



EXERCISE INSTRUCTION MANUAL

**KICK-START THE LIFE YOU DESERVE WITH
PAIN-FREE PERFORMANCE THAT WILL
GET YOU NOTICED IN AND OUT OF THE GYM**



TIM LOCHHEAD PRESENTS

YOUR MISSING LINK

DISCOVER THE MISSING LINK TO YOUR HEALTH AND FITNESS

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Warning: Before beginning any exercise program, consult your physician to ensure you are in proper health. This book is not meant to provide medical advice; you should obtain medical advice from your healthcare practitioner.

Dedicated to all those
who act to improve their health and physique,
who face hardship, conquer weakness and realize strength,
who foster growth and development,
and especially for those wanting guidance along the way.

I sincerely hope this manual can save much time
and frustration as you achieve all your goals.

If you are reading this, I know you are intent on the above; *this is for you.*

Thank-you for the opportunity to be a part of your development.

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Appendix: Training Program Logs

- ∞ Increase Your Chin-ups and Pull-ups
- ∞ Increase Strength
- ∞ Increase Size & Enhance Your Shape

STEP UPS

Front (or Side) Step Ups

Description

Regular step ups are traditionally performed standing behind the platform, although you can stand at the side as well. Here, you place your working foot on a platform and step up to the top before returning to the bottom.

Unlike the first few steps ups we looked at this one will incorporate your posterior chain (hamstrings, glutes, even adductors to some extent). A bonus with step ups is that the legs are trained with minimal stress on the lower back (because of the upright position maintained throughout the exercise).

This is another great exercise (and the next in line) to prepare for performing full squats.

Set Up

- ∞ Find a bench or platform that is around the height where your working leg will be parallel to the floor
- ∞ Place your entire working foot up on the platform
- ∞ Your working foot can be straight ahead or about 15° out
- ∞ The foot of the trailing leg will be just a few inches behind you
- ∞ Lift the toes of your non-working foot up (to prevent using this foot when pushing off; this exercise should work the leg with the elevated foot!)

Action

- ∞ Straighten your working leg
- ∞ Return, under control, to the bottom position
- ∞ Complete all reps for one leg before working the other leg

Progressions

- ∞ Bodyweight
- ∞ Holding Dumbbells
- ∞ Barbell (back)
- ∞ Barbell (front) – very advanced

In practice, I will really only progress to using barbell (back) step ups.

The next 2 exercises are (advanced) variations of this basic step up.



STEP UPS

Russian Step Ups

Description

In this variation you step up as you would in the regular step up, except you continue to raise your opposite (non working) leg into a high knee hike. This would look like a kickboxer's movement. After you bring your body to the top (as per your regular tempo prescription) you would then bring up your other knee in a fast and powerful action.



Set Up

- ∞ Find a bench or platform that is around the height where your working leg will be parallel to the floor
- ∞ Place your entire working foot up on the platform
- ∞ Your working foot can be straight ahead or about 15° out
- ∞ The foot of the trailing leg will be just a few inches behind you
- ∞ Lift the toes of your non-working foot up (to prevent using this foot when pushing off; this exercise should work the leg with the elevated foot!)

Action

- ∞ Straighten your working leg
- ∞ Bring the non-working leg's knee up in a fast, powerful action, maintaining balance and control
- ∞ Return, under control, to the bottom position
- ∞ Complete all reps for one leg before working the other leg

Progressions

- ∞ Bodyweight
- ∞ Holding Dumbbells
- ∞ Barbell (back)

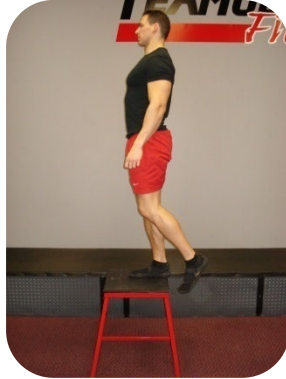


STEP UPS

Triple Jumper Step Ups

Description

In this variation you step up as you would in the regular step up, except that the step is *significantly elevated*. Work up to a full height where your foot is at the top of your thigh. It is a great exercise for the posterior chain.



Set Up

- ∞ Find a high bench or platform
- ∞ Place your entire working foot up on the platform
- ∞ Your working foot can be straight ahead or about 15° out
- ∞ The foot of the trailing leg will be just a few inches behind you
- ∞ Lift the toes of your non-working foot up (to prevent using this foot when pushing off; this exercise should work the leg with the elevated foot!)

Action

- ∞ Straighten your working leg
- ∞ Return, under control, to the bottom position
- ∞ Complete all reps for one leg before working the other leg

Progressions

For all levels keep increasing the height of the bench/step.

- ∞ Bodyweight
- ∞ Holding Dumbbells
- ∞ Barbell (back)

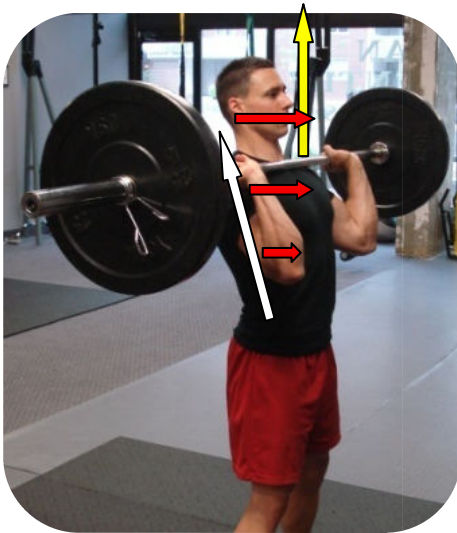


Standing Press

Description

Otherwise known as just the press, you un-rack a barbell and press it overhead from a standing position.

This is another major lift and can be quite tricky to get, although things can be put into context. The most efficient path an object (i.e. the bar) can take is straight – so straight up. The bar is balanced over the midfoot and pressed straight overhead; however, our head and face gets in the way. To avoid this, there is some *layback*. Your upper body will be tilted back *a little*, and as you press the bar straight up you bring your body forward under the bar. **You don't try to move the bar around you – you move around the bar.**



The first picture shows some layback in the starting position. The white arrow shows the angle of the back in some layback.

The yellow arrow shows that the bar will move straight up, while the red arrows show that you bring the body forward, under the bar, after the bar has cleared your head. You can see in the last picture that you are now upright (actually you might be slightly forward, but only a little).

Set Up

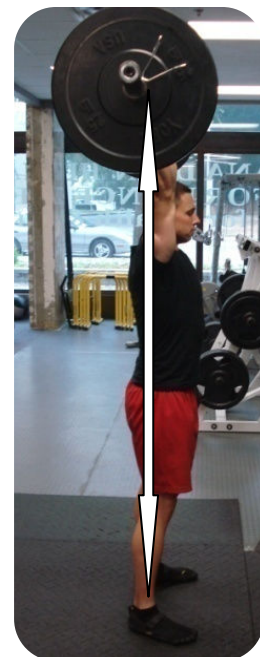
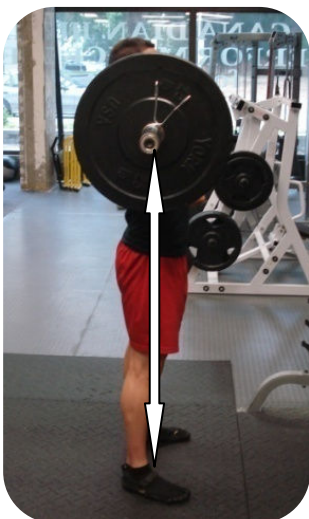
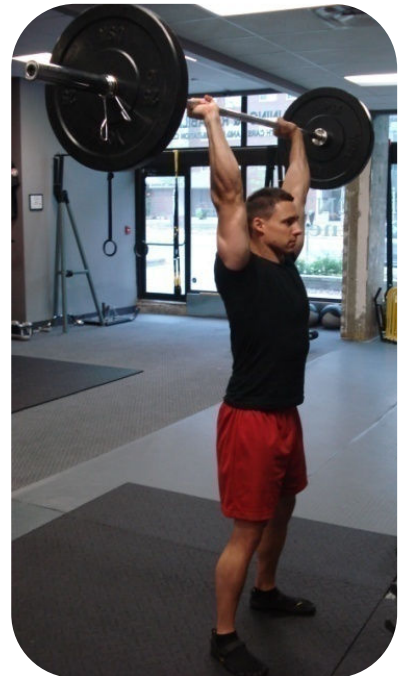
- ∞ The bar will be in the rack a couple of inches below your collarbone; un-rack the bar onto your shoulders and step back
- ∞ The ideal grip width has the forearms vertical when viewed from the front
- ∞ Lean back slightly (this is the layback)
- ∞ Take a deep breath in and raise your chest, tuck in your chin
- ∞ Place the elbows forward slightly



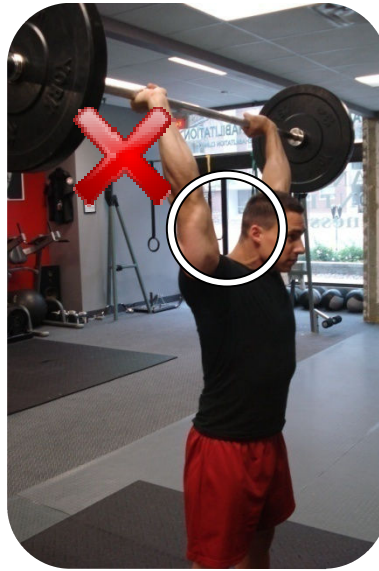
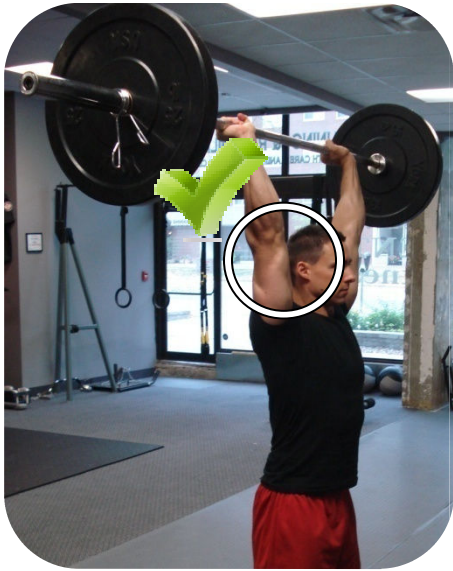
Standing Press (continued)

Action

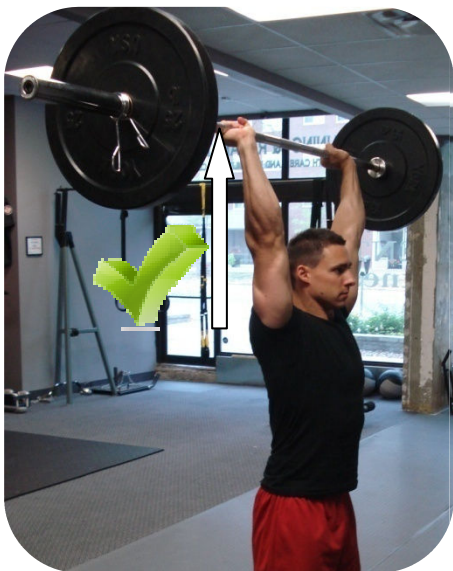
- ∞ Press the bar straight up
- ∞ As the bar clears your head you can come forward (taking your torso out of the layback position)
- ∞ Continue driving the bar up until it is overhead behind the ears, over the back of the neck
 - Don't push your head forward to achieve this
- ∞ Your elbows will be locked out at the top



Standing Press (continued): Things That Can Go Wrong

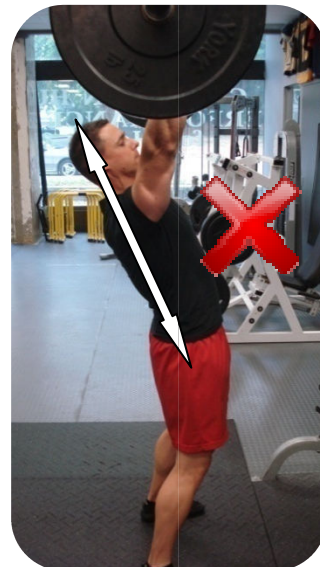
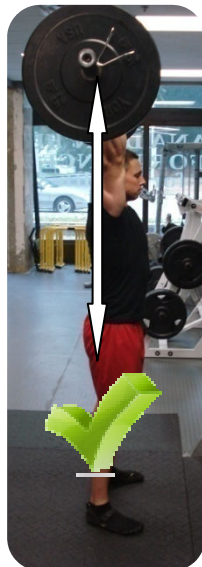
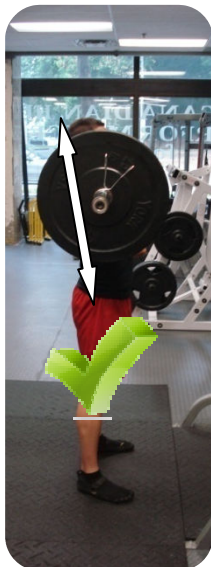


The first row shows the turtle neck action.



The second row illustrates pushing the bar away, like an incline press, instead of straight up.

The third row shows too much layback. The lines illustrate the back angles. In the bottom there should be a little layback, not an excessive amount. Too much layback can carry through or be seen in the finish also.



Strength

In this program the goal is to increase strength, so we work with lower reps and heavier weights. In order to get enough volume, we do more sets (being 5 sets). Each workout will finish with a bit of an "assistance" type exercise; this is to round things out for the hour.

There are 3 days per week; ideally you'll train Monday/Wednesday/Friday, but the program does allow for some flexibility to accommodate your schedule. Just don't train on successive days.

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
Week 1	A	B	C
Week 2	A	B	C
Week 3	A	B	C
Week 4	A	B	C

TOTAL BODY STRENGTH																DAY "A"				
#	Exercise	Date	Start Time	Finish Time	Total Time	Sets x Reps		Actual (reps and weight)										Rest	Tempo	Notes
								Set 1		Set 2		Set 3		Set 4		Set 5				
								rep	wt	rep	wt	rep	wt	rep	wt	rep	wt			
A	Squats or Split Squats					Wk1	5x5										2-3m*	3010		
						Wk2	5x5										2-3m*		↑ wt 2-5% if did 25 reps	
						Wk3	5x5										2-3m*		↑ wt 2-5% if did 25 reps	
						Wk4	5x5										2-3m*		↑ wt 2-5% if did 25 reps	
* rest 3 minutes between sets if doing squats; rest 90 seconds between legs if doing split squats																				
B1	Barbell Bench Press	 	 	 	 	Wk1	5x5										2m	3010		
		 	 	 	 	Wk2	5x5										2m		↑ wt 2-5% if did 25 reps	
		 	 	 	 	Wk3	5x5										2m		↑ wt 2-5% if did 25 reps	
		 	 	 	 	Wk4	5x5										2m		↑ wt 2-5% if did 25 reps	
B2	Wide Grip Cable Row	 	 	 	 	Wk1	5x5										2m	2011		
		 	 	 	 	Wk2	5x5										2m		↑ wt 2-5% if did 25 reps	
		 	 	 	 	Wk3	5x5										2m		↑ wt 2-5% if did 25 reps	
		 	 	 	 	Wk4	5x5										2m		↑ wt 2-5% if did 25 reps	
C	Low cable or Mid-Level External Rotation	 	 	 	 	Wk1	3x10										2m	2012		
		 	 	 	 	Wk2	3x10										2m		↑ wt 2-5% if did 30 reps	
		 	 	 	 	Wk3	3x10										2m		↑ wt 2-5% if did 30 reps	
		 	 	 	 	Wk4	3x10										2m		↑ wt 2-5% if did 30 reps	