### Tier System Strength Training is an .....

# ATHLETIC BASED STRENGTH TRAINING PROGRAM



#### What is the Tier System really?

- Simply Stated:
- Tier System Strength Training is based on the daily rotation of exercises from 3 basic movement categories. *That's it!*
- Training Cycles DO NOT interfere with the integrity of the system.

#### **OCCAM'S RAZOR**

• "All things being equal, the simplest explanation is the best one."



## What was the reasoning?

- Utilize a WHOLE BODY Training approach each session
- Prioritize the Foundation Movements
- Athlete Development
- Holistic Approach Integrate the training methods and movements of the major 3 Strength Disciplines (weightlifting, powerlifting, bodybuilding)



Exercise Pool Development

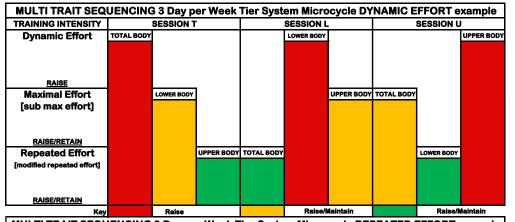
EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE	TOTAL	LOWER	UPPER
PRIORITY	BODY	BODY	BODY
TIER TWO	LOWER	UPPER	TOTAL
MAJOR	BODY	BODY	BODY
TIER THREE	UPPER	TOTAL	LOWER
MINOR	BODY	BODY	BODY
TIER FOUR	TOTAL	LOWER	UPPER
	BODY	BODY	BODY
TIER FIVE	LOWER	UPPER	TOTAL
	BODY	BODY	BODY

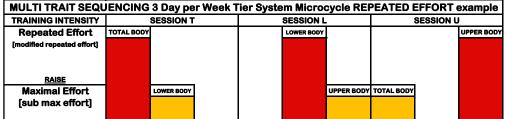


EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
NECK			
POSTERIOR CHAIN			
POSTERIOR SHOULDER			

TEAVY -	MODERATE -	LIGHT TI	aditional 3	Day per We	eek Micı	rocycle	
TRAINING INTENSITY	Session 1 - M	londay	Session 2 -	- Wednesday	Session 3 - Friday		
Heavy Moderate Light							
Kev	Heavy		Li	iaht		Moderate	
Key HEAVY - MODE	Heavy RATE - LIGHT	Traditio		<sup>ight</sup> er Week Tie	er Syste	Moderate m Micro	ocycle
Key HEAVY - MODE TRAINING INTENSITY/EMPHASIS			nal 3 Day p				
HEAVY - MODE	RATE - LIGHT		nal 3 Day p	er Week Tie		m Micro	
HEAVY - MODE	RATE - LIGHT	<u>IT</u>	nal 3 Day p	Der Week Tie SION L ER BODY		m Micro	
HEAVY - MODE TRAINING INTENSITY/EMPHASIS PRIORITY/Heavy	RATE - LIGHT SESSION TOTAL BODY	N T	nal 3 Day p	Der Week Tie SION L ER BODY		m Micro	

MULTI TRAIT SEQ									
Maximal Effort	SESSION T TOTAL BODY						SESSION U		
	TOTAL BODT				LOWER BODT	r			OPPER BOD
[sub max effort]									
RAISE									
Dynamic Effort		LOWER BODY				UPPER BODY	TOTAL BODY		
RAISE/RETAIN									
Repeated Effort			UPPER BODY	TOTAL BODY				LOWER BODY	
[modified repeated effort]									
RAISE/RETAIN									
Key		Raise			Raise/I	Maintain		Raise/	Aaintain





UPPER BODY TOTAL BODY

Raise/Maintain

LOWER BODY

Raise/Maintain

RAISE/RETAIN Dynamic Effort

RAISE/RETAIN

Key

Raise

# **Standing the Test of Time**

"All business' goals are based on developing a model that is *REPEATABLE*. If it is REPEATABLE, it will be *SUSTAINABLE*. If it is SUSTAINABLE, it will be *SUCCESSFUL*."

Scott Aucker, Corporate Sponsor Sales Executive, Carolina Panthers