



TENSOR STRENGTH

THE HUTCH TOUCH

PERFORMANCE EDITION

Structured / Public Performance Programming

THE STANDARD

Control. Stability. Strength. Power. Expression. Every phase earns the next.

SERIOUS TRAINING // INTENTIONAL PROGRESSION // COMPLETE ATHLETIC PERFORMANCE

THIS IS NOT A CASUAL PROGRAM

The Hutch Touch is built for serious athletes and serious lifters who want meaningful gains in strength, stability, power, muscular endurance, work capacity, speed, and general fitness. Do not begin this system expecting to coast through it. The sessions are demanding by design, but every hard effort is controlled by technique, RPE, recovery, and intelligent exercise selection.

This is the training philosophy I use personally to build high-level strength and athleticism at roughly 175 lb bodyweight. Performance markers include a 600 lb deadlift, 500 lb squat, 360 lb bench press, 315 lb HBT zombie squat, 405 lb BOSU-ball RDL, and 300 lb HBT bench press. Outside the weight room, that same approach has supported marathon and ultra-marathon distances, a 36-inch vertical, and a recorded 3:30 per kilometer pace over 5 kilometers.

THE POINT

Do not copy the numbers. Copy the standard: master control, own unstable positions, build strength, express power, and then bring all of it back to the competition or primary movement.

WHAT THIS PROGRAM TRAINS

CONTROL

Tempo, pauses, bracing, and clean positions before load becomes the priority.

STABILITY

HBT and other demanding variations expose weak links and force the system to organize under load.

STRENGTH

Low-rep compound work builds force without turning every session into a max test.

POWER

Banded and explosive work teaches the athlete to apply force quickly.

ENDURANCE

High-volume accessories and short conditioning finishes build work capacity.

EXPRESSION

The block returns to the primary lift so the new qualities show up where they matter.

WHO SHOULD USE IT

This edition is structured for broader use, but it is still an advanced performance program. New lifters should learn the barbell patterns with qualified coaching before using demanding variations.

THE HUTCH TOUCH SYSTEM

The program runs as a four-session rotation, not a Monday-through-Sunday calendar. Complete the next appropriate session when recovery and movement quality support it.

ROTATION	SESSION	PRIMARY EMPHASIS	ANCHOR
01	Upper Body Push	Bench + pressing volume	Bench variation
02	Lower Body Pull	Deadlift skill + posterior chain	Sumo deadlift
03	Upper Body Pull	High-volume back + arms	Weighted chin-up
04	Legs / Lower Push	Squat strength + leg volume	Squat variation

PROGRESSIVE OVERLOAD - NOT JUST MORE WEIGHT

The main overload method is variation progression. Early variations are deliberately more demanding in control, stability, or position. Later variations become more mechanically efficient, more powerful, and finally more specific to the primary lift.

LOAD RECALIBRATION	Every variation change requires a new load. Do not carry the same weight forward just because the next variation looks easier. Ramp up again and select the load that honestly matches the prescribed RPE. As the movement becomes mechanically easier, the appropriate working load will usually rise.
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1. RAMP

Use 3-5 progressive warm-up sets when entering a new main-lift variation.

2. CALIBRATE

Make the first work set conservative. Adjust load until the target RPE is honest.

3. OWN IT

Only count clean reps. Position, speed, and stability matter as much as the number on the bar.

4. ADVANCE

Move to the next variation when the exposure is technically successful; repeat it if execution is not there.

RPE QUICK GUIDE

RPE	APPROX. REPS IN RESERVE	USE IN THIS PROGRAM
7	~3	Technical practice / low-fatigue primary deadlift
8	~2	Most main-lift work and hard compounds
9	~1	High-effort squat work and selected accessories
10	0	Not a default target; avoid routine failure on compounds

PERFORMANCE EDITION - RECOVERY RULES

You do not need expert-level body awareness to use the system. Use the checks below before starting the next session. Soreness is a signal; joint pain or altered movement is a different category and should not be trained through.

STATUS	CHECK	WHAT TO DO
GREEN	Target muscles 0-2/10 sore. Warm-up reps look normal.	Run the session as written.
YELLOW	Target muscles 3-5/10 sore or normal weights feel noticeably slower.	Use a non-overlapping session if available, or reduce accessory sets by ~25% and stay at the low end of the RPE range.
RED	Soreness >5/10, joint pain, altered technique, or clear performance drop.	Do not force the target tissue. Take recovery or switch to a non-provocative session.

SIMPLE RULE	Soreness can change the schedule. Pain changes the exercise. Do not use this program to prove you can ignore warning signs.
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HOW TO ADVANCE A VARIATION

- + Use one successful exposure per variation by default. Repeat the variation if you cannot hit the target RPE with clean execution.
- + When the next variation is easier, expect to use more load - but determine it from ramp sets, not from ego or a fixed percentage.
- + If the final rep speed or body position collapses, the set was too heavy regardless of the planned number.
- + Do not add volume and load at the same time unless the program specifically calls for it.

SESSION 01 - UPPER BODY PUSH

Bench strength first, then high-volume shoulder and triceps work. The warm-up primes the shoulder complex without turning into a fatigue session.

WARM-UP ORDER	Plyometric / explosive work -> core and stability -> mobility -> movement patterning -> ramp-up sets into the main lift.
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WARM-UP	SETS / REPS	INTENT
Ab wheel	2 x 6-10	Core + scapular engagement
Core / stability drill of choice	2 sets	Brace without fatigue
Light med-ball slam	3 x 5	Fast shoulders + trunk
Scapular retraction drill	2 x 10-15	Prime scap control
Rotational landmine hand-to-hand transfer	2 x 3-4 / side	Explosive rotational transfer; light load
Explosive OR stability push-up	2 x 3-6	Upper-body power or stability
Rotator cuff external rotation	2 x 12-15	Shoulder prep
Band shoulder mobility	1-2 min	Open usable range
Bench ramp sets	3-5 progressive sets	Build to work weight

WORK	SETS	REPS	RPE	NOTES
Bench variation	3-5	3-5	8	Use current progression phase. Recalibrate load every variation.
DB or barbell shoulder press	3-4	12-20	8-9	High-volume press; control the bottom position.
Overhead triceps extension OR skull crusher	3	8-15	8-9	Long-head triceps emphasis.
Weighted dips	3	6-10	8-9	If unavailable: bodyweight dip AMRAP with clean reps.
Cable triceps pushdown	3	12-20	8-9	Full lockout; no torso swing.
Cable fly	3	12-20	8-9	Controlled stretch and squeeze.
Lateral raise	3	15-25	8-9	High-quality delt volume.
Cardio of choice	1	10-20 min	5-7	Finish with conditioning; do not turn every finish into a max test.

DIP DECISION	Use weighted dips only if shoulders and sternum are pain-free and bodyweight reps are already controlled. If not, use bodyweight dips with ~2 reps in reserve or a close-grip push-up variation.
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SESSION 02 - LOWER BODY PULL

The primary sumo deadlift stays submaximal so technique remains sharp. The secondary hinge is where the harder overload lives.

WARM-UP ORDER	Plyometric / explosive work -> core and stability -> mobility -> movement patterning -> ramp-up sets into the main lift.
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WARM-UP	SETS / REPS	INTENT
Posterior-chain plyometric	2-3 x 3-5	Broad jump or similar explosive pattern
Explosive step-up	2 x 4 / side	Fast hip extension, controlled landing
Abductor machine	1-2 x 15-20	Hip prep
Adductor machine	1-2 x 15-20	Hip prep
Lateral-plane drill	2 x 5 / side	Lateral lunge / Cossack pattern
Core stability	2 sets	Pallof press or equivalent
Hyperextension	2 x 10-12	Groove hinge + warm posterior chain
Sumo ramp sets	3-5 progressive sets	Build to technical work weight

WORK	SETS	REPS	RPE	NOTES
Sumo deadlift	3-5	3-5	7-7.5	Technical anchor. Keep fatigue deliberately low. Sumo rack pull may occasionally substitute.
Secondary deadlift / hinge	3-4	See rotation	8-9	Harder volume slot. Performance edition: BOSU RDL uses dumbbells only.
Hamstring curl	4	8-15	8-9	Full shortening and controlled eccentric.
Calf raise	4	8-15	8-9	Pause in stretch and top position.
Tibialis raise	3	15-25	8-9	Controlled dorsiflexion.
Cardio of choice	1	10-20 min	5-7	Keep it sustainable after posterior-chain work.

BOSU GUARDRAIL	Use dumbbells, a conservative load, and a stable foot position. The purpose is control - not chasing a heavy number on an unstable surface. If balance changes the hinge mechanics, use a firm-surface RDL instead.
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SESSION 03 - UPPER BODY PULL

This is the highest-volume upper-body session. Weighted chin-ups and one-arm rows anchor the day, then the rest of the session fills the upper back, lats, rear delts, forearms, and biceps.

WARM-UP ORDER	Plyometric / explosive work -> core and stability -> mobility -> movement patterning -> ramp-up sets into the main lift.
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WARM-UP	SETS / REPS	INTENT
Light med-ball slam / upper-body explosive drill	3 x 4-6	Wake up the trunk and shoulder girdle
Pallof press	2 x 8 / side	Anti-rotation core
Dead hang	2 x 20-30 sec	Shoulder + lat length
Scap pull-up	2 x 6-10	Prime depression/retraction
Thoracic rotation	1 x 6 / side	T-spine mobility
Band pull-apart / face-pull pattern	2 x 12-15	Rear shoulder + upper back

WORK	SETS	REPS	RPE	NOTES
Kelso shrug	3	10-15	7-8	Prime upper-back retraction without arm dominance.
Weighted chin-up	4-5	4-8	8-9	Primary vertical pull. Add load only with full range.
Single-arm dumbbell row	4	8-12	8-9	Hard horizontal pull; control rotation.
Upper-back row of choice	3-4	10-15	8-9	Bias upper back / rear shoulder.
Lat accessory of choice	3-4	10-15	8-9	Pulldown, pullover, or similar lat bias.
Rear-delt work	3-4	15-25	8-9	High-quality volume.
Forearm work	3	12-20	8-9	Grip / wrist flexion-extension as needed.
Biceps work	3-4	8-15	8-9	Choose curl variation based on elbow comfort.
Cardio of choice	1	10-20 min	5-7	Short conditioning finish.

SESSION 04 - LEGS / LOWER BODY PUSH

The squat is the high-intensity centerpiece. The rest of the session builds unilateral capacity, quads, lower-leg strength, hamstrings, and hip support.

WARM-UP ORDER	Plyometric / explosive work -> core and stability -> mobility -> movement patterning -> ramp-up sets into the main lift.
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WARM-UP	SETS / REPS	INTENT
Box jump	3 x 3	Max-quality takeoff; stop before jump height falls
Jump lunge	2 x 4 / side	Elastic leg drive
Core / stability drill	2 sets	Brace and control pelvis
Lateral-plane drill	2 x 5 / side	Lateral lunge / Cossack pattern
Deep calf stretch	30-45 sec / side	Prepare ankle range
TKE	2 x 15 / side	Knee extension + quad activation
Squat patterning	2 x 5	Groove depth and bracing
Squat ramp sets	3-5 progressive sets	Build to work weight

WORK	SETS	REPS	RPE	NOTES
Squat variation	3-5	3-5	8-9	Primary heavy lower-body lift. Recalibrate load every phase.
Good morning OR hip-extension movement	3	6-10	8	Posterior-chain strength without stealing from squat quality.
Walking lunge	3	8-12 / leg	8-9	Long, controlled steps.
Sissy squat - Smith preferred	3	10-20	8-9	Quad bias; use pain-free range.
Leg extension	3	12-20	9	Hard quad finish; controlled eccentric.
Calf raise	4	8-15	8-9	Loaded stretch + full plantarflexion.
Tibialis raise	3	15-25	8-9	Anterior lower-leg volume.
Hamstring curl	3	10-15	8-9	Balance knee-flexion volume.
Abductor work	3	15-25	8-9	Finish hips with controlled reps.
Cardio of choice	1	10-20 min	5-7	Choose modality based on recovery.

BENCH PRESS VARIATION PROGRESSION

The bench sequence develops position and control first, then stability and strength, then power, and finally returns to the regular bench press. The athlete edition may repeat, skip, or insert a variation when a specific weakness demands it; the performance edition follows the default order unless execution says to repeat an exposure.

#	VARIATION	PRIMARY PURPOSE	LOADING NOTE
1	Larsen press	Control + upper-body tension	No leg drive; load by RPE 8
2	Tempo bench press	Eccentric control + position	Use prescribed tempo; reset load
3	Spoto press	Pause control just off chest	Own the hover; no sink
4	HBT bench press	Stability + force organization	Hanging Band Technique; use conservative setup
5	Close-grip bench press	Triceps strength + bar path	Narrow only as far as wrist/elbow mechanics allow
6	Floor press	Mid-range strength + control	Dead stop each rep
7	Pin press	Starting strength / overload	Set pins to target weak range
8	Banded bench press	Power + accelerating resistance	Bands add more resistance toward lockout
9	Regular bench press	Expression / specificity	Bring the qualities back to the full lift

HBT

HBT = Hanging Band Technique. Weight is suspended from bands so the implement oscillates and forces constant stabilization. It is a stability tool, not a license to use uncontrolled loading.

LOAD RULE

A mechanically easier variation should usually permit more load, but the number is discovered through ramp sets. The target is still 3-5 sets of 3-5 reps around RPE 8 - not matching the previous variation pound-for-pound.

SQUAT + DEADLIFT PROGRESSIONS

The squat progression moves from demanding stability and position toward full back-squat expression. The deadlift uses a different model: the sumo deadlift remains the technical anchor while the secondary hinge rotates and carries more of the hard volume.

SQUAT ROTATION

#	VARIATION	PURPOSE	TARGET
1	Front HBT squat	Front-loaded stability + bracing	3-5 x 3-5 @ RPE 8-9
2	Zombie squat	Upper-back position + torso control	3-5 x 3-5 @ RPE 8-9
3	Box SSB squat	Positional strength + controlled reversal	3-5 x 3-5 @ RPE 8-9
4	Tempo squat	Control through full range	3-5 x 3-5 @ RPE 8-9
5	Back HBT squat	Back-squat pattern under instability	3-5 x 3-5 @ RPE 8-9
6	Regular back squat	Expression / primary squat	3-5 x 3-5 @ RPE 8-9

SECONDARY DEADLIFT / HINGE ROTATION

#	VARIATION	SETS / REPS	PURPOSE
1	Barbell RDL	3-4 x 6-10 @ 8-9	Loaded hinge strength + hamstrings
2	Dumbbell BOSU RDL - public version	3 x 8-12 @ 8	Stability + hinge control; never chase failure
3	Rack pull	4 x 4-8 @ 8-9	Overload / lockout strength
4	Banded conventional deadlift	4 x 3-6 @ 8	Power + force through lockout

SUMO STAYS

Sumo deadlift remains in the lower-pull session at RPE 7-7.5 for 3-5 sets of 3-5. It is practice under meaningful load, not the place to accumulate the most fatigue. A sumo rack pull can occasionally replace it when that better serves the athlete.

WARM-UP + CONDITIONING RULES

Every session follows the same architecture. The exact drills change with the day, but the order stays consistent so the athlete becomes explosive, organized, mobile, patterned, and then loaded.

STAGE	PURPOSE	GUIDELINE
1. Plyometric / explosive	Raise neural intent without fatigue	2-3 drills max, low reps, full-quality landings
2. Core / stability	Organize trunk and pelvis	1-2 drills, stop well before failure
3. Mobility	Open the range needed for the session	Use targeted, short-duration work
4. Patterning	Rehearse the movement family	Scap, hinge, squat, press, or lateral plane
5. Ramp sets	Match the exact main lift	3-5 progressive sets; more if technically necessary

PLYOMETRIC QUALITY RULES

- + Plyometrics are primers. Stop the set when jump height, speed, coordination, or landing quality drops.
- + Use commercial-gym-friendly options and keep the loading light enough to move fast.
- + Do not stack a large plyometric workout in front of heavy strength work.

CARDIO FINISH

Finish each session with 10-20 minutes of cardio. Modality is flexible: incline walking, bike, rower, stair machine, easy running, or another sustainable option. Most days should feel like RPE 5-7 so conditioning develops without erasing strength-session recovery.

OPTIONAL HARDER CONDITIONING

If conditioning is a current priority and recovery is excellent, harder intervals can occasionally replace the steady finish. Do not make that the default after every demanding lifting day.

MOVEMENT NOTES + DEFINITIONS

HBT - Hanging Band Technique

Plates or kettlebells are suspended from resistance bands attached to the bar. The oscillation creates a high stability demand. Start lighter than a normal variation and keep every rep controlled.

Larsen Press

Bench press performed without using leg drive, typically with the legs extended or elevated from the floor. The torso must create its own stability.

Spoto Press

Lower the bar toward the chest, stop just above contact, hold briefly without relaxing, then press. It builds control in the hardest bottom range.

Rotational Landmine Hand-to-Hand Transfer

With the bar anchored in a landmine, guide the end of the bar across the body and transfer hands explosively under control. Use a light load and keep the trunk organized.

Kelso Shrug

A scapular retraction shrug performed from a row position. Keep the arms mostly straight and move the shoulder blades rather than turning it into a full row.

TKE - Terminal Knee Extension

Band or cable knee-extension drill used to activate the quads and rehearse strong lockout before squatting.

Sissy Squat

Quad-dominant knee-flexion movement. The Smith machine can provide stability. Use only a pain-free range and progress slowly.

Banded Bench / Deadlift

Resistance bands increase load as the band stretches, producing more resistance toward the top of the lift and encouraging continued acceleration.

BOSU RDL

A stability-focused Romanian deadlift performed on a BOSU. Performance edition uses dumbbells only. If balance distorts the hinge, return to a stable surface.

TECHNIQUE STANDARD

If a variation forces you to abandon the intended movement pattern, the load or variation is wrong for that exposure. The purpose of advanced variation is to improve the primary lift, not to survive a circus trick.

PERFORMANCE EDITION - CHOICE MENU

Where the program says "of choice," use one option from the correct bucket. Keep the same choice long enough to judge progress instead of changing exercises every session.

BUCKET	GOOD OPTIONS	AVOID
Core / stability	Ab wheel, Pallof press, plank, side plank, dead bug	High-fatigue ab circuits before main lifts
Scap retraction	Band row, cable scap row, chest-supported scap retraction	Heavy rows that fatigue grip/back before bench
Upper-back accessory	Chest-supported row, machine high row, cable high row	Turning every set into low-back loading
Lat accessory	Pulldown, straight-arm pulldown, pullover	Painful shoulder positions or uncontrolled stretch
Rear delts	Reverse pec deck, cable reverse fly, face pull	Momentum-heavy reps
Cardio	Incline walk, bike, rower, stair machine, easy run	Max-effort conditioning every day

CONSISTENCY	Your main variations change by design. Most accessories should stay stable enough to actually progress them.
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TRAIN WITH TENSOR STRENGTH

The Hutch Touch is built around the same standard Tensor Strength brings to coaching: performance first, deliberate progression, and no wasted work.

IN-PERSON TRAINING

Exclusively available at The Fit Effect in Paris, Ontario.

ONLINE / REMOTE COACHING

\$400

TENSOR STRENGTH MEMBERSHIP

\$9.99 / month | \$90 / year

TensorStrength.com

Strength. Stability. Power. Work Capacity. Performance.

FINAL NOTE

Train hard enough to force adaptation. Train intelligently enough to keep adapting.