

100% WHEELCHAIR-BASED WORKOUT PROGRAM

ZERO ASSISTANCE **RESISTANCE** **TRAINING**



DAN HIGHCOCK
PARALYMPIAN AND PERSONAL TRAINER

ZERO ASSISTANCE RESISTANCE TRAINING

100% wheelchair-based workout program
by
Dan Highcock

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ATTENTION

Dan Highcock accepts no liability for any injury, loss or damage resulting from physical exercise. By following his guide you voluntarily assume the inherent risk of physical / resistance training.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you are advised to seek medical / professional advice before starting this program.

Any supplements featured within the plan are optional and must be taken in strict accordance with the manufacturer's recommendations. If in any doubt always consult a physician.

Always ensure your technique is correct, you train within your own capabilities and observe any safety practices / code of conducts present within your own gym.

Dan is a Genetic Supplements sponsored athlete.

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*This book is dedicated to all the wheelchair users out there who say
a big “NO” to not getting it done, a big “NO” to not going out to get ‘theirs,’
a big “NO” to not dominating their lives and
one last "NO " to the words “I CAN’T!”*

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Richard Sennewald – my strength and conditioning coach. He's incredibly knowledgeable and has helped me tremendously over the past 12 months with my own specialised training for basketball.

Genetic Supplements – Thanks for supplying me with the highest quality products that enable me to keep at the top of my game.

All my friends and followers on social media – thank you for your continued support. You all know who you are.

FOREWORD

Rich Sennewald B.Sc. (Hons)

What Dan has put together in the following pages of this book is nothing short of fantastic – a compendium of training, nutrition and motivational tips and techniques designed but amazingly not limited to the wheelchair athlete.

Just being friends with and working with Dan has been rewarding enough and I'm thrilled to get to add a little flavour to the start of his book! He truly is an awe-inspiring athlete, I'm sure you'll agree once you've finished the first few chapters / sections.

As for Dan... 'the book' and where I fit in..?

I have worked with Dan for a long time now and it has been a fascinating experience. Through a lot of blood, sweat and tears, Dan and I sat down and studied countless movements to select appropriate lifts for supplementing basketball training in the sports and conditioning arena.

A real challenge that Dan has reflected on in the nutritional sections of the book is how we have found, through theory, trial and error, a differently-abled athlete eats.

Whilst we don't always agree on every principal (I'll still be holding onto my bagels), everything is soundly reasoned and has served Dan, large amount of his team mates and his clients very well in their pursuits.

It's also important to state that saying "they don't train as hard and require as much energy as a regular client due to immobility" – which has been an argument traditional thinkers have used in over simplifying coaching – is a ridiculous understatement.

Discussing activity levels and assessing energy requirements with Dan was an incredibly personal journey; any good nutritional coach can calculate energy uses of various activities and reflect that in a detailed plan. But, have you ever considered how exhausting moving on crutches is... or what the effect of an everyday life spent manoeuvring in a chair might be? The nutritional protocols Dan has settled on through our collaborations reflect this. They also reflect an understanding and appreciation many trainers don't possess – and would find it hard to get to grips with – having not experienced the physical "day-to-days" that Dan has. It's an area we'd love to work deeper in, to gather more accurate data for all athletes.

The training principals in the book are another fantastic experience we had. Traditional power generation movements for athletes transferring power through their lower limbs are out of the window. Creating high demand and effective cardiovascular training program, without the vast body of muscles of a fully able-bodied athlete has available to create a demand, was a tricky task as well.

It's amazing to see that Dan has essentially catalogued, archived and improved on all of this knowledge and presented it in the following pages. Of particular use will be the illustrated section, "Exercises explained" that will help also anyone coaching a wheelchair athlete.

Zero Assistance Resistance Training will no doubt see many, many prints, revisions and be developed further over time – because Dan is a perfectionist.

Enjoy this edition whilst it lasts!

Rich.

AUTHORS PREFACE

ABOUT ME

My name is Dan Highcock. I'm a 34-year-old Paralympic wheelchair basketball player and online personal trainer and nutrition coach.



My story

At the age of 5, I had a motor bike accident, destroying my hip and pelvis, leaving me with a condition called *avascular necrosis* of the hip – a condition that worsens with age.

Sooner or later, I will be confined to a wheelchair full time – when, I'm not so sure. I needed hip surgery last year so the next problem may be the final problem. (But here's the thing, I have never let that thought ever make me too afraid to get out there and live life and try new things.)

After the accident, doctors and surgeons alike told my mother that I would never walk again. I was in hospital for over 6 months. This was followed by several more months at home in a full-body plaster cast.

Some of my earliest memories were being in school in my wheelchair, watching all the other kids playing football, running around and having fun. I wanted to do the same – but couldn't.

I remember at home, when my mum went out of the room, I would try to stand up and take steps around my chair, holding onto the side. I could barely put one foot in front of the other. If my mum had caught me, she would have gone crazy! As far as everyone was concerned, I was never walking again, end of story. All I know was that my consultant said any type of weight bearing was only going to make a bad situation even worse. What did he know, right?!

This was, and still is my mentality... screw what people say I can't do, if I want to do it, I sure as hell am going to!

This attitude progressed. At 13, I started using an exercise bike after school. I told my mum that I was involved in "after school clubs" but I didn't say what exactly – she would have gone nuts about that too if she found out the truth!

Very quickly, my legs got stronger and started to develop. It was around this time that I started to play wheelchair basketball.

In my chosen sport and in life in general, I have failed and been knocked down more times than I care to remember. But I don't let it stop me. I still have sporting and personal goals that I want to achieve. This is what keeps me going.

Every time I come out of the other side of failure and defeat, I learn a little more about myself and this strengthens my character. I also learn what I need to do differently next time.

“KEEP AWAY FROM PEOPLE WHO TRY TO BELITTLE YOUR AMBITIONS. SMALL PEOPLE ALWAYS DO THAT. BUT THE REALLY GREAT MAKE YOU FEEL THAT YOU TOO CAN BECOME GREAT.”

MARK TWAIN

Thanks to my training and determination, I have played professional wheelchair basketball all over Europe, winning cups and titles both in the domestic leagues and domestic European Cups in the UK, Spain, Italy and Germany.

I have represented Great Britain in 3 world championships, 3 European championships winning 2 silver medals and 1 gold. I took part in the London 2012 Paralympics finishing in 4th place.



I am not telling you this to boast – I want to open your eyes to what's possible.

My attitude towards training is a no-nonsense, ball-busting style that will not only strengthen your body, but also your mind. Having the discipline and mind-set to go and push yourself to your absolute limits, way outside of your comfort zone, is great preparation for anything that life throws at you.

“WHEN YOU FEEL LIKE GIVING UP – YOU DON’T.
YOU KEEP PUSHING ON AND COME OUT
STRONGER ON THE OTHER SIDE.”

DAN HIGHCOCK

What are you capable of achieving, I wonder? I would love to hear more about your progress.

WHY I WROTE THIS BOOK

I have spent countless hours over the years in the gym, working on my own performance. I’ve also written lots of different training and nutrition plans for my clients.

I noticed 1 particular problem for all my paraplegic, wheelchair-using clients – they all have varying levels of mobility and strength in their upper bodies. This meant some people could follow the plans I set out on their own. Others, had to rely on the help of a member of staff in the gym or a friend / training partner to help them complete the workouts.

Hiring a trainer for every session is a luxury most of us can’t afford. Finding friends who can commit to 4 training sessions a week is difficult. We have to get on with it by ourselves. What’s more, if you’re fiercely independent like me, you want to be able to do things without help anyway.

This drove me to develop a complete training system that allows you to perform all exercises with ZERO ASSISTANCE from anyone else.

This 12-week plan works your whole upper body using only

- dumbbells
- plates
- adjustable cable rack
- resistance bands

HOW I CREATED THE PLAN

I have found you need to add a lot of variety to your workout to keep your body guessing. This is the best way to avoid the problem of your progress *plateauing*.

Over the years, I seen time and time again, it's best to use a range of

- training methods
- exercises
- repetitions
- rest times
- frequency

to get the best results. This approach varies the frequency, intensity, time-duration and type of exercise you do. (It's called the FITT principle... no pun intended 😊)

ENSURING IT'S SAFE AND IT WORKS

I've thoroughly tested this workout is safe. It can be done independently – you can *trust* it. Here's how I created it.

- used experience of what works in my own training sessions
- recalled how my clients liked to work
- came up with a draft routine
- tested each exercise can be done safely alone
- refined it
- tested it as a program with real people

Here's what one of my students said, Edward Joseph Molloy.

“Well what can I say! It's so nice to have someone fighting in our corner guys. ZART and this guy are undoubtedly worth your time and investment. ZART is easy to follow.

As a full-time wheelchair user and a qualified fitness instructor, I highly recommend buying this book. It will benefit your life beyond belief. The domino effect is real. Dan's book will leave you hoping for a sequel. It's so beneficial to anyone in a chair that has the need for more strength, mobility, fitness and independence. Highly recommended.”



HOW TO USE THIS BOOK

To get the absolute best from this book, I suggest you read it through from start to finish, regardless of whether you are experienced in the gym or not. Let's have everything you are going to use fresh in your head. Anything that you don't understand, read through again until you do. Any technical terms in *italics* are listed in the glossary at the end of the book. This will give you a more in depth explanation with things like training terminology or anatomy and physiology terms.

STAYING MOTIVATED

From time to time, we all struggle with motivation – myself included. Here's a little tip I use with my clients when they are finding it hard to stay motivated.

Add an emotion to how you see your end result, so imagine

- how great you are going to feel when your day-to-day life becomes easier because of the physical and mental strength you have built
- how accomplished and proud you will feel when you see your physique changes and your numbers in the gym increase

This is what I use myself and I find it works great!

LOG YOUR PROGRESS

Be sure to download this extra bonus I have for you listed in the resources section!

It's a Zero Assistance Resistance Training workout log so you can input all your data from your workouts to see the improvements you make on a week-by-week basis.

WORK WITH ME

If you would like to find out a little more about working with me on a more personal, group or one-to-one basis, or just want to join me on social media, check out the "Keep in touch" section.

GETTING THE MOST OUT OF THIS PROGRAM

The biggest factors in determining your results are

- self-belief
- hard work
- consistency
- sacrifice
- patience

If you can master these 5 factors then you're on the road to success.

“IF YOU CANT FLY, THEN RUN. IF YOU CANT RUN,
THEN WALK. IF YOU CANT WALK, THEN CRAWL.
BUT WHATEVER YOU DO, YOU HAVE TO KEEP
MOVING FORWARD”

MARTIN LUTHER KING JR

Dan Highcock

Personal trainer and nutrition coach

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BANDS

BAND ALTERNATE HAND CHEST PRESS

Setup	<ol style="list-style-type: none">1. secure bands around bar of pulley machine or a post at chest height2. test band is secure3. set appropriate tension4. sit facing away from pulley
Start	<ol style="list-style-type: none">5. grab both band ends or handles6. position handles close to shoulders7. rotate wrist forward so palm faces forward
Rep motion	<ol style="list-style-type: none">8. exhale and press left handle forward9. inhale and press right handle forward, returning left hand to start position at the same time10. complete reps stated in worksheet
End	<ol style="list-style-type: none">11. replace bands

Tips

- ✓ the photo shows you how to position the band

Start / End



Alternate position 1



Alternate position 2



RESOURCES

The downloads are on my ZART website, <http://www.zar-training.com>. I've included:

- 2 calorie intake needs calculators (1 for gaining muscle and 1 for losing fat)
- meal planner
- shopping list
- training planner workout log
- training methods sheet

KEEP IN TOUCH

I hope you have enjoyed learning about the ZART program with me. I wish you every success. Do share your fitness stories. I'd love to hear from you.

Email them to me at

- dan@zar-training.com

I'd also like to invite you to join my dedicated ZART Facebook group. You're also welcome to join "Feel, Look & Perform Amazing" where I share hints and tips with all my clients.

- <https://www.facebook.com/groups/zeroassistance/>
- <https://www.facebook.com/groups/DanHighcock/>

WANT TO ME TO TRAIN YOU

I mentioned that I also love to work with people online so if you're looking for more advice, accountability and support, let me know.

ONE-TO-ONE ZART TRAINING

I also offer a premium personalised 12-week program for chair users who want individual attention as they follow the workouts. Send me an email and let me know you're interested.

To your success,

Dan