



HARVESTING STRENGTH



PRINCIPLES OF

PROGRAMMING

Training with intent



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One of the biggest struggles I have within the strength community is with the endless amounts of “programming” established by others for a cheap dollar. The information presented to you is for only one purpose: to inform and provide you the correct type of information at no expense. To build strength, it has to be done correctly through the implementation of various principles of strength training that have been provided by research and science. Social media did not create strength programming, but has only become a tool and platform for others to spread knowledge and wisdom. Although that is the intention, sometimes we are misled otherwise. When going to battle, it is not the sharpest swords that always prevail, but rather the sharpest minds. Knowledge is key...KNOWLEDGE IS POWER!



WHAT IS HARVESTING STRENGTH

I need slabs of beef to intimidate my enemy...hope you meet the job description.

Upon reading this strength-ism, hopefully you are either inspired or want to be inspired. My whole approach on strength is unique, honoring the traditional principles of strength training married with a dash of attitude that separates from the norm. My passion for the iron has blessed me my whole life, and after going through what I have and learning what I have, I am now ready to attack the world of strength through my terms and doing it my way. I am not an innovator, for there are thousands of strength coaches wheelin' and dealin' their products and programming to the finest strength enthusiasts throughout the world. I know I am not the first, nor the last to grow a business within this industry, but that's not going to stop me from pursuing my enjoyment of banging the iron.



With all my educational and professional experience in sports performance, I have created the concept of Harvesting Strength. Harvesting Strength is not only about lifting the heavy iron, but other concepts and practices that go beyond the barbell. To be strong, it encompasses physical strength, mental strength, and much more. Training to be strong exceeds the hours you spend in the gym. We have to train with intent, not with mindless programming that only satisfies the muscles you can see in the mirror. If you are looking to bang the heavy iron and elevate your performance with the barbell, you have found the right place.

The purpose of this e-book is to give myself an opportunity to educate others regarding the basics of strength training through Harvesting Strength. If you see ideas and routines that sound familiar to you, that is okay. It is not about the tools provided, but how you use those tools to remove yourself from the stereotypical mindset of a "gym bro" to an iron legend. The purpose of this information is to educate only. Those who plan to partake in any exercise routine, including the ones described here, should be cleared by a medical professional before attempting any physical activity.



THE BIG THREE (OH, AND THE OVERHEAD PRESS)

When you hear about strength training, many people begin to associate certain styles of lifting such as powerlifting, Strongman, CrossFit, and much, much more. In these sports, there is a heavy emphasis in competing with traditional movements that have been tested throughout time. This then leads many to believe and ask the question...

Why do I need to know how to squat, bench and deadlift if I do not compete?

These individuals who are referencing the squat, bench and deadlift also call them “the big three”. The big three are important for many reasons, as they incorporate all the major muscle groups and support our growth and development to evolve from “average” to “great”. Yes, there is an argument as to why certain lifters would choose to do certain movements- there is no arguing that.

This mindset abides to the principles of specificity, but I believe if you are not a fan of the deadlift, what about another form of the deadlift, like the Romanian deadlift? If you are not a fan of the deadlift, what about a single leg deadlift? My goal with these suggestions is to inspire an individual to select a variation of deadlift that better fits that individual’s needs. If you are a distance runner and do not feel that deadlift would fit in your program, consider modifying a traditional deadlift into a single-leg deadlift. The single-leg deadlift, while still giving all the benefits of the traditional deadlift, helps promote balance and stability, which are two important aspects of distance running. Maybe not every lifter needs to squat, bench, or deadlift, but every lifter can benefit from variations of these movements that could physiologically meet their differing needs.

If you are still with me to this point, you are clearly an advocate of strength. Let us get back to the topic of the big three movements, and oh- let’s add the overhead press.





The squat, bench, deadlift and overhead press are four big movements that, as mentioned before, encompass most of the major muscle groups and provide transfer to many skills that exceed the barbell. If you are performing the overhead press, you are mimicking the movement of a rebound in basketball or a block in volleyball. If you are performing the bench press, you are mimicking the movement of a block in football or the push of a sled. The list is endless, which makes these four movements so essential for strength training. So, whether you are looking to embrace a program for strength, or a program for the development of various skills and abilities, it's important to consider these four movements as pivotal selections in a program.

Another benefit of these four movements is that while executing these movements, you can begin to see the strengths and deficiencies in performance that could correlate to deficits in development of various muscle groups or movement patterns. An example of this is when lifters squat and their heels raise tremendously.

- Does this lifter have a lack of ankle mobility?
- Does this lifter have a lack of hip strength?
- Does this lifter have tightness in their hamstrings?

The performance of these lifts could help us determine the strengths and deficiencies of lifters, which can also help enhance the determination of exercise selection for growing and developing the correct program for the correct lifter.





Essentially what happens is with these main four movements, we can begin to discover the lifters strengths and weaknesses that can help us properly prescribe exercises that can promote appropriate growth and development to make them a better lifter. This philosophy of lifting has fueled my differentiation of strength programs based on movement analysis. What began as an informal process, eventually developed into a formal approach, that had lifters sending various videos of their movements that I then analyzed to understand their strengths and weaknesses. This movement analysis helped mold each program to fit the individual lifters needs.

So, how are we able to break down movements for correct and appropriate programming? Let's discuss this in the next section.

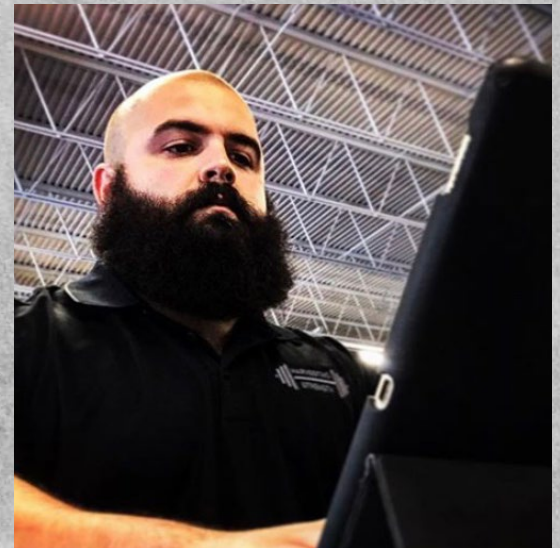




HOW DO WE DIFFERENTIATE OUR PROGRAMMING?

In the last sections, we discussed how the performance of our squat, bench, deadlift, and overhead press can be very telling of our strengths and weaknesses in certain areas of our lifts. To differentiate our program, we need to evaluate our performance with the barbell during these four movements to learn the most appropriate lifts to incorporate based on exercise selection.

The next couple pages outline a client of mine, “Colton”, a previous lifter who competed in powerlifting starting at the age of 14. Using the Harvesting Strength lifting philosophy of exercise selection based on movement analysis, Colton grew from being middle of the pack to the top dog of the 198 and 220 weight class. He qualified for the Texas High School State Powerlifting Championships for his junior and senior year. He had a stellar performance and continues to lift to this day. Let’s watch as he demonstrates the barbell squat for insight and feedback to his performance.



First, let us focus on the bar and foot placement. The bar being placed on the upper back showcases good form, but the foot placement tells a more complex story. When our toes point outward, this helps to improve the displacement of weight and give the lifter a biomechanical advantage in case they lack development in their glute medius and minimus. However, if you were to work with a traditional athlete, it would be best to have the feet facing forward as this translates to many sports. You never see a linebacker in a 2-point stance with his toes flared outward as this would put them at a disadvantage towards filling the gap and taking on the blocker. One motion to look out for is the upper body coming forward to develop a hinge before the descending motion of the squat. One motion to look out for is the upper body coming forward to develop a hinge before the descending motion of the squat. Overall, he is standing erect which highlights good control rather than starting the lift in a fatiguing position.



In the second image, we start to see the lift during the descending motion. Notice the upper body's posture. Even with the hips dropped, they are titled in a beneficial position. You should also notice that he is at great depth with his knees outward. The reason we acknowledge this lifter's technique and form is to determine whether the lifter is engaging the correct muscle groups. In this case, we are focusing on the hamstrings and quadriceps just as much as the hips. He does not show an arch in his upper body, and his hips don't tilt in a way that would cause his lower lumbar to be curved for a potential disaster. Overall, his set up and descending motion showcase impeccable technique for successful lifting.



Now we begin to observe the ascending motion. We see the knees cave-in, his back starts to show a curve and it appears that the lifter is looking downward not forward. It looks like the ascending motion is where this lifter has the hardest time, and when noticing these issues, we can now deduce that the problem this lifter has is due to a weakness in his hips. This lifter, though, is not the only one who showcases these technical deficiencies. For every lifter I have worked with, there always seems to be some level of hip deficiency. Although this curve in his spine could be due to a lack of core strength, I believe this lifter should focus on hip strength, such as hip extension and hip abduction, to tighten up and correct the form. The better he can perform extension and abduction, the better the lifter will perform and began to start loading heavier weights for bigger success!

The key to this step of differentiating is not to overwhelm and completely restructure the frame of the workout but to give meaning towards exercise selection. Through the application of progressive overload, you must load more weight to lift heavier. Although we often want to cut corners to achieve quicker, heavier lifts, lifting correctly and making adjustments for more efficient movements will not only keep us safe, but it will also promote best lift growth by displacing our weight properly. The better we learn to load, the more we can essential load. That's why when we develop a program. We need to accept the principles of progressive overload but also use the movement analysis as an opportunity to improve technique. I have a firm belief that if you can learn to move better, you will learn to load more and become a successful lifter.



GLOBAL PANDEMIC: HIP DEFICIENCY

When it comes to human performance, I am a proponent for corrective feedback, corrective movement, and having a proactive approach with programming. What I mean by this is making sure that before I work with a client, I understand not only their strengths but their technical and physical deficiencies as well. One of the biggest areas of deficiency in performance is the hips. Whether you are a Division 1 running back, or a part-time powerlifter, the hips are the number one weapon for any athlete. If you struggle with development of the hips, your performance will suffer. So, how do we fix this issue?



To begin, it's important to understand the anatomy of the hips in regard to both the hip flexors and extensors. The hip flexors are the psoas major and the iliacus, which both unite to form the iliopsoas muscle. We do also have the psoas minor, a muscle missing in about half of the population, but this muscle is very weak and does not appear to aid our lifting performance much. The hip flexors help to raise the leg upward, a very important process for our daily function such as walking, jogging, running, or even lifting your leg to get out of the car. But if you think about it, the hip flexors purpose (although important) might not seem as important when it comes to extension of the hips for success in movements like the squat and deadlift.

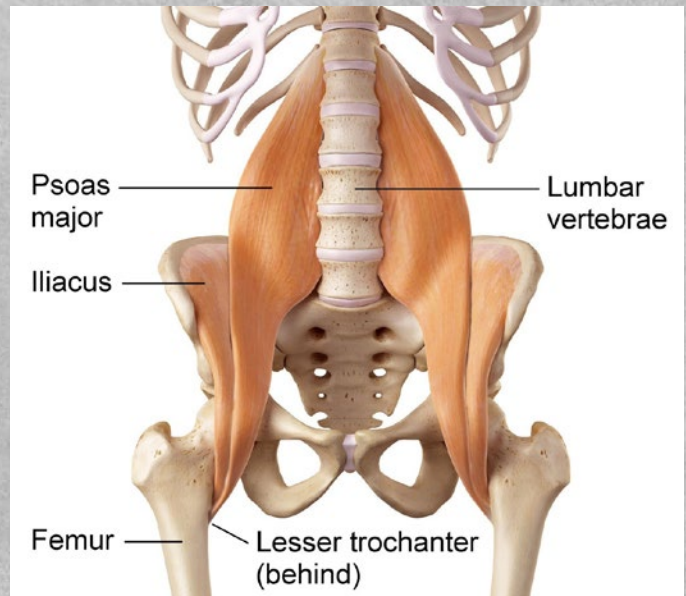
Understand this, though, that with every movement there are two phases, the concentric phase and the eccentric phase, and opposing muscle groups help with redirecting force. Whether it's creating a muscular contraction to generate force (concentric) or creating a muscular contraction to control the force generated from movement (eccentric), we need these opposing muscle groups of the hip flexors and hip extensors to work in harmony towards developing stronger movements with the barbell.

To explain further, the stretching phase of a muscular contraction that is the eccentric phase is followed by the shortening phase of a muscular contraction that is the concentric phase. When we lower the barbell during a squat or deadlift, it is important for the active muscle group to work during the eccentric phase to stretch and tolerate the load of the bar. While these engaged muscles are being stretched, the opposing muscle groups of our



extensors (the flexors) begin to tighten to help direct the weight downward and assist the body.

Another important aspect of the hip flexors is to understand the anatomy and how they cooperate during movement. The hip flexors are notorious for being tighter, especially in the sedentary population. If you think about it, how much time do you spend standing versus sitting? If you're an office employee working the 9-5 shift, that means your legs are flexed for a majority of the day. This translates to your flexors are used to being shortened which could impede on our ability to fully extend our hips. If our hip flexors are too tight, this could also cause the upper body to create a bad habit with posture, such as leaning forward, and cause chronic lower back fatigue and pain. The big thing is to make sure we understand how to alleviate this problem through various stretches and exercises, so we can grow the range of motion within this part of our anatomy to fully benefit on various types of hip extension movements.



To oppose the concept of hip flexion, we will now discuss the action of hip extension. If you're looking to be any kind of athlete, you need to have strong and effective hip extension. Having strong hip extension makes sense, but what would consist of "effective" hip extension? To understand this more, it's important to understand the anatomy of the extensors as well as the use of the flexors to provide correct extension of the hips for the best performance possible.

The gluteus maximus is the primary muscle of the hips and, more importantly, for hip extension. Weak glutes mean weak extension- simple as that. But one of the downfalls of the hip muscles is that they are not as "popular" of a muscle group, which means they get neglected the most. But for improving your performance with the barbell, having strength and mobility of the hips is a must. One thing that's noticeable by most people is if the hips are weaker, you will start to see the lifter beginning to fall forward, heels raised, and then with all this leverage towards the front of the body, their spine starts to curve. This lack of strength in the hips pushes the load elsewhere, and that's why we begin to see these deficiencies form. Hip strength and mobility also help with better pelvic placement as lifters try to engage their hips by tilting their hips backwards to show better form with their lower back. Now that the importance of hip strength is clear, let's take a look at a few exercises that focus on isolating and growing the hips for better success.



GOOD MORNINGS AND DEADLIFT HYPER EXTENSION

When selecting an exercise for hip extension, it's important to understand the purpose of the movement when it comes to improving your performance with the barbell. Are you looking to improve your squat, or are you looking to improve your deadlift? The principle of specificity requires us to provide relevant and appropriate training to, in this case, the lift for which the individual is training to produce the desired effect. Doing an exercise like the good morning places resistance on your upper back, requiring the lifter perform a hinge with the hips to increase hip strength. With the bar being placed on the upper back, that would translate mostly to squat. Performing a movement like the deadlift hyper extension would have the weight displaced in the front, holding the weight in your hands and forcing your hips forward, mimicking the movement of a deadlift. This would obviously translate much more to the deadlift than the squat. These are just a few ways to consider exercise selection when it comes to increasing hip strength for dominating the bar. By knowing how to correct someone's movement and properly execute exercise selection, you are giving your lifter a heightened opportunity for explosive success. However, this pivotal skill is not necessarily easy to come by.





THE BASICS OF STRENGTH PROGRAMMING

One of the most difficult things to witness in the world of strength has to do with individuals who choose to chase their goals without thoughtful and purposeful lifting. These individuals show up to the gym for countless hours, trying to lift everything and anything they can put their hands on, to make themselves grow and develop into the next big lifter. The problem is that when you are early into your lifting career, anything will work. The reason why is because up to this point in life you had no exposure to a barbell, so whether you choose to do 1000 push-ups or hit the chest press machine 5x a week, anything that you choose will obviously stimulate growth and development! What eventually happens, though, is these mindless acts of exercise begin to wear off and then you decide to venture down the next best route: social media.



Social media is a powerful tool that can be used for the good, and the bad. Very bad.

I will be honest- I was not aware of Instagram until 2019...and right now I am typing this at 2:46pm on October 11th, 2020. Essentially, I have only been around Instagram for one year! And I will tell you that although it's a great place to connect and network with others in this industry, there is a ton of falsified information that exists. You have people working hard to mass message individuals to share their "secret program" for \$9.99, and even though you're able to resist that temptation, those novice lifters we discussed originally are latching on to these programs for their low prices in hopes of becoming the next big thing! Problem is, though, that within these transactions of programs is that "you get what you paid for". Meaning if you paid \$9.99 for a program, it's probably not the highest quality of programming.



I know that there are many ways to train, and I believe that in some cases there are opportunities for “mass programming” to accommodate many lifters. This is the same practice we see in the traditional strength and conditioning setting, as collegiate and professional teams hire a coach and find ways to accommodate to every lifter through mass programming. This isn’t a negative thing, as these coaches find the best ways and practices to increase their athlete’s performance! Through their assessments, these coaches are considering what is best for all athletes on a team rather than focusing on one individual. To find your ultimate strength, programming needs to be individualized and tailored to your needs. In this next section, although this material is not individualized, it consists of some general parameters I felt necessary for many lifters within a certain category (powerlifting, Strongman, etc.) to grow and develop into their best self. Let’s take a look at some various samples of programming in strength, powerlifting, Strongman and bodybuilding...





BASIC STRENGTH

Directions: Please print and log down the weight done each week. You want to improve each week by lifting 5-10lbs more and to increase your intensity with each workout

Day 1							
Legs/Back							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Squat	3	x	5		120	Log weight
	Pause Squats	5	x	3		90	Log weight
	Deficit RDL	3	x	10		60	Log weight
	Machine Leg Extension	3	x	12		60	Log weight
	Calf Raises	3	x	20		60	Log weight
	Inverted Rows	3	x	12		60	Body weight
Notes:							

Day 2							
Chest/Shoulder/Tricep							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Bench	3	x	5		120	Log weight
	Pause Bench Press	5	x	3		90	Log weight
	Dumbbell Military Press	3	x	10		60	Log weight
	Incline DB Flies	3	x	12		60	Log weight
	Cable Tricep Extensions	3	x	20		60	Log weight
	Lateral Raises	3	x	12		60	Log weight
Notes:							

Day 3							
Back/Bicep							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Deadlift	3	x	5		120	Log weight
	Speed Deadlift	5	x	3		90	Log weight
	Dumbbell Shrugs	3	x	10		60	Log weight
	Supine Lat Pulls	4	x	12		60	Log weight
	Hammer Curls	4	x	10		60	Log weight
	Machine Leg Curls	3	x	12		60	Log weight
Notes:							



BASIC STRENGTH

Basic Strength is in reference to the overall growth and development within all three major lifts without inclusion of specificity and individualization of programming. Essentially, it's a great starting point for any lifter looking to make gains in the traditional barbell movements assessed for strength and development. The focus would be the squat, bench, and deadlift provided the second exercise each day is a modification of the initial movement, plus accessories that would benefit targeting the various muscle groups that day. So, if you are looking to make a leap in the gym and have some immediate structure to your programming, look into basic strength as the foundation for future programs inside this e-book. Another nice feature of this program is that it gets very close to having balanced volume per body part, which is great for making sure you develop that anterior and posterior muscle groups evenly. That is one of the limiting factors noticed amongst many individuals who chase the glory of the iron. They are too consumed in all the muscle seen by their own eyes, without including all the muscle groups that they cannot see daily. This is a principle of strength training we try to incorporate (anatomical symmetry) for most programs, but at times, we must neglect this mindset in order to trigger growth in a different way. That is something you'll noticed in the next few sections of sample programming.





POWERLIFTING

Harvesting Strength-Sample Work Week 1-4

Directions: Please print and log down the weight done each week. You want to improve each week by lifting 5-10lbs more and to increase your intensity with each workout

Day 1							
Heavy Squat, Back							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Squats	2	x	3		120	Log weight
	Dead Squat (2" above parallel)	1	x	3		NA	Log weight
	Squats-for Speed	6	x	4	80% or 1RM	60	Log weight
	Barbell Hip Extension	3	x	10		60	Log weight
	Lying Hamstring Curl	3	x	12		60	Log weight
	Weighted Chin Ups	4	x	8		45	Log weight
Core: Front Plank 3x:60							

Day 2							
Chest, Shoulders and Triceps							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Bench Press	2	x	3		120	Log weight
	Dead Bench (2" above chest)	1	x	3		NA	Log weight
	Bench Press-for Speed	6	x	4	80% or 1RM	60	Log weight
	DB Flies	3	x	10		60	Log weight
	Tricep Pushdown	3	x	12		60	Log weight
	Barbell Front Raises	3	x	10		45	Log weight
Core: Side Bend 3x12e							

Day 3							
Lower Dynamics, Back, Traps							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Paused Front Squats-Deep	3	x	2		90	Log weight
	Deadlift	2	x	3		120	Log weight
	Deadlifts-for Speed	6	x	4	80% or 1RM	60	Log weight
	Barbell Shrugs	3	x	12		60	Log weight
	Barbell Bent Row	4	x	6		60	Log weight
	Cable Lat Pulldown	4	x	10		45	Log weight
Core: Eccentric Focused Sit Ups 3x10							

Day 4							
Upper Dynamics, Biceps and Triceps							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Close Grip 2- Board Press	2	x	3		120	Log weight
	Seated Military Press	3	x	6		90	Log weight
	Band Resisted Bench Press-for Speed	6	x	4	65% or 1RM	60	Log weight
	Lateral Raises	3	x	10		60	Log weight
	Head Supported Band Pull Apart	3	x	12		60	Log weight
	Hammer Curls	4	x	8		45	Log weight
	Barbell Curls	4	x	12		45	Log weight
Core: Alternating Cable Crunches 3x20							



POWERLIFTING

Powerlifting is programming with the main focus of developing the squat, bench, and deadlift. As you can tell, there are many variations of these three movements, helping the lifter build and develop the movement of the barbell for better success.

We have an emphasis on immediate strength for sets of three reps, followed by variations of these movements to work on strength deficits such as the dead squat and dead bench.

Afterward, we proceed to work with multiple sets of lower submaximal weight on the squat, bench, and deadlift to help elicit dynamic ability and incorporate

components of speed to complement the lifter's strength sets to strategically create power. To conclude each training session, we move into various forms of accessories to help promote continuous development of the musculature. This will develop their lifts and promote enough volume to compensate for the limited reps done initially during each session. We want to make sure we have good anatomical symmetry, so the idea is to also use levels of volume to help build the body evenly. This will eliminate issues of under-developed physiques that don't have fully equipped agonist and antagonist muscle groups. If there is an imbalance, this could hinder their performance and also put the lifter in safety for not generating strong and smart movement.





STRONGMAN

Harvesting Strength-Strongman Sample Work Week 1-4

Directions: Please print and log down the weight done each week. You want to improve each week by lifting 5-10lbs more and to increase your intensity with each workout

Day 1							
Heavy Squat, Speed Pulls							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Squats	2	x	3		120	Log weight
	Box Squats	3	x	3		90	Log weight
	Trap Bar Deadlift-for Speed	6	x	4	75% of 1RM	60	Log weight
	Walking DB Lunges	3	x	12T		60	Log weight
	Good Mornings	3	x	10		60	Log weight
	Supinated Lat Pulldowns	3	x	10		60	Log weight
Core: Front, Side, Side Plank 3x:60							

Day 2							
Heavy Press							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Bench Press	2	x	3		120	Log weight
	Clean (first rep only) to OHP	3	x	3		90	Log weight
	Incline Spoto Press	6	x	4	75% of 1RM	60	Log weight
	DB Flies	3	x	10		60	Log weight
	DB Floor Skull Crushers	3	x	12		60	Log weight
	Barbell Front Raises-Overhead	3	x	10		60	Log weight
Core: Suitcase Side Bends 3x12e							

Day 3							
Heavy Pulling, Back and Shoulders							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Deadlifts	2	x	3		120	Log weight
	Power High Pulls	3	x	3		90	Log weight
	Deadlifts-for Speed	6	x	4	80% or 1RM	60	Log weight
	Trap Bar Shrugs	3	x	12		60	Log weight
	Pendley Bent Rows	4	x	6		60	Log weight
	Cable Lat Pulldown	4	x	10		60	Log weight
Core: Eccentric Focused Sit Ups 3x10							

Day 4							
Speed Pressing and Heavy Arms							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Push Press	2	x	3		120	Log weight
	Close Grip Floor Press	3	x	3		90	Log weight
	Push Press-for speed	6	x	4	75% or 1RM	60	Log weight
	Lateral Raises	3	x	10		60	Log weight
	SA Bent Over DB Face Pulls	3	x	12		60	Log weight
	Hammer Curls	4	x	8		45	Log weight
	Barbell Curls	4	x	12		45	Log weight
Core: Alternating Decline Sit Ups 3x12							



STRONGMAN

With Strongman, the big focus is working the various components of Strongman, such as squatting, pulling and overhead pressing. I know that with traditional Strongman, you need all types of equipment to help participate in the traditional events of carrying, loading, grip, and much more. For the purpose of this text, we are looking at ways to train for your Strongman events without the access of traditional equipment and practicing our ability to squat, pull and, overhead press by incorporating equipment you typically see in most facilities. Although in this program we cannot provide the authentic style of Strongman training, our goal is to utilize the concepts of strength training and try to tailor more movements

that would translate to the sport of Strongman. Compared to the powerlifting program, this program works heavy sets of three reps on the squat, bench, deadlift, and push press. We also see the second movement being a modification of this motion but using a rep scheme of three sets of three reps. Because each day starts heavy, the prescribed percentage of speed work lowers to 75%, but to make this clear, these are suggested percentages to use. I am not the biggest fan of percentages because I feel when you become a more dynamic lifter, that could augment the percentages you use within certain programs. You could have an athlete easily press 405lbs with speed, but then if you were to ask them to perform higher rep counts, they might not have the muscular endurance to withhold the amount of weight that would be prescribed based on other percentages. They might be an explosive athlete but not have the endurance to take on a heavier volume of such weights. They could have muscular explosiveness to do one great rep, but then afterwards, their efforts might be shot to hell. Just keep this information handy because percentages could or could not be the easiest to prescribe in your program if you feel you're a part of this statistic.





BODYBUILDING

Harvesting Strength-Bodybuilding Sample Work
Week 1-4

Directions: Please print and log down the weight done each week. You want to improve each week by lifting 5-10lbs more and to increase your intensity with each workout

Day 1-Alternate Deadlift and Squats each week							
Back							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	2-3" Deficit Deadlifts (Don't touch the ground)	5	x	5		120	Log Weight
	2-3" Deficit Bent Rows-Parallel	3	x	10		90	Log Weight
	Lat Pulldown-Heavier Focus	3	x	10,8,6		60	Log Weight
	Single Arm DB Row-45 Degrees	3	x	10e		60	Log Weight
	DB Bent Arm Shrugs + Standing Cable Scap Retraction	3	x	12+10		45	Log Weight
	Straight Arm Lat Pulldown	1	x	100		10	Log Weight
Core: Weighted V-Ups 3x12							

Day 2							
Chest							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Bench Press-Barely touch chest	5	x	5		120	Log Weight
	Band Resisted Bench Press-Full extension and hold	3	x	3		90	Log Weight
	Bench Press-Bottom half of press only	3	x	10,8,6		60	Log Weight
	Low Incline DB Press-Twist dumbbells	3	x	10		60	Log Weight
	DB Flies + Elevated Push Ups	3	x	12+10		45	Log Weight
	Push Ups	1	x	100		10	Log Weight

Day 3-Alternate Deadlift and Squats each week							
Legs							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Squats	5	x	3		120	Log Weight
	High Bar Olympic Squats-full depth	3	x	10,8,6		90	Log Weight
	Barbell Step Ups	3	x	12 Total		60	Log Weight
	Seated Leg Curls-squeeze to end each rep	3	x	12		60	Log Weight
	Leg Extensions-plates never touch	1	x	100		10	Log Weight
	Calve Extensions	3	x	15		45	Log Weight
Core: Decline Sit Ups 3x15							

Day 4							
Shoulders-Upper Back							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Seated Military Press	5	x	5		120	Log Weight
	Supine Barbell Front Raises-Chest Supported	3	x	10		90	Log Weight
	Barbell Upright Rows-keep 2-3" from body	3	x	12		60	Log Weight
	Seated Lateral Raises-force each rep high	3	x	12		60	Log Weight
	Head Supported Rear Delt Flies	3	x	15		45	Log Weight
	Cable Face Pulls	1	x	100		10	Log Weight

Day 5							
Arms							
RPE (1-10)	Exercise	Sets	x	Reps	Weight	Rest (sec)	Notes
	Close Grip Bench Press-barely touch the chest	5	x	5		120	Log Weight
	Weighted Chin Ups	3	x	10,8,6		90	Log Weight
	Reverse Barbell Curls	3	x	10		60	Log Weight
	Eccentric Cheat Curls + DB Curls (rest and force each rep)	3	x	6+10		45	Log Weight
	Cable Curls	1	x	100		10	Log Weight
	Cable Tricep Extensions + Close Grip Elevated Push Ups	3	x	15+20		45	Log Weight
Core: Kneeling Oblique Cable Crunches 3x20							



BODYBUILDING

Bodybuilding, in my eyes, has to be one of the tougher areas to program as an advocate for strength. Earlier, we talked about the concept of anatomical symmetry and how our goal is to help stimulate the muscles through various types of loading and volume. However, at times, it's hard to stay true and honest with the rep count to mathematically keep all the muscle groups even. As you can see, each day you will find a single set of 100 reps and, even if this sounds overwhelming or psychotic, it's necessary to put the lifter in a situation into which they need to perform a ton of reps and become fatigued from the vicious amount of volume prescribed. The goal is for when the lifter hits these sets, they limit themselves to the amount of breaks they need. If they do take a break, though, it can only last 10 seconds. What's happening is you are creating a metabolic trigger to getting the body to release higher levels of GH through highly rigorous and fatiguing sets. Each day starts with a heavier movement, and exercise selection along with exercise order makes the workout flow and build upon itself through every set completed. This mindset becomes the catalyst for creating the best scenario possible for the lifter to get the best growth, development, and opportunity to grow and build their body's physique as best as possible.





THE MISSING PIECE: LIFTING WITH AGGRESSION!

A big topic that isn't addressed enough is the mindset of lifting aggressively. Researchers developed a diagram for discussing levels of arousal during certain tasks called the U-Curve. The U-Curve shows the relationship between levels of arousal versus the rigor of the movement and/or the skill at hand. You don't see a golfer running to the green with immense passion that parallels to the adolescent rage they had when their father missed their little league games. Nor do you see a lifter perform a max rep after lounging on the couch sipping green tea while reading Nicholas Sparks. I promote strength training, and I think it's fair that we dive into the topic of lifting aggressively as the missing piece to elevate our performance with the barbell.



One of the most intense lifters I know is a man named Steve Coyne. He is one of the baddest dudes in the game who's been hoisting the heavy iron in the southwest region of North America, currently residing on the coast of Florida. One thing I know about Steve is that for the longest time, this man has had a tempo that can't be matched. Steve believes in lifting with aggression, passion, and a high level of urgency. One of my favorite things I've discussed with Steve is all the "excuses" people make when they miss lifts or don't perform at the level they "believe" they can...

Example Scenario:

Lifter A: So, how much can you bench press?

Lifter B: Oh, I can bench basically 400lbs, I just always seem to miss the lockout.

Lifter A: So...you bench less than 400lbs?

Lifter B: Well, I basically bench 400lbs! Just need good sleep, and sometimes, I hate the benches at some gyms.



Are you this type of person? Well, if you are, please stop. Quit making excuses and quit talking about best case scenario after you received a sports massage and had 10 hours of sleep along with a hearty breakfast. Be urgent, embrace the always ready mentality, and quit the front: **LIFT THE WEIGHT!**

So, how do we do this? How do we lift aggressively? A lot of it has to do with the habits you have with the iron...

Do you show up with headphones? What do you listen to?

Do you show up to the gym with your friends and hang out for three hours?

Do you show up to the gym with no preparation and just wanna have fun?

To elevate our performance by using this aggressive approach, we need to indulge in habits and a mindset of aggressive behavior. If you have head phones, blare some music with a faster tempo to elevate your heart rate. If you show up to the gym with your friends, make sure your friends take it seriously and come to inspire, not to distract. If you come prepared, meaning you have intentionally thought about the weights prescribed and the goals you have, you will be much more successful with the iron and be able to focus much harder.

Being aggressive doesn't have to be complicated - it needs to be fun! If you follow these parameters of coming to the gym focused, prepared and limiting your distractions, it's much easier to tap into this mindset and be ready to exceed your normal performance with the iron.

If you still aren't sure what all this means, follow this strength-ism below:



A BULL
never speared its prey
with the tempo of a sloth.



THANK YOU!

When starting Harvesting Strength, it was merely an idea to help support my family in an effort to pay some of the medical bills for the birth of my daughter. I kept playing with the idea of business names, but immediately I felt Harvesting Strength resonated with my life at that moment. I had to harvest the strength to help support my family while at the same time becoming a father to a little girl and not knowing what that would be like, and if I would be able to handle it. I am thankful for my wife Ashley, my son Dayton, and my daughter Winter; they were the reason for me embarking on this journey. What started as a mere side project to fund bills grew into a program that has reached out to several lifters from not just the United States, but around the world from countries such as Brazil, Canada, South Korea, and much more. I hope to continue this journey of growing a business and a reputation as authentic, honest, and full of integrity. I am not interested in creating a portfolio of lavish filters or heavy loaded lifting for acceptance on social platforms. I am interested in providing truthful and informative information to help lifters gain knowledge, strength, and wisdom- one barbell at a time. Feel free to check more content and information on my website, and keep banging that heavy iron!



PRINCIPLES OF PROGRAMMING

Training with intent

Joseph Lucero, MS, CSCS

jlucero.cscs@gmail.com

Harvestingstrength.com

Instagram [@j_lucero89](https://www.instagram.com/j_lucero89)

