

## New Job...

Hey...trying to put a lot of things together...new stadium, weightroom changes, new stuff...

But, the Get UP must continue. This issue is far too good for our readership...but, we will continue to publish it anyway...

### Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is *complementary*.

## Sow Your Seeds: An Agrarian Approach to Performance Enhancement

Troy Anderson

**Troy M. Anderson** is the owner of Integrated Evolution, LLC of Tempe Arizona, Troy is often referred to as "the MacGyver of coaching" for his unique ability to build effective fitness programs using only the most basic equipment. To learn how these tools and techniques can enhance your training and accelerate your results, visit <http://www.integratedevolution.org> to sign up for Troy's FREE newsletter " *The Blue Collar Fitness Report* "

As a strength coach, I often find myself calling upon various resources when it comes to developing programs. One resource that I have really started coming back to as of late are the years of manual labor I logged on the family farm. While this might not be the most scientific or cutting edge resource, one can definitely draw some strong correlations between the "principles of good country livin'" and success in the weight room.

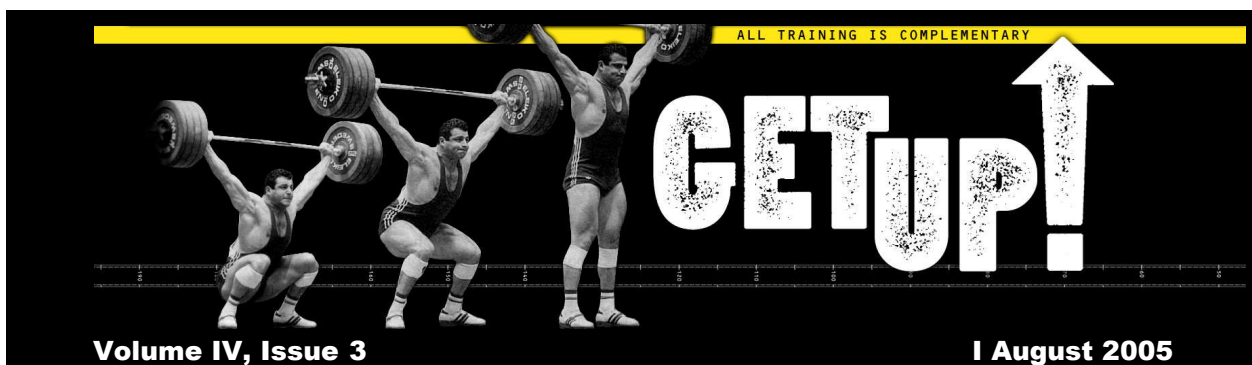
When you grow up on a farm, you learn that you can count on three things: 1) You are going to have to perform some sort of gut-busting manual labor. 2) You are going to have to repeat it, probably for several weeks in a row (patience definitely is a core value of farm life). 3) There will always be a hearty serving of meat and potatoes for you at dinner time.

Lately I have noticed a lot of the "iron faithful" are moving too fast. By that I mean they aren't being patient.

Here are a few of the impatient actions I see people making with their programs:

1. Switching programs too quickly. This is a real temptation here at T-nation for lifters who start to drift because they get bored or don't make any progress and there seemingly is a brand new program to choose from every week.
2. Trying to add too much load too soon. This can and very often does lead to compensation, poor technique, and, worst case scenario, injury.
3. Greedy training. There is a tendency to always want to "soup things up" in spite of already having a good environment that is producing great results.

These are just a few of the potholes you can run into when you get impatient with your training, and they can seriously affect your chances of success. Thus a program of **Repeat Training** for lifters was born through the realization that a lot of lifters are missing out on successful results simply because they are too impatient.



## Planting the Seeds for Repeat Training

As any good farmer (or experienced lifter) knows, there is always a process to follow in order to maximize the opportunity for success, and **Repeat Training** is no different. The “farm plan” below will give you some insight as to how to get started with **Repeat Training**.

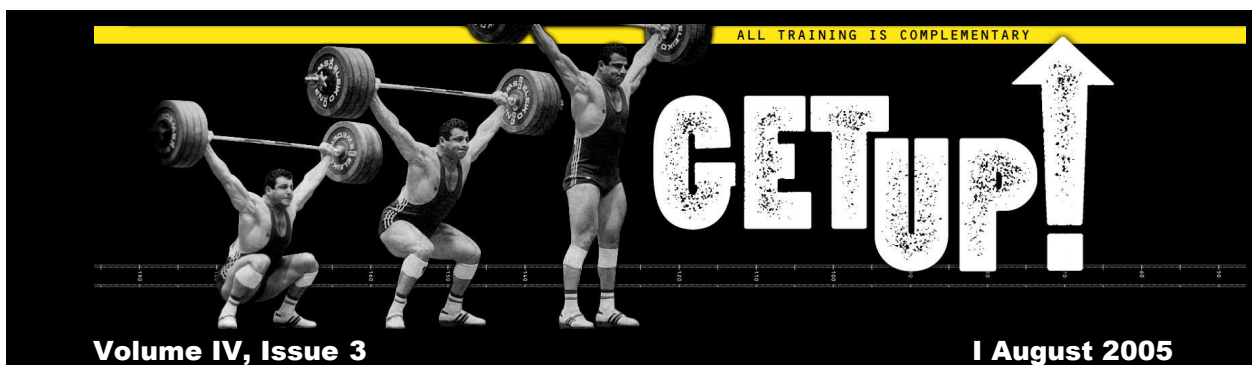
1. **Select Your Seed** – The first step of the process is to select the movement(s) you are going to commit to improving, preferably big compound movements such as squat, deadlift, bench press, military press, and the list goes on. This no different than when the farmer buys his seed; he is committing to producing a particular crop. You are committing to becoming technically and physically better at your chosen movement(s).
2. **Plant the Crop** – The farmer has to prepare the soil and plant his seed if he expects to grow a crop. The same holds true for you. If you expect to achieve successful results, you have to get started doing the movement(s). Although at first developing skill with your movement(s) can seem to be a daunting task, especially when faced with learning and implementing some of the seemingly more complex movements, the early stages of practice are when you get used to how your body moves during a particular movement. This practice prepares you to properly execute the movement which will eventually lead to successful results.
3. **Cultivate the Crop** – Just as the farmer spends hours working with his crop by

repeatedly watering, fertilizing, and weeding, so too will you have to spend time in the gym repeatedly working with your chosen movement(s). The farmer measures his progress in how many inches his crop grows, and you will measure your progress by technical and physical mastery of a movement at a set load. And I'm sorry to burst your bubble, but there's not going to be any adding of 20 lbs per session with this program. Just simple tortoise vs. hare theory. Pick a load, repeatedly train with that load until it's easy, and incrementally increase that load as you gain strength.

4. **Harvest, Rest and Plant Again** – Finally, the farmer grows his crop to a peak for harvesting and enjoys the payoff for all his hard work. He then allows the land some rest and prepares for a new season. The same will hold true with **Repeat Training**. At some point you will have gained a lot of technical proficiency as well as quite a bit of success with adding additional load, and it will be time to celebrate the progress you have made, rest your body, and get ready to come back with another program.

## The Meat and Potatoes: What Are the Benefits of Repeat Training?

One of the great advantages of **Repeat Training** over other kinds of training is that repeating a training session causes the movement and load to “feel” both technically and physically easy as you progress through your program.



Here are some other major benefits involved with repeating a training session:

- **Confidence** – You have a known factor. If you complete all your sets and reps during the first session, you will know that, all things being equal, the second time through should be easier.
- **Technique** – You will have the opportunity to concentrate on technique, especially during the repeat session, due to the fact your training load should feel easier during the repeat session.
- **Stay Fresh** – A body can only handle grinding out near-maximal repetitions sessions for so long. Repeating a session will allow CNS to recover, but you'll still maintain a steady rate of progress toward your chosen goal.

#### Reps, Sets and Other Necessities

**Reps and Sets - Repeat Training** was developed with strength development as the primary goal. Thus low volume set and rep protocols have been the focus of all the repeat training programs to date. More specifically, 8 to 15 total repetitions per movement have produced the best results.

Therefore, set and rep schemes such as the following work very well with **Repeat Training**.

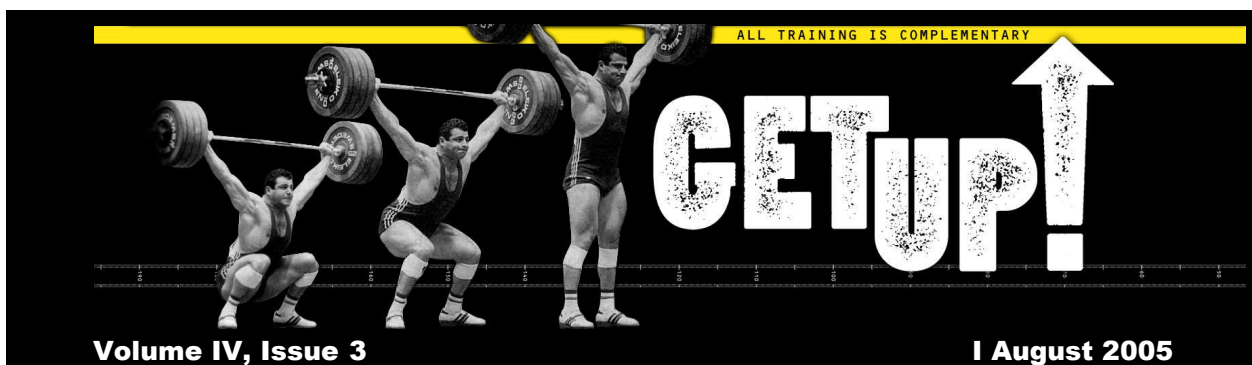
- 3 x 3
- 4 x 2
- 5 x 2
- 5 x 3
- 10 x 1
- 8 x 1
- etc....

**Note:** Although volumes this low may not be directly applicable to hypertrophy specific goals, strength development will always play a role in the process of producing muscle hypertrophy.

**Training Load - As you may have guessed by now, Repeat Training doesn't require some fancy formula to figure out what your training load should be. Starting with 70-80% of your estimated 1 RM is the rule of thumb. This is a load that most people will find relatively easy to handle physically, technically, and mentally, which in turn will allow for the consistent incremental success discussed earlier. Obviously, the resistance will change as you progress.**

I am sure that one of the first questions many of you have is, How do I know when to increase the load? This is truly a subjective decision you have to make as you are taking into account both your technical and physical performance. Of course, the more practice time you log the easier it will be for you to grade your performance. In the meantime, you could shoot for an average Rate of Perceived Exertion (RPE) of 7 for each lift before adding load to that movement. Or here's a simple little trick to use. Annotate "thumbs up" or "thumbs down" in your training log for each repetition. This will serve as an indicator of whether or not your performance on that particular repetition was satisfactory. I recommend having 80% of all repetitions of a movement rate as satisfactory before increasing resistance.

When it is time to increase your load, adding 5-10 lbs is typically enough to make the movement challenging again. Most likely it will be challenging enough so that it will take you a couple of training sessions to master the new load. Remember, you're not looking for huge jumps in poundage each week. Just nice, even, steady progress.



**Note:** If you chose a training load that was too light initially and 80% of your repetitions felt “easy”, then go ahead and increase your load without repeating the session.

**Measuring Growth -**

So you may be thinking to yourself, Great. So, farm boy, you know how to grow a bean sprout, but what kind of results can I really achieve from this **Repeat Training** stuff? Well, how about adding 50-80 lbs to a particular movement? Those are the kinds of results I have observed in people who have implemented this type of training. Like I said before, it’s not going to come in 20 lb jumps every training session. But the weight will slowly creep up. Before you know it, a couple months will have passed, and you will have added 20, 30, heck, maybe 50 lbs to your chosen movement. I will take that for progress any day of the week. How about you?

**A Simple Farm Plan Program –**

Let’s take a quick look at a sample program. This program will be broken into two separate days, an “A” day and a “B” day. Training can be performed anywhere from 2-4 days per week. However, a 3 day split happens to work very well with this type of program.

Here’s how it would look:

Wk #1 – A day, B day, A day  
Wk#2 – B day, A day, B day

**Note:** There will be one primary movement in the program for each day.

**Week 1**

**Day A**

**Primary Movement -** Over-Head Squat

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

Rest: 1-2 minutes

**A1 -** Dips (superset)

Sets: 5

Reps: 5

Load: Bodyweight or Load that will allow completion of all 5 sets

**A2 –** Under-Lat-Pulldown (superset)

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**B1 –** Reverse Crunch

Sets: 2-4

Reps: 1 minute work interval

Load: Bodyweight

**Day B**

**Primary Movement –** Bench Press

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

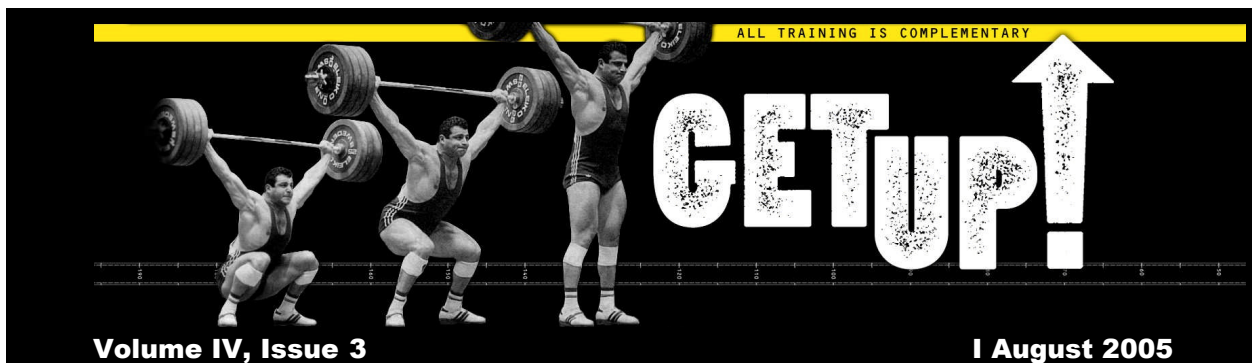
Rest: 1-2 minutes

**A1 –** Romanian Deadlift/RDL (superset)

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5



sets

**A2 – Dumbbell Row (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**B1 – Barbell Rollout**

Sets: 2-4

Reps: 1 minute work interval

Load: Bodyweight

**Day A**

**Primary Movement - Over-Head Squat**

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

Rest: 1-2 minutes

**repeat**

**A1 - Dips (superset)**

Sets: 5

Reps: 5

Load: Bodyweight or Load that will allow completion of all 5 sets

**A2 – Chin-up (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**B1 – Reverse Crunch**

Sets: 2-4

Reps: 1 minute work interval

Load: Bodyweight

**Week 2**

**Day B**

**Primary Movement – Bench Press**

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

Rest: 1-2 minutes

**repeat**

**A1 – Romanian Deadlift/RDL (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**A2 – Dumbbell Row (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

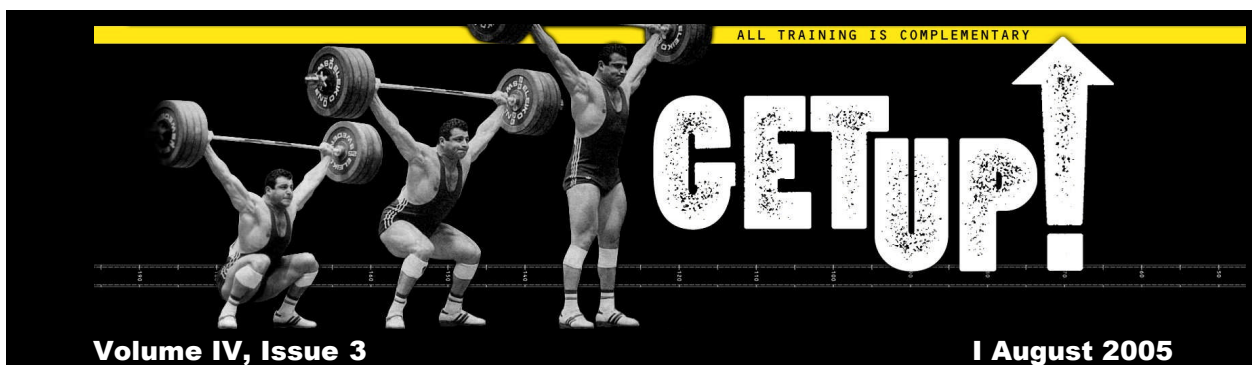
**B1 – Barbell Rollout**

Sets: 2-4

Reps: 1 minute work interval

Load: Bodyweight

**Day A**



**Primary Movement - Over-Head Squat**

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

Rest: 1-2 minutes

**should be able to add resistance**

**A1 - Dips (superset)**

Sets: 5

Reps: 5

Load: Bodyweight or Load that will allow completion of all 5 sets

**A2 – Chin-up (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**B1 – Reverse Crunch**

Sets: 2-4

Reps: 1 minute work interval

Load: Bodyweight

**Day B**

**Primary Movement – Bench Press**

Sets: 5

Reps: 3

Load: 70- 80% 1 RM

Rest: 1-2 minutes

**should be able to add resistance**

**A1 – Romanian Deadlift/RDL (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**A2 – Dumbbell Row (superset)**

Sets: 5

Reps: 5

Load: Load that will allow completion of all 5 sets

**B1 – Barbell Rollout**

Sets: 2-4

Reps: 1 minute work interval

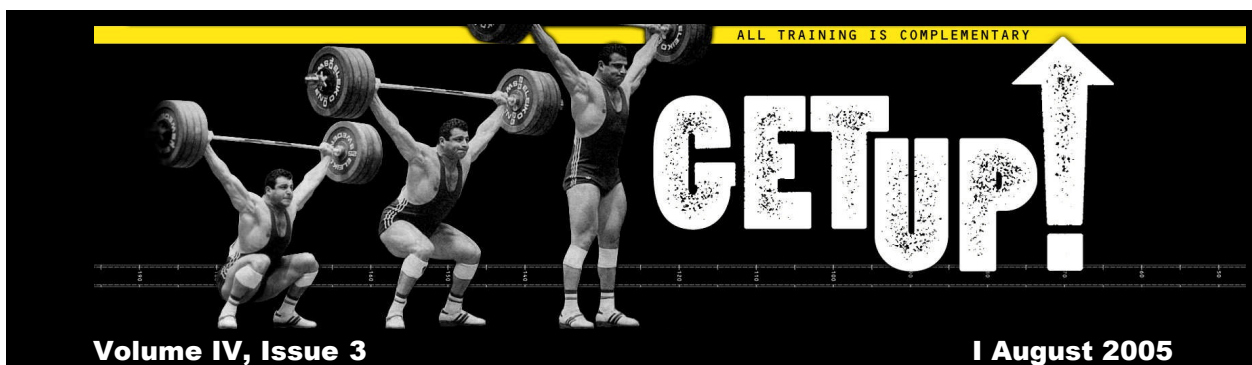
Load: Bodyweight

**Program Notes:**

- Set and rep schemes may be altered throughout the program. Just be sure to keep within the 8-15 total reps protocol.
- If you decide to change your set and rep scheme, wait until after you have finished your “repeat” with the current protocol.
- Program duration should be 3-6 weeks or until you are no longer making progress.

**As You Sow, So Shall You Reap**

There are so many resources available nowadays that it is easy to get caught up in all the hype of some massive catch-all super-training program. Although **Repeat Training** might not be as scientific or sexy as some would like, one should not discount the effectiveness of consistent effort. After all, when everything is said and done, all you really need to do is to select a specific movement (or two) for improvement and to work hard, both repetitively and consistently, at that movement until you achieve success. This approach works for



thousands of farmers every year. So why shouldn't it work for you?.

**The Take-Home Point:** Plan your work and work your plan!

## Getting In Shape with Sandbags

Josh Henkin, CSCS

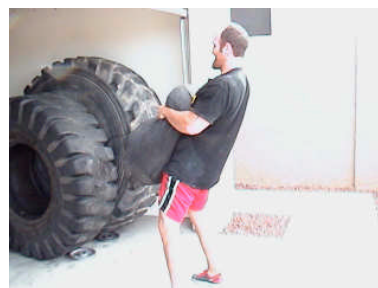
*Josh Henkin is Owner of Innovative Fitness Solutions in Phoenix, Arizona and is the author of Beyond Functional Training: Sandbag Fundamentals. You can contact him at [josh@joshhenkin.com](mailto:josh@joshhenkin.com) or visit his website [www.joshhenkin.com](http://www.joshhenkin.com).*

I have a top secret Russian periodized, double undulating program, with wave loading sets, interested? Alright, I am lying, but my point is that we all think there is some mysterious variable in training that we have all missed. This has to be the answer to why there are so many articles written on complicated subjects. However, one of the biggest lessons I have learned from Dan John is that you don't have to overcomplicate training to achieve outstanding results. You do have to show up though and work hard, two qualities that are still highly underrated.

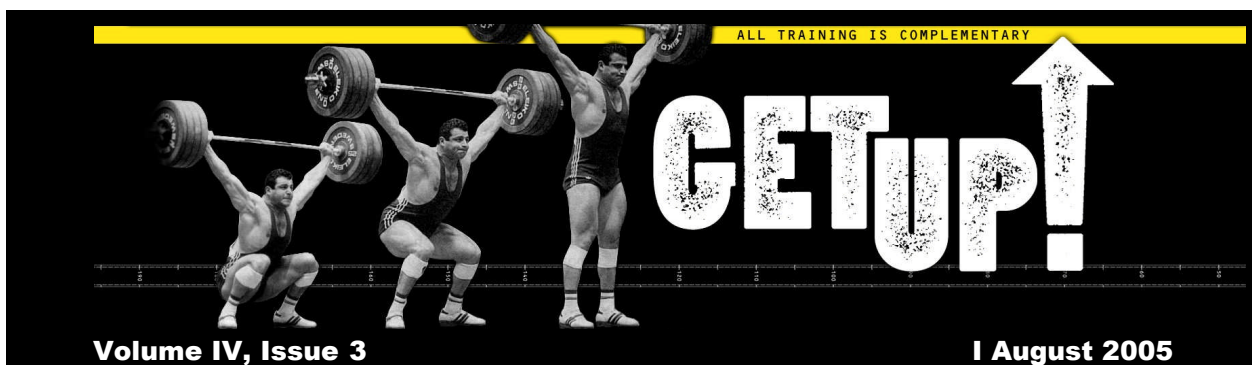
I tend to use an analogy of math to explain to my clients one of the biggest mistakes people make in training. Most people have not mastered addition and yet, they are jumping to complex calculus equations. How does this relate to training? Too many athletes and lifters are trying to get ahead without building an appropriate foundation. This can lead to disappointing performance, overuse injuries, and lack of progress in training.

This has become very evident to me as a coach. I am seeing the same issues with my young athletes as I do my every day people. Unfortunately, I have seen high school athletes that can't lift a bar overhead without screaming about how their back is going to snap, or even more that can't perform a single chin-up. Muscular endurance, dynamic flexibility, trunk strength, and hand strength appear to be missing in far too many people. Now, don't be afraid I am not going to suggest you perform hundreds of repetitions to develop endurance, nor am I going to be talking about beach balls to develop you "core". Instead, I would like to reintroduce a classic tool that has provided my clients numerous benefits.

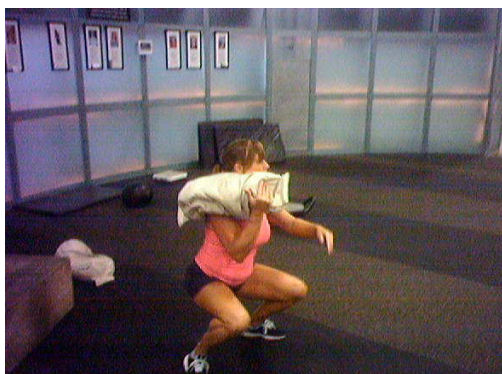
Sandbags, yep, sandbags. Nothing fancy, flashy, or cool looking about a big bag of sand. They have been used for centuries by wrestlers and strongman for odd lift training. Arthur Saxon was famous for challenging other strongmen to press a 300 pound sandbag overhead. Very few ever succeeded. Even though the training benefits of such a simple tool are numerous few are actually implementing them. Benefits such as:



- Improved grip strength
- Functional trunk strength
- Sport-specific training for contact sports
- Great conditioning
- Improved speed and/or maximal strength in the hips and upper body



Sandbags allow a coach to train some very unique exercises such as shouldering, you can train large groups very easily, they are inexpensive, and they can be some of the most brutal variations of carrying and dragging. With a little creativity you can have a blast



implementing them into your program.

One of my favorite techniques is to use sandbags in a power circuit. This helps develop strength and muscular endurance without having to perform a high number of repetitions. An example of such a program is listed below.

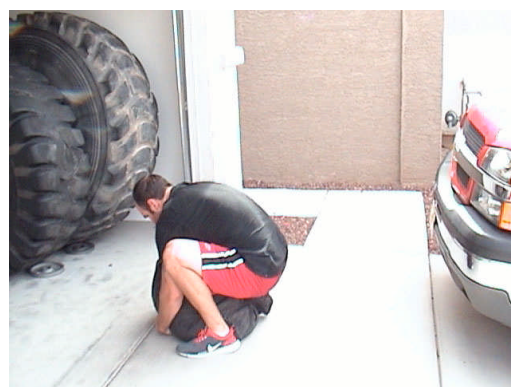
Power Circuit

- A1. Clean and Press: 5 reps
- A2. Shoulder and Squat: 5 reps each side
- A3. Half Moon Snatch: 5 reps each side
- A4. Zercher Get-up: 5 reps

Take a 60 second rest between exercises, repeat 3-5 times

You can also implement sandbags with tools such as barbells, kettlebells, and other strongman implements. This shifting weight is a great advantage of using sandbags and its ever changing shape makes it a unique tool for any program. However, still one of the best attributes is the ligament and tendon strength one can build

from exercises such as rounded back lifts.

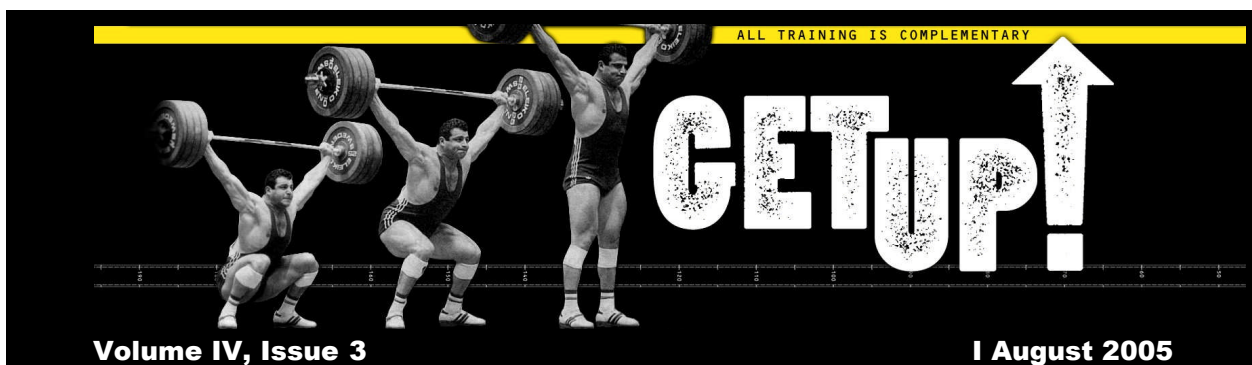


These drills have been used by wrestlers for centuries to build sport-specific strength to handle throws and getting contorted in unusual positions without getting hurt. John Jesse's famous book, Wrestling Physical Conditioning Encyclopedia, lists a specific routine of sandbags to help these very attributes for wrestling. You can imagine their use in other sports such as football, hockey, basketball, lacrosse, and any sport that has large collisions.

You don't have to commit your entire training to sandbags, but I ask you to give them a chance. Go and spend \$15 on an army duffel bag. Buy two \$3 bags of sand and start throwing your sandbag around. Let me know what you think, I promise you won't be disappointed!

*These are the kinds of articles that have made this website get over 1/3 of a million hits a month...according to the web guys...that is an incredible number considering the lack of bikinied "or less" photos we offer...good job here...*





**Teaser for Next Edition...**



*Working your weaknesses is a great idea...forgetting what brought you to the dance is a bad idea...lessons of the Wt. Pent 2005.*



*The last time I lend out my hammer...*



*The "Southern Murray Institute for Lifelong Fitness" Pavilion...the greatest gathering of sober Get UP! authors ever!*



*Two actual "Texans." They said "y'all" and "fixings" in a sentence...the same sentence.*

*Full results...and more important, the lessons learned, next time!!!*

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