

Creating Your Personal Resistance Training Program

Assignment: Personal Workout Log (10 points per week)

- Create a personal resistance training plan using the guidelines provided
- ① Plan can be typed into a spreadsheet/table and printed or
② Plan can be hand-written into a bound notebook or folder
- “Choice workout” is not an acceptable plan, training needs to be structured
- You can rotate different exercises from week-to-week, but program it into your plan
- Workout logs will be collected and returned daily
- 10 points each week will be recorded for completed journals
- Must also state these 5 things at the top of your journal...
 - 1) Name
 - 2) Personal Fitness Goal(s)
 - 3) Overall Training Focus: Hypertrophy, Strength, Power, Endurance
 - 4) Training Cycle: [Upper/Lower], [Whole Body], etc.
 - 5) Date listed for each workout (record as we go along)
- You will have opportunities to submit a “rough draft” of your plan. I can give you feedback on whether it is an effective plan at meeting your personal goals before recording it into a workout log.

GUIDELINES TO PERSONAL PROGRAMMING

When creating your personal resistance training program, there are many things to consider. Below are some guidelines that will assist you in this process...

Target your personal goals

If your personal goal is to increase strength on the bench press, then you should select exercises that will support that particular movement, including the bench press itself.

Tracking your progress

It's important to create a written plan and track your progress. You can create a spreadsheet or write exercises down in a spiral notebook, but a workout log needs to be planned and followed.

The plan can have some flexibility in it. For example, instead of specifying "lunges" into your plan you can just say "single-leg" exercise, giving you many options (split squat, skater squat, lunges, etc.)

Training cycle

Training plan will cycle 3-5 days. No less than 3 days, no more than 5.

The whole body needs to be trained

Depending on your goals, you can place slightly more emphasis on lower body or upper body; but regardless, the whole body needs to be trained at some point in your cycle.

Your training plan should be balanced

The body needs balance! For every "pushing" movement, you need to balance with an equal amount (or more) "pulling" movements. For example, every set of bench press needs a set of rowing or chin-ups/pulldowns. The legs need the same attention: squatting movements need to be balanced by deadlifting type movements. This doesn't have to happen on same day, but at some point during your cycle.

Program the heaviest/hardest exercises first

Barbell → Dumbbell → Bodyweight

Compound → Isolation

Upper Body example: Bench Press → Dumbbell Rows → Chin-ups → Arms

Lower Body example: Hex Bar Deadlift → Goblet Squat → Lunges → Core

FITT Principle

Frequency: How often will you train each body part?

Intensity: How much weight will you use?

Time: How much time will you spend on that body part... sets/reps/rest?

*If you want to work a certain body part frequently you have to include days that ↓Intensity & ↓time

*If you work a body part with less frequency, then you have to work it with ↑Intensity & ↑time

Incorporate dynamic effort and conditioning for optimal results

At some point during your cycle, you should be including dynamic effort movements

A good format for conditioning is 5-10 minutes at the end of your resistance training

HYPERTROPHY

- ✓ Each workout should start with compound barbell exercises (i.e., bench press, overhead press, barbell row, squats, deadlifts)
You can then move to heavier dumbbell exercises, followed by bodyweight & other exercises.
- ✓ Load: 70-85% 1RM
Volume: 3-6 sets x 6-12 reps (1-2 min. rest)
- ✓ Cycle: consider...
[Upper/Lower] [Push/Pull/Legs] [Deadlift-Back/Chest-Back-Shoulders/Legs/Chest-Back], etc.

STRENGTH

- ✓ Consider starting each workout with some Dynamic Effort training.
- ✓ Resistance training should start with compound barbell exercises (i.e., bench press, overhead press, barbell row, squats, deadlifts)
You can then move to heavier dumbbell exercises, followed by bodyweight & other exercises.
- ✓ Load: *Beginner= 60-70% 1RM *Intermediate= 80-95% 1RM
Volume: 1-3 sets x 8-12 reps 2-6 sets x 1-8 reps (1-3 min. rest)
- ✓ Cycle: [Whole Body] [Upper/Lower] [Deadlift/Bench/Squat/OHP] [Push/Pull/Legs]

POWER/EXPLOSIVENESS

- ✓ Start each workout with Dynamic Effort training!
- ✓ You also need to get stronger to generate power, therefore, follow the guidelines above on a "Strength" program.

ENDURANCE

- ✓ Works well for general health and wellness, but this type of resistance training will not necessarily enhance performance qualities (unless done as Dynamic Effort training).
- ✓ Resistance training should start with compound movements and move to isolation.
- ✓ Load: <70% 1RM
Volume: 2-4 sets x 10-25 reps (30s – 1min. rest)
- ✓ Cycle: [Whole Body] [Upper/Lower]

How do I calculate my 1 Repetition Max?

$$1 \text{ RM} = (\text{Weight Lifted} \times \text{Reps} \times 0.03) + \text{Weight Lifted}$$

EXAMPLE: If you lifted 200lbs. for 5 reps...

$$1 \text{ RM} = (200 \times 5 \times 0.03) + 200 = 230\text{lbs.}$$

Now, I want to train for strength (80-95%): $230 \times 0.8-0.95 = 184 - 218\text{lbs.}$