

RAMS STRENGTH PROGRAM

MISSION STATEMENT

1st and foremost is to increase Explosive Power, Strength, Muscle Mass through a focus on the proper education on and implementation of “Heavy” Power and Core lifts.

2nd is to increase speed, athleticism, muscular endurance and core strength through the implementation of a variety of Plyometric, Agility, Circuit and Isotonic Band routines.

By focusing most on the development of explosive power and strength through the power/core lifts we will set out to increase anaerobic muscular output. In doing so we will increase the maximum force output that a muscle is capable of producing. Since speed is a direct product of force production against the ground, by increasing muscle mass and strength output, we will be positively affecting speed as well. Since the percentage of Fast Twitch (Type II or White muscle fibers) as compared to Slow Twitch (Type I or Red) muscle fibers is based off of genetics and unchangeable, we cannot increase the number of fibers that a person has. In light of that fact we will thus set out to train ones Slow Twitch Fibers to act as Fast Twitch Fibers. We will augment this process by implementing explosive Plyometrics, Agility drills, and speed based Band circuits.

We also intend to create an environment conducive to growth. We will provide education, guidance and motivation with the intent to foster self-motivated, proficient leaders. We will set out to make the weight room a place that not only we must attend but also a place of which we are proud and enjoy.