

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)



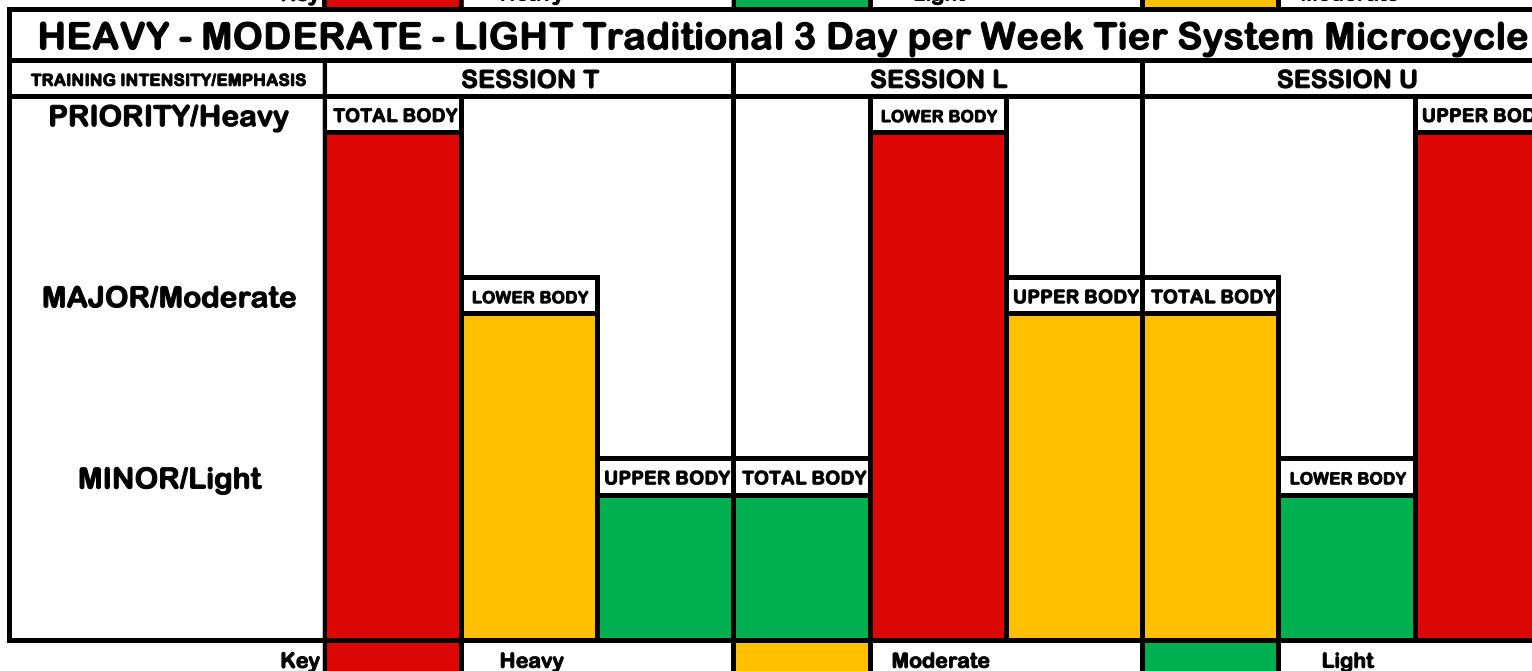
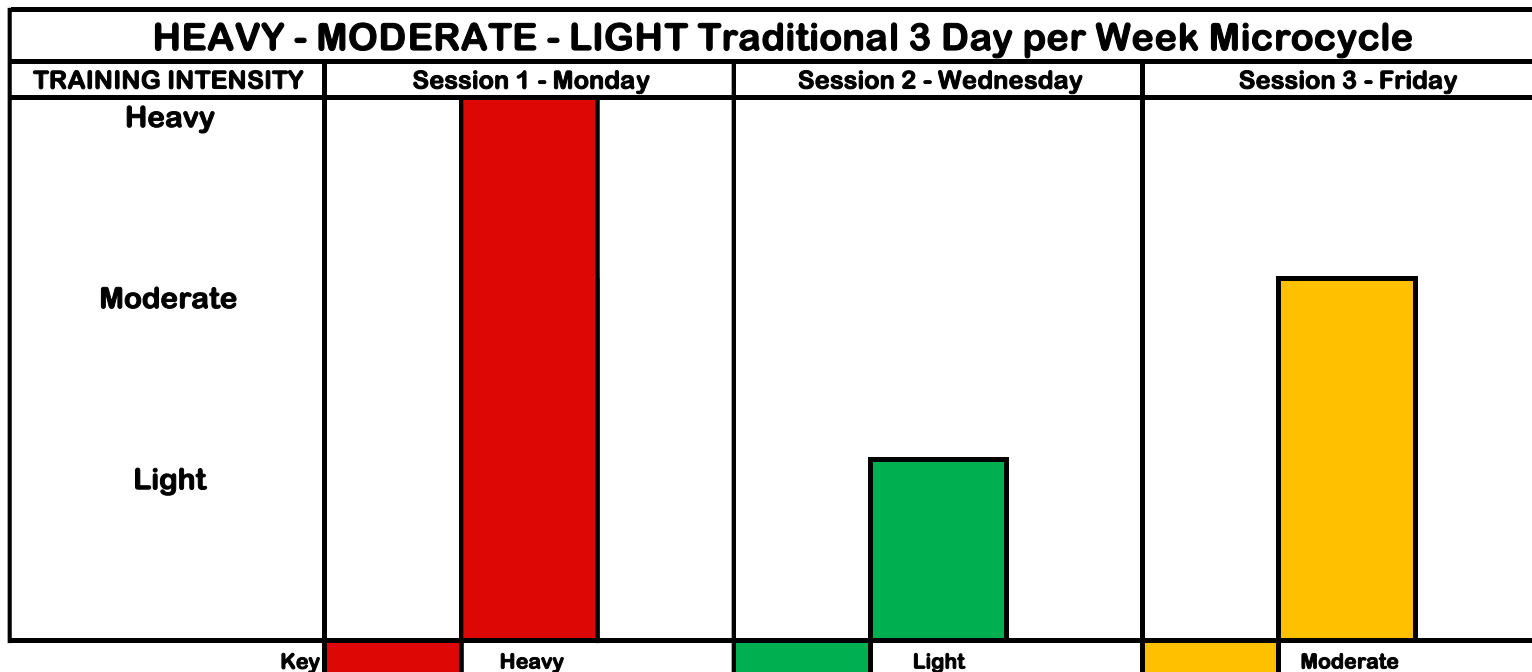
Exercise Pool Development

EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE 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



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TIER SYSTEM STRENGTH TRAINING

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			



MULTI TRAIT SEQUENCING 3 Day per Week Tier System Microcycle MAXIMAL EFFORT example						
TRAINING INTENSITY	SESSION T		SESSION L		SESSION U	
Maximal Effort [sub max effort]	TOTAL BODY			LOWER BODY		UPPER BODY
<u>RAISE</u>						
Dynamic Effort		LOWER BODY		UPPER BODY	TOTAL BODY	
<u>RAISE/RETAIN</u>						
Repeated Effort [modified repeated effort]			UPPER BODY	TOTAL BODY		LOWER BODY
<u>RAISE/RETAIN</u>						
Key	Red	Yellow	Green	Red	Yellow	Green
	Red	Raise		Raise/Maintain		Raise/Maintain

MULTI TRAIT SEQUENCING 3 Day per Week Tier System Microcycle DYNAMIC EFFORT example						
TRAINING INTENSITY	SESSION T		SESSION L		SESSION U	
Dynamic Effort	TOTAL BODY			LOWER BODY		UPPER BODY
<u>RAISE</u>						
Maximal Effort [sub max effort]		LOWER BODY		UPPER BODY	TOTAL BODY	
<u>RAISE/RETAIN</u>						
Repeated Effort [modified repeated effort]			UPPER BODY	TOTAL BODY		LOWER BODY
<u>RAISE/RETAIN</u>						
Key	Red	Yellow	Green	Red	Yellow	Green
	Red	Raise		Raise/Maintain		Raise/Maintain

MULTI TRAIT SEQUENCING 3 Day per Week Tier System Microcycle REPEATED EFFORT example						
TRAINING INTENSITY	SESSION T		SESSION L		SESSION U	
Repeated Effort [modified repeated effort]	TOTAL BODY			LOWER BODY		UPPER BODY
<u>RAISE</u>						
Maximal Effort [sub max effort]		LOWER BODY		UPPER BODY	TOTAL BODY	
<u>RAISE/RETAIN</u>						
Dynamic Effort			UPPER BODY	TOTAL BODY		LOWER BODY
<u>RAISE/RETAIN</u>						
Key	Red	Yellow	Green	Red	Yellow	Green
	Red	Raise		Raise/Maintain		Raise/Maintain

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