

25 Tips For Better Training NOW!

A Random List of Tips, Tricks and Principles that Will Lead to
Better Training Sessions Immediately.

This is copyrighted. That said, feel free to share, copy, post up on your blog, whatever. This is my explicit permission. Just do me one favor, give credit where it's do and link back, tell 'em where you found it etc, etc, etc. Thanks, now get to work.

Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits.

Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. Including this one. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop that movement and consult a physician. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Roy Pumphrey and [Roy Pumphrey.com](http://RoyPumphrey.com) will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

25 Random Tips For a Better Training NOW!

1) Crush the Weight

Don't just sit a dumbbell or barbell in your hands or "hang" off of a bar. Crush the weight hard. This helps to ramp up your nervous system, making you stronger and forces your rotator cuff to fire, making the lift safer and you stronger. [Read More](#)

2) Stay "Back" on the Weight

For the vast majority of exercises the pressure on your foot should be from the midfoot to the heel and almost **NEVER** on the ball of the foot or toes. [Read More](#)

3) Lift in the Flattest Heel Possible

The flatter the heel the more vertical the shin angle and easier it is to hinge the hip. Don't go straight from a huge heel to flat but a gradual decline over time will help with your weight distribution during most lifts. [Read More](#)

4) Toe- Ankle- Knee- Hip

That's the alignment you're looking for. These four joints should be in-line almost always, but especially during lower body exercises.

5) Stop Crunches and Sit-Ups

These actually help contribute to damaging the lower back by creating hypermobility at the lumbar spine and creating the mechanism of injury for lumbar disk slippage, herniations and spondylolisthesis. [Read More](#)

6) Focus on Stopping Motion when Training the Core.

The "core" is built to function as a corset around the lower back which transfers force from the shoulders to the hips and vice versa. This area isn't meant to create motion. [Read More](#)

7) Focus on Mobility Before Strength

Establish a full range of motion with a movement pattern before you begin loading and

challenging it. Loading poor movement is a recipe for increasing the movement dysfunction and eventually an injury.

8) Self Massage (SMR)

Do it! 5-10 minutes a day of self message can make a huge difference in your movement mechanics and tissue quality which will lead to better training and recovery. [Read More](#)

9) Legs Feed the Wolf

Don't neglect training the lower body, especially the glutes. This is the key to athletic success and performance across all realms. Even if your sport is just playing with the grandkids.

10) Pull the Bar Around the Shoulders/ Back When Squatting

Don't just sit the bar on your back. Crush it and try to pull it down around your back, like you're performing a lat pulldown. This will fire the lats and make your torso much stiffer, which means better force transfer from the hips. This will also help to keep the chest up.

11) Train with a Vertical Shin if You Have Knee Pain

The more vertical the shin the less chance you'll create much Tibial shear which is one of the leading causes of knee pain . [Read More](#)

12) Neutral Grip Pullups/ Bench/ Press

This grip creates a better tracking of the scapula and more sub-acromial space (room for the shoulder to move). That can be the difference between the soft tissues getting ground away or nothing happening at all and being pain-free. [Read More](#)

13) Women: Train Like a Man

Don't do the workouts in the trash mags, those will never give you the body you want. Hell, the models in those mags don't even do those workouts.

Lift heavy things.

14) Big Rocks before Small Stones

Put the heaviest lifts, multi-joint, compound lifts early in the workout. After a good warmup and work-up, smash weight. These lifts are where the vast majority of your gains will come from, they deserve priority. [Read More](#)

15) Use Non-Competing, Alternating Supersets

Pairing exercises which don't compete for resources is usually a good idea. Things like pushups and lunges. This is especially true for accessory work, lifts done AFTER your big lifts.

It's not a great strategy to use when trying to set a new MAX or lifting within 90% of a 1RM. If that's the case take the time between sets to rest.

16) Chest Up!

Always focus on getting the chest or shirt "logo" up by extending the thoracic spine.

17) Hips Back

Squats, Reverse Lunges, RDL's all should begin with the hips hinging before the knee bends. This may be very subtle but the hips should always move first.

18) Smooth to the Bottom

NEVER dive bomb a weight.

Always lower a weight smoothly to the bottom of a lift. This doesn't mean purposely go slowly. It means go at controllable pace so you're in PERFECT position at the bottom of the lift.

19) Fast to the Top

Always strive to lift the weight or complete the lift, with perfect technique, as quickly as possible, **NEVER** go slowly purposefully.

20) Take a Breath and Hold It

Unless you have a medical reason, in general, you should take a breath into the diaphragm before beginning every lift (especially the heavy ones) and **HOLD IT** until you're back at the start position with the weight locked out.

Breathing out during a lift is a great way to change the angle of the torso/ low back and incur an injury.

21) Diaphragmatic Breathing

Learn to use your diaphragm to breathe. Diaphragmatic breathing is the correct breathing pattern for non-stressed breathing. Breathing through the ribs helps to keep the body in a “stressed” state and compromises not only training but also recovery from training. [Read More](#)

22) Hip Torque

“Screwing” the Tibia into the floor (from the midline out) creates instant hip torsion by turning the glutes on and helps to not only “set” the pelvis but also keep the knees tracking properly. [Read More](#)

23) Don't do Random Workouts Too Often

You constantly have to “relearn” with random workouts. Have a program made and focus on a single goal for a period of time 4-16 weeks. This will lead to mastery of exercises and much more success over the long term. [Read More](#)

24) Don't Change Exercises Too Often

Stick with an exercise for a few weeks to a few months. This will let you get past the learning curve and really load the movement and stress the body to make changes.

25) Focus on Performance and Progress not Pain

Workouts should be a means to an end. If you're not getting better, it's not working. Don't use soreness or tiredness as a measure of progress. Compare your starting point versus the end goal. If you're moving in that direction keep doing what you're doing.