Costa Rica 2013
Planks as a Program

- Push
  - PUPPs
- Pull
  - Bat Wing Planks
- Hinge
  - Pelvic Tilt/Hip Thrust
- Squat
  - Goblet Squat
- Loaded Carries
  - Suitcase Walk
So, for adults TRY This...

The PUPP and Bat Wing Plank can be simply tested with one set to failure.

**A two minute PUPP and a one minute Bat Wing is passing.**

Then, "workout" with the following:
25 Pelvic Tilts
10 Goblet Squats
Suitcase Carry the weight 10 meters.
Repeat

*Note: Did you notice that you get off and on the ground a couple of times?*
Your Excuse to *Not* Squat is Irrelevant
REGRESSIONS ARE THE BEST CORRECTIONS
Basic Daily Correctives for Every Body

- Corrective Assessments
  - PUPP
- Push Rotary
- Six Point Rock and Rainbow
- Squat T-Spine
- 3 Point and Bird Dog
- Push Hinge Rotary

- Corrective “Stretches”
  - Windmill Sticks
- Hinge T-Spine
- Stoney Stretch
- Janda’s Tonics
- Corrective “Exercises”
  - Half Kneeling
- Push Pull Hinge Squat Rotary
- TGU
- All Correctives
Most People

• Untrained...the best in many ways
• Detrained...the worst in all ways
• Overconditioned and Undertrained
• Dazed and Confused
• Well Trained...Mastery is rare
It’s ARETE... not Ethics

Brad Pitt in “Troy”

It’s Mastery
Longevity Assessment

- **Three Tests**
- The “Get Up” Test from Brazil
- Height to Waist
- Two Minute Plank

*Others?*

Stand on one foot 10-20 seconds?
“Fit”

- Nordic definition of “Fit” To **knit**
The Fitness Problem: *The Answer*

- Plan the Hunt
- Hunt
- Discuss the Hunt
Prisoner’s Dilemma and Pareto’s Law

20% EFFORT

80% RESULTS
Consider Fasting, too

• “Obese people and those desiring to lose weight should perform hard work before food. Meals should be taken after exertion while still panting from fatigue. They should, moreover, only eat once per day and take no baths and walk naked as long as possible.” – Hippocrates circa 471 BC
MASTERY OF THE BASIC HUMAN MOVEMENTS TRUMPS EVERYTHING ELSE FOR LEAN BODY MASS QUALITY AND JOINT MOBILITY

(PRINCIPLE ONE)
A Shout Out to deLorme (Watkins) and Janda

Tragically, it was Polio that connects them all

- Sets and Reps
- “The DeLorme Protocol”
- Three sets of Ten (Eight)
- RM
- 1 x 10 @ 50% 10RM
- 1 x 10(5) @ 70(75)% 10 RM
- 1 x 10 @ 100% 10 RM

<table>
<thead>
<tr>
<th>Tonic/ Phasics of Janda</th>
<th>Phasic – get weaker</th>
<th>Tonic – shrink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glutes</td>
<td>Pectorals</td>
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<tr>
<td>Rhomboids</td>
<td>Biceps</td>
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<tr>
<td>Deltoids</td>
<td>Upper traps</td>
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<tr>
<td>Triceps</td>
<td>Hamstrings</td>
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<tr>
<td>Abs</td>
<td>Hip flexor</td>
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</table>
Janda and the Fundamental Movements

• Push: Deltoids and Triceps
• Pull: Rhomboids
• Hinge: Glutes
• Squat: Glutes
• Loaded Carries: Glutes
• Sixth Movement: Abs, Obliques, Glutes...all the Extensors
Now, I can expand on this...

<table>
<thead>
<tr>
<th>Movement</th>
<th>Pattern</th>
<th>Slow Strength/Grind</th>
<th>Symmetry</th>
<th>Triads</th>
<th>Olympic Lifts</th>
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<tbody>
<tr>
<td>Push</td>
<td>Plank</td>
<td>(Bench) Press</td>
<td>1 arm (bench) press</td>
<td>Push press/Jerk</td>
<td>Squat Snatch</td>
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<td></td>
<td></td>
<td>Push-up</td>
<td>1 arm waiter press</td>
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<td>Clean &amp; Jerk</td>
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<tr>
<td>Pull</td>
<td>Bat Wing</td>
<td>Pull-up</td>
<td>1 arm bottoms up press</td>
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<tr>
<td>Hinge</td>
<td>Hip crease hand squeeze</td>
<td>RDL stretch</td>
<td>1 arm row</td>
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<td></td>
<td>Butt back hand push</td>
<td>Waiter bow</td>
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<td></td>
<td>Hinge assessment tool</td>
<td>Goat bag swing</td>
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<tr>
<td>Squat</td>
<td>KB Sumo DL</td>
<td>Dbl KB Front Squat</td>
<td>Single KB Front Squat</td>
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<tr>
<td></td>
<td>Potato sack squat</td>
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<td>Overhead squat(front-to-back sym.)</td>
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<td></td>
<td>Goblet squat</td>
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<tr>
<td>Loaded Carry</td>
<td>Farmer's Walk</td>
<td>Prowler</td>
<td>1 arm carries:</td>
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<td></td>
<td>Heatbeat walk</td>
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<td>Waiter Walk</td>
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<td>Horn walk</td>
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<td>Rack Walk</td>
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<td>Suitcase Carry</td>
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<td>Cross Walk</td>
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Standards and Gaps must be constantly assessed...in a REASONABLE approach.

(Principle Two)
The World’s Fastest “Personalized” Program...

- Whatever they are not doing...Do!
- **Rocky**: I dunno, she's got gaps, I got gaps, together we fill gaps.

- Push
- Pull
- Hinge
- Squat
- Loaded Carry
- Turkish Get Up
Goblet Squat and Farmers Walk

“These don’t hurt!”

“What muscle does this build?”
All of them...
Standards...my “Vision”

**Strengh Standards**

**MEN**
1. Proper Form in the Goblet Squat
2. Goblet Squat: 24K x 10
3. Double KB Clean: 32K x 10
4. Hip Hinge with Proper Form
5. Barbell Squat
6. Bodyweight Back Squat
7. Bodyweight Overhead Squat

**WOMEN**
1. Proper Form in the Goblet Squat
2. Goblet Squat: 12K x 10
3. Double KB Clean: 16K x 10
4. Hip Hinge with Proper Form
5. Barbell Squat
6. Bodyweight Back Squat
7. Bodyweight Overhead Squat

**Press Movement**
1. Push Ups x 10
2. One Arm KB Press: 24K x 5 per Side
3. Double Press: 32K x 5
5. One Arm Overhead Press: ½ Bodyweight
6. Bench Press: Bodyweight x 15
7. Two Arm KB Press: Bodyweight

**Pull Movement**
1. Batwings, thumbs in armpits, 16K x 10 seconds
2. Bodyweight Row on Rings/TRX x 20
3. Bodyweight Row, feet elevated, x 10
4. Chin Ups x 5
5. Pull Ups x 8-10
6. Pull Ups x 15
7. Weighted Pull Up with 48K
Simple Steps for Men
Squat, Hinge, Push, Pull

• 1. Proper Form in the Goblet Squat
• 2. Goblet Squat: 24K x 10
• 3. DoubleFront Squat: 32K x 10

• 1. Hip Hinge with Proper Form
  (From stand, floor and loaded)
• 2. Kettlebell Swing: 24K x 20
  (Proper Form)
• 3. Double KB Clean: 32K x 10

• 1. Push Ups x 10
• 2. One Arm KB Press: 24K x 5 per
  Side
• 3. Double Press: 32K x 5

• 1. Batwings, thumbs in armpits,
  16K x 10 seconds
• 2. Bodyweight Row on Rings/TRX
  x 20
• 3. Bodyweight Row, feet
  elevated, x 10
Simple Steps for Women
Squat, Hinge, Push, Pull

• 1. Proper Form in the Goblet Squat
• 2. Goblet Squat: 12K x 10
• 3. Double KB Front Squat: 16K x 5

• 1. Hip Hinge with Proper Form (From stand, floor and loaded)
• 2. Kettlebell Swing: 16K x 20 (Proper Form)
• 3. Double KB Clean: 16K x 10

• 1. Push Ups x 1 (Excellent Pushup)
• 2. One Arm KB Press: 10K x 5 per Side
• 3. Double KB Press: 12K x 5

• 1. Batwings, thumbs in armpits, 8K x 10 seconds
• 2. Bodyweight Row on Rings/TRX x 20
• 3. Bodyweight Row, feet elevated, x 10
Big Blue Club: Boys HS

- Power Clean 205
- Deadlift 315
- Back Squat 255
- Front Squat 205
- Standing Press 115
- One Arm Bench 32kg5 Right/5 left
- Power Clean & Jerk 165
Big Silver Club: Girls HS

• Power Clean 95
  Deadlift 205
  Back Squat 135
  Front Squat 95
  Standing Press 70
  One Arm Bench 12kg10 Right/10 left
  Power Clean & Jerk 75
Just Remember This:

• First, master the basic fundamental human movements...or, honestly, just do them.
• Then, worry about reps, sets, periodization, conjugate periodization and that really cool new thing.
• Then, worry about load.
The Basic Human Movements

- Swing
- Goblet Squat
- Push Up or Press
- Turkish Get Up

- A Kettlebell Template
- With Barbells: Press, Pull, Hinge, Front Squat, Locomotion
The Basic Fundamental Movements... plus Stretching

“Stoney Stretch”

It’s not 90 minutes of stretching

- Pecs
- Biceps
- Hip Flexors
- Hamstrings
# Hypertrophy A

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<th>A</th>
<th>B</th>
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<tr>
<td>TRX T's</td>
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<tr>
<td>Stoney Stretch</td>
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<td>3 pt/BD/SSBD</td>
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<td>Overhead</td>
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<td>Squat Stick</td>
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<tbody>
<tr>
<td>Press</td>
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<td>Windmill Stick</td>
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<tr>
<td>Bicep Curl</td>
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<td>Front Squat</td>
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<tr>
<td>Swing</td>
<td>15</td>
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Push: 25  Pull: 25
Hinge: 180  Squat: 25
* +Correctives
<table>
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<tr>
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<th>TRX</th>
<th>Hip Thrusts/Squat/Swings</th>
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<tr>
<td>6 pt. rocks</td>
<td>2</td>
<td>Long Right</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Neck nods</td>
<td>3</td>
<td>Long Left</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Z Right</td>
<td>5</td>
<td>T x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Z Left</td>
<td>2</td>
<td>Y x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>3 pt RKD</td>
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<td>I x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>3 pt LKD</td>
<td>5</td>
<td>Rows x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Birddog RKD</td>
<td>2</td>
<td>Single Arm Right x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Birddog LKD</td>
<td>3</td>
<td>Single Arm Left x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Single Side Birddog</td>
<td>5</td>
<td>Tricep x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Single Side Birddog</td>
<td>2</td>
<td>Curl x 8</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>1/2 Kneeling LKD</td>
<td>3</td>
<td>Deep Squat Stretch</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>1/2 Kneeling RKD</td>
<td>5</td>
<td>Cossack R/L 2/2</td>
<td>10/5/15 + March in Place</td>
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<tr>
<td>Windmill Stick Right</td>
<td>2</td>
<td>Stoney Stretch Right</td>
<td>10/5/15 + March in Place</td>
</tr>
<tr>
<td>Windmill Stick Left</td>
<td>3</td>
<td>Stoney Stretch Left</td>
<td>10/5/15 + March in Place</td>
</tr>
</tbody>
</table>

Push: 45    Pull: 48
Hinge: 210    Squat: 70
* Correctives
To Sum:

**Principle Based Training**

- Strengthen what is weakening
- Stretch what is tightening
- Don’t worry about “how”
- “Build in” correctives and cardio
- “Eat like an adult”
- Reasonable training and Reasonable eating will trump any fad idea

**Good advice for all, really**

- Thank you to Fabian...It is an honor.
- Now, go change the world.