MODULE 4

Day 1: Modified Strongman Training

TMP brings together scientific programming and exercise technique. You will learn how to add this time old training method into your arsenal. Learn the techniques of the core lifts, log pressing, farmers walks, sled, prowlers and many more.

Topics in this section include:

- Modified Strongman Training (MST) Exercises and Implements
- Core MST Essentials and Exercise Order
- Exercise Technique and Modifications
- Program Design Essentials
- Writing Programs
- Variations of Using MST in Programs

Day 2: Real World Periodization and Recovery Methods

Training or performance plateau are very common. During this section, the key focus is placed on learning how to accurately and effectively periodize your training and recovery methods. Learn how to manipulate recovery and training stimulus to sustain progress and break plateaus.

Topics in this section include:

- Program Design Essentials and Periodization
- Periodization Parameters
- Writing Programs
- Variations of Recovery Methods
- Regeneration
- Peri-Workout Nutrition and Recovery
- ABC's for Macro Nutrient Recovery

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Course topics and order may be changed at anytime