

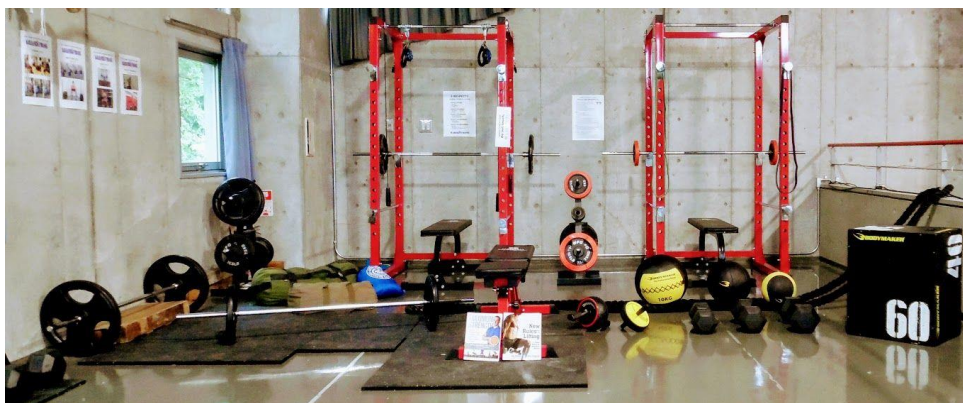
quick, powerful, explosive, flexible, agile



PHILOSOPHY, APPROACH, STYLE

- Athletic training: dynamic, explosive, intense.
- Compound exercises: multi-joint, efficient, effective.
- Heavy lifts: squats, deads, cleans, snatches, presses.
- Creative movements: battle rope, medicine balls, ab roller, sand bags.
- Classics: pushups, pullups, burpees, jump rope, calisthenics.
- Knowledge: Study and learn about strength training; make it a hobby, a lifelong habit.

What's more important than your physical health?



sabers.senri.ed.jp/strength

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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

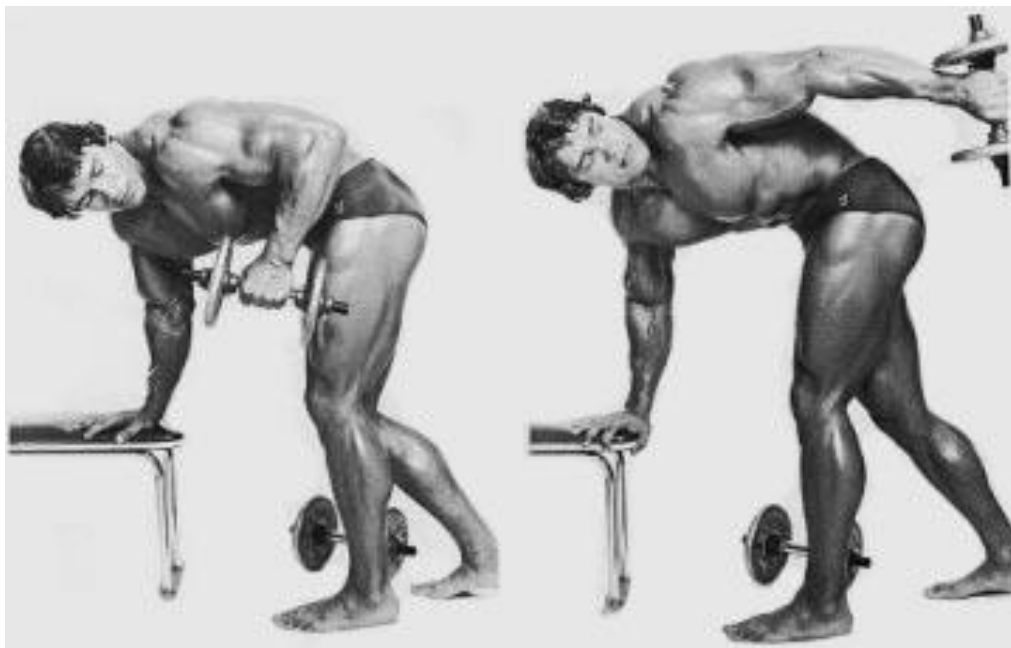
例 *wall ball throw*



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)

