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

PRESENTED BY

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- Masters Degree in Kinesiology
- 18 Years Experience in Fitness and Physical Therapy
- Public Speaker, Educator, Author, Contributor
- Overall Cool Guy



THANK YOU IDEA PTI!!!

- IDEA FITNESS
- REBECCA, RYAN, STEFFI, AMANDA, SANDY
- HILTON STAFF
- VOLENTEERS
- AND YOU!!!

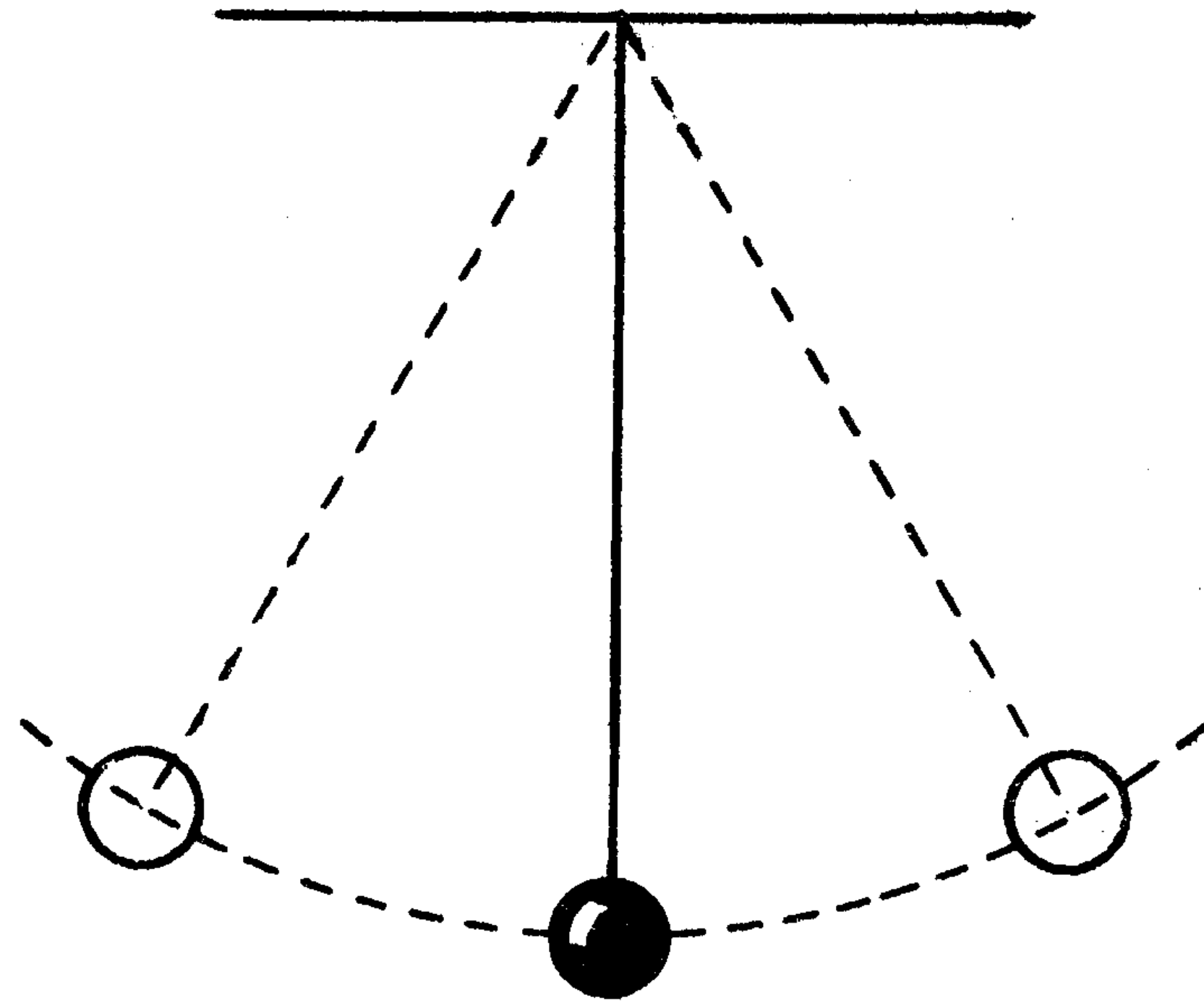




DON'T FORGET TO
**SPRING
FORWARD**

THE DICHOTOMY OF FITNESS

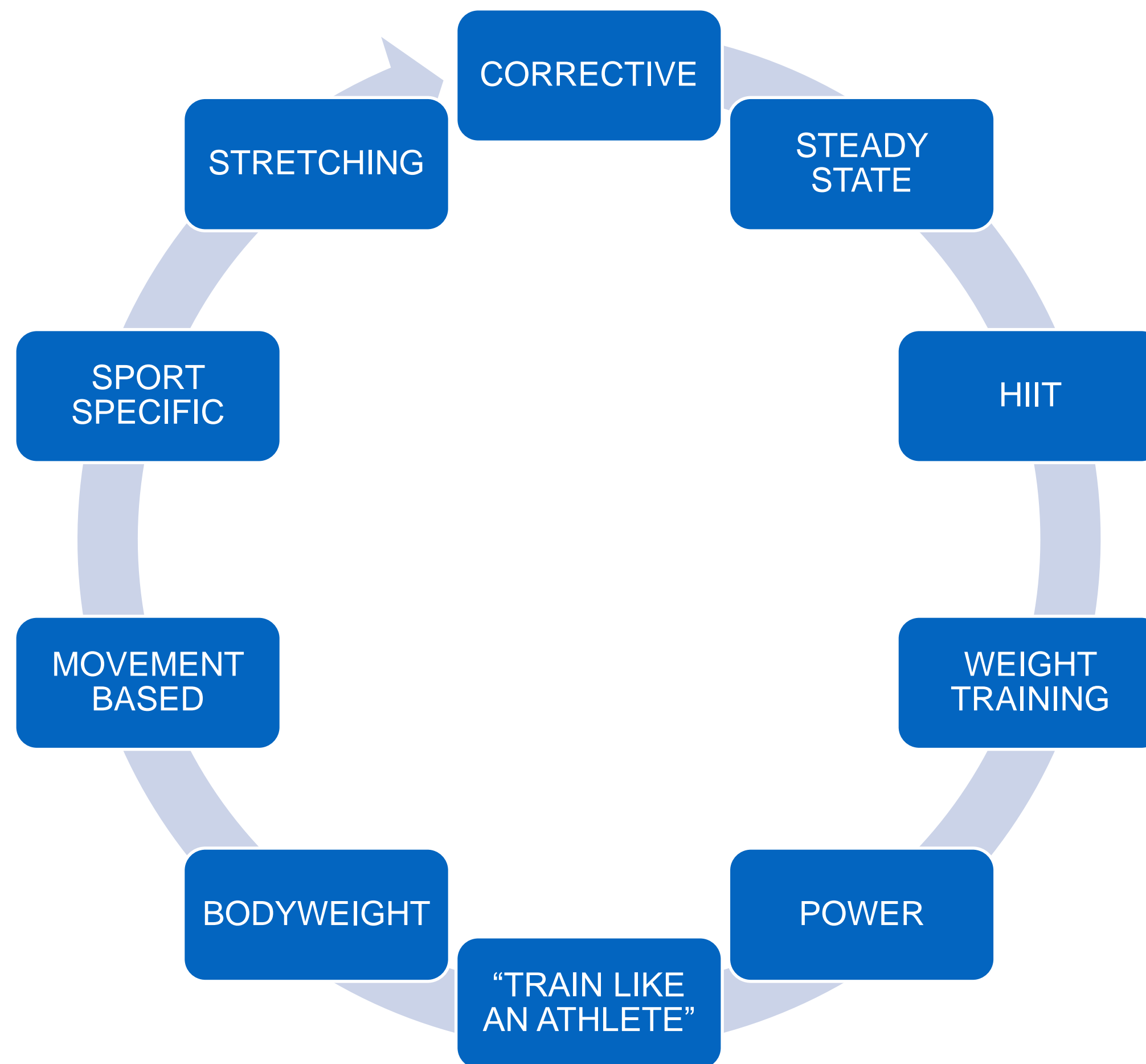
CARDIO



STRENGTH



THE DICHOTOMY OF FITNESS



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....

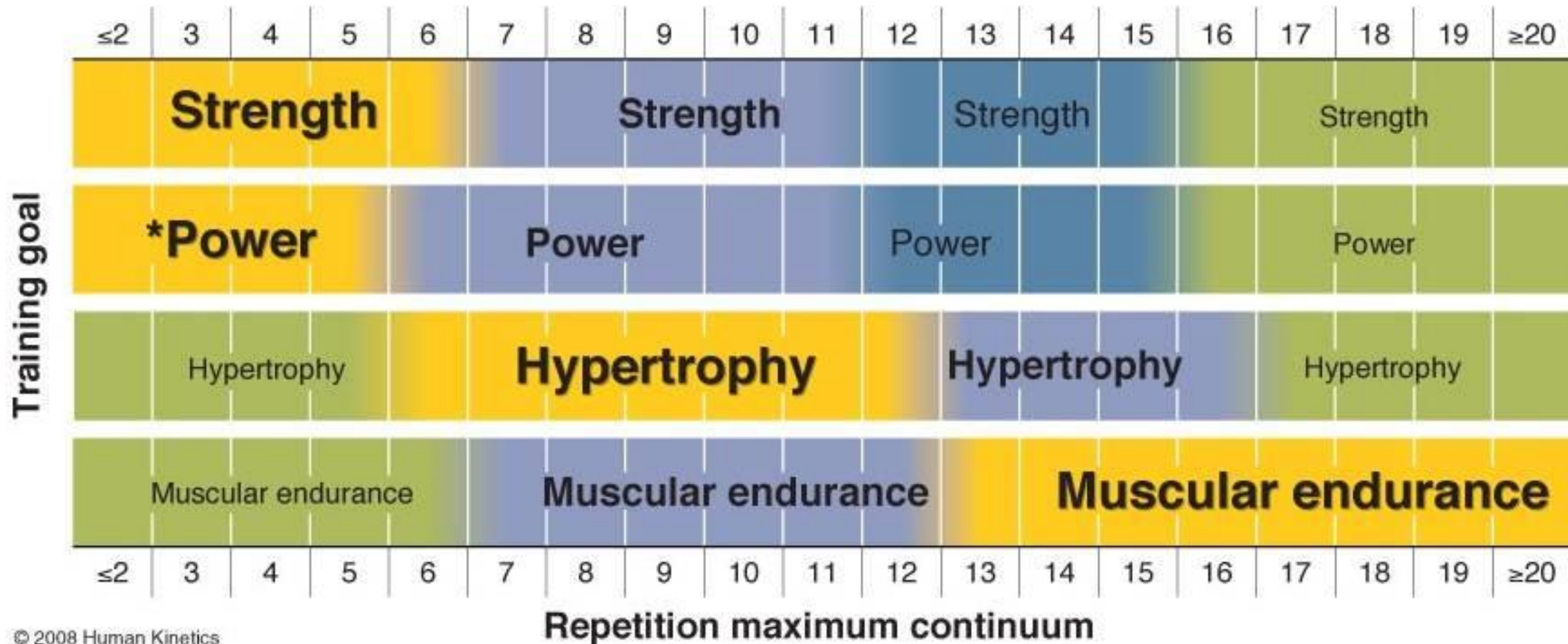


PRINCIPLES OF TRAINING

- Principle of Individuality
- Principle of Specificity
- Principle of Overload
- Principle of Progression
- Principle of Diminishing Returns
- Principle of Reversibility



Principle of Specificity



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INDIVIDUALIZATION / SPECIFICITY

There is no “perfect” program.

Assess, Adapt, Reassess,
Repeat



PROGRAM DESIGN



Periodization Cycle Hierarchy

<i>Periodization Cycles</i>	<i>Description</i>
Quadrennial Cycle	Multi-year plan ≥ 4 years
Macrocycle	Description of complete training period: ≤ 1 year
Mesocycle (Phase)	Description of singular training cycle or block: 3-4 weeks
Microcycle	Describes the structural unit of a mesocycle: 1 week
Workouts	Describes the structural unit of a microcycle: hours/minutes



PROGRAM DESIGN

- TYPES OF MICROCYCLES AND MESOCYCLES
 - LINEAR
 - BLOCK
 - NON LINEAR UNDULATING
 - DAILY UNDULATING PERIODIZATION



THE BASICS

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



THE BASICS, WITH A TWIST

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

HUNDREDS OF VARIATIONS

DOUBLE LEG / SINGLE LEG

DOUBLE LEG / SINGLE LEG

SAGITTAL / FRONTAL PLANE

DOUBLE ARM / SINGLE ARM

DOUBLE ARM / SINGLE ARM

SINGLE PLANE / MULTI PLANE



THE BASICS

EXAMPLE, HORIZONTAL PUSH

- Push Ups (any variation)
- Single Arm Push Up
- Bench Press
- Dumbbell Press
- Single Arm Dumbbell Press
- Alternating Dumbbell Press



#BackToBasics

PROGRAMMING

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



EXAMPLE DAY FOR 2-3 DAYS PER WEEK

FULL BODY!!!!!!

WORKOUT A

Squat
S/L Hip Hinge
Lunge
Horizontal Push
S/A Horizontal Pull
Vertical Push
S/A Vertical Pull

WORKOUT B

Hip Hinge
S/L Squat
Lateral Lunge
S/A Horizontal Push
Horizontal Pull
S/A Vertical Push
Vertical Pull



Hand on Workout A

- HYPERTROPHY
- 12 reps ONLY -3 sec eccentric, 1 second pause, 3 second concentric
 - SL Deadlifts & Push ups
 - SUMO squats & Rows
 - Split squats & Shoulder press



Hand on Workout B

- Strength / Endurance
- 15-20 reps ONLY -2 sec eccentric, 1 second concentric
 - Goblet Squats & Push ups
 - Deadlifts & Rows
 - Lateral Lunge & Shoulder Press



Hands on Workout C

- Cardio
- AMAP **** DO NOT SACRIFICE FORM FOR REPS****
 - KB Swings & Push ups
 - Jump Squats (Speed Squats) & Speed Rows
 - Jump lunge (Walking Lunge)& Skier lat pulls



QUESTIONS????



**THANK
YOU**



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LINK TREE FOR SLIDES

