



Like an OX

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DESCRIPTION

Like an Ox. This session will build pure strength. Who needs power, who needs technique, who needs anything but STRENGTH! (I kid, I kid!)

TECHNICAL NOTES

This recruitment based strength session is a perfect alternate to hypertrophy and energy system blocks to change up your loading. Perform once a week for 4 weeks to see huge gains in maximal recruitment and nervous system firing! As we move into intermediate and advanced we start to do more One arm Loading to bring shoulder and one arm kinetic chain loading in to the mix. An important integration for high level climbing! **Works well to complement a Max Hang protocol Block of hangboarding or as the strength session in a undulating protocol.** (Check out our Max hang protocol in the Workout Members Section).

SESSION BREAKDOWN		Make sure to warm up WELL before this session. High Loads with building Volume.		TRAINING NOTES
Timing	Novice	Intermediate	Advanced	
4 Minutes	Supine I,Y,T - 2 Reps * 2 Sets	Supine I,Y,T - 4 Reps * 2 Sets	Supine I,Y,T - 4 Reps * 2 sets	<p>Reps are per position (Novice = 2 * I's, 2 * Y's, 2 * T's) - see link below for form.</p> <p>Use your own values to stimulate a good max hang except for Novices Just use Body Weight. Approximately 3 minutes between the hangs to fit them in the 4 minute block.</p> <p>https://www.youtube.com/watch?v=fCEgANP9ScM</p> <p>SUPINE I/Y/T starts at 1min30sec in video - Prone I/Y/T is the first half of the video which we do not perform in this workout.</p> <p>Can Add Weight off Harness. Should be HARD 8-9/10 percieved exertion to complete second set.</p> <p>On Scatter Wall - Max of 30 degree overhang - Not for "core" but fingers, arms and shoulders. Make one move - remove feet and hold 1 second, place feet on. Make another move and repeat. Approx 5-6 moves per rep. Don't drop into straight arms for each hang - keep the arms in the position you made the move.</p> <p>Archer Typewriter - Perform Archer - Move across the bar to opposite side in lockoff and eccentric archer down on the other side is 1 rep. 2 reps each side.</p> <p>Can use Weight Bar - Weight Bar with Elastic Band (Two ends around bar and step on the middle) - Or Elastic Band By Itself. Keep Back Flat and Parrallel to ground if possible.</p> <p>Straight Arm Hang with slight bend at elbows. Shrug up on the shoulders as high as possible - don't bend arms. Lower down on shoulders to the start position. HIGH TAPS for advanced you may bend the elbow slightly to get a higher "HIGH" Tap.</p>
4 Minutes	10s Hang 20mm Body Weight * 2 Reps	Two Arm Max Hang 10s * 2 Reps	One Arm Max Hang 10s * 2 Reps	
4 Minutes	Supine I,Y,T - 2 Reps * 2 Sets	Supine I,Y,T - 4 Reps * 2 Sets	Supine I,Y,T - 4 Reps * 2 sets	
4 Minutes	10s Hang 20mm Body Weight * 2 Reps	Two Arm Max Hang 10s * 2 Reps	One Arm Max Hang 10s * 2 Reps	
4 Minutes	Bodyweight Chinups (2 Sets 4 Reps)	Archer Chins (2 sets 2 Each side)	Archer Typewriters (2 sets 4 Reps)	
4 Minutes	Wall Cut Feet 5-6 moves * 4 reps	Wall Cut Feet 5-6 moves * 4 reps (Use Crimps)	Wall Cut Feet 5-6 Moves * 4 reps (Use Crimps)	
4 Minutes	Bodyweight Chinups (2 Sets 4 Reps)	Archer Chins (2 sets 2 Each side)	Archer Typewriters (2 sets 2 Reps each side)	
4 Minutes	Wall Cut Feet 5-6 Moves * 4 Reps	Wall Cut Feet 5-6 Moves * 4 reps (Use Pinches)	Wall Cut Feet 5-6 Moves * 4 reps (Use Pinches)	
4 Minutes	Bent Over Row 20 Seconds * 2 - Supine Grip	Bent Over Row 30 Seconds * 2- Supine Grip	Bent Over Row 40 Seconds * 2 - Supine Grip	
4 Minutes	Two Arm Scapular Pullup - 4 Reps 2 Sets	One Arm Scapular Pullup 4 Each Side * 2	One Arm Scapular Pullups 4 Each Side * 2 WITH HIGH TAPS (Each Rep Tap as high as possible above board/Bar)	
4 Minutes	Bent Over Row 20 Seconds * 2 - Supine Grip	Bent Over Row 30 Seconds * 2- Supine Grip	Bent Over Row 40 Seconds * 2 - Supine Grip	
4 Minutes	Two Arm Scapular Pullup - 4 Reps 2 Sets	One Arm Scapular Pullup 4 Each Side * 2	One Arm Scapular Pullups 4 Each Side * 2 WITH HIGH TAPS (Each Rep Tap as high as possible above board/Bar)	
Warm Down	Warm Down	Warm Down	Warm Down	

Volume Breakdown

WORKOUT ELEMENTS	Like an OX Strength, Maximal Recruitment, Fingers, Shoulders		
INTENSITY LEVEL	2	Combined Totals	
STRENGTH	3	5	
POWER	2	4	
ENDURANCE	1	3	
		12	<- VOLUME
Reccomendation			
MODERATE VOLUME SESSION. Flexible session due to specific stimulus and moderate volume. Works best once a week as part of a linear block of strength (with max hangs) OR as part of a dedicated training block in an undulating/non-linear training cycle. Best done early in the week away from performing outside due to the high Nervous System Load.			

Workout Volume

< 9 LOW

10-12 MODERATE

> 13 HIGH