Steel Mace Training Fundamentals

Exercise Library & 30 Day Workout
WARNING: This eBook is for personal use only. You may NOT resell this intellectual property in any way

All Rights Reserved

Copyright © 2016 – MTB Strength Training Systems. All rights are reserved. You are free to distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

www.BikeJames.com
Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>5</td>
</tr>
<tr>
<td>My Story</td>
<td>5</td>
</tr>
<tr>
<td>What Makes the Steel Mace Unique?</td>
<td>7</td>
</tr>
<tr>
<td>How to Use the Steel Mace Safely and Effectively</td>
<td>8</td>
</tr>
<tr>
<td>Mindset for Steel Mace Training</td>
<td>9</td>
</tr>
<tr>
<td>Recommended Steel Mace Weight</td>
<td>11</td>
</tr>
<tr>
<td>Steel Mace Exercise Library</td>
<td>11</td>
</tr>
<tr>
<td>Intro to Steel Mace Training 30 Day Workout</td>
<td>12</td>
</tr>
<tr>
<td>Workout Overview</td>
<td>12</td>
</tr>
<tr>
<td>Circuits</td>
<td>12</td>
</tr>
<tr>
<td>Sets X Reps</td>
<td>13</td>
</tr>
<tr>
<td>Rest Periods</td>
<td>13</td>
</tr>
<tr>
<td>Mace Flow Drills</td>
<td>14</td>
</tr>
<tr>
<td>Pre-Workout Warm Up</td>
<td>15</td>
</tr>
<tr>
<td>Post Workout Decompression Flow</td>
<td>15</td>
</tr>
<tr>
<td>Workout A</td>
<td>16</td>
</tr>
<tr>
<td>Workout B</td>
<td>17</td>
</tr>
<tr>
<td>Additional Steel Mace Training Resources</td>
<td>18</td>
</tr>
</tbody>
</table>

www.BikeJames.com
Introduction

Welcome to the world of Steel Mace Training. Based on the ancient Gada, the Steel Mace is the modern version of a training tool that goes back thousands of years.

Used by warriors and wrestlers throughout the centuries to build wrist and grip strength as well as upper body strength, mobility, and endurance, this training tool represents a lost art in the world of strength and fitness training.

As a strength and conditioning coach with almost 20 years experience, I thought I had seen it all when it came to effective training tools, but the Steel Mace proved me wrong. I am now a huge advocate for Steel Mace training and have dedicated myself to helping spread the word about this amazing training tool.

As part of that mission, I have put together this manual to go over the basics of Steel Mace training. Like any other training tool, you get out of your training sessions what you put into them and this makes knowing the safest, most effective principles to apply to your training important.

Whether you have already spent some time with the Steel Mace or are just curious about learning more, I hope this manual will help you get more out of your practice.

My Story

My own journey with the Steel Mace began after getting a wake-up call from my neck. Or, more specifically, a pinched nerve in my neck. Years of riding mountain bikes and sitting at a computer had already made things pretty sensitive and when I started adding BJJ to the mix I pushed things over the edge.

One day I woke up after some hard rolls at BJJ class and my neck was locked up with a rotating triangle of pain going from my neck to my shoulder and then to my armpit and lat. I’d had some trouble on and off with my neck since getting hit by a car 16 years ago but this time, I had done something that really pissed it off.
Thanks to some good chiropractor, a massage, and rest I was able to get things back to normal in a few weeks but I knew something had to change. I just didn’t know exactly what.

Around this time I read a book called Natural Born Heroes. In it they quote Steve Maxwell—a legend in the strength training world with 50+ years experience in the field—and he mentioned how the ancients used tools like the mace to train the upper body’s natural elasticity and “spring.”

When I read this, something in my mind clicked into place and I realized that the posture, strength, and mobility needed for this “spring” were the same things I needed to work on to help my neck. Somehow I knew that there was something to it and so I ordered a 10-pound mace for my wife and 20 pounder for myself.

After they showed up I realized I quickly realized that 1) holding a mace felt pretty bad ass and 2) I had severely misjudged how heavy these things would feel. The 10-pound mace was tough to pick up and handle and the 20-pound mace was almost impossible to do anything with.

So after ordering a 7-pound mace for my wife and starting with the 10 pounder myself I started to play around with it to see how it felt and what it could do. And after spending a few weeks with the Steel Mace it quickly became apparent that this training tool was much different than any I had used before.

After training with the Steel Mace for a few months it not only helped me get rid of the pinched nerve in my neck but it also became one of my favorite training tools. I could feel the Steel Mace challenging me in ways I had never felt before and, more importantly, I could notice the difference it had in how I performed.
What Makes the Steel Mace Unique?

The first thing that you will notice when training with the Steel Mace is that it feels much heavier than a dumbbell or kettlebell of a similar weight. The reason for this is that it exposes the body to 2 unique forces that few training tools can:

1 - Torque. Because of its offset load, the Steel Mace creates a pivot point in the hand closest to the head of the Steel Mace. This creates a rotational force as the Steel Mace tries to pivot around this point as gravity pulls the mace head down. The rotational nature of this force places unique stress on the grip, wrist, shoulders, and core as you resist the rotation in order to hold the Steel Mace in position. This lets you train your body to more efficiently handle these forces, which are a big part of sports performance and everyday life.

2 - Leverage. Since a pivot point is created in your hand when holding the Steel Mace, you can move that pivot point to increase or decrease how “heavy” the mace feels. While most training tools require you to change the weight, by changing the pivot point and moving your hand closer or further away from the handle you can change the level of stress being placed on the muscles. This allows you to fine tune how “hard” an exercise is quickly and easily without having to change weights.

These two factors add up to a training tool that challenges the body in new ways and opens the door to expand your strength and fitness base in new directions.

In addition to exposing the body to new forces, the Steel Mace is also a great way to work on your strength-endurance. Since you can easily connect and flow from one exercise to another, you can create workouts that challenge your strength and cardio in one package.

Plus, it is just a lot of fun to use! There is something primal and satisfying about holding a Steel Mace in your hands and we all know that if you enjoy doing something you are more likely to stick with it.
How to Use the Steel Mace Safely and Effectively

So now that you know why the Steel Mace is so effective, let’s take a look at some basic principles I apply to every Steel Mace exercise. These principles will help you learn new exercises faster as well as help you refine your technique with those you already know.

1 - Strong Feet. Your feet are the foundation for the rest of the body and should be strong and stable. You want good pressure through the heel, the outside edge of your foot, and the big toe knuckle. Allowing any of these points to lose pressure or move as you do an exercise is an indication of unbalanced movement somewhere. If you did nothing else but focused on moving with strong, stable feet you would be forced to figure out the most balanced way to move, which is why I get my clients to focus so much on it.

2 - Hips and Core Connected. In yoga, they talk about wanting to “keep your naval and anus connected”. I just call them the bellybutton and butt hole, or BB and BH for short. Whatever you call them, keeping those two points drawn in towards each other and “connected” will keep your hips and core connected. An unconnected core will result in your rib cage raising up and your low back getting compressed as well as reduce the amount of force you can safely apply through the core. Keeping your BB and BH connected will keep this from happening.

3 - Shoulder Blades Tucked into Your Back Pockets. Keeping your shoulders strong and stable is very important to safe, effective Steel Mace training. To do this think about keeping the bottom tips of your shoulder blades tucked into your back pockets. This will expand the chest and collarbones and pull the shoulders down away from your ears, which places the shoulders in their most stable position. And while your shoulder blades can and should move some as your arms move, the intention is to keep them tucked so that you can resist losing too much position.
4 - **Tall Spine.** When done right, the previous three cues will take care of this for you but it never hurts to focus on it just to be sure. Your spine is the pillar at the center of your body through which force is created and transferred. If that column is short and compressed (which makes it less stable) it can’t accomplish that as effectively as it can when it is tall and lengthened (which makes it more stable). Thinking a tall spine and keeping the crown of your head as close to the ceiling or sky as possible is an easy way to make sure you are really engaging the first three cues.

5 - **Clean Lines Between the Mace and Your Spine.** When holding the Steel Mace pay attention to the lines it creates between its handle and your spine. The three main positions the mace handle will be in relative to the spine are 90 degrees, diagonal and parallel. No matter which position you are holding the mace in, you want to keep clean lines and avoid letting the mace handle wander into “in-between” positions.

While the details of each exercise will vary, these basic principles should be the foundation for all of them. Go back to them often as you perform your exercises to make sure you are moving around the posture and positions you want to use in your sport and everyday life.

**Mindset for Steel Mace Training**

Something else you will quickly realize with Steel Mace training is that it demands focus and being present in the moment. This can actually be the hardest part for a lot of people, especially if they are used to putting on their headphones and mentally checking out while going through the motions of their workout.

It requires a different mindset to get the most out of Steel Mace training, so this is the advice I give to clients who are new to Steel Mace training. Apply these mindset tips to your training and you’ll get much more out of each session.
- **Treat it like a weapon because, well, it is a weapon.** You should never forget that you are holding a weapon in your hands when handling the Steel Mace and you should treat it with the respect a weapon deserves. This means making sure that no one is within range of your weapon before you start to use it and that you don’t get mentally lazy and blast yourself with the mace either.

- **Treat is as a practice session, not a workout.** Referring to the previous point about the Steel Mace being a weapon, you want to look at your training sessions with it as your chance to practice with your weapon. While sets and reps and other “workout” type stuff do matter and are part of most programs, the goal of the training session is to move towards perfecting your technique.

- **Spend a lot of time learning and perfecting the moves with a light mace.** The best way to learn and practice something is through a lot of reps. This means that you need a mace that is light enough to allow you to get a lot of high-quality reps in. Don’t be in a rush to start using heavier maces or you’ll end up building some bad habits that will hold you back and lead to injuries.

- **Relax and have fun.** This is the most important rule because the Steel Mace can frustrate you more than any other training tool. Since it exposes your body to forces it isn’t used to dealing with it will feel awkward at first. If you get upset and defensive, you shut down the learning process. If you relax and have fun you will stay open to the learning process, which is really the whole goal of the training session anyways.
Recommended Steel Mace Weight

Below you will see a suggested steel mace size based on your strength training experience and overall strength levels. Simply check the chart to see which size steel mace you should use for the program. *Please remember that it is a suggested weight and if you need to go with a lighter or heavier steel mace then that is fine.*

<table>
<thead>
<tr>
<th></th>
<th>Less than 1 yr. strength training experience</th>
<th>More than 1 yr. strength training experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Strength Levels</td>
<td>8 lbs.</td>
<td>10 lbs.</td>
</tr>
<tr>
<td>Moderate Strength Levels</td>
<td>10 lbs.</td>
<td>15 lbs.</td>
</tr>
<tr>
<td>High Strength Levels</td>
<td>15 lbs.</td>
<td>20 lbs.</td>
</tr>
</tbody>
</table>

Steel Mace Exercise Library

Below is the link to my Steel Mace YouTube Playlist. On the playlist, you will find exercise demos for a lot of the common Steel Mace training exercises as well as some other webinars and instructional videos I have done for the Steel Mace.

[Click Here to Access the Steel Mace Training Exercise Library](#)

I am always adding new stuff to it as I shoot new videos so I hope that you find it to be a valuable resource for you as you continue your Steel Mace training.
Intro to Steel Mace Training 30 Day Workout

If you are new to Steel Mace training, this is a 30-day workout to help you get started. It introduces you to basic Steel Mace exercises and movements and helps you start building the foundation you’ll need for more advanced routines.

Alternate the two workouts each time you train, aiming for 2-4 workouts each week.

Workout Overview

Each workout follows the same three-part format:

1 - Pre-Workout Warm-Up: This routine is designed to get you warmed up while also mobilizing your joints to get them ready for a productive and safe workout.

2 - Steel Mace Training: In this part of the workout you will be doing a variety of steel mace exercises to help improve your strength, power, and endurance. Each Phase will have a Workout A and Workout B with each targeting different movements to help develop a well-rounded foundation.

3 - Decompression Flow: You will end each workout with a short routine to help decompress the joints and speed recovery.

Below you will find a list of terms you will find in the workouts.

Circuits

When looking at the training logs you will notice that all of the Steel Mace and Body Weight Training workouts use Circuits. Circuits are where you do one set of each exercise in the Circuit before starting over with the first exercise. By repeating this process until you have finished all of the sets for each of the exercises you are able to get more work done in less time.
You will also find each exercise in a circuit labeled with a letter and a number. The letter is the Circuit and the number is what order the exercise is in that circuit. For example, the first Circuit will have A1 and A2 in front of the exercises. The second Circuit will have B1 and B2, the third will have C1 and C2 and so on.

**Sets X Reps**

To the right of each exercise you will see how many sets (number of times you are performing an exercise) and reps (how many times you do that exercise each time you perform it) to do for each exercise. For example, 3 X 8 would mean that you would do 8 reps of that exercise each time you performed it, and you would perform it 3 times.

You may find two numbers separated by a “—” in the Reps column, like 5-10 reps. This is used to indicate a range of Reps you can choose from, doing at least the lower number but no more than the highest number. For example, if the Reps were 5-10 you would do at least 5 reps but no more than 10 reps.

Using ranges like this allows you to better customize the workouts to your current fitness levels. If you are just starting out you may struggle getting through the lowest reps and you can make it your goal to improve on those numbers. As you get more experienced with the steel mace you can increase the challenge by doing more Reps.

**Rest Periods**

You want to rest long enough between exercises and circuits so that you are not still panting before starting the next set. Being able to breathe in and out through your nose is a good indicator of being recovered enough. Don’t make the mistake so many riders do and try to turn Strength Training into Cardio Training - there is a time for both and doing so will compromise both.
The exception to this rule is during the Flow Drill at the end of the workouts. During these, you do want to push your cardio more and so you will try to keep a high pace and move from exercise to exercise as quickly as you can while also maintaining good form. It is better to rest than it is to get hurt.

**Mace Flow Drills**

At the end of each workout, you will see several exercises listed together as a Flow Drill. Start by doing the indicated reps for the first exercise and then “flowing” to the next exercise without putting the Steel Mace down. Continue until you have done all of the exercises listed in the Flow Drill and then start back over. With the Switch at the end you will end up doing the exercises with the Steel Mace on the other side, balancing things out between your left and right side.

Each Flow Drill is also timed, which means that you keep going for the prescribed amount of time for that week. Each week you can add 30 seconds to the Flow Drill to work on increasing your strength endurance.

It is important to remember that you have to maintain form and focus during the Flow Drill. Slowing down a bit so you can practice quality movement at all times will get you better results and minimize your risk of injury.
Pre-Workout Warm Up
https://www.youtube.com/watch?v=8H6TJbWZpws
Follow the video or do 5-10 reps of each movement:

4 Way Neck
Wrist Circles
Elbow Circles
On Guard T-Spine Reach Back
Pelvic Tilt
Hula Hoop Circles
Floor Fire Hydrants
Down Dog Calf Stretch
Squat to Stand
Monkey Swings
Full Body Twist

Post Workout Decompression Flow
https://www.youtube.com/watch?v=58Ht0nCCvSo
Down Dog to Rolling Up Dog
Child’s Pose to Pigeon Pose
Table to Cossack Hip Stretch
DO BOTH SIDES
Workout A

Mace Warm Up
A1 - Prisoner Squat (2 X 5-10 reps w/ 3 sec. pause at bottom)
A2 - Prisoner Hinge (2 X 5-10 reps w/ 3 sec. pause at bottom)
A3 - Switches (2 X 5-10 reps each side)

Focus Circuit
B1 - Standing Pullovers (3 X 5-10 reps with each hand on top)
B2 - Vertical Mace Squat (3 X 5-10 reps with each hand on top)

Secondary Circuit
C1 - Lap Up-Downs (2 X 8-10 reps each side)
C2 - Front Press (2 X 3-6 reps w/ 3 sec. pause at extension)

Mace Flow Drill
- Standing Pullover X 5 + Front Press X 5 + Lap Up-Downs X 5 + Switch

Week 1 = 5 minutes
Week 2 = 5 minutes
Week 3 = 5.5 minutes
Week 4 = 6 minutes
Workout B

Mace Warm Up
A1 - Prisoner Squat (2 X 5-10 reps w/ 3 sec. pause at bottom)
A2 - Prisoner Hinge (2 X 5-10 reps w/ 3 sec. pause at bottom)
A3 - Switches (2 X 5 reps each variation)

Focus Circuit
B1 - Lap Squat (3 X 5 reps + Switch + 5 reps)
B2 - Spear Thrust (3 X 5-10 reps each side w/ 3 second pause at extension)

Secondary Circuit
C1 - Shoulder Press (2 X 8-10 reps)
C2 - Low Mace Windmill (2 X 5-10 reps each side)

Mace Flow Drill
- Lap Squat X 5 + Spear Thrust X 5 + Shoulder Press X 5 + Switch

Week 1 = 5 minutes
Week 2 = 5 minutes
Week 3 = 5.5 minutes
Week 4 = 6 minutes
Additional Steel Mace Training Resources

Below you will find a list of the best resources and websites for you to learn more about Steel Mace Training. If you are a coach or trainer who uses the Steel Mace and would like for your free manual, website or YouTube Channel to be listed please contact me, I’d love to see it and add it to the list.

**ONNIT Steel Maces** - If you need a Steel Mace then ONNIT makes the best in the business.

**The Illustrated Guide to Mace Training by Rick Brown** - Dig deep into the history and some of the traditional Steel Mace Training.

**Mr. Maceman** - The Instagram page for Rik Brown, who’s work with the long handled mace and understanding of the 360’s and 10-2’s is second to none.

**ONNIT Academy Steel Mace Web Resources** - Tons of great exercise demos and workouts.

**Mace Movement with Leo Urquides** - The Instagram page for a fellow Steel Mace fanatic who has taken his art to an inspiring level.

**Steel Mace Exercises** - The best Facebook page for finding new and innovative Steel Mace exercises run by one of the pioneers in the Steel Mace field, Eric “Esik” Melland.