

Varied Full-body High-Frequency Training

VFHT

By Alex Moiescu



Varied Full-body High-frequency Training - VFHT

This program is a new concept. It is designed primarily to help you lose fat, build muscle, increase strength, improve joints stability and resilience and progress your overall athletic ability. At some extent your cardiovascular ability will increase too, although this is not the main goal of the program.

Equipment needed

Training 1 – power rack, horizontal bench, barbell bar, barbell plates (60 – 200+ kg depending on your maximal strength), one foam roll (15 cm diameter), wooden block for calf raises

Training 2 – 2 kettlebells

Training 3 – 1 pair of Gym Rings and a bar to hang them

Training 4 – dumbbells, Roman chair, dip bars

Training 5 - power rack, adjustable bench, barbell bar, barbell plates (60 – 200+ kg depending on your maximal strength), wooden block for calf raises

Training 6 – one pair of Gym Rings, sled with plates (or a partner)

Training 7 – yourself

How to use the program?

6 different training sessions

The program is structured on 6 different training sessions: Barbell A, Kettlebell, Gym rings, Dumbbells, Barbell B and Dynamic Gym Rings.

You will also find the Training 7 which is a Body Weight session that you can add on if you can not have access to the required equipment.

Each of these sessions it is a very good training program by itself, but combined it will yield better, faster and more complete results and will also enable you to continue to gain progress without plateauing.

You can train between 2 and 6 sessions every week (best results can be obtained with 3 or more sessions per

week).

Start with Training 1, continue with all sessions up to Training 6, and then start from Training 1 again. If you do not have access to some of the equipment (sled for example) use what you have access to.

If you are just starting to exercise, or if you are not familiar with the exercises technique, start by repeating the same training session 6 – 12 times until you master perfect form.

So for example if you are new to training perform Training 1 for 6-12 times, then Training 2 for 6-12 times, and so on; once you obtained proper form start the VFHT cycle from Training 1 through Training 6.

Perfect form

It is crucial that every exercise is performed with perfect form, so please watch the videos, read the books (“Your Body”, “Kettlebell training” and “Gym rings training”) on www.aussiefitness.org, and make sure you have good form before using heavy loads.

Increase the load continuously

In order to make continuous progress you need to increase the training loads frequently.

Start by using lighter loads so you can learn perfect form.

After you show safe form use loads that are challenging.

After you confidently perform 2 sessions for each Training with your chosen load, increase the weight by 2.5 – 5 kg (or even less).

Sometimes you will find it difficult to achieve the same number of repetitions after you've increased the load; it is ok to use lower reps, so you feel safe, confident and maintain good form. Once you've hit the prescribed amount of reps two consecutive sessions (for the same Training), increase the load again.

Why is this program better than other training programs?

I will explain the reasons using the name of the program:

Varied Full-Body High-Frequency Training (VFHT).

I will briefly explain here the principles of athletic training: The exercises used during training sessions must **overload** the body. After a period of rest (1-3 days) the body should reach a state of **overcompensation** (or super recovery). The next session should be repeated ideally at the peak of overcompensation, before **detraining** (regress) starts to occur and so on.

Read a full article here: <http://www.aussiefitness.org/s-c-general-theory.html>

Varied

The program uses Barbells, Dumbbells, Kettlebells and Rings. These are the best strength training equipment. They have been around for more than a hundred years and are here to stay.

Each piece of equipment offers distinct benefits:

Barbells – very high structural loading (loading the spine and leg bones), improving full body strength and increasing hormone production.

Kettlebells – unique and distinct exercises that develop full body power, core strength and joints resilience.

Gym rings – suspension training, improves upper body strength, core strength and control and joints stability.

Every exercise within the program is functional and almost all exercises are compound movements training multiple joints and muscle groups and engaging the core muscles.

By using barbells, kettlebells, dumbbells and gym rings for training, it will enable **you to obtain a wider range of improvements at a faster rate.**

Because of the variety of the program you will be able to repeat full body high intensity training sessions at low intervals **without overtraining.** You can go through 4 to 6 sessions (Training 1 to Training 6) within a week and **you will experience consistent improvements** on a weekly basis.

By engaging in high frequency training (with low volume per muscle group) you will **avoid detraining** that is the

number one reason why the majority of all gyms members obtain only superficial results.

If you would train in a traditional manner (only barbell training for example), you should usually allow 48 – 72 hours of recovery before repeating the training (for the same muscle groups), so the **rate of progress** cannot be so high when compared to the gains you can experience while doing the VFHT (Varied Full-Body High-frequency Training).

Varied training will also keep your sessions more interesting and increase exercise adherence.

Full body

Training your full-body every session will allow you to obtain the high-frequency per muscle group that is necessary for avoiding detraining which, as I mentioned before, is the number one killer of progress in the gym.

When you engage in full-body workouts, the volume per muscle group cannot be too high, so typically only 1-2 days would be enough to recover and supercompensate (improve).

Full-body sessions potentially help you release greater quantities of muscle building hormones into the blood stream, because more muscles are trained.

So, if you only exercise 2-3 times per week, full-body workouts should be your only sensible option.










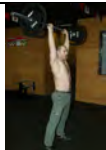




High frequency training

In the gym, too many times I see trainees, usually the young ones using a super-split training method (Chest on Monday, Back on Tuesday, Biceps on Wednesday and Calves on Friday). While this method might work for a few bodybuilders on steroids (in fact every training method works well for them), the vast majority of natural trainees will almost certainly experience **detraining before** the next session happens for the same muscle group, leading to little or no progress.

High-frequency full-body low volume training sessions will rarely result in detraining. If a trainee does not experience detraining, or overtraining he or she is set to achieve success.

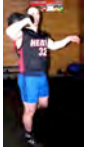

Training 1

Barbell training A

#	Drill	Sets x Reps		
1	Squat	4 x 5		
2	Deadlift - straight legs	4 x 6		
3	Bench press - horizontal	4 x 5		
4	Chin - ups	4 x 5 - 8 (load if needed)		
5	Vertical press	4 x 5		
6	Foam roll abs	4 x 15		
7	Calf raises	4 x 15		

Training 2

Kettlebell training








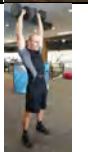




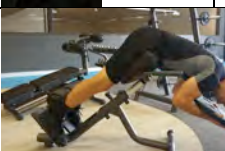


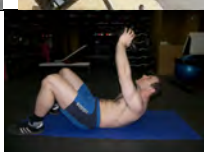
#		Sets x Reps		
1	Heavy swings	4 x 12		
2	One leg squat	4 x 6		
3	Single arm vertical press	4 x 7		
4	Snatch	3 x 10		
5	Turkish Get-Up	3 x 3		
6	Windmill	3 x 8		
7	Swings	300		

Training 3 - Gym rings training

#	Exercise	Sets x Reps		
1	Split squat with weight	3 x 5		
2	Pistol squats	3 x 12		
3	Suspended hamstrings	3 x 10		
4	Dips	3 x 10		
5	Diving push ups	3 x 10		
6	Chest flies	3 x 5		
7	Pull ups	3 x n		
8	Rows	3 x 10		
9	Shoulders push ups	3 x 10		
10	Triceps extensions	3 x 8		
11	Biceps curls	3 x 8		
















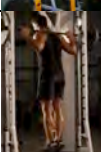
Training 4

Dumbbells training

#	Exercise	Sets x Reps		
1	Lunge	4 x 8		
2	Bench press – horizontal	4 x 6		
3	Bent over row – one arm	4 x 8		
4	Vertical press	4 x 6		
5	Biceps curls	4 x 8		
6	Dips	4 x 8		
7	Roman chair with weight	4 x 10		
8	Abs crunch with weight	4 x 10		

Training 5

Barbell training B

#	Exercise	Sets x Reps		
1	Deadlift	4 x 5		
2	Incline bench press	4 x 6		
3	Pistol squat	4 x 5		
4	Vertical press	4 x 5		
5	Standing curls	4 x 8		
6	Close grip bench press	4 x 7		
7	Gorilla crunch	4 x 5 - 10		
8	Calf raises	4 x 15		











Training 6

Gym rings sled training - Functional strength and conditioning

(If you do not have access to a sled, a partner could help you provide the resistance) see video clip on Home page at <http://www.aussiefitness.org/> (right side down page)

15 - 25 m straight line - load the sled with a challenging weight (increase the load depending on the drill)

Rest about 1-2 min between reps. Do the exercises in supersets (1&2, 3&4, 5&6), one when you go one way, perform the second one when walking back.







#	Exercise	Sets x Reps		
1	Forward walk and triceps extension	3 x 15 – 25 m		
2	Backward walk and biceps curl	3 x 15 – 25 m		
3	Forward walk and chest press	3 x 15 – 25 m		
4	Backward walk and lat rows	3 x 15 – 25 m		
5	Forward walk hard pull	3 x 15 – 25 m		
6	Backward walk hard pull	3 x 15 – 25 m		

Training 7

Body weight training

Perform as many sets as you need to reach the number of reps prescribed.

If for some of the drills you can perform less than 5 reps per set, look inside the “Your Body” book for exercise variations.

#	Exercise	Reps		
1	Dips	50		
2	Pull ups	40		
3	Pistol squat	40		
4	Push ups	100		

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown.

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