



# Training Manual

#YARDHARD

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First off, the team at Yard Athletics would like to thank you for entrusting us with your physical wellbeing. We appreciate the importance this plays in one's life, and we admire your dedication and commitment to bettering yourself every day.

This training program is meant to act as a guideline; the closer you follow the program, the greater the results. With that being said, there is always room for improvement and modification, so feel free to adjust as you see fit.

We appreciate all feedback you have for this program and our services!

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## INSTRUCTIONS

1. Depending on the program you have purchased, there are a designated number of training days. Typically it's best to divide these training days evenly throughout the week, taking a "Rest Day" as needed. A "Rest Day" does not mean zero physical activity, so utilize these days to partake in alternative training, outdoor activities or sporting events. Variety is beneficial to attaining optimal results, so long as it does not deter from your primary training methodology - The "Yard Hard" Training Series.
2. *Appendix* - This is a very brief legend to familiarize yourself with a few common abbreviations utilized throughout the program.
3. *Pre/Post* - This tab is an outline of a thorough full-body warmup and activation protocol, which we suggest you perform before each workout. If there are particular warm-up drills which have been prescribed to you by a health/fitness professional and/or therapist, feel free to integrate them as well. This can also be done following the completion of your training session as a cool down/mobility training.



4. *Training Days* - Following these tabs you will see "Day 1", "Day 2", etc. These are your various workouts. Open up one of the tabs and you will see the following:

- Week 1, Week 2, Week 3, Week 4 - There are 4 weeks in each of our training programs - commit to the month and we guarantee you will see improvements.
- Under each designated week, there are a number of Complexes (A,B,C,D etc.)
- Exercises beginning with the same letter are meant to be paired together in a working set e.g. Exercises A1 and A2 should be trained one after the next within the same working set.
- Prior to getting into your "working sets" a few (2-3) warm-up sets should be performed on the exercises. These are meant to familiarize yourself with the exercise, excite your nervous system and progressively build your way up to an appropriately difficult working weight for your first set.
- Upon completion of your warm-up sets, commence your working sets. After completing a set, ensure you strictly follow the prescribed rest intervals prior to your next set.
- As you progress through a complex, ensure that the weights being utilized are appropriately challenging. The last 2-3 reps should be challenging, without jeopardizing technique or range of motion.
- Follow the designated number of sets and reps for each complex.
- Upon completion of your initial Complex ("A"), move onto the subsequent Complex ("B") and repeat. Do so until your workout has concluded.
- After each set, record your weights in the column titled "Weight", separating sets with a "/" e.g. 100/105/110/115/120 would infer 100 lbs/kg on set 1, 105 lbs/kg on set 2 etc.



5. After completing your first day, follow the aforementioned steps for your following day's tab and prescribed complexes and subsequent exercises.
6. Once your initial week of training has come to a close, begin the next week by going back to your "Day 1" tab and following the workout under "Week 2". This will carry on for the remainder of the month.
7. Utilize the weights recorded for each exercise as a reference point on the weight you are capable of lifting with for a given lift. Do not be afraid to increase these weights as your program progresses. You should see your lifts increase as time goes on e.g. A 5 rep front squat from Weeks 1 vs 3 should not be the same; you should be able to lift more weight as you work your way through.
8. Upon completion of a 4 Week training block, a "Deload" week is highly advisable in order to allow your nervous system and musculature to recover. Feel free to take this week off of training in the gym and partake in alternative forms of training. Conversely, follow your final week's workouts at roughly 60% of the volume (decrease sets and decrease intensity slightly).
9. Depending on your goals/objectives and your training experience, we suggest you wait for an updated training program or try one of our other programs offered.

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**REGARDLESS OF EVERYTHING ELSE, ALWAYS REMAIN...**

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