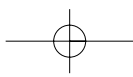
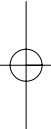


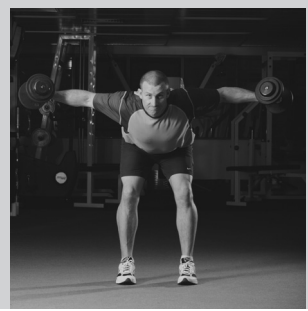
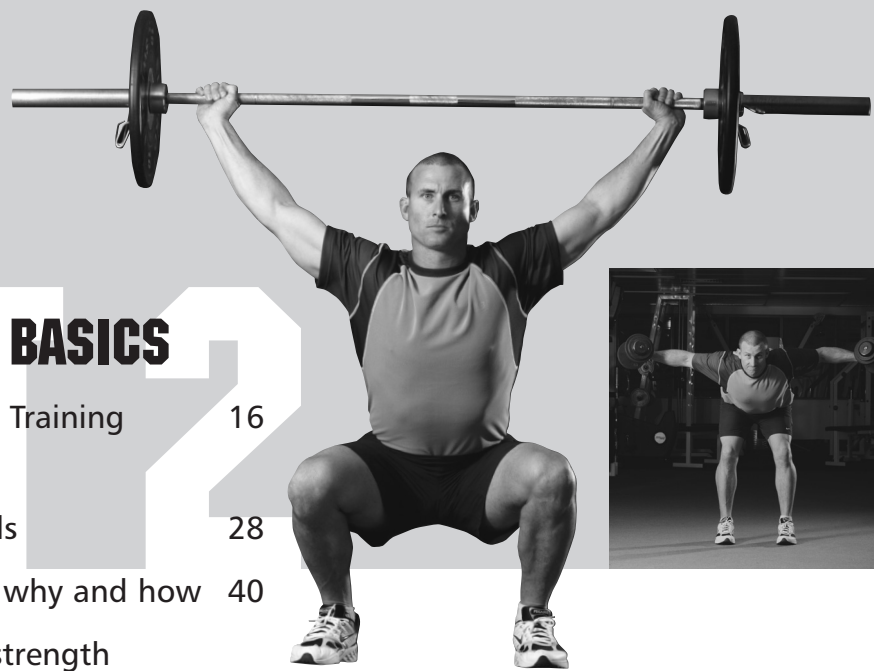
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GOING FOR IT

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PART 3



3 EFFECTIVE GOAL SETTING

Goal setting is a term thrown about by everybody from school counsellors to big-mouthed motivation and life coach speakers. Unfortunately it's the latter who contribute to this term being misinterpreted as something only self-important, insecure yuppies need worry about.

In fact the opposite is true. Goal setting is a task that coaches and athletes in all forms of elite sport take very seriously. The setting of appropriate and *achievable* goals allows the athlete to see the steps that need to be taken to get to the end result, the desired performance. Not understanding the power of effective goal setting means that a lot of people don't have an end point in mind when they take up an exercise program.

IF YOU DON'T KNOW WHERE YOU ARE GOING, HOW WILL YOU KNOW WHICH ROAD TO TAKE?

Goal setting can be as detailed or as simple as you like. It needn't be an involved process generating extra time and work. You must, however, commit your goals to paper. Writing down a goal shows your commitment to achieve a desired outcome. Just having a random thought in your head that you hang onto as your ultimate goal only leads to one thing: totally aimless training.

NO GOAL = NO FOCUS,
which means inappropriate or ineffectual training. Why waste the time?

Even the downside of writing down goals is good. What's the worst that can happen? You don't achieve it! Well, that's not the end of the world. In fact, failing to achieve a goal after pursuing a particular course of action gives you the cold, hard facts that allow you to assess if:

- 1 The program was inappropriate.
- 2 The program was not completed with sufficient dedication.
- 3 The goal was inappropriate.

One or more of these three reasons is always present in a failed program. Realising where you've made a mistake allows you to re-assess your goals and move forward.

EFFECTIVE GOAL SETTING

KEYS FOR SETTING GOOD GOALS

MAKE GOALS ACHIEVABLE AND REALISTIC

They need to be within reach. Good goals have a series of small steps in the same way you take the stairs step- by- step. 'You can't take the escalator to success; you can only take the stairs.'

MAKE GOALS PERFORMANCE-ORIENTATED NOT OUTCOME-ORIENTATED

Performance goals are defined by achieving an objective target, for example: 'Run 5 km under 20 min' or 'Complete 20 chin-ups'. Outcome-orientated goals, like 'Look fitter', are subjective and don't provide a specific finish line. Discerning whether an outcome-orientated goal has been achieved is based on interpretation; you can lie to yourself about having achieved it. Worse still, you can change the goal in your mind to accompany what you've achieved. Impress the guy in the mirror ... don't bullshit him.

GIVE EACH GOAL A TIMEFRAME FOR RE-ASSESSMENT

Each goal must have a timeframe attached to it. For a goal to be effective it can't just hang out in the wind. Your goals are the framework around which the rest of your program is built and must be founded on a solid platform – dates. Having a date of re-assessment for each goal gives you a point to aim for.

The hardest thing about setting goals is knowing where to start. If you don't have a specific performance goal in mind from the outset you need to start very simply. Write down a couple of things you want to get out of your training program in one column and next to this column write down ways you think you can achieve this. Also write down realistic timeframes for achieving your goals. The next step is to arm yourself with the fundamental principles of training tough.

NUTS AND BOLTS

Dynamic Lunge

- The execution of this lift is similar to the Split Squat with the starting position as for the conventional Squat.
- Step forward to initiate the lift. Beginners should aim to step forward approximately 25–50 per cent of their standing height, while more advanced individuals can push out beyond this to approximately 75 per cent of their standing height.
- As you go into the lunge, focus on solid foot placement (that is, controlled balance, not wobbling all over the place).
- Keep your torso upright throughout this lift.
- Press back into the original standing position.

Walking Lunge

- The execution is similar to that of the Dynamic Lunge. Instead of pushing back to the start position, drive yourself up and forward, establishing a new starting position, a step in front of where you started (hence the name).
- The key to this exercise is driving your hips up and through on the step forward. Don't shoot your arse out the back and then pull your body back over a straight leg.

TRAINING TIP

Start out completing this exercise with just your body weight, then add external resistance once you have mastered the technique. It is easy to get this one wrong by loading too much too early.



TRAINING TIP

As you step out imagine that you are stepping over a box, then drive your leg over the box as you press back to the start position. This will keep your leg action high, producing a greater focus on recruiting the glutes to get out of the bottom position.

TRAIN TOUGH

Two Days Olympic/Power (Intermediate)

Prerequisites: Olympic/Power (beginner) Maximum strength/Hypertrophy, Intensification (4 day), 4 years' lifting experience plus technical coaching.

Synopsis: The use of Olympic lifts is well documented to be an effective modality for

increasing lower body power production. However, its implementation requires significant technical experience. If using these lifts for the first time ensure qualified coaching is utilised to establish technique. Not suitable for anybody with lower limb or back injuries or disabilities. Suitable for individuals incorporating other training elements (fitness/speed, etc) into their weekly schedule.

Session 1 (MONDAY)

ORDER	EXERCISE	TEMPO	REC	WEEK 1	WEEK 2	WEEK 3	WEEK 4
A	Hang Clean + Front Squat	Explosive	2 min	3 x 6	3 x 6	3 x 4	3 x 4
B	Speed Shrug from Floor (Clean Grip)	Explosive	3 min	3 x 4	3 x 4	3 x 3	3 x 3
C	Front Squat	3/2/1	3 min	3 x 8	3 x 8	3 x 6	3 x 6
D	Glute Ham Raise	2/1/1	2 min	2 x 6	2 x 6	2 x 6	2 x 6
E	Depth Drop Push-ups	Explosive	3 min	3 x 6 (2 plates)	3 x 6	3 x 4 (3 plates)	2 x 4
E	Single Arm Olympic Bar Row	3/1/1	90 sec	3 x 6	3 x 6	3 x 6	2 x 6
F	Dips	3/1/1	90 sec	3 x 6	3 x 6	3 x 6	2 x 6

NB:

- Depth Drop Push-ups should be started using no more than 2 plates (as per picture and description on p 81). In the third week of the program increase the drop height to 3 plates and reduce the reps to 4. Should be conducted on a forgiving surface such as a gym mat.
- Focus on technique development in Hang Clean + Front Squat, not weight.
- Increase load for Speed Shrug from Floor compared to previous program.

MUSCLE UP

Session 2 (THURSDAY)

ORDER	EXERCISE	TEMPO	REC	WEEK 1	WEEK 2	WEEK 3	WEEK 4
A	Hang Snatch + Overhead Squat	Explosive + 3/1/1	2 min	3 x 6	3 x 6	3 x 4	3 x 4
B	Speed Shrug from Floor (Snatch Grip)	Explosive	3 min	3 x 4	3 x 4	3 x 3	3 x 3
C	Reverse Grip Bench Press	3/1/1	2 min	1 x 8, 1 x 6, 1 x 4	1 x 6, 1 x 6, 1 x 4	1 x 6, 1 x 4, 1 x 4	1 x 6, 1x4
D	Chin-ups UG	3/1/1	2 min	1 x 8, 1 x 6, 1 x 4	1 x 6, 1 x 6, 1 x 4	1 x 6, 1 x 6, 1 x 4	1 x 6, 1 x 4
E	Single Leg Hitch	Explosive	3 min	3 x 4	3 x 4	3 x 6	3 x 6
F	Static Lunge	3/1/1	2 min	1 x 8, 1 x 6, 1 x 4	1 x 6, 1 x 6, 1 x 4	1 x 6, 1 x 6, 1 x 4	1 x 6, 1 x 4