



STRENGTH TRAINING: THE PRUDENT, PRODUCTIVE, PRACTICAL & PURPOSEFUL WAY

The goal of the strength training program will be to develop optimal muscular strength potentials in a manner that is *PRUDENT*, *PRODUCTIVE*, *PRACTICAL* & *PURPOSEFUL*. That is to say, maximal levels of muscular strength -- developed in the safest, most successful, sensible and specific manner is **THE 4P WAY**.

WHAT IS A PRUDENT STRENGTH TRAINING PROGRAM?

The answer lies in two questions: “*Are the training protocols orthopedically-safe?*” and “*Are the training protocols physiologically-sound?*” Obviously, it is the intent of any strength-training program to **ENHANCE** the physical potentials of the athlete rather than **ENDANGER** the athlete. In other words, **use common sense**. If an exercise or training technique looks dangerous -- **it probably is!**

An orthopedically safe program has at its foundation the execution of properly performed repetitions. The emphasis should always be on **HOW** the repetition is lifted rather than **HOW MUCH** is lifted. Every effort should be made to minimize the biomechanical loading (bouncing, recoiling etc.) on muscles, joints and connective tissue, and to maximize muscular tension. Each repetition should be lifted under control in a deliberate fashion. Flex the muscle momentarily in the midrange of the exercise when the muscle is in its “fully contracted position”. Then lower the resistance slowly to the beginning position. Obviously, this is the most difficult way to train; however it is also the most productive and prudent way to train.

A physiologically sound program is one that includes in its design the fundamental principles of training right, eating right, resting right and living right. As simple as it is to understand -- it is anything but simple to do. To compromise anyone of these realities would likewise compromise results. There are no “secret”, “short-cut” and/or “simple” means to achieve maximum strength gains. Rather, there is no substitute for progressively highly intense exercise, a nutritious meal plan, ample rest/recovery, and a common sense approach to a consistent training routine.

WHAT IS A PRODUCTIVE STRENGTH TRAINING PROGRAM?

Any “progressive” strength training protocol that has a systematic plan of increasing resistance/repetitions will produce results! This is evident in the many players coming into our organization from a wide range of collegiate/NFL strength training programs. The common denominator in all these cases; however, is that each of these players have experienced a great deal of success on the field (otherwise they wouldn’t be here!) Consequently, some have a sentimental/psychological attachment to the training methods that they grew up using. Certainly, that is understandable; however, despite what strength-training program is used, it is the **INTENSE** and **INTELLIGENT** application of the player’s **EFFORT** that is most responsible for their results -- not the program. The bottom line is, and always will be, an issue of **CONSISTENCY** and **HARD WORK** -- not how many sets/ reps were performed.

Maximal effort is required to develop maximal results. **HARD WORK** should not be confused with **MORE WORK**. Truth be told, it does not take a maximal amount of work and/or time to develop maximal results. It does require maximal effort and maximal perseverance. In other words, strength development is **USE IT OR LOOSE IT -- AND DON’T ABUSE IT!** Train hard, chart your progression, allow ample time to rest/recover between workouts and incorporate variety into your program to prevent overtraining and monotony.

WHAT IS A PRACTICAL STRENGTH TRAINING PROGRAM?

As stated, all progressive strength training protocols are **PRODUCTIVE** - none more significant than the other; however, not all are equally **PRACTICAL**. Strength can be developed either by exposing the muscle to a lengthy “high volume” of exercise or by brief “high intensity” exercise. Both training protocols have their advantages and disadvantages. However, given the time constraints on professional athletes, it is much more practical to decrease the volume of training in favor of increasing the intensity of training to get the same results in less time. In other words, the training goal should be to spend the **minimal** amount of time to derive the **maximal** amount of benefits. **Period!**

WHAT IS A PURPOSEFUL STRENGTH TRAINING PROGRAM?

Strength training is a means to an end -- not an end in itself. It is not our goal to develop Olympic Weightlifters, Powerlifters or Bodybuilders. Rather, the goal of a fighter (or non combatant) is to develop maximal levels of muscular strength to meet the demands necessary to successfully compete, injury-free, at the highest levels of professional/recreational and to live a healthy and productive life.

The development of muscular strength is the general progression of increasing the muscle’s ability to produce force. Skill development, on the other hand, is the specific learning of how to best coordinate and apply these forces. In other words, strength is a non-specific adaptation developed in the weight room whereas skills are a specific adaptation developed through guided practice. That is to say, a powerful fighter is developed physically in the weight room, which by a separate process is developed mechanically in the gym

MAXIMUM MUSCULAR STRENGTH = PROGRESSIVE RESISTANCE EXERCISE + AMPLE TIME TO RECOVER/REBUILD + NUTRITIOUS MEAL PLAN + COMMITMENT & COMMON SENSE

SIMPLE TO UNDERSTAND – NOT SIMPLE TO DO!