

A SYNOPSIS OF CRAIG BONGELLI'S SPEECH ON PROGRAM DESIGN

There are 5 **PROGRAM GOALS** and you must choose 2 to focus on:

- 1) Maximum Strength
- 2) Relative Strength or pound for pound strength
- 3) Explosive Strength or speed strength
- 4) Endurance Strength or long distance strength
- 5) Hypertrophy or getting bigger

You should work on a four day alternating program with the days as follows:

- 1) Upper body for your number one PROGRAM GOAL
- 2) Lower body for your number one PROGRAM GOAL
- 3) Upper body for your number two PROGRAM GOAL
- 4) Lower body for your number two PROGRAM GOAL

If you are working out five times per week your program would look like this:

Day 1, Day 2, a fun or prehab type day, Day 3, Day 4

Choosing **EFFORT LEVELS** during your program based on a 10 point scale ie 7 /10:

- 10/10** This means you are giving everything, 100% of what you've got. It also means that when you are done you couldn't do one more rep. You have **zero reps left in the tank.**
- 9/10** This means that when you are done, you have **1 rep left in the tank.**
- 8/10** This means that when you are done, you have **2-3 reps left in the tank.**
- 7/10 or 6/10** This means that the **rhythm of your lift doesn't change.**

Now it is time to put together a day of your program. Try to include 5 movements:

- 1) Main Movement #1 (ie. Bench Press) EFFORT LEVEL 9/10 or 10/10
(ex. 3 sets x 2 reps at 90% of your max or 3x50 at 30% of your max)
- 2) Main Movement #2 should be similar to Main movement #1 (ie. Military Press) but at an EFFORT LEVEL of 8/10 (ex. 4 sets x 6 reps at 80% of your max)
- 3) Opposite Movement (if the two main movements were pushes then this should be a pull or vice versa) (ie. Row) This should be done at EFFORT LEVEL 8/10 (ex 4-5 sets x 8-12 reps at 80% of your max)
- 4) Accessory Movement #1 This should be done at EFFORT LEVEL 6-7/10 (ex. 4-5 sets x 8-25 reps)
- 5) Accessory Movement #2 This should be done at EFFORT LEVEL 6-7/10 (ex. 4-5 sets x 8-25 reps)

CHANGING YOUR EXERCISES should be done every:

2-4 weeks for Main Movement #1

4-6 weeks for Main Movement #2 and Opposite Movement

6-8 weeks for the Accessory Movements

BUT do these exercises for the full amount of time if you are still improving!

EXAMPLE OF A PROGRAM for Hypertrophy

Hypertrophy Upper Day (back focus)

- 1) Bent over Row 4 x 10 (pulling movement)
- 2) Pullups 4 x 8 (pulling movement)
- 3) Seated Dumbbell press 4 x 12 (pushing movement)
- 4) High Rep TRX push- ups 3 x MAX REPS
- 5) Biceps/Triceps superset

Hypertrophy Lower Day (booty focus)

- 1) Sumo Deadlift 4 x 6-8
- 2) Stiff Leg Deadlift 3-4 x 12
- 3) Goblet Squat 4 x 15
- 4) Calves 3-4 x 15
- 5) Abs

Note: to work the front of the leg have the knee forward in relation to your toe. To work the back, knees are back behind toes. Knees and toes should point the same direction.