DARE2BESTRONG

D2BS STRENGTH PROFILE CHART*

Different bodies need different training protocols. So, I created this chart comparing 4 strength profiles and their programming variables to help you dial in your workouts. *Note: If you don't recognize yourself in one of the categories, it could be that you have a balanced profile and/or have traits from some or all 4.*

Component	Novelty Seeker (NS)	Harm Avoidance (HA)	Reward Dependent (RD)	Energetic Sensitive (ES)
Motivation	**Wants to be stimulated and challenged in innovative ways** *Needs challenging routines with a high level of variety, otherwise, gets bored*	**Wants to avoid getting injured or stressed** *Needs planned workouts and time to become comfortable with new methods to avoid being stressed out or feeling unsafe*	**Wants to be skilled and be respected/admired by others** *Needs to have a goal backed up with skill, speed or endurance dominant programming*	**Wants to exercise but has mechanical limitations (e.g., flexibility, coordination, etc.)** *Needs to ease muscles into activity to minimize discomfort or pain*
Variation	**HIGH** Needs lots of changes in training strategies, methods, volume, intensity, weight, tempo and stimuli Needs change every 2 weeks	**MINIMAL** Needs stable training plan. To avoid accommodation, use least impactful changes (aka change rest interval, rep tempo and rep scheme) Needs change every 8 weeks	**MEDIUM** Needs changes in volume, weight, tempo and methods Needs change every 4 weeks	**MINIMAL** Changes in isometric pauses are best, <u>NOT</u> in exercises Responds well to reps done with VERY SLOW tempo Needs change every 12 weeks
Frequency	**5-6x A WEEK**	**4-5x A WEEK; 5 IS MAX**	**5-6x A WEEK**	**3-4X A WEEK**
Intensity Week (# /Type of Workouts)	**1 HARD STRESS (8-9)** **2-3 MODERATE STRESS (7)** **2 RESTORATIVE STRESS (5-6)**	**MODERATE STRESS (7)**	**2 HARD STRESS (8-9)** **2-3 MODERATE STRESS (7)** **1-2 RESTORATIVE STRESS (5-6)**	**MODERATE STRESS (7)**
Volume	**MEDIUM-HIGH VOLUME** Duration: 60-90 minutes; 5-7 methods; 15-18 work sets	**MEDIUM VOLUME** Duration: 45-60 minutes 5-6 methods; 9-12 work sets	**HIGH VOLUME** Duration: 75-90 minutes 7+ methods; 20-25 work sets	**LOW VOLUME** Duration: 30-45 minutes 5 methods; 9-12 work sets
Training Preparation	Needs CNS/muscle activation exercises to 'wake up' CNS → muscles	Needs muscle warm-up (e.g., Phases 1-3 of Rusin Dynamic Warm-up) to minimize injury	Needs CNS/muscle activation exercises to 'wake up' CNS → muscles and targeted mobility work to perform well	Needs longer muscle warm-up (e.g., Rusin Phases 1-6 of Dynamic Warm-up) to minimize pain
Progression	Does better with double progression model and drastic phase changes	Does better with single progression model and VERY SLOW addition of weight/volume over time	Does better with single progression model for big lifts; fatigue-based model for hypertrophy work	Needs VERY SLOW addition of weight/volume over time; Needs simple variations toward unstable movements

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De-loading	**LESS WEIGHT OR LESS VOLUME** (Not Needed if Changing Program Every 2 Weeks)	**SAME WEIGHT, LESS VOLUME**	**SAME LIFTS BUT REPLACE ASSISTANCE WORK WITH NEURAL CHARGE WORKOUTS**	**DON'T WORK HARD ENOUGH TO REQUIRE DELOADING**
Peaking	Take 1 day off 2 days before competition with light workouts (60-65% of effort) during week and day before	Follow taper model with last hard session 5-7 days prior to competition, with other days at around 65-70% with 2 days off	Follow taper model. May need anxiety management to avoid choking and/or coach positive reinforcement	Not usually competitive types or need to plan for peaking
High Intensity Interval Training (HIIT)	**YES** Best if done at end of workout and gauged to remaining work capacity to avoid overdoing it	**YES** Best if done in session separate from strength session	**YES** Can be done anytime	**YES** ONLY use methods w/simple, stable movement patterns (aka no plyometrics, complex skills)
Steady State Low Intensity Cardio (SSLI)	**YES** Include ONLY as restorative workout; not on lifting days. Don't like more than 2x a week due to boredom factor	**YES** Can be on lifting days but better if not in the same workout	**YES** Best if done on non-lifting days to avoid excess cortisol production	**YES**
Pitfalls	Too much volume, training ADHD, poor re-feeding timing and/or don't allow enough time for recovery	Restrictive diet (under-eat), don't push 'hard' enough to get results, training OCD (analysis paralysis)	Can hold back or push too hard in front of others, stimulus addict, prone to feeling stress from a bad workout	Enhanced response to pain causing them to stop early; hypertonicity of muscles…especially in flexors

** Based on the neurotransmitter profiling work of Charles Poliquin and Christian Thibaudeau*

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Information provided in this fact sheet is for informational purposes only. It's NOT intended as a substitute for the advice provided by your physician, strength coach, physical therapist or other health care professional. Likewise, it is recommended that the reader consult his or her medical, health or other licensed training professional before adopting any of the suggestions in this fact sheet.