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Notes on Reactive Training Manual Nathan Beckmann August 26, 2009 1 The Basic Template 1.1 Template Monday Equipped squat variation / raw squat - cyclic: Squat variation (box squat, squat, pin squat) with bands, chains, or reverse bands. Focus on competition squat. For raw (me), this should be a "raw-focused movement". Not sure what this means.

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RPE is a scale of 1-10 to rate the difficulty of a particular set. The rating system is then utilized to auto-regulate your training along with other methods discussed in the book. A secondary - but still extremely important - aspect of training discussed in the Reactive Training Manual is block periodization.

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