



NEW STRENGTH

10 KILLER STRENGTH

TRAINING METHODS

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10 Killer Strength Training Methods To Use at Home

The key here is that there are many ways you can get great results with your training without having heaps of equipment..

Sure we prefer to be in a gym

But we know some of you out there love training at home so this ones for you.

We're going to let you in on some of the methods that the people who are actually getting into great shape are using to get the results you are after.

Below we have 10 different training methods that you can use in your training along with options for **Bodyweight only**, **Bodyweight and DB's or KB's** and then including **Barbells** for those of you lucky to have amazing home gym set ups.

- Tempo Strength Training
- Mechanical Drop Sets
- Agonist supersets
- Timed sets
- Agonist Tri-sets
- Full Body Giant Sets (Death Circuits)
- Ascending Velocity Sets
- Density Training
- High Frequency Training
- 'Hypoxic' Sets

Each of these methods should be used for a short period of time to maximise adaptation before changing out for something else. Somewhere in the range of 2-6 weeks of repeating these methods with small overloads. After that point your results will have diminishing returns and you will be best served rotating the method out and back in after another cycle or two.

Let's Jump in!



Tempo Strength Training

A rep isn't just a rep. How you perform the rep can have a huge impact on the response of your training session.

Let's take two people performing a set of 10 goblet squats with same kettlebell, the first bangs out their set of 10 reps in 20 seconds basically taking one second down and one second back up.

The next focused on taking 4 seconds on the way down for every rep making sure they keep their core tight and keep the tension on their legs, they pause for a second before pushing up in another second, their whole set takes 60 seconds to complete.

Now when you compare the two sets on paper they both did 10 reps at the same weight.

But it doesn't take much to realise that the second person got a whole lot more out of their set.

Tempo strength training methods help ensure that you get the most out of every set that you do. You'll recruit more muscle, breathe harder and burn more calories than if you just haphazardly rushed through your reps.

We recommend doing these sessions as full body workouts a few times per week with some conditioning either afterwards or on opposite days.

To understand the tempo focus of the movement it is listed in a four digit sequence eg.

2011; stands for

2 seconds down

0 second pause at the bottom

1 second up

1 second pause at the top

Try out these sessions to see how you can use tempo strength training in your workouts.

Bodyweight

- A1. Bulgarian Split Squat 4x10 @6010; rest 30s
- A2. Pike Pushup 4x8-10 @3011; rest 60s
- B1. Reverse Nordic Raise 3x12 @3110; rest 30s
- B2. Pushup 3x10 @2020; rest 60s
- C1. Reverse Crunch 3x12 @2020; rest 30s
- C2. Side Plank 3x20-30s each side; rest 60s

Dumbbell & Kettlebells

- A1. Kettlebell Deadlift 4x10 @6010; rest 30s
- A2. DB Shoulder Press 4x10 @3011; rest 60s
- B1. KB Goblet Squat 3x10 @4210; rest 30s
- B2. Bent Over DB Row 3x10 @3011; rest 60s
- C1. Suitcase KB Split Squat 3x10 each side @2020; rest 30s
- C2. KB Single Arm Farmers Carry 3x50m each side; rest 60s

Full Gym

- A1. Front Squat 4x6 @4210; rest 30s
- A2. Pull-Ups 4x8 @3011; rest 60s
- B1. BB Romanian Deadlift 3x10 @4010; rest 30s
- B2. Alternating DB Incline Press 3x10 ea. @2110; rest 60s
- C1. Hanging Leg Raise 3x10 @3011; rest 30s
- C2. Back Extension Isometric 3x30s

Mechanical Drop Sets

page **03**

Ever pushed yourself to complete failure on a movement and felt that burning sensation from grinding through those last few reps, your breathing spike and you just can't even lift your arms to do another set?

Mechanical drop sets are gonna take you to a whole other level. The aim is to take a movement to complete failure before transitioning to a slightly more mechanical advantageous position to help you grind through that point of failure that little more and once your soul is nearly stolen away from you, you once again move to another easier position to continue the set.

These will have your muscles on fire and burning through more calories along with the addition of the high muscular lactate levels providing a huge hormonal response that facilitates burning more bodyfat.

Try out these mechanical drop sets in your training..

Bodyweight

- A1. Reverse Nordics 3x AMAP;
- A2. Sissy Squats 3x AMAP;
- A3. 1 ½ rep squats 3x15; rest 90-120s
- B1. Handstand Push Up/Pike Push Up 3x AMAP;
- B2. Deficit Push Up 3x AMAP;
- B3. Knee Pushups 3x AMAP; rest 90-120s
- C1. Walkouts 3x10;
- C2. Hollow Body Rocks 3x12;
- C3. Plank 3x60s; rest 90-120s



Dumbbell & Kettlebells

- A1. 2KB Front Squat 3x AMAP;
- A2. KB Goblet Squat 3x AMAP;
- A3. Goblet Wall Sit 3x 30-60s; rest 90-120s
- B1. DB Shoulder Press 3x AMAP;
- B2. DB Incline Press 3x AMAP;
- B3. DB Bench Press 3x AMAP; rest 60-90s

Full Gym

- A1. Cyclist Front Squat 3x AMAP
- A2. Front Squat 3x AMAP;
- A3. Back Squat 3x AMAP; rest 90-120s
- B1. Pull Ups 3x AMAP;
- B2. DB Prone Row 3x AMAP;
- B3. DB Prone Reverse Flyes 3x AMAP; rest 90-120s

Agonist Supersets

page **05**

These are your typical Arnold Schwarzenegger supersets to chase the pump. Going from one movement to the next for the same bodypart on minimal rest. Bodybuilders use these methods while only training one bodypart in a session to get a huge pump but when we do it using full body workouts it becomes one of the most potent ways to flood the muscles with lactate for a fat burning hormonal response.

Plus the fatigue forces us to use less weight than you might use in a traditional strength workout so it's perfect when you have minimal access to equipment.

Bodyweight

- A1. Heel Elevated 1 ½ rep Squats 3x12;
- A2. Alternating Reverse Lunges 3x12 ea. rest 60-90s
- B1. Deficit Push Ups 3x10;
- B2. Close Grip Push Ups 3x AMAP; rest 60-90s
- C1. Step Ups 3x15 ea.
- C2. Sissy Squats 3x AMAP; rest 60-90s

Dumbbell & Kettlebells

- A1. DB Front Squats 3x12;
- A2. DB Walking Lunges 3x10 ea.
Rest 60-90s
- B1. DB Prone Rows 3x12;
- B2. DB Renegade Rows 3x10ea.
- C1. Push Ups 3x12
- C2. DB Flyes 3x12-15

Full Gym

- A1. Romanian Deadlift 4x10;
- A2. Swiss Ball Leg Curl 4x8-10;
rest 90-120s
- B1. Incline Bench Press 3x10;
- B2. Push Ups 3x12; rest 60-90s
- C1. Pull Ups 3x AMAP
- C2. Ring Rows 3x AMAP; rest 90-120s



Time Sets

page **07**

Earlier we compared the difference between two sets of the same movement for the same reps. One that took longer with a fast short set, as we know that longer set is way more valuable for burning bodyfat, recruiting muscles and spiking your breathing.

So what if instead of counting reps we simply time the total time under tension we are aiming for. Many people make the mistake of just trying to get the reps done instead of doing them properly. Instead try setting a timer to force yourself to keep pushing until the timer goes off.

Careful, this one is going to burn and get you breathing through the roof if you pick the right movements and intensity. To maximise muscular tone and fat loss we want to ideally aim for most of our sets to be in the range of 30-60 seconds long with consistent tension on the muscles in that time.

Sure your 60 second plank might not feel too hard but have you tried pushing a set of Bulgarian Split Squats for 60 seconds a side while focusing on controlling the contraction?

I can bet your legs will be screaming after that one.

Bodyweight

A1. Bulgarian Split Squat 4x60s each side; rest 60s

B1. Close Push Ups 4x45s;

B2. Ring Rows 4x45s;

C1. Split Lunge Jumps 3x30s

C2. Squat Jumps 3x30s

C3. Squats 3x30s

Dumbbell & Kettlebells

A1. DB Romanian Deadlift 4x45s;

A2. DB Arnold Press 4x45s; rest 60s

B1. Alternating Goblet Reverse Lunge
3x60s;

B2. DB Bent Over Row 3x45-60s;
rest 60s

C1. V-Ups 3x30s;

C2. Single Arm Farmers Carry 3x30s
each side; 60s

D1. KB Swings 5x60s; rest 60s

Full Gym

A1. Back Squat 4x45s;

A2. Ring Rows 4x30-45s; rest 90s

B1. Back Extension 3x60s;

B2. Pike Pushups 3x30-45s; rest 60-90s

C1. Bear Crawl 3x45s; rest 15s

C2. KB Swings 3x45s; rest 15s

C3. Airbike 3x45s; rest 60s



Agonist Tri-sets

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Like our agonist supersets, the tri-set is simply performing 3 movements for the same bodypart back to back to back. If the supersets already had you screaming in pain then jumping straight into another movement at the end is going to have your muscles and heart rate through the roof.

Another super potent way to burn fat and get a great training session in with minimal equipment

Bodyweight

- A1. Step Ups 3x10ea.
- A2. Reverse Lunges 3x10ea.
- A3. Squats 3x12-15; rest 90-120s
- B1. Close Push Ups 3x12;
- B2. Push Ups 3x8-12;
- B3. Bear Crawls 3x30m; rest 90-120s

Dumbbell & Kettlebells

- A1. DB Bulgarian Split Squat 3x10ea.
- A2. Goblet Squats 3x12;
- A3. Goblet Wall Sit 3x30-60s
- B1. DB Arnold Press 3x10
- B2. DB Incline Press 3x10
- B3. Close Push Ups 3x AMAP; rest 90-120s

Full Gym

- A1. Deadlift 4x8;
- A2. BB Hip Thrust 4x10;
- A3. Swiss Ball Leg Curl 4x10; rest 120-180s
- B1. Bench Press 3x10;
- B2. Alternating DB Bench Press 3x10ea.
- B3. DB Flyes 3x12-15; rest 90-120s

Full Body Giant Sets

page **10**

One of the keys to maximising calorie burn in strength training workouts is to force your body to shuttle the blood back and forth from different muscle groups. This is what makes full body training the most effective as a means of fat loss as it manages fatigue levels and maximises calorie output.

Full body giant sets can be set up by simply using the following formula

- A1. Lower Body Quad Dominant Movement (Squats or Lunges)
- A2. Upper Body Pull Movement (Pull-Ups)
- A3. Lower Body Hinge Movement (Deadlifts)
- A4. Upper Body Push Movement (Bench Press)

Following this series up with a short rest before repeating 3-5 times is a recipe for a breathtaking fat burning workout. The key here is making sure that the movements are performed at a challenging load even if you have to drop it back from set to set to keep going. If you don't have equipment this can be done by scaling back the movement difficulty or progressively speeding up the reps as needed to continue to get through the set.



Bodyweight

- A1. Bulgarian Split Squat 4x8ea.
- A2. Pull Ups 4x AMAP;
- A3. Nordic Curls 4x AMAP;
- A4. Handstand / Pike Push Ups 4xAMAP; rest 60-90s

Dumbbell & Kettlebells

- A1. Heel Elevated 2KB Front Squats 4x10;
- A2. DB Bent Over Row 4x12 @3011;
- A3. DB Romanian Deadlift 4x12 @4010
- A4. DB Z-Press 4x8-10; rest 60-90s

Full Gym

- A1. Front Squat 4x8
- A2. Pull Ups 4x8-10
- A3. Romanian Deadlift 4x10
- A4. Bench Press 4x10; rest 60-90s

Ascending Velocity Sets

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Like the Tri-sets, ascending velocity sets involve typically 3 movements performed back to back in the set; however these differ in that the first movement is intentionally performed at a slow tempo, the second a little faster and the final movement should be a dynamic movement like a squat jump.

The slow tempo of the first movement floods the muscles with lactate and induces a huge amount of fatigue before moving to the second which allows you to continue past failure and begin to recruit some of the faster twitch muscle fibres and then into the final dynamic movement to force the body to fight through the fatigue and recruit the final muscle fibres still remaining.

This leads to a massive hormonal response to promote fat loss along with burning a tonne of calories.

Bodyweight

- A1. Heel Elevated BW squats 3x8 @4040;
- A2. Bulgarian Split Squat 3x8 each side @2020;
- A3. Squat Jumps 3x10-15; rest 90-120s
- B1. Close Push Ups 3x8-10 @4040;
- B2. Push Ups 3x8-10 @2020
- B3. Plyo Push Ups (hands elevated on bench) 3x AMAP; rest 90-120s



Dumbbell & Kettlebells

- A1. DB Goblet Squat 3x8 @4040;
- A2. DB Bulgarian Split Squat 3x8 each side @2020;
- A3. Split Lunge Jumps 3x10 each side; rest 90-120s
- B1. Push Ups 3x8-10 @4040;
- B2. DB Floor Press 3x10 @2020;
- B3. Dynamic Push Ups 3x AMAP; rest 90-120s

Full Gym

- A1. Barbell Front Squat 3x6-8 @4040;
- A2. DB Split Squat 3x8 each side @2020
- A3. Split Lunge Jumps 3x10 each side; rest 90-120s
- B1. Barbell Bench Press 3x6-8 @4040;
- B2. DB Bench Press 3x10 @2020;
- B3. DB Floor Press 3x10-15 @1010; rest 90-120s

Density Training

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Density training is essentially performing as many sets at a high quality in a given time frame. The difference between escalated density training and AMRAPs comes in the intention. Within DT we want to aim for as many quality sets as possible however we want to still be using movements that challenge us muscularly as well as from a cardiovascular perspective to ensure we are still tapping into the largest muscle fibres and ensuring we burn calories but still are focused on developing that muscle tone.

As a rule of thumb with Density training we are aiming to at most complete equal amounts of work to rest in the time frame. If we begin to do more work than rest in the time cap then you should aim to increase the complexity or difficulty of the movement for the following workout.

This training method can still be particularly valuable if you choose movements that are very heavy or hard for yourself and aim to build up to doing a set per minute ie. for handstand push-ups or muscle-ups. This can also be completed as either for a singular movement or using 2-3 movements to make it into a more full body session.

Bodyweight

10 Minute Density Block - Perform as many quality sets in the given time period:

A1. Strict Handstand Push Up x1-5 (pick roughly 50% of a max rep set)

*When you reach a set per minute of the density then add a rep to each set and start again

Dumbbell & Kettlebells

15 Minute Density Block - Target is 3-5 sets

A1. DB Clean and Press x12

A2. KB Front Rack Reverse Lunge x8 each side

A3. DB Bent Over Row x12



*Less than 3 sets and you either went too heavy or didn't manage your rest breaks, more than 5 than you need to go heavier next time.

Full Gym

15 Minute Density

A1. Deadlift x1 ~75-85% 1RM

*Build to 15 total reps in the time cap and then move up in weight. If you are already fairly strong (deadlifting double bodyweight or more), start on the bottom end of this range and build up from there. If you're not strong yet you may be able to do heavier to start with since the load won't require as much energy to lift.

High Frequency Training

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This is simply completing short bouts of training at a very high frequency. Particularly with us all spending more time at home in the quarantine period. Completing movements and workouts at a higher frequency can help provide us with more daily activity and accelerated results.

HFT can take place in a variety of scenarios. Some people may complete 60–70% of their normal training session volume but instead of 3 days per week they boost it to 6 days essentially adding in the volume of another workout or two to their week. Others can use this strategy to 'grease the groove' opting to add in short sets of movements throughout the day such as 10 burpees every hour or accumulating 100 pushups every day. This method can be extremely valuable in using the frequent sessions as a means of positively impacting your health choices the rest of the day. Since most people who exercise in the morning are less likely to stray from their diet during the rest of the day.

Bodyweight - Grease The Groove

- A1. Pull Ups 1x5-10
- A2. Push Ups 1x10-15
- A3. Skater Squat 1x8-10 each leg

Perform Circuit once every few hours daily. Aim to accumulate more total circuits and volume from day to day before resetting total sets down and adding extra reps per set

Dumbbell & Kettlebells

150 KB Swings per day every break perform 20 Pushups

Full Gym - Squat Everyday

Monday - Barbell Back squats 4x5 @70% (Main Lift)

Tuesday - Sissy Squats - 6x6 (Assistance Lift)

Wednesday - Goblet 1 ½ squats 3x6-8 (Low Load Higher Volume lift)

Thursday - Accumulate 50 BW squats (Active Recovery)

Friday - Barbell Front Squat 3x5 @65% (Main Lift)

Saturday - Reverse Nordics 3x6 (Assistance Lift)

Sunday - BW Split Squats Accumulate 50 per side. (Active Recovery)



'Hypoxic' Sets

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Hypoxic sets are an absolute burner and flood your muscles of lactate. The best part is you probably don't even need added weights to do these unless you are very strong already. These work by slowing down your tempo on both the way down and up of a movement along with restricting your range of motion to ensure the muscles stay contracting the entire time.

This constant contraction prevents the muscles from letting the blood leave the muscle and thus preventing it from removing the byproducts of fatigue and keeping that burn the entire time. This leads to a huge hormonal response, a tonne of calories being burned during the sets and a grueling burn in the muscles.

Bodyweight

These movements must all be performed without going to the complete end range of the movement ie. stopping $\frac{3}{4}$ up of a squat to keep tension on the quads.

- A1. Bodyweight Squat 3x45-60s; rest 45s
- B1. Pushups 3x45s; rest 45s
- C1. Bulgarian Split Squat 3x40s each side; rest 45s
- D1. Lying Leg Raises 3x15; rest 45s

Dumbbell & Kettlebells

- A1. 2KB Front Squat 3x10 @3030; rest 45-60s
- B1. DB Prone Rows 3x12 @3030; rest 45s
- C1. DB Bench Press 3x8-10 @3030; rest 45s
- D1. Swiss Ball Leg Curls 3x10-12 @3030; rest 45s

Full Gym

- A1. Barbell Cyclist Squat 3x10 @3030; rest 60s
- B1. Bench Press 3x8-10 @3030; rest 60s
- C1. Ring Rows 3x10-12 @3030; rest 60s
- D1. Front Foot Elevated Split Squats 3x10 each side; rest 60s

Where To Now?

We've given you enough training methods to last a lifetime and some!

But

If you've been thinking there may be some benefit to having a coach or an environment like minded people to chase down your goals, I have an offer for you.

We don't have many places in our programs (Actually)

So If you are interested in hearing more about how we could help you achieve more than you think possible, book a strategy session with me. I'd love to show you just how you could be getting much more out of your training, nutrition and life.

Click me - <https://newstrength.com.au/free-30-minute-strategy-session/>

Regards,

Jacob, Nathan and the Newstrength Team



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