



Complex Training

If you want to look like an athlete, train like one!

When you watch the Olympics and see the sprinters flying around the bend at maximum speed, or the gymnasts tumbling and vaulting, they look super human. Their physiques are lean, toned and strong, they train to perform and that means focusing on the different types of muscle fibres relevant to their goals. This workout combines fibre types with tempo to get you firing and recruiting many more muscles than your regular workout to get you looking like the athlete you deserve to be.

If you haven't come across this type of training before then you're in for a shock. The majority of people I chat to who follow a structured program will tend to stick to the same sort of progressions when carrying out their workout. They tell me they're mixing up the rep range or performing split routines of upper/lower body days, but rarely do I hear them mentioning tempo or neural stimulation.

Mixing Strength and Power movements together gets your central nervous system (CNS) on full alert and allows you to stress your body in multiple ways which predominantly uses your fast twitch fibres. The first part of the superset is slow and heavy which alerts your CNS and primes it for the quick rapid movement that follows.

Note: Form is paramount when performing plyometric (power) exercises and a thorough warm up is required.

This workout is most suitable for people with at least a 3 year lifting history!

The Strength/power superset is based on 5 sets with the split of 3 reps strength and 8 reps power. 2-3 mins rest between sets. Allow 48 to 72 hours between workouts depending on experience and age.

Complex 1

A1: **Squats** – 90% 1 rm

A2: **Box jumps** - B/w (Bodyweight) - (Using 2 boxes at level height drop down from one and immediately with flat landing jump to the other)

B1: **Bench press** – 90% 1 rm

B2: **Plyo press up** – B/w - (Using 2 small steps push off the floor onto the steps and repeat back to the floor)

C1: **Romanian Deadlift** (RDL) – 90% 1 rm

C2: **Glute/ham raise** – B/w – (Lying prone on machine pull back with straight torso to vertical)

Complex 2

A1: **Push press** – 90% 1 rm

A2: **Squat Press Med ball vertical throws**

B1: **Split squat** – 90% 1 rm

B2: **Split box jumps** – B/w (Using 2 boxes at level height stand astride on both then drop to two footed take off and land in opposite split stance)

C1: **Chins**- 90% 1 rm (add)

C2: **10 m Rope Climb**

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Contact Gareth for further information and advice!