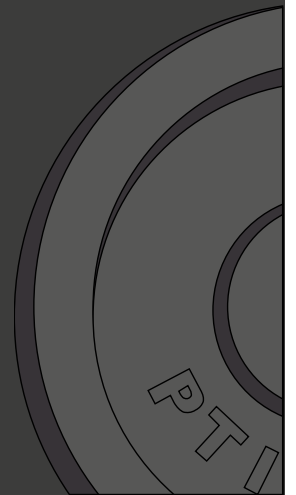


Little Black Book of Accessory Methods & Workouts



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Physical Training Instructors Army

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*“It does no good
to be strong in the
wrong exercises”*

Sakari Selkainaho

Introduction

Overview

This manual is designed to complement *“The little black book of sets & reps”* and provide you with a resource library of accessory methods and specialised workouts. In this manual you will find methods that will increase the performance of specific exercises within your respective combat conditioning programs. Alternatively, the methods detailed in this manual can be prescribed as smaller additional workouts to provide extra workload towards identified weak areas specific to the soldiers you train.

In line with many renowned strength and conditioning coaches, we believe the majority of the training sessions should comprise of individualised accessory work and special exercises. This roughly equates to a ratio of 80 percent accessory work to 20 percent specialised exercises. This ratio serves well to reduce overuse injuries, address muscle imbalances, improve posture, rectify weaknesses and increase General Physical Preparedness (GPP). If programmed effectively, accessory work has the potential to increase strength, reduce injuries and enhance combat effectiveness.

Knowledge of injury statistics within tactical populations and in particular the Unit that you support, play a critical role in effectively determining an appropriate strategy for your accessory work. Our own research and experience suggest the vast majority of injuries involve the lower back, knees and shoulders. As coaches, a large proportion of our training prescriptions should focus on addressing these issues, parallel with the goal to increase performance.

Where possible, accessory work should be individualised to the needs of the soldier and their known weaknesses. The aim of this manual is to provide you with a number of methods and workouts that you can provide directly to the soldiers you train. Alternatively you can modify the workouts and methods to suit a wide range of training objectives. These methods and ideas may serve well to provide the soldier with an element of autonomy and ownership in regards to addressing their weaknesses.

The workouts and methods detailed within this manual are a combination of our own designs and those drawn from our extensive strength and conditioning resources developed by world class strength coaches. We assure you, the majority of the workouts and methods within this manual have been trialed and tested with great results.

We will leave you with this last thought:

Be a coach with years of experience not a coach with 1 year of experience repeated many times, learn and grow with your soldiers in the realm of physical preparation and leave the place better than you found it! Tav, Dale.”””

*“Weak things
break”*

Louie Simmons

Fundamental Accessory Exercises

In this section we will detail some fundamental accessory exercises and their application between addressing common injuries and muscular deficiencies within tactical populations. We have expanded further on what we consider to be some of the most important exercises. Remember there are countless options and variations you can experiment with depending on your needs.

If your strength and conditioning facility does not possess any of the specialised machines or equipment detailed in this section, we highly recommend you take steps immediately to rectify the deficiency. If you don't believe us, we encourage you to see for yourself by visiting any elite high performance facility, or perhaps read a book related to how the strongest people in the world continue to train and remain relatively injury free.

In our opinion, there are too many useless machines in our facilities taking up valuable room for machines that our tactical populations actually require to stay injury free and reach optimal levels of performance. Hopefully you know which machines we are referring to and you have solid plans in motion to replace them!

Lower Back Injuries

Causes:

- Lifting heavy items outside capabilities, incorrect manual handling techniques, lack of strength associated with common and uncommon task movement profiles
- Axial loading, via training error (too much compression not enough traction/restoration)
- Compression caused by external loads, weight loaded marching, prolonged wearing of body armour
- Impact forces via landing incorrectly and excessive running
- Poor posture caused by a combination of weakness and mobility restrictions
- Excessive or prolonged sitting during extended vehicle operations or sedentary office tasks
- Weak lower back, hamstrings, glutes and lack of ability to resist excessive trunk rotation, flexion and hyperextension
- Mobility issues caused by compensation or lack of movement from the above weaknesses

In our experience the following exercises will eliminate or significantly help to reduce back pain. These exercises will improve lifting capability and reduce the likelihood of injuries via strengthening muscle groups that are commonly lagging in tactical populations.

Reverse Hyper Extension:

This exercise strengthens the lower spinal erectors and glutes whilst providing a favorable movement profile in the lower back (less lumbar flexion, greater hip flexion slight sacrum rotation). It has been anecdotally suggested that the Reverse Hyper Extension may provide a beneficial traction or gapping effect in the lumbar spine. Reverse Hyper Extensions may help aid in the recovery of the lower back after high compression activities. For these reasons we recommend including this exercise after most heavy lower body workouts and after any type of prolonged external load carriage or running.



Above: Reverse Hyperextension (with a sling)

45 Degree Back Extension:

This exercise is a common feature in many strength and conditioning programs with back extension machines found in most military gymnasiums. In comparison to the Reverse Hyper, studies have shown the 45-degree back extension to demonstrate superior peak and integrated muscle activity for the biceps femoris, erector spinae and gluteus maximus. The high muscle activity comes with a less favorable movement profile than the Reverse Hyper (greater lumbar flexion relative to the pelvis). Because of this reason, we recommend the volume of this exercise and implementation is monitored closely.

Glute Ham Developer Raise:

This exercise is a powerful posterior chain developer. The Glute Ham Raise strengthens the hamstrings, glutes, lower back and calves. Another great feature of this exercise is the sequencing of the posterior chain muscles similar to most horizontal and vertical force production tasks. Rather than isolating a muscle group, this exercise may develop the synergy of the posterior chain required for strength transfer to tactical tasks.



Above: Glute Ham Developer Raise (unloaded)

Belt Squat Machine:

This exercise is a must in any high-level training protocol and reconditioning program. The belt squat allows the athlete to perform a squat movement pattern regardless of back or knee pain. It provides an alternative exercise for athletes who may not be able to perform a squat variation due to orthopedic or motor control limitations such as a shoulder injury or balance issues. This exercise can be a safer alternative to barbell squat variations by eliminating the requirement of spotters. It has been anecdotally suggested that the belt squat may provide a traction effect in the lower back similar to the Reverse Hyper Extension.



Above: An Improvised Belt Squat Set-up

Knee Injuries

Causes:

- Occupational tasks such as; kneeling and crawling on hard surfaces, landing from height with external loads, repetitive movement profiles under load
- Knee stress via training error (too much loading on the patella tendon) lack of variation for squatting and lunging exercises
- Overuse of knee extensors when performing locomotive tasks due to hamstrings, hips and stabilisers not contributing to optimal movement
- Poor posture caused by a combination of weakness and mobility restrictions
- Lateral knee instability caused by weak hips, hamstrings, vastus medialis and hip stabilisers.

The knee is a very strong but unstable joint. The hamstrings, hips, vastus medialis, and stabilisers in the hip significantly contribute towards enhancing the stability of the knee. The stronger these muscles are, the less risk we have when performing tactical tasks. The exercises mentioned below are our go to choices when developing programs to strengthen the surrounding muscles, ligaments and tendons in order to provide support to the lower extremities.

Glute Ham Raise:

This exercise is a powerful posterior chain developer. That is why we have included it again for strengthening the knee. See the description in the lower back accessory exercises. A variation of this exercise is the Nordic hamstring curl.

Stiff Leg Deadlift

This exercise transfers into many tactical tasks that require a hip hinge (flexing forward) type movements whilst remaining neutral at the torso. When performed correctly it is a powerful posterior hip and hamstring strengthening exercise. Ensure competency in the glute ham raise, and reverse hyper extension before loading this movement too heavy.

Sled Dragging (forward, backward, lateral)

This exercise is a great alternative to weight load marching, running and hill work. It is a powerful knee, hip and abdominal conditioner. Have you ever loaded a sled up with 40kg and walked 2km with it? If not give it a try, see how it compares to a weight loaded march. You will find it conditions the same muscles (excluding the upper back and traps) without the added spinal compression. Sled dragging should be a staple in your accessory routines for tactical populations.

Box Squatting

This exercise is a noteworthy alternative to regular squatting for a number of reasons. Firstly it significantly reduces patella tendon stress through the vertical or negative shin angle at the bottom of the movement. The Box Squat can be modified to suit various skill levels and training objectives by simply changing the height of the box. If performed correctly the Box Squat helps to correct anterior/posterior muscle imbalances via the mechanisms of performing a powerful

leg curl using the hamstrings and hips when standing from the bottom of the movement. The Box Squat is also a form of the static/dynamic training method, which involves the sequential combination in one exercise of isometric and dynamic muscular activity.



Above: The Box Squat with a cambered bar

Shoulder Injuries

Causes:

- Occupational tasks such as; falling onto outstretched arm, climbing with external loads, unintentional extreme positioning during combative training, repetitive upper limb task requirements (CQB shooting)
- Muscle imbalances via training error (too much anterior loading) lack of appropriate exercise ratios for the upper back
- Lack of appropriate mobility causing impingements and compensation in loaded push/pull positions
- Movement dysfunction caused by weak or inactive shoulder stabilisers
- Inappropriate exercise selection for athletes level of competency related to mobility, stability or control such as, kipping pull-ups, overhead squats, muscle-ups.

The shoulder joint can be metaphorically compared to a bowling ball sitting on a golf tee (humeral head fitting into the glenoid fossa of the scapula) held together by the joint capsule and labrum. The rotator cuff muscles (supraspinatus, infraspinatus, subscapularis and teres minor) are the small dynamic stabilisers and movers. The larger muscles that help move and stabilise the shoulder include the deltoid, teres major, latissimus dorsi, and pectoralis major. Any changes restricting optimal movement of the scapula, combined with limited shoulder range of motion can cause serious issues. From a strength perspective shoulder pain, tendonitis and injuries usually start with a weak upper back and over/under used shoulder stabilisers (latissimus dorsi, rear delts, rhomboids, traps and the rotator cuff muscles). Another problem area is a lack of triceps strength. If the triceps are weak the shoulder will have to work harder when performing horizontal or vertical pressing movements.

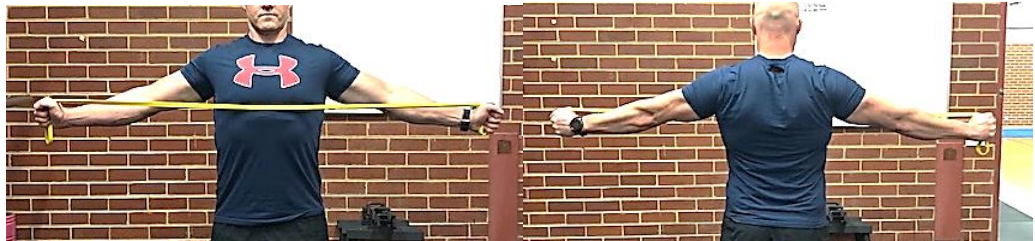
Horizontal Rows

There are many variations of the horizontal row. Horizontal rows strengthen the rear deltoid, latissimus-dorsi, rhomboids and traps to varying degrees (depending on the type of row).

These muscles function as stabilisers for dynamic actions that usually take place during pushing movements. If performed correctly horizontal rows allow the shoulder joint to function in external rotation, which is more favorable than a shoulder functioning through internal rotation. Poor daily upper body postural positional imbalances (flexion/internal rotation) caused by sitting at a computer or scrolling through your phone can be positively addressed via horizontal rows.

Band Pull-Apart

Like the horizontal row there are many variations to the band pull apart. This exercise involves a horizontal abduction movement pattern, which is often neglected in training programs. Band pull a-parts target the posterior aspect of the shoulder directly, the shoulder stabilisers and lower traps. As mentioned earlier, lack of activation and strength in these muscle groups is a recipe for disaster.



Above: Band Pull-Apart (in the finish position)

Cuban Press

This exercise incorporates 3 movements into one with an upright row/external rotation and a vertical press. The Cuban press predominantly targets the infraspinatus, which is responsible for external/lateral rotation of the humerus. As we have addressed it is common for the internal rotation musculature related to shoulder function to be overdeveloped, thus causing dysfunction and a greater risk of injury. Cuban presses are great for warming up and rehabilitation when returning from shoulder issues and should not be loaded heavily.

Farmers Carry

There are numerous variations of loaded carries that will be discussed later in this manual. For many of these variations, the stabilisers and the major muscles of the shoulder joint are conditioned in a way that is specific to many military manual-handling tasks. The Farmers Carry in particular, forces retraction and external rotation of the shoulder whilst remaining active under load to prevent the weight from directional shifting. This activated, optimal position may assist to reverse internally rotated shoulders, and strengthen the musculature required for long term postural adaptations. Depending on the weight, the Farmers Carry may place the shoulder complex into a depressed position. This activates the rotators of the shoulder to stabilise the head of the humerus in the fossa. Retraction and depression of the shoulder is an extremely safe position for athletes without shoulder injuries.

Battling Ropes

Battling Ropes provide a comprehensive amount of options for strengthening and conditioning the musculature surrounding the shoulder. Certain exercises on the battling ropes will also provide stimulus to the stabilisers within the shoulder. From a tactical perspective the battling ropes can provide a similar stimulus to handling a personal weapon for prolonged periods. Studies have shown increases in push-up performance and shooting accuracy within tactical populations after completing programs with the battling ropes.

KB Bottoms Up Press

This exercise is great for rectifying shoulder dysfunction, addressing unilateral muscular deficiencies and developing neuromuscular coordination and strength. The Kettlebell Bottoms Up Press (KBUP) forces you to correctly stabilise the scapula via the requirement of powerful activations in the surrounding musculature of the shoulder. This teaches optimal recruitment patterns for protecting the gleno-humeral joint during upper body tasks requiring significant shoulder function. The unstable nature of the Kettlebell provides a reflexive rotator cuff recruitment stimulus, which is difficult to replicate in other shoulder exercises. Light kettlebells should be used to begin with and as strength increases you can increase the load.



Above: KB Bottoms Up Press

Face Pulls

This exercise can be either programmed as a warm up/activation drill or a powerful strength builder for the upper back. There are many variations of the face pull however, most variations primarily target the rear deltoid, rhomboids, infraspinatus and teres minor. These muscle groups are critical to consider when formulating a solution to rectify shoulder-positioning issues from too much anterior loading or daily postural errors. Without a strong and stable upper back our pressing movements become compromised and shoulder pain will likely follow. Bands or cables can be used for the face pull. In our opinion, this exercise is a must in any strength and conditioning program.



Above: A face Pull Variation

Triceps Exercises

Weak triceps can place additional demand on the shoulders when performing pressing movements. For example; the primary muscles that are involved with a bench press are the triceps brachii, pectoral major and the anterior deltoid. In this example if there is a weakness in the triceps, the pectoral major and anterior deltoid will have to work much harder to perform the movement. This can lead to anterior compensation and postural issues that place the shoulder at greater risk of injury. We recommend regularly incorporating triceps exercises that involve limited shoulder activity to help reduce wear and tear on the shoulders.



Above: The JM Floor Press (with chain)

Weaknesses Limiting Strength Potential

This manual will provide you with plenty of accessory routines and specialisation programs for specific muscle groups. Ultimately these programs and routines are designed to improve performance of specific maximal strength exercises and rectify weaknesses associated with injuries. Without a basic understanding of common technical faults that arise from muscular weakness or imbalances, there is potential you may not be training optimally to address these issues. The following information will provide some basic insight into common muscular weaknesses that cause faults in the common specialised exercises.

SQUAT

- **Knees shifting excessively forward during eccentric phase;** glutes and hamstrings are weak and you are quad dominant
- **Medial knee drift during eccentric and concentric phase;** hips are weak, most likely the external rotators and hip stabilisers
- **Torso leaning excessively forward during eccentric and concentric phase;** trunk, lower back and upper back are weak
- **Weights feel heavy on the back;** upper traps and upper back are weak
- **Failure to initiate the squat by sitting back first resulting in bending through the knees excessively;** glutes and hips are weak, likely you are quad dominant.
- **Difficulty reaching breaking parallel in the bottom of the squat;** hips are weak, most likely the external rotators and hip stabilisers limiting you from pushing your knees wide
- **Back rounding over at the bottom of the squat;** upper back, lower back and trunk are weak

DEADLIFT

- **Medial knee drift when pulling;** hips are weak and limiting you from pushing them wide as you pull
- **Failure to lockout at the top with near maximal loads;** weak hips and sometimes weak upper back
- **Tendency to perform stiff leg deadlifts with near maximal loads;** lack of ability for a strong knee extension, glutes, hamstrings lower back are weak
- **Upper back rounding or shoulders coming forward when pulling;** upper back, lower back, traps or trunk are weak
- **Knees shifting too far forward when pulling;** posterior chain is weak, glutes, hamstrings lower back. You are quad dominant.

BENCH PRESS

- **Bar shakes on the eccentric phase;** lats are not being used effectively or they are weak
- **Sticking point at the bottom of the lift;** weak upper back and lats, potentially triceps
- **Difficulty locking out at the top of the press;** upper back is weak
- **Elbows flaring out excessively during the lift;** lats are weak, or you are not using them correctly
- **Bar shifts to the left or right when pressing or lowering;** lats are weak, triceps imbalance or weakness

Volume Front Loading Method

The Volume Front Loading (VFL) method is designed for implementation during the specific phase of the warm-up. Intelligently adding workload into your athlete's weak points and areas that are susceptible to injury is a simple way to increase performance and reduce injury rates. This method will also increase GPP, intra-muscular potentiation of muscle groups prior to training, address muscle imbalances and help to eliminate weaknesses. We guarantee the extra 5-10 minutes per training session it will take to incorporate the VFL method will be worthwhile. We recommend changing the exercises every three weeks. The workload detailed below is a good start point for a three week wave of VFL;

Week 1 – 50 reps (two rotations each exercise)

Week 2 – 75 reps (three rotations each exercise)

Week 3 – 100 reps (four rotations each exercise)

Volume Front Loading - Upper Body Examples

- Perform the exercises as a circuit for the required weekly workload requirement
- Weight selection should not cause excessive fatigue for the 25 reps. You may have to adjust the reps depending on your athlete's fitness levels
- As a rule always include a shoulder stabiliser and a triceps exercise
- Exercise selection is based on identified athlete weaknesses, instability or posture issues. This can be identified in various screening assessments
- Exercises must be specific primers for the main session

Equipment	Upper Body VFL 1 "Dumbbells"	Reps
1. Dumbbells	1. DB Floor Press	2-4 x 25
2. Dumbbells	2. DB Cuban Press	2-4 x 25
3. Dumbbells	3. DB Lying Ext Rotation	2-4 x 25
4. Dumbbells	4. DB Lying Triceps Rollback	2-4 x 25

Equipment	Upper Body VFL 2 "Body Weight"	Reps
1. Body Weight	1. Push-Ups (many variants)	2-4 x 25
2. Body Weight	2. Prone W,I,L,T,Y Raises (choose one)	2-4 x 25
3. Body Weight	3. Supine Pull-Up	2-4 x 25
4. Body Weight	4. Bent Leg Triceps Bench Dips	2-4 x 25

Equipment	Upper Body VFL 3 “Bands”	Reps
1. Power Band	1. Standing Band Bench Press	2-4 x 25
2. Power Band	2. Band Pull-Apart	2-4 x 25
3. Power Band	3. Band Face Pull	2-4 x 25
4. Power Band	4. Band Triceps Push-Down	2-4 x 25

Equipment	Upper Body VFL 4 “Mixed”	Reps
1. Dumbbell	1. DB Floor Press	2-4 x 25
2. Mini Band	2. Band External Rotations	2-4 x 25
3. Power Band	3. Standing Bilateral Row	2-4 x 25
4. Weight Plate	4. Plate Overhead Triceps Extension	2-4 x 25

Volume Front Loading - Lower Body Examples

- Perform the exercises as a circuit for the required weekly workload rotations
- Weight selection should not cause excessive fatigue for the 25 reps, you may have to adjust the reps depending on your athlete's fitness levels
- Exercise selection is based on identified athlete weaknesses, instability or posture issues. This can be identified in various screening assessments.
- Exercises must be specific primers for the main session. This includes the trunk stabilisers.

Equipment	Lower Body VFL 1 “Dumbbells”	Reps
1. Dumbbells	1. DB Stiff Leg Deadlift	2-4 x 25
2. Dumbbells	2. DB Turkish Get Up Sit Up	2-4 x 25
3. Dumbbells	3. DB Front Rack Alternate Marching	2-4 x 25
4. Dumbbells	4. DB Alternating Rear Lunges	2-4 x 25

Equipment	Lower Body VFL 2 “Body Weight”	Reps
1. Body Weight	1. Glute Bridge (many variations)	2-4 x 25
2. Body Weight	2. Side Lying Clams	2-4 x 25
3. Body Weight	3. Walking Lunges	2-4 x 25
4. Body Weight	4. Mountain Climber (many variations)	2-4 x 25

Equipment	Lower Body VFL 3 "Mixed"	Reps
1. Mini Band	1. Alternating Psoas March	2-4 x 25
2. Dumbbell	2. DB Weighted Step Ups	2-4 x 25
3. Body Weight	3. Dead Bug	2-4 x 25
4. Power Band	4. Band Hip Extensions	2-4 x 25

Equipment	Lower Body VFL 4 "Bands"	Reps
1. Mini Band	1. Lateral Monster Walk (many variations)	2-4 x 25
2. Power Band	2. Band Good Morning	2-4 x 25
3. Power Band	3. Standing Ab Curls With Band (many variations)	2-4 x 25
4. Power Band	4. Seated Band Hamstring Curls	2-4 x 25

Accessory Methods - Large Groups

Effectively programming accessory work for large groups can be challenging. There are a number of variables that will greatly influence exactly how you approach this problem. Such as; availability of equipment, class size, the size of the training area, the exercises within the main training session, period (weeks) of available training time and your Unit's needs analysis/task profile considerations; (job specificity, identified injury trends, identified common muscular weaknesses). Through our own trial and error, we have developed a successful system to effectively program accessory work for large groups. Our system is very flexible and can be applied as a framework to most situations.

Step 1 – Develop a comprehensive exercise pool from pre-determined movement pattern categories. This will depend on a comprehensive needs analysis/task profile that must be completed for the Unit that you support. It will also depend on the core strength exercises that form your overall program. In the examples below, we have provided three exercises for each movement category ranked from simple exercises to more complex ones. Your exercise pool should be much more comprehensive than this. The examples below should provide a starting template for most strength programs you are likely to encounter. Remember this is a framework and an example of a process, not a magical solution for your Unit!

Example Exercise Pools for Various Movement Pattern Pairing

Squat/Horizontal Press Main Lifts

Horizontal Pull	Lunge	Hinge/Ext	Core
Supine Pull-Up	Weighted Walking Lunge	BB RDL	Ab Wheel Rollout
BB Pendlay Row	Weighted Step Up	Kettlebell Swing	Hanging Leg Raise
DB SA Row	Lateral Plyo Box Lunge	Sandbag Power Clean	DB Get Ups

Deadlift/Vertical Press Main Lifts

Vertical Pull	Squat	Single Leg Hinge	Core
Band Assisted Pull-Up	Band Resisted Front Squat	DB Single Leg RDL	Lying Leg Lift
Jumping Pull-Up	Sandbag Back Squat	Split Stance Good Morning	Dead Bug (legs)
Bodyweight Pull-Up	DB Front Squat	BB Single Leg RDL	Band Dead Bug

Squat Main Lift

Lunge	Hinge/Ext	Core
BW Walking Lunge	SB Lying Hip Thrust	Body Saw Plank
DB Reverse Lunge	Kettlebell Sumo Deadlift	Lateral Plank Raise
Sandbag Weighted Step Up	Sandbag Good Morning	TRX Fallout

Deadlift Main Lift

Squat	Lunge	Core
BB Wide Stance Box Squat	Weighted Walking Lunge	Side Plank Raises
Kettlebell Goblet Squat	Weighted Step Up	Suitcase Deadlift
BB Front Squat	Lateral Plyo Box Lunge	Landmine Rotations

Step 2 – Once you have developed your comprehensive exercise pool, establish your training objectives for your accessory work and prescribe your training method. In most cases this will be a general strength and hypertrophy approach. The repetition method works well for this type of training objective. The repetition method can be programmed as a specified amount of sets and repetitions for each exercise or; an amount of time spent performing each exercise. There are numerous methods to achieve a general strength/hypertrophy stimulus, the repetition method has served us well.

Step 3 – Once you define the training method for your accessory work, it is time to build your three-week accessory wave. In the example below we have selected the first four exercises in our comprehensive exercise pool that are highlighted in yellow. In this example we are programming week one, of a three-week, accessory wave that will be completed after the Squat / Horizontal Push, strength session.

Squat/Horizontal Push Movement Pairing

Horizontal Pull	Lunge	Hinge/Ext	Core
Supine Pull-Up	Weighted Walking Lunge	BB RDL	Ab Wheel Rollout
BB Pendlay Row	Weighted Step Up	Kettlebell Swing	Hanging Leg Raise
DB SA Row	Lateral Plyo Box Lunge	Sandbag Power Clean	DB Get Ups

Squat/Horizontal Push Accessory Example Week 1

Equipment	Week 1	Reps
1. Pull-Up Beam	1. Supine Pull-Up	2 x 12-15
2. Sandbag	2. Weighted Walking Lunges	2 x 12-15
3. Barbell	3. BB RDL	2 x 12-15
4. Ab Wheel	4. Ab Wheel Rollout	2 x 12-15

Step 4 – Once you have developed the first week of your accessory work, you can now program the remaining two weeks. This can be done by adjusting the predominant training variables related to the training objective. In our example this will be the amount of sets and repetitions. The remaining two weeks of a three-week accessory wave are detailed as follows;

Squat/Horizontal Push Accessory Example Week 2

Equipment	Week 2	Reps
1. Pull-Up Beam	1. Supine Pull-Up	3 x 12-15
2. Sandbag	2. Weighted Walking Lunges	3 x 12-15
3. Barbell	3. BB RDL	3 x 12-15
4. Ab Wheel	4. Ab Wheel Rollout	3 x 12-15

Squat/Horizontal Push Accessory Example Week 3

Equipment	Week 3	Reps
1. Pull-Up Beam	1. Supine Pull-Up	4 x 12-15
2. Sandbag	2. Weighted Walking Lunges	4 x 12-15
3. Barbell	3. BB RDL	4 x 12-15
4. Ab Wheel	4. Ab Wheel Rollout	4 x 12-15

Step 5 – Deliver the training. You now have a three-week wave of accessory work that has been developed with structure and effective periodisation, rather than something that has been thrown together on the day of the session. Once your three-week wave has commenced, you can develop further three-week waves as per Steps 2 to 5. In our example we would progress logically to the next exercise within our comprehensive exercise pool. This progression would continue until we reach our most complex exercise or our training objectives were revised.

Conclusion – We hope this explains the process behind a framework that can effectively program for a number of training objectives. Simply change the variables to suit your objective and let your experience and needs analysis do the rest. We have found the three-week wave works well, however you can certainly experiment with two and four-week waves depending on the situation. Changing the exercises regularly is the conjugate system of training. The conjugate system helps to reduce overuse injuries, avoids the reversibility effects of accommodation and provides variety/reduces monotony for your athletes. Remember the movement categories will be different depending on your program and needs analysis. This is your call as the PTI, a good place to start with your movement categories is detailed below;

Horizontal Push, Horizontal Pull, Vertical Push, Vertical Pull

Squat (*double leg in place, single leg in place*)

Lunge (*horizontal, vertical, lateral*)

Hinge/Extension (*pull, pull and catch*)

Core (*extension, anti-extension, rotation, anti-rotation, lateral flexion, anti-lateral flexion, flexion/hip to torso, flexion/torso to hip*)

Skill (*body management, locomotive, object control, stationary task*)

Extra Workouts

In some scenarios we are limited by an allocated amount of time per week to train our athletes. Sometimes this can be adequate, in other circumstances it is less than ideal. In the latter scenario it will be common to see people attempting to fill in the gaps during their own training. Often this approach is un-educated, un-supervised with absolutely no consideration to their weaknesses, muscle imbalances or the physical demands of their role. In this section are some ideas for general routines that can be handed out and programmed as extra workouts during the week.

10 Squat and Deadlift Builders - Extra Workouts

- These workouts should take 40-50 minutes and be completed at an RPE of 6-7 so as not to negatively interfere with the overall training program
- The aim of these workouts is to increase workload in the weak areas responsible for back and knee injuries (hamstrings, abs, hips, lower/upper back) whilst concurrently raising potential for the squat/deadlift
- Modify the training variables to suit the individual needs, spend no more than three weeks on each routine before changing it up.

Equipment	Squat/Deadlift Builder 1	Reps
1. Barbell	1. Barbell Front Squat	2-5 x 10-15
2. Glute Ham Raise	2. GHR	2-5 x 10-15
3. Reverse Hyper	3. Reverse Hyper	2-5 x 10-15
4. Body Weight	4. Hanging Leg Raises	2-5 x 10-15
5. Sled	5. Sled walk	2-5 X 100m efforts

Equipment	Squat/Deadlift Builder 2	Reps
1. Barbell	1. Stiff Leg Deadlift	2-5 x 10-15
2. Plyo Box	2. Box Jump	2-5 x 5-10
3. Barbell	3. Hang Power Clean	2-5 x 5-10
4. Plate	4. Plate Sit Ups	2-5 x 10-15
5. Plyo Box / Weight	5. Alternating Wtd Step Ups	2-5 x 10-15 (each leg)

Equipment	Squat/Deadlift Builder 3	Reps
1. Safety Bar	1. Safety Bar Squats	2-5 x 10-15
2. Dumbbells/Box	2. DB Step Up	2-5 x 10-15
3. Glute Ham Raise	3. GHR	2-5 x 10-15
4. Reverse Hyper	4. Reverse Hyper	2-5 x 10-15
5. Body Weight	5. Hanging Leg Raises	2-5 x 10-15

Equipment	Squat/Deadlift Builder 4	Reps
1. KB/DB	1. Single Leg RDL	2-5 x 10-15
2. Dumbbells	2. DB Walking Lunge	2-5 x 10-15
3. Glute Ham Raise	3. GHR	2-5 x 10-15
4. Reverse Hyper	4. Reverse Hyper	2-5 x 10-15
5. Power Band	5. Band Standing Ab Curls	2-5 x 20-30

Equipment	Squat/Deadlift Builder 5	Reps
1. KB/DB + Dip Belt	1. Belt Squats	2-5 x 10-15
2. Back Extension	2. 45 deg Back raise	2-5 x 10-15
3. Glute Ham Raise	3. GHR	2-5 x 10-15
4. Reverse Hyper	4. Reverse Hyper	2-5 x 10-15
5. Sled	5. Sled Drag Walk	2-5 x 50m

Equipment	Squat/Deadlift Builder 6	Reps
1. Safety Bar/Barbell	1. 12" Box Squats	2-5 x 10-15
2. Barbell	2. 2" Deficit RDL	2-5 x 10-15
3. Sled	3. Sled Backwards Drag	2-5 x 20m (Heavy)
4. Landmine Rig	4. Landmine Rotations	2-5 x 10-15
5. Glute Ham Raise	5. GHR	2-5 x 10-15

Equipment	Squat/Deadlift Builder 7	Reps
1. Barbell	1. Barbell Good Morning	2-5 x 10-15
2. Glute Ham Developer	2. GHR	2-5 x 10-15
3. Landmine Rig	3. Landmine Squats	2-5 x 10-15
4. Power Band	4. Seated Band Leg Curl	2-5 x 10-15 (each leg)
5. Weight Plate	5. Plate Sit Ups	2-5 x 10-15

Equipment	Squat/Deadlift Builder 8	Reps
1. Barbell	1. Zercher Squat	2-5 x 10-15
2. Barbell	2. Stiff Leg Deadlift	2-5 x 10-15
3. Reverse Hyper	3. Reverse Hyper	2-5 x 10-15
4. Plyo Box / Dumbbell	4. Box Jumps With Weight	2-5 x 10-15
5. Pull Up Bar	5. Hanging Leg Raises	2-5 x 5-10

Equipment	Squat/Deadlift Builder 9	Reps
1. Belt Squat	1. Belt Squat	2-5 x 10-15
2. Back Ext / Weight	2. 45 Deg Back Ext	2-5 x 10-15
3. Reverse Hyper	3. Reverse Hyper	2-5 x 10-15
4. Glute Ham Developer	4. GHR	2-5 x 10-15
5. Sled	5. Sled Drag Walk	1-3 x 200-500m

Equipment	Squat/Deadlift Builder 10	Reps
1. Barbell	1. Power Clean	2-5 x 5-10
2. Barbell	2. Walking Good Morning	2-5 x 20-50m
3. Landmine Rig	3. Landmine Squats	2-5 x 10-15
4. Reverse Hyper	4. Reverse Hyper	2-5 x 10-15
5. Ab Wheel	5. Ab Wheel Rollout	2-5 x 10-15

10 Press Builders - Extra Workouts

- These workouts should take 40-50 minutes and be completed at an RPE of 6-7 so as not to negatively interfere with the overall training program
- The aim of these workouts is to increase workload in the weak areas responsible for shoulder injuries (upper back, triceps, lats, chest) whilst concurrently raising potential for the pressing movements
- Modify the training variables to suit the individual, spend no more than three weeks on each routine before changing it up.

Equipment	Press Builder 1	Reps
1. Barbell	1. Floor Press	2-5 x 10-15
2. Lat Pull Down	2. Lat Pull Down	2-5 x 10-15
3. Barbell	3. JM Press	2-5 x 10-15
4. Power Band	4. Front Delt Raise - Band	2-5 x 40-50
5. Power Band	5. Triceps Push-Downs	2-5 x 40-50

Equipment	Press Builder 2	Reps
1. Dumbbell / Bench	1. Incline DB Press	2-5 x 10-15
2. Landmine Rig	2. Meadows Row	2-5 x 10-15
3. Dumbbell / Bench	3. Triceps Rollbacks	2-5 x 10-15
4. Dumbbell / Bench	4. Seated DB Press	2-5 x 10-15
5. Power Band	5. Overhead Triceps Extensions	2-5 x 40-50

Equipment	Press Builder 3	Reps
1. Barbell	1. Decline BB Bench Press	2-5 x 10-15
2. Barbell	2. Pendlay Row	2-5 x 10-15
3. Ez Bar / Bench	3. Incline Ez Bar Extension	2-5 x 10-15
4. Dumbbell	4. DB Lateral Raises	2-5 x 10-15
5. Cable	5. Cable Triceps Push-Downs	2-5 x 40-50

Equipment	Press Builder 4	Reps
1. Barbell	1. BB Push Press	2-5 x 10-15
2. Dumbbell	2. Single Arm DB Row	2-5 x 10-15
3. Barbell / Bench	3. Close Grip Bench Press	2-5 x 10-15
4. Dumbbell	4. DB Rear Delt Raises	2-5 x 10-15
5. Weight Plate	5. Overhead Plate Extensions	2-5 x 20-40

Equipment	Press Builder 5	Reps
1. Barbell / Kettlebells	1. BB Kettlebell Bench Press (KB Suspended off bands)	2-5 x 10-15
2. Landmine Rig	2. T Bar Row	2-5 x 10-15
3. Dumbbell	3. DB Triceps Lying Elbows Out Extension	2-5 x 10-15
4. Dumbbell	4. DB Push Press	2-5 x 10-15
5. Bodyweight	5. Diamond Push-Ups	2-5 x 20-40

Equipment	Press Builder 6	Reps
1. Swiss Ball / Dumbbell	1. DB Press on Swiss Ball	2-5 x 10-15
2. Power Band	2. Band Assisted Pull-Up	2-5 x 10-15
3. Barbell	3. BB Power Shrug	
4. Barbell / Bench	4. BB Close Grip Incline Bench Press	2-5 x 10-15
5. Weight Plate	5. Plate Front Raises	2-5 x 10-15
6. Power Band	6. Triceps Push-Downs	2-5 x 20-40

Equipment	Press Builder 7	Reps
1. Barbell	1. BB Standing Press	2-5 x 10-15
2. Barbell	2. BB Shrug	2-5 x 10-15
3. Cable	3. Straight Arm Pull Downs	2-5 x 10-15
4. Barbell	4. Floor BB Triceps Extension	2-5 x 10-15
5. Bodyweight	5. Decline Push-Up	2-5 x 10-15

Equipment	Press Builder 8	Reps
1. Dumbbell	1. DB Decline Press	2-5 x 10-15
2. Dumbbell	2. DB Shrug	2-5 x 10-15
3. Bodyweight	3. Pull-Ups (many grips)	2-5 x 10-15
4. Dumbbell	4. DB Single Arm Triceps Press	2-5 x 10-15
5. Dumbbell	5. DB Alternating Standing Press	2-5 x 10-15
6. Cable	6. Cable Rope Overhead Triceps Extension	2-5 x 20-30

Equipment	Press Builder 9	Reps
1. Barbell	1. BB Incline Press	2-5 x 10-15
2. Dumbbell	2. Farmers Carry	2-5 x 20-30m
3. Power Band	3. Standing Band Row	2-5 x 10-15
4. Dip Machine	4. Dips	2-5 x 10-15
5. Dumbbell	5. DB Lateral/Front Raise Combo	2-5 x 10-15
6. Dumbbell	6. DB Overhead Triceps Extension	2-5 x 10-15

Equipment	Press Builder 10	Reps
1. Dumbbell	1. DB Seated Shoulder Press	2-5 x 10-15
2. Barbell	2. BB Snatch Grip Power Shrugs	2-5 x 20-30m
3. Cable	3. Seated Row	2-5 x 10-15
4. Barbell / Bench	4. BB Close Grip Bench Press	2-5 x 10-15
5. Power Band	5. Band Pull Apart	2-5 x 15-30
6. Power Band	6. Band Triceps Push-Down	2-5 x 20-40

Direct Muscular Specialisation

This section details specialised accessory work, for particular muscle groups that you can perform after your main session or as stand-alone workouts on separate days. These workouts are written to provide you with some ideas that you can expand upon. There will likely be a requirement for you to modify the workouts to best suit the objectives of your training. For that reason we have kept the training variables somewhat broad.

Direct Specialisation - Chest

Workout 1: Dumbbell Press (To Failure)

Perform three sets of dumbbell bench presses to failure. We suggest using three different weights and keeping a record of each weight to track your progress. An example of our records and weight we use for a flat DB press are detailed below;

45kg for 17 reps, 14 reps, and 11 reps

40kg for 23 reps, 21 reps, and 19 reps

35kg for 31 reps, 26 reps, and 22 reps

Rest 5–6 minutes between sets. You can also keep records for the decline, incline and seated press variations.

Workout 2: Dumbbell Press (For Time)

Perform dumbbell bench presses on a stability ball for the maximum amount of time you can. We suggest using three different weights and keeping a record of each weight to track your progress. An example of our records and weight we use for a flat DB press are detailed below;

40kg for 1:50 min

30kg for 3:43 min

20kg for 11:35 min

Workout 3: Kettlebells on The Bar

Hang kettlebells under the bar using jump stretch bands. Each set of kettlebells should hang from its own set of bands. This causes an oscillating, chaotic, pendulum effect and requires a huge amount of stabilisation and recruits maximum muscle fibers. All grip styles work—wide, close, or medium. Perform continuous timed sets, repetition records, or pure sets and reps.

Workout 4: Wide Grip 6,8,10

A great way to add in some extra workload for the bench press is to run the 6, 8, 10 wide grip accessory bench press routine.

Weeks 1 - 3 - 6 sets of 6 reps, progress the weight in the third week so your last set of 6 is challenging.

Weeks 4 - 6 - 8 sets of 8 reps, in week 4 you will use a lighter weight that you used for your 6 sets of 6. Again progress the weight in the sixth week so your last set of 8 is challenging.

Weeks 7 - 9 - 10 sets of 10 reps, in week 7 you will use a lighter weight that you used for your 8 sets of 8. Again progress the weight in the ninth week so your last set of 10 is challenging. When running this program avoid doing any extra front delt work and increase your triceps work to match the workload.

Workout 5: Push Ups (To Failure)

Push-ups are a simple yet potent way to increase your bench press. If you perform them on a bar suspended in a rack it provides a great stimulus specific to benching. For a tremendous pump in the chest, elevate your feet so the blood pools in the upper body. Perform three sets of push-ups to failure. Rest 3-5 minutes between sets. We suggest using many variations and keeping records so you can track your progress. Some of our favorite variations are detailed below;

20kg of chain or a plate on the upper back with the bar in a rack

On rings, TRX or elevated blocks

Feet below a bar in the rack (incline)

Equipment	Upper Chest	Reps
1. Dumbbell	1. BB Incline Press	2-5 x 4-6
2. Dumbbell	2. DB Incline Press	2-5 x 6-12
3. Bodyweight	3. Decline Push-Up	2-5 x 10-20
4. Cable / Bench	4. Incline Cable Flye	2-5 x 15-20
5. Cable	5. Standing Low Pulley Cable Crossovers	2-3 x 15-20

Equipment	Middle Chest	Reps
1. Barbell	1. BB Flat Bench	2-5 x 4-6
2. Dumbbell	2. DB Flat Press	2-5 x 6-12
3. Power Band	3. Band Resisted Push-Up	2-5 x 10-20
4. Cable	4. Standing Cable Crossover	2-5 x 15-20

Equipment	Lower Chest	Reps
1. Barbell	1. BB Decline Press	2-5 x 4-6
2. Dumbbell	2. DB Decline Press	2-5 x 6-12
3. Dip Bar	3. Dips	2-5 x 10-20
4. Dumbbell	4. DB Pull Over	2-5 x 15-20

Equipment	Chest Chaos	Reps
1. Barbell / Kettlebell	1. BB Bench Press (with Kettlebell suspended off bands)	2-5 x 12-15
2. Dumbbell / Swiss Ball	2. DB Swiss Ball Bench Press	2-5 x 12-15
3. Dumbbell / Bench	3. DB Incline Alternating Press	2-5 x 10-12 (each arm)
4. Bosu / Bodyweight	4. Bosu Ball Push-Up	2-5 x 10-20

Equipment	Tempo Chest Circuit	Reps
1. Barbell	1. Wide Grip Bench Press	2 x 6-8 (4-2-8 Tempo)
2. Dumbbell	2. Incline Bench Press	2 x 6-8 (4-2-8 Tempo)
3. Band	3. Standing Chest Fly	2 x 6-8 (4-2-8 Tempo)
4. Dumbbell	4. DB Neutral Grip Floor Press	2 x 6-8 (4-2-8 Tempo)
5. Dumbbell	5. DB Incline Fly	2 x 6-8 (4-2-8 Tempo)

Equipment	Alpha Chest!	Reps
1. Barbell	1. Bench Press	5 reps @ approx. 85% 1RM (Heavy)
2. Dumbbell	2. Incline Bench Press	12 reps @ approx. 65% 1 RM (Medium)
3. Band/Cable	3. Standing Chest Fly	50 reps – mini band Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 180 reps' volume

Equipment	Chest 100's	Reps
1. Barbell	1. Bench Press	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Dumbbell	2. DB Fly	
3. Band/Cable	3. Fly's	

Equipment	Up in 4's	Reps
1. Barbell	1. Incline Bench	3 x 4
2. Dumbbell	2. Flat Bench Press	3 x 8
3. Dumbbell	3. Decline Fly	3 x 12
4. Bands/Cables	4. Standing Fly	3 x 16

Equipment	4 Minute Muscle - Chest	Reps
1. Barbell	1. Bench Press	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Dumbbell	2. Incline Press	
3. Dumbbell	3. Decline Fly	
4. Bands/Cables	4. Standing Fly	

Direct Specialisation – Lower Back

Reverse Hyper “Vanilla”		
Exercise	Sets x Reps	Remarks
Reverse Hyper (any)	5 x 25	If you are new to the reverse hyper this is where you start. The load is 50% of your max effort squat. This routine should form 50-60% of your reverse hyper work in your training plan. <i>“Dave Tate” ELITEFTS</i>

Reverse Hyper “Hard 12”		
Exercise	Sets x Reps	Remarks
Reverse Hyper (any)	6-8 x 12	Work up to a hard set of 12 using any style of hyper. Once you hit your hard set, do three to four more sets at that weight. This may end up being somewhere between six and eight total sets. For those newer to the hyper, start with the long strap when going heavy to learn to control the weight.

Reverse Hyper “One Minute in Hell”		
Exercise	Sets x Reps	Remarks
Reverse Hyper (any)	1-4 x 1 min	Start with a lighter weight than normal for this routine. Perform 1-4 sets each for 1 minute efforts. As you progress you can ramp the time up.

Reverse Hyper “The Song”		
Exercise	Sets x Reps	Remarks
Reverse Hyper (any)	1-2 x 3-6min	Choose a moderate weight on the reverse hyper and choose your favorite song. Perform reps until the song is finished. A couple of sets should do the job!

Reverse Hyper “Drop Set”		
Exercise	Sets x Reps	Remarks
Reverse Hyper (any)	1-3 x Many	Starting weight is about 70% of your max effort squat. Perform 4 drop sets until you reach about 40% of your max effort squat. 1-3 rounds of the 4 drop sets is all you need.

Equipment	45 Degree Low Back Smack	Reps	Remarks
1. 45 Back Ext.	1. Weighted 45 Degree Back ext.	3 x 5-10	Load exercise 1 up heavy and perform up to 10 reps. Drop the weight and perform a high number of repetitions at bodyweight. We usually multiply the weighted reps by 4 as a start point.
2. 45 Back Ext.	2. Bodyweight 45 Degree Back ext.	3 x (Many)	

Direct Specialisation – Triceps

Equipment	Tav's Triceps Blast	Reps
1. Barbell	1. Close Grip Bench	2-3 x 10-12
2. Barbell	2. Skull Crusher	2-3 x 10-12
3. Body Weight	3. Dips	2-3 x 10-12
4. Band	4. 1 Arm Band Push Down	2- 3 x 10-12

Equipment	Dirty Thirty Tri-Set	Reps	Remarks
1. Ez Bar	1. Ez Bar Triceps Roll Backs	10	Perform exercise 1, 2 and 3 as a tri-set. No rest between exercises. You can complete this tri-set up to 5 times or until you feel you are done!
2. Ez Bar	2. Ez Bar Skull Crusher	10	
3. Ez Bar	3. Ez Bar Close Grip Bench Press	10+	

Equipment	Rack it UP	Reps	Remarks
1. Barbell/Rack	1. 2" Off Chest Rack Lockout	3 x 8-10	Perform exercise 1, 2 and 3 for three sets each with minimal rest.
2. Barbell/Rack	2. 4" Off Chest Rack Lockout	3 x 8-10	
3. Barbell/Rack	3. 6" Off Chest Rack Lockout	3 x 8-10	You will have to change the rack heights every 3 sets.

Equipment	Triple Head Tri-Set	Reps	Remarks
1. Cable	1. Rope Push-Down (spread at bottom)	12	Perform exercise 1, 2 and 3 as a tri-set. No rest between exercises. You can complete this tri-set up to 5 times. This routine targets all three heads of the triceps.
2. Cable	2. Overhead Rope Triceps Extension	12	
3. Bench	3. Bench Triceps Dip	12	

Equipment	Triceps Double Method	Reps	Remarks
1. Ez Bar	1. Lying Ez Bar Extensions (to forehead)	6-8	Perform exercise's 1, 2 and 3 as a tri-set up to three times. Your weight for the close grip bench press should be heavy, the last set of the Ez bar extensions is all out! You may have to reduce the weight of the Ez bar as you progress.
2. Barbell	2. Close Grip Bench Press	4-6	
3. Ez Bar	3. Lying Ez Bar Extensions (to forehead)	AMAP	

Equipment	Mechanical - Triceps Drop Set	Reps	Remarks
1. Cable	1. Rope Push-Down (spread at bottom)	12-20	Perform exercise's 1, 2 3, 4 and 5 as a giant set. No rest between exercises and use the same weight for each exercise. You can complete this giant set up to 4 times.
2. Cable	2. Rope Push-Down (no spread at bottom)	12-20	
3. Cable	3. Overhead Rope Triceps Extension	12-20	
4. Cable	4. Ez Bar Reverse Grip Triceps Push-Down	12-20	
5. Cable	5. Ez Bar Triceps Push-Down	12-20	

Equipment	Triceps 10-20 Method	Reps	Remarks
1. Barbell	1. Close Grip Bench Press	10	Perform exercise's 1, 2 as a superset up to three times. The 10 reps should be fairly heavy and the 20 reps lighter.
2. Cable	2. Rope Push-Down (spread at bottom)	20	
3. Dumbbell	3. Overhead DB Extensions	10	Perform exercise's 3, 4 as a superset up to three times. The 10 reps should be fairly heavy and the 20 reps lighter.
4. Cable	4. Ez Bar Reverse Grip Triceps Push-Down	20	

Equipment	Triceps OMNI Method	Reps	Remarks
1. Cable	1. Straight Bar Pull Down (palms up)	3 x 8-15	Perform exercise's 1, 2 and 3 as a tri-set up to three times. Work in the 8-15 rep range depending on your needs.
2. Cable	2. Straight Bar Push Down (palms down)	3 x 8-15	
3. Cable	3. Overhead Rope Triceps Extension	3 x 8-15	

Equipment	4 Minute Muscle – Tri's	Reps
1. Barbell	1. Close Grip bench Press	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Band/Cable	2. Triceps Push Down	
3. Band/Cable/Plate	3. Seated OH Extension	

Equipment	Alpha Tri's!	Reps
1. Barbell	1. French Press/Close Grip bench	5 reps @ approx. 85% 1RM (Heavy)
2. Bodyweight	2. Dips (weighted)	12 reps @ approx. 65% 1 RM (Medium)
3. Band/Cable	3. Triceps Push Down	40 reps – mini band
Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 200 reps' volume		

Equipment	Triceps 100's	Reps
1. Barbell	1. Skull Crusher	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Band/Cable	2. Triceps Push Down	

Equipment	Up in 4's	Reps
1. Barbell	1. Close Grip Bench Press	3 x 4
2. Dumbbell	2. Triceps Dips	3 x 8
3. Dumbbell	3. Lying Tricep Ext	3 x 12
4. Bands/Cables	4. Triceps Push Down	3 x 16

Direct Specialisation – Biceps

Yes we recommend you train your biceps, google “biceps tear deadlift” to see why ☺

Equipment	Gormo's Arms-Ageddon	Reps	Remarks
1. Dumbbell	1. DB Cross Body Alternating Hammer Curl	10-12 (each arm)	Perform exercises 1, 2 and 3 as a tri-set. Start with heavy weights for the cross body hammer curls. Regress to lighter weights for exercises 2 and 3. You'll see why..
2. Dumbbell	2. DB Bi-Lateral Hammer Curl	10-12	
3. Dumbbell	3. DB Alternating Bicep Curl	10-12 (each arm)	

Equipment	Biceps 10-20 Method	Reps	Remarks
1. Barbell	1. BB Standing Bicep Curl	10	Perform exercise's 1, 2 as a superset up to three times. The 10 reps should be fairly heavy and the 20 reps lighter.
2. Cable	2. Rope Cable Hammer Curl	20	
3. Ez Bar	3. Ez Bar Reverse Grip Curl	10	Perform exercise's 3, 4 as a superset up to three times. The 10 reps should be fairly heavy and the 20 reps lighter.
4. Cable	4. Straight Bar Cable Bicep Curl	20	

Equipment	Mechanical - Biceps Drop Set	Reps	Remarks
1. Cable	1. Reverse Grip Cable Curl	12-15	Perform exercise's 1, 2, 3, and 4 as a giant set. No rest between exercises and use the same weight for each cable exercise. You can complete this giant set up to 4 times.
2. Cable	2. Wide Grip Cable Curl	12-15	
3. Cable	3. Close Grip Cable Curl	12-15	
4. Dumbbell	4. Seated Alternating DB Curl	12-15	

Equipment	Alpha Bi's!	Reps
1. Barbell	1. Barbell Curl	5 reps @ approx. 85% 1RM (Heavy)
2. Dumbbell	2. Seated Incline Curl	12 reps @ approx. 65% 1 RM (Medium)
3. Band	3. Single Arm Curl	50 reps – mini band Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 180 reps' volume

Equipment	Front to Back superset 1.	Reps
1. Barbell	1. Barbell Curl superset w Skull Crusher	2-3 x 10-12
2. Dumbbell	2. Hammer Curl Superset w Tate Press	2-3 x 10-12
3. Dumbbell + Band	3. DB seated incline curl superset w Band Triceps Push down	2-3 x 10-12

Equipment	Front to Back superset 2.	Reps
1. Barbell	1. Barbell Curl superset w Weighted Dips	2-3 x 10-12
2. Barbell	2. Barbell 21's superset w Tricep Overhead Plate Extensions	2-3 x 10-12
3. Dumbbell + Band	3. DB Hammer Curl superset w Band Tricep Kick Back	2-3 x 10-12

Equipment	Forearm/Grip	Reps
1. Barbell	1. Reverse Curl	2-3 x 10-12
2. Dumbbell	2. Hammer Curl	2-3 x 10-12
3. Barbell	3. Wrist Curl	2-3 x 10-12
4. Plate	4. Pinch Grip Hold	2-3 x 45-60 sec holds
5. Plate	5. 5-10kg plate flip	2-3 x 5 reps each arm

Equipment	Up in 4's	Reps
1. Barbell	1. Curls	3 x 4
2. Dumbbell	2. Incline DB Curl	3 x 8
3. Dumbbell	3. Hammer Curl	3 x 12
4. Barbell	4. Preacher Curl	3 x 16

Equipment	4 Minute Muscle – Bi's	Reps
1. Barbell	1. Curls	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Dumbbell	2. Hammer curl	
3. Barbell/Dumbbell	3. Preacher Curl	

Direct Specialisation – Traps / Upper Back

Equipment	Thick Back Main	Reps
1. Dumbbell / Bench	1. DB Chest Supported Rear Delt Flye	4 x 10-12
2. Dumbbell / Bench	2. DB Chest Supported Row (elbows out)	4 x Max (with same weight as above)
3. Cable / Hammer Row	3. Seated Row	4 x 10-12
4. Barbell	4. BB Close Grip Reverse Row	4 x 10-12 (hold 2 seconds at peak of contraction)

Equipment	Non-Functional Trap Builder	Reps	Remarks
1. Smith Machine	1. Single Arm Shrugs	6-8 (each arm)	Perform exercise's 1, 2 and 3 as a Tri-Set.
2. Smith Machine	2. Double Arm Shrugs (bar in front)	12-15	No rest between exercises and reduce the weight as you need to for the double arm work. You can complete this Tri-Set up to 4 times.
3. Smith Machine	3. Double Arm Shrugs (bar behind)	12-15	

Equipment	Thick Back Finisher	Reps
1. Cable	1. Rope Face Pull (to forehead)	4 x 8-10
2. Cable	2. Rope Face Pull (to neck)	4 x Max (with same weight as above)
3. Cable	3. Rope Face Pull (to chest)	4 x Max (with same weight as above) You can vary this workout by changing the height of the cable.

Equipment	Wide Back Finisher	Reps	Remarks
1. Lat Pull-Down	1. Lat Pull-Down (pronated grip bottom half of the lift)	8-10	Perform exercise's 1, 2 as a superset up to three times.
2. Cable	2. Cable Straight Arm Pull-Down	10-20	
3. Dumbbell	3. DB Pull-Over	10-12	Perform exercise's 3, 4 as a superset up to three times.
4. Cable	4. Lat Pull-Down (supinated grip top half of the lift)	8-10	

Equipment	Upper Back Delt Melt	Reps
1. Dumbbell	1. Seated Lateral Fly	3 x 10-15
2. Dumbbell	2. Straight Arm Pullover	3 x 10-15
3. Dumbbell	3. DB Shrugs	3 x 10 –15
4. Dumbbell	4. Front Raise	3 x 10-15
5. Landmine	5. Meadow Rows	3 x 10-15
6. Landmine	6. Landmine Press	3 x 10-15

Equipment	Upper Back / Shoulders	Reps
1. Dumbbell	1. Cuban Press	2-3 x 10-15
2. Band/Machine	2. Straight Arm Pulldown	2-3 x 10-15
3. Dumbbell	3. Single Arm Row	2-3 x 10 –15
4. Dumbbell	4. Bent Over Lateral Raise	2-3 x 10-15
5. Landmine	5. Kneeling Landmine Press	2-3 x 10-15

Equipment	Upper Back/Shoulder 2.	Reps
1. Barbell	1. Front Raise	2-3 x 10-15
2. Band/Machine	2. Straight Arm Pulldown	2-3 x 10-15
3. Dumbbell	3. Lateral Raise	2-3 x 10-15
4. Dumbbell	4. Straight Arm Pull Over	2-3 x 10-15
5. Dumbbell	5. Front Raise (thumb down)	2-3 x 10-15
6. Band	6. Face Pull	2-3 x 10-15

Equipment	Trap Attack	Reps
1. Dumbbell	1. Seated Shrugs	2-3 x 10-15
2. Barbell	2. Upright Row (clean grip)	2-3 x 10-15
3. Dumbbell/Plate	3. Cuban Press	2-3 x 10-15
4. Dumbbell	4. Upright Row (snatch grip)	2-3 x 10-15

Equipment	Trap Finisher	Reps	Remarks
1. Barbell	1. BB Snatch or Clean Grip Power Shrug	5-8	Perform exercise's 1, 2 3, and 4 as a giant set. No rest between exercises and use the same weight for each cable exercise. You can complete this giant set up to 4 times.
2. Dumbbell	2. DB Shrug (with 2 second pause at the top)	12-15	

Equipment	Neck/Traps/Upper Back	Reps
1. Bodyweight/Band	1. 4-way Neck (partner/band)	3 x 6 (each way)
2. Dumbbell	2. DB Seated Shrugs	2 x 15-20
3. Barbell	3. Clean Grip Upright Row	2 x 15
4. Dumbbell	4. DB Bent Over Lateral Raise	3 x 15-20

Equipment	Upper Back/Posterior Delt	Reps
1. Band	1. Face Pulls (high – elbows above ears)	3 x 10-15
2. Band	2. Face Pulls (med – pull to kneck)	3 x 10-15
3. Band	3. Face Pulls (low – pull to chest)	3 x 10-15
4. Dumbbell	4. DB Bent Over Lateral Raise	3 x 15-20

Equipment	Lat Attack!	Reps
1. Bodyweight + Belt	1. Weighted Pull Ups	3 x 8
2. Band/Machine	2. Lat Pull Down	3 x 10
3. Power Band	3. Seated Row	3 x 15

Equipment	Band Back Attack	Reps
1. Green Band	1. Seated Row	2-3 x 10-12
2. Black Band	2. Straight Arm Pull Down	2-3 x 10-12
3. Green Band	3. Assisted Pull Ups	2-3 x 10-12
4. Green Band	4. Bent Row	2- 3 x 10-12
5. Black Band	5. Seated Lat Pull Down	2-3 x 10-12

Equipment	Tempo Back - Pull Circuit	Reps
1. Band	1. Straight Arm Pull Down	2 x 6-8 (4-2-8 Tempo)
2. Dumbbell	2. Straight Arm Pull Over	2 x 6-8 (4-2-8 Tempo)
3. Band	3. Assisted Pull Ups	2 x 6-8 (4-2-8 Tempo)
4. Band	4. Seated Wide Grip Pull Downs	2 x 6-8 (4-2-8 Tempo)

Equipment	Tempo Back - Row Circuit	Reps
1. Barbell	1. Bent Over row	2 x 6-8 (4-2-8 Tempo)
2. Band	2. Seated Band Row	2 x 6-8 (4-2-8 Tempo)
3. Landmine	3. Meadow Row	2 x 6-8 (4-2-8 Tempo)
4. Band	4. Upright Row	2 x 6-8 (4-2-8 Tempo)
5. Dumbbell	5. Single Arm DB Row	2 x 6-8 (4-2-8 Tempo)

Equipment	Alpha Back!	Reps
1. Dumbbell	1. 1 Arm Row	5 reps @ approx. 85% 1RM (Heavy)
2. Band/Machine	2. Seated Row	12 reps @ approx. 65% 1 RM (Medium)
3. Band/Cable	3. Straight Arm Pull Down	50 reps – mini band Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 180 reps' volume

Equipment	Back 100's	Reps
1. Band/Cable	1. Wide Grip Pull Down	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Band/Cable	2. Seated Row	

Equipment	Up in 4's	Reps
1. Barbell	1. Bent Over Row	3 x 4
2. Bodyweight/Bands	2. Pull Ups (assisted if needed)	3 x 8
3. Dumbbell	3. Dumbbell Row	3 x 12
4. Bands/Cables	4. Straight Arm Pull Down	3 x 16

Equipment	4 Minute Muscle – Lats	Reps
1. Band/Machine	1. Wide Grip Pull Down	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Band/Machine	2. Seated Row	
3. Band/Machine	3. Reverse Grip Pull Down	

Direct Specialisation – Shoulders

Equipment	Rotator Work V1	Reps
1. Band	1. Internal Rotation	2-3 x 10-20
2. Band	2. External Rotation	2-3 x 10-20
3. Band	3. Pull A parts	2-3 x 10-20
4. Band	4. Kneeling Scap Pulls	2- 3 x 10-20

Equipment	Rotator Work V2	Reps
1. Dumbbell	1. DB Cuban Press	2-3 x 10-20
2. Band	2. External Rotation	2-3 x 10-20
3. Band	3. Pull A parts	2-3 x 10-20
4. Band	4. Dislocates	2- 3 x 10-20
5. Band	5. Internal Rotation	2- 3 x 10-20

Equipment	Triple Delt Melt V1	Reps	Remarks
1. Dumbbell	1. DB Lateral Raises	15-25	Perform exercise's 1, 2, and 3 as a tri-set. Complete this tri-set how every many times you need. To do the front band raises, stand on a band and raise arms up overhead to your front.
2. Dumbbell	2. DB Rear Delt Flye	15-25	
3. Power Band	3. Band Front Raises (Overhead)	15-25	

Equipment	Triple Delt Melt V2	Reps	Remarks
1. Weight Plate	1. Plate Front Raises	15-25	Perform exercise's 1, 2, and 3 as a tri-set. Complete this tri-set how every many times you need.
2. Dumbbell	2. DB Seated Lateral Raises	15-25	
3. Cable	3. Standing Dual Cable Rear Delt Flye	15-25	Vary the height of the dual cable rear delt flyes each set.

Equipment	Band Blast!	Reps
1. Band	1. Single Arm Shoulder Press	2-3 x 10-12
2. Band	2. Upright Row	2-3 x 10-12
3. Band	3. Face Pull	2-3 x 10-12
4. Band	4. Bent Over Rows	2- 3 x 10-12

Equipment	DB Tempo Shoulder Circuit	Reps
1. Dumbbell	1. Lateral Raise	2 x 6-8 (4-2-8 Tempo)
2. Dumbbell	2. Front Raise	2 x 6-8 (4-2-8 Tempo)
3. Dumbbell	3. 'Y' Raise	2 x 6-8 (4-2-8 Tempo)
4. Dumbbell	4. 'L' Raise	2 x 6-8 (4-2-8 Tempo)
5. Dumbbell	5. Bent Over Raise	2 x 6-8 (4-2-8 Tempo)

Equipment	Landmine Push / Pull	Reps
1. Landmine	1. Kneeling Press	2-3 x 10-12
2. Landmine	2. Meadow Row	2-3 x 10-12
3. Landmine	3. Single Arm Floor Press	2-3 x 10-12
4. Landmine	4. T Bar Row	2-3 x 10-12
5. Landmine	5. Double Arm Push Press	2-3 x 10-12

Equipment	Plate Pump	Reps
1. Plate	1. Shoulder Front Raise	2-3 x 10-12
2. Plate	2. Mil Press	2-3 x 10-12
3. Plate	3. OH Tricep Ext	2-3 x 10-12
4. Plate	4. Curls	2-3 x 10-12
5. Plate	5. Lying Chest Press	2-3 x 10-12

Equipment	Run The Rack!	Reps
1. Dumbbell	1. Standing Press	1 x set start at 15kg - 20kg depending on ability and max out. Move to next dumbbell weight down and repeat this process maxing out at each weight until you get to the end of the rack. This is done for all exercises. Exercise sequence is top to bottom.
2. Dumbbell	2. Hammer Curl	
3. Dumbbell	3. Bent Over Lateral raise	
4. Dumbbell	4. Seated OH Tricep Ext	
5. Dumbbell	5. 1 Arm Row	

Equipment	Empty Barbell Treat	Reps
1. Olympic Barbell	1. Press	2-3 x 15-20
2. Olympic Barbell	2. Upright Row	2-3 x 15-20
3. Olympic Barbell	3. Bent row	2-3 x 15-20
4. Olympic Barbell	4. Floor Press	2-3 x 15-20
5. Olympic Barbell	5. Curl	2-3 x 15-20

Equipment	Alpha Delts!	Reps
1. Barbell	1. Strict Press	5 reps @ approx. 85% 1RM (Heavy)
2. Dumbbell	2. Seated Arnold Press	12 reps @ approx. 65% 1 RM (Medium)
3. Band/Cable	3. Lateral Raise	50 reps – mini band Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 170 reps' volume

Equipment	Delts 100's	Reps
1. Barbell	1. Standing Press	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Dumbbell	2. Lateral Raise	

Equipment	Up in 4's	Reps
1. Barbell	1. Standing Press	3 x 4
2. Dumbbell	2. Lateral Raise	3 x 8
3. Barbell	3. Upright Row	3 x 12
4. Bands/Cables	4. Bent Over Lateral Raise	3 x 16

Equipment	4 Minute Muscle – Boulders	Reps
1. Barbell/Landmine	1. Standing Press	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Dumbbell	2. Lateral Raise	
3. Band/Machine	3. Face Pull	

Equipment	Overhead Press Increaser	Reps	Remarks
1. Kettlebell	1. Kettlebell Bottoms Up Press	6-12 (each arm)	Perform exercise's 1, 2, and 3 as a tri-set. Complete this tri-set how every many times you need.
2. Barbell/Power Rack	2. Seated Half Press Lockouts in a Power Rack	6-12	
3. Cable	3. Overhead Triceps Extensions	15-20	Vary the height of the half press in a power rack to match your overhead lockout position.

Direct Specialisation – Quads

Equipment	Alpha Quads!	Reps
1. Barbell	1. Back Squat	5 reps @ approx. 85% 1RM (Heavy)
2. Leg Press	2. Leg Press	12 reps @ approx. 65% 1 RM (Medium)
3. Band/Machine	3. Leg Extension	50 reps – mini band
Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 180 reps' volume		

Equipment	Gormo's Gut Check	Reps	Remarks
1. Barbell	1. Front Squat	6-8	Perform exercise's 1, 2, and 3 as a tri-set. Complete this tri-set how every many times you need. Front squats are at 80-85% 1 RM Ex 2 and 3 are at 75% 1 RM – You can vary this routine by flipping the back/front squat in the first/2 nd and 3 rd set.
2. Barbell	2. Back Squat (close stance)	AMAP	
3. Barbell	3. Back Squat (wide stance)	AMAP	

Equipment	Leg Blaster	Reps	Remarks
1. Bodyweight	1. BW Lunge	20	A great alternative when you have no equipment. Perform each exercise without rest. You'll need about 1-2 minutes rest between each rotation. A good place to start is 6 rounds.
2. Bodyweight	2. BW Squat	20	
3. Bodyweight	3. Jump Lunge (plyo)	10	
4. Bodyweight	4. Jump Squat (plyo)	10	

Equipment	Quad-Swoled	Reps	Remarks
1. Dumbbell	1. Bulgarian Split Squat	8-10 (each leg)	Perform exercise's 1, 2, and 3 as a tri-set.
2. Leg Press	2. Leg Press (vary positions)	15-20	Complete this tri-set how every many times you need.
3. Bodyweight	3. BW Squats	AMAP	

Equipment	Quad Finisher	Reps	Remarks
1. Leg Ext	1. Leg Extension (full range reps)	6-10	Perform exercise's 1 to 4, as a giant set. No rest between exercises. Complete this giant-set as many times you feel the need.
2. Leg Ext	2. Leg Extension (partial range reps top portion)	6-10	
3. Leg Ext	3. Leg Extension (partial range reps bottom portion)	6-10	
4. Leg Ext	4. Leg Extension (full reps)	6-10	

Equipment	Quads 100's	Reps
1. Kettlebell	1. Goblet Squat	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Band/Machine	2. Leg Extensions	

Direct Specialisation – Hamstrings

Equipment	Hamstring Strengthening 1.	Reps
1. Reverse Hyper	1. Reverse Hyper	2 x 15
2. Glute Ham Raise	2. GHR	2 x 10
3. Power Band	3. Band Good Mornings	2 x 15
4. Body Weight	4. Walking Lunge	2 x 20m

Equipment	Hamstring Strengthening 2.	Reps
1. Back Extension	1. Single Leg Hinge	2 x 15 each leg
2. Barbell	2. RDL	2 x 10
3. Body Weight	3. Single Leg Hip Ext	2 x 15 each leg
4. Sled	4. Walking sled drag	2 x 20m

Equipment	Hamstring Strengthening 3.	Reps
1. Power Band	1. Good Morning	2 x 20
2. Glute Ham Raise	2. GHR	2 x 10
3. Power Band	3. Lying Leg Curl	2 x 15 each leg
4. Mini Band	4. Band Clams	2 x 20

Equipment	Hamstring Strengthening 4.	Reps
1. Dumbbells	1. DB Single Leg RDL's	2 x 15 each leg
2. Power Band	2. Single Leg standing leg curl (anchored)	2 x 15 each leg
3. Power Band	3. Band Good Mornings	2 x 15
4. Back Ext	4. Back Ext Hinge	2 x 15

Equipment	Hamstring Strengthening 5.	Reps
1. Dumbbell/Barbell	1. Reverse Lunge	2 x 20 each leg
2. Kettlebell	2. Single Leg RDL	2 x 10 each leg
3. Reverse Hyper	3. Single Leg Reverse Hyper	2 x 10 each leg
4. Body Weight	4. Double Leg Hip Ext	2 x 20

Equipment	Hammy Finisher	Reps	Remarks
1. Leg Curl	1. Leg Curl (full range reps)	6-10	Perform exercise's 1 to 4, as a giant set. No rest between exercises. Complete this giant-set as many times you feel the need to.
2. Leg Curl	2. Leg Curl (partial range reps top portion)	6-10	
3. Leg Curl	3. Leg Curl (partial range reps bottom portion)	6-10	
4. Leg Curl	4. Leg Curl (full reps)	6-10	

Equipment	Alpha Hams!	Reps
1. Barbell	1. Romanian Deadlift	5 reps @ approx. 85% 1RM (Heavy)
2. Band/Machine	2. Leg Curl	12 reps @ approx. 65% 1 RM (Medium)
3. Body Weight	3. Hamstring Bridge	45 secs continuous
Complete as giant set: no rest between exercises repeat for 3 x rounds approx. 200 reps' volume		

Equipment	Hammy 100's	Reps
1. Band/Machine	1. Lying Leg Curl	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Band	2. Pull Through	

Equipment	Up in 4's	Reps
1. Barbell	1. Romanian Deadlift	3 x 4
2. Bodyweight/Bands	2. Band Good Morning	3 x 8
3. Band/Machine	3. Leg Curl	3 x 12
4. Bodyweight	4. Hamstring Bridge	3 x 16

Equipment	4 Minute Muscle – Hammy Wammy	Reps
1. Kettlebell/Landmine	1. Single Leg RDL	Use a weight you can handle for 15-20 reps. Conduct each exercise for 4 mins total taking short breaks when you reach failure. Record results and try to break rep records next time you repeat.
2. Band/Machine	2. Leg Curl	
3. Bodyweight	3. Hamstring Bridge	

Direct Specialisation – Calves

Equipment	Calf Smash Week 1	Reps
1. Barbell/Dumbbell	1. Standing Calf Raise	3 x 25
2. Machine	2. Seated Calf Raise	3 x 25
3. Band	3. Seated Plantar Flex Single Leg	3 x 25

Equipment	Calf Smash Week 2	Reps
1. Leg Press	1. Leg Press Calf Raise	3 x 20
2. Machine	2. Seated Calf Raise	3 x 20
3. Band	3. Seated Plantar Flex Single Leg	3 x 20
4. Barbell/Dumbbell	4. Standing Calf Raise	3 x 20

Equipment	Calf Smash Week 3	Reps
1. Barbell/Dumbbell	1. Standing Calf Raise	4 x 20
2. Machine	2. Seated Calf Raise	4 x 20
3. Band	3. Seated Plantar Flex Single Leg	4 x 20
4. Leg Press	4. Leg Press Calf Raise	4 x 20

Equipment	No More Shin Splints	Reps	Remarks
1. Seated Calf	1. Seated Calf Press	15-20	Exercise 1, 2 and 3 are a tri-set. Perform exercise 1 at a moderate weight. Then add weight for exercise 2/3 as a very heavy weight. Complete as many rounds as required.
2. Seated Calf	2. Seated Calf Press	5	
3. Seated Calf	3. Seated Calf Press	5	

Direct Specialisation – Trunk/Abdominals

Equipment	Tav ABS!	Reps
1. Plate	1. Weighted Sit Ups	2-3 x 8-10
2. Body Weight	2. Feet to Ceiling	2-3 x 10-12
3. Body Weight	3. Un-anchored BFA Sit Ups	2-3 x 30-40

Equipment	Magill Big 3	Reps
1. Bodyweight	1. Modified Lying Crunch	2-3 x 12-15
2. Bodyweight	2. Side Plank	2-3 x 12-15 (each side)
3. Bodyweight	3. Bird Dog	2-3 x 8-10 (each side)

Equipment	Advanced Big 3	Reps
1. Bodyweight	1. Dead Bug	2-3 x 12-15 (each side)
2. Bodyweight	2. Side Plank (with leg lift)	2-3 x 12-15 (each side)
3. Bodyweight	3. Bird Dog (with toes raised)	2-3 x 8-10 (each side)

Equipment	AB Strength	Reps
1. Bodyweight	1. Hanging Leg Raises	2-3 x 12-15
2. Band/Machine	2. Cable / Band Crunches	2-3 x 10-12
3. Plate/Swiss Ball	3. Weighted Sit Ups (on Swiss ball)	2-3 x 8-10

Equipment	AB Endurance	Reps
1. Bodyweight	1. Lying Leg Raises	2 x 25-50
2. Bodyweight	2. Oblique Touches	2 x 25-50

Equipment	AB Rotational	Reps
1. Landmine	1. Standing Rotations	2-3 x 12-15 (each way)
2. Dead Ball	2. Rotational Wall Throws	2-3 x 10-12
3. Dead Ball	3. Weighted Sit Ups & Oblique Twist	2-3 x 8-10 (each way)

Equipment	DG's Stability Ball Mash-Up	Reps
1. Stability Ball	1. SB Crunch	Perform Exercises 1 to 5 as a circuit, reps are as you see fit. The 10-15 range is a good place to start.
2. Stability Ball	2. SB Mountain Climber	
3. Stability Ball	3. SB Jackknife	
4. Stability Ball	4. SB Lying Rotations (side to side with weight plate)	
5. Stability Ball	5. SB Stir the Pot	

Equipment	ABS 100's	Reps
1. Band/Cable	1. Cable/Band Crunch	100 reps each exercise. Use 20-30% 10RM weight aim for 50-60 unbroken reps, wherever you fail the amount of reps left to 100 is the seconds you get in rest. Continue this sequence until you reach 100 reps!
2. Bodyweight	2. Butterfly Sit Ups	

Loaded Carry Accessory Workouts

Loaded carry training should be a staple in every tactical strength and conditioning program. If you don't agree with this suggestion, we ask you to review your Unit's combat needs analysis and consider the accuracy of the following statement; *"almost every mission within a deployed context, either during domestic or combat operations will include a variation of a loaded carry at some point"*. In combat situations this may include carrying external loads (body armor, field/patrol packs, mission essential equipment), stores and ammunition distribution/relocation, establishment of defensive positions and the evacuation of casualties. In a domestic humanitarian relief situation this may include moving fallen trees, sandbagging flooded areas, distribution of food and water to relief centres and assisting injured community members to transport collection points. The benefits of regular loaded carry training not only enhance mission capability; they condition the body in a unique way that's not found in any other exercise. Loaded carries combine a strong need to stabilise the trunk, execute dynamic movement under load and produce isometric tension in key muscles. Loaded Carries demand the need to fight "micro-oscillation," a minuscule but constant change in position that forces the body to recruit muscles to stabilise the load. Loaded carries also improve grip strength and strengthen the rotator cuff muscles through a process called irradiation.

Unfortunately, the literature is not extensive in programming parameters for loaded carries. The following guidelines have worked well for us and will hopefully provide you with a reference point to experiment with for your own programming needs.

Maximal Strength

1. **Load:** 90-101+% of 1 RM
2. **Work Duration:** 5-20 Seconds
3. **Rep Distance:** 10-40m
4. **Rest Duration:** 1:30 – 2:00
5. **Reps Per Set:** 1-2
6. **Sets:** 3-7

Strength Endurance

1. **Load:** 75-90% of 1 RM
2. **Work Duration:** 10-40 Seconds
3. **Rep Distance:** 20-50m
4. **Rest Duration:** 1:00 - 1:30
5. **Reps Per Set:** 2-4
6. **Sets:** 4-8

Hypertrophy / General Strength

1. **Load:** 55-75% of 1 RM
2. **Work Duration:** 40-120 Seconds
3. **Rep Distance:** 20-150m
4. **Rest Duration:** 30 - 1:30
5. **Reps Per Set:** 3-6
6. **Sets:** 5-10

Below is an example loaded carry exercise pool.

Kettlebells	Dead Balls	Sandbags	Dumbbells
Single/Double Arm Farmers Carry	Front Cradle Carry	Front Rack Carry	Single/Double Arm Farmers Carry
Single/Double Arm Overhead Carry	Single Arm Shoulder Carry	Single Shoulder Carry	Single/Double Arm Overhead Carry
Single/Double Arm Front Rack Carry	Overhead Carry	Back Carry	Single/Double Arm Front Rack Carry
Double Arm Goblet Carry	Single Arm Side Carry	Single Arm Side Carry	Double Arm Goblet Carry
Alternate Carry - One Bell Overhead/One Bell Front Rack		Overhead Carry	Alternate Carry - One Bell Overhead/One Bell Front Rack
Alternate Carry - One Bell Overhead/One Bell Farmers			Alternate Carry - One Bell Overhead/One Bell Farmers
Trap Bar	Carry Handles	Jerries	Mixed Implement
Farmers Carry (weight displaced either side of body)	Single/Double Side Farmers Carry	Cradle Carry	Ammo Box Partner Carry
Overhead Carry	Cradle Carry	Single Shoulder Carry	Ammo Box Cradle Carry
Front to Back Carry (farmers carry with weight displaced front and rear of body)		Back Carry	Fast Rope Shoulder Carry
		Single/Double Arm Carry	Fast Rope Cradle Carry

10 Loaded Carry (Extra Workouts)

Equipment	Just Jerries' Push/Pull	Reps
1. 2 x 22kg Army Issue Jerry Cans Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds.	1. Jerry Incline Push Ups 2. Jerry Can Farmers Carry 3. Pull Ups 4. Jerry Can Farmers Carry	3-5 x 20 3-5 x 30-50m 3-5 x 10 3-5 x 30-50m

Equipment	Cradle & Carry	Reps
1. 1 x 15-25kg Deadball Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds.	1. Deadball Cradle Squats 2. Deadball Cradle Carry 3. Deadball Ground Over Shoulder 4. Deadball Shoulder Carry 5. Deadball Slams 6. Deadball Cradle Carry	3-5 x 10 3-5 x 30-50m 3-5 x 10 3-5 x 30-50m (swap sides halfway) 3-5 x 10 3-5 x 30-50m

Equipment	Double KB Chaos	Reps
1. 2 x KB Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds.	1. KB Push Press 2. KB Farmers Carry 3. KB Front Rack Squat 4. KB Front Rack Carry 5. KB Single Leg RDL 6. KB Farmers Carry	3-5 x 5-10 3-5 x 30-50m 3-5 x 5-10 3-5 x 30-50m 3-5 x 5-10 3-5 x 30-50m

Equipment	Single KB Chaos	Reps
1. 1 x KB Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds.	1. KB Swing 2. KB Single Arm Farmers Carry 3. KB Goblet Squat 4. KB Single Arm Front Rack Carry 5. KB Sumo deadlift High Pull 6. KB Single Arm Overhead Carry	3-5 x 5 -10 3-5 x 30-50m (swap halfway) 3-5 x 5- 10 3-5 x 30-50m (swap halfway) 3-5 x 5- 10 3-5 x 30-50m (swap halfway)

Equipment	Farmer Joe!	Reps
1. 1 x set Farmers Carry Handles + Medium Weight Accumulate 15-20 mins of Farmers Carry and Record Distance Travelled. Complete the exercises top to bottom as a circuit rotating through a different body weight exercise each time you place the handles down. Once the body weight exercise is complete pick the handles back up and complete a max effort carry. So on for the allocated time period.	1. Farmers Carry 2. Burpees 3. Farmers Carry 4. BW Squats 5. Farmers Carry 6. Push Ups 7. Farmers Carry 8. Sit Ups 9. Farmers Carry 10. Pull Ups	To Failure 10-20 Reps To Failure 10-20 Reps To Failure 10-20 reps To Failure 10-20 reps To Failure Max Reps

Equipment	Tav's Trap Bar Terror	Reps
1. 1 x Trap Bar + Medium Weight Accumulate 1000-1500m Total Trap Bar Farmers Carry. Complete this session on a known track or preferably a running track. Carry the loaded Trap Bar for max distance and then complete 5 x deadlifts before running around the track until you reach the bar again and repeat. Every time you drop the bar complete your 5x deadlift and lap of the track back to the bar before re commencing your carry.	1. Farmers Carry 2. Trap Bar Deadlift 3. Running Lap of Track Back to the Bar	To Failure x 5 Reps x 1 Lap

Equipment	Dumbbell Doozy	Reps
1. 2 x sets of Dumbbells 1 x Medium to Heavy set for carries 1 x Light to Medium set for exercises Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds. Rest 1 minute between rounds.	1. DB Farmers Carry 2. DB Alternate Lunge 3. DB Farmers Carry 4. DB Thruster 5. DB Farmers Carry	3-5 x 1 min 3-5 x 8-10 3-5 x 1 min 3-5 x 8-10 3-5 x 1 min

Equipment	4 Week Carry Progression	Sets/Distance/Weight
1. 1 x set of Dumbbells Weights used in program of an example 4 week carry progression. Utilise weights that are based of the individual's ability. .	1. DB Farmers Carry (Week 1) 2. DB Farmers Carry (Week 2) 3. DB Farmers Carry (Week 3) 4. DB Farmers Carry (Week 4)	4 x 30-50m – 25-35kg 5 x 30-50m – 30-40kg 4 x 30-50m – 35-45kg 5 x 30-50m – 40-50kg

Equipment	Sandbag Smash	Reps
1. 1 x Sandbag Medium Weight Complete as a circuit working through the exercises as prescribed from top to bottom for 3-5 rounds. Rest 45 sec between rounds.	1. Sandbag Clean 2. Sandbag Shoulder Carry (single side) 3. Sandbag Squat 4. Sandbag Shoulder Carry (across back) 5. Sandbag Burpee to Press 6. Sandbag Cradle Carry	3-5 x 10 3-5 x 100m 3-5 x 10 3-5 x 100m 3-5 x 10 3-5 x 100m

Equipment	Mixed Modality Mash Up	Reps
1. 1 x KB	1. Single Arm KB Overhead Carry	3-5 x 30-50m
2. 1x Deadball	2. Deadball Shoulder Carry (single side)	3-5 x 30-50m (swap halfway)
3. 2 x Jerry Cans	3. Jerry Can Farmers Carry	3-5 x 30-50m
4. 2 x KB	4. KB Double Front Rack Carry	3-5 x 30-50m
5. 1 x Deadball	5. Deadball Cradle Carry	3-5 x 30-50m

Sled Accessory Workouts

The sled is a powerful tool to include into your tactical programs. The sled is extremely versatile and can be incorporated into a program to develop strength, speed, endurance and recovery. Sleds can be manufactured relatively easy within your Unit workshops or purchased at a very low cost. We recommend using a tow strap (or similar) as pictured below to give you the most options for exercise selection for the upper and lower body. A tow strap is relatively cheap, comes pre rigged with built in "handles" and is manufactured for off road recovery purposes. Theoretically it should outlast your PTI career! We recommend a 6m snatch/tow strap.



Handle Configuration



Tow Configuration



Tow Configuration Close Up

The sled can be used to strengthen almost every muscle in the body, however it is predominantly used as a glute, hamstring and hip developer. The minimal eccentric forces caused by dragging a sled reduce the incidence of muscular soreness in your soldiers and provides the opportunity to use relatively higher workloads in comparison to other lower body strengthening exercises. Another great benefit of the sled is the minimal compressive forces in the joints whilst strengthening the ankles, knees, hips and feet. We have used the sled in weight loaded marching programs as an injury prevention measure. This reduces compressive forces in the joints whilst maintaining specific conditioning in the muscles required for weight loaded marching. As mentioned earlier in this manual, we challenge you to load a sled with 40kg and walk 2-5km to see how it compares to a weight loaded march.

Below are the main sled variations we use for the lower body:

- Forward drag with strap around waist
- Backward drag with strap around waist
- Side (lateral movement) drag with strap around waist
- Side drag while crossing feet over (carioca) with strap around waist
- Bear crawls with strap around waist
- Walking lunges with strap around waist
- Walking in the hip hinge position with strap held between legs (sumo walks)
- Walking pull through (similar to kettlebell swing) with strap held between legs



Above: Walking pull through (similar to kettlebell swing) with strap held between legs

Below are the main sled variations we use for the upper body:

- Standing chest press walking forward with the split rope (vary elbow positions)
- Single arm alternating chest press walking forward with the split rope (boxing)
- Standing crossovers walking forward with the split rope (cable crossover)
- Overhead triceps extension walking forward with the split rope
- Bicep curls walking backwards with the split rope
- Rear delt flyes walking backwards with the split rope
- Front delt raises walking forwards with the split rope
- High pulls walking backwards with the split rope
- Rows walking backwards with the split rope
- Reverse fly variations (using light weight / empty sled) – we call these the I, Y & T pulls. These are great for working the smaller muscles of the upper back and deltoids and do not require heavy weights.



Above: Rows walking backwards with the split rope

10 Sled (Extra Workouts)

Equipment	360 Degree Leg Burner	Reps
1. Sled (strap in tow)	1. Forward Power Walking	80m
2. Sled (strap in tow)	2. Backward Power Walking	80m
3. Sled (strap laterally)	3. Lateral Jump Steps	80m alternating sides every 10 steps
4. Sled (strap in tow)	4. Bear Crawl	80m every time you need to stop do 10-20 BW squats

Equipment	The Sled Test	Reps
1. Sled (strap in tow)	1. Forward Power Walking	Work up to a maximum effort 50m power walk 7-9 sets of 50m Use this max to program your sled intensities

Equipment	P-Chain Gains	Reps
1. Sled (strap with handles)	1. Sled Walking Pull Through (hip Ext)	50m
2. Sled (strap with handles)	2. Backward Power Walking Holding Handles In front	50m
3. Sled (strap with handles)	3. Sled Forward Walk Bent Over With Straps Between Legs	50m

Equipment	Sled Suicide	Reps
1. Sled (strap in tow)	1. 50m Forward Power Walking	Start with one plate, every 50m trip add another plate until you reach your max effort. Once you reach your max effort take a plate off each 50m trip until you reach the starting weight. Perform 2-5 times.

Equipment	Sled Endurance	Reps
1. Sled (strap in tow)	1. Forward Power Walking	Load a sled up with 40-60kg, complete a 400m sled power walk. Jog recover for 400m without the sled. Repeat 4-10 times through

Equipment	Total Upper Body	Reps
1. Sled (strap with handles)	1. Chest Press Walking Forwards	Complete the exercises 3-5 times through as a circuit 60-70% loading. 20-30 reps
2. Sled (strap with handles)	2. Rows Walking Backwards	20-30 reps
3. Sled (strap with handles)	3. Triceps Extensions Walking Forwards	20-30 reps
4. Sled (strap with handles)	4. Bicep Curls Walking Backwards	20-30 reps
5. Sled (strap with handles)	5. Rear Delt Flyes Walking Backwards	20-30 reps

Equipment	Upper Body Party Pump	Reps
1. Sled (strap with handles)	1. Shoulder Press Walking Forwards	Complete the exercises 3-5 times through as a circuit 60-70% loading. 20-30 reps
2. Sled (strap with handles)	2. Pec Crossover Walking Forwards	20-30 reps
3. Sled (strap with handles)	3. Overhead Triceps Extensions Walking Forwards	20-30 reps
4. Sled (strap with handles)	4. Bicep Hammer Curls Walking Backwards	20-30 reps

Equipment	Upper Body Restoration	Reps
		<i>Complete the exercises 3-5 times through as a circuit 40-50% loading.</i>
1. Sled (strap with handles)	1. Reverse Y Backward Walk	20-30 reps
2. Sled (strap with handles)	2. Wide Rows Backwards Walk	20-30 reps
3. Sled (strap with handles)	3. Overhead Triceps Extensions Walking Forwards	20-30 reps

Equipment	Total Body GPP 1	Reps
		<i>Complete the exercises 3-5 times through as a circuit 60-70% loading.</i>
1. Sled (strap with handles)	1. Walking Chest Press	20-30 reps
2. Sled (strap with handles)	2. Wide Rows Backwards Walk	20-30 reps
3. Sled (strap with handles)	3. Sled Walking Pull Through (hip ext)	20-30 reps
4. Sled (strap with handles)	4. Front Rack Handle Lunges	20-30 reps

Equipment	Total Body GPP 2	Reps
		<i>Complete the exercises 3-5 times through as a circuit 60-70% loading.</i>
1. Sled (strap with handles)	1. Walking Chest Flyes	20-30 reps
2. Sled (strap with handles)	2. Rear Delt Flyes Backwards Walk	20-30 reps
3. Sled (strap with handles)	3. Sled Walking Pull Through (hip Ext)	20-30 reps
4. Sled (strap with handles)	4. Sled Forward Walk Bent Over With Straps Between Legs	20-30 steps

Combat Shooting Accessory Drills

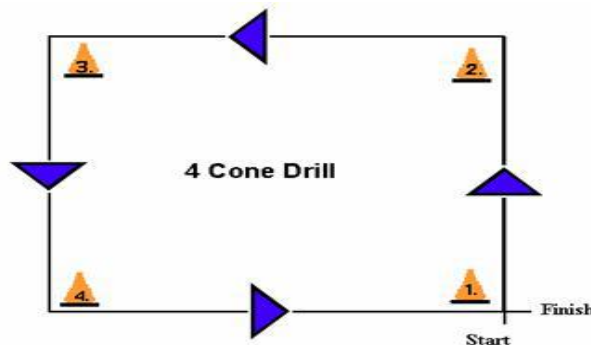
The integration of combat shooting specific exercises is a great way to incorporate extra volume to movement patterns/muscles related to combat tasks and shooting. The exercises detailed in this section aim to strengthen the hip/lower back and shoulders, all areas as previously mentioned that are susceptible to injury within tactical populations. They are simple and effective to implement and require minimal equipment such as power bands or mini bands.

These drills can be incorporated prior to resistance training as a means of preparing the CNS or can be utilised to enforce efficient movement patterns under fatigue and placed into the physical training session post primary strength exercises. How they fit into your individual program and overall plan will depend on the skill/fitness of your group.

The drills listed below increase in complexity and should be followed in a logical sequence to ensure that quality of movement is built prior to adding complexity or load. These drills are an example of drills we have used to great success within groups we have trained. They are far from exhaustive and you are only limited by your imagination. We challenge you to expand on these drills and create your own.

Mini Band Movement Drills

Level 1: Box Drill 5m x 5m



Band Walk- Using Mini Bands around the knees and ankles conduct the following:

Forward – Start in a $\frac{1}{4}$ squat position with feet slightly offset (CQB stance) step forward with the left foot and catch up with the right then step with the right maintaining tension on the band.

Lateral – Leading with the right knee step over and down, while remaining in a $\frac{1}{4}$ squat position.

Back – As per the forward only in reverse.

Complete 1- 2 reps of the box drill above

Level 2: Box drill and Draw - Hands

Utilise tied yellow/red band under feet to conduct forward movement, lateral movement and backwards movement. Start with the band in the low position conduct 3 steps then draw band up into shooting position for 3 steps. Continue this sequence for all forward/lateral/rearward movements alternating every 3 steps. All movements are conducted in the CQB shooting stance. Priority is on quality of movement - main point to look for are knees collapsing in, internal rotation at the hip, to upright in CQB stance, not maintaining draw position, shoulders rounding out, overbalancing during draw. If members or coach identify degradation in movement cue member to step outside the box rest re set and go.

Complete 1- 2 reps of the box drill above



Above: Soldiers completing level 2 box drill with red mini bands

Level 3: Box drill and Draw – Long Arm

Repeat the level 2 drill as detailed above however incorporate a long arm looped through the mini band instead of the hands.

This will force the center of gravity to change and increase the tension on the band which will draw the soldiers forward and force them to utilize the musculature of the upper back and shoulders to hold a stable and firm shooting position.

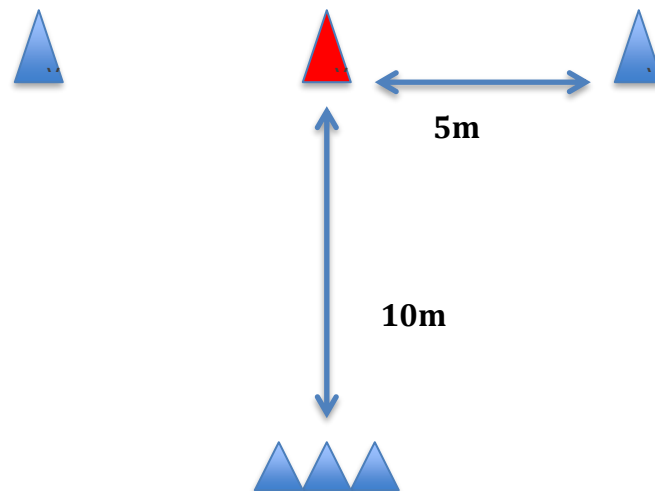
Complete 1- 2 reps of the box drill above

Level 4: Decision cone drill**Set-up**

A cone is set at the start line – 10m to the front is a decision cone with cones full left and full right at 5m.

Conduct

The member will start in the CQB position at the start cones until told to “GO”. They will then surge 10m forward to the decision cone and pause in the CQB stance. After 3-5 (random) seconds they will be told left or right where they will turn and move to the 5m cone and assume the CQB stance facing that direction and hold for 3-5 secs. At the completion of the drill they will move back to the start point.



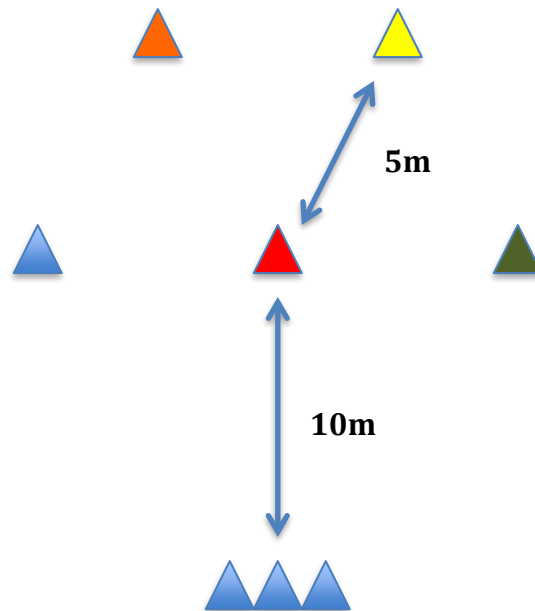
Complete 1- 2 reps of drill above

Level 5: Decision cone drill – multi directional**Set-up**

A line of cones are set at the start line – 10m to the front is a red decision cone with different colored cones full left, ½ left, ½ right and full right 10m further to the front.

Conduct

The member will hold at the start cones until told to “GO”. They will then surge 10m forward to the decision cone and pause in the CQB stance. After 3-5 (random) seconds they will be told a color, where they will turn and move to the 10m colored cone face back to the original direction in the CQB stance, pause for 1 sec and surge 5 paces forward.



The drills above can be progressed in complexity in a number of different ways to create progressive overload and the desired training effect. Some examples of progressions are listed below:

- 1. Increase external load:** The application of weight vests/body armour to the soldier will change the load/stimulus applied
- 2. Increase total distance:** The distance between drills/cones can be increased or decreased to suit the training effect required
- 3. Introduce weapon systems:** The introduction of short/long arms will change the external load and can also be incorporated with stoppage drills/ weapon IA's to increase cognitive load during the conduct of drills
- 4. Increase band tension:** the application of multiple bands around the thighs/lower limbs will increase the stability demands of the hips and lower limbs during the conduct of drills
- 5. Introduce auditory/visual stimulus:** Vary the stimulus between auditory and visual for the executive commands for each drill.

