

A black and white illustration of Zeus, the Greek god, depicted as a muscular man with long, wavy hair and a full, curly beard. He is wearing a dark, intricately detailed, draped garment. He stands in a rocky, cavernous environment, holding a lightning bolt in his right hand. The lighting is dramatic, with bright highlights on his face and the lightning bolt, and deep shadows in the surrounding rocks.

ZEUS

PROGRAM

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GUIDELINES

FOR OPTIMAL PERFORMANCE

ENJOY YOURSELF

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

Enjoy yourself no matter what happens.

PRACTICE WITH INTENTION

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

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

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

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

METHODS

EXPLAINED

ENGAGE THE NERVOUS SYSTEM

You are on your own for the warm ups. Give yourself permission to be creative. Sprint, throw something heavy, crawl, get the brain involved, use vision or stimulate the vestibular system.

Just move around until you feel ready to go. There is no right or wrong.

TEMPO/SLOW ECCENTRIC

This method of strength training triggers the hormone MTOR which is linked to muscle protein synthesis. Recruits a greater amount of type II muscle fibers compared to normal tempo, but also does not maximally recruit motor units. "Eccentric-only training might permit preferential increases in fast twitch muscle fiber size, because an element of the mechanical loading during eccentric contractions is produced by the

passive element Titin, and fast twitch fibers tend to display greater Titin-based stiffness than slow twitch muscle fibers" (Beardsley, 2019). The residual effects of this type of training seems to last longer than other types of training.

LONG DURATION ISOMETRICS

Long duration isometrics (especially done at longer muscle lengths) reduce muscle oxygenation and metabolite clearance which potentially leads to a greater recruitment of Type II muscle fibers with improved ability to increase cross-sectional area and force production, and trigger anabolic hormones that contribute to hypertrophy adaptations. "Isometric training should be implemented when increasing muscle size and improving tendon, and other connective tissue health is of utmost importance," (Oranchuk, 2019). For the long duration isometrics to be most effective, they must be hard, meaning you should be very close to failure by the end of the set.

ISODYNAMIC METHOD

This means that on each rep, you'll include a pause. The duration of the pause will vary on each rep. You'll perform 7 repetitions:

- Rep 1 = 12 second pause
- Rep 2 = 10 second pause
- Rep 3 = 8 second pause
- Rep 4 = 6 second pause
- Rep 5 = 4 second pause
- Rep 6 = 2 second pause
- Rep 7 = no pause

TEMPO CONTRAST METHOD

This means the rhythm of the repetitions will vary during the set from slow to explosive. You'll perform sets of 8 repetitions:

- Reps 1 and 2 = 6040 tempo (down in 6 seconds, up in 4 seconds)
- Reps 3 and 4 = 20X0 tempo (down in 2 seconds, up as fast as possible)
- Reps 5 and 6 = 6040 tempo
- Reps 7 and 8 = 20X0 tempo

GUIDELINES

OF PROGRESSIVE OVERLOAD

PROGRESSIVE OVERLOAD

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.

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.

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

1 SESSION

	EXERCISE	WEIGHT	SETS	REPS	REST INTERVAL
A1	<u>Zercher box squats</u>	RPE 8-9	2	HEAVIEST 5	
A2	<u>Depth drop</u>			3	
A3	<u>Adductor squeeze</u>		2	1 MINUTE	
B1	<u>Deficit split squats</u>		3	SLOW ECCENTRIC	
C1	<u>Partial Nordic curls</u>		3	6-12	
D1	<u>Split squat iso</u>			FAILURE	
D2	<u>Slow breathing</u>			3 MINUTES	
E1	<u>DB side bend</u>		3	10-15 (ES)	
F1	<u>Exhaled breath hold</u>			10 MINUTES	

Zercher box squats: Work up to 2 heavy sets of 5; leaving 1-2 reps in the tank; focus on accelerating as fast as you possibly can; let your knee drop in toward the big toe; allow your foot to open and spread across the floor; stack ribs above each other.

Depth drop: Perform 3 repetitions in between each work up and working set; the intent here is to land as stiff as possible in the desired position; no sinking down; hold the position in balance for 2-3 seconds.

Deficit split squats: Lower down in 6 seconds for 6-10 repetitions; after your last set, rest 10 seconds, then immediately perform as many reps as possible to failure with the same weight.

Partial Nordic curls: Perform 3 sets of 6-12 repetitions; focus on keeping the pelvis tucked.

Split squat iso: Perform 1 set till failure; the goal is to resist gravity and fail in an eccentric manner; aim for 3 to 5 minutes with bodyweight only; stay calm and use your breathing to signal the brain that you're okay in this position; remember that you're in control; direct your focus and consciously choose how to measure your time; use D2 for recovery in between legs.

Slow breathing: The goal is to use your breath to calm yourself down; using the nose only; inhale for 2-4 seconds (focusing on expanding the ribcage front to back and side to side), hold for 1 second, exhale for 4-8 seconds and hold for 1 second; repeat.

Dumbbell side bend: Push your hip sideways; separate your ribs from your pelvis as much as possible; then compress them into each other.

Exhaled breath hold: The goal is to train your body to tolerate CO2 (also called the "stress messenger"); the higher your blood CO2 levels, the easier it is for your body to "absorb" oxygen; aim for 10-40 second exhaled breath holds.

2 SESSION

	EXERCISE	WEIGHT	SETS	REPS	REST INTERVAL
A1	<u>Banded bench press</u>	RPE 8-9	2	HEAVIEST 5	
A2	<u>Depth drop to deep push up</u>			3	
A3	<u>Weighted chin up</u>	RPE 8-9	2	HEAVIEST 8	
B1	<u>Weighted dips</u>		3	CONTRAST SET	
B2	<u>DB eccentric external rotation</u>		3	6-10	

B3	<u>DB internal rotation</u>	3	6-10
C1	<u>Lateral raise iso</u>	2	FAILURE
D1	<u>Banded 4 way neck</u>	2	1 MINUTE

Banded bench press: Work up to 2 heavy sets of 5; leaving 1-2 reps in the tank; focus on accelerating as fast as you possibly can.

Depth drop to deep push up: Perform 3 repetitions in between each work up and working set; the intent here is to land as stiff as possible in the desired position; no sinking down; hold the position in balance for 2-3 seconds.

Weighted chin ups: Work up to 2 heavy sets of 8; leaving 1-2 reps in the tank; pull explosively from a dead stop.

Weighted dips: Perform a 10-second iso hold at 90 degrees + 2 normal reps + 2 explosive reps.

DB eccentric external rotation: On the last set of the last rep, hold the bottom stretched position for as long as possible.

DB internal rotation: On the last set of the last rep, hold the bottom stretched position for as long as possible.

B1 + B2 + B3: Cycle through each exercise for 3 sets.

Lateral raise iso: After your last set, rest 10 seconds, then immediately perform as many reps as possible to failure with the same weight.

Banded 4 way neck: Perform sets of 1 minute in each position; accumulate as many reps as possible.

3

SESSION

	EXERCISE	WEIGHT	SETS	REPS	REST INTERVAL
A1	<u>Paused trap bar deadlift</u>	RPE 8-9	2	HEAVIEST 3	
A2	<u>Split squat rotational box jump</u>			1	
A3	<u>Standing hip flexor iso</u>		2	1 MINUTE (ES)	
B1	<u>Landmine curtsy Zercher lunge</u>		3	12 + RP	
C1	<u>GHD back extension iso</u>			5 MINUTES	
D1	<u>Adductor raises</u>		2	10-15	
E1	<u>BB Russian twist</u>		3	8-10 (ES)	
F1	<u>Walking exhaled breath hold</u>			10 MINUTES	

Paused trap bar deadlift: Work up to 2 heavy sets of 3; leaving 1-2 reps in the tank; pause 2 seconds at mid-shin level; focus on accelerating as fast as you possibly can out of the pause.

Split squat rotational box jump: Perform 1 repetition in between each work up and working set; continue pushing the height until you've reached a point where you can no longer get any higher.

Landmine curtsy lunge: Perform 12 solid repetitions; leaving 1-2 repetitions in the tank; rest 20 seconds (rest/pause method); do an additional 3-4 repetitions.

GHD back extension iso: Perform 5 minutes on a running clock; the goal is to resist gravity and fail in an eccentric manner; If you stop during the exercise; take 2 slow breaths using the nose only; then immediately go right back into the isometric hold; stay calm and use your breathing to signal the brain that you're okay in this position;

remember that you're in control; direct your focus and consciously choose how to measure your time.

BB 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.

Walking exhaled breath hold: The goal is to train your body to tolerate CO₂ (also called the "stress messenger"); the higher your blood CO₂ levels, the easier it is for your body to "absorb" oxygen; aim for 10-40 second exhaled breath holds.

4

SESSION

	EXERCISE	WEIGHT	SETS	REPS	REST INTERVAL
A1	<u>Z press</u>	RPE 8-9	2	HEAVIEST 3	
A2	<u>Dead start lateral push up</u>			1	
A3	<u>Chest supported row</u>		2	TEMPO CONTRAST	
B1	<u>Push up iso</u>			5 MINUTES	
C1	<u>BB biceps curl</u>		3	ISODYNAMIC	
C2	<u>BB tricep extension</u>		3	ISODYNAMIC	
D1	<u>Hang</u>			7 MINUTES	

Z press: Work up to 2 heavy sets of 3; leaving 1-2 repetitions in the tank; focus on accelerating as fast as you possibly can.

Split squat rotational box jump: Perform 1 repetition in between each work up and working set; continue pushing the height until you've reached a point where you can no longer get any higher.

Push up iso: Perform 5 minutes on a running clock; the goal is to resist gravity and fail in an eccentric manner; if you stop during the exercise; take 2 slow breaths using the nose only; then immediately go right back into the isometric hold; stay calm and use your breathing to signal the brain that you're okay in this position; remember that you're in control; direct your focus and consciously choose how to measure your time.

BB biceps curl: Hold at mid-range position; arms at 90 degrees.

BB tricep extension: Hold at mid-range position; arms at 90 degrees.

C1 + C2 is a superset; both exercises are performed without taking any extra rest in between; rest 90-120 seconds in between supersets.

Hang: Perform 7 minutes on a running clock; the intent here is to drive your arms as straight as you possible to lengthen all the tissues; if you stop during the exercise; take 2 slow breaths using the nose only; then immediately go right back into the exercise.