

4 Unique Ways to Get Stronger



The road to killer strength is really pretty straightforward. Rely on the right tools and make sure to lift heavy. Keep your routine within ideal limits (a maximum of five reps per set). Make sure your rest periods are long enough. That's pretty much all it takes. However, while this may be the most common approach to strength building, it's far from the only way to evolve into the strongest possible version of yourself.

The following are just a few of the alternative proven approaches trusted by serious lifters everywhere. Consider making room for one or all of them in your own routine, and stick with the ones that work best for you and your goals.

1. Give up counting your reps and sets

Some things quite simply happen to every athlete or lifter, up to and including the dreaded plateau. Everyone knows that's the time to mix things up as a way of encouraging your body to go back to making progress. However, most people stop there as far as the change-ups. They'll incorporate different exercises into their routine, switch up their rest periods, and make some adjustments as far as rep ranges. However, they'll also continue to count those reps and sets.

Try letting intuition be your guide as far as how far to push yourself instead. Your thoughts are more powerful than you might think, for better or worse. When you count your reps and sets, you risk not deviating enough from the routine you're trying to switch up. Instead, select a couple of

exercises to focus on at a time and do them to the point of full muscle fatigue. Skip the counting and no pre-established limits.

2. Include carries as part of your strength-building program

Barbells and big lifts are, of course, excellent ways to build bulging muscles and get stronger overall. However, it's important not to underestimate the value of carry-style moves. They're not just for those guys with their hearts set on winning that "world's strongest man" title!

Moves like the farmer's carry aren't just effective but incredibly simple, as well. You simply hold a heavy object in one difficult position or another and walk for either a specified distance or a predetermined period of time. (It can be literally any object you like, as long as it's heavy.) All you do is pick it up and move it around until you feel like you absolutely can't anymore. That's it!

Carry exercises not only help you build strength, but they can also ensure you get the absolute most out of the rest of your workouts.

3. Explore the potential of cardio-focused rest periods

Most strength-building regimens include more rest than they do actual reps and sets. However, there's no time like a plateau to explore switching things up a little bit. Many lifters and strength trainers have even found success by turning the standard approach inside out, so to speak.

Instead of actually resting during your rest periods, consider filling those couple of minutes with some of your favorite cardio exercises to help get that blood pumping. Choose activities that will direct blood flow to the areas you've just been training for the best possible results.

Burpees are super picks for days when you're working your upper body, while box jumps are great for legs, to name just two examples. Don't be afraid to experiment a little and see what works best for you.

4. Introduce Negative Sets

Under normal circumstances, you see negatives introduced during the last few reps of the last set of a given exercise. That works great if you're only worried about building muscles. However, there may be a better way to approach things if your real goal is comprehensive strength.

Try introducing an entire set to the end of your chosen exercise consisting of negatives only. Your lifting partner can help you get the weight into the proper position, as well as keep their hands on the bar while you lower it. Let them lift the weight back up with only assisting help from you. You can also make similar adjustments when it comes to leg exercises.

Not only do negative sets and isometrics deliver results when it comes to strength building, but they build enough confidence to get you thinking big – a must if you're really serious about meeting your goals. Give it a try today!