

quick, powerful, explosive, flexible, agile

SABERSTRONG

PHILOSOPHY, APPROACH, STYLE

- Dynamic, explosive, intense athletic training.
- Efficient, effective multi-joint compound exercises.
- Heavy, strong lifts: cleans, jerks, snatches, squats, presses, deadlifts.
- Fun, creative movements: heavy rope, heavy balls, ab roller, sand bags.
- Classics: pushups, pullups, burpees, jump rope, calisthenics.
- Study and learn about strength training; make it a hobby, a lifelong habit.



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DYNAMIC LIFTS

例 *cleans*



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MULTI-JOINT LIFTS

例 *deadlift*



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HEAVY LIFTS

例 *squat*



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ATHLETIC MOVEMENTS

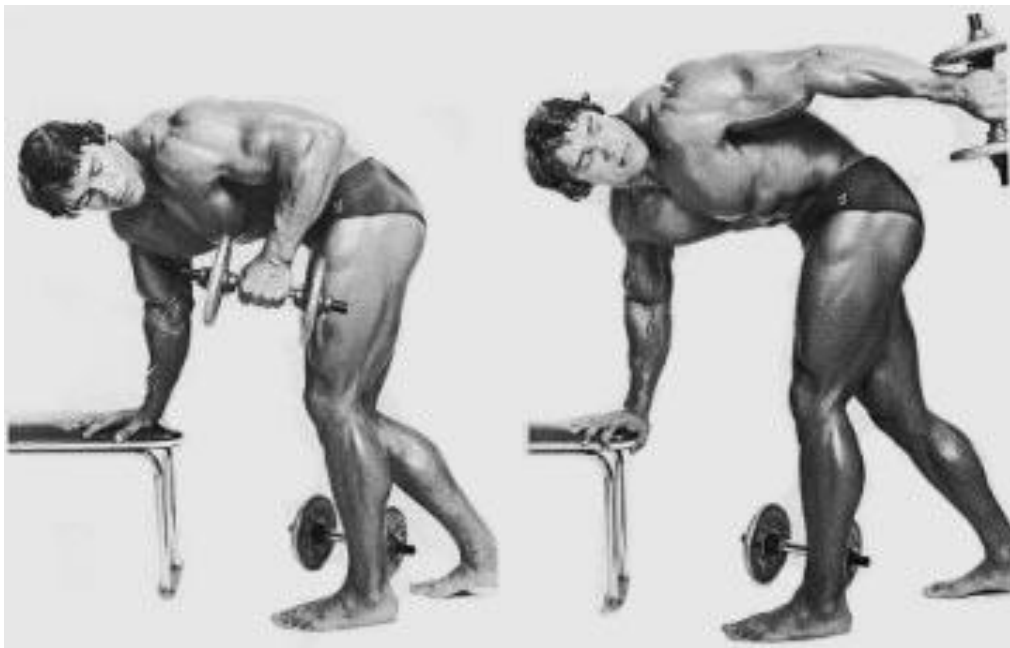
例 *wall ball throw*



NO “ISOLATION” EXERCISES

例 *triceps kick-back*

too light; too limited; no power



Arnold said, “The triceps kickback is an isolation finishing exercise good for bodybuilders, but not good for powerful Sabers athletes.” (1993 Osaka)