

PRIMAL Conjugate Club

What is PRIMAL-Conjugate Club Training?:

The PRIMAL Conjugate Club is a dedicated group of men and women who have decided to employ the conjugate training system to prepare for powerlifting competition.

The Training Model:

Calling upon over 15 years of lifting and competing - as well as - multiple conjugate training seminars, Jimmy has developed a 16 week - spiraling into a year-long approach to conjugate training. This program has been developed into a system of 4 - 4 week cycles. Each cycle enhances and develops critical strength attributes for each participant.

The Layout:

Every week you will train the Max Effort Method on a Squat or Deadlift variation and a Bench Press variation for absolute strength. This generally involves working up to a 1-rep max or at least some sets at or above 90% of 1rm. In other words you are working up to an absolute strain one time per week, once in upper body and once in lower body.

Every week you will also train Dynamic Power with the Dynamic Effort Method. Usually all 3 power lifts are trained in this fashion. We rotate our dynamic work in a 4 week wave each 4 week cycle. Lifts are trained typically between 50% - 60% of our maximum effort lifts. The use of bands are used for an accommodation to the lift. Meaning, the band tension pulls down on the bar to create more force during different points of the range of motion. Week 1: 5x5@ 50% Week 2: 6x4@ 50% Week 3: 8x3@ 60% Week 4: 8x2@ 60%

Every week you will do “special exercises” i.e. assistance work for the squat, bench, and deadlift. This basically means lots of exercises for the pecs, shoulders, triceps, lats, lower back, hamstrings, and quads. This is where you work in the typical bodybuilding rep range of 8-15 reps and try to build as much muscle mass as possible and address weak points. At some points during our training, a weak point may be addressed by assigning a rep scheme to challenge the lifter. You may be prescribed 200 dumbbell floor presses, so be ready!

Benefits of the PRIMAL Conjugate Club:

- Build Maximum Effort Strengths
- Build self-confidence in a safe atmosphere
- Improvements in strength performance
- Constant Rotation of Exercises Keeps it Engaging

PRIMAL Conjugate Club

Tuesday/Thursday/Saturday/Sunday
4 days per week

Sunday Morning	Tuesday Afternoon	Thursday Afternoon	Saturday Morning
Maximum Effort Lower Body • Squat Or • Deadlift	Dynamic Effort Upper Body	Dynamic Effort Lower Body	Maximum Effort Upper Body

To learn more, contact:
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