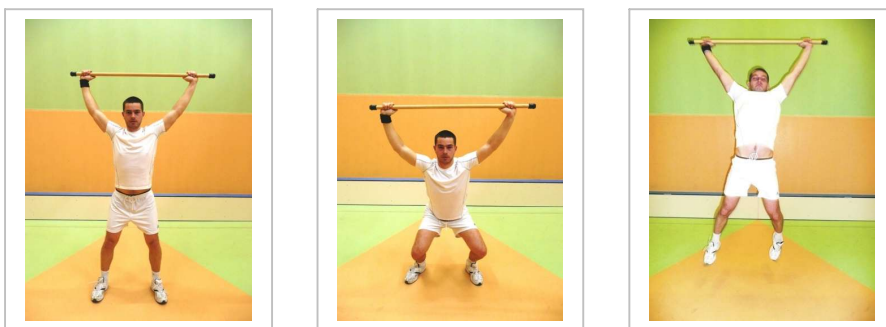


The Stick 500

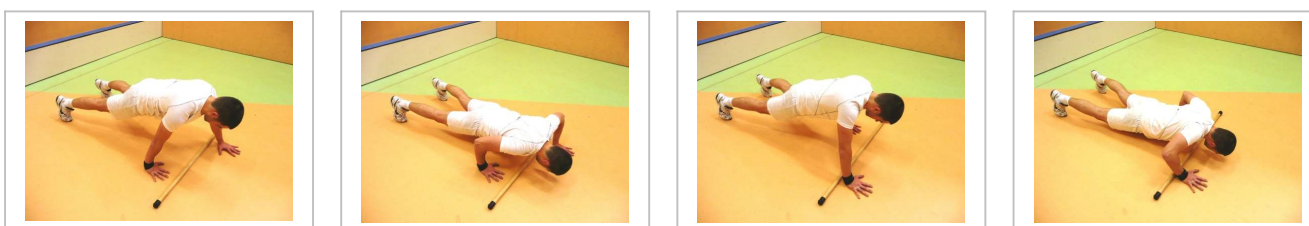
- This is a bodyweight circuit with all exercises driven by one piece of equipment... a stick (golf club, hockey stick etc)
- Bodyweight training was often seen as a poor cousin to external resistance and machine installation training, however, the developing understanding of dynamic function has reminded us that overcoming and dominating your own bodyweight forces (mass/momentum/range/speed) is a primary training goal for effective athletic performance.
- Bodyweight training challenges functional constants such as 3-dimensional movement, correct eccentric-concentric sequencing, gravity and ground reaction forces and proprioceptive reaction. These key parameters are blended with a strong element of stability, balance, strength and power in patterns and chains of movement that are familiar and “fundamental” to human function. Squats, lunges, jumps, push, pull, crawl, plank, roll etc.
- Bodyweight training provides a potential “transfer to function” technique for developing strength gains achieved via resistance, lifting and installation training. Remember, bodyweight training is still a “resistance” technique.
- The variations on bodyweight training are the most flexible form of training techniques requiring minimal or no equipment, applicable to groups and individuals, space efficient, applicable to all age groups and are athlete-centred in terms of controlling intensity and demand.
- The full 500 is a tough and demanding training challenge, any doubts that a simple stick can provide the focus to create an intense workout will be dismissed after successfully completing a 500 as a “continuous” circuit in a reasonable time! Exercise variables and recommendations follow the illustrations and will give advice on how to manipulate this training technique.

Jump Squats



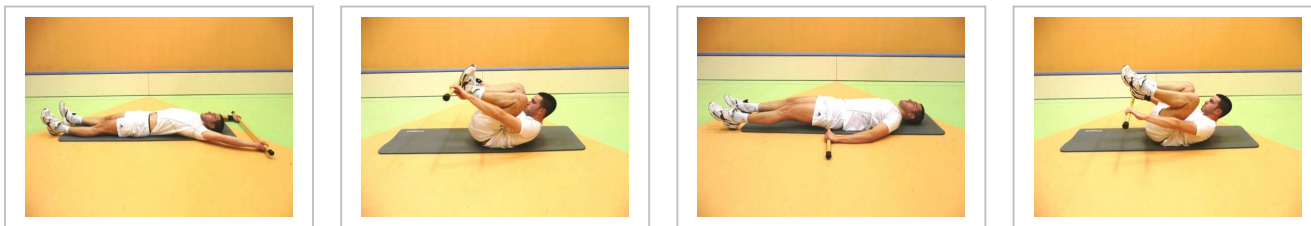
Deep squat with heels kept down. Explode up into a jump and re-absorb back into squat on landing. Stick is grasped overhead with arms straight and vertical at all times. Continuous action, one jump is one rep.

Swap-over Press-Ups



Standard press-up posture, feet hip width apart, one hand in front and one hand behind stick. Descend into press-up, push back and swap hands, descend back into pressup, return and swap. Continuous action, one press-up is one rep.

Under and Over Sit-up



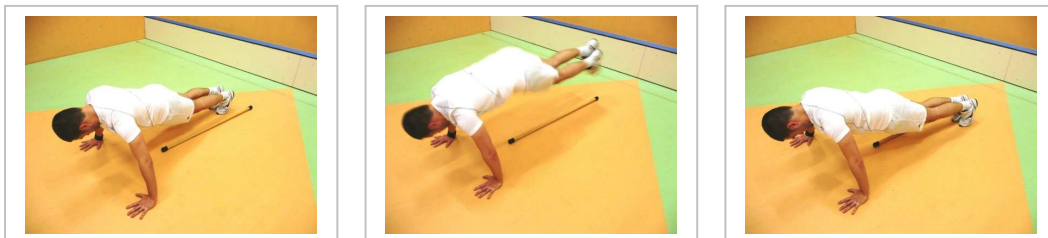
Lie stick grasped overhead, crunch curl and pass stick over both feet. Straighten legs fully, crunch curl legs up into chest and return the stick to the fully extended overhead starting position, legs straight. One full cycle from overhead lying back to overhead lying is one rep.

Trunk Rotation Lunges



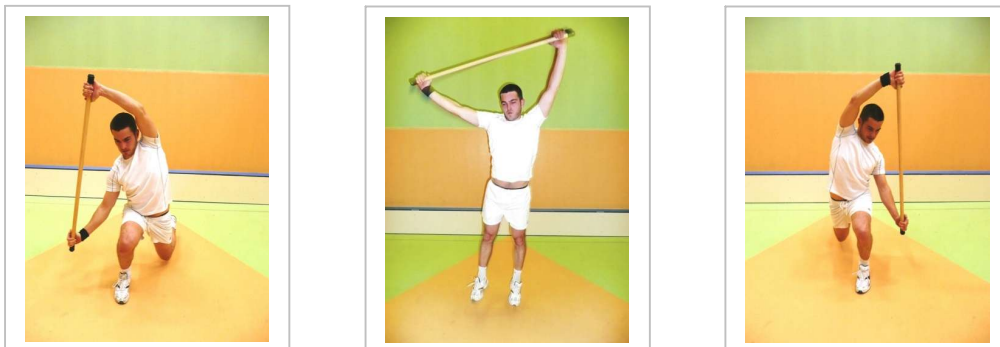
Step into a long low lunge at the same time as driving the stick and trunk into a full rotation over the lead leg side (i.e right leg forward = right rotation). Return to square stance and repeat on opposite side. One lunge is one rep, ensure an even number on each leg is performed.

Flik Flaks



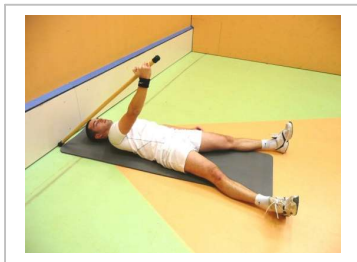
Adopt a press-up position with feet together and one side of the stick. Bounce over the stick, touch down both feet and bounce back... this is one rep. Maintain good spinal posture and try and reach, or break, horizontal with all bounce crossovers. Continuous action.

Split Lunge Flying Changes



Adopt a low split lunge position, stick held vertically on lead leg side, trunk will be side bent to the lead leg side. Explode up into a jump, change feet in the air and drive stick over the head and down to new lead leg side. Land into a fully absorbed split lunge. Repeat as a continuous action back and forth from the split lunges. One jump is one rep.

Single Arm Stick Press



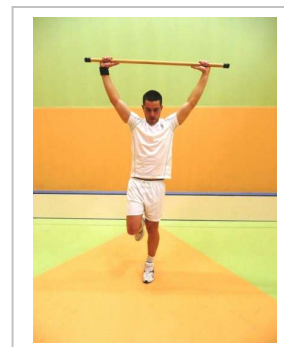
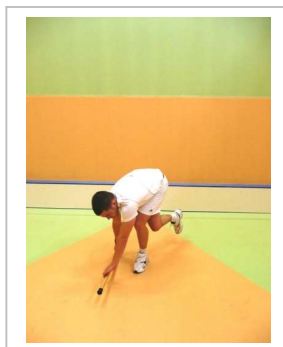
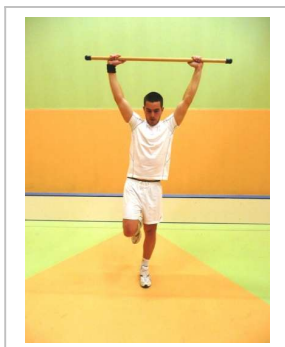
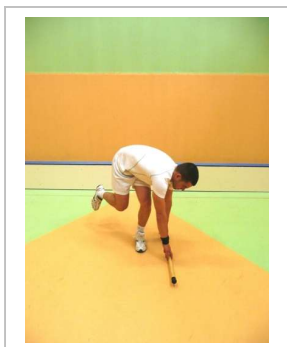
Lie with head close to wall, feet wide apart and legs straight. Stick is jammed into floor/wall intersection, hand grasps high on stick with thumb down. Arm pulls up into a full sit-up... the positioning and leg posture mean that both the arm and core will drive this action, return to lying and repeat. One raise is one rep, ensure an even number is done on each arm

Plank Stick Strips



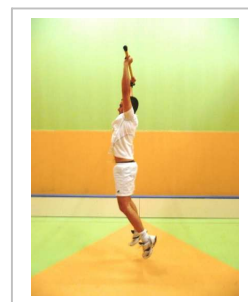
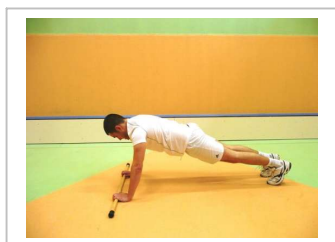
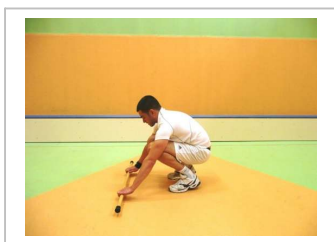
Forearm support plank, grasp stick in front of head. Slide hand up stick to full stretch and slide back, then repeat with opposite hand. Maintain a strong plank posture alternating support from one elbow to the other with each "strip". Continuous action, one strip is one rep, ensure an even number is done each side.

Single Leg Pick-up Put-downs



Stand on one leg, grasp stick wider than shoulder width apart. Lower down to put stick flat to ground and pointing forwards on the outside of the stance foot. Return to raise stick fully overhead. Lower down and repeat the put-down on the inside of the stance foot and return up to raise stick fully overhead. Flex deep into the stance leg, try not to "dab" elevated foot, always fully ground the stick. One raise overhead is one rep, ensure an even number on each leg is performed.

Jump Burpee



Standard squat thrust to explosive jump burpee. Drive stick into full straight arm extension over head with every jump and make sure all squat thrusts are into full leg extension. Continuous action with no pauses in the exercise cycle. One burpee is one rep.

Exercise variables and recommendations

- The Stick 500 has been designed as a “continuous” or “rolling” circuit. This type of training was popular within the military, and 30-40 years ago was a familiar training technique to many. It has made a resurgence in recent years and has been popularly termed “Spartan” style training by many in the fitness industry.
- The basic application of a continuous circuit is simple:
In this case the athlete has been given 10 appropriate exercises to perform.
The athlete is asked to perform 50 repetitions of each of the 10 exercises... hence a total of 500 during the complete workout. **All exercises performed to full range and form.**
The athlete does not have to perform 50 reps as one unit... in fact this could be very unwise!
The athlete can choose to break up the 50 reps into what they feel are manageable chunks according to the personal demand of each exercise. i.e. The Jump Burpee is plain tough, it would be sensible to break this up into say 5 sets of ten and intersperse them into the workout along with other exercise chunks. A “flik flak” could be felt an easier exercise, and one that is best performed to an established rhythm... the athlete may feel that they should perform this as 2 chunks of 25, or maybe even the whole 50.
In essence the athletes have to learn and decide themselves how to break up the exercises into manageable chunks to get the job of 500 done.
It is easy to keep a record with a wipe-board or pen/paper, but for fun we have made up some “chips” in multiples of 5 to 25 and they are cashed in on each exercise “station”, or on a scoreboard on the floor.
- The second main parameter is time as this technique is designed to be as “continuous” as the athletes feel they can maintain. No rest periods are ascribed and the athlete is encouraged to perform the full 500 in as little time as they can. Transitions between exercises may be slow, easier exercises may allow some recovery, and an athlete may use a rest period, often appropriately and wisely, however this will be reflected in the total time.
- One of the benefits of this technique is that the athlete is encouraged to “listen” to their own body’s reaction to the variation, fatigue and duress profile of the exercise selection. Some of the exercises will be C.V. challenging, some more strength biased, others hitting the legs or another maxing out you abs. With experience, each attempt at a 500 can be manipulated by the athlete for best results in terms of successful accomplishment or a faster time. This offers a different flavour and a new challenge to their training programmes that in many ways they are responsible for themselves... put simply, they have to learn how to dig into their performance threshold.
- Of course a Stick 500 can just as easily be a Stick 200 (10 exercises but only 20 reps of each) for a “beginner” or someone wanting to develop familiarity with this technique. Totals can be progressively increased and time does not have to be a target variable. Exercise selection can be varied to suit the athlete’s levels of ability or age. The intensity and challenge level of this technique is very flexible.
- Theory and variables aside if an experienced and appropriately pretrained athlete can perform a full Stick 500 in around 30 mins they will be happy, but still have a time to beat!

