

**PPR**



PERFORMANCE

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# GUIDELINES

FOR OPTIMAL PERFORMANCE

## ENJOY YOURSELF

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Training is about self-exploration, gaining knowledge, building confidence and expanding skill sets.

Enjoy yourself no matter what happens.

## PRACTICE WITH INTENTION

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Understanding what you're doing and why you're doing it will provide your body with the right stimulus it requires to change. Before you begin each exercise, make a mental note of what you want to accomplish.

Remember this: a great intention leads to a great outcome.

## LET GO OF JUDGEMENTS

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Judgmental labels usually lead to emotional reactions and then to tightness, trying too hard, self-condemnation... which interferes with the fluidity required for optimal performance.

The first skill to learn is the art of letting go the human inclination to judge ourselves and our performances as either "good" or "bad". When we unlearn how to be judgmental, it is possible to achieve spontaneous and focused sessions.

I want to be clear about this: letting go of judgements doesn't mean ignoring errors. It simply means seeing events as they are and not adding anything to them.

## **GET BETTER EACH DAY**

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Wake up every day and set an intention that aligns with your goal and then consistently work towards it. Each day, just focus on getting 1% better in whatever it is you're trying to improve.

Don't expect to get everything right the first time.

Be intentional and stay committed to consistency.

## **LISTEN TO YOUR BODY**

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Learn to listen to your body. Adapt reps, sets, time under tension if needed.

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# GUIDELINES

## OF PROGRESSIVE OVERLOAD

### PROGRESSIVE OVERLOAD

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There are multiple ways to program progressive overload, I'll provide a few examples below.

- Lifting the same load for increased distance (range of motion).
- Lifting the same load with better form, more control and less effort.
- Lifting heavier loads.
- Lifting the same load and volume with less rest time in between sets.
- Lifting a load with more speed and acceleration.
- Doing more work in the same amount of time.
- Doing the same work in less amount of time.
- Doing more sets with the same load and repetitions.

Be patient and choose one or two ways to overload your training.

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# METHODS

## EXPLAINED

### CONJUGATE METHOD

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This program is designed to keep you physically and mentally engaged while providing a consistent enough stimulus to progress.

#### What to expect:

- max effort lifts to enhance maximal strength (lifting a maximal load against a maximal resistance).
- dynamic effort to enhance speed strength (lifting a non-maximal load with maximal speed)

## RATE OF PERCEIVED EXERTION

### 1

#### WHAT

RPE or the "rate of perceived exertion" is a scale used to identify the intensity of your exercise based on how hard you feel or perceive your effort to be. The RPE scale typically runs from 0 to 10, with zero being literally nothing and 10 being the hardest you could possibly exert yourself. RPE allows to auto-regulate the load. That is to say it lets the load adjust to fit your performance.

### 2

#### TABLE

If you want to measure the intensity of your workouts, get familiar with the numbers. In simple terms, the numbers correspond to the intensity of exercise. See table below.

### 3

#### TIPS

Don't think about it during the set. Just execute the set. Focus on your technique. Progress not perfection. If you can't rate perfectly, you can still derive benefits from the system. Plus you'll get better with practice.

|            |                            |   |
|------------|----------------------------|---|
| <b>10</b>  | <b>Maximal effort</b>      | <b>You couldn't do anything more.</b>   |
| <b>9.5</b> | <b>Extremely hard</b>      | <b>You couldn't have done more reps, but maybe could've done a bit more weight.</b> |
| <b>9</b>   | <b>Almost limit effort</b> | <b>You could do 1 more rep.</b>   |
| <b>8.5</b> | <b>Very hard</b>           | <b>You could do 1 more rep. Maybe two.</b>  |
| <b>8</b>   | <b>Hard</b>                | <b>You could do 2 more reps.</b>  |
| <b>7.5</b> | <b>Fairly hard</b>         | <b>You could do 2 more reps. Maybe 3.</b>   |
| <b>7</b>   | <b>Somewhat demanding</b>  | <b>You could do 3 more reps.</b>  |
| <b>5-6</b> | <b>Comfortable</b>         | <b>You could do 4-6 more reps.</b>  |
| <b>1-4</b> | <b>Very easy</b>           | <b>It feels like a warm-up.</b>   |

**WEEK 1**

# 1 SESSION

|    | EXERCISE                        | WEIGHT  | SETS | REPS              | REST INTERVAL   |
|----|---------------------------------|---------|------|-------------------|-----------------|
| A1 | <u>Seated Zercher breathing</u> |         | 2-3  | 3                 |                 |
| A2 | <u>Arm bar</u>                  |         | 2-3  | 5 (EACH SIDE)     |                 |
| B1 | <u>Low box Zercher squats</u>   | RPE 8-9 | 2    | HEAVIEST 8        | 120-180 SECONDS |
| C1 | <u>Landmine single leg RDL</u>  | RPE 8-9 | 2    | HEAVIEST 5        | 60-120 SECONDS  |
| D1 | <u>Split squat iso</u>          |         | 2-3  | 45-60 SECONDS     |                 |
| D2 | <u>Roller bridge iso</u>        |         | 2-3  | 45-60 SECONDS     |                 |
| D3 | <u>Side bend</u>                |         | 2-3  | 10-15 (EACH SIDE) | 90-120 SECONDS  |

**A1 + A2:** Cycle through each exercise for the prescribed amount of sets and repetitions.

**Seated Zercher breathing:** Low reaches are helpful to teach the thorax to move backwards in space and create a stack position of the ribcage over the pelvis. This position is advantageous to create neutrality of the spine to move into other positions and for optimal breathing mechanics. The seated position will bias more hip flexion and hip internal rotation.

**Arm bar:** Arm bar variations are great for improving cervical and thoracic mobility as well as shoulder mobility and stability.

**Low box Zercher squats:** Gradually work up to 2 heavy sets of 8 (leaving 1-2 reps in the tank). The Zercher position (low reach) is great to give the lower thoracic spine/ribs a massive stretch.

**Landmine single leg RDL:** Gradually work up to 2 heavy sets of 5 on each side (leaving 1-2 reps in the tank). This variations allows for a nasty hip shift into the working side. Plus, you get a ton of obliques and spinal erectors. Focus on pushing through the inside edge of your foot. The glutes are intimately tied to the arch of the foot, particularly, the ball of the big toe. Use the same weight for all of your work sets. Rest 60 to 120 seconds between legs.

**D1 + D2 + D3:** Cycle through each exercise for the prescribed amount of sets and repetitions/time.

**Split squat iso:** Extreme isometrics have one rule: they have to be hard for you to get something out of them. If you're going to give up on a hold the second it starts feeling difficult, you're not going to get much out of it. You have to consciously switch and tell your brain "I am doing okay. I got this." Push through and focus on your breathing. Use thoughts and intent to create the results you want.

**Roller bridge iso:** Consciously tell your brain "I am doing okay. I got this". Push through and focus on your breathing.

**Side bend:** The ribcage and the pelvis have a relationship by virtue of the soft tissue connections to the spine and many muscle attachment in the trunk. So altering rib cage alignment can alter pelvic alignment and vice versa. Separate your ribs from your pelvis as much as possible then compress them into each other like your life depends on it.

# 2 SESSION

|    | EXERCISE                            | WEIGHT  | SETS | REPS              | REST INTERVAL   |
|----|-------------------------------------|---------|------|-------------------|-----------------|
| A1 | <u>Crab position breathing</u>      |         | 2-3  | 3                 |                 |
| A2 | <u>Deficit DB bench press</u>       |         | 2-3  | 10                |                 |
| B1 | <u>Wide grip bench press</u>        | RPE 8-9 | 2    | HEAVIEST 8        | 120-180 SECONDS |
| C1 | <u>Half kneeling landmine press</u> | RPE 8-9 | 2    | HEAVIEST 5        | 60-90 SECONDS   |
| D1 | <u>Staggered triceps extension</u>  |         | 2-3  | 10-15 (EACH SIDE) |                 |
| D2 | <u>Lying cable curl</u>             |         | 2-3  | 6-10              |                 |
| D3 | <u>One arm hang</u>                 |         | 2-3  | 15-30 SECONDS     | 60-90 SECONDS   |

**A1 + A2:** Cycle through each exercise for the prescribed amount of sets and repetitions.

**Crab position breathing:** The goal here is to open up the front ribcage (expand the upper chest) with your arms behind your body.

**Deficit DB bench press:** The goal here is to give the scapula more freedom to move and give the pecs an even greater stretch.

**Wide grip bench press:** Gradually work up to 2 heavy sets of 8 (leaving 1-2 reps in the tank).

**Half kneeling landmine press:** Gradually work up to 2 heavy sets of 5 on each side (leaving 1-2 reps in the tank). The half kneeling position is great to help restore hip flexion and hip internal rotation. The landmine press is great to challenge the trunk to resist lateral flexion and rotation. When performed correctly the exercise promotes the desired upward rotation and protraction and engages our serratus anterior, which is vital for shoulder health and function especially when reaching overhead. Use the same weight for all of your work sets.

**D1 + D2 + D3:** Cycle through each exercise for the prescribed amount of sets and repetitions/time.

**Staggered triceps extension:** The goal here is to target the triceps but also improving internal rotation of the arm and forearm. They are also great for improving front ribcage expansion (prone positions). Use the same weight for all of your work sets.

**Lying cable curl:** The goal here is to target the biceps but also improving shoulder flexion and external rotation. Use the same weight for all of your work sets.

**One arm hang:** The intent here is driving the arms as straight as you can to lengthen back out after the bicep and tricep work. Use band assistance if needed.

# 3

## SESSION

|    | EXERCISE                        | WEIGHT  | SETS | REPS              | REST INTERVAL |
|----|---------------------------------|---------|------|-------------------|---------------|
| A1 | <u>Seated Zercher breathing</u> |         | 2-3  | 3                 |               |
| A2 | <u>Swissball chop</u>           |         | 2-3  | 10 (EACH SIDE)    |               |
| B1 | <u>Trap bar deadlift</u>        | RPE 6-7 | 8    | 3                 | 60-90 SECONDS |
| C1 | <u>Zercher split squats</u>     | RPE 8-9 | 2    | HEAVIEST 5        | 60-90 SECONDS |
| D1 | <u>Reverse plank</u>            |         | 2-3  | 45-60 SECONDS     |               |
| D2 | <u>Adductor raises</u>          |         | 2-3  | 10-15 (EACH SIDE) |               |
| D3 | <u>Landmine Russian twist</u>   |         | 2-3  | 8-12 (TOTAL)      | 60-90 SECONDS |

**A1 + A2:** Cycle through each exercise for the prescribed amount of sets and repetitions.

**Seated Zercher breathing:** Low reaches are helpful to teach the thorax to move backwards in space and create a stack position of the ribcage over the pelvis. This position is advantageous to create neutrality of the spine to move into other positions and for optimal breathing mechanics. The seated position will bias more hip flexion and hip internal rotation.

**Swissball chop:** Chop variations are great for hitting the hips, ribcage, shoulders and cervical spine.

**Trap bar deadlift:** Gradually work up to 8 sets of 3 (leaving 3-4 reps in the tank). The intent here is to lift the weight with maximal speed. Rest 60 to 90 seconds in between sets.

**Zercher split squats:** Gradually work up to 2 heavy sets of 5 on each side (leaving 1-2 reps in the tank). Focus on pushing through the inside edge of your foot. The glutes are intimately tied to the arch of the foot, particularly, the ball of the big toe. Use the same weight for all of your work sets. Rest 60 to 120 seconds between legs.

**D1 + D2 + D3:** Cycle through each exercise for the prescribed amount of sets and repetitions/time.

**Reverse plank:** Consciously tell your brain "I am doing okay. I got this". Push through and focus on your breathing.

**Adductor raises:** If your knee hurts in this position, get your knee closer to the bench.

**Landmine Russian twist:** Focus on turning the outside foot in as the bar comes down; involve the hip and the trunk together by turning the hips. Use the same weight for all of your work sets.

# 4 SESSION

|    | EXERCISE                        | WEIGHT  | SETS | REPS              | REST INTERVAL  |
|----|---------------------------------|---------|------|-------------------|----------------|
| A1 | <u>Medball circuit</u>          |         | 1    | 10 MINUTES        |                |
| B1 | <u>Banded bench press</u>       | RPE 6-7 | 8    | 3                 | 60-90 SECONDS  |
| C1 | <u>Weighted chin ups</u>        | RPE 8-9 | 2    | HEAVIEST 5 + HOLD | 90-120 SECONDS |
| D1 | <u>Neck flexion iso</u>         |         | 2-3  | 45-60 SECONDS     |                |
| D2 | <u>Neck extension iso</u>       |         | 2-3  | 45-60 SECONDS     |                |
| D3 | <u>Neck lateral flexion iso</u> |         | 2-3  | 45-60 SECONDS     | 60-90 SECONDS  |
| E1 | Zone 2 training                 |         | 1    | 30 MINUTES        |                |

**Medball circuit:** Set a timer for 10 minutes and let yourself experiment with different throws. Give yourself permission to be creative. Take adequate rest in between throws.

**Banded bench press:** Gradually work up to 8 sets of 3 (leaving 3-4 reps in the tank). The intent here is to lift the weight with maximal speed. Rest 60 to 90 seconds in between sets.

**Weighted chin ups:** Gradually work up to 2 heavy sets of 5 (leaving 1-2 reps in the tank). Focus on pulling explosively from a dead hang. On your last rep of your last set, hold the top position for as long as possible.

**D1 + D2 + D3:** Cycle through each exercise for the prescribed amount of sets and repetitions/time.

**Zone 2 training:** Zone 2 training is typically the lowest zone used for training purposes, think of it as going for a jog while you can still hold a conversation (somewhere between 60-70% of your maximum heart rate) for 30 to 60 minutes. It can be accomplished while walking, rucking (walking with a heavy backpack), rowing, swimming, or working out on an elliptical machine, stationary bike or stairmaster. Use nasal breathing only. Nasal breathing ensures that you are running aerobically (with oxygen) and will keep your heart-rate in the aerobic training zone.