

Newstrength Training Blueprint



NEWSTRENGTH

We often get asked what makes our programming so successful here at Newstrength. With a combined 20 years of listening, learning and application we have certainly found some gold nuggets but also learnt a few hard lessons along the way.

This Blueprint will provide an insight into the underlying key factors we have learnt that now contribute to our clients' success with their training.

Structure and progression

When we have a particular destination in mind, there needs to be a plan that creates a clear path for us to walk. This ensures we get to where we want to go. So when someone comes to us with a training goal, it is no different. We create a plan structured to their goals that contain clear progressions to ensure the individual gets what they're after. A successful program always consists of two main factors.

- 1. Structure** - The structure of a program will determine the work completed and then dictate the results. How the program is structured will be determined by the individual's goals and personality. This is where specificity is key. Does your program contain the correct amount of specificity within its structure for you to get what you are after? Or are you wasting time on unnecessary things that are filling up valuable session time? If there is little to no structure, there are often little to no results.
- 2. Progression** - We know where our clients will be in the next 3 months because the plan is clear. We achieve this by using proper periodization in our programming. This ensures our programming progresses alongside our clients. Does your programming contain the required progressions sustained over a period of time?

Movement Intent

We can move in so many different ways but are you taking advantage of them all? One thing we have come to realize is that all movement focuses have their place and purpose. This is why we use periods of our programming that intentionally focus on them. Whether it's Isometric, Eccentric, Concentric, Max effort or tempo they all can provide a particular outcome. Make sure you know when, where and why to use them.

Variation

Variation is a necessary double-edged sword in programming. Too much or too little can hinder your progression. It can be used in a variety of different ways. Exercise variation, loading variation, tempo variation and the list goes on. Something we have learnt is that variation is excellent when there is a particular outcome in mind. Variation for the sake of variation can be dangerous.

Warming up

Yes, warming up is important but no it is not more important than the workout itself. A successful warm up compliments your training session, it doesn't take from it. Over the years we have seen many warm up techniques come and go. Some great and others not so much. There are 3 methods we use to warm up

1. Movement pattern specific
2. Dynamic full body
3. Self myofascial release

Each of the 3 have their place but must be used with a certain outcome in mind. There's no point rolling around on a foam roller just because it is there. See how the movement pattern(s) for the day are feeling, if needed incorporate some dynamic warm up methods then if you're still feeling a bit banged up or restricted in certain areas you can incorporate some SMR work.

Recovery

Recovery ensures adaptation and adaptation is results. So if you're not maximizing your recovery you're missing out on results. First things first your programming should incorporate appropriate measures to ensure you are recovering. That being said there are a few tricks we have found to be helpful.

1. Sleep as much as your schedule will allow
2. Stay hydrated

3. Eat enough calories and EAT YOUR VEGETABLES!
4. **Supplementation** - This is very dependent on the individual so consult with your doctor before supplementing. We have had tremendous success with Zinc, Magnesium and Omega3 supplementation for recovery and quality of life.

Environment and mindset

Don't underestimate the impact of your environment and how this will make or break a progressive mindset. Community, connection, knowledge and inspiration, that's what we strive for here at Newstrength. We are continually surprised at the success we create from this environment. People will rise and fall to expectations. So it's crucial we have our expectations set high and a positive, progressive mindset to chase them down with.

If you're looking for more depth on any of these subject contact us today @ www.newstrength.com.au