

Full Body Strength

Strength training is the second most important training type and is hugely beneficial for your hormonal profile, and your lean mass profile. We always aim to increase muscle mass. Along with this, we want to change our body composition and our primary energy source to be fats which both in turn helps keep us youthful.

We need to be completing a minimum of two strength sessions per week with at least 48 hours' recovery between. Below are three workout templates, the first aimed at beginners for the first 4 weeks (but can be completed by all); the second and third for those more confident with strength training.

Preparation Strength Circuit (Preparation):

Complete each exercise one after the other with 10 seconds' rest in between. If you have forgotten the move, click on the exercise and it will take you back to the Tribal Plan and give you a video demonstration. Each exercise has a beginner, intermediate and advanced version so chose which best suits you. It is important to remember with strength training to move well, before we increase the difficulty to reduce the risk of injury.

Aim to complete the circuit at least twice round with a 2 minute break in between each round.

Exercise	Sets	Reps	Rest
1. Squat	1	10	10 secs
2. Midline	1	10	10 secs
3. Lift	1	10	10 secs
4. MidLine Rotate	1	10	10 secs
5. Pull 1	1	10	10 secs
6. Push	1	10	10 secs
7. SL Squat Right	1	10	10 secs
8. SL Squat Left	1	10	10 secs
9. Pull 2	1	10	2 Minutes

Lean Mass Gain and Maintenance (Accumulation):

With this next template, use the squat as your 'main exercise'. When you are confident using weight, pick a weight that is challenging for the amount of reps. For example, if there are 15 reps, the weight will need to be lower than if completing 5 reps. Then pick 4 of the other 9 exercises to complete in the circuit part of the session (try to complete the circuit twice and have at least one push and one pull).

Main Set:	Sets	Reps	Rest
Main Exercise: Squat	1	15	1 minute
Main Exercise: Squat	1	10	1 minute
Main Exercise: Squat	1	5	1 minute
Circuit:			
Exercise 1	1	10	10 secs
Exercise 2	1	10	10 secs
Exercise 3	1	10	10 secs
Exercise 4	1	10	2 minutes

Strength Gain (Intensification):

This last template is focusing on muscular hypertrophy and strength gain. Focus here on increasing the weight, whilst maintaining the form. In the circuit, the load should be high enough that 8 reps is difficult.

Main Set:	Sets	Reps	Rest
Main Exercise: Squat	1	8	2 minutes
Main Exercise: Squat	1	6	2 minutes
Main Exercise: Squat	1	4	2 minutes
Circuit:			
Exercise 1	1	6-8	30 secs
Exercise 2	1	6-8	30 secs
Exercise 3	1	6-8	30 secs
Exercise 4	1	6-8	2 minutes

Use these three templates to create your strength training. They rotate around preparatory strength, accumulative strength and intensification strength. To constantly evolve it is important to look for new challenges in loading, speed, exercise, choice, time under tension and rest intervals.

Complete 1 approach for between 3-5 weeks before progressing to the next template. This time frame interrupts your comfort at the right time to provide a fresh stimulus and challenge. Aim to strength train a minimum of twice a week.