



21st CENTURY
PERSONAL TRAINING SCHOOL

STRENGTH & CONDITIONING WORKSHOP

21st CENTURY PT SCHOOL

Datavägen 1 • 436 32 Askim, SWEDEN • info@21stcenturyptschool.se

www.21stcenturyptschool.se

1. Safety
2. Training Principles
3. Weightlifting/Olympic Lifting
4. The Exercises

Safety

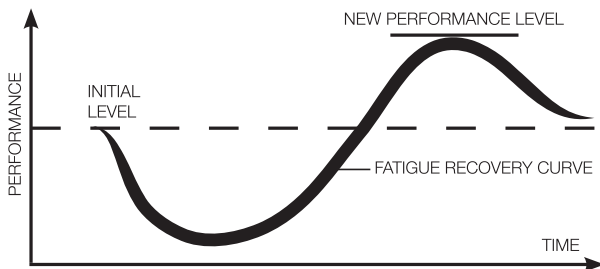
- As a PT your number 1 priority is the health and safety of your client. If they cannot perform an exercise correctly with good form, then it is your responsibility to stop them and prevent injury! This will show that you are a professional and you know what you are doing.
- The exercises presented in this workshop are safe to perform for a great deal of the population, BUT they are dangerous if not performed correctly, with good technique.
- Be sure to have enough space around you when practicing these exercises.

If performing them yourself, practice in front of a mirror or video tape yourself. If possible have someone review your technique periodically.
- Always start with light weight. Resist the temptation to add more weight until the technique is satisfactory.
- Be aware that you may have to address mobility and flexibility issues before you can begin programming with these exercises.

Training Principles

S & C is concerned with physical preparation for competition. It should enhance the performance of an athlete or team.

Progressive Overload - A continual and gradual increase in workload.



Super-compensation

- adequate recovery = new level of performance
- Training too difficult, no recovery = bad results
- Training too easy = bad results

Specificity - Requires creating adaptations that are specific to the training that will enhance performance.

Variety - Programming requires changing the training variable to consistently produce results.

Individuality - Involves tailoring the training to the individual's goals, weaknesses, strengths etc.

Recovery - Training + Rest = Training Effect = Results

Reversibility -

Training Variables

Type - Max strength, interval, mobility etc.

Frequency - How often?

Intensity - How hard?

Volume - How much?

Duration - How long?

3. Weightlifting/Olympic Lifting

- Develops strength, speed, power and flexibility.
- Other benefits include improved co-ordination, agility, accuracy and balance.
- The movements involved elicit high neuroendocrine response. Hormonal or neurological adaptations.
- They are safe for the general public to use if done correctly or under supervision.

4. The Exercises

- Deadlift, Sumo Deadlift
- Squat, Front Squat, Overhead Squat
- Press, Push Press, Push Jerk
- Hang Power Clean, Power Clean, Clean
- Hang Power Snatch, Power Snatch, Snatch

Deadlift

- Feet between hip and shoulder width, weight on the heels.
- Neutral Spine, stomach tight.
- Shoulders slightly in front of the bar.
- Bar in contact with the shins.

Sumo Deadlift

- Feet wider than shoulder width, weight on the heels
- Neutral Spine, stomach tight.
- Shoulders slightly in front of the bar, bar in contact with shins.
- Arms straight, hands inside the knees.

Squat

- Feet approximately shoulder width, toes slightly out (maximum 30 degrees).
- Weight on the heels.
- Maintain lumbar curve, chest up, eyes just above horizontal.
- Hips travel back and down, knees tracking in line with feet.

Front Squat

- Bar racked on the shoulders, hands outside the shoulders or arms crossed.
- Elbows high as possible, preferably upper arm horizontal.
- As you descend, push elbows up.
- Begin ascent by pushing the elbows up

Overhead Squat

- Bar held overhead with a wider grip. Bar should be in same plane as feet.
- Shoulders must be active and elbows locked.
- Maintain constant upward pressure on the bar and keep shoulders active.

Press (Military Press)

- Feet hip width, hand just outside shoulder width.
- Elbows down and under the bar.
- Drive through the heels keeping the whole body rigid (tight stomach).
- Head accommodates for bar allowing it to travel vertically. (not around the head).
- Elbows locked out and active shoulders.

Push Press

- Dip: small flexion of the hip (knees forward, bottom back) keeping the torso vertical.
- Drive: Rapid full extension of the hip.
- Press bar above head in same pattern as Shoulder Press.

Push Jerk

- Same setup as the Shoulder Press and Push Press.
- Dip, Drive and Press as in Shoulder Press and Push Press.
- Drive powerfully, jumping and landing with feet slightly wider.
- As you press, dip again, driving the body down under the bar.
- Catch the bar with arms locked overhead.
- Stand so hips are at full extension.



We at 21st hope that this workshop has been of benefit to you, we hope that you continue to further your education in the areas of health, sport and fitness with DS Trademark and wish you all the best with your future plans, educations and successful careers.



21st CENTURY
PERSONAL TRAINING SCHOOL

Datavägen 1 • 436 32 Askim, SWEDEN • info@21stcenturyptschool.se

www.21stcenturyptschool.se