

Xvest Squat Training Program Utilizing the Xvest by Coach John Davies

It is no secret; my contempt for what has happened to the exercise and health industry is very well known. It has involved into a peculiar parasitic mix of “expert advice” informing on how “hard-core” results are garnered by training less and less. Incredibly with all the “advancements” of today’s science few remember the tremendous leaders of the iron-game, greats such as John Grimek and Dave Draper who would train with a grueling vengeance for hours with extraordinary results. The simple concept of the body’s ability to adapt to stimuli has been forgotten and true growth is dwarfed. And so our culture continues to soften and grow weak in body, mind and spirit and some find “challenge” a mountain they dare not climb. “Hard work” is not a dirty word – it is in-fact your reward. While you hear of fast and easy quick fix solutions, I will tell you that the tough hard path is one you want. Nothing comes easy in this world and that’s the way I want it. Simply if it’s that easy – I don’t want it. Now that might not be the fast and easy solution that people want to hear but it is the right one and the one that will change your life. From a physical development standpoint this malaise has caused further issues – athletes with poor work thresholds, motor patterning, control and even weaker minds that seek out the pathetic “over training” complex as the safe-haven of doing nothing.

Recently a young athlete posed to me the ever-so standard question of “the one” exercise she needed to perform. She had a tough-as-nails approach on the field of competition in Lacrosse but her training environment lacked similar intensity. And while my tirade of the “one thing is the whole thing” began – I did mention as it pertains to resistance work the perfect example of the problem of exercise today is the use of Squats. The cornerstone of any program, some consider it effective to say Squat once every 7-10 days yet in-fact that is far too infrequent. You want power, speed, mass – the answer is found in the racks! Typically my athletes Squat 3 days a week and that may increase to as many as an astonishing 14 sessions (of various intensities) per week.

Immediately it is important to understand that many days in training are done to enhance recovery and regeneration from tough workout sessions. Within the concepts of GPP utilization, I have made use of many apparatus and “simple” tools (sled’s, wheelbarrows) but none as effective and as versatile as the Xvest. While we know it has immediate impact on power generation from both passive and active use, it is also perfectly suited to weighted GPP with the simplest of protocols, walking with a loaded vest, preferably on softer uneven surfaces. In an era of complex training methodologies – this simple inclusion in training protocols has had an enormous impact upon my athlete’s power and force production.

When following this training approach there are a number of key points to consider and cannot be deviated from in anyway shape or form. First, as always, address the “Renegade concepts” and ensure movement is being generated properly with **correct postural alignment**. Bar speed is always stressed with the load virtually jumping off your shoulders. One very typical problem is that many consider a light load, “easy work” – it is not. It is highly explosive and an intense challenge to in-fact move the bar with force. The perfect example of this occurred a few years ago while training with my friend Chris Korfist, using the **Micro Muscle Lab**. In our little experiment, when Squatting at 35%, I exerted my highest Power as denoted in wattage at 2200 yet when increasing the load it dropped significantly and at 60% it was down to approx 1850 watts. As a further

example squatting with generally accepted Squatting techniques the output was alarmingly less than half of the maximal output.

The most basic, simplest pattern of Squatting for many generalized purposes that I employ in earlier training periods is noted below. Please note this is only a 3 week sample period and for proper development it must be carefully manicured within future micro-cycles that we will discuss later.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
Focus Lift	Squat		Squat		Squat
Intensity Rep ranges	1) 35 x 4 2) 70 x 2 3) 35 x 4 4) 75 x 2 5) 35 x 4 6) 80 x 2 7) 35 x 4 8) 80 x 2	X vest walk, soft uphill surface with 10% bodyweight over 20 minutes	1) 35 x 4 2) 70 x 2 3) 35 x 4 4) 75 x 2 5) 35 x 4 6) 80 x 3 7) 35 x 4 8) 80 x 3	X vest walk, soft uphill surface with 10% bodyweight over 30 minutes	1) 35 x 4 2) 70 x 2 3) 35 x 4 4) 75 x 2 5) 35 x 4 6) 80 x 2 7) 35 x 4 8) 80 x 2
Supplemental lift's @ 80-85% 45-60 seconds rest	Glute-Ham, (natural), hold position at top for 30 seconds, drop and explode up Snatch Grip Deadlift perform each lift 3 sets x 5 reps		High Box Step Ups (R-style, per "Read and React" Glute Ham (machine) perform each lift 3 sets x 5 reps		Glute-Ham, (machine, HEAVILY loaded eccentric) Good Morning (WGM, GMS, SGM styles) perform each lift 3 sets x 5 reps

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
Focus Lift	Squat		Squat		Squat
Intensity Rep ranges	1) 35 x 4 2) 80 x 3 3) 35 x 4 4) 80 x 3 5) 35 x 4 6) 80 x 3 7) 35 x 4 8) 80 x 3	X vest walk, soft uphill surface with 10% bodyweight over 20 minutes	1) 35 x 4 2) 80 x 2 3) 35 x 4 4) 80 x 2 5) 35 x 4 6) 80 x 2 7) 35 x 4 8) 80 x 2	X vest walk, soft uphill surface with 10% bodyweight over 40 minutes	1) 35 x 4 2) 80 x 4 3) 35 x 4 4) 80 x 4 5) 35 x 4 6) 80 x 4 7) 35 x 4 8) 80 x 4
Supplemental lift's @ 80-85% 45-60 seconds rest	Glute-Ham, (natural), hold position at top for 30 seconds, drop and explode up Snatch Grip Deadlift perform each lift 3 sets x 5 reps		High Box Step Ups (R-style, per "Read and React" Glute Ham (machine) perform each lift 3 sets x 5 reps		Glute-Ham, (machine, HEAVILY loaded eccentric) Good Morning (WGM, GMS, SGM styles) perform each lift 3 sets x 5 reps

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
Focus Lift	Squat		Squat		Squat
Intensity Rep ranges	1) 35 x 4 2) 80 x 2 3) 35 x 4 4) 80 x 2 5) 35 x 4 6) 80 x 2 7) 35 x 4 8) 80 x 2	X vest walk, soft uphill surface with 10% bodyweight over 30 minutes	1) 35 x 4 2) 80 x 5 3) 35 x 4 4) 80 x 5 5) 35 x 4 6) 80 x 5 7) 35 x 4 8) 80 x 5	X vest walk, soft uphill surface with 15% bodyweight over 40 minutes	1) 35 x 4 2) 80 x 2 3) 35 x 4 4) 80 x 2 5) 35 x 4 6) 80 x 2 7) 35 x 4 8) 80 x 2
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