



7SECONDS Fitness
Strength Training Guidelines

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Introduction

These guidelines have been given to you by 7SECONDS Fitness to help you understand and remember the Strength Training Exercises on Explosive Fitness equipment (from now on will be referred to as 7SECONDS Fitness training). It explains the most important parts of each exercise – it cannot replace the help of a XF certified Trainer. In case you have any questions regarding these guidelines, please do not hesitate to contact your XF certified Trainer of 7SECONDS Fitness.

These guidelines do not explain the background of Static Contraction Training. Please refer to the text 'Explosive Fitness Strength Training Equipment' for more info. It is also assumed that set up and use of the XF equipment has been explained to you by a XF certified trainer.

Caution:

Please consult your physician or doctor before beginning this program.

While doing the exercises - if you feel any pain, please stop immediately and consult your doctor or physician!

The 7SECONDS training involves lifting very heavy weight – therefore it is absolutely necessary to properly warm up your body before the workout!

Working out on the 7SECONDS Fitness Strength Training equipment is not restricted by age or gender. The exercises can be used by anybody who is willing to follow proper form and train regularly.

Credits

Many parts of the description and some pictures are taken with permission of Tony Reno's material and his website http://www.explosivefitness.com?src_id=165. The exercises were developed by Pete Sisco (www.PrecisionTraining.com) and Tony Reno, who also created the Explosive Fitness equipment.



The Fitness Studio that saves your time and keeps you young

We have made it our Number 1 goal to provide you with state of the art fitness equipment and excellent training services to make your workout as effective, short and enjoyable as possible.

We will provide you with a structured training program in Static Contraction / 7SECONDS Fitness training. Your 7SECONDS Fitness Starters Pack contains four 7SECONDS Fitness training sessions, which will be accompanied by a XF certified Trainer. These sessions are used to explain the XF Strength Training equipment, the 7SECONDS exercises and to get your body slowly accustomed to resistance training.

Please find below a detailed description of the 7SECONDS Fitness training method, the workouts, resting periods and other components which are important to make each workout a success with measurable results.

Workouts and Resting Periods

The 7SECONDS Fitness training workout is divided into two workout days, Workout A (Amber) and Workout B (Blue). The sequence of the exercises follows tested methods and allows the quickest and most effective workout. Each workout consists of 5 exercises.

The following are the 7SECONDS Fitness training exercises – below you will find pictures and detailed instructions on how to do the exercises:

Workout A

A1. Wide Grip Bench Press	Chest
A2. Close Grip Bench Press	Triceps
A3. Shoulder Press	Deltoids
A4. Leg Press	Quadriceps
A5. Toe Press	Calves

Workout B

B1 Curl	Biceps
B2 Crunch	Abs
B3 Lat Pulldown	Latissimus
B4 Deadlift	Lower Back
B5 Shrug	Trapezius

Proper timing of your workouts is as important as the workout itself.

The workouts are initially scheduled 3 days apart – if you have been doing strength training in a gym recently then wait 7 days before you start and leave 7 days between your initial workouts. If you have been on a plateau regarding your personal results for a while, then take off 2 weeks before you start working on the 7SECONDS Fitness Strength Training equipment.

If you schedule a 3-day resting period, you do Workout A on day 1 (e.g. Monday) and Workout B on day 4 (e.g. Thursday). The next Workout A would be on Monday again.

Each exercise uses the XF Meter to measure your peak value (detail explanation see below), you write down this number in your Exercise Sheet and compare this with the last time you did the same exercise. If your numbers did NOT go up in at least 3 out of 5 exercises, then you need to INCREASE your resting period (time between workouts) from now on by about three days. You could, for example, change your workout frequency from twice per week to once per week. Or if you were on a weekly schedule already, you would then have a 10/11-day rest period, working out on a Monday, 11 days later on a Thursday, 10 days later on a Monday again, and so on.

If your numbers did not go up in one or two out of the five exercises you need to skip these exercises in your next workout.

Please refer to the pictures and the detail explanation for each exercise to see how to set up the equipment, especially the bar.

Visualisation and Mental Rehearsing

The mind can be used as a great tool to enhance the muscle building process. Here are a few easy exercises that will show you how to use your mind effectively together with your workout.

1. Whenever you remember, visualise yourself as being as strong and lean as you want your self to be. Especially in the morning, when you wake up, and right before you fall asleep are great moments to visualise your ideal body!
2. While you are doing your warm up, concentrate on all the exercises you are going to perform, rehearse each exercise and visualise the muscle you are going to use
3. Rehearse each exercise in your mind and make yourself aware of the main muscle you are going to use

When you have a ‘bad’ day

When you have a bad day, postpone your workout. You won't be able to give an all-out effort, when you are tired, extremely hungry or in any other bad physical condition.

Call 7SECONDS Fitness as soon as possible to cancel your session and secure yourself a 7SECONDS Fitness training appointment one to three days later.

Caution regarding the weak parts in your body

When doing the 7SECONDS training it is very important to take special care for your body. Not only that you never want to ignore pain – in any exercise stop immediately when you feel the slightest bit of pain! To make sure that your body is not impacted in a negative way, please read the following carefully:

Wrist position

For – Shoulder Press, Close Grip Bench Press, Biceps Curl, Wide Grip Bench Press

The XF Strength Training equipment does not use free weights; therefore you don't need to hold the bar securely to prevent it from falling down. That allows us to use a hand/wrist position, which would be dangerous to use when doing weight lifting:

1. Very good



2. Ok



3. Very bad



The first picture shows the optimal hand/wrist position. Straight wrist and thumb behind the bar. This position protects your wrist; no strain is on the wrist muscles. Also the joint of the thumb is not being strained – the major part of the pressure is on the meaty part of your the hand.

Beginners can use a position as in picture 2 – the thumb is in front of the bar. Always try to change your position to the best form as shown in the first picture.

The third picture shows the worst position - here the wrist muscles are strained more and more when the force grows.

Your back

The exercises can put a lot of strain on your back, therefore it is important to protect your back as much as possible.

For – Close Grip Bench Press, Wide Grip Bench Press, Leg Press, Toe Press

Whenever you are lying on your back, make sure that you press your back into the mat to avoid flexing your back while doing the exercise. With the bench presses, place your feet on top of the bench. Tighten your tummy to help stabilising your back

For – Shoulder Press, Shrug, Biceps Curl, Deadlift, Lats Pulldown/Barbell Row

When standing or sitting for an exercise, make sure that your back is not bent, but straight. To help stabilising your back, tighten your tummy.

Locking out joints

For – all exercises

Always make sure that you don't lock out on any joints, especially be careful with the leg press!

Additional tools to help

In general 7SEONCDS does not recommend using additional tools (besides gloves) because it does not reflect a real life situation, where you wouldn't have this kind of support. Nevertheless, specialists have different opinions about the usage of training tools, so everybody needs to make up their own opinion.

Gloves

The training will impact the skin of your hands. To prevent calluses you might consider using gloves or NewGrips.

The 1 Ton Hooks

You can try using the 1Ton Hooks to help doing exercises where a weak grip would reduce the amount of weight you are able to pull. As everybody is different, we highly recommend you trying the 1 Ton Hooks yourself and make a decision if you want to use them or not. To have a comparison, you might want to do a couple of workouts without 1 Ton Hooks, and then try them – you might find it easier to find out by yourself if there is a difference.

Belts for Back Support

We do not use belts for back support, because we believe that this support weakens the back. Nevertheless, specialists have different opinions about the usage of a belt for back support, so everybody needs to make up their own opinion.

Your First Six Workouts

Caution:

Please consult your physician or doctor before beginning this program. If you feel any pain while doing the exercises, please stop immediately and consult your doctor or physician!

The 7SECONDS Fitness training involves lifting very heavy weight – therefore it is absolutely necessary to properly warm up your body before doing the workout!

The first four workouts are used to help you understand the exercises, getting a feel for your body and helping your body to get accustomed to the new work it has to be doing soon. You will hear the detailed instructions very thoroughly and try to understand how the exercise is being set up. Your XF certified Trainer will explain the exercises to you – please let them know if you didn't understand or forgot. And always stop when the slightest bit of pain occurs. For these four workouts, please allow an hour each, just so that you have enough time and don't get rushed while learning the exercises. Later on you will need 30 minutes for the whole workout.

Doing the first and second workout (Workout A and Workout B) you will be using only about 50% - 70% of your possible resistance. The purpose of the first two workouts is solely to help you understand the exercises and the equipment. You will do the set-up of the exercises, you will push/pull to feel your muscles – and that's all. No strain on your body. Help your body to understand that it will have to work hard soon. Learn how to breathe while doing the exercise. Your XF certified Trainer will explain the exercises and which muscle they are going to work out. They will make sure that you are in the right position and that you are feeling the correct muscles. You'll learn how to track your numbers in the training sheet, so that you have control over your exercise process.

For each exercise you will be asked to position yourself so that you can use your muscle in the strongest range of motion. This position is often short before you lock out the related joint. For example, to do the Shoulder Press, you would have nearly straight arms – NEARLY straight. With none of the exercises you want to lock a joint!

For your convenience – when you have found the right position for the bar, track down the number of links (count from bottom or from top) on your Exercise Sheet, so that you have a good starting point for the next time. But please be aware: Your body will change through this way of exercising – always make sure before EACH exercise that the bar is still in the right position. Don't assume that it will be ok, just because last time was ok!

These two workouts can be done with 3 days rest period in between – as your schedule allows.

The third and fourth workout (Workout A and Workout B) are to be used to further familiarise yourself with the equipment. This time you will push harder. You will still not push 'as hard as possible', but you will push hard enough to feel that you have done some work. Pay attention to your breathing, it is important to not stop breathing while doing the exercise. This will slowly help your body getting used to heavier workout sessions. You will get a better feeling for the exercises, the equipment and your body. Your XF certified Trainer will help you with these exercises as well.

The third workout can be scheduled 3-4 days after the second schedule.
The fourth workout should be scheduled with 3-4 days rest after the third workout.

Doing the fifth and sixth workout you should feel quite familiar with the exercises. You will do them with full power, breathing in and out while you give it all you can – and you will write down the numbers you achieved into your Exercise Sheet. Your XF certified Trainer will certainly help you to set up the exercises and watch you to help you improving your form.

The fifth workout needs to be scheduled at least three days apart from the fourth workout. And the sixth workout then needs to be scheduled according to the following training procedure:
If you haven't done any strength training recently (SCT or weight lifting) then you can start with three-day rest period (workouts twice per week). Otherwise you start with 7-day rest period (workout once per week).
If you start your workouts with rest periods of 3 days, you will find that you have to increase this period after two or three weeks already!

Short overview:

7SECONDS Fitness – Strength Training Guidelines

Workout Number	Type of Workout	Amount of Resistance	Timing next Workout
First Workout	Workout A	50% - 70% of your maximum	At least 3 days rest
Second Workout	Workout B	50% - 70% of your maximum	At least 3 days rest
Third Workout	Workout A	80% - 90% of your maximum	At least 3 days rest
Fourth Workout	Workout B	80% - 90% of your maximum	At least 3 days rest
Fifth Workout	Workout A	Give it all	At least 3 days rest
Sixth Workout	Workout B	Give it all	At least 3 days rest

And – here you go! This will become your regular 7SECONDS Fitness training routine.... Enjoy!

The 13 Golden Rules (this will be handed out with your Exercise Sheet)

1. Warm-up before your 7SECONDS Fitness training
2. **Stop at the slightest point of pain**
3. Correct form is more important than high numbers
4. No abrupt movements. Take the slack out of the system, then push/pull slowly harder and harder
5. Push/pull as hard as you can. Always give EVERYTHING (unless you feel the slightest pain)
6. BREATHE while you push/pull
7. After you have reached your maximum effort, let go SLOWLY, no abrupt movements
8. CONCENTRATE! Chatting comes AFTER exercise
9. Your thoughts help your muscle grow
10. ALWAYS
 - Keep your tummy tight to support your back
 - When lying, press back into bench
11. NEVER
 - Lockout your joints
 - Bend your wrists when pushing the bar up
 - Train when you are tired or hungry
12. Recovery is as important as training – every day is kidney day! Follow these rules thoroughly:
 - No gain for 1 or 2 exercises: Skip those next time
 - No gain for 3 or more exercises – increase rest time
13. ENJOY!

Preparing the Workout

Caution:

Please consult your physician or doctor before beginning this program. If you feel any pain, please stop immediately and consult your doctor or physician!

The 7SECONDS Fitness training involves lifting very heavy weight – therefore it is absolutely necessary to properly warm up your body before doing the workout!

Switch on the XF meter

The XF meter needs about 5 to 10 minutes to warm up, if cold, it will not measure reliably. Therefore, always make sure that the XF meter is switched on before you start your warm ups.

Warm up

The workout will require a lot from your body. To prevent injuries and to gain the maximum effect of the exercises it is absolutely necessary to warm up properly for at least 10 minutes. A good indication of a warmed up body is that you start sweating. Whatever you do for your warm up, don't exhaust yourself; the warm up is not the workout.

Stretching

Generally most experts in this field recommend that static stretching before exercise is not advisable. Light dynamic stretching incorporated into your warm up may be a better option

We recommend that you test yourself if stretching before the workout feels helpful or not.

Disinfect the equipment

It is up to you to disinfect the equipment BEFORE you start exercising

The Exercise

- Good form is far more important than the number on the meter. It is recommended to use the instructions of these guidelines for each workout until you feel you are well used to the exercises. Thoroughly read through the instructions, look at the pictures and look at the muscle map to make sure you know which muscle you are going to train.
- Use your Exercise Sheet to find out where to set up the bar – but test it carefully to find out if this is still the right place. The body changes with this kind of a workout, you might have to adjust the bar.
- Move the XF meter into a position where you can see it while doing the exercise.
- To ensure you know how to do the exercise rehearse it a few times with only half of the pressure you would expect to do, make sure you feel the muscle you are supposed to feel with this exercise – this has another advantage: It warms up the particular muscle group you are going to train! Relax for a moment before performing the exercise.
- Make sure you have no resistance on the bar and press the 'reset' button once to zero the XF meter.
- Do the exercise – and give it all. Breathe! STOP immediately if any pain occurs. Otherwise watch the XF meter and try your very best to push it higher.
- When the XF meter numbers are going down although you are still pressing hard (and only then!), the exercise is over. Lower the bar SLOWLY.
- Press the 'enter' button twice to see the peak value of this exercise. Write the peak value into your Exercise Sheet.
- At the end of your workout – after you have done all the (maximum 5) exercises, determine when your next workout will be:
 - No gain for 1 or 2 exercises: Skip those next time
 - No gain for 3 or more exercises – increase rest time by about three days

Cool down

Doing some light aerobic exercises and stretching after a hard workout is very healthy for your body. Often it can reduce or avoid sore muscles. Make sure you allow yourself at least five to ten minutes for stretching after your workout! Your XF certified Trainer can show you stretches that help especially those muscle groups you have been concentrating on during this workout. Never stretch into pain! Do not bounce while doing stretches.

The Workout Checklist (this will be provided with your Exercise Sheet)

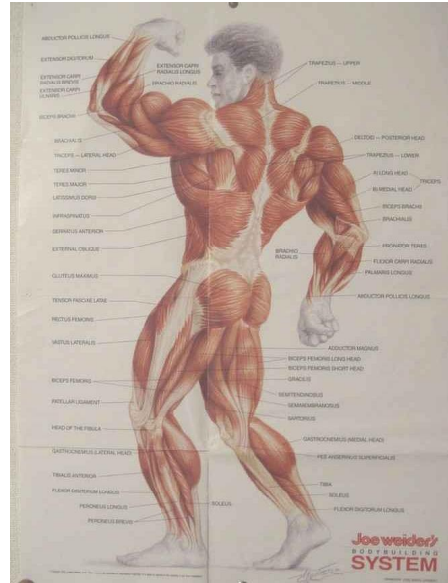
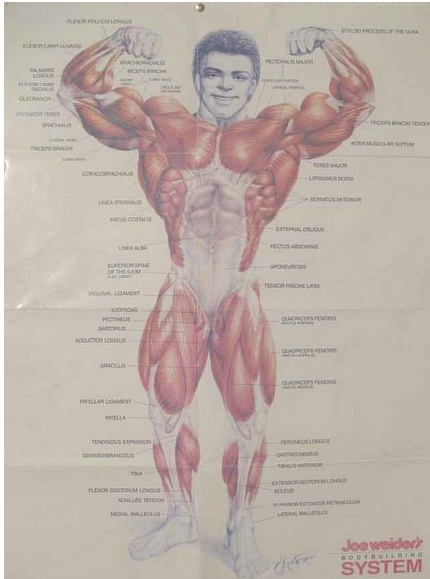
- Switch on the meter
- Warm up – disinfect warm up equipment - mentally rehearse the exercises you are going to do
- (Stretch)
- Disinfect the equipment – disinfect spray stands besides each machine
- Read the exercise's instructions
- Set up the bar
- Move the XF meter into the right position
- Test the bar's height, to find out if it's still correct
- Rehearse the exercise with half pressure
- 'Reset' the XF meter to zero the display
- BREATHE deeply
- Do the exercise – give it all you have
- Lower the bar SLOWLY once the meter shows reduced numbers
- Press the 'enter' button twice to see your peak value
- Write the peak value into your Exercise Sheet

At the end of your workout, determine when your next workout will be:

- No gain for 1 or 2 exercises: Skip those next time
- No gain for 3 or more exercises – increase rest time by about three days
- Warm down
- Stretch thoroughly – careful stretching (it must not hurt) will help the muscle growth and often reduces sore muscles after workouts

The Body's Muscle Map

[Need better pictures here](#)



Workout A

A1 – Chest / Wide Grip Bench Press

Muscles in use

- Chest

The Exercise

Lie on your back on the flat bench, bar over your throat, bend knees, feet on the bench or on the floor, and lift up your arms with a wide grip (shoulder wide or more apart) while shrugging your chest

DOs

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Lie on the bench so that your face is direct under the bar
- Move up your arms to reach the bar, make sure your arms are in the strongest range of motion, NOT locked out!
- Grip the barbell, hands facing up, more than shoulder wide apart, wrists straight
- Legs on the bench or on the floor, press your back into the bench, tummy tight
- Head is lying flat, relaxed, chin is rather pointing down to the chest
- Your elbows point to the side
- Try to press up your arms a few times to make sure you have the best position and feel the CHEST
- Get the slack out of the system, breathe and push the barbell while squeezing together the chest – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't bend your wrists
- Don't arch your neck
- Don't push your neck into the bench
- Don't arch your back



A2 Triceps / Close Grip Bench Press

Muscles in use

- Triceps

The Exercise

Lie on your back on the flat bench, bar over your throat, bend knees, feet on the bench, and lift up your arms with a closed grip (hands close together or a little bit apart) while flexing your chest (squeezing together)

DOs

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Lie on the bench so that your face is directly under the bar
- Move up your arms to reach the bar, make sure your arms are in the strongest range of motion, NOT locked out!
- Grip the barbell, hands facing up, not very far apart, wrists straight
- Legs on the bench or on the floor, press your back into the bench, tummy tight
- Head is lying flat, neck relaxed, chin is rather pointing down to the chest
- Your elbows point forward, NOT to the side
- Try to press up your forearms by moving out of the elbow – the upper arm stays as motionless as possible - a few times to make sure you have the best position and feel the TRICEPS
- Get the slack out of the system, breathe and push up the barbell using your forearms while having the upper arms stabilised – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't bend your wrists
- Don't tense up your neck
- Don't arch your neck
- Don't arch your back



A3 Shoulder Press – Military Press

Muscles in use

- Deltoids, Shoulder Muscles

The Exercise

Sitting on the bench, head looking towards frame, you press the arms up against the bar over your head as hard as you can.

Try sitting a little bit behind your sitting bones. This will give your core additional stability!

DOs

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Sit up straight on the bench, the bar is directly over your head
- Move up your arms to reach the bar with an overhand grip, arms a bit more than shoulder wide apart
- Make sure your arms are in the strongest range of motion, NOT locked out!
- Arms are moved up even with the ears on each side
- Back straight, shoulders back, head up, abs tight
- Try to press a few times to make sure you have the best position and feel the DELTOIDS
- Get the slack out of the system, breathe and press – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value



DON'Ts

- Don't lean forward or backward while pressing
- Don't crunch your back
- Don't slouch
- Don't lock your elbows

A4 Leg Press

Muscles in use

-Quadriceps

The Exercise

Lie down on the Leg Press bench, head in the headrest, feet placed firmly on the footpad, feet wide and press your legs up. NEVER ever lock out your knees (hyperextension)!

DOs

- Set up the footpad in the correct position – as explained by the XF certified Trainer
- Press the 'reset' button to zero the meter
- Lie down, press your heels firmly on the footpad, feet wide
- Press your bottom into the bench
- Hands are holding the hand grips at the side
- Legs and feet are to be in a symmetrical position
- Knees are in one line with the toes
- Try to push a few times while pressing the hips into the bench to make sure you have the best position and feel the QUADRICEPS
- Get the slack out of the system, breathe and push up with your legs while forcing your hips into the mat – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't lock out your knees

NEVER!

- Don't move up your bottom
- Don't crunch your back
- Don't jerk the footpad
- Don't drop the footpad suddenly when you stop, carefully lower it down to the hold stops.



A5 Calves / Toe Press

Muscles in use

- Calves

The Exercise

Lie down on the Leg Press bench, head in the headrest, only the front of your foot points to the footpad, feet wide and press your legs up. NEVER ever lock out your knees (hyperextension)!

DOs

- Set up the footpad in the correct position – two links down from the position for the leg press – as explained by the XF certified Trainer
- Press the 'reset' button to zero the meter
- Press the front part of your foot on the footpad, feet wide apart
- Press your back into the bench
- Hands are holding the hand grips at the side
- Legs and feet are to be in a symmetrical position
- Knees are in one line to the feet
- Try to push a few times up with the front of your foot while pressing the hips into the bench to make sure you have the best position and feel the CALVES
- Get the slack out of the system, breathe and push up with your feet while forcing your hips into the mat – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't lock out your knees
- Don't move up your bottom
- Don't crunch your back
- Don't jerk the footpad
- Don't drop the footpad suddenly when you stop, carefully lower it down to the hold stops.



Workout B

B1 Biceps Curl

Muscles in use

- Biceps

The Exercise

You sit upright, head looking towards frame, bar is about as high as your upper chest.

Hands grip the barbell, palms facing your head. Move your arms up using the biceps.



DOs

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Sit up straight on the bench, back straight – spine and head in alignment - head up, abs tight
- Hands placed just a bit further than hip wide apart, wrists straight
- Keep elbows below shoulders, they point down to the floor
- Move up your arms to reach the bar, make sure your arms are in the strongest range of the biceps' motion, wrists straight
- Try to press up your arms a few times to make sure you have the best position and feel the BICEPS
- Get the slack out of the system, breathe and press up your arms, using the biceps – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't move your elbows forwards or backwards



B2 Abs / Front Crunch

Muscles in use

- Abdominals (Abs) – provide support and protection for the internal organs of the body. Strong abs muscles relieve the load off the back.

The Exercise

Sit on the bench, head looking towards frame, have one bar in height of your underarms, the belt just above your knees. Lean over the upper bar with your arms, the bar fits into your armpits while sitting straight. You pull in your belly button; press your ribcage down while breathing out while simultaneously pulling the muscles in towards the spine. Lifting up your legs intensifies the exercise for the lower abdominals.



DOs

- Set up the bar and belt in the correct position – see picture
- Press the 'reset' button to zero the meter
- Sit on the bench close to the bar, facing towards frame
- Hang over the upper bar with a straight back, head up
- Lock in your lower body by moving the belt as much as possible forwards
- Take a deep breath in
- Press your chest/ribcage towards the pelvis a few times to make sure you have the best position and feel the ABDOMINALS
- Take a deep breath
- Pull in your belly button and press your chest / ribcage towards the pelvis with the abdominal muscles while breathing out. Lift up your legs as much as possible. Give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't push down with your arms
- Don't lift up your body, always use the belt to hold your body down

B3 Lats Pulldown

Muscles in use

- Latissimus

The Exercise

Sitting on the bench, head looking towards frame, grab the bar above your head. Pull down the arms as hard as you can, elbows moving towards the lower back.

The Lats are quite difficult to separate. Your hands / arms could be everywhere in between the extreme positions as shown on the pictures. Play around with the bar on different height and find out what works best for you!

DOs

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Sit up straight on the bench, the bar is a little bit in front of your head
- With the belt you support your legs so that you don't move out of your seating position
- Hands can grab the bar from both sides, underhand or overhand grip.
- If your palms face your head,
 - Arms can be as high up as 135 degrees
 - Move your elbows down and back in the direction of your lower back
 - Hands are as about as wide as shoulder width
- If your palms face outwards,
 - Arms high up, nearly stretched
 - Your elbows move backwards and down, shoulder blades together, shoulders down
 - Hands are wider out than your shoulder width
- Head up
- Try to pull down a few times – squeezing the shoulder blades together to make sure you have the best position and feel the LATS
- Breathe and pull – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

DON'Ts

- Don't pull up with your shoulders
- Don't use your biceps



B4 Deadlift

Muscles in use

- Lower back, glutes and hamstrings to some extent

The Exercise

There are two different ways to do the exercise:

1. Using your lower back

You stand bent a little bit forward, head looking towards frame, bar in the middle of your hip and the knees. Grab the bar with palms down, just outside of your knees and move up your upper body.

2. Using your legs

Stand upright, head looking towards frame, bar is a bit higher than the knees. You bend your legs slightly and grab the bar with palms down, just outside of your knees. Then stand up.



DOs

1. Using your lower back

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Stand facing towards frame, bending a little bit forward, head up, abs tight (very important to protect your back)
- Feet shoulder wide apart, knees not locked out
- Hands just outside knees
- Try to move your body up a few times to make sure you have the best position and feel the LOWER BACK
- Get the slack out of the system, breathe and move up your body – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

2. Using your legs

- Set up the bar just above your knees – see picture
- Press the 'reset' button to zero the meter
- Stand upright, head up, abs tight (very important to protect your back)
- Feet shoulder wide apart, knees bent
- Hands just outside knees
- Try to straighten your legs a few times to make sure you have the best position and feel the LOWER BACK
- Get the slack out of the system, breathe and lift up the bar by straightening your legs – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

For both way of doing the exercise:

Your attention needs to be on your lower back / gluteus 7 hamstrings while doing the lift. It can happen quite easily that your numbers are still going up, but your lower back is so straight that you are now doing the pull with your legs only (this will look nice on the meter, but doesn't help your lower back to getting stronger 😊)

DON'Ts

- Don't arch your back
- Don't bend your elbows
- Don't lock your knees

B5 Barbell Shrug

Muscles in use

- Upper Trapezius (Traps)

The Exercise

There are two different ways to do the exercise:

1. Using your shoulders

You stand upright facing towards frame; bar is about hip high.
Move your shoulders up in direction to your ears.

2. Using your legs

You stand upright facing towards frame; bar is a bit lower than hip high.
You bend your knees and lock the shoulders in the shrug position (moved up to your ears) as high as possible. Then stand up.



DOs

1. Using your shoulders

- Set up the bar in the correct position – see picture
- Press the 'reset' button to zero the meter
- Stand upright, head up, abs tight, chest out
- Feet shoulder wide apart, knees not locked out
- Hands just outside hips, hold the bar with an overhand grip
- Lean slightly forward
- Try to move your shoulders up a few times to make sure you have the best position and feel the TRAPEZIUS
- Get the slack out of the system, breathe and pull up your shoulders as high as possible -- give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value

2. Using your legs

- Set up the bar one or two links lower than the 'correct' position – see picture
- Press the 'reset' button to zero the meter
- Stand upright, head up, abs tight, chest out
- Feet shoulder wide apart, knees bent
- Hands just outside hips
- Slight forward lean
- Try to straighten your legs up a few times to make sure you have the best position and feel the TRAPEZIUS
- Get the slack out of the system, breathe and move up your legs – give it all!!!
- Press 'enter' twice on the XF meter and write down your peak value



DON'Ts

- Don't bend your elbows
- Don't lock your knees

Another Way of Structuring the Workouts

The above described the well-tested and widely used Static Contraction Training (SCT) system enhanced to make effective usage of the XF Strength Training equipment.

At present a new method is being developed by Explosive Fitness, with the purpose of optimising the use of the XF Strength Training equipment – the XFT method – Explosive Fitness Training method.

The main difference between the method described above and XFT is that XFT splits the body into three workouts, in opposite to the two workouts of the SCT method (→ Workout A and Workout B).

The XFT method has the advantage of paying particular attention to the auxiliary muscles in exercises in order to insure that the rest times for each muscle group is similar well timed. Also, the XFT workout gives the shortest individual workout and they are designed to minimise the time spent changing set-ups on the XF Strength Training equipment.

There are three Workouts, called X, F and T.

Workout X – Explosive power and speed

- X1. Leg Press - Quadriceps
- X2 Toe Press - Calves

Workout F – Forearm day – all the exercises use the forearm in addition to the mainly trained muscle

- F1 Shrug – Trapezius
- F2 Deadlift – Lower back
- F3 Biceps Curl – Biceps
- F4 Lats Pulldown – Latissimus

Workout T – Triceps day – many pushing exercises use the triceps in addition to the mainly trained muscles – they are all combined here

- T1 Wide Grip Bench Press – Chest
- T2 Close Grip Bench Press – Triceps
- T3 Seated Shoulder Press – Deltoids
- T4 Front Crunch - Abdominals

The exercises themselves are exactly the same than described above but the timing is different. The workout always begins with the strongest muscle group. ONLY this muscle group is used to detect over training – if this muscle group doesn't go up, then the workouts are increased by 2 days (2 days only, not three as with the SCT Workout). All results are tracked, but only the result of the first exercise is used for discovering over training.

Here the translation of the exercise numbers of the SCT Workout to the XFT Workout:

<u>Workout A</u>		
A1. Wide Grip Bench Press	Chest	-> T1
A2. Close Grip Bench Press	Triceps	-> T2
A3. Shoulder Press	Deltoids	-> T3
A4. Leg Press	Quadriceps	-> X1
A5. Toe Press	Calves	-> X2
<u>Workout B</u>		
B1 Curl	Biceps	-> F3
B2 Crunch	Abs	-> T4
B3 Lats Pulldown	Latissimus	-> F4
B4 Deadlift	Lower Back	-> F2
B5 Shrug	Trapezius	-> F1

The XFT workout is still under research, and only people well experienced should use it.

Amendment History

Version	Date	Amended by	Reason
0.1	May 2004	Heide	First draft
0.2	June 2004	Heide	Changed exercise sequence
0.3	November 2004	Heide	Changed Lats exercise, new pictures for Biceps and Lats
0.4	January 2006	Heide	New pictures for some exercises, improved text