

Keeping it Simple

BY: ADAM NELSON

Key Influences:

Charles Poliquin	Super Training – Siff
Chad Wesley Smith	Joe Kenn – Tier System
Dan John	Brian Mann – VBT
Eric Cressey	Stuart McGill
Louie Simmons	Mark Rippetoe
Gray Cook	Kelly Starrett
Bondarchuk	

Fundamental Movements

1. Push
2. Pull
3. Squat
4. Hinge
5. Stabilization / Carry

PUSH – The Bench Press

- 1) Whole Body Tension – shoulder, core and hip stability.
- 2) Pack the shoulders.
- 3) Set Grip Up at Shoulder Width.
- 4) Pull the Bar to the Chest.
- 5) Pull the Bar Apart or Try to Bend the Bar.
- 5) TRAIN YOUR BACK and LEGS!

PULL - UPPER

- Shoulder Stability
- Scapular Retraction and Shoulder Packing

SQUAT

- Shoulder Packing
- Core Stability
- Knee-Ankle Alignment
- Glute Activation

THE HINGE

“Mastering this movement is the secret to living a healthy life.” Adam Nelson

- Neutral Spine Position
- Big Chest
- Vertical Shins
- Drive the Knees Out.

CORE – STRONGMAN DONE IT RIGHT

“The Core is the Ultimate Power Transducer” Charles Poliquin

- Links the Lower Body To the Upper Body
- Critical to Protecting the Spine.

Lessons from the FMS

- 1) Squat and Hinge Patterns
- 2) Ankle Mobility, Hip Mobility
- 3) Knee, Lumbar Stability

The Double Standard

- Would you allow your athletes to continue throwing with poor technique?
- Why do you allow them lift, run or jump with poor technique?
- How do we change the direction of our program?

Proper Warm-Ups

- Dan John – “Warm Up as the Workout.”
- Cover all Major Movements.
- Correct, Teach, Repeat.

Lifting: Guidelines

- 60 minutes or Less.
- Three-days per week is GREAT!
- Train Movements over Body Parts
- Train Explosively
- Whole Body Training
- Vary With Tempo, Sets, Reps, and Rest.

Sample 3 day Warm Up– 10s

Dynamic Warm-up, Foam Roll, Bands, Shoulder Mob

Day 1	Day 2	Day 3	Day 4	Day 5
Linear Warm Up	Multi Directional	Multi Directional	Linear Warm Up	Linear Warm Up
Linear Speed	Lateral Speed	Lateral Speed	Linear Speed	Linear Speed
Torso Power	Torso Strength / Torso Stability	Torso Strength / Torso Stability	Torso Power	Torso Power

Synchronization / Skill Development

Day 1	Day 2	Day 3	Day 4	Day 5
Depth Jumps	Shoulder Stability Walks	Med Ball Slams	Depth Jumps	Med Ball Slams
3 – point Balance Drill	MB Throws for Height	MB Throws for Height	3 – point Balance Drill	MB Throws for Height
OR	OR	OR	OR	OR
Learn Olympic Lifts	Jump Coaching	Jump Coaching	Learn Olympic Lifts	Jump Coaching

Lifting Outline – Tiered / Tempo / Adam

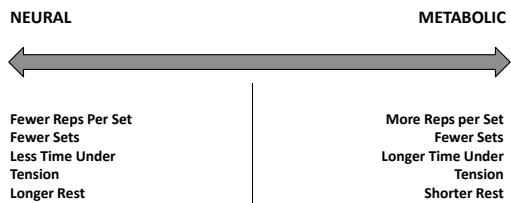
Day 1	Day 2	Day 3	Day 4	Day 5
Total - ME		Upper - ME		Lower - ME
Lower - Supplemental		Total - Supplemental		Upper - Supplemental
Upper – RE		Upper - RE		Total – RE

Start with an outline. Classify all your exercises accordingly. Then, plug in, add sets / reps, tempo scheme.

Exercise Categories – Sample Total Body

Sub Category	Apparatus	Exercise	Modifier
Pull & Catch	BB	Clean	
Overhead	DB	Push Press / Jerk	Double
Extension	KB	Deadlift	Single
Hybrids	KB	Clean to Press	Double
Technique	BB	Snatch Balance	

Plugging and Chugging



Day 1 - Total	Day 3 - Upper	Day 5 - Lower
A1. Bilateral - DL	A1. Horizontal - Supine	A1. Lower Bilateral
5x10+ ; 5,5,3x10+; ; 5, 3, 1, AMRAP; 3 x 5	5x10+ ; 5,5,3x10+; ; 5, 3, 1, AMRAP; 3 x 5	5x10+ ; 5,5,3x10+; ; 5, 3, 1, AMRAP; 3 x 5
Tempo – 4010 on 4 sets	Tempo – 4010 on 4 sets	Tempo – 4010 on 4 sets
A2. Hip / Quad / Psoas MOB	A2. Chest Stretch	A2. T-spine Rotation
	A3. Vertical Pull	A3. Hamstring / glute d
	5 x amrap	

Tri Sets

- Pair Antagonists
- Link with a Mobilizer / Stabilizer

- Mobilizer / Stabilizer exercises are done for longer TUT / Higher Reps.
- Stuart McGill -

Linear vs Specificity vs ...

- Learn the movements.
- Advance the Loads.
- When that stops working, look at more complex.
- Conjugate Models, Contrast Models, And Other Non-Linear Models.

- Bottom-Lines: If it ain't broke, don't fix it.

Wrapping It Up

- Do what you know.
- A "BAD" program believed in or executed well is still a good program.
- Make small changes.
- Invest in a some books, internet searches, etc.
- Start with light higher reps, Add weight over time, and coach the quality of MOVEMENT!