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Tactical barbell 2 pdf download

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When I work at 4 a.m., my brain is slightly fried, which means I struggle to round off the weights of the day to the nearest possible addition. I have changed the worksheet so that it now rounds all the weights to the nearest addition you have selected. For example, I have 1.25 kg of plates on my bar, which means that I can increase the weight by 2.5 kg at a time (1.25 kg on each side). The spreadsheet will now work this out for you. Just add the smallest weight gain you can jump, and it will figure it out. I wasn't very happy with the 1RM calculation used by the spreadsheet either. I would put 100kg into 1RM and the spreadsheet then rounded it to 103kg. I have implemented the Brzycki 1RM equation, which I like a little more. You can get a new spreadsheet here. Let me know if there are any further improvements that I think can be made. And mods, feel free to put this in the sidebar too if you want. EDIT: I have updated the link after correcting u/bogleePage 2 16 comments *Disclaimer: This website is not associated with us. We're just share information for a better world. Let's fight the coronavirus. We believe that everything on the Internet must be free. So, this tool is designed for free to download documents from the Internet. We are not connected to any website. We are not responsible for the content. You are responsible for your download. This is a collection of models for a tactical pole program. Includes operator, zulu, fighter, gladiator, mass, and gray male programs – all on the same spreadsheet. Tactical bar is essential for anyone who needs operational strength (e.g. military, law enforcement, firefighters and others) Definitely check out the book on Amazon if you haven't already done it – it makes your workout much more effective (which is the point, right?). If you're not. Not. clean tactical (i.e. military, law enforcement special operations) environment and are interested in setting more muscle mass (not so that the programs below don't help with that), check out the tactical barbell mass protocol. Tactical Barbell programming has many different flavors, all of which are quite similar. Everyone is running in 3-week waves where the intensity increases and volume decreases before resetting at week 4 slightly more intensely than in week 1, when volume/intensity decreases over the next 3 weeks and peaks in week 6. That's pretty straightforward. Nothing sexy, but it works. Here's a brief summary of every tactical pole program: The operator is a 3 times a week strength program that trains every other day. You practice squatting and bench pressing 3 times a week. Weighted upwaters are made 2 times a week and deadlifts 1 time a week. The training takes place in 70-90% of the 1RM range and operates between 1 and 5 repetition. This is your bread and butter strength program. Test 1RM again every 6-12 weeks. Zulu Zulu is a similar program to Operator, which has some key differences. Zulu invites 4 days a week to practice and has 2 different exercises that are alternated in each exercise (A/B/A/B). All head lifts are trained at 2x a week, which means there's less squat and bench here than the Operator, but more deadlifting and overhead compression (that is, more back and shoulder work). The series and playback area is very similar to Operator if an I/A configuration is selected. The standard configuration is slightly smaller in volume compared to, but the intensity does not change. According to the operator, the intensity varies from 70% to 90%. The Fighter The Fighter model is 2 days a week, but you hit a squat, bench, top push-up and deadlift every workout. When you do 3-5 sets of 3 reps from 90% 1RM with 4 lifts, they are hard exercises. This is a solid option for people who do not have a schedule to train 3 or 4 days a week. Gladiator This is very similar to Fighter, but trains 3 times a week. Like Fighter, Gladiator trains all 4 large lifts in each session. Mass Mass Mass is very similar to Gladiator, but uses a larger repetition count system (i.e. 4x6 rather than 5x5). It also doesn't ramp intensity up to 95% in Week 6, but programmes 4 sets of threes at 90% of 1RM. Grey Man This is a 12-week program (everyone else is 6 weeks long), which has a slightly lower volume than other program options. It is also a 3-day-a-week training program. Tactical bar: Training Max or True 1 Rep Max? The book recommends using the maximum value of the exercises (90% of the actual 1RM). If this is the first time you have used tactical bar programs, I recommend using exercise max. Many other successful programs, including 5/3/1 and GZCL, are based on training max. If you want to run this program repeatedly and continue stacking strength gains, the maximum training length will help you do so. Grinding repetition 90% of the actual maximum every 3 weeks will not be sustainable for most lifters. Use the spreadsheet to select the maximum or actual maximum training mark on the Input tab. Tactical bar model tables Drop-down menus and 1RM inputs allow for relatively easy customization. Tactical Barbell Forum Tactical Barbell Model Collection | LiftVault.com Brian Alsrue Mass Building Powerlifting Program Another free strength program by Brian Alsrue, this time focuses on mass building. Below is an overview of the video. Program overview: 12-week program 4 days a week 4 waves 3 weeks per wave One primary lift per day One secondary lift focused on technology Help... Bridge by Barbell Medicine Program Spreadsheet Created by Jordan Feigenbaum and Austin Baraki at Barbell Medicine, Bridge is a strength program designed for athletes who are finishing a fledgling program like Starting Strength or Strong Lifts 5x5 and are ready for bridge mid-level programming. Bridge program overview 3x weekly... Brazos Valley Barbell 8-week mid-range powerlifting program Brazos Valley Barbell Intermediate Powerlifting Program Overview by David Woolson Brazos Valley Barbell 8-week powerlifting program 1 demolition week 5 days a week 3x weekly squat 3-4x weekly bench press (if you count bench variations like CGBP) 2x weekly deadlift Long program description ... Smolov program and Smolov Jr program Spreadsheets Ah, yes. The infamous Smolov program for squats and Smolov Jr for squatting and/or bench printing. If you are ready to build these lifts at any time (e.g. record attempt), this could be a ticket! Although it is not recommended for general strength work, such as articulated... Calgary Barbell 16 Week + 8 Week Program Spreadsheets Written by Calgary Barbell, 16-week and 8-week programs are designed to improve squat, bench press, and deadlift as the athlete prepares for a powerlifting meeting. However, you can run them even if you are not preparing a meeting. Both programs... Calgary Barbell 8 + 16 Week Program Reviews & Results View Calgary Barbell 8 and 18 Week Program Reviews Below. If you want to write your own review, you can use the comments section at the bottom of the page. Spreadsheets: Calgary Barbell 8 and 16 Week Program Spreadsheets 22. M. 6'... 6'...

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