

Outside the Box 2

by Rob Bush 05_01_06

At the foundation of Renegade Training is a vital element that must be taken seriously if you are to succeed at truly achieving your fitness goals. This all too important element will drastically improve your work threshold and physical endurance. It will also help you to shed unwanted fat, give you energy like you wouldn't believe, and tremendously improve your general health and wellness. What I am describing to you is what is known in Renegade Training as General Physical Preparation, (or GPP for short.)

GPP is located within the work threshold part of the "Wheel of Conditioning." (see diagram) Please remember that the ultimate goal of your training must be to develop a complete, balanced level of fitness. All parts of the wheel need to be understood individually as well as how they flow together, hand in hand, to achieve balance and produce success. With that being understood, let's look at the 8 essential points unique to GPP training.



GPP will:

- 1) Increase endurance & level of fitness
- 2) Assist in muscle recovery from hard training
- 3) Provide variety to your training which may be stagnant or monotonous
- 4) Improve motor skills and function & general grafting of movement
- 5) Improve (SPP) Sport Specific Preparation through similar movement patterns
- 6) Develop sub-maximal explosive work & introduce "complex" styles of training
- 7) Prepare the psychological process and develop mental toughness
- 8) Develop a relentless "thirst for victory"

Basically, GPP is the work you must do BEFORE the work you are going to do. It is the training done before the training. It is what prepares your mind and body for training warfare. Let's take a further look at what I am talking about.

GPP can be performed in 2 different ways, weighted and non-weighted. For beginners new to Renegade Training, (or even exercise itself), non weighted movements are preferable in my opinion. Non-weighted GPP involves simple bodyweight calisthenics. These types of movements may very well remind you of

gym class from when you were in school. They may also make you think of military training, boot camp style. Exercises like jumping jacks, squat thrusts (burpees), push-ups, and shuffle splits are examples of non-weighted movements. Non-weighted GPP should always consist of active recovery movements along with semi-explosive movements. Active recovery movements are relaxed in the sense that you can pace yourself and go through the motion very controlled. Running in place and jumping jacks are examples of active recovery. Semi explosive movements will push you a little harder. They are quick and require concentration. They can often be plyometric in nature. Movements like squat thrusts, Mt. Climbers, and body squats are good examples of these. Each section of active recovery and semi-explosive work will consist of 2 consecutive sections of 30 seconds each. An entire circuit will equal 2 minutes of consistent movement. For example:

Jumping jacks - 30 seconds (active recovery)
Body squats - 30 seconds (semi explosive)
*Repeat with no rest for 2 minutes total

The time dedicated to each movement must be equal. The ultimate goal should be at least 6 minutes of total work without any rest. However, depending on your current fitness level, you may need to modify this to do what you can do as long as you adhere to the basic foundation. A more advanced GPP routine may look like this:

Run in place 30 sec (active recovery)
Burpees 30 sec (semi explosive)
Jumping jacks 30 sec (active recovery)
Mt. Climbers 30 sec (semi explosive)
Shuffle splits 30 sec (active recovery)
Body squats 30 sec (semi explosive)
*Repeat for total of 6 minutes

Believe me, your heart will be pounding and you will be sucking air big time after going through the above routine. You will no doubt be sweating a bit too. The key is to focus your mind and keep moving. The mind always wants to quit before the body does. It is very important that all GPP movements be performed correctly with good form and posture. Go through a movement slowly at first to make sure you are doing it correctly. As you become consistent in performing GPP, you will notice your overall conditioning vastly improve. You will be able to increase the workload upon you. Be sure to work on movements that you may find difficult. Work those weak points. Squat thrusts and Mt. Climbers can be grueling to perform, but with persistence they will become easier to do. Do not limit yourself. There are many different body weight movements that can be utilized in a non-weighted GPP program. Use variety each and every time and don't be afraid to mix it up. Just be sure to keep it balanced.

Weighted GPP training is slightly more advanced in that you will be performing movements using added resistance. Most of the non-weighted movements previously mentioned may be performed wearing a weighted X-vest of 20lbs. or more. This will make those movements much harder and test your work threshold. You will notice you need to dig a little deeper to complete movements that may have seemed easy without the X-vest. Other examples of weighted GPP are swinging a sledgehammer at a rubber tire, pushing a weighted wheelbarrow,

medicine ball work, and perhaps dragging a weighted sled around. The variety of movements you can perform for weighted GPP is almost endless. Be sure to always use good posture, relax and focus on the movement at hand. Weighted GPP is excellent for improving your overall strength and conditioning. Be sure you balance out your weighted GPP training with your non-weighted GPP. Non-weighted GPP is always done first. Weighted GPP may be done at the end of a routine, or if done correctly, may very well be your routine for the day. It all depends what your focus is.

The bottom line is General Physical Preparation may very well be called the "missing link" toward developing improved athleticism and overall excellent health. GPP training, in my opinion, is what is missing in our society of increasingly unhealthy and poorly conditioned individuals. The billion dollar fitness industry has truly missed the mark. Out there only to push the next "miracle pill" and faulty exercise gadget, it continues to rob people blind and overlook a form of training that is completely free and available to everyone. What is more basic than bodyweight movements? People of all ages can benefit from these simple exercises. No gym fee is required. If you have 2 arms and 2 legs, than you possess all the equipment you need to start training and utilizing GPP work. If all people ever did was GPP training, they would be much healthier and the quality of their lives would be far greater for it. Do not neglect the importance of General Physical Preparation in your training program. Reward your health by including some GPP in every training session. You will be amazed at the benefits.

NEXT INSTALLMENT:

Range of Motion (ROM) Static & Dynamic

(All references to Renegade Training Concepts are from the manual titled, "Diamonds" by Renegade founder and director John Davies)

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Rob began training back in the early 80's being drawn to working out by some of the bodybuilding's great names.

He is a fitness enthusiast who raced amateur motocross for 3 years in the late 80s. Rob dove into power lifting back the mid 90's and plans to begin recruiting clients to personal train R-Style in the Macon area. Rob is also a well accomplished trumpet player who has performed in various ensembles through the years from grade school thru college and beyond. He studied privately for 6 years. Fitness-wise, Rob has worked in several training centers over the years.