
This is the 6 week ice climbing training preparation program that I'm currently doing.

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shoulder Press	8 x 8 @ 25%			8 x 8 @ 25%		
Chest Press	8 x 8 @ 25%			8 x 8 @ 25%		
Rear Delt Fly	2 x 25 @ 10-15%			2 x 25 @ 10-15%		
Facepull		2 x 25 @ 5-10%			2 x 25 @ 5-10%	
Pull-ups		Failure			Failure	
Assisted Pull-ups	4 x 25 @ 40-60%			4 x 25 @ 40-60%		
Bent Over Row		8 x 8 @ 25-40%			8 x 8 @ 25-40%	
Leg Press	4 x 25 @ 50-110%			4 x 25 @ 50-110%		
Leg Extension	4 x 25 @ 25-50%			4 x 25 @ 25-50%		
Leg Curl	4 x 25 @ 25-50%			4 x 25 @ 25-50%		
Romanian Deadlift		8 x 8 @ 40-60%			8 x 8 @ 40-60%	
Calf Raise		4 x 25 @ 50-200%			4 x 25 @ 50-200%	
Seated Calf Raise	4 x 25 @ 40-60%			4 x 25 @ 40-60%		
Hip Thrusters		2 x 25 @ Bodyweight			2 x 25 @ Bodyweight	

The numbers as percent % are based on your own bodyweight. For simplicity, let's say 200 lb. so 25% = 50 lb.

The first number is sets, second is reps, and third is resistance. 4 x 25 @ 25% would be 4 sets of 25 reps at 50 lb. assuming a 200 lb. trainee.

The Rear Delt Fly can be done at the upper end of the scale on a machine, or the lower end with dumbbells.

Facepull is best done on a tower/stack but can be done with bands.

For the Pull-ups to Failure, just do sets of as many as you can repeat, 8 or so, and work your way down until you can't do a set of 2. Get good rest in between each set and maintain proper form without kipping.

For the Assisted Pull-ups it would be whatever settings (assuming machine) that bring your bodyweight to the assigned percentage, so for the 200 lb. bodyweight use approximately 100 lb. of assistance to equal 50%. If you don't have access to a machine with a selectorized weight stack, you could "guess" with the approximate number of bands that allow you to get in 25 reps.

If you can't do a Romanian Deadlift properly, try it on a Smith Machine and emphasize sticking your glutes back at the low point. Be sure you are really warmed up, though you're not using a lot of weight. Don't let your form degrade.

For most of the lower body exercises we're mostly looking for a good burn, and not necessarily failure or growth.

I like a 55 CM ball for the Hip Thrusters, but a bench can work as well depending on your own torso length. Use only bodyweight and feel the contraction as you press upward.

Notice no abs or core, though you will get in some good core work on the Hip Thrusters. I like to mix it up a lot and so should you. Do Reverse Hypers, Planks, Roman Chair, Decline Sit-ups, Butt-ups or whatever works for you.

Each of these is based on my own situation and where I'm training. I can do each of these days in less than an hour and so should you. Keep moving and don't spend a lot of time resting. We're on a cycle that emphasizes quick recovery between movements so you shouldn't be using weights that require more than about 30-60 seconds of rest between sets.

If you can't do 4 x 25 work your way up to it over the first three weeks. Same for 8 x 8.

Check out my articles on <http://sevensummitsbody.com> <http://sevensummitsbody.blogspot.com> and <http://facebook.com/SevenSummitsBody> for all your adventure training.

Thanks, and drop by any of those websites to leave comments, suggestions, photos or just let me know how this training program is working out for you.

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