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Joe defranco programs

Strength: It's not just for powerlifters anymore. Women and men, bodybuilders and weekend athletes—all seem to want to shift more weight these days. And that's great! But let's be honest: for many of us, it also brings some problems. Or more specifically some pain. Experienced heavy lifters are really good at convincing themselves that it's all part of the game. Some of them brag about their sore joints, shoulders that bark in the middle of the night as if they are the powerlifting equivalent of profit badges. So what is the solution - a deload week? You mean to do the same thing that's hurt you, only with less weight, before going back to big, painful weights again? There has to be a better way. And there is. It's this three-week cycle! This program includes the first three weeks of our 10-week Built 2 Last program. Unlike most other strength-focused programs, it drastically reduces stress on your joints, as well as your central nervous system. But along the way it also helps patch the cracks that cause you pain, setting you up to get even stronger! Lift bigger, get better – yes, it's possible! Start it now and thank us later. Submaximal training starts with your max You need to know your real maxes on barbell bench press, squat, and deadlift before you begin this program! Make sure these are your real maxes-no help from your spotter, no guessing, no bullshit! Get your real max. Here's why: If you lie to yourself and use a max that's too heavy, it will screw up the entire program. It is much better to be conservative with your max on this program, compared to overrun and going too heavy. In other words, if you squatted 405 pounds in the gym, but the rep was a total grinder that made your eyes bleed, your lungs collapse, and you gave yourself a hernia, we would recommend using 365 or 385 as your max when figuring out your percentages on this program. Just to be clear, this doesn't make you lazy or an underachiever-it makes you smart. As you will read in the next section, we have built in rep records that will prevent you from not doing enough. Note: When you are finding out your percentages and it comes to an odd number, always round the number down. For example, you will perform narrow grip weight bench presses with 70 percent of your max bench press on day 1 of Week 1. Let's say your max bench press is 275 pounds. When you multiple 275 x 70 percent, you get 192.5 (275 x .7 = 192.5). In a case like this, we recommend rounding that number down so you would perform your work set by 190 pounds (as opposed to rounding up and training at 195 pounds). A new way to bench We use the narrow grip bench press and the six-second eccentric dumbbell bench presses in this program. This is because we have found both of these exercises have a large transfer to the regular barbell bench press to be extremely shoulder-friendly. They both build incredible triceps strength, as well. If you're into math, here it is in equation form: Less shoulder pain + strong triceps = happy meathead with a large bench. Why so slowly with the dumbbells? Slowing down the pace of the eccentric (lowering) phase of bench press for a six-second counter will help you develop more control and stability throughout the range of motion. Why so slowly with the dumbbells? Slowing down the pace of the eccentric (lowering) phase of bench press for a six-second counter will help you develop more control and stability throughout the range of motion. Also, the elastic energy typically accumulated during a faster downward stroke will be dispersed, meaning you will develop more starting strength off the bottom of the bench. Finally, a more controlled lowering of dumbbells will create more muscle damage due to increased time during tension. This builds more muscle mass in the chest, shoulders, and triceps. These sub-max eccentric benches will help build a good foundation for moving serious weight using the isometric and concentric workout-linchpins of the remaining seven weeks of the full Built 2 Last program. Strength Capacity Circuit You will notice that all the accessory exercises on upper body training are performed in circuit mode. But rest assured, these are not your mother's traditional circuit, where insignificant resistance is used for an endless series of reps. We like to call these circuit strength-capacity circuits. Our circuits incorporate challenging weights and lower rep intervals to build strength and muscle, while providing a conditioning benefit. The exercises we pair together in these circuits do not compete with each other, allowing you to handle heavier weights, with better shape, for an extended period of time. Our circuits incorporate challenging weights and lower rep intervals to build strength and muscle, while providing a conditioning benefit. We have found these strength-capacity circuits work wonders to improve body composition and working capacity. They also allow you to get a good workout without spending all day in the gym. If you're like us and you hate traditional steady-state cardio, you're discovering a much better way to get lean. However, it is essential that you choose the right weight for the exercises in the strength capacity circuits. You want the weight for each exercise to be moderately heavy, but not maximum. You should never miss a rep or need help with any exercise in the strength-capacity circuit. Rest just enough, but no more One of the goals of the power capacity circuits is to improve your working capacity, so you need to train at a fast pace. But you don't have to run from exercise to exercise when performing strength-capacity circuits. can work with teeny-tiny weights, but not here. You will see notes in training that tell you to take about 10-20 seconds between each exercise. This is enough time to move on to the next exercise and get properly set up. Speaking of setting, be sure to create all 4-5 exercises of the circuit in advance! We did everything in our power to make exercise pairings and strength-capacity circuits as convenient and realistic to perform as possible, so you shouldn't drive all the way around the gym looking for equipment and setup as you along the way. Nevertheless, create all the dumbbells, benches and other equipment in the same general area so you can train at an intense pace and focus on exercise technique. You will also notice that we only used mainstream gym equipment in this program. There are no specialty pieces of equipment or items. All you need are barbells, dumbbells, your body weight, and an occasional medicine ball and mini band. So there are no excuses! A lower body workout per week Yup, you read this right: You've only got one leg day a week. There are several reasons for this. We have noticed that the washed-up meathead population can only take so much stress. Because they do not promise for a living, there are external factors that emphasize the body that limit recovery, such as work, stress, children, relationships. We feel that performing two leg days with this type of program would be counterproductive for a lot of people. You will also notice that during these three strength reboot weeks, squats and deadlifts are performed in a complementary way. By this we mean: Lighter weights: 55 percent for deadlift, for example, one-sided split squats instead of back squats Focus on eccentric lowering in squat, rather than concentric pushing The purpose of performing these lifts in a complementary way is to properly train and develop movements before going back to lifting max weight in the future. During these three weeks, you get a training stimulus while decreasing muscle soreness, joint stiffness, and risk of injury. We really want you to be built to last! It all starts with the warm-up. Heating needs to become a habit if you want to stay healthy, feel good, and enjoy lasting gains. Remember that this program is about being built to last- it's not about being built for two weeks and then tearing your hammy and missing two months because you don't warm up. We have delivered two of our most practical and effective warm-ups for both upper and lower body training. Don't skip these warm-ups! After you complete the warm-up, perform 2-3 warm-up sets in your first exercise before entering the work sets. Defrancostraining.com Watch the video - 00:22 For example: Day 1 you have supersetting narrow-grip barbell bench with iso-team Y-W-Ts. But you don't just throw 70 percent of your max at the barbell and jump right into it. In this case, we recommend performing three warm-up sets of the narrow grip scale bench pressure before starting your four work supersets. For example, you can perform 8 reps at 35 percent, 6 reps at 50 percent, and then 4 reps at 60 percent before starting your work set. Resist the urge to do it every day This program is best performed on non-subsecutive days. If for some reason your schedule doesn't allow this, you can perform an upper body workout and lower body workouts on back-to-back days. Just make sure you get at least 48 hours between the two upper body workouts. One of the questions we expect to get from the highly motivated audience is, Why are we only training three days a week? I want to train more! Here's the deal: Even this submaximal strength program is a strength program. It will certainly improve your overall fitness levels as well, but you should categorize this program as the strength part of your overall weekly plan. That's why it's only three days a week. (And FYI: We put the word only in quotes because you will quickly realize that three days a week is lots of this program. Trust us.) WWE superstar Triple H added a sledge-pulling workout over the weekend while he was on that program. He would also perform the slope treadmill walking with a weight vest on his non-lifting days during the week. The beauty of this three-day split is that it gives you four other days of freedom to do what you want! When designing training for the public, it's impossible to please everyone, so we decided to develop the hard part so you can go out and have fun doing what you want during the rest of the week. And, of course, it will be different for everyone. Here are some examples: WWE superstar Triple H added a sledge-pulling workout over the weekend while he was on this program. He would also perform the slope treadmill walking with a weight vest on his non-lifting days during the week. We had some former athletes who liked to run hill sprints, push prowler, or incorporate some fight-rope training once or twice a week while on this program. A few parents told us they went for a bike ride or played basketball with their kids on their off days. A bunch of people preferred to do some low intensity cardio in between workouts. And some guys did absolutely nothing on their off days. As you can see, there are endless possibilities. Make this program your program. Enough of the little talk - it's time to train! Warm-Ups Defrancostraining.com Watch the Video - 1:56 1:56

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