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2011 was a great year to promote heavy daily workouts. Olympic weightlifting continued its growth in popularity, CrossFit in partnership with Reebok, and so-called Bulgarian training methods crawled out of the darkened hardcore clubs and came to light. Every day athletes begin to understand learning heavy, day in and day out, it's a great way to make quick and steady progress. I have written a lot about the Bulgarian method in the past. However, there have always been a few big issues lingering in the minds of ordinary people as we are about how many of these ideas can be honestly applied to our fitness programs given our busy and challenging lives. The first question - a simple confusion in the name of the Bulgarian - what do I mean? I'm not going to go into answering that question here. Suffice it to say that equating daily training with a Bulgarian name is misleading. So we're going to completely ignore the word Bulgarian today and hone in on the concept of lifting as heavy as you can every day you go to the gym and just leave it on that. The second big problem is you can really raise to the max every day and not die. Yes, yes you can. For the sake of simplicity, I'm going to narrow our attention even further and talk exclusively about the daily front squatting. What does Daily mean? Some of my lifts and I went through periods when we literally squatted every day - even Sunday - often several times a day. The highest frequency I personally did was fourteen sessions a week. I did it three times a day on Monday and Wednesday; twice a day on Tuesday, Thursday and Friday; and once a day on Saturdays and Sundays. My progress was unrealistic. Do not worry! I'm not going to ask you to go up fourteen times a week. When I talk about daily workouts I'm going to follow the example of many others like my buddy Bret Contreras, and stick to the five-day-a-week climb. Yes, yes, it's technically not daily. But, it's close enough for our purposes. Most adult athletes (even most high school athletes) cannot afford time to study more than five times a week. They can recover from it just fine (overtraining isn't a complete fabrication, but it's close to one). However, the time limits are pretty high for most of us, so eeking out five sessions a week will already be pushing it. So when I mean daily workouts I talk about five days a week. Why squatting every day? The most important reason I like lifts is to train with me every day because it will make the climb more intuitive, faster. Great lifts have the opportunity to climb into an almost thoughtless state. What they do, they've done so many times, they approach to perfection (in terms of technique) on every elevator, every time without thinking. The only way to get to this point yourself is through Practice takes time. If you take time every day, then your level of progress each month will be greater than if you trained half the time. As I would like to say: More is not always better, but it is usually so. The next cause of daily squats is the prevention of injuries. I know it seems ridiculous to require training on hard work as squats every day will lead to less injury, but I believe it is true. I don't have any solid research to support this, but the combined experience and observation of coaches like myself, John Broz, Glenn Pendley, and many others who are vocal advocates of this kind of thing adds up to some level of correlated evidence. Connective tissue is very prone to tightening after heavy weight lifting sessions. Within a few days of the fight, this tightening can increase significantly. If you lift every day, however, you do not give your body this opportunity. Just when you're about to tighten up, you start a warm-up for another heavy squat session that weakens you back up. We joke in our gym the only cure for soreness caused by squats is more squats! The last reason is that I'm sure you care about the majority: You get stronger faster and with less mental suffering. Once you've passed that early rookie stage and your easy linear progress has dried up, it's time to get serious. There are so many ways to get strong, but the routines are often so difficult to implement that staying on the path becomes harder than actually doing the workout itself. Lifts in this situation rarely follow the programs correctly and end up making gains much lower than they might have. This is one of the many reasons why lifts that have a good coach make faster progress than those who don't. Your coach can focus on the details while you just do what you are told. Doing about the same thing every day, no matter what, takes the mystery out of it and allows you to focus on the two most important keys to success: hard work and consistency. Okay fine! You sold me - How can I squat every day? I don't like the average. The idea that you should take everything in life in moderation is something that sounds good on paper, but is quite difficult to do the job in your real life. Instead, I like the idea of alternating between extremes so you average with some level of moderation in your life. You work hard, then you play hard, split that amount into two, and you get a life of moderation. Staying with this idea, most of my workout programs revolve around you alternating hard and light days. It's hair, misleading as I have ever (rarely!) want you to intentionally lift less weight than you are capable of on a given day. But, I have you raise and reduce the volume (sets of x reps) you do to increase or reduce the total amount of work you do on a given day. Here's an example of a daily training program at the front I have used with countless athletes in my gym to increase their squats significantly in a short time. Don't let simplicity fool you, that's the whole point. 5 days a week squatting Regular heavy days: Monday/Wednesday/Friday Front squat max-single (i.e. until you miss) Lee 3 sets of 2 reps are about 80 to 90% of what you missed Light Days: Tuesday/Thursday front squat Max Single / Miss These three sets of two reps at the end of your hard day are called backoff sets, and they play a huge role in the more advanced programs. How to use them and what they should consist of is quite a complex topic, but the point is simple: work off your tail. I suggest you start lower than you think you need. Starting your backoff sets at 70% is not a shame. You just won't take them to your final three sets of jobs. You will be tempted to quit smoking as soon as you hit three sets. It's a huge mistake, and shows that you don't understand the point. Interest is just leadership. To say that you need three sets of two reps at 80 to 90% of your best single during the day is not a declaration of fact. That's a reasonable assumption. I've trained enough lifts just as you know that these percentages are usually about the maximum most lifts can honestly do (at least at first glance). But, that's not always the case, and it's going to change every time you do it. The biggest thing about daily exercises is you get better about making honest assessments of your current ability positions. I want you to end up doing at least one very hard set of two reps. While you don't have to be absent on these backoff sets (grinding reps from a very slow considered absence), I still want you to be on the upper limits of your ability during the day. Finally, don't make it easy. Start squatting every day, stay soft, and add a few kilos to the bar. You will become stronger, you will reduce injuries, and the elevator will become more intuitive for you. Talk about the best of all worlds! There are studies that show that it takes about three weeks to break a bad habit. Today I'm going to help you break the bad habit of squatting like a wimp. About a month ago we just got through a good squat cycle at my gym that lasted for a full four weeks. My lift Chris was disappointed that almost everyone else at the club was hitting big squat PRs (personal records) but his. To be fair, he just got out for a hamstring injury that took almost three months to heal. And during that time, he improved all his other elevators. (For example, hit his first weight snatch in that period.) But, you know, like this -- you don't want to be the only person in the room without improving their squats. How embarrassing! To solve this problem, Chris decided to go back to something that worked very well for him (for all of us) in the past. He decided to start every day, without days off, and even squat twice a day, if he could swing it. Why no longer is always better, but this is usually Chris is one of the that I could (lovely) term my group of lab rats. I have a small team of lifts that I do a remarkable amount - borderline brutal - experiments on. Sometimes experiments fail terribly and they see no progress during that time. Worse, progress can go DOWN. But more often than not, this group of laboratory rats sees faster progress than normal. They hit more PRs than anyone else in my gym. And they have become drivers of positive change from which everyone else I coach benefits. One of the really brutal - and hyper-successful - experiments I ran involved us training seven days a week, several times a day (at least three of these days), for two months in a row. During this time everyone involved saw rapid improvements and hit big PRs on all the important elevators we are tracking the data. The only exercise we did every day was squats. Despite everything, every day we squatted. From Monday to Saturday we will start with the Olympic lifts. On Monday mornings, Wednesdays and Fridays we made versions of the power and front squats. And on Sunday we were back squatting to the maximum. Each squat session was to the maximum. And almost all of them were back-off sets in two to three rep ranges for multiple sets. (Oddly enough, we sometimes squat double with our daily max. figure that one out!) As I would like to say: More is not always better, but it is usually so. This philosophy refers to squats more than almost any other exercise in the gym. The more you do it, the better you get. Period. Details of the 21-day squat Challenge Given that the story is everyday squatting, Chris realized if his squat wasn't going up, then he'd just do more squatting until he did. (Can you understand why we get along?) For 21 days in March, Chris squatted every day. No days off. And on some of these days, he crouched down in the morning before entering our club in the evenings for our routine workouts. We've all been busy doing what my friend Cliff dubbed, the Squat Nemesis program - which is basically this: squats to the max. Drop about 20 to 30% off the bar and squat to a heavy three (heavy three means heavy weight you can do without missing) - go up no more than 5 to 10K at a time! Drop about 20 to 30% of this and make two sets out of five with the best shape you can pick up, trying to come up as fast as possible out of the hole as you possibly can. That's what he did five days a week in the evenings. Monday, Wednesday and Friday it It's for rear squats. Tuesday/Thursday he did it for the front squats. On weekends and mornings he'd be facing a squat (or back squat) to the max, then if he felt like him, he'd make some back-off sets. Back-off sets weren't made very hard as we were getting in bulk (volume and sets representatives) at evening sessions. That means he squatted to max on meaning that seven times a week. Practical problems there are two common complaints I get when I discuss the high-frequency training of some of my lifts to deal with: It's impractical for people who have a job to do such a thing. It's going to kill anyone who's under 20. Both are only partly true and Chris is a great test for them. Chris is a 32-year-old and is a replacement high school math teacher. This puts it in what I would consider the lower end of the middle age group for recreational weightlifters. Most recreational lifts are somewhere between 25 and 55. Of these, the vast majority are between the ages of 30 and 40. In other words, the people who are in their prime career. People who have families. People who are busy. People who do not have the luxury of sleeping all day to easily recover from heavy workouts. And yet, it is exactly the age group of lifts I put on the difficult procedures I have (at 34 years old, I am one of them). I have found by forcing old people to work on the upper limits of their capabilities, they are making progress that we usually only see in young people. Not every lift I have sits down every day. Not all of them go to the true maximum on every elevator every day. We're smart and we play a lot of things by ear. But each lift tries to train on the absolute upper limits of what they are capable of, given their schedule and ability to recover. Anything less than your best, and you don't do one of my programs at all, but a pale imitation of one. Take the call if your own squat numbers haven't moved up in a while and you're not happy with that, here's what I want you to do: Choose either front squat, rear squat, or both. Raise to a maximum of one at least once a day. Try adding in some back-off sets if you can on a few of these days. If you've never tried this, you may find it amazing to hear that the rise to a maximum of one rep is not particularly taxing. What gets you all the extra volume from backoff sets. Females and young lifts often need more volume, more back-off sets to see great success. Older male lifts can make a better cut on this material and stick maxing out. The only way to learn is to play with it. Give yourself three weeks, 21 days to check it out for yourself. If nothing else, you'll have something cool to tell your grandchildren about. squat everyday program pdf. squat everyday program excel. squat everyday program cory gregory. squat everyday program reddit. squat everyday program cory gregory pdf. squat everyday program 1 nation. squat everyday program free. squat everyday program results

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