

## THE BIG GREEN CLUB



When we prepare our Athletes to perform at a highly competitive level it is our objective to train them to perform to a set of standards. We call this standard the Big Green Club. The sports performance programs we run at WarriorFit Performance serve one purpose; to improve the qualities we train for athletic development. These qualities consist of **fat loss, skill development, flexibility, joint mobility, strength acquisition, power development, speed and agility, balance, coordination, stamina and strategic preparation**. These are qualities every athlete needs to excel at their sport. Training our athletes to accomplish the standards we've established in the Big Green Club allows us to effectively target each of these qualities.

The Big Green Club establishes lifting goals that an athlete should strive to measure up to. Being capable of accomplishing these lifting goals allows an athlete to shrink the gap between lacking necessary skills to acquiring the skills needed to compete at the next level. Through our sports performance programs we always find the gaps within these qualities. When an athlete is capable of reaching the standards in the Big Green Club it shows they excel in the qualities we aim to develop. With improved qualities their opportunity for success is greatly improved. Below are the lifting standards we specifically target for each athlete in our programs.

| MALE                |                        | FEMALE              |                        |
|---------------------|------------------------|---------------------|------------------------|
| Power Clean         | 205 lbs                | Power Clean         | 95 lbs                 |
| Dead Lift           | 315 lbs                | Dead Lift           | 205 lbs                |
| Back Squat          | 255 lbs                | Back Squat          | 135 lbs                |
| Front Squat         | 205 lbs                | Front Squat         | 95 lbs                 |
| Military Press      | 115 lbs                | Military Press      | 70 lbs                 |
| One Arm Bench Press | 32 kg, 5 right, 5 left | One Arm Bench Press | 15 kg, 5 right, 5 left |
| Clean and Press     | 165 lbs                | Clean and Press     | 75 lbs                 |
| Chin Ups            | 8                      | Chin Up             | 2                      |

*"Warriors Never Falter in the Heat of the Battle"*

### Standard #1: Power Clean – (M) 205lbs, (F) 95lbs

- Full body movement that develops triple extension through the ankles, knees and hips.
- Improves vertical jump, acceleration and total body strength. Translates into better skill development for the athlete
- Requires joint mobility, relative strength, core strength and stability, flexibility as well as motor skill development

### Standard #2: Deadlift – (M) 315lbs, (F) 205lbs

- Full body functional hinge movement
- Develops the posterior train which prevents injury to the hamstrings and back
- Requires adequate core strength, lower body power and balance and mobility in the upper body to execute effectively

### Standard #3: Back Squat – (M) 255lbs, (F) 135lbs

- Compound movement that develops absolute strength and power
- Improves vertical power, acceleration, joint mobility and top speed development

### Standard #4: Front Squat – (M) 205lbs, (F) 95lbs

- Compound movement that develops absolute strength and power
- Improves vertical power, acceleration, joint mobility and top speed development

### Standard #5: Military Press – (M) 115lbs, (F) 70lbs

- Compound movement that develops absolute strength and power
- This translates into improved speed, change of direction and strength carryover to competitive sports

**Standard #6: One Arm Bench Press (5 KB to R/L) – (M) 70lbs, (F) 35lbs**

- Compound movement that develops absolute strength and power
- Improves core strength and stability and translates into improved speed, change of direction and strength carryover to competitive sports

**Standard #7: Clean and Press – (M) 165lbs, (F) 75lbs**

- Full body movement that develops triple extension through the ankles, knees and hips.
- Improves vertical jump, acceleration and total body strength. Translates into better skill development for the athlete
- Requires joint mobility, relative strength, core strength and stability, flexibility as well as motor skill development

**Standard #8: Chin Ups – (M) 8, (F) 2**

- Develops and improves relative strength (strength to weight ratio)
- Improving our strength to weight ratio improves our speed potential and our ability to accelerate loads

When the majority of these lifting standards become attainable an athlete tends to meet their goals. All of these lifts have carryover to skill development required of the sport but also improved speed of movement and movement technique. A stronger athlete can perform the skills required of their sport at a higher level and also have a better opportunity to reach and maintain their movement goals (faster sprint time, higher vertical, better acceleration off the whistle, quicker change of direction). While performing at a high capacity there is also a higher potential for injury. A faster athlete still has to learn and have the strength to adequately decelerate.

Our program will focus not only on developing the strength and power to achieve these standards but also to develop all-aroundness and target injury prevention by addressing the following skills:

- **Teach Basic Movement Skills** – How to squat, hinge, crawl, jump, brace, fall, run and much more.
  - **Why is this important?** Addressing these areas fills in the gaps that athletes lack in skill development.
  - Not only does motor skill development improve but so does joint mobility and relative strength, both qualities absolutely necessary to achieving the standards we've set in the Big Green Club
- **Follow a Training Continuum (Progressive approach)** – Progresses from addressing mobility to relative strength to absolute strength to energy system development to power development
  - **Why is this important?** Following a progression ensures we develop areas of weakness, imbalances and immobility that enable us to effectively prevent injury.
- **Develop All-Aroundness** – Mix of static and dynamic loads, a mix of energy pathways and a mix of loading directions
  - **Why is this important?** Playing at a competitive level requires you to develop all of these characteristics. At different times in a competitive environment an athlete will find themselves sprinting, jogging, jumping, crawling or moving objects which all require skill acquisition of various energy pathways. Additionally, in a competitive environment an athlete is often times required to perform static and dynamic loads on the body as well as handle loads in various planes of motion. Addressing these prepares the athlete for this skill requirement as well as prevention of injury.

We address the skills identified above throughout our Training System but as a progressive approach. Our objective is to teach the athlete how to move their body as one piece and eliminate any gaps and weaknesses the athlete has. In doing so we create a more efficient athlete that has a better opportunity to succeed at the next level.

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