



LIFTING FOR THE LONG HAUL

HOW TO TRAIN FOR STRENGTH AND HEALTH



BARBELL
#LOGIC#

HOW DOES STRENGTH TRAINING MAKE YOU HEALTHIER?

“You are the picture of health.”

Is there anything you’d rather hear from your doctor while sitting on the examination table, after being weighed, measured, and evaluated?

“The picture of health” seems to preclude further investigation.

Blood pressure? Good.

Weight? Healthy.

Cholesterol? Within tolerable limits.

Diet and exercise? Check.

Being called the picture of health takes one of the biggest sources of anxiety for aging adults and moves it to the back burner. Out of sight, out of mind. Boxes checked.

To get there, we have to know what “picture” doctors and health-care providers are looking at. What does “healthy” really mean? Is it the absence of “underlying conditions”? Is it longevity? Or, does it speak to the quality of the life you live?

When most people think about health, they think about the number of their remaining years and the quality with which they hope to live them. Unfortunately, many people pursue health through the lens of weight loss, equating health with a constant struggle to eat less and make yourself smaller. While many people need to improve their body composition for health, a single-minded focus on weight loss will eventually lead to weakness and, in the long run, poorer quality of life.

Health, however, is one goal. No one needs to make a trade-off between longevity and function, independence and chronic disease, quantity and quality.

How you choose to approach your health concerns, now, may determine how active a role you get to take in handling future challenges to your health and aging. We advocate not just a strength-based approach to health, but one that builds healthy habits that last.

WHAT IS HEALTH?

Older models of health care would treat people like machines, based on the idea that health was merely the absence of disease or dysfunction. If you were not sick and could do your job, you were healthy.

But you are not a machine.

As people live longer, they—and society as a whole—benefit if they also live well. Staying fit, independent, and free from chronic disease are the prerogatives of modern health care, and they come with their own challenges.

The qualities of health include not just the absence of disease, but also those qualities that allow you to live well, be productive and independent, and to fare better in case of illness or injury.

The World Health Organization has said that health is “a resource for everyday life, not the objective of living.” Health is your armor against an unpredictable future and the qualities that allow you to participate in your own life as fully as

possible.

While some health markers are inescapably affected by who your parents are, health for the long haul comes from habits that help you stave off disease, recover from injury and illness, and age—and live—well. The habits that most directly affect your physical health are your exercise and your diet.

WHY STRENGTH?

A long-term plan for health will necessarily implicate both what you eat and how you exercise because they are two key aspects of a single goal.

The fact that you want to be healthy means that both your diet and your exercise habits have to be sustainable in the long run.

To better manage both of these aspects of health, it helps to think about your diet as supporting the kinds of exercise you do. And, it helps to choose the type of exercise that gives you the highest quality return on your time and effort. We advocate barbell-based strength training for health because it covers more bases related to long-term health improvements and quality of life.

Doctors and researchers tend to put exercise into one of four categories: strength, endurance, balance, and flexibility. We focus on strength first, because strength improves each of these other attributes. By getting stronger, you are better able to produce the repeated muscular contractions that makeup

endurance activities. Strength training—particularly barbell-based strength training—challenges and improves your balance. And deep squats and full range of motion overhead presses improve and maintain your flexibility, sufficient for anything you encounter in day-to-day life. But not one of these other types of exercise will lead to sustained improvements in strength, which requires that you improve your muscle mass and force production.

While exercise in all forms is valuable, strength training (done properly) gives you the most long-term health benefits.

HOW TO START TRAINING FOR HEALTH

The biggest challenge to barbell-based strength training is getting started.

But we hope to show you that barbell training is not only effective but accessible for everyone of every age and ability level.

We use just four exercises, three days a week, with workouts taking about an hour each time.

All the equipment you need can be found at your local gym or purchased and set up in a 10'x10' space in your home. The best place to start building strength and doing something about your health is with a style of training known as a linear progression.

The Linear Progression Model

We pick the four biggest, most important strength exercises and organize them for maximum effect and constant improvement:

The Back Squat



The Overhead Press



The Deadlift



The Bench Press



The first step is to learn each of these lifts.

Linked above are how-to videos that should help you get started.

The next step is a training plan that starts light and adds a little bit of weight to the barbell every session.

As the weight increases, your body continuously adapts to keep up with the increasing demands you are placing on it.

A basic linear progression looks like this:

Workout A

Squat

3x5 (Three sets of five reps)

Press

3x5

Deadlift

1x5

Workout B

Squat

3x5

Bench Press

3x5

Deadlift

1x5

“3 x 5” and “1 x 5” stands for “three sets of five repetitions” and “one set of five repetitions.” We call these the work sets for each lift. They tell you what the focus is for that day's workout.

Following a warm-up, you perform the prescribed number of sets and reps for the day at the same weight, with a few minutes of rest between each set. Then move on to the next lift. The weight is determined by what you did in your last workout. Your goal is to add a little bit of weight—usually 2.5 to 5 lb.—each workout. If your prescribed workout for the day is to squat 135 lb. for 3x5, you will do three sets of five repetitions at 135 lb. Next time you squat, your goal would be to squat 140

lb. for 3x5. The amount of weight you add to the bar each time can vary from person to person, but adding five pounds per workout is a pretty good rule of thumb.

How To Warm Up for Squats, Deadlifts & More



You will lift three times per week. Alternate Workouts A and B each time, keeping 48 - 72 hours between workouts. It is important that you rest and recover between workouts.

Train 3x Per Week

	MON	TUE	WED	THUR	FRI
WEEK 1	A		B		A
WEEK 2	B		A		B

Eat for Recovery

Training is the stimulus, but building strength happens as you recover outside of the gym. In addition to the muscular side of things, your body must replenish the fuel and fluids that it needs to function and perform as well. This cannot happen without proper nutrition. Lifting weights provides a stimulus for building muscle and burning energy; food provides the resources to get stronger. If you do not provide the right amount and type of resources, you undermine your training. How much and what to eat is going to depend a lot on you. But where your physical exercise revolves around strength, your nutrition will have to anticipate and support muscle growth. Eating with a purpose helps build your dietary habits.

STAYING HEALTHY FOR THE LONG HAUL

Exercise in a way that builds and maintains muscle mass, strength, and function. Eat to support your physical goals and a healthy body composition. And use your success in those two things to build healthy habits that will make your doctor smile.

We provide as many free resources as we can to help you on your way, including “how-to” videos, training and programming information, and nutritional guidance. We also provide a free resource to help you get started or get unstuck.

For more information or to have a Barbell Logic Coach evaluate your current training plan, contact us at experience@barbell-logic.com.

A black and white photograph of a man and a young child in a gym. The man is wearing a tank top and is smiling while clapping his hands. The child is standing next to him, also smiling. In the foreground, a barbell with weights is visible. The background shows a brick wall and some gym equipment.

STRENGTH FOR ALL.

Build the habits and confidence you need for success under the bar and in life with the support and accountability of a dedicated expert strength coach.

**Get Matched with a Professional
Strength Coach today for FREE!**

No contract with us, just commitment to yourself.

START EXPERIENCING STRENGTH NOW

