

The Six Principles of Training

Specificity · Overload · Individuality
Periodization · Reversibility ·
Diminishing Returns



Learning Objectives

01

Principles vs Protocols

Understand the fundamental differences between guiding principles and fixed training protocols to enable flexible coaching strategies.

02

Applying Six Principles to AURUM

Learn how AURUM integrates these six principles into its training approach for optimized client outcomes.

03

Individuality

Recognize the importance of tailoring training programs to each client's unique genetic and recovery profiles.

04

SAID Principle

Comprehend the concept of Specific Adaptation to Imposed Demands and its role in targeted training adaptations.

05

Diminishing Returns

Identify why initial progress is rapid and later gains slow, and how to manage client expectations accordingly.

06

Reversibility

Understand the impact of training cessation on fitness and strategies to mitigate detraining effects.



Principles

Why Principles Matter More Than Protocols

- Principles provide foundational understanding, allowing flexible adaptation to varied client needs, unlike fixed protocols.
- Protocol-only coaching risks rigid application, ignoring individual differences and changing contexts.
- Principle-based coaching fosters critical thinking, problem-solving, and personalized adjustments.
- AURUM's approach integrates principles to create adaptable, effective protocols tailored to clients.
- AURUM's protocol is an expression of these core principles, ensuring both structure and flexibility.

Principle 1: Individuality



Genetic Variation

Clients' responses to training stimuli vary widely due to inherent genetic differences affecting strength, endurance, and recovery capacity.



Recovery Rate

Individual recovery speeds influence optimal training frequency and intensity, necessitating tailored program adjustments to prevent overtraining.



Isokinetic Auto-Individualisation

AURUM's technology automatically adjusts resistance and workload based on each client's real-time performance and fatigue levels.



Coaching Adaptation

Effective coaching requires flexible strategies that adapt training protocols to the unique physiological and psychological needs of each client.



Tracking Individual Trends

Monitoring client-specific progress over time enables data-driven adjustments and personalized goal setting to maximize outcomes.

Principle 2: Specificity (SAID)



SAID Principle Explained

Specific Adaptation to Imposed Demands means the body adapts specifically to the type of stress placed on it, reinforcing the need for targeted training.



Strength Specificity

Strength gains are localized to the exact muscles and movement patterns trained, highlighting the importance of exercise selection.



AURUM's Movement Patterns

AURUM selects six key movement patterns to comprehensively target all major muscle groups and functional ranges of motion.



Intensity Parameters

Training intensity is carefully calibrated in AURUM to match client goals, optimizing the stimulus for desired adaptations.



Foundational Health Layer

AURUM serves as a foundational health layer, preparing clients physically for more specialized or advanced training phases.

Principle 3: Overload & Progression



Overload Principle

Training must exceed current capacity by increasing intensity, duration, or frequency to stimulate adaptation and strength gains.



Isokinetic Auto-Progression

AURUM's biofeedback motivates clients to continuously challenge their capabilities without manual intervention.



Resistance Matches Performance

Load is precisely calibrated to match the client's performance level, ensuring optimal challenge without risking injury.



Max Force Tracking

Continuous monitoring of maximal force output allows for data-driven adjustments and highlights strength improvements over time.



Coaching Responsibility

Coaches must ensure clients exert maximal effort safely, providing motivation and guidance to reach peak performance.

Principle 4: Diminishing Returns



Phase 1: Neural Adaptations

Early progress stems from improved neuromuscular efficiency and motor learning, resulting in rapid strength gains without significant muscle size increase.



Phase 2: Hypertrophic Gains

Muscle growth becomes the main driver of progress, slowing the rate of improvement as physiological changes take more time and effort.



Phase 3: Advanced Plateau

Progress further slows as individuals approach their genetic potential, requiring more precise programming and effort for smaller gains.



Normalization of Progress Curve

A gradual slowdown in gains is normal and expected; understanding this curve helps set realistic expectations for long-term training.



Proactive Client Communication

Educate clients about diminishing returns to maintain motivation and adjust goals appropriately, emphasizing the value of smaller, harder-to-achieve gains.

Principle 5: Reversibility



Detraining Onset

Significant loss of training adaptations can begin as early as two weeks after stopping regular exercise, highlighting the importance of consistency.



Neural vs. Hypertrophic Retention

Neural adaptations, such as improved motor control, tend to persist longer than hypertrophic muscle size gains during periods of inactivity.



Cardiovascular Decline

Cardiovascular fitness deteriorates rapidly, with an approximate 1% decrease in capacity per day of inactivity, impacting endurance and overall health.



Muscle Memory

Previous training experience facilitates faster regain of lost muscle mass and strength when training resumes due to muscle memory effects.



Contextual Documentation

Missing two weeks of training is not catastrophic, but it is essential to document reasons and context to adjust future program designs effectively.

Principle 6: Periodization



Definition of Periodization

Periodization structures training into cycles with planned variations in intensity, volume, and exercise selection to optimize performance and recovery.



Linear vs. Undulating Models

Linear periodization gradually increases intensity over time, while undulating periodization varies intensity and volume more frequently to avoid plateaus.



AURUM Application

AURUM incorporates periodization by varying training frequency, exercise Range of Motion to match client needs and goals.



Consistency Matters

Even training once per week with progressive overload can sustain meaningful progress over 12 months or more.



Sustained Long-Term Progress

Planned variation prevents stagnation, supports recovery, and promotes continued adaptation for lasting training benefits.

Tempo and Time Under Tension



4-Second Concentric Phase

This phase eliminates momentum to maximize muscle activation by lifting the weight deliberately over four seconds.

2-Second Isometric Pause

A brief pause at the top prevents elastic recoil, ensuring muscles maintain tension and improve strength gains.

6-Second Eccentric Phase

Slowing the lowering phase to six seconds enhances muscle hypertrophy by increasing time under tension and muscle fiber stress.

Total Time Under Tension

Each repetition totals 12 seconds, with typical sets reaching 60 seconds, hitting the optimal hypertrophic window for muscle growth.

Purposeful Tempo Design

The 4-2-6 pattern is scientifically structured to maximize muscle engagement, reduce injury risk, and drive effective hypertrophic adaptations.

Key Takeaways

- The six principles provide a flexible framework to tailor training to individual client needs and responses.
- Understanding individuality and specificity helps optimize training effectiveness and prevent plateaus.
- Overload and progression are essential for continuous improvement and require careful monitoring and adjustment.
- Recognizing diminishing returns and reversibility supports realistic goal-setting and long-term client motivation.
- Periodization ensures sustainable progress by introducing planned variations and preventing burnout.

