



STRENGTH AND DISCIPLINE

STRATEGIC ADVICE AND UNCONVENTIONAL TRAINING FOR STRONGMAN COMP WITH THE ULTRA BEASTS PERSPECTIVE

WHY STRONGMAN?

I got into strongman on the recommendation of a friend. I began as a natural bodybuilder but I wasn't doing as well as I wanted and my friend Chris suggested I try a strongman competition. He said I was the strongest guy in the gym and I might do well there. I found a contest by searching the Internet and my first contest would be the 2005 Washington's Strongest Man/Woman where I took 2nd in the open under 200 class.

NO MAINTENANCE JUST TRAINING!

I train year round 5 days a week strongman/strength sport specific training. I always train to get stronger so there is no maintenance phase yet as I'm still growing stronger. I have been training 19.5years straight with no breaks.

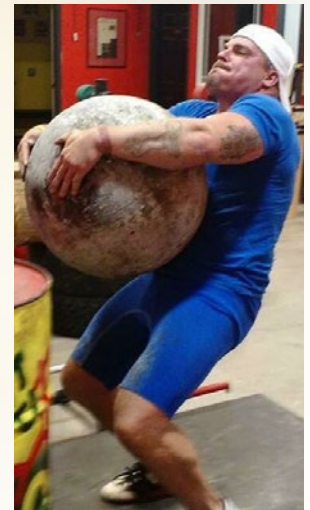


FOOD IS FUEL

The food I eat for growth and maintenance of my weight consists of a lot of eggs, protein shakes, fruit, some vegetables, and plenty of bread. I use creatine to help flood my muscles with water to keep them as anabolic as possible. I compete as low as 205 and as high as unlimited HW. My average BW is 230 but I get as high as 245.

DISCIPLINES

There are so many disciplines in strongman that it's hard to list them all. There are probably 50 or more and with every contest's implements being slightly different than the next, it makes it difficult to be absolute, but a few staples are front carries, carry and load, overheads and deadlifts. The main static lifts I would recommend training are the log press and the stone load. Those almost always feature in a contest. Next I would work yoke and front carries or any spinal load event... just because you need a core of iron if you want to rise to higher levels. Training for strongman is no more difficult than training to be good at anything. It takes commitment and discipline and you will increase your pain tolerance if you have these elements. To get to a high level as with anything will also require passion, as there will be hard times to train through.



PROFICIENCY FOR PERFECTION

There are many objects you may be required to lift so you need to be good and proficient at everything. Average yoke weight for me in competition is 750 but up to 800+. Average heavy stone is 360-400+. Average log press for reps is 275. Average deadlift Max is 700+ average DL for reps is 500-700+ depending on implement. Average DB for reps is 160+. Keep in mind these are average weights for the class that I compete in.

PREPARTION

I personally like to prepare two to three months in advance for a heavy log press to build my conditioning specifically for that event. Moving events like the farmer's walk doesn't take as much stamina as it takes speed with strong back and grip. It takes stamina to perform at high level 5+ events each contest because one heavy event can wipe out your back. So lots of heavy volume training that builds over the course of your training prep. You want to build up to peak speed and strength the day of competition.

HARD HEADED ENLIGHTENMENT

The most important advice I would give is train for the events before you compete, but if all you have is gym equipment than train Olympic lifts (clean/jerk, power snatch) and powerlifts (squat and deadlift specifically)

COLLECTIVE CONDITIONING

For stone lifting there are two exercises: stack plates on a bar end and lift those in the same way you would a stone and hold a stability ball in front of you while you perform front squats.

For stamina do a lot of working sets (5+ each workout) For endurance, train two to four hours a workout 5+ days a week.

There are tons of exercises for forearm strength of which there are too many to list. However, study arm wrestlers and grip masters and do what they do.



For power, use squats and deadlifts
For explosive strength, use Olympic lifts plyometric and throwing exercises.
For grip, utilize arm wrestling training and grip sport training



DRIVEN!

My future is limitless! I'm going to be a high level champion at all that I do until I stop breathing.



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