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Tactical Barbell: Definitive Strength Training For The Operational Athlete



Synopsis

Tactical athletes are a unique breed. You need to physically operate at an extraordinarily high level in stressful situations. Often in dangerous environments. As a SWAT operator, combat-arms soldier, or first responder, you have to be a Jack of All Trades. Letâ€™s take that a step further. You have to achieve some degree of mastery. You have to be strong, have incredible levels of endurance, and be capable of sustained bursts of intense activity. All while tired, hungry, cold, or worse. You canâ€™t train like a bodybuilder. You can't be sore for a week after 'leg' day. And unfortunately, you canâ€™t afford to specialise like a powerlifter. You have other abilities you need to develop, things like cardiovascular training, work capacity, and occupational skills. Anyone thatâ€™s operational knows itâ€™s a constant juggling act trying to become (and stay) superhuman. Maximal-strength is a foundational physical attribute for the tactical athlete. In English, this means itâ€™s very important and contributes to the development of other attributes. If youâ€™ve spent time in a combat arms military unit, you wonâ€™t ever deny the benefits maximal-strength provides in terms of resiliency, load bearing capability, and injury prevention. The most efficient way to increase maximal-strength is through the use of barbells, due to the ease of incremental loading and the amount of weight that can be safely handled. The best barbell programs that currently exist arenâ€™t designed with the tactical athlete in mind. Most of the good ones were developed by people that are powerlifters, pure strength athletes & coaches. These programs are excellent, but rarely compatible with an operational lifestyle. Most existing â€ˆtacticalâ€™ fitness programs give progressive barbell work lip service only. Youâ€™ll get an occasional front squat or push-press or some other â€ˆtacticalâ€™ lift mixed in with box jumps and burpees. But no sustained and calculated progression model. The tactical community still tends to equate anything barbell related with bodybuilding. TB fills that gap. It is a barbell strength program designed specifically for tactical athletes using correct principles and best practices to increase maximal-strength and strength-endurance while taking into account the need to simultaneously train other fitness attributes. You will receive strength programming designed to fit in with your training and lifestyle. Periodization based, with a simple progression model that allows for a great degree of customization. You wonâ€™t find cables, balance boards or medicine balls in this program. What you will get is a reliable, repeatable cutting edge system to increase your strength dramatically. In a manner that leaves you time and energy to train all those other things you need to be good at. No fluff. No frills. If youâ€™re in the tactical arena, you know talk is cheap. There is a built in strength testing component in this program. You will know whether or not your strength has increased, and by how much. Simple.

Book Information

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Customer Reviews

Great simple and effective program. It's got the clearest layout for a program that lets you increase strength while also pursuing other attributes(in my case, a lot of running, some swimming, some bouldering, hiking). In the past on other programs, I've found myself hesitant to do certain activities the day before squats or deadlifts, but with TB, its never an issue. It also improved my overhead press faster than any previous program I've tried, including ones with more volume. If you're looking to improve your strength and not sacrifice the other physical parts of your life, this program is the best there is.

A very good plan for those interested in using weights as the core of their strength-building program. I've read about periodization but was never really able to get a handle on it because books by people like Bomba are a little complicated. This author simplifies things and gives you sample programs that really spell it out. The author spells it out as plain as day, but this is a book about building strength, not becoming a bodybuilder. Be aware that this is a fairly hardcore program. For many exercises you will be doing them three times a week. If you have shoulder issues, you might

not want to be bench pressing that often. He also allows for small amounts of bodyweight training in the program, a huge plus if you ask me. Also, this is not a book of exercises. He's instructing you on how to build a program, not where to place your hands on a deadlift. As this program involves a lot of barbell training, I would highly recommend picking up a book on proper exercise by Mark Ripplettoe or someone else. If you're a dedicated gym rat and don't mind investing a little intellectual time in your training, I suspect you will be pleased with this book

The book itself is very approachable and has a great voice to it that adds a touch of humor to keep it interesting. I have not implemented this system into my own training yet, but I will be in the next two weeks or so as I begin my new training phase. I will come back and add to this review as time progresses. The system hits on many things I have heard over the last 16 or so years since I started in Military, then went to civilian policing, and now as a recreational athlete not involved in mil/le work. It also flies a bit in the face of current trends, which isn't a bad thing at all. I gave it only 4 stars because rather than providing the necessary charts to allow the user to do the calculations for simulated one rep max the author chose to list websites and Google as the answer to finding those numbers. A more complete solution would have been appreciated. Additionally charts breaking down the programs and prescribed schedules side by side for comparison seemed to be eluded to throughout the book but wasn't present anywhere. That chart would help to allow new users to select the program best for their needs and allow continuing users the ability to make changes after completing blocks without having to do a refresher read or multi-part search of the chapters to set their new program. In short lots of good information and approachable enough that I read it all in one sitting while on a commercial flight, but lacking a few charts/infographics that would have made it a true complete package.

This is an excellent book to an individual's library of on-going knowledge in the never ending pursuit of self-perfection. This book can also stand extreme firm by itself to the individual only concerned with performance enhancement. To those of you reading, as I, this treasure contains material (procedural) that can be applied to host of different realms such as martial combatives, knowledge inoculation, microscopic skill development/ enhancement in support of technique building, etc. Further, the author is there to assist you should questions arise upon reading/ developing the material. Rather than providing a thorough review, I will explain my experience (as to not give away free what is contained in the book) so 1.) an individual can see "what could" happen and 2.) so those reviewing can think critically as to whether or not this purchase is right for them. Background:

Who am I? I am a 36 year old male, 6'2 216 lbs. I practice/ instruct martial combatives, workout early mornings regularly, compete in 2-gun matches, and enjoy a good mil-sim game every now and then. My sleep schedule is clock work, and I eat clean, although I am not on any kinda paleo, vegan, or vegetarian diet. I acquired this book via Kindle on June 15, 2014 and began one of the ideas described in the book. I then emailed the author because naturally questions arose in concert with the training methodology I was applying. His response back had interesting insights, and I thought I would re-develop the workout program to those suggestions, and the following are the results from his suggestions:

Week 0. I maxed out on Bench Press, Squats and Deadlifts to ascertain my current strength levels. Bench Press was 185 lbs Deadlifts was 185 lbs Squats was 225 lbs

Weeks 1-3. The workout program was executed to the letter of the methodology explained in the book.

Weeks 4-6. The workout program was executed to the letter of the methodology explained in the book. However, I did notice an increase of strength, so let me share that with you. At week 4 day 1; I noticed I was now able to Deadlift my Squat equivalent in weight at that week. At week 4 day 2; upon completion of my Deadlift workout I attempted and completed 255 lbs which was over my original Squat Max. At week 5 day 2; upon completion of my Deadlift workout I attempted and completed 295 lbs which was leaps and bounds over my Deadlift max. Further, upon completion of my Squat workout I attempted and almost (95%) completed 290 lbs which I didn't quite get the 90 degree angle Squat.

Week 7. New Max Day Bench Press increased to 195 lbs (only a 10 lbs increase in weight) Deadlift increased to 315 lbs (a 130 lbs increase in weight) Squat increased to 305 lbs (a 80 lbs increase in weight)

Total Workout Program: 8 Weeks Actual Weeks Worked: 6 Weeks Specialized Weeks: 2 Weeks (Pre-Max to determine strength levels, Post-Max to determine strength gains)

Other factors to Consider:

1. Perhaps being workout consistent/ goal-oriented along with posture conscious led to huge increase in Deadlifts/ Squats.
2. One day was dedicated to lower body weight exercises, and one day dedicated to upper body weight exercises.
3. Cardio was done 4 times a week.
4. Stretching/ warm-up was approximately 45 minutes (15 warm-up/ 30 stretch) to complete before executing tactical barbell program.

I sincerely hopes this gives you a little insight as to whether or not you should make this purchase. That being stated understand that every individual is different, and everybody responds differently to different programs. This program has thus far provided me with welcomed results.

Larry

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