

Achieve New Levels of Relative Strength **with the Daily Singles Method**

-Charles Poliquin

The following program is excellent for those of you who have hit a plateau in strength development. I take no credit for it as it was originated in the sixties on the US West Coast and been used in some form or another by athletes ranging from powerlifters to judokas.

You train 5 days a week using 4 major compound exercises. You start at 77.5% of maximum for that given lift, you rest only 1 minute between singles. The weight would be about your 9-10 R.M. if you don't want to test your single

Your workout would consist of:

1. power cleans at 10X0 tempo
2. front squats at 20X0 tempo
3. incline presses at 20X0 tempo
4. pull-ups at at 20X0 tempo

So the program would look like this:

Monday 5 x 1

Tuesday 7 x 1

Wednesday 9 x 1

Thursday 11 x 1

Friday 13 x 1

You take Saturday and Sundays off. You are going to need it.

You start the process over on the next Monday using 80% as the percentage, going up 2.5% every week for a total of 4 weeks, by this time your max on all lifts will have gone up.

The first week will seem like hell as you will be quite sore. Expect a very deep type of soreness. However, always on the following Mondays, supercompensation will have taken place and workouts will feel like a breeze. If you feel your joints getting sore, make sure your vitamin C & Omega 3s are in check. Curcum will also assist you in managing inflammation.

Syner C - [Link](#)

Omega Pure - [Link](#)

This is not a type of phase where you are concerned with muscular balance, what you want is rapid gains in maximal strength. However, in the following phase, you will want to reintroduce your external rotator and scapulae retractor work.

Enjoy the new records,

Coach Charles R. Poliquin