

## Workout tracker

	W1-D1	W1-D2	W2-D1	W2-D2	W3-D3	W3-D2	W4-D1	W4-D2
General Warmup								
Mobility Preparation								
Activation Preparation								
Work Sets								
Accessory Work								

Legend: W1-D1 = Week 1, Day 1 - W2-D2 = Week 2, Day 2

## Example log

	W1-D1	W1-D2	W2-D1	W2-D2	W3-D3	W3-D2	W4-D1	W4-D2
General Warmup	x	x	x	x	x	x	x	x
Mobility Preparation	x	x	x	x	x	x	x	x
Activation Preparation	x	x	x	x	x	x	x	x
Work Sets	95/ 8, 8,8	100/ 8, 8,8	105/ 8, 8,8	110/ 8, 8,8	115/ 8, 8,8	120/ 8, 8,8	125/ 5, 5,5	130/ 5, 5,5
Accessory Work	3 x 10	3 x 10	3 x 10	3 x 10	3 x 10	3 x 12	3 x 12	3 x 12



## Supplemental Program FRONT SQUAT

Starting Level:

**YELLOW III**

Prepared For:

Frequency:

1-2x per week for 4-8 weeks  
(8 progressive sessions)

Time Required:

Approx. 20 minutes

# Tips and Warmup

## Tip: Safety and Form

NEVER, EVER increase weight for the sake of increasing the weight. The goal is NOT more weight ... the goal is GETTING STRONGER. If you "fake it" you'll simply encourage injury. Increase the weight ONLY when your form is perfect, and you've met or exceeded the previous weight and reps. If you slow down or fail to improve, take an extra day or two of rest, or take a look at your lifestyle factors like food, sleep and stress which can significantly affect your ability to adapt.

EVERY rep you do should be totally focused with all your concentration on making the rep as close to perfect as possible. While working hard is VERY important to making progress, never do anything that HURTS. Do NOT train through pain.

### General Warmup - Bike/Row

On a bike or rower move for 2 minutes to bring your body temperature up. Go at a consistent pace so that by the end your breathing and heart rate are elevated. You shouldn't be tired, you should be ready to work.

### Mobility Preparation - 1 min Bottom of Squat Hold (use upright if needed)

Grab a squat upright or something to support you, and sit in the bottom of a squat for 1 min. Try to relax into the position, move your hips around, place your weight on your heels and shift to mid foot to get a sense of balance. FEEL your entire foot as it connects to the ground.

### Activation Preparation

#### Wall Squat - 3 sets of 5 at 5050 tempo; rest no more than 1 min b/t sets

With your feet at shoulder width apart facing wall place a ball or box behind you as a target to sit to. Start fully standing, with knees and hips extended, and extend hands overhead, with arms as straight as possible throughout the movement, trying to keep your hands as close together as possible -- preferably stacked. Descend your hips down and back until the hip crease passes below the knees or you make contact with the ball or box.

Stand slowly, applying pressure through your heels and return to starting position. Your goal is to work yourself CLOSER to the wall. Move SLOWLY, keep everything perfect and in control.

\*What is tempo? Tempo is the speed of the movement. We control this factor with 4 numbers - using 5050 as example - the first number is the DOWN portion, 5 seconds down. The second number is the hold in bottom portion, 0 second hold. The third number is the UP portion, 5 seconds up. Occasionally, you'll see an "X" here, which means eXplode up! The final number is the hold at top number, 0 seconds for this example.

Why do we use tempo? By controlling the speed of the movement, we control many of the factors that influence muscular development. One of the most important factors is time under tension. By manipulating these variables, we can get EXACTLY the outcome/adaptation we want, so it's important you stick to them!

# Working Sets

## Front Squat - 3 x 5-8; 60-90s rest, start at 95/65

### Directions: (See Example Log on Back Cover)

Set up your bar on a squat rack at the proper height. Approach the bar and take a just-outside-of-shoulder-width grip, and wrap your elbows so the bar rests on the front of your shoulder. You may also use a cross-arm grip. Take a step backwards with the bar and from a standing position with hips and knees extended, descend down until the hip crease is below the knees. Return to the top and repeat for the prescribed reps.

### Instructions

In every session your goal is to increase either the weight or the reps as long as you can maintain PERFECT form.

If you're feeling really strong, you can increase both the weight and reps up, but focus on form as a priority!

Staying conservative will allow your body to adapt between session, and keep you progressing for longer.



## Accessory Work - Hip Extension 3 x 10-12

On a GHD machine, or Hip Extension machine, keep your torso straight with your arms in front of your chest. From a hanging position (flexed) lift your torso up so you are parallel to the floor, extending at the hips. Hold for 1 second and then bring yourself back down. Be sure to keep your torso completely straight. If you can maintain the sets and reps with good form, increase the weight by holding a 5lb plate, and then increase weight per session as perfect form allows.



CrossFit