

westside barbell conjugate method pdf

westside barbell conjugate method pdf is a sought-after resource for strength athletes, powerlifters, and coaches aiming to understand and implement one of the most effective training systems in the world. This method, developed and popularized by Louie Simmons at Westside Barbell, emphasizes dynamic effort, maximal effort, and repetition effort training to maximize strength and power gains. Accessing a westside barbell conjugate method pdf allows enthusiasts to study the methodology in detail, including its unique exercise variations, periodization strategies, and accessory work. This article will explore the origins and principles of the conjugate method, its core components, and practical applications. Additionally, it will highlight what to expect from such a pdf resource and how it can be integrated into various training programs. The following sections provide a comprehensive overview to enhance understanding and application of the conjugate system.

- Origins and Philosophy of the Westside Barbell Conjugate Method
- Core Components of the Conjugate Method
- Structure and Periodization in the Westside System
- Benefits of Using a Westside Barbell Conjugate Method PDF
- Implementing the Conjugate Method in Training

Origins and Philosophy of the Westside Barbell Conjugate Method

The westside barbell conjugate method pdf often begins by detailing the history and philosophy behind the system. Created by Louie Simmons, a renowned powerlifting coach and lifter, the method was developed to overcome plateaus and enhance maximal strength through varied training stimuli. The conjugate method combines multiple training modalities within a single week, challenging the body in different ways to promote continual adaptation. Unlike traditional linear periodization, this system emphasizes rotating exercises and training intensities to prevent stagnation and overuse injuries.

The Evolution of the Conjugate Method

The conjugate method was adapted from Soviet training principles, which focused on targeting different strength qualities simultaneously rather than sequentially. Louie Simmons modified these concepts to fit powerlifting, incorporating maximal effort days for absolute strength, dynamic effort days for speed and explosiveness, and repetition effort days for hypertrophy and muscular endurance. The westside barbell conjugate method pdf usually includes historical context and insights into how these components synergize to produce elite-level strength.

Philosophical Foundations

The core philosophy of the conjugate method revolves around continuous improvement and injury prevention. It advocates for constant variation in exercise selection and intensity to avoid neurological and muscular adaptation plateaus. This approach helps maintain high training quality and intensity. A westside barbell conjugate method pdf typically stresses the importance of individualizing programming and monitoring recovery to optimize performance gains.

Core Components of the Conjugate Method

A comprehensive westside barbell conjugate method pdf outlines the key components that comprise the training system. These include the maximal effort method, dynamic effort method, and repetition effort method, each targeting different aspects of strength development. Understanding these components is crucial for applying the system effectively.

Maximal Effort Method

This component focuses on lifting maximal loads, usually close to 90-100% of one's one-repetition maximum (1RM), to develop absolute strength. Lifters perform variations of the squat, bench press, or deadlift once or twice per week during maximal effort days. The westside barbell conjugate method pdf explains how rotating exercises regularly helps avoid overtraining and targets different muscle groups and joint angles.

Dynamic Effort Method

The dynamic effort method is designed to improve speed and power by lifting submaximal weights explosively. Typically, athletes perform lifts at 50-70% of their 1RM with an emphasis on bar speed and technique. This method trains the nervous system to recruit motor units rapidly, enhancing overall explosiveness. A westside barbell conjugate method pdf will provide protocols on volume, intensity, and exercise selection for dynamic effort days.

Repetition Effort Method

Repetition effort training targets muscular hypertrophy, endurance, and injury prevention through higher repetitions with moderate weights. This component complements maximal and dynamic efforts by strengthening weak points and improving muscle balance. The pdf resource often lists accessory exercises tailored to individual needs and common weaknesses encountered in powerlifting.

Structure and Periodization in the Westside System

The westside barbell conjugate method pdf typically contains detailed information on program structure and periodization strategies. Unlike traditional linear periodization, the conjugate method uses a nonlinear, concurrent approach, allowing athletes to train multiple strength qualities

simultaneously. Understanding this structure is vital for effective programming and progression.

Weekly Training Layout

The conjugate method divides training into four main sessions each week: two maximal effort days (one upper body, one lower body) and two dynamic effort days (one upper body, one lower body). This layout balances intensity and recovery while targeting all strength facets. The westside barbell conjugate method pdf provides sample weekly schedules and emphasizes the importance of exercise rotation to maintain stimulus variety.

Exercise Rotation and Variation

Regular rotation of exercises, typically every 1-3 weeks, is a hallmark of the conjugate method. This prevents adaptive resistance and reduces injury risk by varying joint angles and muscle activation patterns. The pdf guides users on selecting effective variations for squats, deadlifts, bench presses, and accessory work to optimize strength gains.

Benefits of Using a Westside Barbell Conjugate Method PDF

Accessing a westside barbell conjugate method pdf offers numerous advantages for athletes and coaches seeking a structured and proven strength training system. The resource consolidates complex training principles, protocols, and exercise variations into an accessible format.

Comprehensive Training Guidelines

A well-designed pdf provides in-depth explanations of the conjugate method's components, periodization, and exercise selection. It often includes sample programs, training templates, and progression strategies. This compilation helps lifters understand the method's nuances and apply it effectively to their training.

Enhanced Programming Flexibility

The pdf format allows for easy reference and customization. Users can adapt templates based on individual goals, training experience, and recovery capacity. The westside barbell conjugate method pdf typically includes guidelines for modifying volume, intensity, and exercise choice to suit different athlete profiles.

Injury Prevention and Recovery Strategies

Incorporating accessory exercises and recovery principles is fundamental in the conjugate system. A dedicated pdf often highlights these aspects, helping athletes maintain longevity in training by

addressing muscular imbalances and joint health.

Implementing the Conjugate Method in Training

Practical application of the conjugate method requires understanding how to structure workouts, select exercises, and monitor progress. A westside barbell conjugate method pdf serves as a valuable tool for this purpose.

Setting Up Maximal Effort Days

Maximal effort days focus on testing and improving 1RM strength through specific lifts and their variations. The pdf details how to choose suitable exercises, warm-up protocols, and set-rep schemes to maximize strength gains while minimizing injury risk.

Programming Dynamic Effort Sessions

Dynamic effort training emphasizes speed and technique with lighter loads. The pdf outlines optimal rep ranges, rest intervals, and exercise variations to enhance explosive strength. Proper implementation ensures nervous system adaptation and improved bar speed.

Accessory Work and Recovery

Accessory exercises target weak points and muscular imbalances. The conjugate method pdf often categorizes accessory movements by muscle group and purpose, aiding in effective programming. It also includes recommendations for recovery modalities and monitoring fatigue to maintain training quality.

Sample Weekly Training Plan

- Monday: Maximal Effort Lower Body (e.g., box squats, deadlift variations)
- Tuesday: Maximal Effort Upper Body (e.g., bench press variations, overhead press)
- Thursday: Dynamic Effort Lower Body (speed squats, speed pulls)
- Friday: Dynamic Effort Upper Body (speed bench press, plyometrics)

This sample plan illustrates the balance of intensity and volume within a typical conjugate week, which can be found in detail in many westside barbell conjugate method pdf guides.

Frequently Asked Questions

What is the Westside Barbell Conjugate Method?

The Westside Barbell Conjugate Method is a strength training system developed by Louie Simmons, focusing on rotating exercises to improve maximal strength, speed, and power by combining maximal effort, dynamic effort, and repetition methods.

Where can I find a reliable PDF guide on the Westside Barbell Conjugate Method?

Reliable PDFs on the Westside Barbell Conjugate Method can often be found on official Westside Barbell websites or through reputable strength training forums and educational platforms. Always ensure to use authorized sources to respect copyright.

What are the main components of the Westside Barbell Conjugate Method outlined in PDFs?

The main components include Max Effort days (lifting maximal loads), Dynamic Effort days (speed and explosive lifts), and Repetition Effort days (muscular hypertrophy and endurance), combined with rotating exercises to prevent plateaus.

How does the conjugate method differ from traditional linear periodization?

Unlike linear periodization, which gradually increases intensity over time, the conjugate method rotates different exercises and training focuses weekly to continuously stimulate strength gains and avoid adaptation.

Can beginners use the Westside Barbell Conjugate Method PDF for their training?

While the method is highly effective, it is generally recommended for intermediate to advanced lifters due to its intensity and complexity. Beginners should first build a solid foundation before fully implementing the conjugate method.

What types of exercises are typically included in the Westside Barbell Conjugate Method program PDFs?

Exercises include variations of the squat, deadlift, and bench press, along with accessory movements such as good mornings, box squats, speed pulls, and various pressing and pulling exercises to target weaknesses.

Are there any downloadable Westside Barbell Conjugate

Method PDFs that include sample training templates?

Yes, many PDFs available online include sample weekly training templates illustrating max effort, dynamic effort, and accessory work schedules. These templates help lifters structure their workouts effectively following the conjugate method principles.

Additional Resources

1. *Westside Barbell Book of Methods*

This book, authored by Louie Simmons, the founder of Westside Barbell, provides an in-depth look at the conjugate method he developed. It covers training principles, exercise selection, and programming strategies that have made Westside Barbell famous for powerlifting success. Readers gain practical insight into dynamic effort, max effort, and repetition effort days.

2. *The Westside Barbell Conjugate Method Explained*

A comprehensive guide that breaks down the conjugate method for athletes and coaches. This book explains how to cycle different training modalities to build maximal strength and improve athletic performance. It includes sample templates and tips on customizing the program for individual needs.

3. *Conjugate Training for Powerlifting: The Westside Way*

Focused specifically on powerlifters, this title explores how to use the conjugate method to enhance squat, bench press, and deadlift numbers. It details the importance of accommodating resistance, speed work, and accessory exercises in building a balanced, injury-resistant lifter.

4. *Westside Barbell Conjugate Method PDF Manual*

A downloadable manual that compiles essential Westside Barbell conjugate method principles and workouts. It's designed for quick reference and practical implementation, featuring diagrams and detailed explanations of key exercises and weekly programming.

5. *Strength Training with the Westside Barbell Method*

This book offers a broader perspective on strength training using Westside Barbell's conjugate approach. It emphasizes the importance of variation, recovery, and mental toughness, making it suitable for athletes in various sports beyond powerlifting.

6. *The Science Behind Westside Barbell's Conjugate System*

Delving into the biomechanics and physiology underpinning the conjugate method, this book helps readers understand why the program works. It reviews research on neural adaptation, muscle recruitment, and periodization related to Westside training principles.

7. *Westside Barbell for Beginners: Conjugate Method Fundamentals*

A beginner-friendly introduction to the conjugate method, this book simplifies complex concepts and offers step-by-step guidance. It includes beginner programming examples and advice on technique, recovery, and nutrition to support strength gains.

8. *Advanced Westside Barbell Programming Strategies*

Targeted at experienced lifters and coaches, this book explores advanced conjugate method modifications and periodization strategies. It discusses how to integrate Westside principles with other training systems and tailor programs for peak competition performance.

9. *Westside Barbell Accessory Work and Injury Prevention*

This title focuses on the accessory exercises used in the conjugate method to strengthen weaknesses and prevent injuries. It provides detailed descriptions, progressions, and tips on balancing accessory work with main lifts for optimal results.

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Westside Barbell Conjugate Method PDF: Unlock Your Strength Potential

Are you plateauing in your strength training? Tired of the same old routines yielding diminishing returns? Do you crave a system proven to build raw power and resilience, even if you're an experienced lifter? Then you need to understand the Westside Barbell Conjugate Method. This isn't just another workout plan; it's a strategic approach to strength development that has transformed countless athletes.

This comprehensive guide, "Mastering the Westside Barbell Conjugate Method," provides a detailed, easy-to-understand breakdown of this powerful system, helping you overcome common strength training obstacles and achieve unprecedented results.

What you'll discover inside:

Introduction: Understanding the Conjugate System's Philosophy and Principles.

Chapter 1: Foundation – Building Your Base Strength. This chapter details the importance of foundational lifts, proper programming, and individualization.

Chapter 2: Dynamic Effort (DE) Training: Mastering speed and power development through explosive movements.

Chapter 3: Repetition Effort (RE) Training: Building maximal strength through low-rep, high-intensity training.

Chapter 4: Max Effort Method (ME): Pushing your absolute limits safely and effectively.

Chapter 5: Accessory Work & Recovery: Optimizing your support exercises and rest protocols for optimal results.

Chapter 6: Periodization and Program Design: Creating a customized training plan tailored to your goals and experience.

Chapter 7: Troubleshooting & Common Mistakes: Identifying and correcting errors to prevent plateaus and injuries.

Conclusion: Maintaining Long-Term Progress and Adapting the Conjugate Method.

Mastering the Westside Barbell Conjugate Method: A Deep Dive

Introduction: Understanding the Conjugate System's Philosophy and Principles

The Westside Barbell Conjugate Method isn't just a workout routine; it's a philosophy. Developed by Louie Simmons at Westside Barbell, this system prioritizes maximizing strength gains by employing a variety of training methods simultaneously. The core principle revolves around conjugation - combining different training methodologies to create synergistic effects. Instead of relying on linear progression, the Conjugate Method uses a non-linear approach, constantly changing variables to keep the body adapting and progressing. This prevents plateaus and enhances overall strength development. This introduction serves as a foundation, laying out the core tenets of the system—de-emphasizing linear progression in favor of planned variation and specialized exercises targeting specific weaknesses. It will outline the key methods employed (Max Effort, Dynamic Effort, Repetition Effort) and provide a high-level overview of the system's structure and goals.

Chapter 1: Foundation - Building Your Base Strength

Before diving into the advanced techniques of the Conjugate Method, establishing a solid foundation is crucial. This chapter focuses on building a robust base of strength through fundamental compound movements like squats, deadlifts, bench presses, and overhead presses. It emphasizes proper form and technique over lifting excessively heavy weight prematurely. This is about building the foundational strength needed to handle the more intense training methods that will follow. Topics discussed include:

Selecting the right foundational lifts: Understanding the variations and benefits of each (e.g., low-bar vs. high-bar squat).

Progressive overload: Gradually increasing the weight, reps, or sets over time to consistently challenge your muscles.

Proper form and technique: Mastering the correct technique to maximize results and prevent injuries.

Assessing individual needs and weaknesses: Identifying areas requiring specific attention.

Building a solid base before progressing to advanced methods: Avoiding the common mistake of jumping into advanced training without proper preparation.

Chapter 2: Dynamic Effort (DE) Training

Dynamic Effort (DE) training focuses on explosive movements performed at submaximal weights. The goal is to improve speed and power output. This chapter details the principles of DE, the recommended exercises, and how to program them into a training cycle. It will cover:

Understanding the speed-strength relationship: How increasing speed enhances maximal strength.
Choosing appropriate exercises for DE: Focusing on movements that allow for high velocity.
Determining the appropriate weight: Finding the sweet spot that allows for maximal speed.
Proper execution and technique: Emphasizing explosiveness and maintaining correct form.
Programming DE into a training cycle: Integrating DE training with other methods.

Chapter 3: Repetition Effort (RE) Training

Repetition Effort (RE) training is designed to build maximal strength through sets of 3-5 repetitions at a weight approximately 85-90% of your one-rep max. This chapter will cover:

The importance of high-intensity training: The physiological benefits of lifting heavy weights.
Selecting appropriate exercises: Choosing movements that align with your training goals.
Determining the appropriate weight and rep range: Optimizing for maximal strength gains.
Proper execution and technique: Maintaining form under heavy loads.
Programming RE into a training cycle: Integrating RE training with other methods.

Chapter 4: Max Effort Method (ME)

Max Effort (ME) training involves attempting a single all-out maximal effort lift. This chapter will explain how to approach ME training safely and effectively:

Choosing appropriate exercises: Selecting movements tailored to specific weaknesses.
Warm-up and preparation: Properly preparing the body for a maximal lift.
Technique and execution: Maintaining proper form under extreme loads.
Safety and injury prevention: Minimizing the risk of injury.
Programming ME into a training cycle: Integrating ME training with other methods.

Chapter 5: Accessory Work & Recovery

This chapter emphasizes the importance of accessory work and recovery to support the main lifts and prevent overtraining. It will cover:

Choosing appropriate accessory exercises: Selecting movements to strengthen weak points and improve overall physique.

Programming accessory exercises: Integrating them into the overall training plan.

Recovery techniques: Prioritizing adequate sleep, nutrition, and other recovery strategies.

Active recovery: Utilizing active recovery methods to aid recovery.

Addressing common recovery issues: Tackling sleep disturbances, dietary deficiencies and addressing overtraining.

Chapter 6: Periodization and Program Design

This chapter provides guidance on designing a personalized training plan, including:

Understanding periodization: Structuring training cycles for optimal strength gains.

Creating a customized training plan: Tailoring a program to individual goals and abilities.

Adjusting the program based on progress: Modifying the program based on individual response.

Tracking progress and making adjustments: Monitoring progress and adjusting the plan as needed.

Long-term planning: Planning long-term progressions to consistently challenge the body.

Chapter 7: Troubleshooting & Common Mistakes

This chapter addresses common mistakes and provides solutions for overcoming plateaus:

Identifying common errors: Recognizing typical issues hindering progress.

Addressing technique issues: Correcting form errors that limit strength gains.

Overcoming plateaus: Strategies to break through training plateaus.

Managing injuries: Preventing and addressing injuries.

Making adjustments: Adapting the program based on individual needs and feedback.

Conclusion: Maintaining Long-Term Progress and Adapting the Conjugate Method

This concluding chapter focuses on the long-term application of the conjugate method and its adaptability to different training goals and individual needs. It stresses the importance of continued learning, program adjustments and the value of listening to your body.

FAQs

1. Is the Westside Barbell Conjugate Method suitable for beginners? While adaptable, it's best suited for intermediate to advanced lifters with a strong foundational base.
2. How often should I train using this method? A typical schedule involves 3-4 days a week, with rest days strategically planned for recovery.
3. What equipment is required? Access to a well-equipped gym is recommended, including a power rack, barbells, and weight plates.
4. How long does it take to see results? Results vary, but consistent application generally shows improvements within several weeks.
5. Can I modify the program to fit my specific goals (e.g., bodybuilding)? Yes, the Conjugate Method is adaptable, but modifications should be carefully considered.
6. What are the signs of overtraining? Fatigue, decreased performance, joint pain, and persistent muscle soreness are all warning signs.
7. How important is nutrition in this method? Nutrition is crucial for recovery and muscle growth; proper diet is essential for optimal results.
8. Are there any variations of the Conjugate Method? Yes, many coaches have adapted the core principles to suit specific athletes and goals.
9. What resources are available to learn more? Numerous books, articles, and online forums discuss the Conjugate Method in detail.

Related Articles:

1. Westside Barbell Conjugate Method for Powerlifting: Focuses on adapting the method specifically for powerlifting goals.
2. Westside Barbell Conjugate Method for Olympic Weightlifting: Explores the application of the method for Olympic lifts.
3. Dynamic Effort Training: A Detailed Guide: A deep dive into the principles and techniques of DE training.
4. Repetition Effort Training: Maximizing Strength Gains: A comprehensive look at RE training methods.
5. Max Effort Method: Safely Pushing Your Limits: A guide to safely and effectively utilizing ME training.
6. Accessory Exercises for the Westside Barbell Conjugate Method: Focuses on choosing appropriate accessory exercises.
7. Periodization in Strength Training: A Practical Guide: Explores different periodization models and their applications.
8. Overcoming Plateaus in Strength Training: Strategies and techniques to break through training plateaus.
9. Nutrition and Recovery for the Westside Barbell Conjugate Method: Emphasizes the importance of nutrition and recovery for optimal results.

westside barbell conjugate method pdf: *The Westside Barbell Book of Methods* Louie Simmons, 2007

westside barbell conjugate method pdf: Special Strength Development for All Sports Louie Simmons, 2015-04-01 This is a book by Louie Simmons

westside barbell conjugate method pdf: *Olympic Weightlifting Strength Manual* Louie Simmons, 2016-03-07 I am writing this book on the development of special strengths to help raise individual lifts, specifically the snatch and the clean and jerk. The value of the top strength has been forgotten. If strength did not matter, then there would be no need for weight classes. But, indeed, there are weight classes and the weights are always larger in the next higher weight class.

westside barbell conjugate method pdf: Smart Marathon Training Jeff Horowitz, 2011-10-01 Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

westside barbell conjugate method pdf: **Powerlifting** Dan Austin, Bryan Mann, 2012-04-12 Powerlifting. The name says it all—strength, power, intensity, concentration, determination. The sport's physical and mental demands are unlike any other, as are its athletes who must always be committed and focused on success. Now, hall of famer and nine-time world powerlifting champion Dan Austin has teamed with strength and conditioning expert Dr. Bryan Mann to create the sport's most comprehensive resource. Powerlifting breaks down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts: bench press, squat, and deadlift. This hard-core guide includes more than 100 of the most effective exercises to enhance the three power movements, proven mental strategies, sample programs, and periodization plans for increasing absolute strength, power, and flexibility. The authors also share their secrets for preparing for competition, optimizing training, avoiding injuries, and advancing through the ranks. Whether you're serious about powerlifting or simply seeking a proven approach for developing strength and power from one of the most accomplished athletes in the sport, Powerlifting is a must-have.

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westside barbell conjugate method pdf: **The Iron Samurai** Louie Simmons, 2020-11 The Iron Samurai is the official biography of Louie Simmons and the true story behind Westside Barbell in Columbus Ohio. This book is an unfiltered lens behind the curtain of Westside Barbell. It starts from Louie's childhood and he brings you on the journey he took that lead to the creation of Westside Barbell Columbus Ohio. It is jammed back with insanely strong people and personalities, provides accurate historical events, and best of all, It is 100%, unedited, Louie Simmons.

westside barbell conjugate method pdf: *Strength Manual for Running* Louie Simmons, 2017-12-25

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westside barbell conjugate method pdf: Velocity-Based Training Nunzio Signore, 2022 Velocity-Based Training takes an in-depth look at the science of VBT as well as its programming and application. Strength coaches, personal trainers, and athletes will learn how and when to incorporate VBT into training programs to help maximize strength, speed, and power gains throughout the year.

westside barbell conjugate method pdf: Comprehensive Performance Nutrition Justin Harris, 2013 Comprehensive Performance Nutrition is an easy reference question and answer book that is sure to become a desktop favorite.

westside barbell conjugate method pdf: Forgotten Secrets of The Culver City Westside Barbell Club Revealed Dave Yarnell, 2011-09-14 The secrets of the most influential group of strength trainers of the 20th century are unveiled. The book is jam-packed with pictures, actual training programs and awesome stories about the original, Culver City Westside Barbell club, the Wild Bunch of West Virginia and the men that trained with them. This is a must-read for every serious strength athlete and a real treat for fans of Old School, Hard-Core strength training!!

westside barbell conjugate method pdf: The Raw Westside Bundle Jacob Rothenberg, 2017-05-22 LEARN HOW TO USE THE WESTSIDE/CONJUGATE METHODS FOR RAW POWERLIFTING This bundle includes THREE books, plus a bonus section for frequently asked questions about using the Westside system for raw lifting. You get: Powerlifting: The Westside System For Raw Lifting. The original #1 best selling short guide detailing what EXACT adjustments to make to the Westside system for raw lifting. Westside for Raw Powerlifting: Periodization 101. Learn how to structure a complete training cycle using a simplified form of block periodization...done the Westside/Conjugate way. BONUS: The Ultimate Weight Cutting Protocol. How to effectively cut 8-10 pounds in 1 week for your next powerlifting meet. Done in the SAFEST, EASIEST way possible with NO drugs and NO supplements. BONUS: An extensive list of frequently asked questions asked by actual Amazon readers about using Westside for raw lifting. Cut down your learning time on how to train your raw lifts correctly using Westside. BUY NOW FOR ONLY \$14.97, AND DISCOVER THE MOST EFFICIENT WAY OF USING THE WESTSIDE / CONJUGATE SYSTEM FOR RAW POWERLIFTING!

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can also lead to the politics of exclusion.

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westside barbell conjugate method pdf: Thrower's Guide to Strength Training Louie Simmons, 2019-01-30 It is my goal to convince both the coach and the athlete that the Westside System can make it possible to combine strength and power training all year long-not just in the offseason-by integrating all training efforts together. This means the athlete must continue to weight train and perform explosive power training during his or her competition period. It is common to train in blocks for hypertrophy, power, and then strength before the competition period, but then drop all of the blocks with the exception of the events. But, would you do this knowing that a top athlete will lose 10 percent of his or her muscle, power, and strength after 14 to 21 days? It can be said that the same holds true as well for technical skills. Unfortunately, many coaches have the thrower weight and power train with no throws, then start a cycle of throws and zero weight training. The feedback I have received from the throwers I work with shows that they realize this does not work optimally. The good news is that all training can coincide to receive the greatest training effects. Many times a weak muscle group can cause a flaw in technical skills-meaning the throw-and-muscle work should not be put aside for long periods of time. Stay Strong,

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finished working your way through these materials, you'll be able to coach yourself, and others, like a pro. Learn to be your own coach, attack your weaknesses and utilize a proven philosophy that is a guide to permanent success. This book includes a comprehensive WEAK POINT CHART and WARM-UP INDEX that teach you how to assess your own training and PRESCRIBE THE EXERCISES YOU NEED. 20 YEARS OF RESEARCH AND TRIALS distilled into a program you can actually use! The plan is an easy five-step process: 1. Choose your schedule. (3 different) 2. Determine your weak points in the main lifts. (use the coaching guide to correct form) 3. Use the Weak Point and Assistance Exercise indexes to custom design your own program. (pick your assistance work as specified in the Weak Point index) 4. Follow the warm-up protocol listed. (4 parts, super easy and custom) 5. Determine your level of readiness, then train according to the system's RPE plan for that day or if you're in precontest, you go off of percentages. (this all depends on where you are in your phase of training) Just a few of the sizable additions to this second edition physical copy: * New chapter Deload * New chapter Establishing a baseline * New chapter Speed work Other updated features include: * A reintroduction of the 10/20/Life philosophy and update with AMAZING testimonials - male and female, raw and equipped. * The 5 main principles of 10/20/Life * How do you gain a mental edge? Tips to do so * What 10/20/Life is NOT - putting to rest speculation * RPE - a different approach * Nutrition - a closer look with detail * Coaching cues updated and expanded * Weak point index updated and expanded * Combo day updated and modified * Step-by-step set-up and the pro's and con's of a wide base bench vs the traditional tucked approach * New offseason training split Jumbo Day for those with little to no time to train or those who can't recover between sessions with a typical split or even the combo day * All new pictures and charts throughout the entire book * Percentages for pre-contest modified and addressed with suggestions * Many new exercise and section breakouts for explanations of movement, an important note, or simply a summary of the section * FAQ section with 15 of the most commonly asked questions. And so much more!

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your training (or your athlete's).

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build valuable muscle and athleticism so that you can take on any challenge along your Strength Journey! So if you are looking to start building some serious STRENGTH, MUSCLE and PERFORMANCE, then this is for you! This system has been used for years, helping STRENGTH WARRIORS from all over take their training to the next level. The weak get strong, and the strong get stronger! Will you be next? Included in this Book: How To Apply The Mathias Method STRENGTH SYSTEM To Your Current Program Step-by-Step Build Your Own Workout Guide Training Template Complete Example Program This is a simple strength template that anyone can follow, based around the Mathias Method STRENGTH SYSTEM. We also include a complete example program that you can use for yourself to have the greatest workouts of your life! This system works for anyone, from a total beginner to an advanced STRENGTH WARRIOR. We all need to get stronger, and this system will get you there! This is the System that took my STRENGTH and ATHLETICISM to a whole new level!!! We HIGHLY recommend this Book for EVERYONE that is involved with strength training at ANY level! The Strength Warrior Workout Routine: Do you want to become a true STRENGTH WARRIOR? This second book in our Strength Warrior Workout Routine Series, is designed to teach you how to create the most effective workouts for strength and performance. You will learn how to get the most out of your training, no matter what your specific goals are. You can use this system to get stronger, build muscle, increase your fitness, lose fat, or just improve your overall performance in and out of the gym. Make each training session a success by simply applying this system to every workout you do, forever! This information will improve every workout you do for the rest of your life! Continue to expand your training knowledge by getting the next book in this series, How To Warm-Up Properly For Strength Training and learn how to unlock your strength potential before every workout!

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