New Rules of Lifting for Life (summary (c) 2012) Jason Leigh

- Program Phases
  - 3 phases
    - Each phase has 2 Workouts
      - Workout A
      - Workout B
    - 3 workouts per week is enough (4 is too much, 2 is ok, 1 is too few)
  - Phase 1: Transform
    - Workout A
      - RAMP
      - Core
        - Stability: 2x0 seconds
        - Dynamic Stability: 2x10
      - Power
        - Lower Body - 2x5
      - Strength
        - 1a. Squat: 1-2x15
        - 1b. Pull: 1-2x15
        - 2a. Single-leg stance: 1-2x15
        - 2b. Push: 1-2x15
      - Metabolic
        - 5-10 minutes: 1-2x15
      - Recovery
    - Workout B
      - RAMP
      - Core
        - Stability: 2x30 seconds
        - Dynamic Stability: 2x10
      - Power
        - Upper Body: 2x5-8
      - Strength
        - 1a. Hinge: 1-2x15
        - 1b. Push: 1-2x15
        - 2a. Lunge: 1-2x15
        - 2b. Pull: 1-2x15
      - Metabolic
        - 10 minutes
      - Recovery
    - Notes
      - If achieved 15 then increase difficulty or move to next level of category
      - For NROL veterans probably only do this 4 times instead of 6
      - At any time if the phases feel the same in week 3 as 4 then perhaps you want to move up a phase
      - Pick easiest exercises you can do with full intensity but without discomfort
  - Phase 2: Develop
    - Workout A
      - RAMP
      - Core
        - Stability - 2x30 seconds
      - Combination
        - 2x10
      - Power
        - Lower Body - 2x5
      - Strength
        - 1a. Lunge: 2-4x10
        - 1b. Pull: 2-4x10
        - 2a. Hinge: 2-4x10
        - 2b. Push: 2-4x10
      - Metabolic: 5-10 minutes
      - Recovery
    - Workout B
      - RAMP
      - Core
        - Dynamic Stability: 2x10
      - Power
        - Upper Body: 2x5-8
      - Strength
        - 1a. Single-leg stance: 2-4x10
        - 1b. Push: 2-4x10
        - 2a. Squat: 2-4x10
        - 2b. Pull: 2-4x10
      - Metabolic: 10 minutes
      - Recovery
    - Notes
      - Pick exercises that allow you to work with heaviest weight for multiple sets
      - Goal is increase weight and volume of lifting
  - Phase 3: Maximize
    - Workout A
      - RAMP
      - Core
        - Dynamic Stability: 2x10
      - Power
        - Lower Body: 2x5
      - Strength
        - 1a. Hinge: 2-3x12
        - 1b. Push: 2-3x12
        - 1c. Lunge: 2-3x12
        - 2a. Pull: 2-3x12
        - 2b. Combination: 2-3x12
      - Metabolic
        - 5-10 minutes
      - Recovery
    - Workout B
      - RAMP
      - Core
        - Dynamic Stability: 2x10
      - Power
        - Upper Body: 2x8-10
      - Strength
        - 1a. Squat: 2-3x12
        - 1b. Pull: 2-3x12
        - 1c. Single-leg stance: 2-3x12
        - 2a. Push: 2-3x12
        - 2b. Combination: 2-3x12
      - Metabolic
        - 10 minutes
      - Recovery
    - Notes
      - Last exercise is a combination exercise
      - Pick exercises that kick your ass
  - Advanced Lifters
    - After going through above phases
      - Phase 1: 2 to 3 sets of 12 reps
      - Phase 2: 4 sets of 8 reps
      - Phase 3: 2 to 3 sets of 10 reps
- Program Elements
  - RAMP
    - 10 minutes of warmup exercises
    - Kneeling hip flexor / lat stretch - 30 secs each side
    - Single leg hip raise - 8 each side
    - Open one-half kneeling adductor / ankle mobilization - 8 each side
    - Open one-half kneel with T reach - 8 each side
    - Squat to stand - 6
    - Wall slide - 10
    - Forwrad / backward jump - 20
    - Walking knee hug to forward lunge - 8
    - Side to side jump - 10 each direciton
    - Walking lateral lunge - 8 each direction
    - Skipping - 2 runs of 10-20 yards
    - Carioca - 2 runs of 10-20 yards
    - Side shuffle - 2 runs of 10-20 yards
  - Core Training
    - Stabilization Workout
      - Holding a position for time period
      - If you hit or exceed a time period, you can move up a level
      - Level 1
        - Plank
          - Weaker: Torso-elevated Plank
        - Side Plank
          - Weaker: Modified side plank
      - Level 2
        - Plank with reduced base of support
          - Dogbird
        - Side plank with reduced base of support
      - Level 3
        - Feet elevated plank
        - Feet elevated side plank
      - Level 4
        - Feet elevated plank with reduced base of support
        - Feet elevated side plank with reduced base of support
      - Level 5
        - Feet elevated plank with unstable point of contact
        - Feet elevated side plank with unstable point of contact
        - Feet elevated plan with reduced base of support & unstable point of contact
        - Elevated side plank with reduced base of support & unstable point of contact
    - Dynamic Stabilization Workout
      - Holding position and moving a body part
      - Move up a level when you hit max reps
      - If using weights increase them until you can't do exercise with good form- then move to next level.
      - Level 1
        - Plank & pulldown
        - Side plank & row
      - Level 2
        - Push away
        - Side plank & row with reduced base of support
      - Level 3
        - Spiderman plank
        - Swissball mountain climber
        - Mountain climber with slides
      - Level 4
        - Cable half kneeling chop
        - Cable kneeling chop
      - Level 5
        - CAble split stance chop
        - Cable horizontal chop
  - Power Training
    - Level 1
      - Lower Body
        - Box Jump
      - Upper Body
        - Elevated explosive push up
        - Option: Medicine ball pass from knees
    - Level 2
      - Lower Body
        - Body weight jump squat
      - Upper Body
        - Explosive push up
        - Alternative: Levitating push up
        - Option: Medicine ball push pass
    - Level 3
      - Lower Body
        - Kettle Swing
      - Upper Body
        - Dumbbell push press
    - Level 4
      - Lower Body
        - Dumbbell jump squat
      - Upper Body
        - Explosive push up from boxes
    - Level 5
      - Dumbbell single arm snatch
  - Strength Training
    - Squat
      - Level 1
        - Body weight squat
        - Dial back: Supported body-weight squat
        - Variation: Suspended body-weight squat
      - Level 2
        - Goblet Squat
      - Level 3
        - Front Squat
        - Limited Equipment Option: Dumbbell front squat
      - Level 4
        - Back Squat
        - Cool Option for Advanced: Hex bar deadlift
      - Level 5
        - Overhead Squat
    - Hinge
      - Level 1
        - Swiss ball supine hip extension
      - Level 2
        - Option 1: Cable pull thru
        - Option 2: Romanian deadlift
      - Level 3
        - Rack deadlift
      - Level 4
        - Dead lift
      - Level 5
        - Wide grip deadlift
      - Beyond Level 5
        - Wide grip deadlift from deficit
    - Lunge
      - Level 1
        - Split squat
        - Dial back: Supported Split Squat
      - Level 2
        - Dumbbell reverse lunge
        - Cool variation: Goblet lunge
        - Cool variation 2: Reverse lunge from step
        - Cool variation on the variation: Offset Loaded Reverse Lunge from Step
      - Level 3
        - Split squat, rear foot elevated
        - Universally despised variation: Bulgarian split squat
        - Much more enjoyable variation: Suspended Split Squat
      - Level 4
        - Forwrad Lunge
      - Level 5
        - Walking lunge
      - Beyond Level 5
        - Lunge-a-palooza
    - Single-Leg Stance
      - Level 1
        - Step up
      - Level 2
        - Offset loaded step up
      - Level 3
        - Single leg romanian deadlift
      - Level 4
        - Single leg squat
        - Dial back: Supported single leg squat
        - Advanced option: Kettlebell single-leg squat
      - Level 5
        - Single leg deadlift
      - Beyond Level 5
        - Higher steps
        - Cross over step up
        - Splinter step up
        - Overhead splinter step up
    - Push
      - Level 1
        - Push up
        - Dial back: Push up with hands elevated
      - Level 2
        - Push up with hands suspended
      - Level 3
        - T Push up
        - Variation: T Pushup with weights
      - Level 4
        - Dumbbell Bench Press
        - Variation: Dumbell Single Arm Bench Press
      - Level 5
        - Dumbbell Shoulder Press
        - Variation: Dumbbell Single-Arm Shoulder Press
      - Beyond Level 5
        - Barbell Bench Press
        - Shoulder-saving variation: Barbell board press
    - Pull
      - Level 1
        - Standing cable row
        - Dial Back: Split-Stance Cable Row
      - Level 2
        - Kneeling Lat Pulldown
        - Variation: Standing Lat Pulldown
      - Level 3
        - Dumbbell 2-point row
        - Option: Dumbbell 3-point row
        - Option: Dumbbell Chest Supported Row
      - Level 4
        - Inverted row
        - Variation: Suspended Row
      - Level 5
        - Chin up
      - Beyond Level 5
        - Pull Up
    - Combination
      - Level 1
        - Single leg single arm cable row
      - Level 2
        - Reverse lunge and cable row
      - Level 3
        - Romanian deadlift and row
      - Level 4
        - Squat and Press
      - Level 5
        - Reverse lunge and single-arm press
      - Beyond Level 5
        - Combine overhead press with lunge variations
  - Metabolic Training
    - Level 1
      - Body weight squat
      - Step up
      - Shadow boxing
    - Level 2 & 3
      - Burpee
      - Kettlebell swing
      - Box jump
      - Squat / push up combo
    - Level 4 & 5
      - Barbell matrix- 10 reps of each
        - Bent over row
        - Front squat
        - Shoulder press
      - Farmers walk
      - Sprint
    - Beyond Level 5
      - Jump rope
      - Take the stairs
      - Hit a heavy bag
      - Turn your yard into a gym
    - Notes
      - Intermittent - interval training
      - Hard for 15-30 seconds, recover and go hard again
      - Should be anaerobic and should NOT cause joint pain
      - Starters: 3 to 1 recovery to work: 15 on 45 off
      - Most: 2 to 1: 20 on, 40 off
      - Advanced: 1 to 1: 30 on 30 off
  - Recovery
    - Back Roll
    - Glute Roll
    - Calf Roll
    - Ham Roll
    - Quad Roll
    - IT-band Roll
    - Adductor Stretch
    - Hip Flexor / Lat Stretch
    - Figure Four stretch