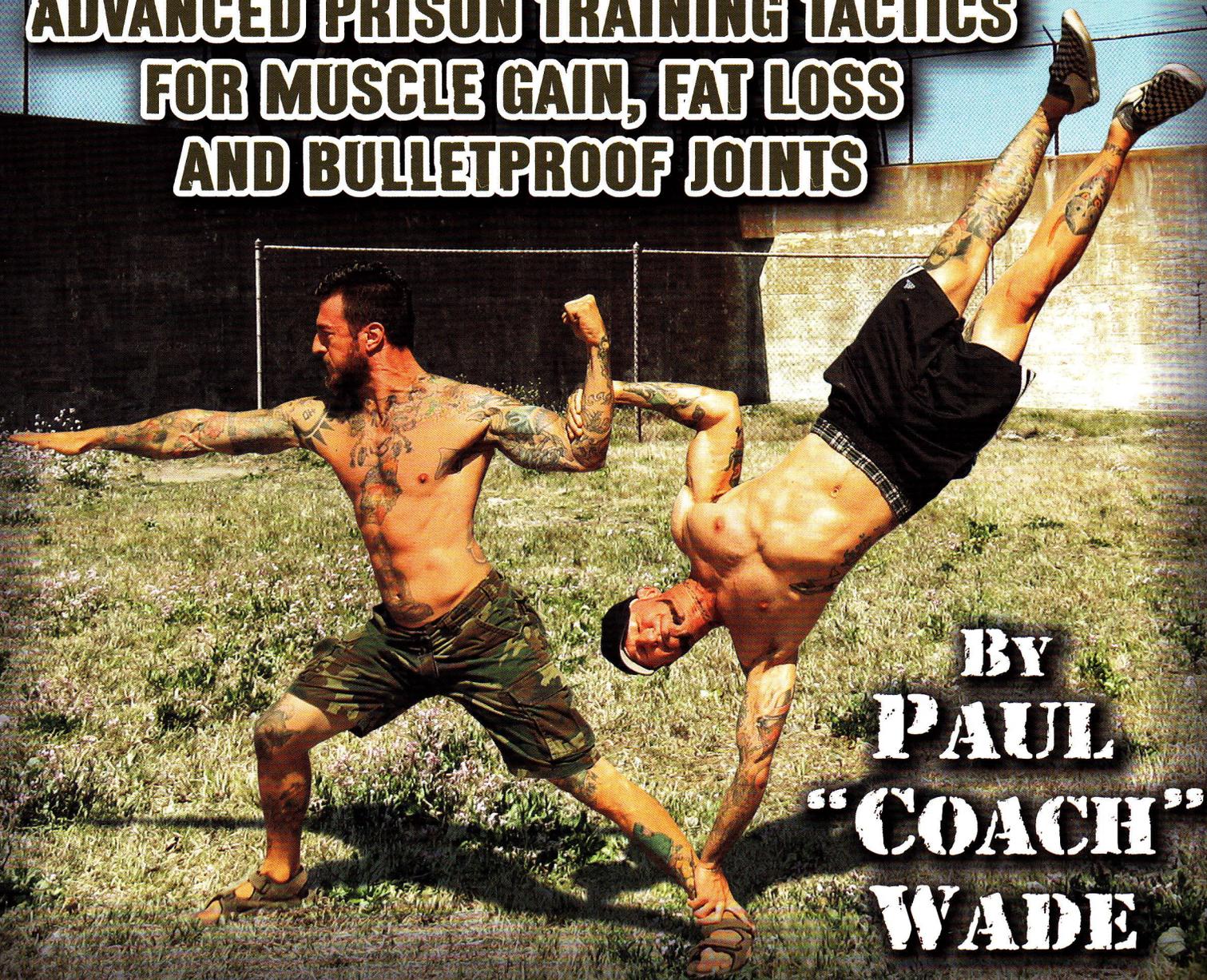


CONVICT CONDITIONING



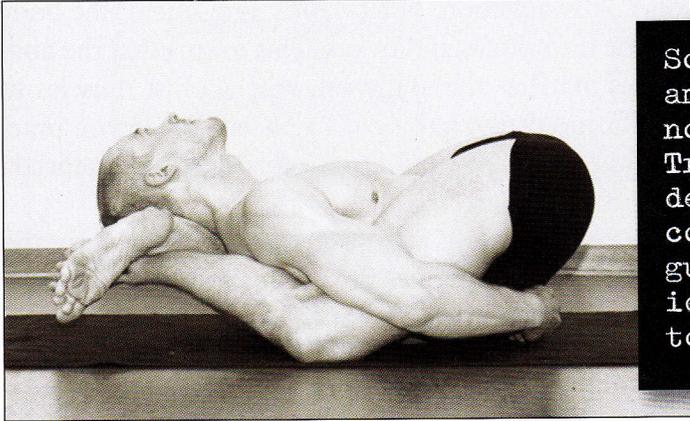
**ADVANCED PRISON TRAINING TACTICS
FOR MUSCLE GAIN, FAT LOSS
AND BULLETPROOF JOINTS**



**BY
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These three movements form the basis of the “Trifecta”. They are like *gold*. When used together, they represent much more than a great joint training program; they really are a genuine “quick fix” for making a beaten up old body lithe, cat-like and mobile again. Even if you did nothing else—no weights, no cal, nothing—your entire body would stay young, agile, flexible and pain free just from the sensible application of these three techniques.

Don’t worry if the techniques, as I’ve shown them, are too tough for you to do right now. You can build up to them if you need to. Everyone—no matter how out of shape—can start benefiting from the Trifecta, right now. In the next chapter I’ll show you easier versions.



Some yoga masters become amazingly flexible—but that's not the goal here. The Trifecta movements are designed to “normalize” stiff connective tissue, and gently guide your joints to their ideal ROM. They aren't meant to be advanced yoga!

The power of the Trifecta

Students of mine who have used this Trifecta have found that it works like magic. But there’s nothing paranormal about it. It’s just a refinement of every effective, powerful joint training idea I’ve picked up over the years. These three exercises build *function*, *strength* and *mobility* at the same time. This is a scary combination!

Any gymnast will tell you that this kind of training will make you stronger. This is because you have to contract your muscles *hard* to perform the Trifecta holds. If you aren’t used to bridges, try them to see what I mean. The issue isn’t so much the *weight* being lifted, but the high levels of *muscular contraction* required to perform the hold. Most people just aren’t used to contracting their muscles very hard. Like I said in the last chapter, active flexibility exercises are like a tune-up for the nervous system; because they force you to tighten your muscles as far as possible, they amplify the neural patterns which are responsible for intense muscular contraction. At the same time, the muscles on the opposite side of your body are stretched, not in an exaggerated way, but to the limits of their functional ROM. This is true of all active stretching work, but these three exercises work *entire chains* of muscles, so are much more efficient than using active stretching in isolation. The *whole system* benefits.

Because these are pretty “big” movements involving most or all of the body, your muscles have to fire strongly to keep you stabilized. This is a great way to develop the *tension-flexibility* I raved