


# TRAIN TO IMPROVE

Body Weight Negative Training for Strength & Stamina

Total time: approximately 14-18 mins    Perform 2 to 3 times per week


## Block 1: The Warm Up

| Exercise  | Tips  | Difficulty   |
|---|---|--|
| Alternate Step-ups<br> | Alternate legs, stepping up on a box or stairs. | 3 Levels:<br>1 – 30 total reps<br>2 – 40 total reps<br>3 – 60 total reps |

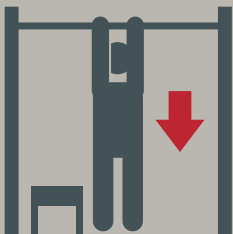
## Block 2: The Workout

|   |   |   |
|---|---|---|
| Negative Sit Ups<br> | Fix your feet<br>Begin in top position with hands in front or over your head.<br>Slowly lower from a curl position.<br>Keep constant tension on abs.<br>Relax neck & shoulders. | 3 Levels:*<br>1 – 10 sec negative rep<br>2 – 20 sec negative rep<br>3 – 40 sec negative rep |
|---|---|---|


**Do 3x consecutive negative reps, no rest between them**

|   |   |  |
|---|---|--|
| Negative Push Ups<br> | Start in the top plank position.<br>Slowly lower body to the floor. | 3 Levels:<br>1 – 10 sec negative rep<br>2 – 20 sec negative rep<br>3 – 40 sec negative rep |
|---|---|--|

**Do 3x consecutive negative reps, no rest between them**

|   |   |  |
|---|---|--|
| Negative Pull Ups<br>(use a narrow underhand grip)<br> | Get into top position, hold for 3 secs before lowering slowly throughout a full range of motion.<br><br>You may feel motionless at certain points in the range. | 3 Levels:<br>1 – 10 sec negative rep<br>2 – 20 sec negative rep<br>3 – 40 sec negative rep |
|---|---|--|

**Do 3x consecutive negative reps, no rest between them**

|  |  |  |
|--|--|--|
| Negative Accentuated Squats<br> | Position legs shoulder width apart, arms in front of you.<br>Lower slowly to a point where legs are parallel to the floor.<br>Return to top in 10 seconds (strictly).<br>Immediately transition to 2nd & 3rd reps. | 3 Levels:<br>1 – 10 sec negative rep<br>2 – 20 sec negative rep<br>3 – 40 sec negative rep |
|--|--|--|

**Do 3x consecutive negative – positive reps, no rest between them**

### \* Choosing Between Three Levels Of Difficulty.

You can choose the difficulty (intensity of effort) of the exercise by changing the time for performing each negative rep. In other words, the speed at which you perform a full negative repetition. Taking 30 seconds to complete a single negative repetition is much more difficult than doing 20 or 10 seconds.

### When you're able to complete all three sets of an exercise in good form, move up a level.

One caveat: Regardless if you're able to complete the 'time goal', or not, take the last negative rep to a point of momentary muscular failure. For example, if the goal is to complete the negative rep within 30 seconds, don't simply stop if you reach the goal, go for another until you are unable to slow your rate of decent under control (4 seconds or less).



Stop-watch: <https://apps.apple.com/nz/app/stopwatch/id505889167>