

Training Tips

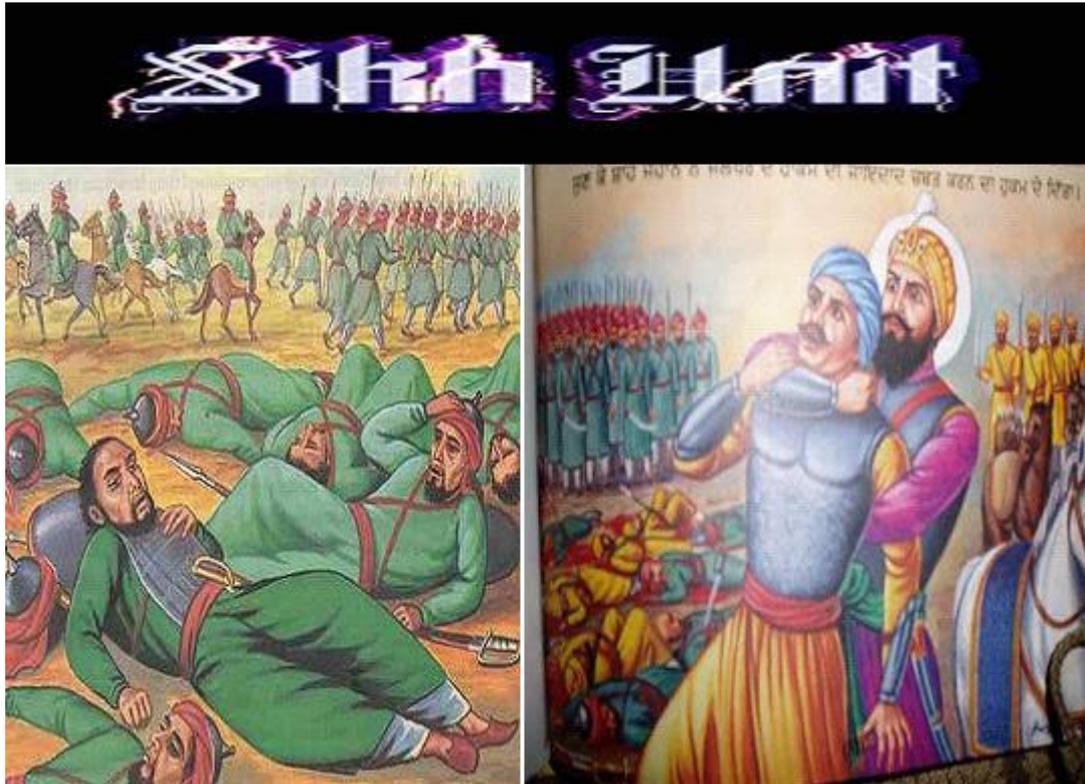
By Sikh Unit



Common Injuries

- 1: Training is about slow progression, doing too much too soon will lead to injury. Take your time and make steady Progress.**
- 2: Sprinting is nature's response to danger, when adrenaline is released you run for your life. It is now used as a training method, but you must be careful not to push it too much as it is very taxing on your body and can easily causes a injury especially if your body is not conditioned for it. Just do it once every two weeks if you have to.**
- 3: Weak glutes are very common, most people have them. The neural drive to glutes is not that good as many people do not isolated their glutes when training. Here are a few exercises you should do, side lying hip abduction, clam shells, donkey kicks, single or double leg bridge and fire hydrants. Always do squats from the heels never tip toe. If your Glutes are not firing properly you will develop faulty movement patterns which in time will defo cause an injury.**
- 4: I don't recommend weight machines as they do not allow free range of motion they restrict the joints and muscle and can be very uncomfortable. Training should be in free motion as everyone's body works differently.**
- 5: I wouldn't recommend jogging for more than 30 minutes because excessive jogging causes a lot of wear and tear on your joints.**
- 6: I wouldn't recommend really heavy weights again the wear and tear on your joints catches up in the long run. I know loads of people who have joint problems due to lifting heavy weights.**
- 7: I've seen a lot of people injury themselves while doing dips, this is because they go too low and the force on the shoulder is too much, don't go too low flex your elbows at about 90 degrees. Keep the movement natural and don't strain too much.**
- 8: I don't recommend adding extra weight (plates) on to body weight exercises, the tendons and ligaments can get damaged, just bang out more reps instead.**
- 9: I recommend a rest day between workouts to allow your body to repair and adapt.**

TRAINING & HOW TIMES HAVE CHANGED



Sri Guru Gobind Singh Ji told his Sikhs just as Amrit vela and reciting Gurbani (Naam) is a daily routine of a Sikh, physical training and practicing the use of arms is also a daily routine of his Sikh. Baba Deep Singh was a very devout Sikh, he trained every day, in his life story it is narrated he used to be able to do press ups in the hundreds and squats with another Singh on his back in the hundreds.

These days a lot of Sikhs are very weak and unfit and get battered (tired) within seconds. There have been some positive role models within our community recently. But in general most of us get tired when we climb the stairs or throw a few punches on a bag. I mean if it went to civil war we would get licks, imagine what would happen to the Gurdwara if we remain in this state. A lot of people say just do Naam and the rest will happen by itself when the time comes (Might as well cross the road with our eyes closed if you're going to think like that). Yes we should do Naam, but God helps those who help themselves, we have to go by our Gurus teachings; training, practicing the use of Arms and bearing arms is their teachings. We have a growing number of fat and obese kids in our nation, a lot of our older generation have cholesterol problems or heart diseases due to unhealthy living.

Unless we take a u-turn on the current state and listen to our Guru, things are going to get worse and we will continue to get licks like we are from all angles, most of our kids are being bullied and even if they fight back they get licks due to being weaker than other kids. If you go to the park on weekends you will see black and Pakistani kids riding bikes playing football for hours, while our kids are on facebook or consoles. A lot of alis are taking up boxing and are training very hard.

Our Gurus used to be strong and defeated their opponents with confidence and claimed victory for righteousness, the Sikh army back in the days put thousands of mughals on their backs. Study the picture, look how strong our Guru was killing people with headlocks, look how skilled Sikhs were leaving their enemies dead or seriously injured on the battlefield, **BOLE SO NIHAL SAT SRI AKAAL!!**

Types of Training



Confrontations should be avoided as much as possible as they can lead to injury, death or a jail sentence. The self defence laws are a shambles in the UK; the criminals take advantage of this and are at an advantage. Civilians are not allowed to be armed to defend themselves, nor are they allowed to kill intruders without backlash from the law. It is kuljug a dangerous time in the human era, full of killers, rapists and crazy people that will kill you in the blink of an eye. The truth is no matter whom or where you are the chance of being attacked is fairly high this is why Guru Ji gave the Sikhs a Kirpan (protection). To increase the chance of survival you have to prepare yourself:

Some Sikhs think the bigger you are the better fighter you are, so they take steroids to achieve their gains. Was Bruce Lee big? The aim should be to become athletic, we should not train for looks, we should train to be lethal. To be lethal you have to do various types of training, heavy weights are good for body building and bulking. But Body builder's aint fighters, they are sculptural models that take pictures in competitions.

Resistant training: is needed to develop bone density and strength. Body weight training will give you core strength and explosive power with less chance of injury (dips, chin ups, press up, sit ups etc). Heavy weights can cause injury and joint problems, however light weights with a lot of repetitions can help your endurance. Bulking up too much will make you slow and unable to run away fast or for a long period (and your life might depend on that).

Boxing training: It is vital to hit a reflex bag this will give you hand to eye co ordination, what's the point of having strength if you can't even hit the guy. Punch bag training will give you more power and stamina when punching. Speed bag training will give you punching endurance and make your punches faster.

Running: It is wise to include a long jog once a week for stamina and heart conditioning. The bigger your heart the fitter you get.

Swimming: is the ultimate whole body training exercise, which develops your whole body and makes you immensely fit.

Sparring is vital as it gets you used to real life situations and will give you a reality check on your abilities. Make sure we eat good food; you do not have to go on a mad diet, just eat as much as you want but eat clean. Get plenty of rest; include rest days for your body to recover.

Cycling is good and can be an alternative for running, as it has less impact on your joints, but too much cycling can affect a man's reproductive system and over develops the quads.

Stretching will make you flexible and give you more moving ability in a fight. It is not all about weights or how big a person is, it is about how lethal you are, weights do not make a person lethal, they sculpture your body and aid in power and strength (which can be gained from body weight training to).

Benefits of Bodyweight Training

1. Less joint damage

If you have been in the iron game for a while, with a quest to get jacked, there is a fair chance you are pretty beaten up. Maybe you experience sore shoulders after benching or an aching lower back after squatting? What about your elbows, how do they feel after a few sets of tricep extensions?

Well, the good news is you can still continue the quest to getting jacked without using deep heat before and after training because bodyweight exercises offer a more natural range of motion which therefore decreases joint stress on the body.

2. Greater Neuromuscular Demand

Whenever you move your body through space there is a greater neuromuscular demand on the body; this means that the brain will recruit more muscle fibres which will result in greater strength and muscle gains on a pull up as opposed to a lat pull down. Both are the same movement, but pull ups require your entire body to move through space as opposed to just your limbs on the lat pull down.

Don't believe me? Take a look at gymnasts, these are by far the most jacked, ripped and strongest athletes in the world. And all they do is bodyweight training on rings and bars, not to mention training many times a week with full body workouts. Quite frankly, if you ask me, someone who bangs out one hand push ups is far more badass than a dude who can bench 200 kilos.

3. Incidental Training

When you bench press you obviously hit your pecs, deltoids and triceps. The only other way to turn on any additional muscle groups is to consciously do it.

However, if you flip over onto your stomach and crank out some one arm push ups, you now have a lot of incidental training going on. Apart from your pec, deltoid and tricep getting amped, your lats turn on to protect your shoulder, your abs and glutes fire to stop your hips from sagging, and your quads and hamstrings ignite to keep your legs straight.

All this adds up to a lot more time under tension which will result in greater muscle growth and coordination.

The Forgotten Art of Bodyweight Training

Walk into virtually any gym in the world and you will find any number of pumped up steroid users who think that they are “strong” men because they have eighteen-inch arms, can bench press a heavy bar, or look big in a tank top or T-shirt.

But how many of them are *truly* powerful?

- How many of them have genuine athletic strength they can *use*?
- How many of them could drop and give you twenty perfect one-arm push ups?
- How many of them have spines that are strong enough, flexible enough and healthy enough that they can bend over backwards and touch the floor?
- How many have the pure knee and hip power to squat right down to the ground and stand up again – on one leg?
- How many of them could grab hold of an overhead bar and execute a flawless *one-arm* pull up?

The answer is: *Almost none.*



You will find almost no bodybuilder in any gym today who can perform these simple bodyweight feats. And yet the kind of bloated poser you see strutting the average gym floor is viewed by the media and the modern public as the epitome of strength and fitness.

The bodybuilder-type has become the accepted status quo of ultimate conditioning. This seems like total insanity to me. What does it matter how much weight you claim to be able to lift in a gym or on a special machine? How can somebody be considered to be “strong” if he can’t even move *his own body* around as nature intended?

Becoming Strong

The average gym junkie today is all about *appearance*, not *ability*. Flash, not function. These men may have big, artificially pumped up limbs, but all that the size is in the muscle tissue; their tendons and joints are weak. **Ask most musclemen to do a deep one-leg squat – ass-to-floor-style – and his knee ligaments would probably snap in two.** What strength most bodybuilders do have, they cannot use in a coordinated way; if you asked them to walk on their hands they’d fall flat on their faces.

I don't know whether to laugh or cry when see the current generation of men duped into handing over a fortune in overpriced gym memberships and for weights and other exercise gadgets, all in the hope of becoming strong and powerful. I want to *laugh* because I admire the con trick for what it is – a perfect grift. **The fitness industry has duped the whole world into thinking it can't get by without all this equipment; equipment it then sells to the mark, or rents out at exorbitant prices (in the case of gym membership).** I want to *cry* because it's a tragedy; the average modern trainee – who is not on steroids – makes little gain in size from year to year, and even less progress in true athletic ability.



To become hugely powerful, you don't need weights, cables, fancy machines, or any other crap that the industry or the commercials are brainwashing you into thinking you can't do without. You can gain Herculean strength – genuine brawn and vitality – with no special equipment at all. But to unlock this power – the power of your own body – you need to know how. You need the right method, the *art*.

Such a method does in fact exist. It's based on traditional, ancient forms of training, techniques which are as old as training itself. This method has evolved by trial-and-error over the centuries, and has proved its superior ability to transform flimsy men into steel-forged warriors time and time again. This method is *progressive calisthenics* – the art of using the human body to maximize its own development. Calisthenics today is seen as a method of aerobics, circuit training or muscle endurance. It isn't taken seriously. But in the past – before the second half of twentieth century – all of the world's strongest athletes earned the bulk of their power through performing calisthenics *progressively* – to become stronger and stronger, day by day, week by week, year after year.

The Role of Prisons in Preserving the Older Systems

There was one place that the old school calisthenics never died out; a place where the older systems were perfectly preserved, like an ancient insect trapped in amber – in *prisons*.

The reason for this is obvious. **The massive revolution in training technology, which killed off old school calisthenics on the outside, never occurred in prisons.** Either that, or it occurred very late. The barbell and dumbbell-based gyms that became the rage in the fifties and sixties? Not in prisons. Very primitive weight pits didn't start appearing until the late seventies. The “indispensable” strength training machines upon which most gyms became built in the seventies and eighties are still largely absent from prison gyms.

In effect, this means that – while the rest of the strength training world was undergoing a huge “modernization” during the twentieth century – prisons were like a bubble. **The traditions that were being killed off in gymnasiums up and down the country stayed alive in prisons, because they weren't choked to death by technology and the money associated with novelty gimmicks.** During the eighteenth and nineteenth centuries, the guys who got incarcerated and knew how to do *true* bodyweight training based on strength – the gymnasts, acrobats, circus performers and strongmen – passed their knowledge on to other inmates. This knowledge – old school calisthenics – was *gold* in prisons, where no exercise equipment at all was to be found, with the exception of the bars overhead and the floor below. And being physically strong as well as agile was essential – those days were *tough*.

Life in prisons today is harsh, but going back a century or so, things were even harder. Beatings and cruel treatment were a part of the expected daily grind, and inmates killed and seriously wounded each other as a matter of routine. **The handful of guys who trained for strength in their cells did so to literally *stay alive*.** They trained furiously and with enormous seriousness – being powerful was a life or death matter! In this sense, those inmates from our past were no different from the Spartans led by Leonidas sixty-eight centuries ago. They all depended on their power to survive, and in order to develop that power they trained in traditional calisthenics.

HISTORY LESSON

The Los Angeles County Jail is the largest jail in the country typically housing 10,000 inmates at any given time. It's a zoo, a total pit of animals where it's literally kill or be killed. The prison officials were seriously concerned because so many prisoners were getting HUGE lifting weights all day. Cell extractions, where they get 5 guards together to remove a dude who wants to fight, would take an average of 60 seconds and usually everyone got hurt. To stop the carnage, they decided to take the weights away. Federal law says these guys must have an exercise period, so they went from weights to body weight calisthenics and guess what...the nightmare got worse. The prisoners got

Cell extractions went up to 6 minutes on average! Yep, turns out weights are good for show muscles, but when it comes to true, functional, fighting for your life, ass kicking fitness, bodyweight exercises are king. So, in no particular order, let's introduce you to the workout and a challenge; if you can do this sucker complete start to finish out of the box, you're a certified stud Brother.

A WARNING

While this is a No Princess Zone we do need to offer a caution. You need to be in, at minimum, moderate shape to handle even a short version of this workout Brothers. No kidding, this one is not a place to start, but rather a place to take you to the next level. We strongly urge you to get clearance from a medical professional before beginning any vigorous exercise program and this one puts the V in Vigorous.

THE BASIC SETUP

There are not fancy Insanity or PX90 exercises here; it is simple, old-school, brutal exercises that work the whole body quickly and efficiently. The number of repetitions for each exercise usually runs around 20 but you can modify to suit your current fitness level. The exercise period on the yard is 60 minutes, but again you can modify and **HEAR THIS LOUD AND CLEAR**; you can get amazing benefits doing this workout for only 20 minutes every day, it's no joke.

For whatever amount of time you do have to exercise, you only rest 15 SECONDS between sets. Basically, you take the core exercises below and jam as many in as you can in the time you set aside for a more or less continuous full-body exercise program. You don't need any equipment, just your body, but if you have access to a pull-up bar, that's a bonus and of course you can find things to pull up on everywhere, especially playgrounds.

BURPEE, THE MOTHER OF ALL EXERCISES



The foundation of any prison workout is the burpee. Revered because it is, in and of itself, a totally body workout stepped in the principles of functional fitness AND it can be done in small, confined spaces like a 5 x 8 prison cell. However, the prison burpee is no ordinary burpee, it's on freak'n steroids. Here's how you get on;

Start in a standing position. Drop straight down so your feet are still on the floor, knees fully bent, ass on caves, and hands on the floor in a pushup position. Contract the abs hard and while keeping your hands on the floor in the pushup position kick your legs straight back so you are in a pushup plank position.

Then keeping the core engaged, kick your legs apart so they are in the shape of a V, toes still on the ground like your gonna do a pushup, and then kick your legs back to the plank position. Now do one to ten pushups (ten is stud level).

After completing your pushups then contract your abs again and while keeping your hands on the floor, jump back to the position you were in before your kicked your legs back into

the first plank. Then, explosively, drive upward with your legs and leap off the ground as high as you can, reaching your arms as high over your head as possible.

As gravity pulls you back to earth and your feet touch the ground take your fists and drive them as hard into your contracted abs as hard as you can possibly stand. That's One! Immediately go for the next rep...20 reps and your fist set is done and if your not used to these, you might be done right here!

15 seconds of rest, just enough time to puke, before your start;

JUMPING JACKS



14

Named after fitness Icon Jack Lalanne, these are truly a staple, but of course the prison version is just that much more brutal. We've all done a jumping jack, arms and legs moving in sync, legs apart, arms clapping overhead, legs together, arms to the sides. The only difference here is you do them as fast as you possibly can and you do 50 straight. Sound easy? Not a freaking chance Brothers cause after all those burpees you are sucking air hard.

SQUATS WITH CALF RAISE

Just like it sounds, keep your feet hip width apart as you squat down parallel or deeper (careful on the knees here). At the bottom arms are held straight out in front of you. Then, immediately and powerfully drive up to a standing position.

As you reach the top, thrust your pelvis forward and squeeze your ass cheeks together like your trying to crack a walnut in there (buns of steel will be yours and as an added bonus you can snap a rapists man-hood off clean if you get pinned down in the shower...just say'n).

Then, to finish, raise up on your toes to engage the calves for a maximum contraction. As you drop back to the starting position smoothly move into your next rep. Crank these hard and fast like a piston. 25 reps is OK, 50 is good, 100 is awesome and 250 is gonna get you tree trunks fast!

15 seconds of rest as you contemplate how death might now be a better option.

MOUNTAIN CLIMBERS



Get into a position like you're going to sprint out of the blocks. Arms in a pushup position, palms flat on the ground, fingers forward. One leg tucked up, foot flat on the floor and the other straight back on your toes. Simply trade the leg positions, one forward, and one back, and contract your abs hard for the entire 20 heart pounding reps. Doesn't sound like much? Anything you say Sparky.

15 seconds of rest and if you have anything left in the tank...

PULL SUCKER PULL



Classic exercise for functional strength, pull ups rock it, but of course our friends have an added sadistic twist to take it up a notch. Start your pull up (you can vary the grip and should do it from many different angles) and rip it hard, as fast as possible to the top position.

As you reach the maximum top position, contract your abs and bring your knees up as high as you can. Relax the knees, lower down and do it again and again, 20 reps or failure, whichever comes first (were bett'n failure at this point).

For an added treat, you can combine squats or burpees with pullups. Just squat down and as you drive up, leap into the air grab the bar, do the pullup and knee up, then drop down into the next squat or burpee. We have a definite love/hate relationship with this addition, but in and of itself, if you just did this one technique, the whole body is gonna get swole, cut and jacked.