

The ARGUS System

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I

PROGRAMMING

INTRODUCTION

Every system ever designed contains a weakness that bottlenecks the rest of the structure. The bigger the gap between a system's greatest strength and its largest weakness, the less effective the overall system is. This is especially true for systems designed for long term usage, as taking shortcuts will only result in diminishing returns.

The same principle can also be applied to workout routines, and is why one that is proven to work for one person may not be the best for you. It's not that the routine is inherently bad, it's just a bad solution for you, based on your current goals and weaknesses. The system showcased in this document aims to focus on a user's chosen goal, by identifying and eliminating your major weaknesses. Some of these may be malleable, such as your current mass, strength levels and endurance threshold.

Everyone has a different set of variables that they can and can't change, and as such, each person will need to use a different system that suits their needs in order to make the greatest amount of progress. This is where the ARGUS (Automatic Regulating Gym Utility Software) System then comes into play, which takes these variables and produces a personalised program tailored towards all of your unique requirements. This concept is not anything new as coaches have been doing this practice for decades; this system just allows for the process to be automated for the user.

BASE PROGRAM OUTLINE

There are three main focuses that will be prioritised at any one time; these are strength, size and stamina. Each of these can be further broken down into subcategories, based on the users needs and preferences.

STRENGTH

- Increase strength with **high weight, low reps** (1 - 6).
- Develop the anaerobic system through higher intensity conditioning.
- Maintain the aerobic system through one steady movement a week.

SIZE

- Train and develop size with **moderate weight, moderate reps** (8 - 12).
- Maintain the anaerobic system through high intensity conditioning.
- Increase **mental threshold** of work duration and **pain tolerance**.

STAMINA

- Build strength-endurance through **low weight, high reps** (20 - 50).
- Develop the aerobic system through low and steady endurance.
- Develop the anaerobic system through higher intensity conditioning.

Stamina can be split further into endurance of strength, aerobic training and anaerobic training, trained through circuits, slow steady endurance and high intensity conditioning respectively.

STRENGTH-ENDURANCE (SE)

Strength-endurance sessions focus on developing how long you can continuously workout for before your muscles break down, allowing you to work harder for longer whatever your main focus is. This is typically done via circuit training, where you complete multiple exercises for a large set number of repetitions before moving onto the next one without a break. Once you complete your circuit, you break for approximately 5 minutes, before completing another set of exercises.

ENDURANCE (E)

Endurance sessions focus on developing your aerobic system through a slow and steady activity such as a steady brisk walk, in the range of 130-140 bpm for a long allotted amount of time. You should have no issue holding a conversation during your chosen activity, and should aim not to alter your speed at all if possible.

HIGH INTENSITY CONDITIONING (HIC)

High intensity sessions focus on producing a higher work output in a shorter duration of time. Your anaerobic system is generally trained through a mixture of speed-endurance and power activities, although there are workouts that you can run if you desire to focus on stamina over strength or size. In general though, you can develop your anaerobic system alongside your speed-endurance through an activity such as a jog in the range of 160-170 bpm for a steady but short amount of time. You should be jogging at a speed where you are unable to hold a conversation easily, but should not need to alter your speed at all if possible.