

PVBM Healthfirst

presents

ADVANCED WEIGHTLIFTING FOR SPORT

Basic Principals

A base period of 6 to 12 weeks of Whole Body lifting should precede any intermediate or advanced progression. This approach is necessary to prevent injury, provide time to perfect form, and to prepare the muscles so that you get the most from each level that you pass through. Make sure you have proper instruction and at least one spotter or partner at all times. DO NOT LIFT HEAVY WEIGHTS ALONE!

The following are meant to serve as a guideline only. For more specific information and theory behind these suggestions.

DAYS PER WEEK

Whole Body - 3

Upper/Lower - 2 or 3

Push/Pull - 2 or 3

Legs/Chest & Back/Arms & Shoulders - 1 or 2

Complete Body Breakdown - 1

Primary/Secondary – 5

EFFECTIVE SET/REP CONFIGURATION

Strength/Power - 5X5; 5,5,5,3,3; 5,5,3,3,3,; 5,5,3,3,1,1; M=4X4, W=5X5, F=3X3 IRM - Pyramid;

5,4,3,2,1,2,3,4,5; 5,4,3,2,1; 5,4,3,2,1 + 2-4 Secondary Mass - 4X6-8 + Supersets

Definition - 4X8-10; 2-4X6-8 Primary + 2-4X8-10 Secondary

Endurance - 4X10-12; All Supersets or Giant Sets

2 l's - Most effective at end of session

Burnouts - Most effective at end of session

A WORD ABOUT TECHNIQUE

Full Range of Motion

Line of Force = All joints in one plane

Fatigue/Tension Threshold - Work to Failure

Spotting, Working the Negative, and Forced Reps