

HIGH PERFORMANCE LIFTING

BEGINNERS GUIDE

Everything You Need to Train Safely and Effectively



BACH PERFORMANCE
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This eBook is filled with tip, tricks and strategies I wish I'd known when I started lifting.

Had I known then what I know now, I would have been bigger, faster and stronger.

And I would have had fewer nagging injuries.

May I guide you on your journey? I offer a clear picture on the best way to train for high-performance muscle.

This eBook will not only benefit beginners, but is also chalk full of important reminders for seasoned vets.

Let's get started!

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Introduction

My name is Eric Bach, certified strength and conditioning coach (CSCS), fitness author, former athlete and former college strength coach. I'm about to share with you the information I wished I knew when I started my journey in the gym, as a misinformed and desperate lifter.

Before we jump into the meat and potatoes of the book, I need to share why I'm here and what drives me to help as many people as possible build a high performance body. My mission is to give you the knowledge and tools to build a great body that is both "Show" and "Go." Meaning you'll have slabs of lean muscle and look good naked, while improving your athleticism. It's something your typical "body-builder" trainers can't help you with.

I was sick and tired of hard-working people being overwhelmed with FALSE information and then struggling to make meaningful progress in the gym and their lives, despite a substantial investment. Even more, clients were coming to me after following typical body-part splits with tons of dysfunctions, with the mobility of a screwdriver, and no coordination or athleticism.

As it turns out, they were training the way "their trainer wanted to train," rather than for their goals of a high-performance body. I want you (yes, you!) to have the knowledge and tools to build an awesome life, and that begins with having being supremely confident in your body and doing the things you want to do.

Say goodbye to false information that appears to be sexy but is not based on science. Say hello to solid training principles backed by sound science, experience, and the nutrition and lifestyle tips you need to succeed.

It's important to note that this guide is not an exhaustive list of potential questions and solutions, but a template of the most important parts. The questions and areas of focus for new lifters are vast. This touches on the most important parts, while scratching the surface of others. I hope you enjoy this guide and find it to be a useful and educational tool.

If you find yourself with more questions, please reach out to my personal email at Eric@bachperformance.com I answer all my emails, instead of some phony robot. Still have questions we can't answer in an email? Then joining my online training program could be just what you need.



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Joining the Online Training Program

As a beginner, I've been there. Tried everything, jacked up my body, and wasted months chasing results with misguided methods.

Finally, I got a coach.

A coach guided me down the path to high-performance righteousness (literally) and helped me build a show-and-go body.

Now, I've done the same with hundreds of clients both in-person and online.

Let me take the confusion out of your training and provide you with world-class coaching.

Consider the cost of putting off your health, building the body you want, and building the life you want.

Is it worth putting off, and questioning your direction, training, and health?

Invest in your health and performance by allowing me to use my experience, my knowledge, and my determination to help build your high-performance body.

Take Charge and Join the Bach Performance Online Training Community

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Everything You Need to Train Safely and Effectively

Afraid of the gym?

Find barbells intimidating?

You're in good company. Almost everyone was in your boat at one point.

They've moved past that point. **And so can YOU.**

This eBook reveals how can avoid looked like a newbie as you make rapid gains by avoiding common mistakes.

Guess what? The sad truth is most people have no idea what they're doing—even if they've been lifting for years. So it won't take much for you to surpass them.

As a Beginner I WAS THERE TOO!!

I struggled in the gym and became overwhelmed by empty promises of results from supplements, workout programs, and ludicrous articles with one-size fits all approaches.

Luckily, I learned from and work with some of the world's best coaches. I have great network of brilliant professionals and work with athletes of all ages and ability levels.

In The Beginners Guide to High Performance Lifting you'll find out what works in the gym and be outfitted with the training knowledge to get results most people can only dream of.

The gym is the one place people worry about what others think, except for the middle-school lunchroom.

No one wants to look like a weight-training beginner—even beginners.



What Beginners Say and Do

We've all seen it. The group of dudes in cut-off t-shirts with bright red pre-workout drinks bench pressing and blasting biceps curls three days per week, yet with no discernible improvements after months of hard work (That was me!).

Or the young athlete wavering under a 45 pound bar with a bewildered, panicked expression (That was also me!).

Or the residential cardio queen who refuses to do anything besides cardio and endless sets triceps kickbacks to "tone" the muscles.

Despite huge time commitments and tons of effort these are still beginners.

This isn't a result of poor efforts; rather, misinformation and a lack of guidance.

This isn't a result of poor effort. Rather, it's caused by misinformation and a lack of guidance.

1. You've never touched a weight. In fact, "what the hell is a dumbbell?"
2. "Bro, I don't need bigger legs. Plus, I'm running a 5k in two weeks, I don't need to lift my legs."
3. You believe weight training will make you "too big or bulky."
4. You can't perform simple bodyweight movements such as push-ups.
5. You train to get as sore as possible.
6. You train solely by body parts, rather than movements.
7. You perform the same monotonous, ineffective program day in and day out.
8. Your program isn't based around full-body movements like: squats, deadlifts, presses, rows, lunges, and cleans.
9. You don't incorporate movement training, like sprints, running, jumping, or throwing.
10. "Chase the pump baby, nothing under eight reps!" – because you only want to build muscle.
11. You change exercises every workout because "muscle confusion is the way to go."
12. You have spent years in the weight room, yet you have little strength or physique improvements to show for it.
13. You devote two days to building up your arms, yet can't perform 6 solid pull-ups.
14. You don't even have a program.

Enough beating a dead horse. You get my point. You need **Principles**. Why? Because **Principles** are simple and effective. Regardless of circumstances, they provide the foundation for success.



Beginners Guide to Weightlifting

1. Train Movements, Not Muscles

The most crippling problem for beginners is isolating each muscle group rather than training compound, multi-joint movements. This is majoring in the minors and a sure-fire way to be small, weak, and injury prone.

Strength training with basic movement patterns is the best way to develop a strong strength base. As such, you have limited time and energy to dedicate to training and picking the right exercises is key to getting results in the gym.

Biceps curls, lateral shoulder raises, and hamstring curls aren't bad, but they shouldn't make up the majority of your program.

Isolation exercises only focus on a small part of the body and won't provide the necessary stimulus to transform your body. Even bodybuilders, known for their insane isolation exercises and high volume, place focus on big movements like squats as the backbone of their programs.

Within the scope of this eBook we'll cover eight movement patterns: hinge, lunge, push, pull, squat, carry, sprint, and jump.

The list below has each movement pattern and corresponding exercises to form the base for high-performance training:

1. Hinge: deadlift (all variations), good morning, kettlebell swings, [Olympic lifts](#)
2. Lunge: [lunge](#), split squat, step back lunge, Bulgarian split squat
3. Push: bench press, push-up, [overhead press](#), jerk, one arm presses, and [floor press](#)
4. Pull: Pull-up, [bent-over row](#), seated row, one arm row
5. Squat: Front squat, goblet squat, zercher squat, back squat
6. Sprint: Hill sprints, incline treadmill sprints, interval sprints
7. Jumps: [Jump rope](#), [box jumps](#), squat jumps
8. Carry: Farmers walk, one-armed carry, cross walk
9. Password: bachperformance carry

These exercises require major muscles working at multiple joints to perform movement, just like most movements in sport and life. To build a body that is both aesthetically pleasing and athletically capable it's imperative to emphasize all of these movement patterns early in a training career to build your best high-performance foundation.

Eric's Recommendation: Focus on three movement patterns per workout, aiming to add weight to the bar during each workout. Plan all movements patterns equally for balanced training.

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Beginners Guide to Weightlifting

2. Stick to the basics

You know those dudes standing in the corner of the gym doing curls on that half-ball bosu thing?

STOP - DON'T DO THAT

When it comes down to it, the basics have withstood the test of time and should make up the majority of training. Prevalent in the fitness industry is the idea that complicated means effective. Nonsense. Programs consisting of 43 different exercises, pain inducing timed sets, complex training, chains, and bands are not necessary for beginners.

All of those are advanced methods and must be carefully programmed. There is a reason barbell and dumbbell exercises have been around for 100+ years—they work. Squats, deadlifts, cleans, push-ups, and lunges etc. should be the primary exercises used in your programs. You're not a special butterfly. The same exercises that worked 100 years ago will provide the best results today.

Eric's Recommendation: Don't follow fad programs or look for the latest exercise trend in the fitness industry. Instead, seek out tenured coaches that preach the basic tenants of training. I recommend my expert coaching for this exact reason.

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3. Quality over Quantity

It's important track weights, beat personal records, and add weight to the bar, but it's more important to improve the quality of each rep. Focus on perfecting technique and mastering mechanics of the major movements.

This means achieving depth on your squat within your "safe" range of motion, staying tight on your deadlift, and performing full chin-ups when you hit the gym.

Proper technique on exercises will yield better gains, fewer injuries, and a longer training career. That's more important than beating your buddy in a bench-off.

Eric's Recommendation: Take videos of your training. Is your technique up-to-par? Consider hiring a coach to ensure proper technique and optimal quality.



Beginners Guide to Weightlifting

4. Proper Exercise Order

Proper exercise order is vital for exercise performance and safety. Due to requirements of the nervous system and muscles, it's important to program certain exercises before others.

Despite what's programmed in many Workouts of the Day (WODs), it's stupid and dangerous to run 400-meter sprints followed by 15 power cleans and 50 box jumps. That's recipe for overtraining and injury, not high performance gains.

According to the NSCA's *Essentials of Strength and Conditioning*:

“Compound power and core exercises require the highest level of skill and concentration of all exercises and are most affected by fatigue. Athletes who become fatigued are prone to using poor technique and consequently are at a higher risk of injury.”

- Baechle and Earle 390-391

Eric's Recommendation: Yes, it is that important. I recommend the following order for exercises:

1. Dynamic movements: Jumps, sprints, throws
2. Explosive/Power: Power cleans, snatches
3. Compound Strength: Squats, deadlifts, presses, pulls
4. Compound/higher rep/hypertrophy: Squats, deadlifts, presses, pulls
5. Isolation work: Curls, calf raises, leg extensions
6. Conditioning



Beginners Guide to Weightlifting

5. Free Weights Over Machines

Beginners head straight for machines when they enter the gym. It's completely understandable. Easy to use instructions, change weight with a small pin, and a place to rest in between sets. (I hope not!).

Despite their convenience, most machines are pieces of crap. Why?

Machines lock the body into place during movement patterns, which removes real-world carry over.

Although you can use more resistance on machines the arms and legs are writing checks the body can't cash. Your body doesn't know how to use the strength or muscles in movement because the supporting parts of the body aren't fit to handle the load.

Essentially, you're placing a jet engine in a go-cart with no steering wheel. At some point the body has to give. There are specific cases when machines are okay tools, but 99% of the time you're best off avoiding them and sticking with free weights.

Eric's Recommendation: Machines won't kill you, but they will not yield optimal results. There's nothing that can be accomplished on a machine that can't be trained more thoroughly with bodyweight, dumbbells, and barbells. AVOID THEM.

6. Feel Versus Real

I stole borrowed this term from Loren Landow. If you don't feel an exercise, it doesn't mean nothing is happening. Conversely, because an exercise is extremely difficult it doesn't mean it's creating any actual change. Pick your battles and train for performance. Pain and soreness may result from a tough workout, but they should not be your primary focus in training.

Eric's Recommendation: Focus on getting stronger, more explosive, and more stable rather than training by "feel." Just because something burns doesn't means it's necessarily making your stronger, leaner, or more athletic. Train for performance first. Aesthetics will follow.

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Beginners Guide to Weightlifting

7. Loading, Reps, Sets, Volume, and rest periods

Regardless of your goal, training for strength and performance yields the best results. Especially with weight training beginners, it's imperative to build a big strength base for better development of all other physical qualities.

This is the typical order I use with clients and common rest periods. Rest periods are based on the neural demands of the exercise. Complex, high-speed exercises (sprints or cleans) need more rest to prevent poor technique and injury compared to isolation style exercises like curls.

1. **Dynamic movements: Jumps, sprints, throws:** Proper dynamic warm up, three to five sets of three to five reps for activation.
 - 1a. Box Jump 3x5. Rest 0
 - 1b. Medicine Ball Slam 3x5. Rest 90 seconds
2. **Explosive/Power: Power cleans, snatches, and jumps:** Two warm up sets followed by three to five sets of three to five reps. Keep load moderately heavy, but never to failure.
 - 2a. Power Clean 4x3. Rest 90-120 seconds
3. **Compound Strength: Squats, deadlifts, presses, pulls:** Pick a couple major movements and perform three to six sets of one to six reps. These should be heavy and difficult, but not past failure. If you can't perform with good form it's too heavy.
 - 3a. Deadlift 3x5, Rest. 0 seconds
 - 3b. Plank 3x30 seconds Rest. 90-120 seconds
4. **Compound/higher rep/hypertrophy:** Pick one or two movements and perform two to four sets of eight to fifteen reps. These should be moderately difficult but not necessarily till failure.
 - 4a. Dumbbell Bench Press 3 X 8. Rest 30 - 60 seconds
 - 4b. Dumbbell Row 3 X 10. Rest 30 - 60 seconds
5. **Isolation work:** Pick one or two movements and perform twelve to twenty reps for two or three sets. Incomplete recovery can be used and near-failure is fine to create a metabolic environment for muscular damage and subsequent growth. Don't go overboard, this is icing on the cake.
 - 5a. Dumbbell Biceps Curl 2x12. Rest 0
 - 5b. Triceps Pushdown 2x12. Rest 30 seconds



Beginners Guide to Weightlifting

SAMPLE WORKOUT

- 1a. Box Jump 3x5. **Rest 0**
- 1b. Medicine Ball Slam 3x5. **Rest 90 seconds**
- 2. Power Clean 4x3. **Rest 90-120 seconds**
- 3a. Deadlift 3x5. **Rest 0 seconds**
- 3b. Plank 3x30 seconds. **Rest 90-120 seconds**
- 4a. Dumbbell Bench Press 3x8. **Rest 30-60 seconds**
- 4b. Dumbbell Row 3x10. **Rest 30-60 seconds**
- 5a. Dumbbell Biceps Curl 2x12. **Rest 0**
- 5b. Triceps Pushdown 2x12. **Rest 30 seconds**

Note: you don't need to include "all" types of exercise during each workout.

Eric's Recommendation: Per the explanation above, there is some variability in exercise selection and loading. Place your focus on the explosive and compound strength exercises, they are responsible for at least 80% of your results. Program hypertrophy and isolation work sparingly to bring up weak points.





Beginners Guide to Weightlifting

8. Warm-Up

Jumping right into a workout without a thorough warm-up is recipe for injury. Take 10 minutes and get it done, no excuses! Warm-ups should incorporate active stretching techniques, sport-specific movements, and neural activation exercises.

These modalities are performed to mimic the movement-specific demands of the activity, address movement deficiencies, increase core and ligament temperature, stimulate the nervous system, increase stability, and activate proprioceptors (Yauss and Rotchstein, 2011). In other words, the warm-up should mimic target key movement patterns and muscles that will be trained during your upcoming session.

Eric's recommendation: Try This Warm-Up

SAMPLE WARM-UP

1. [Jump Rope, 100 Skips](#)
2. [Quadruped Fire Hydrant X 6 AND Quadruped Hip Extension X 6](#)
3. [Groiner x6](#)
4. [T-Push Up x6 each side](#)
5. [Inchworm w/ push up x6 Reverse Lunge Reach x6](#)

**Your warm-up doesn't need to be complicated,
but it CAN'T BE NEGLECTED.**



Conclusion

There is a ton of information out there for beginning weightlifters; unfortunately, that's part of the problem. By giving you the knowledge and principles on how the best bodies are built, you're now armed with the tools to maximize your time in the gym.

The basics are best whether you're a 55-year-old female hittin' the gym for the first time or a high school athlete trying to get bigger, faster, and stronger.

Down with fads! It's time to base training around time-tried principles and knowledge for the best results.

click here to Let Me Handle Your Personalized Training Needs

One of the very first online coaching programs ever created, my personal online coaching program is specifically towards lifters looking to build high-performance bodies, meaning you look awesome and are athletically awesome.

I only take five new clients per month and spots are competitive. Below I've provided my consultation options just in case you're interested.

Please take some time to review the three comprehensive packages attached, all of which we can personalize to your specific needs. And remember, if you ever have any questions you can always contact me directly via e-mail (eric@bachperformance.com) and I'll get back to you ASAP.

Resources:

Cover Photo: <http://pixabay.com/en/fitness-weight-lifting-dumbbells-375472/> | Baechle, Thomas, and Roger Earle. Essentials of Strength and Conditioning. 3rd. Champaign, IL: Human Kinetics, 2008. 390-391. Print. | Gauss, B. and Rotchstein, A. (2011). The acute and chronic benefits of movement prep for the soccer athlete. NSCA's Performance Training Journal, 10, 3, 1116

THE PRO PACKAGE

This option provides you with a very effective monthly workout based on your fitness goals. To improve performance, shred fat, and build muscle I will design, develop, and create a customized plan based on your needs.

Included are access to my online training platform. It's a unique, customized experience with direct notes, exercise videos, exercise descriptions, and exercise tracking to help me guide your progression.

Monthly Benefits:

- Eliminate the guesswork in your exercise programming
- Access to the Bach Performance online platform, with a free app. to track your workouts online and via your cell phone
- Clear, concise workout plans with consistent feedback from your coach (me!)
- Very affordable compared to in-person training
- Email support/office hours

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THE ALL-PRO PACKAGE

Far more intensive than the Pro Package, the All Pro Package consists of a weekly 15 minute Skype call in addition to intensive training programs written for your individual needs.

Specifically, with this option I will review all aspects of your training goals, history, and performance in order to design the best program for you.

We'll correspond on a weekly basis and track your progress meticulously to ensure that you're achieving the best results.

Not only that, I'll guide your nutrition with macronutrient recommendations to help you eat for your goals and make great progress faster.

The Breakdown:

- Far and away the most popular coaching experience. Over 75% of my clients choose this option. With the All-Pro Package you will receive full-individualized workouts along with exercise videos, nutritional advice and coaching and weekly Skype chats.

Monthly Benefits:

- 60 minutes worth of Skype calls to discuss all questions training and shoot the breeze—I like to get to know my clients!
- Customized workout plan
- Sets, Reps, exercise descriptions
- Daily summaries are sent to me with your notes so I can guide your progressions and keep you accountable
- Customized workout plan with Full Sets, Reps, exercise descriptions with each exercise AND video demonstration at your fingertips
- Nutritional guidance based on your training goals and needs
- I provide dozens of recipes for quick meals / shakes to accommodate your busy lifestyle
- Email Support
- Our own website to view your program (comes with iPhone, iPad, and android app)

Specifically, with this option I will review all aspects of your training goals, nutrition, history, and performance in order to design the best program for you. We'll correspond on a weekly basis and track your progress meticulously to ensure that you're achieving the best results.

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THE MVP PACKAGE

TOP NOTCH RESULTS GUARANTEED



My most intensive coaching option, the MVP Package consists of a monthly Skype call, monthly exercise plan, and a completely individualized nutrition program written by me for your individual needs.

With MVP Package, you get all the benefits of The All-Pro Package plus: daily e-mail contact, an in-depth customized individual nutrition plan handcrafted just for you, and a monthly care package. You'll grow your body and life together.

The Breakdown:

- The Taj Mahal, if you will. The MVP package combines full-individualized workouts along with exercise videos, nutritional customization, a monthly care package, and weekly Skype chats

Monthly Benefits:

- Monthly 30 minute Skype call to discuss all questions training and shoot the breeze I like to get to know my clients
- Monthly gift to help you reach your goals and dominate life
- Complimentary *Gourmet Nutrition Cookbook* to help you reach your goals and dominate in the kitchen
- Customized workout plan with Full Sets, Reps, exercise descriptions with each exercise AND Video demonstration at your fingertips
- Daily summaries are sent to me with your notes so I can guide your progressions and keep you accountable
- Direct meal planning and guidance, taking personal nutrition information into account

click here to APPLY NOW