

# TRAINING ATHLETES AND THE GENERAL POPULATION

## It's More Similar Than You Think

By Jonathan Chaimberg



Pictured here is Canada's strength and conditioning guru Jonathan Chaimberg (centre), flanked on each side by an athlete he trains.

Photo: Terry Frenido

You may know who I am from my training of elite athletes like Georges St-Pierre (GSP), Nate Marquardt, Shane Carwin, Rashad Evans, etc. Besides athletes though, I also train tons of weekend warriors, everyday Joes, Janes, and even young kids. You may have seen videos of huge hurdle jumps, weighted chins, heavy pressing, and single leg squats, which look impressive and unique. What you may not know though is that all my clients do the same exact exercises or easier progressions, with the goal of striving to improve. My training principles stay the same for all clients.

In my gym we activate, dynamically warm-up and power lift, whether through plyometrics, O-lifts, sled pushes, and strength train-

ing, using the push, push, hip and knee dominant movements (legs) and core principles. We almost always finish with ESD (conditioning). Granted, my 44 year old mother of three is not doing weighted chins with 100 pounds around her waist like GSP, but hopefully she can get in a few bodyweight chins and, at worst, we can place a super band under her knees as a spot. She can do regular push-ups, while my more advanced clients do them with 40-80-pound vests.

### The Challenge Principle

My goal is to create the most athletic, aesthetically pleasing, healthy and well-conditioned athlete for everyone, bar none. Challenge all athletes at all levels so they

never plateau. Use new exercises, or old, neglected exercises to shock athletes' systems. Circuits, intervals or complexes; I will do whatever it takes to make my clients the absolute best they can be. Having an inflated ego will always hurt an athlete. There are many coaches smarter than I who have great thought processes. Coaches like Mike Boyle, Mark Verstagan and Tudor Bompa have all had huge influences on my ideas and have shaped me as a coach. They may have techniques that are tried, tested and true, and I'd be an idiot not to try and take what I can from them.

For the first time I'm writing that no matter who you are, eite athlete, weekend warrior, competitive bodybuilder or fitness competitor; challenge yourself to always progress. The days of doing a set of bench press, drinking water, bench press, drinking water, bicep curl, drinking water, bicep curl, drinking water, etc. should be over. Let me tell you that the day of the old school bodybuilder is a thing of the past. Whether our goal is aesthetics, athletics or quality of life, we should all strive to be in the best physical shape possible. Nate Marquardt, Georges St-Pierre and Shane Carwin are all monsters in my gym, and are great physical specimens.

They all look great, they are athletic and they are in great shape. Granted they won't win any bodybuilding competitions; still though, I am sure

bodybuilders could learn a lot from what we do. That being said, I strive to train all my clients to be like athletes. When I train a weekend warrior, my goal is to progress him or her to the level of my greatest athletes. On any given morning at my facility, you will see a 50+ woman who looks 30, and who run circles around my 20 year olds. This is what I pride myself on.

Here is a quad-set I use with my athletes. It allows for the most bang for your buck, while not taking huge amounts of rest. In turn, all major muscles are working, yet each muscle gets ample time to recover.

### The Quad Set

1. Weighted Chin-Ups
2. Walking Lunges
3. Jackknife Push-Aways (son ball)
4. Flat Dumbbell Press

Note that after chin-ups, pulling muscles have plenty of recovery time, due to other non-competing exercises. This leaves us with very little breaks or down time. As well, it cuts training time in half and leaves time for conditioning and recovery. Stay tuned for different variations and programs in IFM issues to come. **IFM**

For more information check out [www.adrenalineperformancecenter.com](http://www.adrenalineperformancecenter.com).



**Jonathan Chaimberg** is a strength and conditioning coach for many high profile athletes and the owner of the Adrenaline Performance Center.