superset or circuit techniques)

Sets – a number of repetitions performed together makes up a single set

Now that we're clear on the terminology, you may be curious as to why I prescribe ranges for reps and sets. The ranges are given instead of exact numbers because of the principle of progression; exercises will continue to benefit you only if they are progressed. If you do the same weight for the same number of reps each session, your body will adapt and the exercise will be less beneficial. So, the bottom portion of your program is dedicated to the Tracking Log. The Tracking Log enables you to write down the exact number of reps, sets and weights that you used so that you can improve upon the session next time.

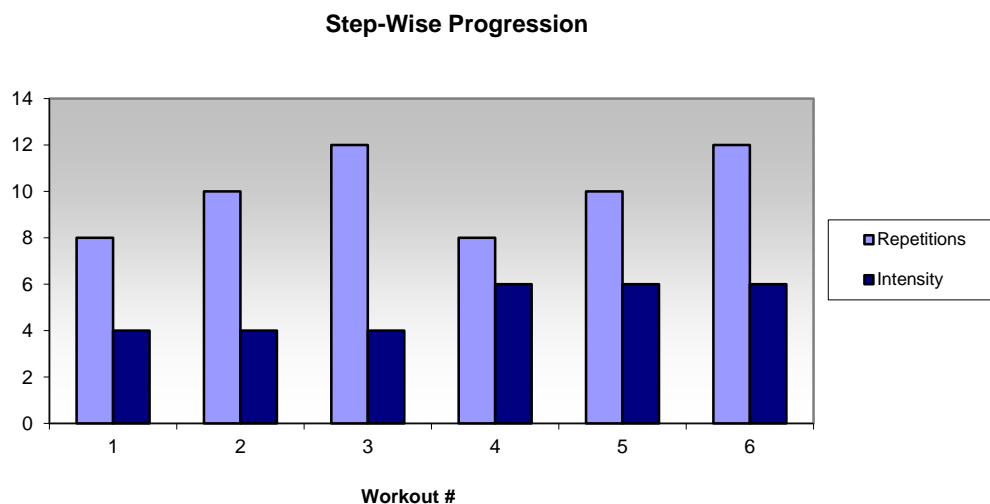
EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Bench Press	8 – 12	2 0 2	-1 RM	60 s	2 - 3
2) Prone Cobra	3 – 6	Hold 20 s	BW	~	1

EXERCISE	DATE	Aug 10/07	Aug 13/07	Aug 16/07	Aug 20/07	
1)	Reps	12 10	12 12 10	12 12 12	10 8 8	
	Intensity	135 lbs	135 lbs	135 lbs	145 lbs	
2)	Reps	9	6	4	2 2	
	Intensity	20 s	30 s	45 s	60 s 30 s	

For the Bench Press on Aug 10/07, the athlete completed 2 sets, doing 12 reps for the first set and 10 reps for the second, both using 135 lbs. For the Prone Cobra, the athlete did 1 set of 9 reps holding each rep for 20 sec on the same day.

KEY: make it a habit to write down the reps performed after each set is completed

As you can see, for each session the athlete was within each rep and set range for both exercises. The progression from workout-to-workout follows a step-wise progression model for the bench press as displayed in the following graph:



The athlete starts at 8 reps then works up to the top of the range (12). At this point, the athlete increases the intensity, and goes back to the bottom of the rep range (8).

To progress your exercise program, work your way up to the top of the rep range. Then increase the intensity, which will naturally decrease the number of reps you can perform and bring you back to the bottom of the range. Then you work your way back to the top.

Following step-wise progression will ensure that you continue to improve from workout-to-workout. Even if you do 1 more rep or add a measly 5 lbs, over time, these incremental gains will result in real results.

Just like in anything, there are a lot of different ways to skin a cat. This is one of the simplest methods to follow to make progress.

On the following page, you'll find an example of me using the training template, which is one of the workouts from the Corrective Phase in the [Ultimate MMA Strength and Conditioning Program](#), then a blank version after that for you to use/model for your own workouts.

NAME OF WORKOUT – DAY

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
A1) Pushups (SB)	Up to 20	Control	BW	▼	2 – 4
A2) Prisoner Squats	Up to 30	3 0 3	BW	30 s ▲	2 – 4
3) 1-arm DB Row	8 – 12 per	Control	-2 RM	30 s	2 – 3
B4) 1-leg Stiff-leg Deadlifts	6 – 8 per	Control	-2 RM	▼	2 – 3
B5) Rotating Plank	2 – 3 per	Hold 15 s	BW	30 s ▲	2 – 3
6) Cobra	3 – 6	Hold 20 s	BW	~	1

Notes

1) Once you can do 3 sets of 20 reps in perfect form, move to Push-ups with hands on ball and aim for 3 sets of 10 reps.

6) Hold for 20 sec, then drop briefly for 2-3 sec and come back up

EXERCISE	DATE				
1) Pushups	Reps Intensity				
2) Prisoner Squats	Reps Intensity				
3) 1-arm Row	Reps Intensity				
4) 1-leg SLD	Reps Intensity				
5) Rotating Plank	Reps Intensity				
6) Cobra	Reps Intensity				

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS

Notes

EXERCISE	DATE				
	Reps Intensity				
	Reps Intensity				
	Reps Intensity				
	Reps Intensity				
	Reps Intensity				
	Reps Intensity				