



# Exercise Selection

Practical Program Design Mastery

BUILDING MUSCLE  
WITH A PURPOSE

**STRENGTH  
ZONE  
TRAINING**  
™

# Paired-sets, Tri-sets and Quad-sets

- *Think of it as a superset or circuit, but without the frantic "no rest" mindset.*
- Make your training more efficient, potent by maximizing work and minimizing time.
- “Paired-set training may be more effective than traditional-set training at enabling lifters to handle maximum volume in their workout.”(1)



# Group Non-Interfering Exercises Together

- Ensures that each muscle group can maximally recover, which ensuring your ability to maintain maximal workout intensity and optimal control on each exercise and each round.
- By the time you get back to training the same muscle group on the following round, it's been several minutes, leaving those muscles plenty of time to fully recover and get ready to exert maximal intensity with every set.



# How (Not) to Group Exercises

## **BAD** Example:

- 1a. Push-up
- 1b. Dumbbell Elevated Reverse Lunge
- 1c. Dumbbell Triceps Skull Crusher

## **BAD** Example:

- 1a. Dumbbell RDL
- 1b. Dumbbell Bent-Over Row
- 1c. NT Loop Overhead Triceps Extension

## **BAD** Example:

- 1a. Angled Barbell One Arm Press
- 1b. Band Press with Step
- 1c. Band Lat Pulldown

## **GOOD** Example:

- 1a. Push-up
- 1b. Dumbbell Elevated Reverse Lunge
- 1c. Dumbbell Biceps Curl

## **GOOD** Example:

- 1a. Dumbbell RDL
- 1b. NT Loop Inverted Leg Extension
- 1c. NT Loop Overhead Triceps Extension

## **GOOD** Example:

- 1a. Angled Barbell One Arm Press
- 1b. NT Loop Hip Bridge
- 1c. Band Lat Pulldown

# Local-Mobile System for Exercise Grouping

- Group exercises requiring immobile equipment (e.g., squat rack or machine) with exercises using mobile equipment (e.g., dumbbells, resistance bands).
- This mixture enables you to bring the mobile equipment to the immobile equipment and remain there without having to walk all over the gym and lose the equipment you're using to another member.



# Mobile Equipment

## The Killer B's:

- Bells (barbell, dumbbells, kettlebells)
- Balls (medicine ball, stability-ball)
- Bands (NT Loops, JC Bands, Mini-bands)
- Bodyweight



# Training Logistics!!!

- Design exercise groupings with the big-box gym member in mind.
- Design exercise groupings that work in a semi-private workout setting.



# The “No Gap” Training Principle

- *Leave no gap between what you do while training your clients and what they can do on their own, in any environment.*
- Have them get bands.
- Regularly incorporate bands and bodyweight exercises into your sessions.
- ^This programming system does exactly that!





# "Sticking to the basics"

- It's *not* about honoring some list of specific exercises.
- It's about building programs around the eight main functional movements because they're foundational to improving human performance.
- Actions in life and sport are derivatives of the eight main functional movements.

1. Jumping and Landing
2. Throwing and Striking
3. Locomotion
4. Rotation
5. Pushing
6. Pulling
7. Knee Bend
8. Hip Hinge

# Building Each Workout: Step 1

**Pick an Exercise for Each Category:**

1. **Hip Hinge:** Double-Leg or Single Leg
2. **Knee Bend:** Double-Leg or Single Leg
3. **Push:** Vertical/Diagonal
4. **Pull:** Vertical/Diagonal
5. **Push:** Horizontal
6. **Pull:** Horizontal



## Top Compound Exercises

Push		Pull	
Vertical/Diagonal	Horizontal	Vertical/Diagonal	Horizontal
Angled Barbell One Arm Press	Dumbbell Bench Press	Pull Up	Dumbbell Bent Over Row
Angled Barbell Shoulder to Shoulder Press	Dumbbell Wide-Elbow Bench Press	Lat Pulldown	Dumbbell One Arm Off-Bench Row
Dumbbell Incline Bench Press	Dumbbell Decline Floor Press	One Arm Lat Pulldown	Dumbbell One Arm Free Standing
Dumbbell Incline Wide-Elbow Bench Press	Cable Press	One Arm Wide-Elbow Lat Pulldown	Cable One Arm Row
Dumbbell One Arm Overhead Press	Band Press	Fighters Lat Pulldown	Cable One Arm Compound Row
Dumbbell Rotational Overhead Press	Band Step and Press	Cable One Arm Angled Row	Seated Row
Band Incline Press	Push Up	Cable On Arm Motorcycle Row	Suspension Row
NT Loop One Arm Overhead Press		Band Bent Over Wide-Elbow Row	Suspension One Arm Row
Hip Hinge		Knee Bend	
Double Leg	Single Leg	Double Leg	Single Leg
Barbell Hybrid Deadlift	Angled Barbell One Leg Leaning RDL	Trap Bar Squat	Dumbbell Lateral Goblet Squat
Barbell RDL	Dumbbell One Leg RDL	Dumbbell Goblet Squat	Dumbbell Traveling Lunge
Dumbbell RDL	Dumbbell Traveling RDL Lunge	Dumbbell Off-Set Goblet Squat	Dumbbell Elevated Reverse Lunge
Upright Dumbbell Hybrid Deadlift	Dumbbell Lateral RDL Lunge	Stability-Ball Wall Squat	Dumbbell Elevated Split Squat
Band Hybrid Deadlift	Low Cable One Leg RDL	Zombie Squat	Dumbbell Bulgarian Split Squat
Core			Dumbbell Step Up
Linear	Lateral	Rotation	One Leg Drop Squat
Medicine Ball Rollout	Angled Barbell Tight Rainbow	Weight Plate Speed Chop	One Leg Knee Tap Squat
Arm Walkout	Dumbbell One Arm Carry	Dumbbell Plank Row	One Leg Bench Squat
Reverse Crunch	Weight Plate Side Lean	Cable One Arm Press	
Stability-ball Weight Plate Crunch	Weight Plate Around the World	Cable Tight Rotation with Hip Shift	
Stability-ball Arcs	Low Cable Side Lean	Cable Two-Point Rotations	
Stability-ball Knee Tuck	Stability-Ball Side Crunch	Cable Low to High Chop	
Stability-ball Pike	Dynamic Side Elbow Plank	Cable 2-Point Low to High Chops	
Stability-ball Pike Rollout		Cable High to Low Chop	
Suspension Trainer Fallout		Cable 2-Point High to Low Chops	
Leg Lowering with Band		One Arm Plank	



## Building Each Workout: Step 2

Fill in the remaining exercise slots with:

- **Isolation exercises** that fill in the strength gaps.
- **Core Exercises:**
  - Linear
  - Lateral
  - Rotational



## Top Isolation Exercises: Upper-Body

Rear-Delts		Medial-Delts	
Lengthened Range	Shortened Range	Lengthened Range	Shortened Range
Dumbbell Side-Lying Rear Delt Fly	Dumbbell Rear Delt Fly	Dumbbell Side Lying Shoulder Raise	<i>Any Vertical Press</i>
Cable One Arm Rear-Delt Fly	Side Elbow Plank with Dumbbell Rear Delt Fly	Side Elbow Plank with Dumbbell Side Shoulder Raise	Dumbbell Side Shoulder Raise
Cable One Arm Bent Over Rear Delt Fly	Dumbbell Standing 45-Degree Wide Elbow Row	Dumbbell Incline Bench Side Shoulder Raise	Dumbbell Standing 45-Degree Wide Elbow Row
	Dumbbell 45-Degree Bench Wide Elbow Row	Cable Side Shoulder Raise	Dumbbell 45-Degree Bench Wide Elbow Row
	Dumbbell Shoulder Ts		
	Cable Rope Facepull		
	Suspension Trainer Wide-Grip Row		
	Machine Rear Delt Fly		
Biceps		Triceps	
Lengthened Range	Shortened Range	Lengthened Range	Shortened Range
EZ Bar Preacher Curl	EZ Bar Biceps Curl	Dumbbell Overhead Triceps Extension	Dumbbell Skull Crusher
Dumbbell One Arm Preacher Curl	Dumbbell Biceps Curl	Dumbbell One Arm Overhead Triceps Extension	Dumbbell Saw Skull Crusher
Cable Faceaway Biceps Curl	Dumbbell Rotational Biceps Curl	Cable Rope Overhead Triceps Extension	Cable Rope Triceps Extension
	Cable Biceps Curl	NT Loop Overhead Triceps Extension	Cable Triceps Kickback
	Suspension Trainer Biceps Curl		Suspension Trainer Skull Crusher
Pecs	Traps		
Shortened Range	Vertical Shrug	Horizontal Shrug	
Dumbbell Squeeze Press	Barbell Wide Grip Shrug	Dumbbell Bent Over Scapular Retraction	
Cable One-Arm Pec Fly	Dumbbell One Arm Leaning Shrug	Dumbbell One Arm Bent Over Scapular Retraction	
Cable High to Low One-Arm Pec Fly	Cable Angled Shrug	Cable One Arm Scapular Retraction	
Medicine Ball Close-Grip Push-Up	Cable Angled Upright Row	Seated Scapular Retraction	
		Suspension Trainer Scapular Retraction	
		Machine Row Scapular Retraction	



## Top Isolation Exercises: Lower-body

Hips		Calves	
Hip Adduction	Hip Abduction	Straight Knee	Bent Knee
Bent-Knee Copenhagen Hip Adduction	Side Lying Hip Abduction	Barbell Calf Raise	Dumbbell Bent-Knee Calf Raise
Side Lying Hip Adduction	Dynamic Side Elbow Plank with Hip Abduction	Barbell Ankles Together Calf Raise	Dumbbell One Leg Bent-Knee Calf Raise
Side Lying Hip Adduction Leg Scissor	Dynamic Bent-Knee Side Elbow Plank with Hip Abduction	Dumbbell One Leg Leaning Calf Raise	Dumbbell Half-Kneeling Calf Raise
One Leg Hip Bridge with Leg Fallout	Quadruped Hip Abduction	Dumbbell One Leg Calf Raise	Dumbbell Seated One Leg Calf Raise
NT Loop Quadruped Hip Adduction	NT Loop Clamshell	Dumbbell Traveling Calf Raise	Machine Seated Calf Raise
NT Loop Half-Kneeling Hip Adduction Foot Shuffle	X-Band Lateral Shuffle	Dumbbell Calf Raise	
NT Loop Kneeling Slider Hip Adduction	Hip Loop Lateral Shuffle	Dumbbell Ankles Together Calf Raise	
Machine Hip Adduction	Hip Loop Low Lateral Shuffle	Machine Calf Raise	
	Machine Hip Abduction		
Glutes	Hamstrings	Quads	
Shortened Range	Shortened Range	Shortened Range	
One Leg Hip Bridge with Weight-Plate	Stability-ball Leg Curl	Sled Reverse Drag	
Dumbbell One Leg Hip Thrust	Stability-ball One Leg Curl	Sled One Leg Reverse Drag	
Cable One Leg RDL	Nordic Hamstring Curl	NT Loop Linear Squat Walk	
Cable Cross-body RDL	NT Loop Hip Bridge Leg Curl	NT Loop Straight-leg Walk	
NT Loop Thigh-Resisted One Leg Knee Hip Thrust	NT Loop Lying Leg Curl	NT Loop One Leg Extension	
NT Loop Hip Thrust	NT Loop Seated One Leg Curl	Machine Leg Extension	
NT Loop Hip Bridge	Machine Lying Leg Curl	Machine One Leg Extension	
NT loop Linear Monster Walk	Machine Lying One Leg Curl		
One Leg Hip Bridge with Leg Fallout	Machine Seated Leg Curl		
45-Degree Hip Extension	Machine Seated One Leg Curl		



# Switching Out Exercises

If you don't have the ability/access to a given exercise in any of the sample programs, simply substitute another exercise from the same category by using the charts.



# ***“Can We Not Do...?”***

- Clients often come in saying they can't do any upper-body or lower-body or a certain muscle group for whatever reason.
- Sometimes they ask to do MORE of a certain area.
- Adapt accordingly while sticking to the same training framework and concepts.
- Just do more of what they can do.



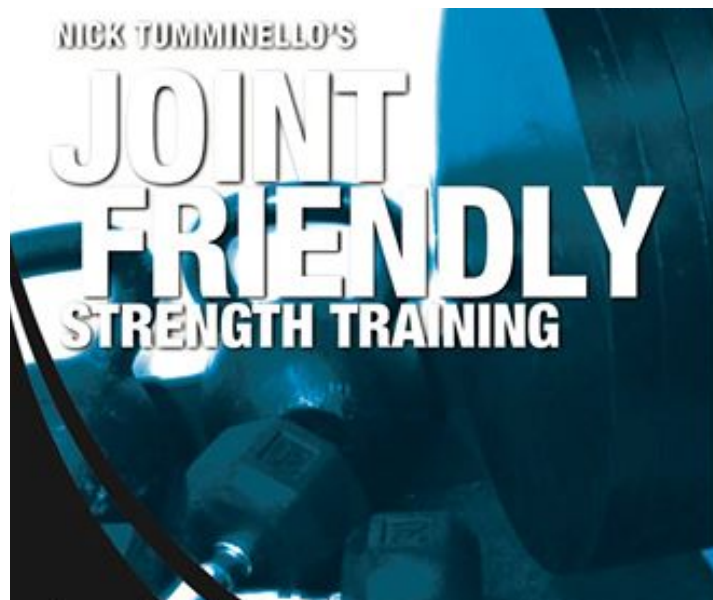


## 3 Most Common Painful Movements

1. **Knee Bend** (modify to more hip hinge oriented or substitute for another lower-body exercise)
  2. **Vertical Pushing** (modify to diagonal push or substitute for another upper-body exercise)
  3. **Horizontal Pushing** (modify or substitute for another upper-body exercise)
- **Hip hinge is often a technique issue.** (modify or substitute for another lower-body exercise)

# Joint Friendly Strength Training Course

Watch it!!! It's included FREE here in PPDM



**YOU WILL DISCOVER**

- Over 100 innovative joint sparing exercises
- How to build stronger legs with bad knees: Use these moves if weighted squats, lunges or step-ups hurt your knees
- The best upper-body exercises for bad shoulders: Use these moves if your shoulders are aggravated by the bench press or over-head lifts
- How to build superior strength while "working around" a bad back: Use these exercises if back issues prevent you from doing loaded squats and deadlifts
- The Best and Worst core exercises for a bad back!
- How to add load and get stronger even if you can't hold weights due to a hand/wrist limitation
- Simple, easy-to-use training strategies to injury-proof your strength program
- Plus much more!

**OVER 100 INNOVATIVE EXERCISES FOR BUILDING MUSCLE, SUPERIOR STRENGTH AND IMPROVED PERFORMANCE WHILE SPARING YOUR JOINTS AND WORKING AROUND WOUNDED KNEES, SHELL-SHOCKED SHOULDERS, A HAND/WRIST LIMITATION OR A BAD BACK**



# Use the Two C's When Selecting Exercises

Use the following two simple criteria to make effective choices:

**Comfort** — The movement is pain free, feels natural, works within your current physiology, and so on.

**Control** — You can execute the movement technique and body positioning as indicated in the exercise description.

For example, when squatting, you display good knee and spinal alignment throughout and use smooth, deliberate movement.



# Work Around—Not Through—Injuries and Limitations

- **Find a modification or an alternative exercise that doesn't hurt.**
- *Not* muscle fatigue or “feeling the burn.”
- Aches and pains that exist outside the gym or flare up when you perform certain movements.
- **Having pain doesn't make you a physical therapy patient!**
- You may need to modify (shorten) the range of motion or adjust the hand or foot placement of a particular exercise to fit their current ability to honor the joint alignment cues you're coaching.
- In some cases, you may just have to avoid certain exercises and emphasize other options.



# Exercise Progressions and Regressions?

- Just exercise *variations* and *modifications*.
- Just *more* and *less* complex exercises.
- No exercise is put on a pedestal (as the top "progression")
- There are no must-do exercises.
- Every exercise, no matter how simple it is, can be progressed by adding load, reps, sets, time under tension, etc.
- You can make the less complex variation very hard by going heavier and doing more reps.
  
- When someone is able to properly perform more complex exercises, it means they're capable of demonstrating good technique on a larger range of exercises. Therefore, they can use a wider variety of lifts in their workouts.



# Teaching Progressions vs. Training Progressions

- Progression and regression frameworks can be helpful when used as a systematic way to build familiarity with a given movement before doing a more complex variation of it.
- The problem occurs when these types of exercise progression and regression models are used as an overall programming goal.
- These frameworks may be helpful in teaching people how to learn exercises, but someone who can perform an advanced exercise, like the split-stance single-arm cable press, can still absolutely benefit from a simpler variation, like the dumbbell press or bench press. You'll benefit as long as the weight is appropriate for your current level of strength.



# Reference:

1. Robbins, D. W., Young, W. B., & Behm, D. G. (2010). The effect of an upper-body agonist-antagonist resistance training protocol on volume load and efficiency. *The Journal of Strength & Conditioning Research*, 24(10), 2632-2640.

