

**MOVEMENT
ENHANCED**

**STRENGTH &
CONDITIONING
FUNDAMENTALS**

TRAINING GUIDE

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INTRODUCTION

Welcome to the Strength & Conditioning Fundamentals. It is a training guide designed to give you an insight into the methods we use at Movement Enhanced.

Whether you are interested in training with us, or simply looking for some guidance, this document will help you bust through industry myths, outline some essential concepts, and get you on track to achieving your training goals.

This guide is highly detailed, but contains the necessary information required for you to understand what your program should include and why it is important.

Take your time to read through the principles and philosophies, then apply the knowledge with our 7 day training sample. You will find this at the end of this document.

Don't be fooled by its simplicity.

It's an accumulation of over a decade's worth of experience, meticulously crafted so your training is not only effective but highly efficient.

We hope you like the program and let us know if you have any questions!

Enjoy!

OUR PHILOSOPHY

Movement Enhanced opened its doors in early 2016. However, we have been designing strength and conditioning programs of the highest standard, for over a decade.

To give you a better understanding of our programming philosophy, we designed this document to cover the goals, outcomes and specific training components you will see in our training.

We don't pretend this is for everyone – you'll be required to be disciplined in showing up, diligent with your tracking and prepared to put in the work.

If you apply yourself, here is what you can expect from following our programming:

- **You'll get stronger & increase muscle mass**
- **You'll become more mobile & move better**
- **You'll develop your work capacity & conditioning**
- **You'll have less niggling injuries**

The training will be hard. We hold a high standard, but it's the reason our members love training with us – to take their training to the next level.

Our biggest focus is on quality. We believe in following programming with structure, moving well, and training with intent.

One of the first things you'll notice is that our programs often include fewer exercises, more rest, and a bigger focus on technique.

OUR PHILOSOPHY

We design our programming in blocks, each progressing on the last and a part of an overall 12-week plan. Throughout the training week, the programming will be broken down into these categories:

1 Barbell Strength

2 Accessory Strength

3 Conditioning

4 Mobility

The programming is designed so you can train at a high frequency, often with a undulating intensity, minimising the interference day to day.

You'll complete each session, track and record your weights in our programming app and motor your progress overtime.

What you won't find is random workouts that are constantly varied for the sake of variety and to simply keep you entertained.

Our programs are minimalist in nature but powerful in their execution.

For many, our program may initially seem simple because we place a huge emphasis on doing the basics well.

You'll find these key movement patterns appear regularly in our programming:

1 Squat

2 Hinge

3 Lunge

4 Push

5 Pull

6 Carry

BARBELL STRENGTH

If you've been following us for a while, you'd know that Movement Enhanced is known for strength.

We nail the basics, and it's the consistency that allow our members to continue to break through their lifting plateaus.

In our barbell strength component, you'll focus on developing the squat, bench, deadlift, row, and overhead press.

You'll find detailed instructions with links to our instructional videos so you don't have to play the guessing game.

Our programs often move from a period of high volume (higher reps & increased time under tension) to higher intensity (lower reps & heavier weight).

However, it's not uncommon to progress by increasing reps, sets, exercise complexity, or even decreasing your rest period.

You will have percentage recommendations as a guide and apply progressive overload week to week.

For our strength training, you'll be exposed to a number of different training stimuli throughout the week.

Read more on each specific training stimulus on the next page.



BARBELL STRENGTH

INTENSITY

- > **Reps: Low | 1-5 reps**
 - > **Intensity: High | 80-100% of 1RM**
 - > **Rest: Long | 3-5 mins**
 - > **Stimulus: Strength**
-

EXAMPLE

A: HIGH BAR BACK SQUAT
5 X 3 @ 20X0
60-70% OF 1RM
REST 3-4 MINS

We use our intensity method 2-3 x per week. The goal of this component is to lift a heavy load to maximise mechanical tension and develop the nervous system.

VOLUME

- > **Reps: Moderate | 5-10 reps**
 - > **Intensity: Moderate | 60-85% of 1RM**
 - > **Rest: Moderate | 2-3 mins**
 - > **Stimulus: Hypertrophy**
-

EXAMPLE

A: HIGH BAR BACK SQUAT
4 X 8 @ 30X0
60-70% OF 1RM
REST 2-3 MINS

We use our volume method 2-3 x per week. The goal of this component is to create muscular damage and be a stimulus for hypertrophy.

BARBELL STRENGTH

RANGE OF MOTION

- > **Reps: Moderate / High | 5-15 reps**
- > **Intensity: Low | 30-60% of 1RM**
- > **Rest: Low / Moderate | 1-3 mins**
- > **Stimulus: Range of Motion**

EXAMPLE

A1: SEATED GOOD MORNING
3 X 8 @ 20X0

A2: DB SPLIT SQUAT
3 X 8 @ 20X0

PERFORM A SET EVERY 3 MINS.

We use our range method 1-2 x per week. The goal of this component is to perform long-range exercises that take the joint through a full range of motion to increase mobility.



ACCESSORY STRENGTH

The accessory strength component of our program is a vital part of ensuring you move well and stay injury free. It's designed to complement your primary movements by incorporating unilateral and assistance exercises to help build strength, develop muscle mass and improve structural balance.

The accessories we program are designed to be deliberate and progressive, utilising the fundamental principles of strength training to get you results in the most effective and efficient way possible.

While we acknowledge nothing beats the heavy barbell for developing strength, the recoverability and load it places on the body means there is limited capacity for training volume. Accessory exercises are a great way to increase training volume on a specific joint or muscle group without the constant heavy loading on the joints or spine.

The other focus of this accessory strength component is improving structural balance. It's in this period we program extra training volume for smaller stabilisers and lagging muscle groups.

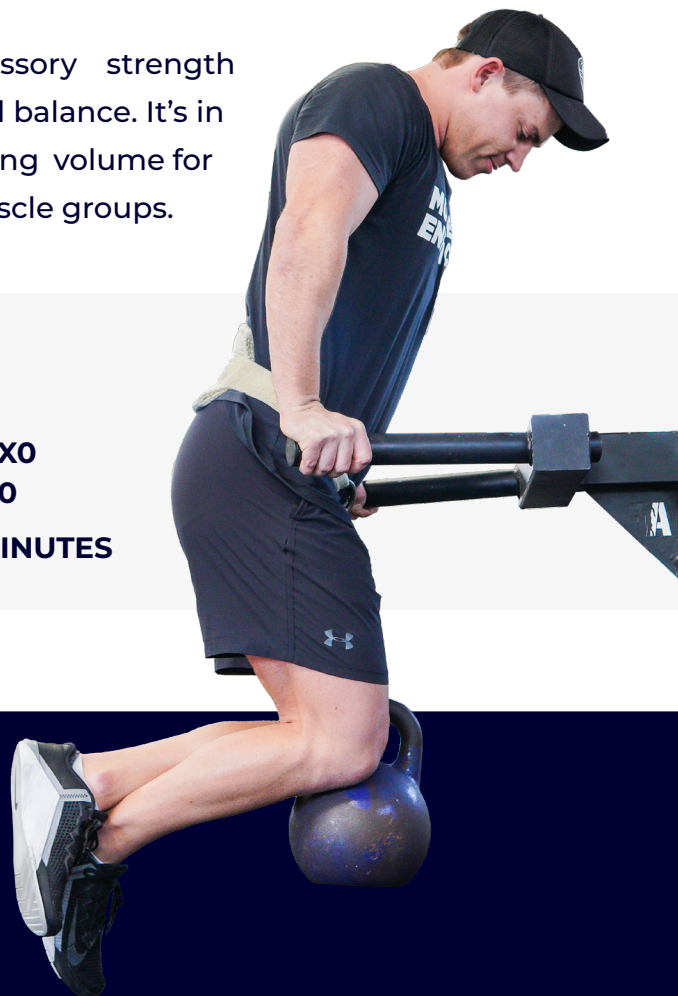
EXAMPLE

B1: DIPS 3 X 8 20X0

B2: PENDLAY ROW 3 X 8 21X0

B3: PRONE T FLY 3 X 12 20X0

PERFORM A SET EVERY 5 MINUTES



CONDITIONING

In terms of conditioning, the goal of our programming is to develop your energy systems both to improve your performance and your health.

Our conditioning is programmed in blocks, so you won't find random workouts without a specific focus for each session.

While there are many formats we use, the goal is to ensure the three energy systems are at work.

We design programs with one energy system taking a dominant role in each specific kind of training.

AEROBIC ENERGY SYSTEM

- > **Fuel Source: Oxygen**
 - > **Effort Duration: Long | 3 mins+**
 - > **Intensity: Low | Sustainable Pace**
 - > **Rest: Minimal / Short**
-

This energy system is predominantly used in longer, low-intensity efforts.

When performing these sessions, you'll train your lungs, muscles and improve your ability to produce energy.

The term 'aerobic' means requiring oxygen and is the primary fuel source of this energy system.

Efforts should be sustainable, just above conversational pace.

Generally, you'll be working at 60-70% of your max heart rate. These sessions build your base and while they might not seem hard, they are vital for your progress.

EXAMPLE

4 ROUNDS

0-3 MIN: BIKE / ROW / SKI ERG

3-4 MIN: 20 X ALT REVERSE LUNGES

4-5 MIN: 20 X KB SWINGS

CONDITIONING

ANAEROBIC LACTIC

- **Fuel Source: Glycogen | stored carbohydrates**
- **Effort Duration: Short / Moderate | 20sec-2mins**
- **Intensity: High | Hard Effort**
- **Rest: Moderate / Long**

This energy system is used predominantly for high-intensity efforts extending beyond 15-20 seconds of work. Once the creatine phosphate system has been depleted, glucose in the blood and stored glycogen are used for fuel.

Along with energy (ATP), lactic acid is produced as a byproduct of this system.

As exercise intensity increases, so will the accumulation of lactic acid in the blood and muscles.

If it becomes too high, this system cannot continue and you'll experience shortness of breath, a burning sensation, and weakness in your muscles.

EXAMPLE

4 ROUNDS X EVERY 3 MINUTES

14 / 20 CAL BIKE ERG

8 X DEADBALL ALT REVERSE LUNGE

8 X DEADBALL SQUAT

REST 2 MINS

4 ROUNDS X EVERY 3 MINUTES

14 / 20 CAL SKI ERG

8 X DB PUSH PRESS

8 X PLANK SHOULDER TAP

CONDITIONING

ANAEROBIC A-LACTIC

- **Fuel Source: Stored ATP and CP | creatine phosphate**
- **Effort Duration: Very Short | 0-20 sec**
- **Intensity: Very High | Max Effort**
- **Rest: Long | 1:4 -1:10 Ratio**

This energy system is used for the bulk of the resistance training we do along with short, hard efforts up to 20 seconds of work. This energy system is referred to as 'alactic' meaning without lactate and 'anaerobic' meaning without oxygen.

The main benefit of training this energy system is creating muscle breakdown and mechanical adaptation. You create the stimulus, you recover, the body adapts increasing both strength and muscle mass.

EXAMPLE

BIKE / ROW / SKI ERG INTERVALS

4 ROUNDS @ 6 RPE

30 SEC WORK: 30 SEC REST

REST 2 MINS

6 ROUNDS @ 9 RPE

20 SEC WORK: 160 SEC REST

RECORD YOUR TOTAL METERS
FOR THE 6 ROUNDS.



MOBILITY

The final component of our program is mobility. You'll find our programming regularly incorporates exercises that challenge your joint's ability to move freely through a specific range of motion.

The goal is to be able to move through full range of motion without exertion and of course – pain free.

A combination of a sedentary lifestyle and a particular training style often causes the body to become stiff and rigid, decreasing its ability to get into the correct positions and move well.

Fortunately, we can manage this by including specific components in your programming.

GENERAL MOBILITY

You'll find each session starts with a structured warm-up where the goal is to prep the body for the session ahead.

Complete the programmed mobility drills daily, as a form of maintenance, to keep you moving without restriction.

It's doing these movements for 10 minutes per day, that compound over time.

EXAMPLE

60 SECONDS X THORACIC EXTENSION ON DEADBALL

60 SECONDS X SHOULDER DISLOCATES

60 SECONDS X SUBSCAP STRETCH

60 SECONDS X INCHWORM

60 SECONDS X SCAP PULL UP



EXERCISE ORDER

One of the most important factors in any training program is the order of the exercises. The first exercise of the day usually dictates the biggest training effect. With that in mind, knowing exactly what to do in each session is an important factor for success.

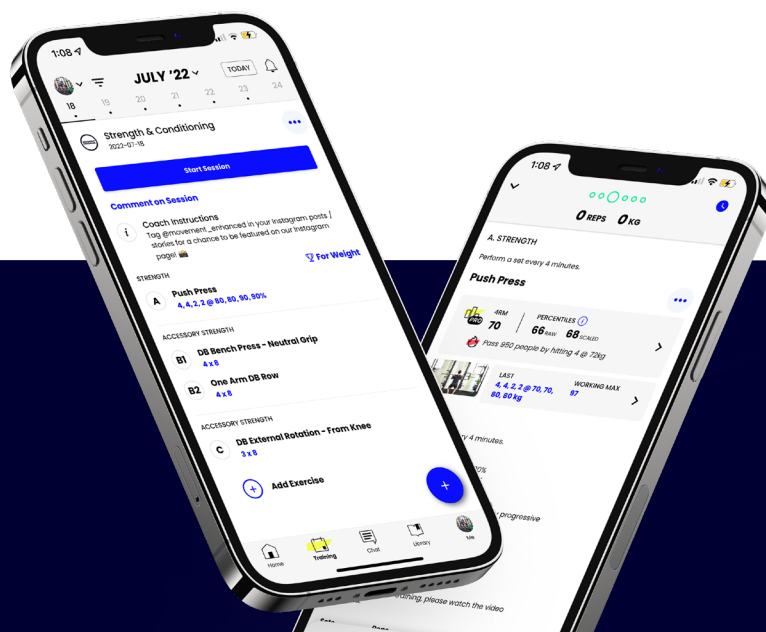
The letters next to the exercises are the order, known as the series. Depending on how the program is written, you may do the exercise by itself, as a superset, or even as a tri-set.

If an exercise is listed as a single letter, for example, A) then you will perform that exercise by itself, resting the prescribed time between sets.

If an exercise is written using the A1) / A2) system, this means it's a superset and you'll perform these exercises back to back before resting between sets.

PERFORM 1 SET OF A1
10-SEC REST
PERFORM 1 SET OF A2
120-SEC REST

If the series is written as a tri-set, it will follow the same format but includes A1) A2) and A3) exercises before you rest between sets.



EXERCISE TEMPO

It's a four-digit number that goes alongside the sets and reps for every exercise. If you think of sets and reps as two dimensions of programming, the third dimension is tempo. Prescribing a tempo is a great way to be sure what is written on the program is the stimulus created.

The number indicates the speed of each phase of contraction.

- > **Eccentric | Lowering Phase**
- > **Isomeric | Hold @ Bottom**
- > **Concentric | Lifting Phase**
- > **Isomeric | Hold @ Top**

By prescribing speeds for these phases, you can create variation in the movement.

EG. 20X0

2 SECOND ECCENTRIC (LOWERING PHASE)
0 SECOND ISOMERIC (HOLD @ BOTTOM)
EXPLOSIVE CONCENTRIC (LIFTING PHASE)
0 SECOND ISOMERIC (HOLD @ TOP)

FOR EXAMPLE:

ECCENTRIC FOCUSED.
PAUSE FOCUSED.
SLOW CONCENTRIC.
HOLDS IN THE STRETCH POSITION.
HOLDS IN THE LOCKOUT POSITION.



TRAINING PROGRAM

PROGRAM OVERVIEW

MONDAY	LOWER VOLUME	AEROBIC CONDITIONING
TUESDAY	UPPER INTENSITY	UPPER ACCESSORY STRENGTH
WEDNESDAY	LOWER RANGE	ANAEROBIC ALACTIC CONDITIONING
THURSDAY	UPPER VOLUME	AEROBIC CONDITIONING
FRIDAY	LOWER INTENSITY	LOWER ACCESSORY STRENGTH
SATURDAY	UPPER VOLUME	ANAEROBIC LACTIC CONDITIONING

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature.

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 2-3 sets between 30-60%.

- ▶ A1: BARBELL CYCLIST SQUAT 4 X 6 @ 22X0
- ▶ A2: DB ROMANIAN DEADLIFT 4 X 6 @ 22X0

Perform a set every 4 minutes.

Record your weights / reps and apply progressive overload each week.

B: CONDITIONING

AEROBIC CAPACITY

4 ROUNDS

- ▶ 0-3 MIN: BIKE / ROW / SKI ERG
- ▶ 3-4 MIN: 20 X ALT REVERSE LUNGES
- ▶ 4-5 MIN: 20 X KB SWINGS

Keep damper at 4 or below.

Keep RPM > 90 or S/M < 25. The goal of this session is to maintain 60-70% of MHR.

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature.

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 3-4 sets between 30-60%.

- ▶ **A: CLOSE GRIP BENCH PRESS 6 X 5,4,3,5,4,3 @ 21X0**

Perform a set every 4 minutes.

Strength Progression

Week 1: 6 x 5,4,3,5,4,3 @ 70-77.5%

Week 2: 6 x 5,4,3,5,4,3 @ 72.5-80%

Week 3: 6 x 5,4,3,5,4,3 @ 75-82.5%

Record your weights / reps and apply progressive overload each week.

B: ACCESSORY STR

- ▶ **B1: DIPS 3 X 8 @ 20X0**
- ▶ **B2: PENDLAY ROW 3 X 8 @ 21X0**
- ▶ **B3: PRONE T-FLY 3 X 12 @ 20X0**

Record your weights / reps and apply progressive overload each week.
Perform a set every 5 minutes.

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 2-3 sets between 30-60%.

- ▶ A1: DB SEATED GOOD MORNING 3 X 8 @ 2210
- ▶ A2: BANDED REVERSE NORDIC 3 X 8 @ 2210

Perform a set every 4 minutes.

Record your weights/reps and apply progressive overload each week.

B: CONDITIONING

AEROBIC CAPACITY

BIKE / ROW / SKI ERG INTERVALS

4 ROUNDS @ 6 RPE

- ▶ 30 SEC WORK: 30 SEC REST

REST 2 MINS

6 ROUNDS @ 9 RPE

- ▶ 20 SEC WORK: 160 SEC REST

Record your total meters for the 6 rounds.

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature.

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 2-3 sets between 30-60%.

- ▶ A1: OVERHEAD PRESS 4 X 8 @ 21X0
- ▶ A2: DB PRONE ROW 4 X 8 @ 20X0

Perform a set every 4 minutes.

Record your weights / reps and apply progressive overload each week.

B: CONDITIONING

AEROBIC CAPACITY

3 ROUNDS

- ▶ 0-2 MIN: 90 SEC BIKE ERG [> 90 RPM]
- ▶ 2-4 MIN: 12 GORILLA ROW + 12 KB PUSH PRESS
- ▶ 4-6 MIN: 90 SEC ROW [< 25 S/M]
- ▶ 6-8 MIN: 12 PUSH UPS + 24 BAND PULL APARTS

Keep damper at 4 or below.

Keep RPM > 90 or S/M < 25. The goal of this session is to maintain 60-70% of MHR.

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature.

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 3-4 sets between 30-60%.

- ▶ A: HIGH BAR BACK SQUAT 6 X 5,4,3,5,4,3 @ 20X0

Perform a set every 4 minutes.

Strength Progression

Week 1: 6 x 5,4,3,5,4,3 @ 70-77.5%

Week 2: 6 x 5,4,3,5,4,3 @ 72.5-80%

Week 3: 6 x 5,4,3,5,4,3 @ 75-82.5%

Record your weights / reps and apply progressive overload each week.

B: ACCESSORY STR

- ▶ B1: BARBELL HIP THRUST 3 X 8 @ 20X0
- ▶ B2: DB ALT REVERSE LUNGE 3 X 12 @ 1010
- ▶ B3: AB WHEEL ROLLOUT 3 X 8 @ 2010

Record your weights / reps and apply progressive overload each week.
Perform a set every 5 minutes.

WARM UP

CLICK VIDEO ICON TO WATCH
EACH EXERCISE VIDEO

5 MIN X ROW / BIKE / SKI / RUN

Light / moderate pace with the goal of elevating your heart rate and increasing your core temperature

5-10 MINS X GENERAL MOBILITY

Complete the following general mobility drills spending 60 seconds on each exercise.

- ▶ 60 SEC X THORACIC EXTENSION ON DEADBALL
- ▶ 60 SEC X SHOULDER DISLOCATES
- ▶ 60 SEC X SUBSCAP STRETCH
- ▶ 60 SEC X INCHWORM
- ▶ 60 SEC X SCAP PULL UP

A: STRENGTH

Warm Up: 2-3 sets between 30-60%.

- ▶ A1: INCLINE DB BENCH PRESS 3 X 6 @ 22X0
- ▶ A2: CHIN UP - SUPINATED 3 X 6 @ 20X0

Perform a set every 4 minutes.

Record your weights/reps and apply progressive overload each week.

B: CONDITIONING

ANAEROBIC LACTIC

4 ROUNDS X EVERY 3 MINUTES

- ▶ 14 / 20 CAL BIKE ERG
- ▶ 8 X DEADBALL ALT REVERSE LUNGE
- ▶ 8 X DEADBALL SQUAT

REST 2 MINS

4 ROUNDS X EVERY 3 MINUTES

- ▶ 14 / 20 CAL SKI ERG
- ▶ 8 X DB PUSH PRESS
- ▶ 8 X PLANK SHOULDER TAP

Aim to complete the 3 exercises within 2 mins. Rest for 1 minute before starting the next set.

TRAIN WITH US

Whether you train with us in person or follow our programming online, we have flexible options that get you results.

JOIN OUR GYM



Our strength & conditioning classes will fit with your schedule be it early morning, on your lunch break, or after work. We offer 6 training times/day so you have flexibility to fit with your busy lifestyle.

[VIEW MEMBERSHIPS](#)

TRAIN ONLINE



Follow our programming wherever you are and achieve the same results with our mobile-friendly programming that guides you through every step of your workout — no matter your training experience.

[VIEW MEMBERSHIPS](#)

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