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Convict conditioning 1 pdf

Want more? Advanced embedding details, examples and help! Explains what calisthenics is and offers a simple but complete program that requires only time and commitment. No equipment, no excuses, just hard work. My rating: 4/5 Reading time: 4 mins Reading date: October 12, 2018 Amazon Note: These notes do not include the actual calisthenics program explained in the book. Calistica (...) comes from the ancient Greek callos, meaning beauty and sth'nos, which means strength. - Paul Wade Calisthenics is a strength training system. These are the main benefits of doing calisthenics: It requires very little equipment because they exercise using their own body weight. It's also free. It develops functional athletic ability because you will learn to work and move your body. This maximizes strength because it is designed to work the body as it has evolved into a job, exercising muscles but also tendons, joints and nervous system. It also carries out several muscle groups at the same time. Convict Conditioning is a realistic program based on six types of movements - The Big Six: Pushups Squats Pullups Leg raises the hard-pressed Handstand bridges Each type of big six movement is divided into ten steps of increasing complexity. Given the type of movement and step, there is a progression chart to get from this step to the next. The last step of each type of movement of the Big Six is called Master Step: A one-armed push-up Full one-legged squat Full one-armed pull up the hanging straight legs to lift the stand-to-stand bridge One-armed wring the rack to press slowly and start from the start. Don't rush to take the next step. It's more important to learn everything you can from this step (given both balance and coordination as well as strength) before going to the next level. Do each repetition in 5 seconds: 2 seconds to enter, 1 second at the hardest point and 2 seconds to go out. Never bounce off any movement. Avoid quick, plyometric movements. Smooth technique develops more power. Always leave some energy in your muscles so you can control your body. Don't train to fail. Adapt exercises between steps or progression if you need to go slower. In fact, there are an infinite number of steps. The program is the guide, not the rule. Most exercises have variations. Alternating exercise in the day (compared to doing the same routine every day) helps the body not to get used to the routine. Focus on form, timing (2-1-2) and difficulty. It must be hard. This program is designed to take very little time, but it should be a very intense workout. Preheat by making several sets of motion type of your exercise today, but on a lighter level. 50% of your maximum in warm-up sets. Rest enough between sets so you can start the next set and give it your yours Progression with a lot of repetitions are designed to increase coordination rather than strength. Even if it's not focused on strength, they're still important. Cardio is important, but there are many different ways to get cardio, including weight exercises with higher repetitions. Active stretching is better than passive stretching. Sleep. Start each workout fully rested and ready to give it fullness. Pushups Avoid strange angles and hand positions. Use your palms flat on the floor to avoid injury. Keep your torso, hips and legs aligned. Keep your feet together. Straighten your arms at the top of the movement, but not hyperextend the elbows. Squats Real strength comes from strength transmitted from scratch through the legs and hips. Don't use the barbells. They compress the vertebrae and makes you make clumsy movements. Squat until your hamstrings are pressing on the calves and you can't go down any further. Straighten the legs at the top of the movement, but do not hyperextend the knees. Bend forward as little as possible, just enough to avoid falling backwards. Don't lift your heels, stretch your calves instead. Pullups This is the safest exercise of the upper back. Pull until your chin is above the bar at the top of the movement and don't go any further. Keep your hands almost straight at the bottom of the movement. Never relax in a full stretch of hands. Push your shoulders away from your head, never relax your shoulders. Use whatever hand clutch works for you. The leg lifts pull in the abdomen during AB movements to learn transverse. If you have stiff hamstrings, stretch them before exercise. Bridges curve the spine, don't let it be straight. Lift your hips high from the floor. Straighten your arms and legs. The first three steps will help you relieve old injuries, increase flexibility backwards, and loosen your hip flexors. Not the right time for these exercises. Handstand Pushups Position elbows the angular forward naturally avoiding unnatural elbows on the sides. Put your hands shoulder-width apart. Don't force your elbows apart, they naturally angle inwards. Keep your back gently curved. It is natural to keep the balance in the opposite position. Only the heel should touch the wall, with enough pressure to maintain balance, not your entire weight. Burn the Fat, Feed the Muscle Food Rules, An Eater's Manual Sleep Smarter Last is updated on December 15, 2019. Convicted conditioning is undoubtedly one of the best-selling books out there about calisthenics. Beginners in body fitness start using it and its BIG 6 system with the promise of real growth. I recognize that the book is well written, organized and polished, so many are inspired by the convict Paul Wade and his story. Though so much consistently train and put in a work ethic, few I came across found their way to the might and Because of this, I want to break through the confusion around convicted conditioning, Coach Wade, and how to make this system work in your favor. Everyone knows that training methods from condemned conditioning are designed to work the nervous system to increase strength rather than muscle system. But the books also teach us how to achieve a brutally strong body as well as solid muscles, as Greek statues illustrate. I suppose you read it and have been learning for a while using their training systems. Based on the Big Six, I want to give you a different perspective and approach to learning, which I find more practical. Before you dive into the specifics, I want to say that lifting your body weight against gravity is more challenging when you carry more pounds. And even more so given that coach Paul Wade wants you to master the one-arm pull-up. Being easier is always an advantage. You don't work hard enough! While Convict Conditioning is more about preparing smart, gradual and with less volume, it's also about putting in enough volume to achieve master steps. In my opinion, you can't get one without the other. And a training system based on high volume training is the key to becoming an elite athlete. If you analyze the standards of progression, Coach Wade invites us to do more repetitions of the previous exercise to increase the adaptability of endurance that will help us be more prepared for the upcoming intense steps. If you want to exceed the current level, you need to go beyond the recommended 20 reps, or you can even add some exercise changes that are not included in the system, but are mentioned immediately after MASTER STEP for enough time until you get stronger for the next step. That's why I think convicted conditioning is about doing the amount of training, although it may seem to recommend otherwise. Elite standard assumes an absurd number of repetitions. First, I don't think there is anyone on planet Earth who can master one-armed hand pushups against the wall. It's unattainable, and Coach Wade has never put out any video to support the claim. Second, I've never seen anyone do 100 reps of one-armed pushups. The lights go out! How can someone achieve such an extreme level of strength and endurance, train two sets for each step/variation? How do you think you can make more than 20 one-armed push-ups? I have more than 15 years of experience. I master the wicket, swim and run tens of kilometers on uneven paths. My strength level is far beyond normal, so it's my muscle endurance. Every time I wanted to do more challenging exercises, I had to increase the volume. So I'm either doing more of this exercise or working more with easier belonging to the same family. Whoever tells me that he has reached an exceptional level of strength and and without a huge amount of work, lies!? I grew up among athletes. The best were always the harder workers in the room. If you train 5 options with 2 work kits, it doesn't seem to me hard work. To achieve such strength, you need much more volume. Stick with BIG 6 if you want. If Paul exists (many doubt that) and his claims are real, then he will tell you so too. In my efforts to become stronger: I train more often because strength is a skill and it needs constant practice I extend a little pause between sets so I can start fresher. To increase strength, it's always better to rest more But I don't pause too much because the muscles react to strenuous and constant pressure. This is contradictory, but necessary. Once the muscles develop, you become stronger as a consequence of functional and complex exercises, and I add not only more workouts, but more sets, or repetitions. Paul Wade also offers 4-5 training sessions a week, which is quite common in my opinion. I see a lot of people who understand that BIG SIX is not about volume at all. And that, somehow it was specially designed for lazy athletes to work on their big dreams with only 2-3 sets of maximum 10-20 reps and with 3-4 variations of exercise with a frequency of a maximum of 2 days a week on the same routine. I don't want to burst their bubble, but one will probably never reach the master steps that way!!! Even Paul Wade claims that he trained a lot in prison, using high frequency and high repetition, although his book is not about such a thing. I'm not surprised you got all so messed up! It seems that he has found a way to train only for maximum strength, given that a large amount of training have nothing to do with pure-raw strength. It doesn't make sense at all! For example, I use to run mountain trails. Rough terrain, extreme weather and altitude, and my feet got more visible and powerful than ever. During this journey, I always tried to push more and run a long run without fear that I would gain stamina and stamina alone. Take a look at my feet below. Also, note that I'm not skinny either from working too much: The only way to work better is more often with both light and hard exercise. Don't get me wrong! If you want to master archer pull up, for example, then in my opinion you have to work with about 5-10 sets of max reps each time until the exercise becomes more manageable. And you can't train so much on it without the necessary strength of endurance, which is built with easier pull up variations. The method of learning may be wrong! I agree that there is a lot to benefit from, starting light and ending with heavy. But why not do the opposite? After the correct warm-up, system and work in the pyramid. Start with the most difficult progression that you can master already and and to the simplest. Of course, you can't do uneven pull-ups at the end of a workout. You have more energy and feel fresh at the beginning, don't you? Don't limit the option offered by the book. You should always work at low-medium-high intensity with high-medium-low sets and reps. The same exercises can be done in chains, in a pyramid, or divided into sets and reps. They are all good for strength and muscle gain! I do them all. Training Sample 1: Archer Pull-Ups: 4 Sets Wide Pull-Ups: 5 Sets Regular Pull-Ups: 4 Chinups Sets: 4 Sets of Body Strings: 4-10 Training Sets Example 2: Uneven Push-ups: 5-7 sets Failures: 5 Sets of Diamond Pushups: 4-5 Sets Rejected Pushups: 4 Sets of Pushups: 4 Incline Kits: 4 Sets Training Example 3: Chain (5 Pull-Ups - 5 Body Ranges - 15 Dips - 15 Pushups) x 10 kits You can add leg training and abs too and build a full-body workout. These treatments are best suited for strength, muscle and endurance benefits - all at the same time! If they seem too harsh, change with other light exercises. You have to train muscle endurance to recover better and be able to work other harder progressions. Coach Wade also said that when he struggled to learn tough exercise, he returned to his core workout and increased sets and reps until his body adapted. Personalize BIG SIX as much as you can. You cannot and should not follow the rules strictly, as presented in the book. My easy-to-follow tips: Include 4-5 exercises of the same family train using 4-7 sets per change To go beyond the recommended reps of Rest 60-90 seconds between sets of rest 3-4 minutes between variations of train 4-5 times a week Add more variety: cardio, cycling, full body training. The final thoughts of the Force are skill. The more you train, the better you get. Working in the same muscle group at least twice a week. This will help you build muscle Don't be afraid to push yourself to higher sets and reps. You can't become really strong and have an impressive physique the other way around. Lie yourself as much as you want, but the hard work always pays off Forget about 3-5 minutes of rest between sets. You have to rest for a maximum of 2 minutes if you want to gain stamina and muscle too. For maximum strength though, it can be good. Ok.