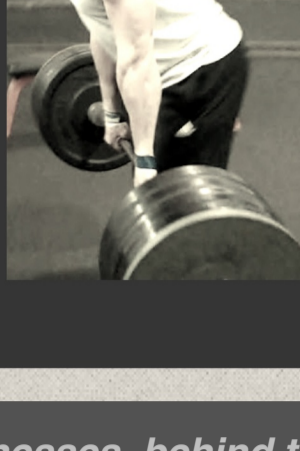


## PART 3: HOW TO PEAK FOR COMPETITION

# ARE YOU STRONG?

### DEFINITION OF STRENGTH:

Muscular strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort.



*"The fight is won or lost far away from witnesses, behind the lines, in the gym, and out there on the road, long before I dance under those lights." -Muhammad Ali*

## EXERCISE BASICS



Hinge



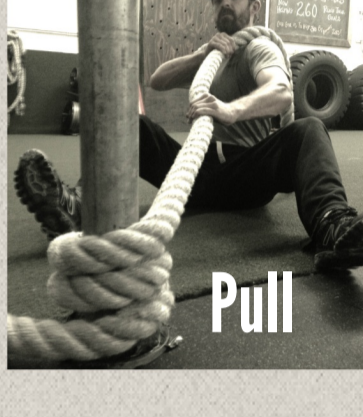
Squat

### We can use:

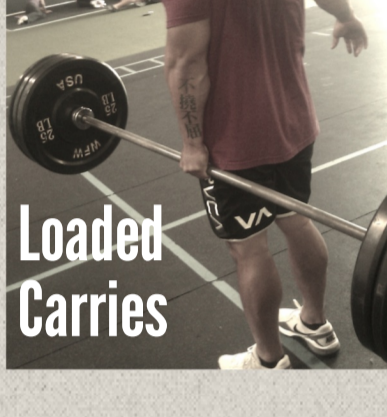
Bodyweight, Barbells, Dumbbells, Kettlebells, Sandbags, Ropes, Bands, Chains and Other Tools in the Gym



Push



Pull



Loaded Carries

## EXERCISE VARIABLES

- 1. Body Position** Seated, Kneeling, Half Kneeling, Staggered Stance, Square Stance, etc.
- 2. Load Position** On Back, Shouldered, In Front, In Arms, Holding, Symmetrical, Asymmetrical, etc
- 3. Weight** How much weight are you moving?
- 4. Tempo** How fast are you moving the load?
- 5. Rest** How much time do you rest between sets?

## RELATIVE STRENGTH

The maximum amount of force that someone can exert in relation to body size or weight.



## HOW STRONG ARE YOU?

The following challenges will test your strength, relative to your bodyweight.

- |                      |     |    |       |
|----------------------|-----|----|-------|
| #1 Max Push Ups..... | <20 | 35 | 50+   |
| #2 Max Pull Ups..... | <05 | 10 | 20+   |
| #3 Crawl Test.....   | <1m | 2m | 4min+ |
| #4 SL Squat.....     | <05 | 10 | 20+   |

## ABSOLUTE STRENGTH



Absolute strength is the maximum amount of force exerted, regardless of muscle or body size.

## HOW STRONG ARE YOU?

Below are 4 Variations of Common Lifts to Test Absolute Strength

### #1 Horiz. Swiss Bar Press



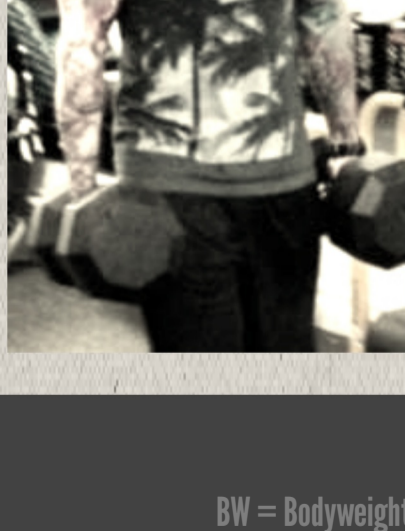
### #2 Hex Bar Deadlift



### #3 Zercher Squat



### #4 Farmer Carry



## How Much Can You...

BW = Bodyweight

- |                             |      |     |          |
|-----------------------------|------|-----|----------|
| Horiz. Swiss Bar Press..... | <.75 | 1.0 | 1.5Xs BW |
| Hex Bar Deadlift.....       | <1.5 | 2   | 2.5Xs BW |
| Zercher Squat.....          | <.75 | 1.0 | 1.5Xs BW |
| 100ft Farmer Carry.....     | <1.0 | 1.5 | 2Xs BW   |

Remember, we are not trying to produce strongmen, powerlifters or olympic lifters. Our goal is to develop a solid foundation of strength for our athletes.

Want More info?

Visit [fightcamconditioning.com](http://fightcamconditioning.com)