



TRAINING 101

**YOUR GUIDE TO WORKOUTS, EXECUTION,
PROGRESSIVE OVERLOAD, AND MUCH MORE...**



@O_DONOGHUE_FITNESS



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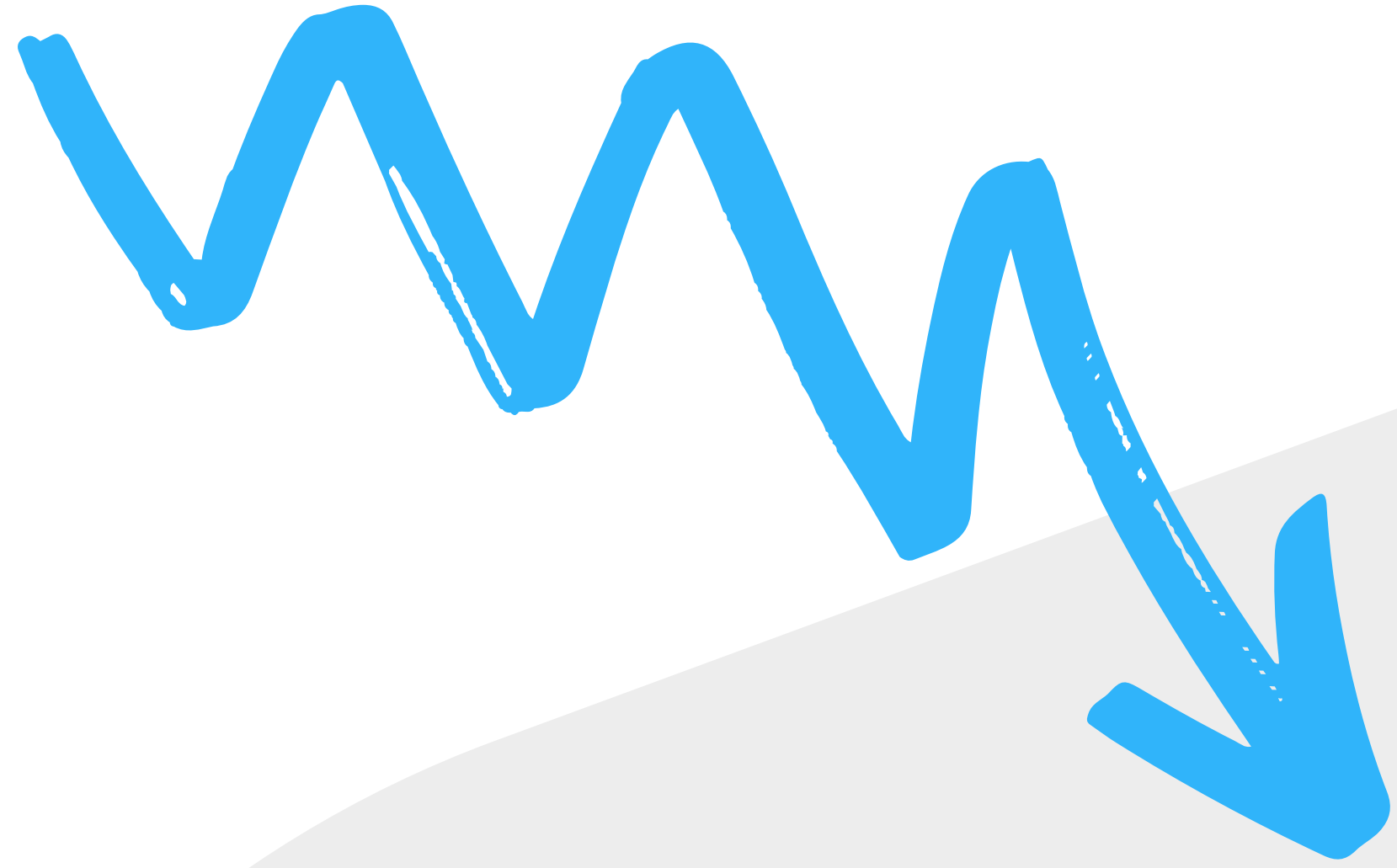
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GET STARTED



THE INTRODUCTION

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HEY!

Welcome to Training 101 - the only guide you'll ever need to help you get to grips with all aspects of your workouts.

The purpose of this guide is to put you in the driving seat when it comes to your training. If there's anything you **really** need to know - I can guarantee you'll find the answer in here.

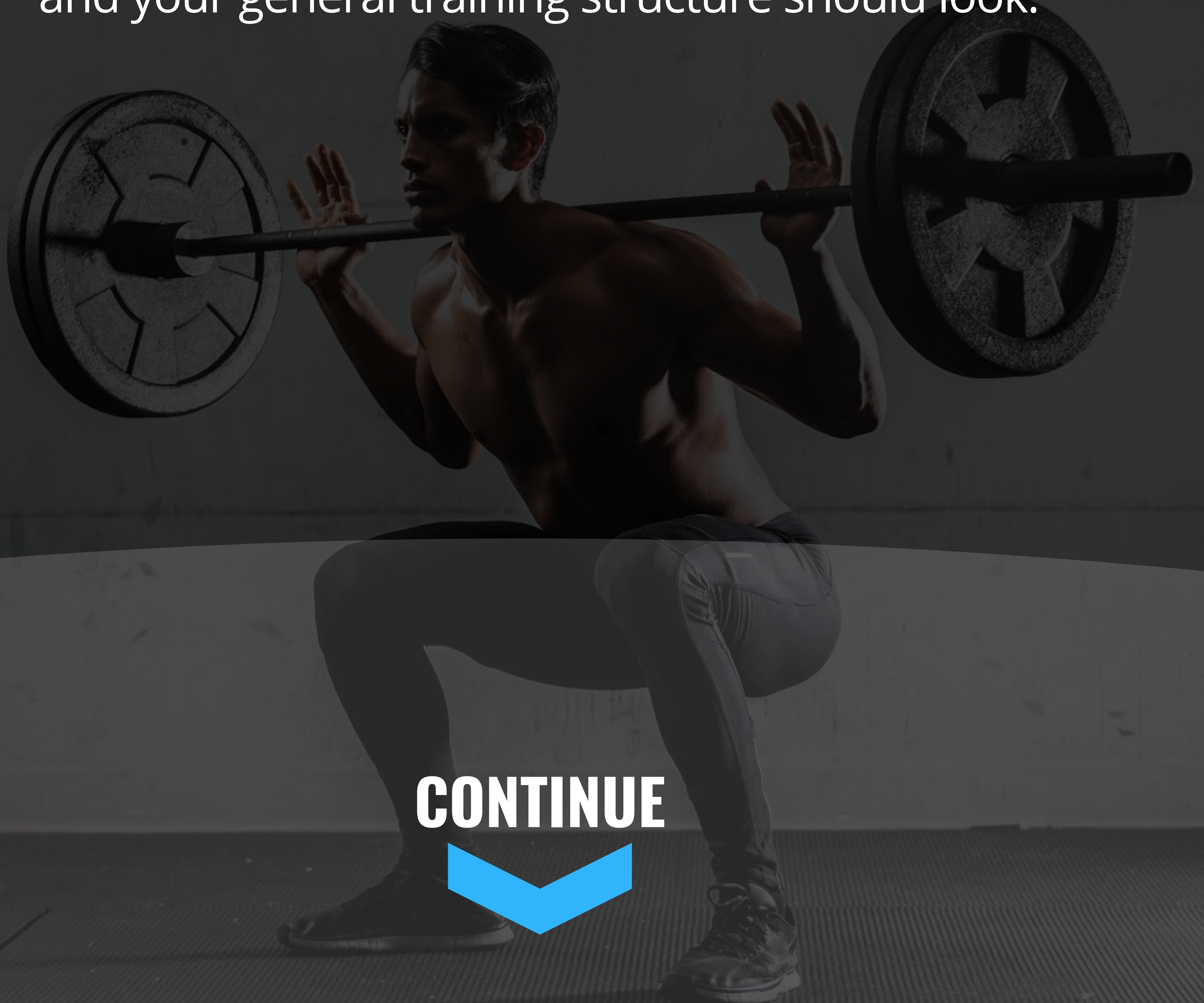
I'll also be breaking down the key movements you'll encounter during your training, and giving information on not only **why** we do them, but also some easy-to-follow tips on executing them perfectly.

CONTINUE



INTRODUCTION

Your general overview when it comes to training. The **'why'** behind it, how to decipher the differences between exercises, and your general training structure should look.



CONTINUE



INTRODUCTION TO TRAINING

We often get confused when we look at training and see it as a means to simply expend calories. What's often underestimated is the ability to see training as a way of improving body composition, mobility, flexibility, fitness levels and mental well-being - just to name a few.

That being said, there are obviously effective (and less so) ways of training efficiently. It isn't a case of throwing any old exercises together, shifting as much weight as possible for as many sets and reps as you can force your body through.

Any successful training programme will have a good balance of the following;

- 1 Training Intensity
- 2 Training Accuracy
- 3 Load Used

Simply going through the motions simply isn't good enough. You've got to **want** to progress movements, and there has to be some manner of intensity to your sessions. Executing your exercises correctly is also crucial to your progress. Too much load and this will suffer. 'Bull in a china shop' mentality in sessions, and this again will fall. You need to be accurate with form and execution, so ask yourself; ***'Am I performing the exercise correctly?'***

Finally, the he weight you're lifting will obviously have an impact on your body composition. Too light and you're not challenging the muscles enough. Too heavy and you'll be sacrificing form and execution, as well as risking injury. Choose a load that challenges you, but one that you can execute correctly.

UNDERSTANDING

TRAINING

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Training should never be a case of *'here's this training programme - do it'*.

Like nutrition, it's important to understand the concept behind your sessions. It's easy to lose sight of why you're training if you're simply turning up and coasting through your sessions. There are key components to grasp such as;

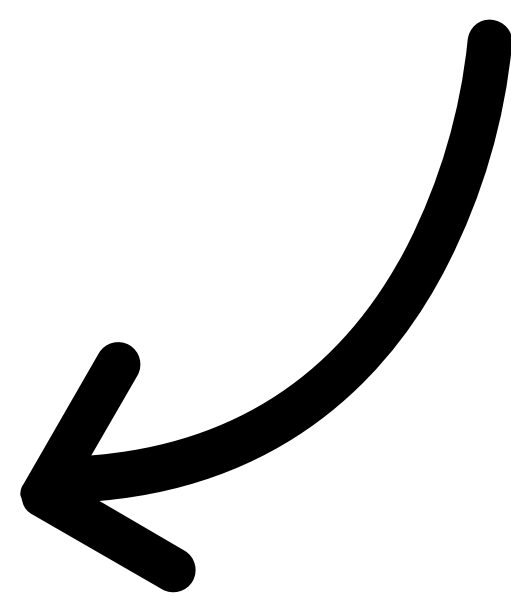
■ **EXERCISE SELECTION**

■ **NUMBER OF SETS**

■ **REP RANGES**

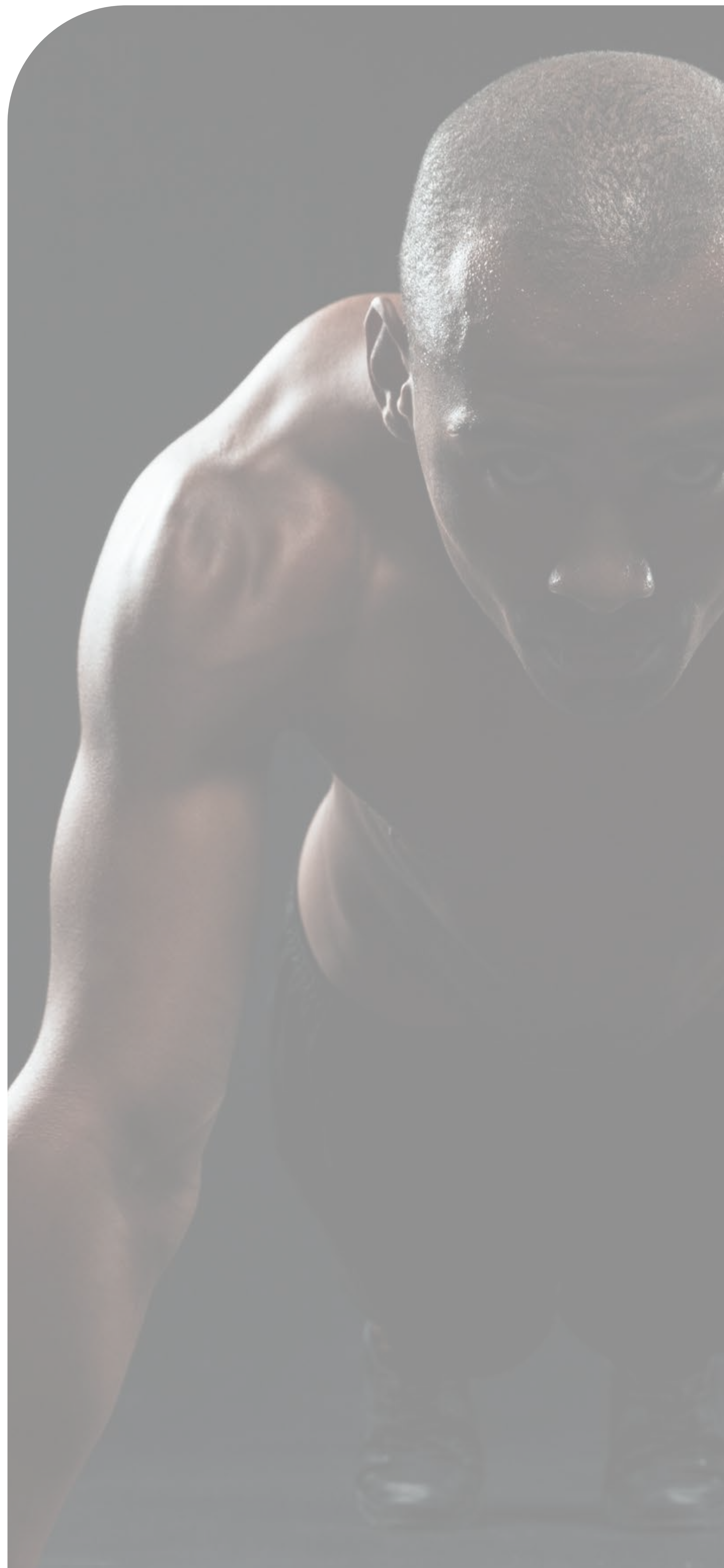
■ **TEMPO**

■ **REST**



These will all play a role in your ability to progress within your sessions, and how effectively you can reap the benefits of your resistance training programme.

STRUCTURING WORKOUTS



STRUCTURING WORKOUTS

Understanding exercises, sets, reps and tempo is crucial when it comes to making your training as effective as possible. Each plays a pivotal role within your programme;

1 EXERCISE	2 SETS	3 REPS	4 TEMPO	5 REST
Lying DB Hamstring Curl	3	8-12	3011	75s
BB Back Squat	3	8-12	3011	90s
BB Paused Hip Thrust	3	10-15	2220	90s

1) Exercise - exercise selection will generally be determined by your goal and training experience. The order of your exercises will often have some reasoning to them.

2) Sets - the number of sets you complete on each exercise. These are usually classed as **working sets**, and don't include warm-ups.

3) Reps - the repetitions of the exercise you aim for. Working in rep ranges, as opposed to a rigid rep target, allows for some flexibility when looking to progress with load.

4) Tempo - the speed at which you complete each rep. Tempo will be referred to in the following format; 2-1-2-0...

If we take a squat for example, you'd spend **2** seconds in the lowering phase, **1** second at the bottom of the squat, **2** seconds driving out of the squat, and **0** seconds at the top of the rep.

5) Rest - the amount of time taken between sets. Rest periods can be loosely monitored.

PROGRESSIVE OVERLOAD



PROGRESSIVE OVERLOAD

The main buzz-word when it comes to training. Progress in the gym doesn't always mean working your way up the dumbbell rack. It could be any (or a combination of) the following;

Increase Load

The most obvious form of progressive overload. Simply, adding more resistance to your lifts. This could be 0.5kg, 2.5kg - anything.

Increase Reps

Another numbers-based metric - managing another rep or two from the week before. Working your way through rep ranges is a great way to overload your muscles.

Improved Execution

The weight you lift is only as good as the way you lift it. Improving form is a method of overload that doesn't require a change in numbers.

Increased TUT

TUT (Time-under-tension) is an undervalued tool. Implementing pauses, or simply controlling tempo more is a perfectly viable way to progress



EXECUTION

The fundamentals of any training programme are only as effective as your ability to execute the movements in your plan. Let's break down the key movements you may encounter during your training, that make up the blueprint of any successful plan of action...

CONTINUE



INTRODUCTION -

SQUAT

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Squat variations are part and parcel of any lower body workout. Their versatility allows them to be adapted and suited to any programme, whether that be a change in bar placement, opting for machines over free-weights, prioritising single-leg variations, or limiting range or adapting the exercise to accommodate injuries.

We'll be covering the **Barbell Back Squat** and **Split Squat** within this guide, but you may look at;

- **Shifting bar placement from Back to Front to shift emphasis towards the quadriceps over the hamstrings and glutes.**
- **Utilising a Hack Squat over a Barbell Squat to increase stability.**
- **Focusing on a Split Squat to allow for appropriate emphasis on both limbs.**
- **Opting for a Box Squat or Pause Squat to either limit range of movement, or protect against injury.**

As with all of the exercises within this guide, there's always a way of overcoming limitations in equipment, mobility or training experience.

BARBELL BACK SQUAT

BREAKDOWN - BACK SQUAT

The Back Squat is your 'bread and butter' squat variation. It isn't always an essential move to include in your programme, but if you can execute it well and recover from it, it's a no-brainer. Often executed incorrectly, let's strip it back to basics and break it down one step at a time;

- 1** Set the bar up so you can lift off from the rack comfortably. Choose a grip-width that allows you to make a bridge with your traps (no Hip Thrust pad required). Ensure the centre of the bar lines up with the centre of your traps, and lift off.
- 2** Unrack the bar, and take a couple of steps back to clear the rack. Set your feet around hip-width (imagine the stance you'd take if you were about to jump).
- 3** Focus on driving your feet into the floor, knees outwards, and sink your hips into the squat. Aim for parallel depth as a minimum - no half reps here!
- 4** Ensure your trunk is kept tight throughout the movement, bracing your core and controlling breathing.



BREAKDOWN - SPLIT SQUAT

The Split Squat can be a very useful tool when it comes to challenging the legs unilaterally (one leg at a time). It helps to overcome any bias from a stronger limb, and can also help to challenge core strength and balance. They can be performed in a variety of ways, with dumbbells or a barbell. Let's break down the Split Squat...



- 1 Begin the movement with your perceived 'weaker' side. This way, you can replicate the reps achieved with your 'stronger' side.
- 2 With core braced, unrack your weight, and take a couple of steps back to avoid clashing with the rack.
- 3 With feet hip-width apart (think train tracks, not tightrope) - split your stance, with your weaker foot at the front, and stronger foot at the back.
- 4 Hinging off the toes on the back foot, shift weight onto the front foot, and lower your back knee to a point where mobility allows. Drive through the front foot to return to the starting position, and repeat.

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HINGE

'Hinge' variations are incredibly versatile movements that tick multiple boxes when it comes to increasing strength. Done correctly, they're a complex movement that challenge multiple muscle groups, developing the core, trunk, and all posterior muscle groups.

There are many variations to choose from, all providing their own unique takes on the movement. We'll be breaking down;

- **Conventional Deadlift**
- **Dumbbell Romanian Deadlift**

Which variation you choose/are programmed will be dependent upon;

- **Training Age/Experience**
- **Training Goal**
- **Level of Mobility**

Let's kick things off with the original - the Conventional Deadlift...

CONVENTIONAL DEADLIFT

BREAKDOWN -

CONVENTIONAL DEADLIFT

- 1 Use bumper plates to allow for adequate distance between the bar and the floor. This results in the perfect position to pull from.
- 2 Place the bar over mid-foot, with feet around hip-width apart, and hands just outside of this position.
- 3 Line the crease of your elbow up with your knees to gauge a rough position of your hips. This is a hinge. This is your starting position.
- 4 Imagine driving your feet into the floor, and treat your hands as hooks rather than a means to 'pull'. Retract your scapula, brace, and drive the world away.
- 5 Lockout is hit at the point of standing upright and squeezing the glutes. No need to over-extend, as doing so will put unnecessary strain on the lower back. Lower the bar in a controlled manner back to the floor, and repeat, maintaining a brace throughout.



▼ DB ROMANIAN DEADLIFT

BREAKDOWN -

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DB ROMANIAN DEADLIFT



- 1 Similarly to the Conventional Deadlift, take a foot position of around hip-width, with dumbbells starting on the thighs.
- 2 With a slight bend in the knee, initiate the 'hinge' by driving the hips backwards
- 3 Continuing to drive the hips backwards, lower the dumbbells to a point where the hamstrings feel fully-stretched. This will generally be somewhere between below the knee and mid-shin.
- 4 Drive the hips back through, following the dumbbells past the knees and back to the thighs until standing upright. Again, lockout is achieved upon squeezing the glutes, so no need to over-extend your back.
- 4 Aim to keep a nice, neutral spine during the lift, keeping the chin tucked throughout.

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PRESS

Pressing movements are a staple of any upper body workout. The versatility of presses mean that they can be used to target various muscle groups depending upon angle. They can be adapted to suit anyone, regardless of training age, goal and mobility.

Adaptations of pressing movements can come in the form of;

- **Opting for machine presses as opposed to free-weights for newer trainers.**
- **Altering the incline of a bench to target a different muscle group.**
- **Adjusting grip position to bias different muscles.**
- **Adjusting range of movement to accommodate mobility/injury.**

I'll cover a variety of pressing movements over the next few pages, focusing on pressing dumbbells and barbells at differing angles.

HIGH/LOW INCLINE DUMBBELL PRESS

BREAKDOWN -

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DUMBBELL PRESS

For any form of dumbbell pressing, the following pointers should be followed;

- 1** Set the bench up to allow for three points of contact. These being; **feet planted to the floor, glutes** and **shoulder blades planted to the bench**. This creates stability to allow for accurate and safe pressing. Maintaining these three points of contact, drive your dumbbells to their starting point. This is often easier with a training partner, but can be done alone.
- 2** Lower the dumbbells in a controlled manner, inhaling during the lowering phase. The aim is to keep the elbows tucked towards the torso, as opposed to flaring the elbows which can cause undue stress on the shoulder joint.
- 3** Drive the dumbbells back to their starting point, exhaling in the process. It's important to maintain the three points of contact noted above during this phase, as to promote as much power and stability as possible.

**High Incline****Low Incline**

▼ BARBELL PRESS

BREAKDOWN -

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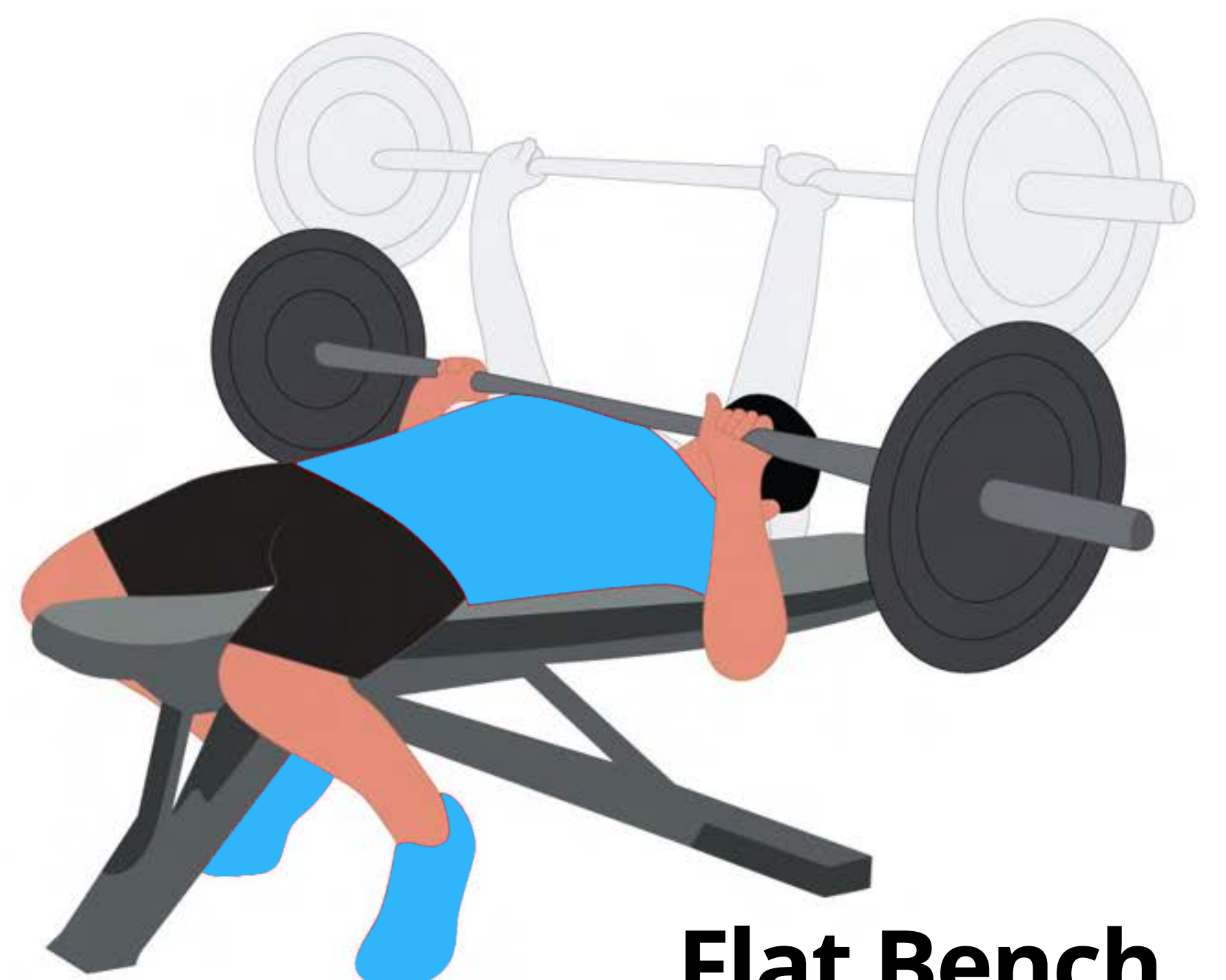
BARBELL PRESS

A similar approach should be taken with barbell pressing;

- 1** Set the bench up to allow for three points of contact. These being; **feet planted to the floor, glutes** and **shoulder blades planted to the bench**. This creates stability to allow for accurate and safe pressing. Maintaining these three points of contact, lift the bar off from the rack. This is often easier with a training partner, but if done alone, ensure the hook height is appropriate for the lift, and the rack 'safety' attachments are utilised correctly.
- 2** Lower the barbell in a controlled manner, inhaling during the lowering phase. The aim is to keep the elbows tucked towards the torso, as opposed to flaring the elbows which can cause undue stress on the shoulder joint.
- 3** Drive the barbell back to it's starting point, exhaling in the process. It's important to maintain the three points of contact noted above during this phase, as to promote as much power and stability as possible.



High Incline



Flat Bench

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PULL

Pulling movements are the final missing piece when it comes to your main lifts in a workout programme. Again, there are a variety of ways in which we can incorporate pull movements to accommodate for varying levels of experience and ability.

We'll look at a few staple movements here;

- **Barbell Row**
- **Chest Supported DB Row**
- **Lat Pulldown**

As with your pressing movements, a combination of these movements helps to satisfy all aspects of training age, goal and mobility issues;

BB Row - compound movement challenging various muscle groups

Chest Supported DB Row - less intrusive on the lower back

Lat Pulldown - machine-based exercise suitable for all abilities

The posterior muscles used in all three of these movements are crucial for ensuring correct posture and proportion when it comes to upper body development.

BARBELL ROW

BREAKDOWN - BARBELL ROW



- 1 Start with the barbell on the hooks of the rack, similar to a Romanian Deadlift. Lifting initially from the floor will fatigue you unnecessarily.
- 2 With feet around hip-width, and hands placed just outside of this, hinge at the hips and lower the barbell.
- 3 Bracing your core, and keeping your torso over the bar, drive the barbell towards your belly-button, leading with the elbows.
- 4 Control the lowering phase, and repeat, minimising swing in the torso.
- 5 Similarly to your deadlift set-up, aim to keep the spine nice and neutral, and avoid over-extending the neck.

▼ **CHEST SUPPORTED DB ROW**

BREAKDOWN -

CHEST SUPPORTED ROW

As mentioned earlier in the guide, the Chest Supported Row minimises stress on the lower back, and also takes momentum out of the equation by completely supporting the chest.

- 1** Set the bench to an incline, generally between 30-45° angle. Resting the dumbbells on the bench, slowly lower the chest and allow the arms to drop down.
- 2** Driving the chest into the bench, lead the elbows towards the hips, maintaining contact through the chest, waist, and feet with the floor.
- 3** Control the lowering phase of the movement, and upon completion of the set, drop the dumbbells once arms are fully extended.



Grip is completely personal to you, with an overhand grip targeting more of the upper back, and a neutral grip allowing for a more lat-bias row.

BREAKDOWN -

LAT PULLDOWN



- 1 Ensure the seat, knee support and pulley height are all set to allow you to achieve as much range and stability as necessary for your set.
- 2 Grip just outside of shoulder-width, and keeping feet planted, drive the elbows towards the hips, keeping chest upright. Imagine trying to hit a pull-up.
- 3 The rep ends when the attachment ends up around your collarbone. No need to drive beyond this point, as doing so will take all emphasis away from the lats.
- 4 Slowly extend the arms back towards the starting position, and repeat.

You'll find a variety of attachments for this machine, so pick one that you can execute well with. An overhand or neutral grip are generally recommended to bias the lats as much as possible.

FORM > EVERYTHING

