

1x20 Method

Foundational Strength Training

Technique Optimization

"Do the right thing to the body, and it will respond immediately" - Douglas Heel

Aerobic Base Building

Capillary Density Increase

Date:

Exercise	Sets/Reps	Tempo	Load/Reps	Load/Reps	Load/Reps	Load/Reps	Load/Reps	Load/Reps	Load/Reps
1 DB Goblet Squat	1x20	2s ECC							
2 Band Hip Abduction	1x20	2s ECC							
3 Band Hip Adduction	1x20	2s ECC							
4 Band Paw Back (Hip Ext.)	1x20	2s ECC							
5 Band Knee Drive (Hip Flex.)	1x20	2s ECC							
6 Barbell Good Morning	1x20	2s ECC							
7 Push Up	1x20	2s ECC							
8 Inverted Row	1x20	2s ECC							
9 Back Raise	1x20	2s ECC							
10 Sit-Up	1x20	2s ECC							
11 Back Raise w/ Twist	1x20	2s ECC							
12 1-arm DB Overhead Press	1x20	2s ECC							
13 Lat Pulldown	1x20	2s ECC							
14 Russian Twist	1x20	2s ECC							
15 Reverse Sit-Up	1x20	2s ECC							
16 Band Leg Extension	1x20	2s ECC							
17 Band Leg Flexion	1x20	2s ECC							
18 DB Front Raise	1x20	2s ECC							
19 DB Lateral Raise	1x20	2s ECC							
20 DB Rear Delt Raise	1x20	2s ECC							
21 DB Biceps Curl	1x20	2s ECC							
22 Triceps Rope Push Down	1x20	2s ECC							
23 EZ-Bar Reverse Curls	1x20	2s ECC							
24 Single-Leg Calf Raise	1x20	2s ECC							
25 Banded Tibialis Raise	1x20	2s ECC							
26 DB Supination-Pronation	1x20	2s ECC							
27 EZ-Bar Wrist Flex./Ext.	1x20	2s ECC							
28 Plate Pinch Drop + Catch	1x20	2s ECC							
29 Belly Breathing	1x20								

Repetitions:

Concentric: Controlled but explosive

Eccentric: Controlled 2 seconds

Brief isometric pauses are allowed between repetitions

Guidelines:

Must get all 20 reps with perfect form, repetitions 15 on should be difficult

To be trained 3 days per week (Ex.: MWF)

Progress should be made in each session (more tension or weight)