



REFERENCE DOCUMENT

NEUROLOGICAL AND PHYSICAL TYPING CERTIFICATION

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	TYPE 1A	TYPE 1B
PROFILE TYPE	NEURODOMINANT	NEURODOMINANT
WORD THAT DESCRIBES THEM	Intensity	Explosiveness
FOUNDATION PRINCIPLE	They build muscle by getting stronger	They build muscle by getting more powerful
THEY ARE BUILT FOR...	Intensity (heavy loads), slower speeds, pauses, grinding, frequency	Intensity (heavy loads), utilizing the stretch reflex, explosion, speed, having many different tasks in a workout
THEY ARE NOT BUILT FOR...	Utilizing the stretch reflex, focusing on explosive, volume	Movements from deadstart, slow grinding actions, pauses, slow tempo, too many sets of few exercises
FREQUENCY	Very high (6-7 days a week)	High (5-6 days a week)
INTENSITY	Very high (need to touch 90% relative intensity almost every session)	High (mostly with fairly heavy lifts moved explosively)
VOLUME	Very low (2-4 exercises, 2-3 key ones. Few work sets, 35-45 min workouts)	Moderate/High (4-6+ exercises, few work sets, 50-70 min workouts)
TEMPO	Slower eccentrics, paused lifting, etc.	Explosive, using the stretch reflex
REST INTERVALS	Long rest intervals to avoid increasing adrenalin	Using pairings to give feeling of variation (multitasking) and have enough rest between each set of one exercise.
VARIETY	If intensity is there they don't need much variation in exercises	Need plenty of variety especially in the form of exercises



	TYPE 2A	TYPE 2B
PROFILE TYPE	NEUROMUSCULAR	MUSCULAR
WORD THAT DESCRIBES THEM	Variety	Sensation
FOUNDATION PRINCIPLE	Everything works...but nothing works for long	They get stronger by getting bigger
THEY ARE BUILT FOR...	Every kind of work and contraction	Mind-muscle connection, slower tempo, tolerating lactic acid
THEY ARE NOT BUILT FOR...	Sticking to the same kind of approach for a long time	Explosive work, lots of heavy lifting, Olympic lifts
FREQUENCY	High when in good form (5-6), moderate when under stress (3-4)	Moderate when in good form (4-5), low when under stress (3)
INTENSITY	Equal mix of neural/high intensity & muscular (mind-muscle) work	Mostly lighter work focused on mind-muscle connection/pump, can do one heavier lift but rarely above 85%
VOLUME	Can do the highest overall volume if it comes from a mixed approach (neural & muscular at every session). Can't do a lot of volume if they only do one type.	Can do a very high volume of muscular work; crash really fast when they start to add neural work
TEMPO	Everything can be used	Mostly slower tempos, paused, holds
REST INTERVALS	Neurotype who should use the shortest rest intervals (adrenalin)	Short when doing muscular work, longer when doing neural work
VARIETY	They need variety in the session, in the week, in the block and from block to block	They don't need a lot of variety as long as they are getting a good MMC/pump



TYPE 3	
PROFILE TYPE	STRUCTURAL
WORD THAT DESCRIBES THEM	Control
FOUNDATION PRINCIPLE	Can only push hard when they feel in perfect control
THEY ARE BUILT FOR...	Repetitive work, resistance, endurance, focus, following a plan
THEY ARE NOT BUILT FOR...	Any kind of neural work, variation
FREQUENCY	Moderate when in good form (3-4), very low when under stress (1-2)
INTENSITY	Lightest average intensity, focusing more on precision and motor learning
VOLUME	Can do high reps and a lot of sets of the same exercise, but cannot do a lot of different exercises in a session.
TEMPO	Mostly slower tempos, pauses, holds
REST INTERVALS	Fairly long, but active (mobility, SMR, visualisation, practice)
VARIETY	They do better when a program is repetitive, don't change exercises often



BUILDING A TRAINING SESSION FOR EACH NEUROTYPED
BASIC TRAINING VARIABLES

VARIABLES	TYPE 1A	TYPE 1B	TYPE 2A	TYPE 2B	TYPE 3
# OF EXERCISES/SESSION	3-4	5-6	5-6	5-6+	3-4
WORK SETS/EXERCISE	2-3	2-3	3-4	3-6	3-4 with as many as 5-6 warm-ups on the big lifts
INTENSITY ZONE	85-100%	80-95% or explosive (CAT)	Combo of neuro and muscular every session	50-85%	50-80%
REST INTERVALS	3-4 mins	No more than 2 mins	Less than 2 minutes	Less than 2 min with muscular work, 3-4 with neuro work	3-4 mins
WORKOUT DURATION	34-45 mins	45-60 mins	60-75 mins	60-75 mins	45-75 mins
# WORKOUTS/WEEK	5-7 (can even have 2/day)	5-6	4-6 (depending on stress levels)	3-6 (depending on stress levels)	3-4



METHODS EACH NEUROTYPE CAN USE

	TYPE 1A	TYPE 1B	TYPE 2A	TYPE 2B	TYPE 3
NEURO-HEAVY	Most of the workload (1-3 exercises/WO)	Good amount of the workload, but NOT partials, iso or ecc.overloads	Main lift of each session can either be neuro-heavy or neuro-explosive	Rare. Only in realization block and only if strenght is the main goal	Extremely rare. Only when has a lot of lifting experience and for brief periods
NEURO-EXPLOSIVE	Only during deload or realization block	Activation in ACC. and INT.	See above	--	--
NEURO-HYBRID	Only during deload or realization block	Main ½ days in REA	VERY good for intensification as main work	--	--
NEURO-MUSCULAR HYBRID	Only pyramid, wave or plateau not complexes	VERY good for intensification as main work	VERY good for accumulation as main work	Only pyramid, wave or plateau not complexes	Only pyramid, wave or plateau not complexes
MUSCULAR	Only to target weaknesses, low amount	Mostly during accumulation block	Roughly 30-50% of each session	Most of the workload	Most of the workload
MUSCULAR-META HYBRID	--	Second exercise in a A1, A2 approach, fix weaknesses	Possible 1-2 a week during ACC	Possible 1-2 a week during ACC	Only when advanced
METABOLIC	--	--	If GPP is needed	If GPP is needed	Can be done



BUILDING A WORKOUT

TYPE 1A		
A	<p>Potentation of the nervous system to increasing lifting performance in the main movement of the day. Will also build strength</p>	<p>Overcoming isometrics (6-9 sec) Functional isometrics (6-9 sec) Static hold (e.g. unracking bench at 110% on bench/squat and hold slightly unlocked 6-9 sec) Hanging band technique</p>
B	<p>Main lift of the day. This is the primary strength and size builder. I normally use a progression going from the lower absolute intensity in the ACC block, second highest in INT block and highest in REA block. For example: Front squat, Safety bar squat, Back squat</p>	<p>85-100% lifting Straight sets, Ramping, Clusters and Rest/Pause, Waves, Ascending pyramid Fewer special methods are used on this lift</p>
C	<p>Secondary exercise. It has the goal of strengthening the main lift. It normally targets the main weakness (ACC), is an overload (INT) or amplifies a strength (REA)</p>	<p>Any of the above loading schemes can be used And... Heavy partials, Eccentric overloads, Paused lifting, Chains, Reverse bands... Can use Neuro-muscular hybrid loading schemes in ACC</p>
D	<p>Remedial movement. This is normally an exercise lower on the scale of neuro demands, (level 4-5) to build-up a key muscle in the main lift</p>	<p>Will use mostly neuro-muscular hybrid loading schemes but can also use special methods like paused lifting, slow eccentrics and superslow reps</p>



BUILDING A WORKOUT

TYPE 1B		
A	Activation of the nervous system to optimize CNS function for the workout	Speed-Strength work Jumps, throws, sprints, bike sprints, battle ropes with violence for 9-12 sec, weighted jumps, plyo push-ups, etc.
B	Potential of the nervous system to directly increase performance in the main lift of the day	Reactive strength or Strength-Speed work Use an exercise for the same movement pattern as the main lift but using a method focusing on explosion. I like: Double bounce, Twitch reps, Speed work on strength lifts, power variation of the olympic lifts
C1	Main lift. Use a progression going from the lower absolute intensity in the ACC block, second highest in INT block and highest in REA block. For example: Front squat, Safety bar squat, Back squat	85-100% lifting Straight sets, Ramping, Clusters and Rest/Pause, Waves, Ascending pyramid Fewer special methods are used on this lift
C2	Supporting exercise. This is an exercise that works a supporting muscle/pattern for the C1 exercise. Often using antagonist pairings, it is NOT pushed as hard as C1	Muscular loading schemes in ACC, Neuromuscular loading schemes in INT and REA (lower volume in REA)
D1	Secondary lift. It normally targets the main weakness (ACC), is an overload (INT) or amplifies a strength (REA)	Muscular loading schemes in ACC, Neuromuscular loading schemes in INT, Strength-Speed work in REA
D2	Supporting exercise no.2. Normally an antagonist of what is trained in D1. NOT pushed as hard as D1.	Muscular loading schemes in ACC, Neuromuscular loading schemes in INT, drop the exercise in REA



BUILDING A WORKOUT

TYPE 2A		
A1	Potentialion of the nervous system to directly increase performance in the main lift of the day	Reactive strength or Strength-Speed work Use an exercise for the same movement pattern as the main lift but using a method focusing on explosion. I like: Double bounce, Twitch reps, Speed work on strength lifts, power variation of the olympic lifts
A2	Muscular activation / Primer. Here you do an isolation exercise for the key muscle in the main lift, try to select your weak point.	Muscular loading schemes or methods like slow eccentrics, slow concentrics, superslow reps. You want to practice contracting a muscle you might not be efficient at contracting
B1	Main lift. Use a progression going from the lower absolute intensity in the ACC block, second highest in INT block and highest in REA block. For example: Front squat, Safety bar squat, Back squat	85-100% lifting Straight sets, Ramping, Clusters and Rest/Pause, Waves, Ascending pyramid Fewer special methods are used on this lift
B2	Supporting exercise. This is an exercise that works a supporting muscle/pattern for the C1 exercise. Often using antagonist pairings, it is NOT pushed as hard as C1	Muscular loading schemes in ACC, Neuromuscular loading schemes in INT and REA (lower volume in REA)
C1	Secondary lift. It normally targets the main weakness (ACC), is an overload (INT) or amplifies a strength (REA)	Muscular loading schemes in ACC, Neuromuscular loading in INT and Neuromuscular hybrid in REA
C2	Supporting exercise no.2. Normally an antagonist of what is trained in D1. NOT pushed as hard as D1.	Muscular loading schemes in ACC, Neuromuscular loading schemes in INT, drop the exercise in REA



BUILDING A WORKOUT




TYPE 2B		
A	Main lift. This is the heaviest lift of the day but rarely will you go to the neuro heavy zone. You only go there if your main goal is strength and only in the REA blocks.	Muscular loading schemes (but on the higher end of the intensity zone) for ACC, in INT use neuromuscular loading schemes. During REA you can use neuro loading schemes. Ascending or descending pyramids, plateau. Normally we don't use special methods here.
B1	First purely muscle-building exercise of the day, normally a level 2 or 3 on the neurological scale	Muscular loading schemes (ACC) and neuromuscular loading schemes (INT and REA). Methods like paused lifting, including isometric holds, slow tempo, etc.
B2	Supporting exercise for B1, this can be either a superset strategy or an antagonist pairing. It normally is a level slightly lower than B1, level or 4 on they neurological scale of demands	Muscular loading schemes (ACC) and neuromuscular loading schemes (INT and REA). Here we are more likely to use methods like paused lifting, including isometric holds, slow tempo, etc.
C1	Secondary muscle-building exercise. Normally is a level 3-4 , although it can be a less demanding level 2 like lunges or split squats	Here I like to use extended set methods during the ACC, muscular loading schemes during INT and neuromuscular schemes in REA
C2	Supporting exercise tor C1. again can either be a superset strategy or an antagonist pairing	Same as C1
D1	Lower level muscle-building exercise. Here we use levels 5, 6 or 7 exercises	This is where I use the most demanding/intense muscular methods. Since D1 & D2 are lower level exercises we can use these intenfiyers more often. I do not use them in REA
D2	Again either a superset strategy or an antagonist pairing using levels 6 or 7 exercises.	Same as D1



BEST* TRAINING SPLIT(S) FOR EACH TYPE

TYPE	BEST OPTION	SECOND BEST
1A	UB PUSH / UB PULL / LB (6 workouts per week)	Lift-specific (squat, bench, hing, overhead, pull) (5 workouts a week)
1B	UB PUSH / UB PULL / LB (6 workouts per week)	Lift-specific (squat, bench, hing, overhead, pull) (5 workouts a week)
2A	Lift-specific (squat, bench, hing, overhead, pull) (5 workouts a week)	LB / UB VERTICAL/ LB / UB HORIZONTAL (4 workouts per week)
2B	CHEST/BICEPS QUADS BACK/TRICEPS SHOULDERS/TRAPS & REAR DELTS POSTERIOR CHAIN (5 workouts per week)	CHEST/BICEPS LOWER BODY BACK/TRICEPS SHOULDERS/TRAPS & REAR DELTS (4 workouts per week)
3	UPPER BODY / LOWER BODY (4 workouts per week)	LOWER BODY / UPPER BODY / WHOLE BODY (3 workouts per week)



TRAINING BLOCK PATTERN					
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1A	 Intensity increases from week to week Volume decreases very slightly due to lower reps Exercises stay the same			"Deload" by lowering absolute intensity but keeping relative intensity up	
1B	 Intensity increases from week to week Volume decreases very slightly due to lower reps C2, D1 & D2 exercises change week to week			"Deload" by replacing half the workouts of the week by neural charge sessions	
2A	 Intensity on B1 increases from week to week B2, C1, C2 either volume increase or use more demanding methods. B2, C1 & C2 change every week			"Deload" by changing program	
2B	Intensity stays the same throughout the cycle but volume increases from week to week. Exercises stay the same (for the most part) for whole cycle but Methods can change (more demanding in weeks 3 & 4)				"Deload" by switching all exercises to a lower level of ND and lowering volume by 30-50%
3	Load stays roughly the same for the cycle BUT demand is increased by using more demanding methods via an increase in TUT. Volume is increased from week to week, but slightly.				"Deload" by reducing volume via doing less reps/set with same weight



BLOCKS

TYPE	ACCUMULATION	INTENSIFICATION	REALIZATION
1A	<p>A Over.isometrics B 85-90% Straight/RP/Clus C 80-85% Straight/Paused D 70-80% Slow Ecc/Paused</p>	<p>A Funct. Isometrics B 90-95% Ramp/Asc.Pyr. C Ecc.overload D 70-80% Slow Ecc/Paused</p>	<p>A Supramax holds B 95-100% Ramp C Heavy partials D 70-80% Slow Ecc/Paused</p>
1B	<p>A VJ / Plyo push-up B Speed lifting C1 80-85% Straight/RP/Clus C2 60-70% Straight D1 60-70% Straight D2 60-70% Straight</p>	<p>A DepthJ / Med ball throws B Double bounce tech C1 85-90% Ramp/Asc.Pyr C2 70-80% Straight/Desc.Pyr D1 70-80% Straight/Desc.Pyr D2 70-80% Straight/Desc.Pyr</p>	<p>A Loaded jump / Med ball B Twitch reps C1 90-95% Ramp/Wave C2 70-80% Straight/Desc.Pyr D1 Strength-Speed work D2 None</p>
2A	<p>A1 Speed lifting A2 50-60% Superlow B1 80-85% Straight/RP/Clus B2 60-70% Straight C1 60-70% Straight C2 60-70% Straight</p>	<p>A1 Double bounce tech A2 50-60% Slow conc. B1 85-90% Ramp/Asc.Pyr B2 70-80% Straight/Desc.Pyr C1 70-80% Straight/Desc.Pyr C2 70-80% Straight/Desc.Pyr</p>	<p>A1 Twitch reps A2 60-70% Slow ecc. B1 90-95% Ramp/Wave B2 70-80% Straight/Desc.Pyr C1 Neuromuscular wave or Asc.Pyr C2 None</p>
2B	<p>A 70-80% Straight / RP / Asc.Pyramid B1 & B2 60-70% Straight, slower ecc. C1 & C2 60-70%, Straight, slower ecc D1 & D2 Use intense muscle fatigue methods, harder with each block</p>	<p>A Neuromuscular wave or Desc.Pyr B1 & B2 65-75%, Straight, pauses C1 & C2 65-75%, Straight, pauses D1 & D2 Use intense muscle fatigue methods, harder with each block</p>	<p>A 80-85% Straight sets or waves B1 & B2 70-75% Straight, waves, Pyr. C1 & C2 70-75% Straight, waves, Pyr. D1 & D2 Use intense muscle fatigue methods, harder with each block</p>
3	<p>A 50-60% straight sets B, C & D 50-60% straight sets E 50-60% Slow ecc</p>	<p>A 60-70% straight sets B, C & D 60-70% straight sets E 50-60% Slow conc</p>	<p>A 70-80% straight sets B, C & D 70-80% straight sets E 50-60% Slow ecc and conc</p>





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