

# Strength Hacking Course: Day 9 Map

## *Rep speed and statics*

### **Mission #1: Rep speed**

Institute a 1-2-1-4 rep tempo to your grinding lifts (i.e. presses, dips, pushups, squats, lunges, pullups, rows, leg raises, etc). 1 second pause before beginning, 2 second positive (i.e. raising portion of the lift), 1 second pause at the top, 4 second negative (i.e. lowering phase of the lift)

#### **Ex #1**

*Press: clean a kettlebell. Pause in the rack (**1 second**). Press the kettlebell (**2 seconds**). Pause with the kettlebell in the overhead lockout (**1 second**). Lower the kettlebell to the rack (**4 seconds**). Repeat for the desired amount of reps.*

#### **Ex #2**

*Pullup: Grip up with a pullup bar. Hold the dead hang position (**1 second**). Pull up (**2 seconds**). Pause in the top position (**1 second**). Lower back down to the dead hang (**4 seconds**).*

### **Mission #2: Statics**

On the last rep of each set, add a 10-second static hold at the top and a 10-second static hold at the bottom.

#### **Ex #1**

On the last rep of your press, hold the top of the press for 10 seconds with the kettlebell overhead. Lower the kettlebell for 4 seconds, hold for 10 seconds.

#### **Ex #2**

On the last rep of your pullups, hold the flexed arm hang position (i.e. chin over the bar) for 10 seconds, lower for 4 seconds, and hold the dead hang position for 10 seconds.

#### **NOTES:**

- *Initially you may need to lower the weight or choose an easier variation of the exercise in question. While this may be a little humbling at first, it will rapidly improve your skill and boost your strength for harder lifts by a lot in the long run (while building a healthy amount of muscle in the process)*
- *Maintain the tension throughout each lift – particularly on the static exercises! Don't "relax" during the static holds at the top or bottom; stay tight!*