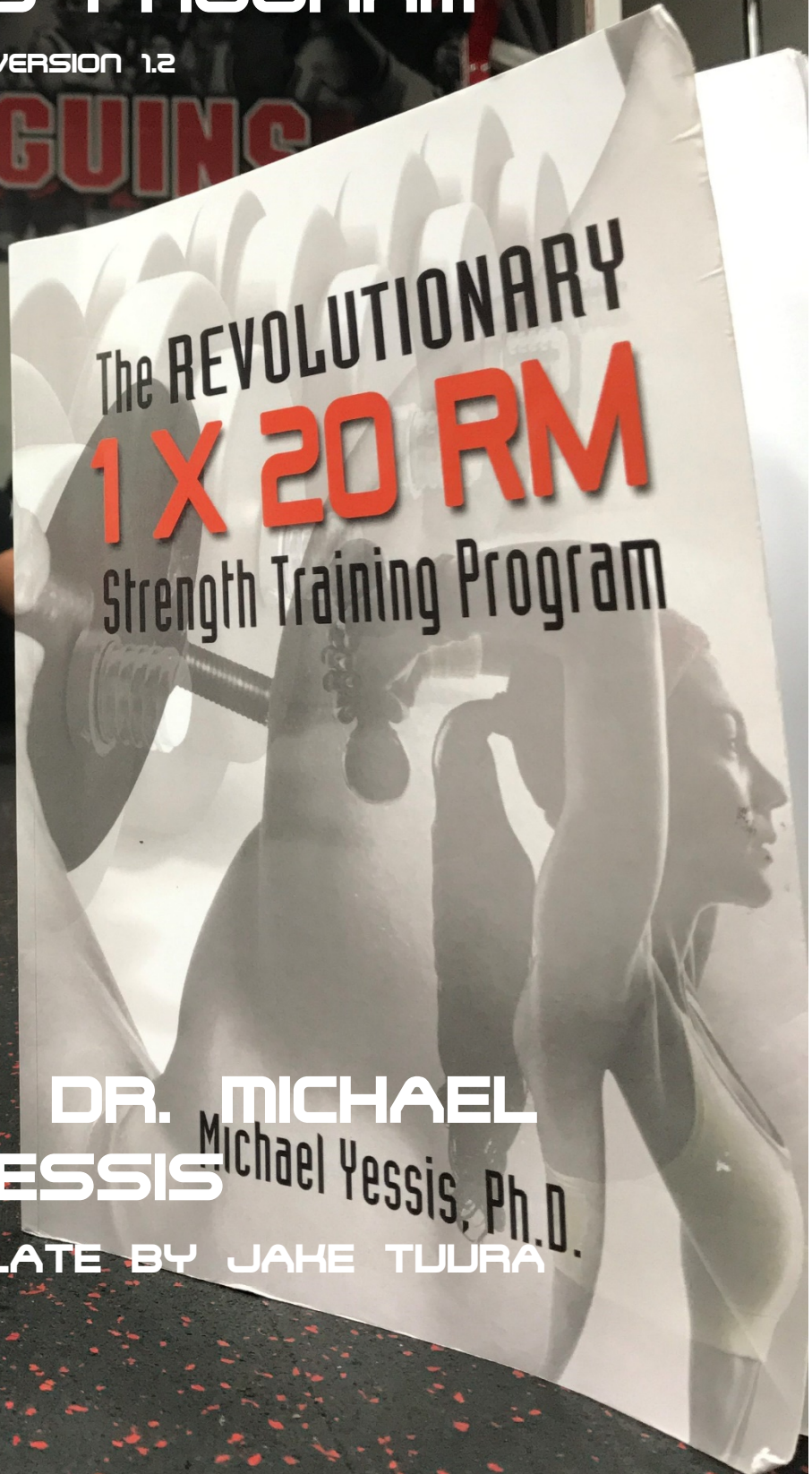


# 1 X 20 METHOD TRAINING PROGRAM

VERSION 1.2



BOOK BY DR. MICHAEL  
YESSIS

TRAINING TEMPLATE BY JAKE TUURA

# DISCLAIMER:

THE INFORMATION CONTAINED IN "1 X 20 METHOD TRAINING PROGRAM" IS NOT MEANT TO REPLACE ANY SPECIFIC ADVICE YOU MAY HAVE BEEN GIVEN BY A DOCTOR, ATHLETIC TRAINER, OR THERAPIST. THE INFORMATION IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL INPUT OR ACTION.

ALL EXERCISE INVOLVES SOME INHERENT RISK. IF YOU ARE UNFAMILIAR WITH ANY EXERCISE AND UNSURE OF THE PROPER TECHNIQUE, SEEK SUPERVISED GUIDANCE FROM A QUALIFIED COACH. JAKE TUURA DISCLAIMS ANY LIABILITY OR LOSS IN CONNECTION WITH THE USE OF THIS PROGRAM OR ANY ADVICE HEREIN.

## **WHO SHOULD DO THE 1 X 20 PROGRAM?**

### **YOUTH ATHLETES**

- THESE ATHLETES NEED TO LEARN PROPER TECHNIQUE IN A NUMBER OF MOVEMENTS. WITH 1 SET, THIS IS POSSIBLE. WITH MULTIPLE SETS, THERE IS NOT ENOUGH TIME AND ENERGY TO COVER ALL JOINT ACTIONS.

### **EARLY OFF-SEASON ATHLETES**

- THESE ATHLETES NEED TO RECOVER PHYSICALLY AND PSYCHOLOGICALLY FROM THE HIGH-INTENSITIES OF SPORT. THIS PROGRAM IS LOW-INTENSITY, THEREFORE IT CAN BE REJUVENATIVE ON THE BODY AND MIND.

### **ATHLETES COMING OFF INJURY**

- THESE ATHLETES NEED TO BUILD UP TISSUE QUALITY (TENDONS, LIGAMENTS, AND MUSCLE), CAPILLARY DENSITY, AND LEARN PROPER MOVEMENT PATTERNS OVER AGAIN. THE 1 X 20 PROGRAM ACCOMPLISHES ALL THESE GOALS.



## HOW TO DO THE PROGRAM

THE 1 X 20 SYSTEM REFERS TO THE ENTIRE PROGRAM LAID OUT IN THIS EBOOK. IN THE INITIAL WEEK(S), 1 SET OF 20 IS TO BE PERFORMED. AS THE PROGRAM PROGRESSES, 1 SET OF 20 TURNS INTO 1 SET OF 15 AND FINALLY INTO 1 SET OF 10. WITH EACH DROP IN REPETITION, EXERCISES CHANGE.

FOR 1 X 20, 1 X 15, AND 1 X 10, THERE IS A LINK AT THE BOTTOM TO VIEW THE ENTIRE WORKOUT.

- AFTER 1 X 15 AND 1 X 10, ISOMETRIC HOLDS ARE TO BE PERFORMED (WHICH ARE IMPORTANT FOR STRENGTHENING CERTAIN JOINT POSITIONS). WATCH THE VIDEO AND FOLLOW THE TIME SUGGESTIONS.



PERFORM REPETITIONS CONTROLLED ON THE ECCENTRIC (LENGTHENING) PART OF THE REPETITION. THE CONCENTRIC (CONTRACTING) PORTION CAN BE PERFORMED MORE EXPLOSIVELY.

Your goal is to perform the designated repetitions of each exercise with **perfect form**. If your form begins to break down, stop the set and document what weight you used and how many **perfect repetitions** you completed. Once you achieve the designated repetitions at a given load, increase the load the following workout. However, if you fail to get all repetitions, stay at that load the following workout until you do.

MOVE FROM ONE EXERCISE TO THE NEXT, YOU SHOULD NOT NEED TO REST MORE THAN 30 SECONDS.

This workout is to be done 3 times per week (e.g.: Monday, Wednesday, Friday). Normal sport practice, skill work, or conditioning SHOULD be performed around these sessions. YOU SHOULD NOT BE EXCESSIVELY SORE FROM THESE WORKOUTS, WHICH ALLOWS FOR HIGHER QUALITY SKILL PRACTICE.

FAMILIARIZE YOURSELF WITH THE RPE (RATING OF PERCEIVED EXERTION) SCALE:

|          |                      |
|----------|----------------------|
| RPE: 5-6 | LIGHT-MODERATE       |
| RPE: 6-7 | MODERATELY DIFFICULT |
| RPE: 7-8 | MODERATE-HARD        |
| RPE: 8-9 | VERY DIFFICULT       |

## **HOW TO GET STRONGER**

IN EACH TRAINING SESSION, YOU SHOULD BE LIFTING MORE WEIGHT THAN THE PREVIOUS SESSION. THE RPE SCALE GUIDES THIS INCREASE.

- IN SESSION 1, RPE IS SET AT 6-7 (OUT OF 10)
- IN SESSION 2, RPE IS SET AT 7-8 (OUT OF 10)
- IN SESSION 3, RPE IS SET AT 8-9 (OUT OF 10)

BECAUSE THE SESSIONS ARE PROGRESSIVELY HARDER, YOU SHOULD BE INCREASING LOAD WITH EACH WORKOUT. VERY SIMPLE.

THIS WILL TAKE SOME ESTIMATION ON YOUR PART, BUT IT GETS EASIER WITH TIME. IF YOU FINISH A GIVEN SET AND IT DIDN'T REACH THE DIFFICULTY IT WAS SUPPOSED TO, YOU CAN COME BACK TO THE EXERCISE AFTER THE WORKOUT AND COMPLETE A SET WITH MORE WEIGHT.

## **DIFFERENCES: BEGINNERS AND INTERMEDIATE-ADVANCED**

I SUGGEST BEGINNERS STICK TO THE PROGRAM FOR LONGER THAN EVERYONE ELSE.

FOR INTERMEDIATE-ADVANCED ATHLETES, THIS LOOKS LIKE:

- WEEK 1: 1 X 20
- WEEK 2: 1 X 15
- WEEK 3: 1 X 10

FOR BEGINNER ATHLETES, THIS LOOKS LIKE:

- WEEK 1: 1 X 20
- WEEK 2: 1 X 20 (EACH DAY REACHING AN RPE OF 8-9)
- WEEK 3: 1 X 15
- WEEK 4: 1 X 15 (EACH DAY REACHING AN RPE OF 8-9)
- WEEK 5: 1 X 10
- WEEK 6: 1 X 10 (EACH DAY REACHING AN RPE OF 8-9)

HOW TO TELL IF YOU'RE A BEGINNER OR NOT? FIGURE IT OUT. I DON'T HAVE ANY ARBITRARY STANDARDS FOR YOU, SORRY.



## **AFTER 1 X 20**

AFTER 3-WEEKS (OR 6-WEEKS) OF THIS PROGRAM, GOING FROM 1 X 20, TO 1 X 15, TO 1 X 10, YOU HAVE NOW BUILT A BASE OF:

- MOVEMENT QUALITY
- CAPILLARY DENSITY
- LOCAL AEROBIC CONDITIONING
- STRENGTH OF LIGAMENTS, TENDONS, AND SUPPORT STRUCTURES

YOU HAVE ALSO RECOVERED PSYCHOLOGICALLY AND PHYSICALLY FROM PAST HIGH-INTENSITY EXERCISE (IF YOU WERE PREVIOUSLY IN-SEASON).

FOLLOWING THIS PHASE OF TRAINING, I RECOMMEND YOU START A HYPERTROPHY (MUSCLE GAIN) PROGRAM. THERE ARE A FEW REASONS FOR THIS:

- GAIN BACK WEIGHT THAT WAS LOST IN-SEASON (IF THIS IS THE CASE)
- BUILD THE RAW MATERIAL (MUSCLE) THAT IS USED FOR INCREASING STRENGTH
- INCREASE INTENSITIES SLOWLY TO ALLOW THE BODY TO ADAPT
- GET JACKED

YOU CAN FIND MY HYPERTROPHY PLAN [HERE](#)



## ADVANCED TIPS

BREATHE THROUGH YOUR NOSE AT ALL TIMES, TAPING THE MOUTH SHUT ACCOMPLISHES THIS. READ MORE [HERE](#)



IF POSSIBLE, TRAIN WITH THE SHOES OFF. THIS STRENGTHENS THE “FOOT CORE” AND ALLOWS FOR BETTER MUSCLE ACTIVATION AT THE HIPS. READ MORE [HERE](#)



PERFORM “ZONE 1” ACTIVATIONS BEFORE SESSIONS. THIS ENHANCES [DIAPHRAGMATIC](#) BREATHING, [PSOAS](#) ACTIVATION, AND [GLUTE](#) ACTIVATION, ALL THREE LEADING BETTER PERFORMANCE AND DECREASED CHANCE OF INJURY. READ MORE [HERE](#)



BEFORE TRAINING, PERFORM A [DYNAMIC WARM-UP](#) AND A [CENTRAL NERVOUS SYSTEM WARM-UP](#).



BELIEVE IN THE PROGRAM. PERCEPTION IS A TOOL THAT YOU NEED TO GET ON YOUR SIDE. READ MORE [HERE](#)

# 1x20 METHOD

RATING OF PERCEIVED EXERTION

RPE: 5-6

RPE: 6-7

RPE: 7-8

RPE: 8-9

FOUNDATIONAL STRENGTH TRAINING

Technique Optimization

Aerobic Base Building

Capillary Density Increase

"The quicker you gain strength the faster you will lose it. The slower you gain strength the longer you will keep it." - Dr. Michael Yessis

| EXERCISE                      | WEEK 1      |             |             |             |             |             |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
|                               | WORKOUT 1   |             | WORKOUT 2   |             | WORKOUT 3   |             |
|                               | SETS x REPS | LOAD x REPS | SETS x REPS | LOAD x REPS | SETS x REPS | LOAD x REPS |
| 1 DB GOBLET SQUAT             | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 2 BAND HIP ABDUCTION          | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 3 BAND HIP ADDUCTION          | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 4 PUSH UP                     | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 5 INVERTED ROW                | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 6 GOOD MORNING                | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 7 BAND KNEE DRIVE (HIP FLEX.) | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 8 BAND PAW BACK (HIP EXT.)    | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 9 1-ARM DB OVERHEAD PRESS     | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 10 LAT PULLDOWN               | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 11 BACK RAISE                 | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 12 SIT-UP                     | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 13 BACK RAISE W/ TWIST        | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 14 DB LATERAL RAISE           | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 15 DB FRONT RAISE             | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 16 DB REAR DELT RAISE         | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 17 RUSSIAN TWIST              | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 18 REVERSE SIT-UP             | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 19 BAND LEG EXTENSION         | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 20 BAND LEG FLEXION           | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 21 DB BICEPS CURL             | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 22 TRICEPS ROPE PUSHDOWN      | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 23 EZ-BAR REVERSE CURLS       | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 24 SINGLE-LEG CALF RAISE      | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 25 BANDED TIBIALIS RAISE      | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 26 DB SUP.-PRO.               | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 27 EZ-BAR WRIST FLEX.         | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 28 EZ-BAR WRIST EXT.          | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 29 PLATE PINCH DROP + CATCH   | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |
| 30 BELLY BREATHING            | 1 x 20      | x           | 1 x 20      | x           | 1 x 20      | x           |

[https://www.youtube.com/watch?v=os3xbBHuNis&list=PLFrFkgTliksvrZfepom8\\_4aoq\\_OA](https://www.youtube.com/watch?v=os3xbBHuNis&list=PLFrFkgTliksvrZfepom8_4aoq_OA)



**1x15**

**Technique Optimization**  
**Aerobic Base Building**  
**Capillary Density Increase**

RATING OF PERCEIVED EXERTION

RPE: 5-6

RPE: 6-7

RPE: 7-8

RPE: 8-9

**FOUNDATIONAL STRENGTH TRAINING**

"The quicker you gain strength the faster you will lose it. The slower you gain strength the longer you will keep it." - Dr. Michael Yessis

**WEEK 2**

|                  |                  |                  |
|------------------|------------------|------------------|
| <b>WORKOUT 4</b> | <b>WORKOUT 5</b> | <b>WORKOUT 6</b> |
|------------------|------------------|------------------|

SETS x REPS                      SETS x REPS                      SETS x REPS

| EXERCISE                          | LOAD x REPS | LOAD x REPS | LOAD x REPS | LOAD x REPS |
|-----------------------------------|-------------|-------------|-------------|-------------|
| 1 FRONT SQUAT                     | 1 x 15      | x           | 1 x 15      | x           |
| 2 BENCH HIP GLUTE                 | 1 x 15      | x           | 1 x 15      | x           |
| 3 BENCH HIP GROIN                 | 1 x 15      | x           | 1 x 15      | x           |
| 4 DB BENCH PRESS                  | 1 x 15      | x           | 1 x 15      | x           |
| 5 1-ARM DB ROW                    | 1 x 15      | x           | 1 x 15      | x           |
| 6 BARBELL RDL                     | 1 x 15      | x           | 1 x 15      | x           |
| 7 BENCH HIP PSOAS                 | 1 x 15      | x           | 1 x 15      | x           |
| 8 SINGLE-LEG HIP THRUST (FEET UP) | 1 x 15      | x           | 1 x 15      | x           |
| 9 KNEELING 1-ARM LANDMINE PRESS   | 1 x 15      | x           | 1 x 15      | x           |
| 10 CHIN UP                        | 1 x 15      | x           | 1 x 15      | x           |
| 11 GLUTE HAM RAISE                | 1 x 15      | x           | 1 x 15      | x           |
| 12 HANGING KNEE RAISE             | 1 x 15      | x           | 1 x 15      | x           |

<https://www.youtube.com/watch?v=u2jafpY3hDY>

TO BE COMPLETED AFTER 1 X 15 TRAINING

**ISOMETRIC HOLDS**

| EXERCISE                 | SETS x TIME | LOAD       | SETS x TIME | LOAD       | SETS x TIME | LOAD       |
|--------------------------|-------------|------------|-------------|------------|-------------|------------|
| 13 HALF SQUAT ISO        | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |
| 14 PUSH UP ISO           | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |
| 15 SPLIT SQUAT RIGHT ISO | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |
| 16 SPLIT SQUAT LEFT ISO  | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |
| 17 PULL UP ISO           | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |
| 18 BACK EXTENSION ISO    | 1 x 30s     | bodyweight | 1 x 45s     | bodyweight | 1 x 60s     | bodyweight |

<https://www.youtube.com/watch?v=AAhviD-4XZo>

**1x10**

**Technique Optimization**  
**Aerobic Base Building**  
**Capillary Density Increase**

RATING OF PERCEIVED EXERTION **RPE: 5-6** **RPE: 6-7** **RPE: 7-8** **RPE: 8-9** **FOUNDATIONAL STRENGTH TRAINING**

"The quicker you gain strength the faster you will lose it. The slower you gain strength the longer you will keep it." - Dr. Michael Yessis

| WEEK 3                     |             |             |             |             |             |             |
|----------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| WORKOUT 7                  |             | WORKOUT 8   |             | WORKOUT 9   |             |             |
| EXERCISE                   | SETS x REPS | LOAD x REPS | SETS x REPS | LOAD x REPS | SETS x REPS | LOAD x REPS |
| 1 BACK SQUAT               | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 2 DB GOBLET LATERAL LUNGE  | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 3 BARBELL BENCH PRESS      | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 4 BARBELL ROW              | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 5 BARBELL DEADLIFT         | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 6 DB BULGARIAN SPLIT SQUAT | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 7 BARBELL MILITARY PRESS   | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 8 CHIN UP                  | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 9 YESSIS GLUTE HAM RAISE   | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |
| 10 TORSO TWIST             | 1 x 10      | x           | 1 x 10      | x           | 1 x 10      | x           |

<https://www.youtube.com/watch?v=XY6o9wDjn6Q>

TO BE COMPLETED AFTER 1 X 10 TRAINING

**ISOMETRIC HOLDS**

| EXERCISE                 | SETS x TIME | LOAD       | SETS x TIME | LOAD       | SETS x TIME | LOAD       |
|--------------------------|-------------|------------|-------------|------------|-------------|------------|
| 11 HALF SQUAT ISO        | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |
| 12 PUSH UP ISO           | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |
| 13 SPLIT SQUAT RIGHT ISO | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |
| 14 SPLIT SQUAT LEFT ISO  | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |
| 15 PULL UP ISO           | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |
| 16 BACK EXTENSION ISO    | 1 x 75s     | bodyweight | 1 x 90s     | bodyweight | 2 x 90s     | bodyweight |

<https://www.youtube.com/watch?v=AAhviD-4XZo>