

Strength Training Alternatives for Blockbuster Results

(Advanced Exercise Options)



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The following exercises are for advanced individuals only, the performer must have a sound physical examination and be of the correct training age to perform these exercises.

Over 50 exercise options

- Some new
- Some old
- Some forgotten
- Some overload techniques

Warm-Up Options

- Hurdles - Benches
- Mountain Climber
- Rock and Roll
- Hindu Push-Up
- Hip Partner Stretch
- Hamstring Walk



Variable Resistance Pushup



Body in motion
Other equipment?

Complex Training



Deadlift
Power Clean
Shoulder Press
Front Squat
Bent Row

Bench Push Up



Uneven Weight DB Press



MMA Press

Triple Drop
DB Bench
(5,5,5)

Rotating
Wrist Presses

Stopper Smith Bench Press



Bosch Squat in
Smith Machine

(single leg RDL with
sprint drive)

Roman Ring Push Up



Gironda Dips



Low Pulley Cross





Cable PNF

Nubret Flye



Handstand Shoulder Press



Sotts Press
(Press in Squat or a
Press while squatting)

Barbell Press on End



Arnold Press

Drop Catch / Cuban Press



Standing Cable Row



Complete the extension
– leg drive

Bodybuilding Option?

Roman Row



One arm version

Plate Bent Row

Renegade Row
(MMA Row)

Squat Row



Uneven Chin



Clap Chin

Finger chins

Bodyweight Hundreds

-Dip

-Chin

Subscapularis Chin



Rope Climb





Rope Climb

Body in motion
Relative strength



Stiff Pulldown / Close Pulldown Superset

Front Squat



- Ladders for Range
- Isometrics
- Ladders for Reps
(1 rep rest 10 secs, 2 reps rest 10 secs etc)

Duck Squat

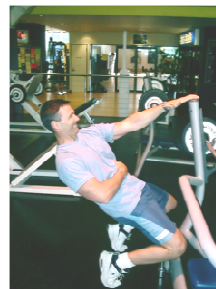


VMO
Flexibility

Overhead Squat



Overhead Shrug
Knee to Feet Squat
Knee to Feet Plus Jump



Sissy Squat



Jefferson Lift



Barbell Hack Squat



Goblet Squat

Twisting Drop Squat
Shoulders?
Power Clean Throw-Away



Zercher Squat



www.getstrength.com

One Leg Squat



Pistol Squat

One Arm Deadlift (Suitcase)



Romanian Deadlift



One Leg RDL (cable)



One Leg RDL with twisting cable



Reverse Leg Curl



Gravity Boot Leg Curl



Swiss Ball Leg Curl

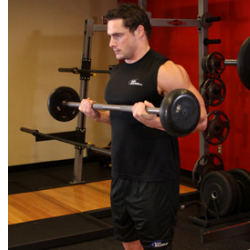


Cable Bicep Tricep Combo



Push-Pull Supersets

Drag Curls



Zottman Curl
Wrist Curl
Variations

Rower Curls



Pullover and Press



Ladders

Turkish Getup



Woodchoppers



Cable Twists
Bent Over Cable Twists

Farmers Walk



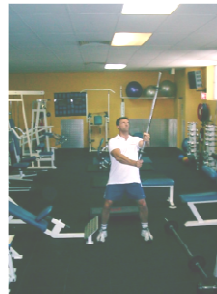
Sprinters Sit-Ups



Ball Wrestling



Stevedores



Dominators



Donkey Calf Raise



- Flexibility?
- Legg shoe
- One leg calf raise

Cardio Options

Ashley Jones

Beastly Circuits - (6 sets x 6 reps then 3 minutes hard cardio – bike/box/row/versa/rope pull/treadmill incline run/grinder)

- Option 1: Dead Lift/Power Clean from Hang/Front Squat/Push Press/ Bent Over Row / Romanian Dead Lift
- Option 2: Power Clean from floor/Split jerk/Front Squat/Hang Clean/Lunge/Bent Row
- Option 3: Power Snatch from floor/Push Press/Back Squat/Hang Clean/Split Jerk/Romanian Dead Lift

Hypoxic Swimming – 25m x 20 reps (50/75/100 – 4 week cycle)

