

440: Bringing Back Foundation Strength Training: UN-Complicating Your Training for Optimal Results

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- THE DICHOTOMY OF FITNESS
 - Cardio vs Strength
- THE ROLE OF THE TRAINER
 - **DO NO HARM**
 - **EDUCATE FIRST**
 - **SET GOALS AND EXPECTATIONS**
 - **PROGRAM AND PROGRESS TO CLIENT GOALS**
 - **DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES**
 - **DO.... NO.... HARM....**
- PRINCIPLES OF TRAINING
 - Principle of Individuality
 - Principle of Specificity
 - Principle of Overload
 - Principle of Progression
 - Principle of Diminishing Returns
 - Principle of Reversibility
 - Principle of Specificity
 - INDIVIDUALIZATION / SPECIFICITY
- PROGRAM DESIGN
 - There is no “perfect” program.
 - Assess, Adapt, Reassess, Repeat

➤ TYPES OF MICROCYCLES AND MESOCYCLES

- Linear
- Block
- Non Linear undulating
- Daily undulating

➤ THE BASICS

- **PLANK**
- **SQUAT**
- **HIP HINGE**
- **LUNGE**
- **HORIZONTAL PUSH / PULL**
- **VERTICAL PUSH / PULL**
- **ROTATE**

➤ PROGRAMMING

- Prioritize STRENGTH
- Determine Goal (sets reps)
- Determine Frequency (days per week)
- Program Accordingly

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