

JYT's 50 Success Tips for Training





By: Joel Younkins

Physical Preparation Coach

Prepare for Success

1330 Mineral Ridge Ohio 44440

www.jytraining.com



1.) Have only 2 or 3 hard sessions per week

In training, almost everyone should only need 2 or 3 really hard workouts a week. If you're shooting for more than this, you will need to be a full-time athlete with years of training and recovery experience under your belt to truly optimize your training sessions. But chances are you're not in this boat. But if you're in the hardcore "no days off" crowd, you'll be certain to have many average workouts instead of actually producing 2 or 3 days of really good hard work.

2.) The other sessions should be light work

While you're only aiming for 2 or 3 really hard days a week, that doesn't mean you can't train on other days. Performing other sessions that include ab work, bodybuilding exercises, and some lighter conditioning is not off limits, and even more so, heavily encouraged!

3.) Eat breakfast



I know, skipping breakfast has become very trendy in the last handful of years, but the reality is skipping breakfast has very little upside other than reducing calories during the early part of your day. If you're training to be a better you and optimize human performance, including a proper breakfast will set you up for success. The best athletes in the world with the best habits will all be eating breakfast right along with you.

4.) Eat multiple meals a day

I heavily encourage people to eat multiple meals a day along with some planned snacks. You should be consuming a meal or snack every 2-4 hours. This will not only allow you to keep energy levels up all day, but you will be in a fed state most of the time while you're awake. This is optimal for performance, recovery, and keeping cravings down to keep from bingeing and unplanned snacking to a very minimum.

5.) Eat lean protein

Be sure to get in a protein source like eggs, chicken, turkey, lean beef, fish, yogurt, protein powders, etc. at every meal. Anywhere from 20-50 grams a meal will be very valuable to you not only for improved performance and recovery but also improved body composition.

6.) Eat carbs



Carbs are not the enemy. Fast food, alcohol, baked goods, etc. are your enemy. Grains, potatoes, rice, fruit will give you energy to crush your goals. Not only are they great for your performance and recovery, they also yield a lot of healthy benefits to your diet with high fiber and micronutrient contents that will help you optimize your overall health!

7.) Good fats > bad fats

When consuming fats, don't worry about adding in more for the sake of adding in fats. It's easy to over do them. But you do need fats in your diet. Select fats from protein sources, dairy, nut butters, and oils. Do however stay away from fats like fried food and heavily processed foods like potato chips. These "bad fats" do nothing for performance or recovery besides hindering it.

8.) Lift in flats



When you're lifting in the gym, especially on lower body days, lift in flats like Chuck Taylors, Vans, or even bare feet to create a more stable surface for your feet to train on. More stability equals more force, which equals more strength. Depending on your squat, you may want to squat in an Olympic heel lift shoe to maximize your technique and quad strength. The bottoms of those shoes are also flat for same reasons as above.

9.) Squeeze your glutes and abs when you lift

There are very few lifts that will not be improved by squeezing your abs and glutes when you lift. When these two areas are engaged, it creates a stable environment for your body. This will allow for better technique and allow you to use heavier weights.

10.) Do band pull a parts

Band pull a part's will be beneficial to almost anyone to help build upper back strength. Not only are they good for upper back strength, but they will be good for shoulder health as well. Part of having healthy shoulders is having a strong developed upper back. Perform these at higher rep ranges, anywhere from 10-30 reps per set. You can do these multiple times a week as well if you feel you're lacking in these areas.

11.) Perform abdominal training after your warm up



I like placing ab training right after your warm up or at least early on in the session. I use the ab training as an extension to the warm up right before you get into the hardest part of your workout. This also allows your core muscles to feel engaged heading into the session. If you find your abs are too sore/fatigued heading into the rest of your workout, your ab routine is currently too difficult for you and that's a clear sign you should reduce the difficulty.

12.) Ditch Olympic Lifts

I'm not saying this because the Power Clean & Snatch are not good exercises, but because they are highly technical. If you have a great Olympic Lifting coach and really love them as a sport themselves, I say knock yourself out. But because they are so technical, you need proper training to actually get the benefits from them. The world and yourself doesn't need any more lifters/athletes performing below average Olympic Lifts. If you're an athlete, replace Olympic Lifts with Jumps, Sprints, & Throws and you'll get the same training effect, if not even a better training effect!

13.) Train heavy and train light



People often ask, "is it better to use heavy weight and low reps, or light weight and high reps?" The right answer is a mixture of both! Heavy weight is good for training power and strength, while lighter weights are good for training muscle size and endurance. Both ends of the spectrum compliment each other, getting the mixture right is the key.

14.) Save 2-3 reps per set

80% or more of the time in your training, you should allow to have 2-3 reps left in the tank for each set. This will allow for proper intensity so that you can execute each set with great form, intent, and you will stimulate stress to the body vs just simply crushing your body. This will also be critical to limiting injuries in training and will allow for true long-term progress.

15.) Go light at first



Whenever you start to train, starting a new program, or attempt a new exercise, aim to go light at first until you get your feet underneath you. You can add in more intensity at any point down the road. Too often, people get excited starting a new routine because internal self-motivation is high and they get excited and start adding a lot more weight than what they're prepared to do. This is an excellent way to get hurt and leave you very little room for improvement.

16.) Add in volume as you need it

Always start with just enough volume to feel like you've accomplished some decent work. The ability to add in as you go will keep the gains/progress coming longer and longer. If you add it all in at the beginning you won't necessarily get to your goals any faster. Your body is going to respond to each workout, not how much you're throwing at it. This is why being consistent and not procrastinating your training is so important.

17.) Rest 2-5 minutes between heavy sets



A lot of people think resting between heavier sets is a bad thing, like they're losing their training effect because their heart rate comes down. This is not the case when you're asking a lot out of your body. You want to be as fully recovered as possible when you're trying to get the most out of performance. If not, you will be lacking performance during the sets if you're rushing the recovery and your workouts will suffer.

18.) Rest 30-60 seconds between lighter sets

When you're performing lighter weights, especially with single exercises or abdominal training, you can shorten the rest periods up. 30-60 seconds should be plenty in most cases, but if you need more time for any reason that requires more recovery time, don't be afraid to take it.

19.) Perform ab work and assistant work in series



When it comes to training your ab exercises and end of the workout accessory exercises, lump them together in a series. Because you need less time to recover from set to set, you can clump them in to get more work done in less time. This will also be a time when you can work on your endurance and ability to recover in the gym.

20.) Progress with volume before intensity

Volume meaning your sets and reps, will dictate where your training goes before intensity will. To progress and build fitness, focus on increasing your volume first. Once you have increased volume to where you like it to be, you can then begin to ramp up intensity of the workout.

21.) Squat, Bench, Deadlift, and Row



Perform these exercises in any of their variations on a regular basis. These are not specific exercises for certain demographics, like football players or weightlifters. These are normal movement patterns that our bodies are designed to do. Train these movement patterns and improve your physical performance in all aspects of human performance.

22.) Get 8 hours of sleep

Sleep is the hierarchy of recovery for human performance. Without it, everything else suffers. Sure, you can operate off of adrenaline and caffeine to for short durations when sleep is poor, but this will not last long at all. At least 7-8 hours is required on average to perform at optimal levels. For teenagers and youth athletes, 8 or more will be necessary.

23.) Drink at least 16 ounces of water upon waking



If you're struggling to get enough water in on a daily basis, get a head start first thing in the morning. When you first get up, shoot to drink 16 ounces of water. You can even aim up to 20 ounces especially if you're a bigger individual. Besides the fact of using this as a head start to daily hydration, there will be many benefits to simply getting a head start on the day for your hydration.

24.) Drink at least ½ your BW in ounces

This is a daily minimum for your hydration needs. If you weight 150lbs, you need to consume at least 75 ounces of water each day. If you workout or even sweat during the day, you'll need even more. Your urine should be pale yellow to a clear consistency throughout the whole day.

25.) Aim for 1 gram of protein per pound of body weight



When dialing in your protein needs, you want to aim for 0.8-1 grams of protein per pound of body weight. So, if you weigh 200lbs you'll need 160-200 grams of protein each day. Keep this same amount for no matter what goals you have. If you're in a cutting phase, you can potentially up it past 1 gram per pound a day if you feel it helps keep cravings down and if you're worried about muscle loss.

26.) Eat as many carbs as you can while achieving body comp goals

Carbs are fuel for your performance and your recovery needs. So, no matter what you're trying to achieve with your body composition, maintain weight, lose weight, or gain weight, keep in as many carbs as you can to achieve these particular goals.

27.) Lightly salt foods with iodine salts

Most people think salt is bad for you and will only wreak havoc on your body. However, if you're an athlete or you regularly train hard, you most likely need a little more salt in your diet. Salt helps with muscle contractions and hydration in your body. The iodine part to it, will help with your thyroid function and will help support your metabolism.

28.) Get tight and stiff when you lift

When you are strength training, you want to think about creating tightness to get strong.

29.) Get loose and relaxed when moving

When you are performing moving activities, like running, jumping, playing a sport, you want to think about being relaxed during these activities.

30.) Increase intensity in small amounts



When looking to add weight to your workout, whether strength training or conditioning, increase in very small amounts week to week. Avoid large weekly increases in intensity, this is where most people get into trouble with creating plateaus or causing injuries.

31.) Perform 10 vertical jumps to wake up the body

If you're feeling a little sluggish at the beginning of your workout, or you feel yourself go flat in the middle of a workout, perform 10 vertical jumps. You don't have to jump with 100% effort, but jumps at 75-90% effort with minimal ground contact time with your feet will often help you get the feeling of waking yourself back up to power through your workout.

32.) Train for everything but have a main goal



Training is about improving certain fitness qualities. For example, abilities like, maximal strength, strength endurance, speed, aerobic endurance, aerobic power, flexibility, mobility, and so on and so on... You want to pick 1 or 2 skills to maximize at a time while maintaining the rest of them. Build the program around those 1 or 2 fitness skills, and then still work on everything else as much as you can allow to fit in... The magic is always in the dosing!

33.) Have a consistent warm up routine on your main lifts

When warming up, especially with the main barbell lifts like squat, bench, or deadlifts, I highly recommend using the same warm up sequence on a regular basis to help understand how ready you are to handle weights that day. Sometimes at first, your warm up sets may feel heavy, and stay heavy as you go up, at this point you may want to adjust your plan. Other times they may feel really good, at that point you may want to increase the weight/volume for the day a little bit to take advantage of feeling really good.

34.) Take your warm up sets seriously

A lot of people look at warm up sets as a way to “get warm” or to just simply work up to your main sets for the day. But instead, think of it as way to prepare your nervous system to execute the skill of the lift. “Lift light weights like they’re heavy, and heavy weights like they’re light” as the saying goes...

35.) Perform low intensity aerobic conditioning



Everyone loves the hype of HIIT training and going hard and saving time on their cardio. It’s less boring and people feel they get more out of it in less time than long slow “boring cardio.” I hate to be the bear of bad news, but long slow cardio is still extremely important to EVERYONE! You need it in order to build a proper efficient aerobic system that will also support heart health for life. It will help improve physical performance as well as building

endurance but also with help you recover faster. It doesn’t have to be boring to do, pick what cardiovascular activity you’d like (can be multiple things in a session) and perform it anywhere from 20-60 minutes at heart rates between 120-150 bpm and do this at least 2 times a week. You should be good at low intensity conditioning before you do high intensity conditioning.

36.) Perform high intensity aerobic conditioning



If you have a resting heart rate of 60 bpm or less (this means you have a well-conditioned aerobic system) you can add in higher intensity methods. You can add in more strenuous intervals or continuous bouts that will maximize your aerobic abilities and add power to your heart. Stay in heart rates that don't make you "gas out." If you have to stop the session, it means your heart rate is too high and is no longer considered primary

"aerobic work."

37.) Strength train to get "toned"

Tone is really more of a concept of get lean and build some muscle mass. Toning really isn't a thing, it's a buzzword. You can't shape your muscles a particular way by some secret workout routine. Your muscles simply shrink, stay the same, or grow however your genetics allow them to do so. They are also attached at the same insertion points so you can't "make them look long" either. But you can get lean, and build some muscle in which will leaving you looking "toned" as the way your body is meant to look. Strength training is a must to achieve these goals.

38.) Perform "cardio" for heart health and improved performance

When people think of shredding body fat away, most people look to doing cardio to get lean. And that's certainly not super far off as aerobic training will mobilize fat cells to use as energy. But, it's not the best bang for your buck for-fat loss. Overall training volume and diet control will be best for fat loss. Cardio is most effective for training your heart and circulatory system for health reasons and for physical performance needs!

39.) Train for performance



When it comes to going to the gym to build your physique, you can certainly do that by targeting body parts and muscle groups. Like targeting your biceps and quads with machine work or single joint exercises. But at the end of the day, if you train to improve the performance of your body, you can gain huge benefits from feeling good AND looking good.

40.) Eat for recovery and body composition

Nutrition should be built around fueling your body to recover and to allow it to perform in the gym or for whatever activities you challenge it with. If you can do this, you're already 75% of the way there to optimizing your nutrition. The rest is just dialing things in to meet body composition goals.

41.) Lift at 45 degrees with dumbbells



When performing a pressing exercise with dumbbells, rotate your hands at a 45-degree angle. This will allow the opportunity to take some pressure off of your shoulder joints.

42.) Play with your squat stance

A lot of people like to squat with a wide stance as they feel it will make them stronger. But your squat stance should be determined on your anatomy. Hip build, length of femur, ankle mobility, and torso, all play in a major factor what your squat should look like vs what you want it to look like. Play around with either narrowing your stance or widening your stance to see what allows you to hit proper depth easier and what position you feel strongest in is what your squat stance should be.

43.) Speed Training 101



Part 1: Get strong to hold proper positions when running and to produce more force when running.

Part 2: Learn how to run with technique drills and submaximal runs.

Part 3: When training to run fast, you have to actually run at your fastest. This means top speeds with enough rest to replicate speed each rep.

44.) Supplement with Vitamin D

Most people do not get enough sunlight (especially if you're in a northern/southern hemisphere of the globe) or enough Vitamin D from their diet. This means supplementing with it is critical. Most Dr's only recommend 2,000 iu's but this is usually never enough to change blood level profiles. Most people will need at least 4,000 iu's to help get them in range alongside daily sun exposure when possible. Getting your blood work done to manage these levels is best.

45.) Take ZMA for deeper sleep

If you're struggle with stay asleep or feeling like your quality of sleep is lacking, try supplementing with a ZMA supplement. It's Zinc, Magnesium, and Vitamin B6 blended together.

46.) Take melatonin to go to sleep

If you're struggling to fall asleep, or struggling to adjust to a new sleep schedule, try taking melatonin to help you fall to sleep.

47.) Proper way to do Box Jumps

The internet has created a wave of viral videos of athletes jumping to the ridiculously high boxes. Certainly impressive, but also unnecessary. Jumping to elevated boxes only serves you so that you can simply focus on the jumping phase and eliminate the landing phase. So, all you need to do is just jump as high a possible without have to flex your hips to reach to a higher

box. You can even jump and keep your legs fully extended as you leave the ground and land on a lower box that way with your legs pretty much locked out. You may not get as many social media likes from it, but it will be safer and more effective in your training!

48.) If you can't do a pull up, use a band for assistance



Pull ups are great, but A LOT of people struggle with them so they don't do them at all. To begin training for them, hook up a band around the pull up bar and pull it around 1 knee for assistance. As they get easier, use lighter bands until you can do them without any need for a band.

49.) Push away from the bar on Bench Press

Everyone associates the Bench, with pressing the bar off of you. This is 100% true, but to take advantage of physics, we can reverse engineer the thought process of pushing away from the bar vs pushing the bar up. If you're thinking about pushing away, you will drive your back into the bench and you won't move due to the bench itself being there, but the bar will end up moving. This mental technique can help you dial in your bench technique and also allow you to break through benching plateaus.

50.) Drag the bar on Deadlifts

When deadlifting, as the bar leaves the ground, you will want it to be dragging up your legs until you lock it out. If the bar is away from your legs at all, it will place a huge load on your back muscles causing you to be a lot weaker in this position.