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BRIDGING THE GAP

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NSCA
NATIONAL STRENGTH AND CONDITIONING ASSOCIATION
Strongman Training is for Everybody!

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Introduction

• Strongman can help coaches/trainers
  – Improve performance
  – Reduce risk of injury
  – Reduce boredom, increase variety
  – Promote team unity
  – Build self-efficacy
After this session, you will be able to:

• Understand the fundamentals of strongman training
• Identify strongman lifts and variations
• Incorporate strongman programming to match athlete Needs Analysis
• Progress athlete/client from beginner to intermediate strongman lifts
everyone stronger!
Strongman - the Sport

- Sanctioned by NAS or USS
- Usually 5 events
  - Press
  - Pull
  - Carry
  - Deadlift
  - Load
Sanctioned Events

• Press
  – Barbell Push Press
  – Circus Dumbbell
  – Axle Clean and Press
  – Log Press

• Carry
  – Farmer’s Walk
  – Yoke Walk
  – Atlas Stones
  – Conan’s Wheel
  – Sandbag/Keg

• Deadlift
  – Max -- Axle -- Reps
  – 18” -- Car Frame

• Pull
  – Truck -- Sled
  – Arm over arm

• Static Hold/Grip
  – Farmers’ Hold
  – Crucifix Hold

• Non-Sanctioned
  – Hussafell
  – Fingal Fingers
Strongman for Everybody Training Methodology

Based on Athlete’s/Client’s Needs Analysis
- Goals
- Training Age
- Injury Profile
- Movement Screen
- Test Results
Athleticism/Athlete/Athletic Readiness

• Farmboy Strength (Gambetta, 2012)
  – Push -- Pull --Squat
  – Lunge – Rotate -- Brace

• Athletic skills in and out of the context of a specific sport

• Sport for All, Play for Life (Farrey, 2015)
  – Anyone who has a body

  – Adequate preparation of the biological, social, physiological and psychological domains for sport and competition
Goals

- **Process**
  - Team Unity/Group Ex
  - Conditioning
  - Fitness

- **Product**
  - Stronger
  - Strength in Motion-
    horizontal force production
  - Power
  - Metabolic Conditioning
  - Core Stability
Sandbags, Kegs, Tires (Imperfection Training)

• Effective injury prevention techniques include
  – learning how to miss a lift
  – imperfection training, “the capability of coping with unexpected and sub-optimal conditions.”
  – Recouping Strategies
  – Mental and physical preparedness
Training Age

- Training Age = 0
- Training Age = 1
- Training Age = 2+

- When is strongman appropriate?
Injury Profile/Movement Screen

• Identify postural issues
• Correct movement deficiency
• Provide muscle balance
• Strongman is strength in motion
Test Results

• Did you select tests based on athlete/team goals?
• Were the tests appropriate for the athlete’s training age?
• A feat of strength is not the same as a test for strength
• Establish movement competence
Exercise Selection

- No Equipment
  - Farmer’s Carry/Hold
  - “Sled” Drag/Push
  - Sandbag
  - Trap Bar Deadlift
  - Yoke with Bar

- Equipment
  - Atlas Stone Lap
  - Axle Deadlift/Log Press
  - Kegs (Toss and carry)
  - Yoke
Farmer’s Carry
“Sled” Drag/Push
Sandbag
Atlas Stones
Axle/Log
Keg
Yoke
Etc.
Etc.
Program Design

What Can you Use for?
- Mobility - Tire starting position
- Core - Farmer’s Walk
- Power - Circus Dumbbell
- Strength - Car Deadlift
- Met Con - Medleys

Movement Checklist
- Hor Push/Hor Pull
- Vert Push/Vert Pull
- Hinge
- Carry
- Split
- Release
- Core
- Isometric
- Twist
Programming for Beginners

- Training Age 0
  - Circuit
  - 6-8 exercises
  - Variety of implements, body weight, and machines
  - Strength-endurance 2 for 2 Rule, and the Rule of 1

- No standardized technique but maintain proper form
- Select exercises within their skill set
- Build self-efficacy by including events of client/athlete’s liking
Program design variables--beginner

<table>
<thead>
<tr>
<th>Program Design Variable</th>
<th>Recommendation for Training Age 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Selection</td>
<td>Variety of equipment, once technical competency in body weight movements demonstrated</td>
</tr>
<tr>
<td>Volume and Intensity</td>
<td>Inverse relationship, with attention to technique and prevention of overtraining. 1-2 sets, ≤ 60% 1RM, for a range of exercises and patterns (1-3 reps when learning squats or cleans, for example)</td>
</tr>
<tr>
<td>Rest Periods</td>
<td>1 minute (increased rest periods for increased intensity)</td>
</tr>
<tr>
<td>Training Frequency</td>
<td>2-3 non-consecutive days</td>
</tr>
<tr>
<td>Repetition Velocity</td>
<td>Moderate (progresses as training age increases)</td>
</tr>
</tbody>
</table>
Sample Beginner Program

<table>
<thead>
<tr>
<th>Exercise (performed as one circuit with 1 min rest between exercises)</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodyweight squat</td>
<td>1-3 repetitions with technical competency</td>
</tr>
<tr>
<td>Tubing chest press</td>
<td>50% 1RM, 10 repetitions</td>
</tr>
<tr>
<td>Farmer’s Walk</td>
<td>Empty handles on elevated platform, walk for 10 seconds</td>
</tr>
<tr>
<td>Bodyweight Split Squat</td>
<td>5-6 repetitions each leg</td>
</tr>
<tr>
<td>Cable Rows</td>
<td>50% 1RM, 10 repetitions</td>
</tr>
<tr>
<td>Plank</td>
<td>10 sec x 2 sets with technical competency</td>
</tr>
<tr>
<td>Trap Bar Deadlift</td>
<td>Empty bar 1-3 repetitions with technical competency</td>
</tr>
<tr>
<td>Lateral Band Walks</td>
<td>Light band x 10 steps in each direction</td>
</tr>
</tbody>
</table>
Sample intermediate program

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoke Walk</td>
<td>Yoke, 50 ft. (15.24 meters) x 3 trips</td>
</tr>
<tr>
<td>Chest Flyes</td>
<td>50% 1RM, 10 repetitions x 2 sets</td>
</tr>
<tr>
<td>Farmer’s Hold</td>
<td>50% Bodyweight in each hand, Hold 10 seconds x 3 sets</td>
</tr>
<tr>
<td>Landmine Squat to Press (simulates Fingal Fingers)</td>
<td>25% Bodyweight x 5 repetitions x 2 sets</td>
</tr>
<tr>
<td>Tire Flip</td>
<td>150 lbs. (68 kilos) x 5 flips x 2 sets</td>
</tr>
<tr>
<td>Battle Ropes</td>
<td>50 ft. (15.24 meters) rope x 15 seconds x 3 sets</td>
</tr>
<tr>
<td>Sandbag Carry</td>
<td>25% BW, 50 ft. (15.24 meters) x 3</td>
</tr>
</tbody>
</table>
Medleys
(Improves all Strength Attributes)

• Strongman training can improve speed-strength, strength-speed, maximum strength, hypertrophy, and strength-endurance.

• Programs can be written that are strongman-only training or strongman exercises infused into more traditional strength training programs.
Equating strongman and traditional lifts

• Time under tension
  – Reps of deadlift and distance for farmer’s walk

• Triple extension
  – Clean and keg toss

• Lower body strength
  – Squat and yoke
  – Db row and arm-over-arm sled pull
Evidence

Conclusion

• Strongman can help coaches
  – Improve performance
  – Reduce risk of injury
  – Reduce boredom, increase variety
  – Promote team unity
  – Build self-efficacy
Stay in Touch!

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