



COACH ROZY

STRENGTH TRAINING 101

ELEVATE2GREAT

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STRENGTH TRAINING 101

HOW TO START USING RESISTANCE TRAINING TO ELEVATE TO NEW LEVELS



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Coach Rozy has been in the performance industry for over 30 years.

Coach Rozy has written numerous articles, authored books, has spoken around the world and has worked with every level; from youth to professional and elite athletes.

Coach shares his knowledge, passion and experience in this Performance Tip Training Series to help others Elevate from where they are to new levels of Performance and being their best.

For more details, visit our website at www.reallygreatsite.com. You may also call us at (123) 456 7890 or email hello@reallygreatsite.com

Foundations of Strength

RESISTANCE

SPEED

LOAD

VOLUME

**TIME UNDER
TENSION**

IMPLEMENTS

TECHNIQUE

PATTERNS

Foundations of Strength

RESISTANCE

Resistance is any force that makes the movement harder to perform. Resistance can be provided simply by moving your body against gravity or by adding weight to an exercise

LOAD

Training Load = volume (duration+ frequency) + training intensity (pace/power).

SPEED

The speed of the movement determines a number of things, including the amount of tension developed, the use of mechanical energy (such as the stretch-shortening cycle), and the load.

VOLUME

Volume is the amount of work performed. Sets and repetitions of an exercise combine to make volume (1). If you are a runner, volume is the distance you covered. If you are strength training, volume is the product of sets x repetitions of an exercise

IMPLEMENTS

Implements can include; weights, bands, tires, sandbags, water filled implements, atlas stones, chains, wheelbarrows, kegs, logs, pushing/pulling sleds, and much more.

TIME UNDER TENSION

Time under tension (or TUT for short) is how long a muscle is under strain during a set.

TECHNIQUE

When done correctly, training can help you lose fat, increase your strength and muscle tone, and improve your bone density. If done incorrectly, however, training won't give you these benefits — and may even lead to injury. You have to do exercises correct to gain the benefit from training

PATTERNS

Fundamental Movement Patterns are patterns that allow the body to be coordinated in those simple, basic movement patterns

Types of Movement to Train

TOTAL BODY

HIP HINGE

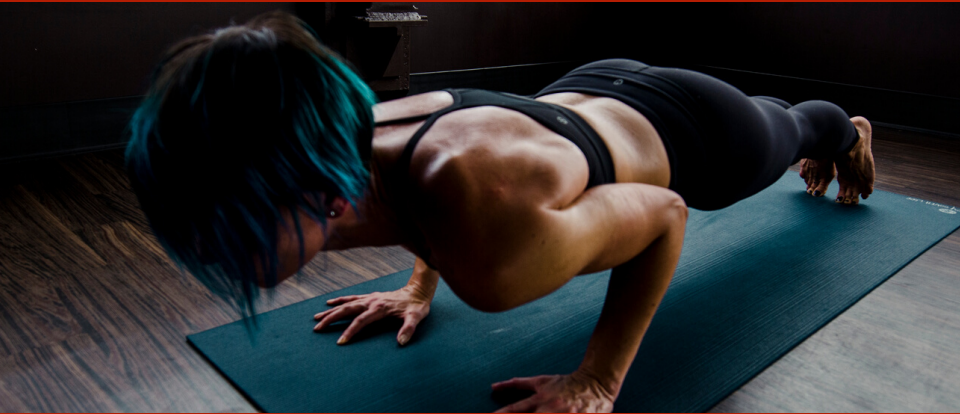
CORE

LEGS

PULL

PUSH

PUSH



There are two primary types of pushing movements (1) vertical push and (2) horizontal push.² A vertical push is a DB shoulder press where you press a dumbbell vertically over your head. A horizontal push is pushing a weight away from your horizontally, like in a DB Chest Press as you lay back on a bench. A vertical press tends to emphasize your shoulder muscles while engaging the back of the arms (triceps) while a horizontal press emphasizes the chest, while engaging the shoulders and the back of the arms.

Bench – Incline – Overhead – Dip/Decline

PULL



There are two primary pulling movements, a (1) vertical pull and (2) horizontal pull. An example of a vertical pull is a pull up, which is a classic exercise that develops strength in your back, shoulders, biceps, and even core. An example of a horizontal pulling motion is a single arm dumbbell row.

**Overhead/High – Middle/Lean Back –
Low – Upright Row**

LEGS



Squats: As an exercise, you can provide resistance to a squat from the front of your body (like holding a dumbbell, called a goblet squat), on your back with a barbell, from the sides holding dumbbells, or on the entire upper body by wearing a weighted vest. With each method of resistance, the lower back and abs must contract to keep the body upright as the body is lowered down. The most common reason why people have trouble squatting is because of tight hip flexors or tight calves.

SQUAT - LUNGE - STEP

CORE



There are 3 basic movements through the core: we can do flexion (sit-up/crunch), we can do extension (backhyper like in the middle picture) or we can rotate (twisting our body).

In some cases, we want to be stable and not move, which would be the "anti" movements to hold ourselves in a rigid position to help prevent movements and injury when needed.

FLEX – EXTEND – ROTATE

ANTI*FLEX – ANTI*EXT – ANTI*ROTATE

HIP HINGE



Hip Hinge or Bending is a movement pattern where you bend your torso by hinging your hips. A very common movement, we use it in our daily lives by picking up a baby off the ground to trying to lift that heavy suit case. Of all the movements listed, the bending movement may be most dangerous given that more than half of adults³ experience low back pain at some point in their lives.

**RDL'S - ST. LEG DEADLIFT -
REVERSE HYPER - KB SWINGS**

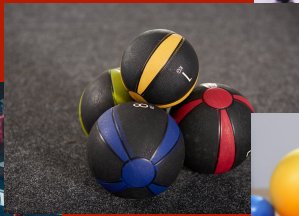
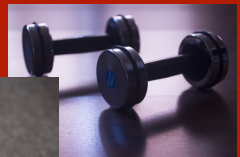
TOTAL BODY



Total body training is when we move the whole body and all the joints in the body - working together to do movement. These are normally exercises that will get our heart rate up, include upper and lower body and move multiply joints. Total-body training teaches your body to function as a unit instead of a collection of independent parts. The idea is to focus on movements, not muscles.

**Jumping Jacks - Burpees - Bear
Crawls - Olympic Lifts**

IMPLEMENTS



**Bars - Dumbbells/KB - Bands -
Tubing - Med Balls - Stability Balls**