



Octogen Advanced Strength Training Seminar



Info Pack

www.octogenstrengthcoach.com

Course Overview

Over the last few years there has been a growing movement in the fitness industry away from aesthetically based and essentially non functional bodybuilding based training and a return to solid fundamental training programs based on bodyweight training, barbells, Kettlebells and other basic implements.

With this move to more functional training comes the need for coaches and trainers who understand how to integrate exercises from sports such as powerlifting and Olympic weightlifting into their clients training safely and effectively.

Unfortunately, these exercises and programs are seldom addressed in detail in fitness certifications which means that while there is a growing demand for coaching there are very few trainers who have the necessary experience to train these clients!

Based on the popularity of our Kettlebell Instructor courses and the experience of Octogen's Chief Instructor Don Stevenson as a weightlifting coach and strongman competitor we have put together this brand new course for anyone who wants to apply these techniques to their training.

Course Contents

Warm ups and mobility work

- A basic strength session warm up
- Olympic lifting warm up

Olympic Weightlifting

Olympic lifting movements are one of the core components of strength and conditioning programs and yet many coaches never get exposed to them in their formal training.

Due to its importance the entire first day of the course is devoted to learning the fundamentals of Olympic weightlifting as it applies to fitness trainers. Each exercise is broken down into a series of progressions to assist learning and coaching the movements and participants will be taught how to identify and fix common errors in the Olympic lifts.

Don is a Level 2 weightlifting coach (one of only a handful in NSW), head coach of the NSW Junior team in 2009 and from 2007 to 2009 an assistant coach to 4 time Olympic Games head coach Luke Borreggine.

From 2007 to 2009 Don was a presenter on numerous Australian Weightlifting Federation coaches courses.

This section of the seminar will cover:

- Front Squat
- Overhead Squat
- Power Clean
- Power Snatch
- Competition lifts – Snatch and Clean and Jerk
- Push Press / Jerk
- Snatch and clean pulls

Advanced Barbell Training

Most trainers will already be using barbell training with their clients but many are failing to get the best out of the humble barbell. Simply by getting the fundamentals right many trainers will be able to dramatically improve their clients strength levels and that's before you start talking about advanced techniques borrowed from powerlifting and strongman.

In this section of the seminar we'll go right back to square one to ensure that you are performing (and teaching!) the fundamental barbell exercises correctly. In this section we'll cover issues like high bar vs low bar back squat, deadlift set up and fault correction, grip choice and the difference between bench press for maximum weight and bench press for athletic development plus heaps more.

From there we'll introduce advanced methods of programming and loading such as the use of bands and chains, partial movements, overload movements, dynamic effort vs max effort training and the use of belts and supportive gear.

- Squat – high bar vs low bar back squat
- Deadlift
- Military Press
- Bench Press
- Use of belts and supportive gear – pros and cons for athletes
- Max effort
- Dynamic effort
- Bands
- Chains
- Boxes, boards, racks and other tools

Core and Assistance Exercises

The final practical session of the seminar is all about learning assistance drills to supplement the core Olympic and power lifts and to address specific weaknesses so that progress in the major exercises can continue.

We will also cover a series of exercises for the lower back, shoulders and core to keep these critical areas healthy during heavy training.

- Glute Ham Raise
- Glute Ham Situp
- Shoulder health drills
- Dumbbell / kettlebell work
- Abdominal exercises
- Back exercises

Programming Theory

While we aren't big on "death by powerpoint" we've included a theory section in the seminar to give participants a framework that they can use to design effective strength and power programs utilizing all of the exercises taught during the seminar.

During this session you'll learn how to identify the training needs of athletes and clients at different stages of their training careers and program accordingly.

We'll look at several example programs at each level and show how to integrate advanced strength training methods with other fitness considerations such as aerobic endurance training, team and individual sports training and competitive sports seasons.

Booking your spot

Each seminar is limited to 12 participants to ensure quality instruction. The base course price is \$695.00 with discounts available for group bookings and private courses.

To book your spot please email fitness@octogen.com.au or call Don on 0416 075 265 for more information.

CECs – as of the 2nd of March 2010 this course is not yet CEC approved however after the first course runs and we finalise the course content we will be applying for 15 CECs. Anyone participating in the first course will be issued a certificate of participation and a further certificate for CECs when they become available