
STRENGTHEN
SUSTAIN
SUCCEED
THE
RED ON
REVOLUTION
COACH MIKE CHADWICK
WFH
ORIGINAL

TACTICAL TAKEAWAY 1

Write down what is currently going to stop you, so that you can see how to work around it.

FAMILY

MONEY

TIME

BATTLEFIELD

JOB

RESPONSIBILITIES

EQUIPMENT/ FACILITIES ACCESS

TACTICAL TAKEAWAY 2 THE MCGILL BIG 3 + 1 - AKA THE COACH MIKE BIG 4

1. THE BIRD DOG

BIRD DOG
FIGURE. 1

Kneel down on the floor and lean forward, bearing your weight on your hands. Place your hands shoulder width apart, directly underneath your shoulder blades and your knees directly underneath your hips. This is your start position.

BIRD DOG
FIGURE. 2

Inhale, brace and without movement anywhere else, simultaneously extend your left arm and right leg. Clench your fist and ensure your leg extension only goes as far as your mobility allows. Keep your back straight, resisting any rotation or hyperextension. This is your top position. Hold for 10 - 15 seconds.

BIRD DOG
FIGURE. 3

Slowly lower both your arm and leg at the same time. Touch your knee with your elbow and pause. This is your bottom position.

BIRD DOG
FIGURE. 4

After a pause, slowly return the same arm and leg back to the top position. Repeat this movement 2-4 times on the same side before resting and repeating on the opposite side.

TACTICAL TAKEAWAY 2 THE MCGILL BIG 3 + 1 - AKA THE COACH MIKE BIG 4

2. SIDE PLANK

SIDE PLANK
FIGURE. 1

Lay on your right side, with your legs straight and right elbow directly under your right shoulder blade. Place your left hand on your left hip. This is your bottom position. Inhale, brace and slowly raise your hips towards the ceiling.

SIDE PLANK
FIGURE. 2

Ensure your body is in one straight line and your hips are not rotating forward. This is your top position. Hold for 10 - 15 seconds then slowly lower your body to bottom position. Repeat this movement 2-4 times then repeat on the opposite side.

3. THORACIC CURL-UP

THORACIC CURL-UP
FIGURE. 1

Lay on your back and bend your left knee, placing your foot flat on the floor, keeping your right leg straight. Place your hands under your lower back to support your natural lumbar curve.

THORACIC CURL-UP
FIGURE. 2

Inhale and lift your head off the ground as you tuck your chin to your chest, squeezing and tightening your entire trunk, including the pelvic floor. Shoulders should be slightly off the ground. Hold for 10 - 15 seconds then slowly lower your head. Alternating legs, complete 2-4 reps on each side.

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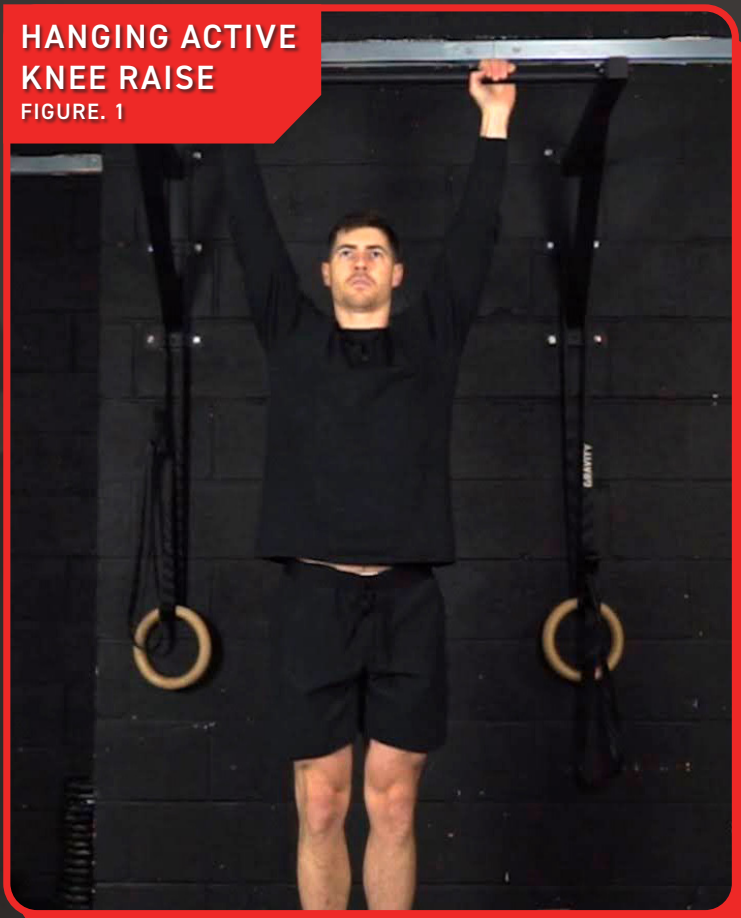
4. HANGING ACTIVE KNEE RAISE

HANGING ACTIVE KNEE RAISE
FIGURE. 1



Hanging from a bar with your legs together, brace your core and slowly lift your knees to your chest.

HANGING ACTIVE KNEE RAISE
FIGURE. 2

Slowly lower your legs and repeat for 2-4 reps.

CLICK HERE FOR FULL VIDEOS OF THE COACH MIKE BIG 4

TACTICAL TAKEAWAY 3

1REP MAX STRENGTH CALCULATOR

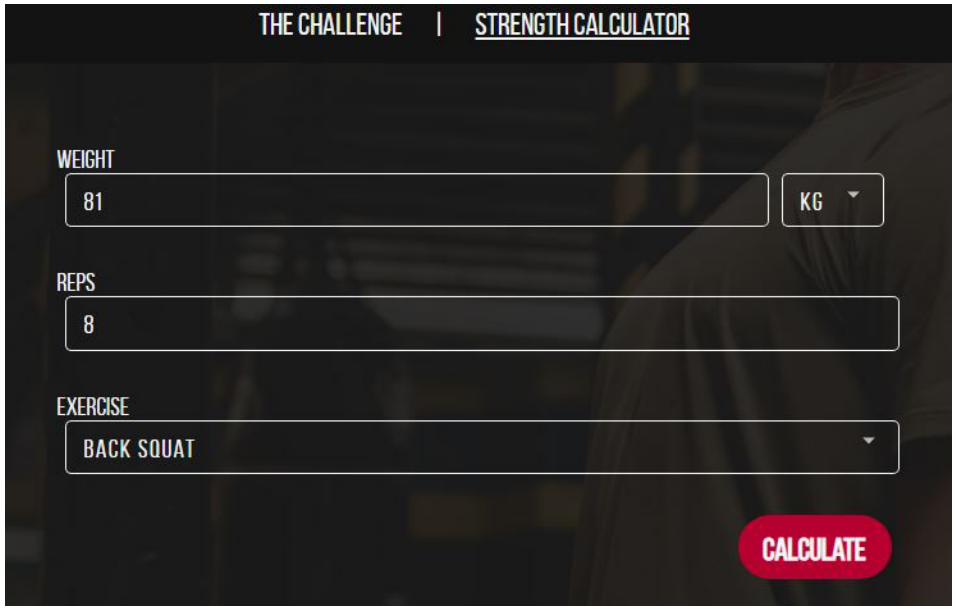
I want you to do some testing! Using the example of the back squat exercise – we're going to find your 1 rep maximum, and identify how many sets and reps you'll need to do, and at what weight for the desired aim. We will achieve this using my 1RM Strength Calculator.

Input the weight you can lift, and for how many reps.

CLICK HERE FOR 1 REP MAXIMUM CALCULATOR

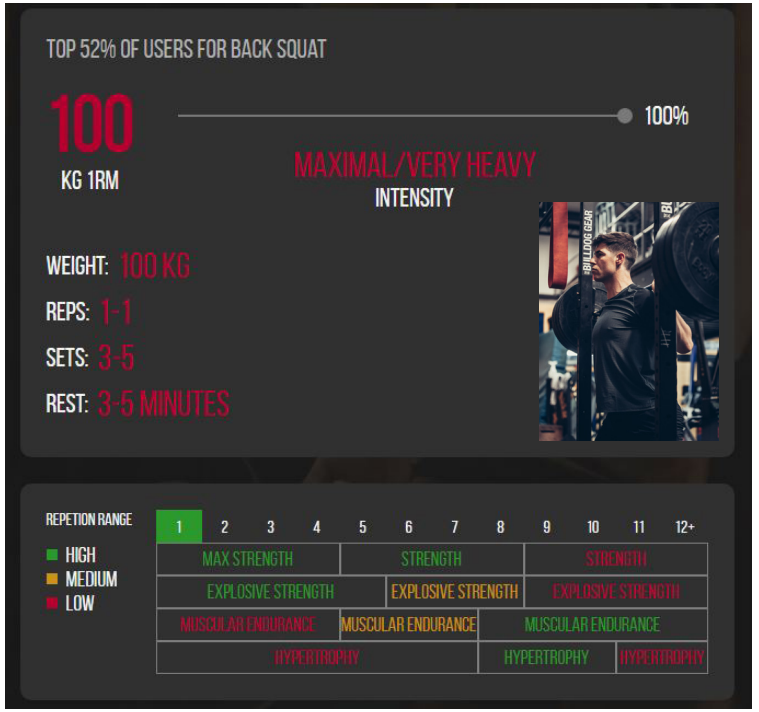
Have a look at the example below:

STENGTH CALCULATOR EXAMPLE 1



Alongside your result I have also included a scale/chart saying what % you need to aim for in each area, and how many sets and reps and what recovery period you need. Have a look at the example below:

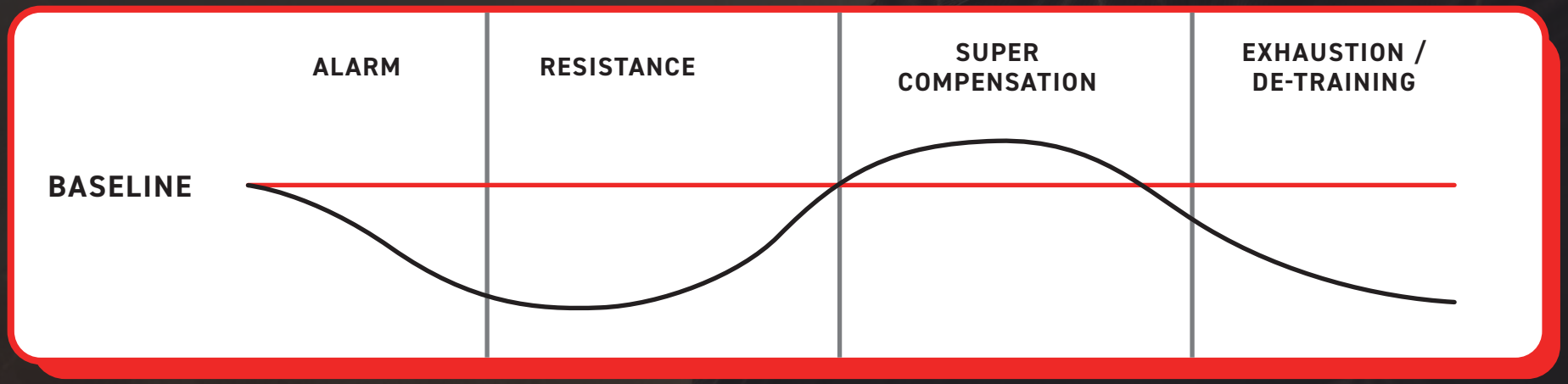
STENGTH CALCULATOR EXAMPLE 2



TACTICAL TAKEAWAY 4

GENERAL ADAPTATION SYNDROME

ALARM	RESISTANCE	SUPER CONPENSATION	OVER TRAINING
SHOCK – INITIAL RESPONSE TO STRESS	ADAPTATION OCCURS	NEW LEVEL OF ADAPTATION ABOVE ORIGINAL BASELINE	STRESS IS TOO HIGH WITH INSUFFICIENT RECOVERY



TACTICAL TAKEAWAY 4

THE THREE COLUMNS

SUPERCOMPENSATION

If your training load is adequate, and the timing and application of the training stress is correct through individualised programming, then a supercompensation effect will occur. Then you will positively adapt.

UNDERTRAINING

If training is too easy, and we undertrain for too long, there will be very little adaptive response and we will lose the hard work put into it previously. Simply put, the principle of reversibility is use it or lose it.

UNDER-REACHING

We need to allow the body to rest and adapt, but we can still remain active.

TRAINING

Where most of our time is spent, but never all of our time. Monotonous volume, intensity and training methods, and ultimately stagnate performance. Our nervous systems no longer being challenged by stress in order to adapt.

OVER-REACHING

We need to stress the body to adapt, but not so much it has adverse effects.

OVER TRAINING

If training is too intense and we end up overtraining for too long, then supercompensation will not occur, exhaustion is likely and we are at higher risk of injury or illness.

The longer you spend in one column, the longer you must spend in the opposite column.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