

# **Athletic Body Workout** **Guide To Build A Better Muscle Burning More Fat And Looking Great Naked!**

By

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**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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## About The Author

**Eddie Lomax** is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness**... The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

*This philosophy can be seen in his fitness programs:*

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

*He has been contributing to the fitness community on the Internet since 2005.*

*He currently lives with his wife in Viña Del Mar, Chile.*

## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

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The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get started.**

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## The Creation of The Athletic Body Workout

I was sitting around one day trying to figure out what the customers who buy my physical training products **REALLY** want. I mean, there are a million motivating goals and reasons to start physically training... and sometimes it is difficult to boil it down into one specific goal that encompasses everyone's needs and wants.

Well, I narrowed it down to three... **most people want to perform better, feel better and look better.**

OK... who am I kidding? **Most people want to look better... PERIOD!**

Most exercisers work out to improve their physical appearance (whether they admit it or not), so they naturally gravitate toward physical training which measures its success in looks... bodybuilding.

Bodybuilders train for looks... how they feel or how they perform **has no bearing.** As long as they are healthy enough to stand and flex on a stage, and don't fall down going up the steps... they can take part in a bodybuilding competition.

Now, don't get me wrong... there is nothing wrong with bodybuilding in general. If you want to be a bodybuilder, go for it.

**It's just that I don't want to be a bodybuilder...** and most of my customers don't want to either. Regardless of whether they are a man or woman, most of my customers tell me they want to improve body composition by losing fat and gaining muscle... **but they don't want to look like a bodybuilder!**

And my response has always been, "Then why are you training like one?"

Training like a bodybuilder, using isolation type exercises, set and rep schemes and loading parameters with the single goal of maximizing muscle size and increasing fat loss **is not the path to an athletic body.**

Never has been... and never will be!

And most of my customers instinctively know this, and think by following bodybuilding protocols, **but just doing less**, they will create the athletic looking body they seek.

To compound the problem, most fitness and physique building information out there originates from bodybuilding training practices. And what's worse, most people who don't consider themselves athletes will not even consider training like an athlete. Since they are not going to be competing in an athletic event... **why train like an athlete?**

Well, because what 99.9% of my customers want, and admittedly what I want, is the muscular, strong, lean body of an athlete. A body you can tell performs great... **just by looking at it.**

**And the only way to develop this athletic body of your dreams is to train like an athlete.**

And that's when it hit me.

**If I create a workout that helps people train more like an athlete and less like a bodybuilder, I would be able to satisfy ALL THREE major goals motivating people to exercise.**

Athletic training would build a body that not only looks great (and maybe more importantly, looks great naked), but it would improve performance and health as well. With one workout system, I could help people perform better, feel better and look better. **Now that is a powerful workout!**

OK, while all this was going on in my head, I decided to take a good long look at myself in the mirror... **and frankly, I was disappointed with what I saw.** I've been helping other people meet their fitness, fat loss and physique goals with products like [Workout Without Weights](#) and [Superior Dumbbell Workout](#)... but meanwhile I let myself slip.

While I wouldn't say I wasn't fit in terms of physical ability... I could stand to lose some fat and put on some muscle. **OK, maybe lose a lot of fat!**

What I want is a strong, lean, athletic physique that better represents my fitness abilities. While I still value performance and health more than looks... **why not strive for the whole package?**

So when I set out to create the **Athletic Body Workout**, it was not just to fill an information void for people who want to improve body composition... but it would serve as the exact plan of action I would take to get the athletic body of **my** dreams.

The result...

**Athletic Body Workout** is a workout system which allows you to build better muscle, burn more fat, perform better, feel better and of course LOOK BETTER! **It takes an athletic approach to physique improvement instead of a bodybuilding approach...** meaning it IS the path to the muscular, strong, lean, athletic body you want.

And not only will you look great... but you will simultaneously improve physical performance and health as well.

While the **Athletic Body Workout** and bodybuilding programs have similar main goals (to look better by reducing fat and increasing muscle), the results are drastically different.

Training like an athlete not only improves how you look, but improves how you perform and feel as well. So you can get the body you want without sacrificing performance and health. **In essence, striving to feel and perform better through athletic training is what will make you look better.**

**Form DOES Follow Function!**

I'm excited about this program and what it can help you do (as I'm sure you are), so let's start right away.

**The Take-Away... Train more like an athlete and less like a bodybuilder to create the muscular, lean, athletic body you want!**

## Preliminary Instructions

I find it hard to believe that if you are reading this you have no knowledge of physical training. Most of you have read articles, took part in a Physical Education class at school, competed in a sport, joined a gym, read a book, watched a video, etc.

If I were looking for a jury that had no previous knowledge of physical training... I think I would be in big trouble.

So, I believe it is safe to say you are entering this program with some preconceived notions of how to train, lose fat, build muscle, etc. And that's fine. **Just don't let it get in the way!**

Think of me as the judge, and you are part of the jury in the case of the **Athletic Body Workout**.

**I am directing you to forget everything you have learned about physical training.** Clean the slate.

Now, I know this is impossible... but you must try.

After all, I don't think you would be reading this if you have already created the strong, lean, athletic body of your dreams. So, I am confident in my belief the information you already know is not getting the results you want.

You must make room for new information, and put it into practice.

Also, as your judge, **I am also directing you to think about and analyze everything you are about to read and perform.** Give the information a chance to sink in, but still examine everything.

If you understand the information, and decide it is worth trying, you will be much more likely to put it into practice. Because, after all, it is the training you **DO** that gets results... not the training you **THINK** about.

Question everything... and come to your own conclusions. **Only then will the power of personal belief support the action you take in your training!** And if you believe in the training... you will be much more likely to stick with it and get the RESULTS you seek.

It is hard for me to write these lines, because with my coaching outlook I would much rather say, **"Do what I tell you, when I tell you... or suffer the consequences!"**

This normally works for me, because when people do what I tell them, instead of questioning everything and strongly resisting any change to their current training program... **they get RESULTS!** And when someone is getting results, they are much less likely to question the methods.

It always amazes me how some people defend a position, and resist any change, when what they are doing isn't getting the results they want. I don't care if you believe what you are doing SHOULD work... **I'm after real world results.** If your training is not getting the results you seek it's not working. **And if it doesn't work, throw it out!**

I'm giving you the hard task of opening your mind to new ideas about building an athletic physique and taking your training in a new direction. **A direction that leads to the strong, lean, functional body you want.** But don't just blindly follow me or anyone else, make your own judgments based on your own experience.

If you are successful in doing this, I have no doubt you will walk away with an unanimous verdict.

**THIS STUFF WORKS!!!!**

OK... have you gotten rid of all your preconceived notions about physical training and building an athletic body?

I know... an impossible task, but humor me.

Now let's start filling you with the information that will help you start training like an athlete... **and build that strong, lean, muscular body that turns heads and gains respect!**

**The Take-Away... Give the Athletic Body Workout a chance to work by emptying your mind of preconceived notions, and get the most out the experience by analyzing everything and understand the “why” of the training!**

## Whether You Are An Athlete Or Not... Think Of Yourself As An Athlete!

In my line of work, the conversation inevitably turns to physical training... it just goes with the territory.

Some people want to pick my brain and ask question after question, some want to argue the superiority of their workout methods or discuss something they read in a magazine. Some are just searching for inspiration.

Many people avoid me out of embarrassment... thinking the topic of conversation will reveal their own fitness, health and physique defects.

However, the most intriguing of all are the people who deny physical training any value whatsoever... physical training has no place in their lives, and what is more disturbing, **the topic is as desirable as stepping in dog droppings.**

They simply don't see the point of preserving a high-level of fitness, improving health and developing an attractive body through proper nutrition, physical training and lifestyle.

Usually they have a long list of reasons supporting their standpoint...

*"You don't **need** to be fit to survive in the modern world."*

*"Who **cares** if you're fit, people only care about wealth."*

*"I'm as fit as I **need** to be."*

As well as...

*"It's all about **genetics**."*

*"Modern **medicine** will take care of all my ailments."*

*"The benefits are **not** worth the effort."*

*"I can always get plastic **surgery**."*

But let's focus on **my personal favorite...**

*"I'm **not** an athlete, so what's the point?"*

The point is... **we are all athletes!**

The challenges of sport, work and life require a certain degree of athletic ability for successful completion... regardless of whom you are or what you're doing.

We are all **Everyday Athletes...** people who **need to have the natural or gained physical abilities of human activity necessary to meet the challenges of sport, work and life with excellence.** Nutrition, physical training and lifestyle choices control your success as an Everyday Athlete. Making the right choices improves your quality of life in ways you've yet to imagine!

But what's maybe more important for those of you reading this book... **is that using an athletic approach to physique improvement is what DELIVERS the athletic body you want!**

**The Take Away... If you want to look like an athlete, TRAIN LIKE ONE!**

## What Kind Of Athlete, Coach?

At this point, some of you might be asking...

*"What kind of athlete, Coach?"*

After all, a Sumo wrestler is a well trained, professional athlete... but I sure wouldn't want to look like one!

To help you picture the exact body I'm talking about, and the body the **Athletic Body Workout** creates, I need you to do a little imagining.

Pretend you are a coach looking for athletes to take part in a new sport that challenges the contestants in the following aspects of fitness... **simultaneously!** (Several sports do this, but I don't want you to picture the athlete of any one sport for this exercise.)

**The aspects of fitness are...**

### **Cardiorespiratory Endurance**

The ability your body has to gather, process, deliver and sustain oxygen to produce energy needed for the successful completion of activity... allowing you to do more, longer.

### **Strength**

The ability your body has to exert muscular-skeletal force for maximum, explosive and endurance movements against resistance... allowing you to be stronger in a greater number of circumstances.

### **Power**

The ability your body has to exert force against resistance causing the object of resistance to speed up or change position with speed... allowing you to exert explosive force with your body and other objects.

### **Speed**

The ability your body has to move a part of the body or the entire body over a short distance as quickly as possible... allowing you to become stronger and faster by targeting the nervous system.

### **Flexibility**

The ability a joint displays to move freely through a full range of motion... allowing you to be stronger over a greater range of motion and reduce the risk of injury.

### **Balance**

The ability to control placement of the body's center of gravity with its support base... allowing you to perform from a solid, stable foundation.

### **Coordination**

The ability to combine several different muscles, groups of muscles, energy systems and movement patterns into a singular, distinct and purposeful movement... allowing you to move seamlessly and effortlessly from one physical ability to another to complete a task.

### **Agility**

The ability to reduce transaction time from one movement pattern to another... allowing you keep your balance while changing direction, stopping, starting, slowing down or increasing speeds quickly.

### **Accuracy**

The ability to control movement in a given direction or at a given intensity while remaining correct, exact and without mistakes... allowing you to control your body and other objects with precision.

### **Toughness**

The physical or mental ability to do something which is difficult or will takes a long time... allowing you the mental and physical fortitude to complete difficult tasks under difficult circumstances.

## **Can you picture what this athlete would look like?**

The athlete you seek for this new sport would have to have many different physical abilities, and would have the physical traits representing a high-level of overall fitness.

**Obviously, they would not look like an athlete whose main physical ability focuses on only one aspect of fitness.** For example, they would not look like a marathon runner or other endurance athlete. But they wouldn't look like a power lifter or other strength athlete either.

They **WOULD** have a lean, muscular, capable body representing the ability to perform many different physical tasks well under a wide variety of circumstances. I picture a cross between a **Gymnast, Wrestler and Military Special Forces Officer...** but you can come up with your own combinations.

**This is the athletic body most people seek, and this is what the Athletic Body Workout delivers.**

So, as you can see, the **Athletic Body Workout** focuses on the "optimization" of physical athletic ability... and not the "maximization" of one ability at the expense of all the others.

Think about the bodybuilding programs we discussed above. Bodybuilders train for "maximum" muscle growth and "maximum" fat loss... with little or no thought to improving any of the physical abilities improving athletic performance or health.

Now, to be fair, I will say bodybuilding training has a positive affect on **some** of the physical abilities mentioned above, **might** improve performance and **could** be a healthy lifestyle. However, any improvements are an afterthought... and not the purpose of bodybuilding training.

Just think of the physical changes your body will go through when you purposely train to improve every characteristic of fitness. By seeking the athletic appearance without ignoring performance and health improvements... **you can have the best of all worlds.**

Are you convinced yet the athletic approach is the way to get the athletic body you want?

YES!

Ok... before I show you how we are going to create your "ideal" athletic body, I need you to understand an important idea. **Energy Flux**, an idea by Dr. John Berardi, will help you understand the connection between your nutrition, training and lifestyle.

**The Take Away... Picture the "optimum" athletic body, not a body "maximized" for only ONE physical ability... and strive to create this body!**

## Energy Flux: The Key to the Athletic Body

To understand **Energy Flux (Dr. Berardi also calls this G-Flux)**, and how it helps you create your best athletic body with strong, useful muscle and little fat, we must first take a look at various Energy Flux examples. By doing this, we can zero in on the best Energy Flux for athletic body transformation.

For now, just think of Energy Flux as the **balance between energy intake (the food you eat) and energy cost (the calories you burn)**.

To help you picture Energy Flux, I'll be using a **construction metaphor** in the following examples. Think of building your perfect athletic body like building a house. The food you eat is like the raw building materials needed to build the house. The exercise you do is the workforce used to build the house. Combining the two (raw materials and workforce), decides the size and quality of the house.

**Let's see what house (body) the different Energy Flux examples build...**

### **Example #1... Eat Little - Exercise Little**

Some people eat little and exercise little. Little energy going in and little energy going out... **meaning little overall Energy Flux.**

Is this the ideal Energy Flux for athletic physique development?

**No!**

Energy Flux is balanced... **but there is just too little of it to create a muscular, lean, athletic body.**

So eating a little and not exercising doesn't produce enough energy turnover to build an athletic body.

**Metaphor:** Few materials and a small workforce means a small, poorly built house. **The result is more of a "shack" than a house.**

### **Example #2... Eat A Lot - Exercise A Little**

**This is by far the most common example of Energy Flux.** People consume many calories, not only by overeating... but by eating the wrong types of food as well. And since they are not exercising, there is little energy expenditure... **leading to a huge energy surplus!**

Since your body does not want to waste this energy, it saves it... **usually in the form of FAT!**

Obviously, this is not the ideal Energy Flux for athletic physique development... or almost everyone would have the strong, lean, athletic body of their dreams. (If you currently find yourself in this Energy Flux example, you know you need to make a change... **but as you'll see below, it's probably NOT the change you think!**)

**Metaphor:** A lot of poor quality materials laying around, but few workers building the house. **The result is the work area looks more like a junk yard than a construction site.**

### **Example #3... Eat A Little - Exercise A Lot**

If Example #2 is the worst Energy Flux for athletic body development... **this mirror image must be the best, right?**

Unfortunately, most people think so... but it is just not the case for long-term physique transformation. Restrictive calorie diets combined with a high volume of exercise may seem like the fastest route to body transformation... and maybe it is, **until the Energy Flux imbalance catches up with you!**

There is more energy going out than coming in... and yes, your body compensates for this shortage by looking for fuel elsewhere. The body uses fat stores, but the body uses muscle for fuel as well... **not what you want when trying to create an athletic body!**

This approach can be effective, when used wisely and for short periods of time. But over the long-haul, there are a couple of major problems to consider.

**First, drastically reducing calories will reduce performance.** The high volume of exercise you do will not be quality exercise... **and will not produce quality results.** Plus, if you can't recover from your exercise sessions, your performance consistently decreases. And before you know it, your training fails to produce results!

**Second, your body needs nutrients to rebuild the body after exercise.** The body cannot preserve, or build a muscular, athletic physique without the proper nutrition to back it up. And what's worse, your body starts cannibalizing itself to continue the high volume of exercise... making your exercise efforts counterproductive.

**As you can see, the classic "Eat Less - Exercise More" approach is a recipe for disaster.** (Don't let your impatience get the better of you and lead you to try to "maximize" fat loss and muscle gain... when what you need is "optimization".)

**Metaphor:** Many workers standing around but little materials to do anything with. All the workers are competing for the materials they have, and destroying other people's advancements to work on their individual projects. **Wasted effort and little overall advancement is the result.**

#### **Example #4... Eat A Lot - Exercise A Lot**

If you eat nutritious food and use the energy from this food to perform a high volume of quality exercise... **what do you think would happen?**

Your body would be in an environment where it would have to adapt to a high-level of activity, and would have the nutrients necessary to both support this activity and make positive changes to the body. **The athletic body you seek comes from living in this environment!**

A lot of (good) food coming in and a lot of (quality) exercise (**High Energy Flux**), is the recipe for athletic body development.

Now don't make the mistake of thinking energy intake and energy outlay "cancel each other out". High Energy Flux builds the athletic body that performs as good as it looks.

**Metaphor:** A large supply of quality materials and many skilled workers build the best quality house in the most efficient manner possible. Materials are not wasted and more work is done. **The result is the biggest, best house possible in the shortest time.**

So, I think you'll agree... **High Energy Flux is the way to go when building an athletic body!** But there is a right way and a wrong way to achieve the most productive **High Energy Flux Environment!**

Next, I'll show you HOW we are going to do this by creating your own **Athletic Body Environment.**

**The Take Away... High Energy Flux (Eating A Lot - Exercising A Lot), is the key to athletic body development.**

## How to Create The Athletic Body Environment

Your body adapts to its environment. This is natural and happens without you even thinking about it. You couldn't stop if even if you wanted to. This natural adaptation is what allows humans to survive and flourish.

The adaptive ability of your body enables you to create a strong, lean, athletic body through the proper use of nutrition, physical training and lifestyle.

Here are some of the principles that govern your body, without you even knowing it...

The **Principle of Adaptation** states your body will adapt to the stresses placed on it during physical activity by making physical changes allowing the body to perform that activity better and more efficiently in the future.

The **Principle of Overload** states your body responds by adapting when there is a greater than normal stress placed on it... and once the body has adapted, more adaptation happens only by changing the stress.

The **Principle of Progression** states there is an ideal overload in physical training to produce ideal results... and there is an ideal time frame for the overload to be applied to produce ideal results.

The **Principle of General Adaptation Syndrome**, as applicable to physical training, states there must be low intensity training or complete rest after periods of high intensity training.

The **Principle of Specificity** states your body adapts to specific stresses by making specific physical changes improving the skills needed to perform the activity better and more efficiently.

The **Principle of Use Disuse** states you must preserve or improve physical skills through physical training and use... or those skills will decrease and disappear.

The **Principle of Individual Differences** states that each person is unique... so each person's needs and responses to physical training will be different.

You don't need to linger on these universal principles... your body manages all this whether you understand it or not. **There is an easier way to look at all this.**

In its simplest form (and for this book), think of your body as a changing organism adapting itself to its environment. **And what you eat, how you train and how you live makes up your environment.**

I repeat, your environment is...

- What You **Eat**
- How You **Train**
- How You **Live**

Now, take your shirt off and look at yourself in the mirror, or look at yourself the next time you take a shower... **this is your body adapted to its current environment.**

Do you like what you see? Probably not... **I didn't!**

Without your knowledge, your body has adapted to what you eat, how you train (or don't train) and how you live. You cannot change your body's natural reaction to its environment... **you have no control over it.** So, if you want to change the way you look... **you must change your environment.**

And you change your environment by changing what you eat, how your train and how you live.

**It couldn't get any simpler than that!**

Unfortunately, this is where most people go wrong. They try to change their environment by only focusing on ONE part of the environment.

The **"Diet Only"** crowd put themselves through countless restrictive calorie diets in the hopes of shedding unwanted fat. Unfortunately, restrictive diets fail to work in the long run (and without the support of proper exercise and lifestyle), **they hardly ever produce the body they wanted.**

The **"Exercise Only"** crowd think they can make up for a poor diet and lifestyle with exercise alone. They soon realize this is a steep hill to climb... and without the support of proper nutrition and lifestyle, **they seldom have the energy for such a monumental task!**

Some people try to make limited changes to their lifestyle... like drinking more water or getting more sleep. They fail to realize **nutrition and exercise are the two main ingredients of a healthy lifestyle.** Without focusing on nutrition and exercise directly... minor changes produce limited results.

Only by changing everything making up your environment (**what you eat, how you train and how you live**), will your body make all the necessary physical changes you need to get the athletic body you seek. Also, making changes in all three areas is the **fastest** way to realize these changes.

I know what you're thinking... **sounds too hard?** It isn't, and I'm going to show you how to do it. Fortunately, it is easier to change all three parts of your environment at the same time than to focus on only one. **Not to mention, incredibly more effective!**

So, now all we have to do is create a **High Energy Flux Athletic Environment** by changing what we eat, how we train and how we live.

**The Take-Away... Create your own High Energy Flux Athletic Body Environment by changing what you eat, how you training and how you live!**

## **Building the Athletic Body Environment With High Energy Flux**

So, as we stated earlier, good, healthy food and effective exercise is the key to building an athletic body... but don't get in line at the All-You-Can-Eat buffet and go off on some ill created marathon training program just yet. Remember, to build the **Athletic Body Environment** you must change what you eat, how you train and how you live. **The choices you make now will define your success.**

### **What to Eat**

It is not just a question of eating more, but a question of eating more of your calories from healthy food choices. It is not just preserving or increasing calories that counts... but receiving your calories from healthy food sources, and eating them in such a way that promotes fat loss and muscle gain.

**So it is not eat more... but eat better!**

I would like to say that I am not a nutritionist. However, because of my wrestling background, I do have about 10 years of weight loss experience (most of it wrong). Yes, I fell victim to the Eat Little - Exercise A Lot pattern. **Actually, it was more like Eat Extremely Little and Exercise A Hell Of A Lot!**

I compromised my performance in those years, which makes me feel a mixture of anger and sadness. So, for all you practicing athletes of one kind or another reading this... **don't make the same mistakes I did!**

Since my wrestling days I've done a lot of reading on the subject, mostly to help others from repeating my mistakes. However, when I set out to write the **Athletic Body Workout**, I wanted a nutritional plan suitable for a wide variety of people... athletes and non-athletes alike.



With [Precision Nutrition by Dr. John Berardi](#), I believe I have hit the jackpot. **Precision Nutrition is not a restrictive calorie diet... but rather an eating plan for health, appearance and performance.** This is why I chose to follow Precision Nutrition from the thousands of "diets" out there.

Other approaches focus on one goal of nutrition (health, appearance or performance), while ignoring or even hurting the other goals.

**Precision Nutrition** is the most universal, easy to follow and EFFECTIVE nutrition plan I have ever come across or used. **Dr. Berardi** has taken a topic riddled with confusion and contradictory information and made it an easy-to-follow program. And when I say easy to follow, **I mean for the athlete as well as the "average joe"**.

This is a nutrition plan applicable for a lifetime of healthy eating... even when your goals change.

But regardless of whether you follow my lead and adopt **Precision Nutrition** as your nutrition guide... you must make an effort to change your diet for the better. You probably already know what is "good" for you and what is "bad" for you. **Start making better choices and get more of the "good"!**

The object is to increase the good, nutritional food you consume to counterbalance the high volume of training you will be doing. You want a balanced energy flux... or more precise, a **BALANCED HIGH ENERGY FLUX!**

Good, nutritious food going in, and quality energy going out through effective exercise is what produces the physical changes you seek.

**\*\*\*SIDEBAR\*\*\***

I think I should point something out here. Following the [Precision Nutrition](#) guidelines isn't necessary to see physique improvement using the **Athletic Body Workout**. Some of you will get dramatic results without changing your diet significantly. Others will get results by only "cleaning up" your diet. However, I chose **Precision Nutrition** because it deals with the three goals of appearance, health and performance. And as you know, the **Athletic Body Workout** strives to improve all three.

You should not feel obligated to follow **Precision Nutrition**, or feel you won't achieve great results by following a different nutrition plan. I talk about the book because it is the program I chose to follow, and I think can improve results with this, or any other, physical training program.

\*\*\*\*\*

## **How to Train**

It is not just a question of exercising more, but planning a higher volume of exercise while still being able to improve, recover and avoid injury. Increasing your volume of training without a plan could lead to boredom, overtraining or overuse injuries... putting a stop to your progress altogether.

**So it is not exercise more... but exercise better!**

### **Full Body Workouts**

For over-all athletic development and creating the athletic body, I have chosen full body workouts. It is just like it sounds. **You will train your entire body in every training session.**

The activities of sport, work and life occur using the entire body... so you should train this way. Besides, training the entire body provides for a **balanced, symmetrical athletic body!** And as a bonus, splitting the stress over the entire body allows you to do more Total Volume... **meaning you'll burn more fat for energy!**

Compare this to bodybuilding Split Programs. Bodybuilding programs often split your training sessions into different groups of muscles... allowing for a higher volume of training for each muscle group a session. **Performing a high TOTAL volume of training using the entire body is what creates an athletic body!**

Trying to "isolate" muscles and train the body as unrelated units is not the way to create a coordinated, athletic body. The athletic body must move with strength, coordination and grace... **not like some isolated movement, robotic machine.**

This brings me to my next point...

### **Movements... NOT Muscles!**

Compared with Bodybuilding style training which focuses on muscles, **Athletic Training will focus on movements**. So you won't see muscles or groups of muscles mentioned in the programs. That's right, I won't be saying, *"This works your Quads"*, *"Feel the burn in your Traps"* or *"Let's blast your Bi's"*.

This will probably be a huge challenge for people used to bodybuilding style training. **Without knowing exactly what muscles you are training, you will most likely panic**. Well, don't! The programs work the entire body... whether you know the names of the muscles or not!

Focusing on balancing your program according to movements is a better approach. By balancing your training over different movement patterns, you ensure balanced improvement over the entire body... **and avoid unbalances hurting your performance and appearance**.

People using bodybuilding training methods often spend more time training the muscles they can see (the front of the body or upper body) than the muscles they can't. We've all seen the guy with a massive upper body and two little stick legs... **not attractive!**

These are the movements you will train...

**Squat**

**Deadlift**

**Lunge**

**Horizontal Pull**

**Vertical Pull**

**Horizontal Push**

**Vertical Push**

**Twisting**

By using these movement patterns to design the programs, you will improve athletic movement and your body naturally improves the muscles needed to improve the movement. **This is key to developing a well-balanced athletic body.**

**By focusing on movements instead of muscles, you will switch the focus of your training to performance instead of appearance.** And improving your performance is what leads to the athletic LOOKING body you wish to create.

### **Exercise Selection**

The most effective and efficient way to perform Total Body Workouts training Movements is to use compound exercises. **Compound exercises use multiple muscle groups and multiple joints to complete the movement.**

Not only will compound movements bring about the greatest physique improvements... but they translate into real world performance benefits as well. **Trying to isolate muscles is not an effective use of your training time when you are developing an athletic body!**

### **Integrating Your Training...**

Remember above when we imagined our perfect athlete for the new sport we created? The athlete we imagined needed to excel in all the physical abilities of fitness... **cardiorespiratory endurance, strength, power, speed, flexibility, balance, coordination, agility, accuracy and toughness.**

Don't worry, it is not as hard as it sounds. All you have to do is follow the **Athletic Body Workout...** and your body will take care of the rest! Remember, your body makes the necessary physical changes automatically... **all you have to do is provide the right stress.**

## **Controlled Chaos**

To help you make sense of the training, think of it as **"Controlled Chaos"**. Controlled Chaos is a term I coined to describe the use of many training methods, intensities and stresses to reach a goal... in this case, the athletic body.

**Controlled Chaos** is the deliberate and conscious randomization and variation of training methods, stresses and intensities. This approach brings about the greatest amount of improvement in the physical skills of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness. (In the strength and conditioning world trainers call this **Conjugate Periodization**... but I think **Controlled Chaos** gives you a better mental picture of what is going on.)

This method of training allows you to produce **more stress** on the body **in different ways** to keep the improvements already made... **and provoke further improvement.**

Controlled Chaos allows you to balance variation and continuity, and perform a higher volume of exercise without the risk of overtraining or overuse injuries. Compare this to just trying to do more and more of a limited amount of activities... **eventually leading to plateaus, boredom, overtraining and (in the worst cases) injury.**

To a casual observer, your training looks chaotic, aimless and too varied to be effective. But when you control chaos... **great gains are possible!**

You'll understand **Controlled Chaos** better when we go over the specific workout programs later in the book. You'll notice a wide variety of exercises, different repetition and set schemes, changing training volume and different focuses of the workout sessions.

Controlled Chaos will allow you to perform a high volume of **QUALITY** exercise... counterbalancing the **QUALITY** nutrition you are getting from your diet. And as we already know... **it is this HIGH ENERGY FLUX that produces the athletic body you seek!**

## How to Live

For your diet and training to have the greatest effect, you must support these new habits with your lifestyle choices. Don't sabotage your diet and training efforts by conducting the rest of your life contrary to the athletic body goals you've set. Getting enough sleep, drinking plenty of water, abstaining from drugs and alcohol, avoiding stress, etc. all play a part in your success.

**Your lifestyle must support your physique transformation goals... you must live better!**

If you've changed how you eat and train... changing your lifestyle is the easy part. **Yea, the easy part.**

Decide lifestyle choices by asking yourself these questions...

- Will doing X help me uphold my nutrition plan?
- Will doing X help me uphold my training program?
- Will doing X help future training?
- Will doing X help me recover from past training?

If you answered **NO** to any of these questions... you probably shouldn't be doing it.

But don't worry, you don't have to be perfect 100% of the time to see results. Dr. Berardi talks about the **10% Rule** in [Precision Nutrition](#). You can stray from the guidelines 10% of the time without dramatically reducing results. **The same rule applies here!**

## Putting It All Together

As you can see, changing what you eat, how you train and how you live are not separate endeavors. **They are connected!**

You change what you eat... striving to get more good, nutritious food in your body to continue and recover from a higher volume of quality exercise. **Your diet is not independent of your training.**

You change how you train... optimizing a high volume of training to take advantage of the quality energy you are consuming. **Your training is not independent of your diet.**

You change your lifestyle... adopting habits that complement and improve your nutrition and training efforts. Drive your lifestyle by trying to increase recovery from past training sessions, and better preparation for future training sessions. **Your lifestyle is the result of your nutrition and training efforts.**

The intersections of what you eat, how you train and how you live will result in the **Athletic Body Environment.**

And when your diet and training actions result in High Energy Flux, and your lifestyle focuses on keeping High Energy Flux... the **High Energy Flux Athletic Environment** you create results in a strong, muscular, lean, athletic body. **That is what you want... right?**

You now have a BIG PICTURE view of what you should do to create your own "Ideal" Athletic Body... **it's time to get into specifics.**

**The Take Away... Balancing what you eat, how you train and how you live for High Energy Flux creates your Athletic Body Environment... resulting in the strong, muscular, lean, athletic body you want.**

## The Athletic Body Workout Outline

I'm sure you're ready to start the workouts... so let me give you an outline of what's to come.

First, the **Athletic Body Workout** is not a cookie-cutter program. While there are specific guidelines to follow (and specific workout programs as well), you do have a say in how you go about performing the program. In this way, **you can tailor the program to your specific goals, needs, abilities and limits.**

Six different sections make up the **Athletic Body Workout**... each section improves your athletic training and produces the greatest physique building effects for your efforts. **Together, these different sections make the Athletic Body Workout so effective... so you must do all of them!**

**The sections making up the Athletic Body Workout are...**

### 1. Preparation

A proper warm up prepares you for the workout, reduces the risk of injury and allows you to perform your best throughout your training. **This is not optional.**

There is a different Warm Up for each of the Training Programs... General Fitness, Fat Loss and Strength & Size.

Do not skip the Warm Up section of the program... **it is worthwhile all by itself.**

**The Preparation phase ends with a series of Agility Drills...**

Agility drills are sadly lacking from many people's physical training. However, just a few minutes of agility work **improves agility, coordination and foot speed.** Also, this completes the warm up and burns extra calories.

There is a different Agility Drill Sequence for each of the Resistance Training Programs... General Fitness, Fat Loss and Strength & Size.

## 2. Resistance Training

There are 3 different Resistance Training Programs... **General Fitness, Fat Loss and Strength & Size.** You should rotate between these programs as determined by your goals and performance.

I have split each of these programs into **Training Days, Active Recovery Days and No Training Days.** Do resistance training on Training Days... which represents most of the program. Use Active Recovery Days to promote recovery and burn extra calories. No-Training Days for complete rest. While you remain active on most days, don't forget to take advantage of **planned rest periods!**

Combining Training Days, Active Recovery Days and No Training Days creates an **Athletic Body Environment with High Energy Flux...** allowing you to improve, progress and recover on the way to creating your best athletic body.

I must warn you now...

**Don't obsess with the names of the programs.**

**Every** program is important in creating your best athletic body by reducing unwanted fat and gaining needed, functional muscle. The programs just *lean* in a certain direction.

- The General Fitness Program **leans** toward overall fitness development.
- The Fat Loss Program **leans** toward burning fat.
- The Strength & Size Program **leans** toward increasing strength and building useful muscle (hypertrophy).

However, this *leaning* is not exclusive. You can lose fat and gain muscle on the General Fitness Program, you can gain muscle on the Fat Loss Program and lose fat on the Strength & Size Program. **Keep this in mind when designing the sequence of your training!**

### 3. Energy System Training

Many people refer to this as "cardio". Unfortunately, the mental images that come to mind are too limited for the types of training you need to perform.

When most people think about "cardio"... **they limit their thinking to a steady state exercise.** Riding an exercise bike, jogging, rowing, etc. for 20 minutes at a steady pace. While this training has a place in the **Athletic Body Workout...** don't limit yourself to only steady state exercise.

On the other hand, **Energy System Training (EST)**, brings to mind exercising to improve the different energy systems your body uses to support activity (aerobic, anaerobic and anaerobic lactate energy systems). And to stimulate each of these energy systems... **you need a different intensity (regardless of the training method used).**

Energy System Training does more than just improve your heart and lung power, or burn calories... **it improves Aerobic, Anaerobic and Anaerobic Lactate energy systems PERFORMANCE.**

**Aerobic means in the presence of oxygen...** and any activity performed at a low to moderate intensity for more than 90 seconds, allowing oxygen to release energy through metabolism, is an aerobic exercise.

**Anaerobic means in the absence of oxygen...** and any activity performed at a medium to high intensity for less than 2 minutes, where the body supplies energy without oxygen, is an anaerobic exercise.

There are two anaerobic energy pathways...

**The Anaerobic System (ATP-CP)** is where the body uses re-synthesis of Adenosine Tri-Phosphate (ATP) from Creatine-Phosphate (CP) to create energy until the stores are drained... about 5-7 seconds.

**The Anaerobic Lactate System (Glycolytic)** happens after the (CP) stores run out. The body resorts to the breakdown of glucose for energy.

So if you haven't guessed by now... **using various intensity levels to improve performance in all the energy system is what translates into physical changes you can SEE!** The athletic body.

So, you won't just perform better... **but you'll look better as well!**

In the **Athletic Body Workout** you will use **Steady State Aerobic, High Intensity Aerobic Intervals (HIAI), General Physical Preparedness** and **High Intensity Interval Training (HIIT)** to train all energy systems. This approach not only prepares you for a wider variety of exercises at different intensities... **but it will also help you burn more fat (BOTH DURING AND AFTER THE WORKOUT), covering your best athletic body.**

#### **4. Recovery**

The Cool Down will begin in the Energy System Training phase... **characterized by lowering the activity level to bring the heart and respiratory rates down at a moderate pace.**

You will finish the cool down with some **simple stretches of the tight muscles.** This approach starts the healing process, improves range of motion and flexibility and further reduces the risk of injury.

By the end of the session, **you will be ready to end the training session and return to the daily life.**

#### **5. Active Recovery**

**Active Recovery** workouts are low intensity, low volume workouts which promote recovery. Performing lower intensity exercise helps you recover faster than even complete rest.

The trick is to work at an intensity that gets the blood flowing... but not at an intensity which needs added recovery. **You don't want to have to recover from your Active Recovery Workout!**

**Active Recovery**, when done properly, spells faster recovery and the ability to enter each new Training session ready to give your all.

Your body needs time recover from Training Days. You can recover by reducing the intensity of exercise or complete rest. **Often, doing some low intensity exercise can aid in recovery more than complete rest.** And faster recovery means you'll be able to train harder on Training Days and get better results.

By performing some lower intensity exercise, you get the blood flowing throughout your body. **This blood flow transports needed nutrients to the muscles, helping them rebuild faster and stronger** (especially if you are following a nutrition plan like [Precision Nutrition](#) and using [effective supplements](#)). Increased blood flow also flushes out lactic acid, a by-product of intensive training.

**High Quality Training + High Quality Recovery = High Quality RESULTS!**

**The Take Away... By performing every section of the Athletic Body Workout you create a High Energy Flux environment designed to create your best athletic body!**

## How to Perform The Athletic Body Workout

The Athletic Body Workout is split into three different programs... **General Fitness, Fat Loss and Strength & Size**. And after reading the previous section many of you might be wondering how you're going to get all this done.

Don't worry... I've made it simple for you!

**Just follow this step-by-step guide...**

**Pick a Program → Perform 4 Weeks → Choose Different Program**

Simple right!

The beauty is, you decide the order of the program depending on your particular situation.

As you can see, you decide how you progress and use the **Athletic Body Workout** based on your progression, goals, needs, limits and abilities. Theoretically, every person performing the **Athletic Body Workout** progresses differently... **the one best suited to bring about the greatest amount of physical changes in the shortest amount of time for YOU!**

I do have some suggestions...

### **Suggestion #1 Everyone Should Start With The General Fitness Program**

The General Fitness Program is lower in training volume and focuses on building an overall fitness foundation. **This program greatly improves your performance both in and outside the gym!**

This General Fitness Program is different from what most of you are performing... so get the feel for the over-all program by starting here first.

### **Suggestion #2 Pick The Next Program To Follow Based On Your Biggest Weakness**

Since you want to develop a strong, lean, athletic body... **what is your biggest problem area needing attention?**

For most of you, the biggest noticeable difference to your physique will come from fat loss... so the **Fat Loss Program** would be next.

However, if your biggest problem area is muscular strength and size... do the **Strength & Size Program** next.

I'm sure you want to see noticeable, positive changes as fast as possible... so pick the program that benefits you the most.

### **Suggestion #3 Rotate Between ALL The Different Programs**

As mentioned earlier, don't obsess with the names of the programs. Just because "Fat Loss" is in the name does not mean it won't improve general fitness, make you stronger or grow useful muscle.

Every program improves over-all fitness, burn fat and build strong muscles... **they just lean slightly in one direction or another.** Try to look at the Athletic Body Workout as one program... and don't just focus on one goal of the training.

The greatest RESULTS come by using ALL the programs.

### **Suggestion #4 Use The General Fitness Program Between The Other Programs**

The Fat Loss and Strength & Size programs are demanding on the body. Going from one program to the next might be too much for your body to handle, so it is wise to use the lower volume General Fitness Program for recuperation.

When doing this, you don't need to perform the full 4 weeks of the General Fitness program... 1, 2 or 3 weeks would be enough, **depending on how fast you recover from the higher volume workouts.**

The point is, don't keep alternating between the high volume programs at the expense of your progress. **Back off every once in a while, rejuvenate yourself and then move forward.**

Keeping the 4 suggestions in mind, here are examples of how your training could look...

### **A) Beginner**

- General Fitness Program (4 weeks)
- Strength & Size Program (4 weeks)
- General Fitness Program (4 weeks)
- Fat Loss Program (4 weeks)
- General Fitness Program (4 weeks)

### **B) Biggest Problem: Fat Loss**

- General Fitness Program (4 weeks)
- Fat Loss Program (4 weeks)
- Strength & Size Program (4 weeks)
- Fat Loss Program (4 weeks)
- General Fitness Program (4 weeks)

### **C) Biggest Problem: Strength & Size**

- General Fitness Program (4 weeks)
- Strength & Size Program (4 weeks)
- Fat Loss Program (4 weeks)
- Strength & Size Program (4 weeks)
- General Fitness Program (4 weeks)

### **\*\*\*IMPORTANT\*\*\***

These examples are just that... **examples.** YOUR goals and results decide the durations and order of the workouts. **You must decide the best direction to take your training, how long to perform that particular workout, when it is time to back off and when it is time to push forward.** By deciding for yourself, you learn your body's reactions to

certain exercises and training... and can make the best decisions for you. Just keep the 4 Suggestions in mind when deciding.

\*\*\*\*\*

**The Take Away... Your training is a combination of the General Fitness, Fat Loss and Strength & Size Programs... and how you put them together depends on your RESULTS.**

## **Extra Information**

It seems over the years coaches and trainers are more and more scientific in their approaches of educating others. They've taken a subject which you can explain in simple terms and made it a confusing endeavor leaving many people scratching their heads. (I believe they are trying to destroy the notion that physical education is just for "dumb jocks".)

I don't want to join the ranks of trainers putting out confusing, scientific information. However, I do want to touch on a couple of ideas important to understanding the **Athletic Body Workout**. I want you to understand some of the "whys".

**Don't worry, I'll keep it short and simple.**

Here are some ideas that went in to developing the **Athletic Body Workout**. As you go through the programs you'll be able to identify their influence. Some of the topics I've gone over earlier in the book and some are new to you.

Having a general understanding of the following topics helps you understand the specific workout programs.

**Here they are, in no particular order...**

## **Fitness**

Ask for a clear definition of fitness, even from a fitness professional, and you're liable to get some unhelpful response like, "Fitness is being fit." Not helpful.

Since improving overall fitness is what enables you to create the athletic body you want, I think a better understanding is in order.

For me, **fitness is the acceptable and deliberate compromise of competence and ability to perform in all the areas of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness. These abilities interact with one another to produce the best performance results under the greatest amount of circumstances.**

This definition of fitness highlights one important point...

The more competent you are in all the physical abilities, and the larger set of circumstances in which you can successfully apply those abilities... **the fitter you are.**

Because of improving these **performance abilities**, your body makes positive, **visible** changes, displaying your physical fitness abilities as a **strong, lean, athletic body.**

**All Athletic Body Workout Programs improve all the physical abilities needed for a high-level of overall fitness.**

## **General Physical Preparedness (GPP)**

There has been much talk about **General Physical Preparedness (GPP)** lately... and with good reason. **I for one think it is one of the most important ingredients of athletic training!** Unfortunately, this part of training is all but nonexistent in the bodybuilding approach to physique improvement most people use.

**GPP is physical training designed to improve the over-all physical condition of the practitioner...** compared with specific training methods which improve performance in a specific activity.

And as you can tell from my previous conversation about **Controlled Chaos**, the "optimization" of a wide variety of physical abilities is the key to developing the athletic body you seek... not the "maximization" of one physical ability at the expense of all the others.

**Then why don't more people focus on GPP style training?** Well, my theory is because it is hard to classify, document and analyze.

Just think about it. If you are strength training you can decide if the training was successful by comparing your strength for a particular exercise at the beginning and end of the program. If you are training for speed, you can measure your speed. Etc.

**But what would you measure for general, over-all fitness performance?** A bit more complicated... right?

So, many coaches and trainers only focus on the parts of training they can measure. **Not a good choice if you want to improve all the physical abilities needed to meet the challenges of sport, work and life with excellence!**

Normally, the athletes that perform the best just have "something extra"... **and I believe that "something extra" is a high-level of general fitness ability!**

To make matters worse, GPP training has taken on the role of only using "uncommon" training methods (tire flipping, sled dragging, sledgehammer swinging, car pushing, etc.) But the truth is, **any training method that helps develop physical abilities not stimulated in your REGULAR TRAINING is GPP training as well.**

**GPP training is a productive way to spend your exercise time, and the General Fitness Workout and the Strength & Size Workout feature GPP work.**

## **Hypertrophy**

In the simplest terms, **hypertrophy means muscle growth.** By proper use of training, diet and lifestyle you can cause the muscles to grow.

But there are a couple of ways to get the muscles to grow. **I'm going to keep this real simple and not use many scientific words, so the scientifically inclined will have to forgive me.**

Think of your muscles as muscle units... groups of muscle fibers bound to form a single muscle unit.

So if you want the muscle unit to grow, you can train to increase the size of the muscle fibers themselves. Call this **functional hypertrophy** because the increase in size of the individual muscle fibers also helps the muscle unit perform better. **Simply put, you get stronger.**

Another way to make the muscle to grow is to train to increase the fluid area between the muscle fibers. This fluid is what fuels the muscles. Call this **non-functional hypertrophy** because the increase in muscle unit size does not help the muscle unit perform better... at least not directly. **Simply put, the muscle gets bigger, but not stronger.**

Functional hypertrophy is the goal of athletes and performance minded individuals because the **increase in muscle size results in an increase in strength.** Or a muscle that performs better.

Bodybuilders don't care if the hypertrophy is functional or non-functional... all they want is bigger muscles.

I picked the repetitions, sets, rest periods and loading limits for the workout programs to increase functional hypertrophy. **You develop bigger and stronger muscles.**

However, having said this, I want you to know all training (regardless of reps, sets, rest, load) lead to **both functional and non-functional hypertrophy.** The features chosen for the **Athletic Body Workout** increase more functional muscle size (and the accompanying strength) than non-functional muscle size... but your should expect both.

## Strength

What makes someone strong? Well, it depends on how you look at strength.

Here are a couple different kinds of strength...

**1) Maximal Strength** is force you produce in one maximum effort... **regardless of time or bodyweight.**

You can display maximal strength through three muscle actions...

**-Concentric Strength** occurs when the muscle shortens as it overcomes resistance, like when lifting a weight.

**-Eccentric Strength** occurs when the muscle lengthens as it yields to or tries to overcome a resistance, like when controlling a weight on the way down.

**-Static Strength** occurs when the muscle contracts against an immovable resistance, or contracts to prevent unwanted movement.

**2) Explosive Strength** is strength per unit of time, and some trainers call this Speed Strength.

There are different types of explosive strength...

**-Starting Strength** is the ability to recruit as many muscle fibers as possible instantaneously at the start of the movement. It is the strength necessary to speed up a load that is at rest quickly.

**-Acceleration Strength** is how long you can keep the maximum number of muscle fibers recruited after Starting Strength. Once the first movement begins, the rate of force development is the acceleration. **It is what will get the load moving quickly.**

**3) Strength Endurance** is the ability to be as strong as possible, as long as possible.

Perform a movement repeatedly for a long time without being overcome by fatigue or sacrificing form is an example of strength endurance.

Now let's add a couple more types of strength...

**4) Relative Strength** is the force produced from one maximum effort... relative to bodyweight.

For example... if two people have the ability to lift the same object, but one person is small and lighter in size, they display more relative strength.

Relative strength comes into play when you are measuring your strength abilities against others, competing in a sport that has weight classes or competing in a sport where you have to overcome your own bodyweight to perform a task.

**5) Absolute Limit Strength** is the force produced from one maximum effort... with the use of drugs or supplements.

The **Athletic Body Workout** uses a wide variety of exercises, sets, reps, rest periods and loading limits to improve all different types of strength.

## Variation

If you do the same training over and over again, your body makes all the necessary changes for that stimulus and then stops. Therefore, you have to keep your workouts changing to promote more improvements.

However, there has to be some continuity to keep the body changing in the right direction.

So in the workout sections, **there are a wide variety of exercise, but only a few movement patterns.** Plus, changing the reps, sets, rest periods and loading limits often allows you to train the same muscles and movements while still promoting adaptation.

**This means, long-term bodily changes, and the resulting athletic body you want.**

## **Intensity**

Intensity is not "working out very hard". It is how close to your maximum you are training.

In **Resistance Training** this means how close to your 1 Repetition Maximum you are working. The heavier the weight, the more intensive the workout.

For example, if your 1 RM is 300 lbs., and you are working out with a load of 250 lbs., this is a more intensive workout than working with a load of 100 lbs.

In **Energy System Training** this means how close to maximum effort you are working.

Sprinting at 95% of your maximum speed is more intensive than jogging at 50% of your maximum speed.

High intensity has its place in the **Athletic Body Workout**, but so does medium intensity and low intensity exercise. Just follow the directions for each workout program closely and you will vary your intensity correctly for the best results.

## **Rate of Perceived Exertion (R.P.E.) Scale**

Effective **Energy System Training** has more to do with intensity than with duration... therefore; you must have an easy way to measure intensity.

The **R.P.E Scale, Rate of Perceived Exertion**, is a simple way to control how hard you are working. This is a subjective way to measure effort... so you must be as honest as possible.

**The RPE Scale runs from 0 to 10...** Zero being no effort at all, and ten being very, very hard, maximum, effort.

For example...

<b>0</b>	<b>No effort</b>
<b>1</b>	
<b>2</b>	<b>Light</b>
<b>3</b>	
<b>4</b>	<b>Moderate</b>
<b>5</b>	
<b>6</b>	<b>Heavy</b>
<b>7</b>	
<b>8</b>	<b>Very Heavy</b>
<b>9</b>	
<b>10</b>	<b>Maximum</b>

While training, you decide the intensity of the exercise by pinpointing where you are on the scale.

Use this when performing the **Energy System Training** in all the programs.

## **Volume**

Volume is how much overall work you are doing... independent of the time it takes to complete the work.

For example, doing 3 sets of 10 reps with 100 lbs. has an overall volume of 3000... (3x10x100).

## **Density**

Density is how much overall work you are doing in a given time period.

For example, in the Fat Loss Program you perform a workout on week 1, and then repeat the same program in week 2 in less time. This makes for a denser workout.

## **Excess Post Exercise Oxygen Consumption (EPOC)**

Forget about the fat-burning aerobic zone that is so popular... **high intensity intervals burn more fat than low intensity aerobic exercise, and in less time.**

Incorporating high intensity anaerobic training into your fitness program will not only produce a higher cardiorespiratory endurance... you will burn more calories and fat as well.

As a bonus, the more fit you are... the greater the likelihood your body will use fat for fuel in any given activity, at any given intensity.

**Excess Post Exercise Oxygen Consumption, or EPOC,** is the calories used after an exercise session above normal calorie outlay. There is an increase in metabolism related to the intensity and duration of the training session.

If you burn the same amount of calories in a low intensity aerobic session of long duration as you do in a high intensity anaerobic session of short duration... **your body will ultimately burn more calories after the high intensity session.**

The less time it takes to burn the same amount of calories, the more calories you use after the training session has ended.

**High intensity anaerobic exercise burns more calories in less time, and therefore will raise metabolism and keep burning calories for hours after the activity.**

If one of your goals is to burn calories and reduce fat... add high intensity anaerobic training into your program and don't rely solely on aerobic activity.

However, increase the intensity slowly and gradually to improve heart and lung function progressively and increase metabolism in a safe and productive manner... you need to build on a solid aerobic base.

## Conclusion

**Try to identify where I use these ideas when performing the different workouts!**

I've kept this section light and straightforward. I believe it will help you understand the workout programs a little better, why they are the way they are and why the best results happen by doing them as directed.

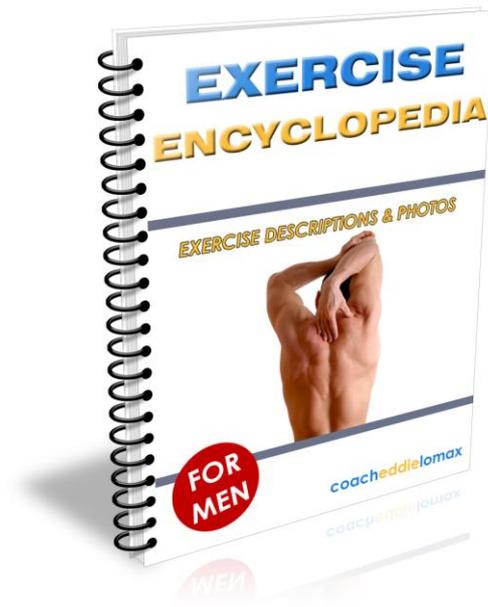
Don't worry, I'm not going to test you on any of this. **The truth is, all you need to do is follow the programs as directed and you will improve.** Remember, your body makes all the necessary adjustments to the programs whether you understand the reason or not.

**Hard, consistent work is infinitely more important than academic understanding of the material.**

Well, that's about it. **You're now ready to begin with the General Fitness Workout!**

In the next section I'm going to tell you about some resources that you might be interested in.

**Good luck with your training!**



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# Exercise Encyclopedia Exercise Descriptions and Photos

By

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## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free...** so always use **common sense** to guide your training.

I know **most** of you already use **common sense** when performing your physical training workout program... **yet I still find it necessary to make this disclaimer.**

The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are **NOT** liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material.

Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional.**

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

***Answered "no" to all the questions... Great!***

It is my **sincere wish** to provide information **improving** your physical training and allowing you to **reach your potential.**

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# **Warm Up Exercise Descriptions & Photos**

## Exercise Descriptions for General Fitness Warm Up

Exercise	Description
<p><b>BW</b> <b>High March</b></p> 	<p>Stand with your feet hip width apart and arms at your sides or on your hips.</p> <p>Raise your left knee so your knee comes to hip level, then lower it to the floor in its original position.</p> <p>Raise your right leg up to the same height as your did the left and return it to its original position. Continue in an alternating fashion.</p>
<p><b>BW</b> <b>Wood Chopper</b></p> 	<p>Stand with your feet hip width apart and arms at your sides or on your hips.</p> <p>Raise your left knee so your knee comes to hip level, then lower it to the floor in its original position.</p> <p>Raise your right leg up to the same height as your did the left and return it to its original position. Continue in an alternating fashion.</p>
<p><b>BW</b> <b>Mountain Climbers</b></p> 	<p>Begin in the up push up position with your fingers pointing slightly outward.</p> <p>Tuck one leg under your body and keep the other extended. With your weight on the balls of your feet, alternate legs as quickly as possible.</p> <p>Head position is important... Your head should be up when the knee is fully tucked and down during the transition period.</p>
<p><b>BW</b> <b>Push Ups</b></p> 	<p>Start by lying face down on the ground with your legs straight and your hands by your shoulders. Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.</p> <p>Raise yourself from the floor by straightening your elbows... <i>Keep your elbows close to your body.</i> Pause at the top and lower yourself down... stopping before your chest hits the ground. Perform this movement slow and controlled, 1-2 seconds up and 1-2 seconds down. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.</p>

**BW Knee Hugs**



Lie on your back with your legs straight and about 6 inches off the ground and your arms extended over your head.

Breathe out and contract your abdominals while you bring your knees toward your chest and arms up to hug your knees. Inhale as you return to the starting position.

Do not let your feet touch the ground between repetitions.

**BW Free Squats**



Stand with feet hip-width apart.

Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.

Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.

Press off the ground and return to upright position.

**Butt Kicks**

(no photo)

Run forward while bringing your heels up high to touch your butt. Foot speed should be high and you will move forward in small increments.

**Front Crossovers**

(no photo)

Move sideways by crossing one leg in front of the other leg. Continue, always crossing the same leg in front of the other leg.

Change crossing leg when you change directions.

## Exercise Descriptions for Fat Loss Warm Up

Exercise	Description
<p><b>BW</b> <b>Jumping Jacks</b></p> 	<p>Begin standing with your feet together and arms at your sides.</p> <p>Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.</p> <p>Then jump back to the starting position in the same manner.</p> <p>Continue in an alternating fashion.</p>
<p><b>BW</b> <b>Steam Engine</b></p> 	<p>Stand with your hands lightly grasping your head.</p> <p>Twist the left elbow to the right knee and then the right elbow to the left knee.</p> <p>Continue this back and forth movement in an alternating fashion.</p>
<p><b>BW</b> <b>Mountain Jumpers</b></p> 	<p>Begin in the up push up position with your fingers pointing slightly outward.</p> <p>Jump forward with both feet at the same time and plant your feet under your hips while keeping your hands on the ground.</p> <p>Then quickly jump both feet back to the starting position and repeat.</p> <p>Your head should follow your knees, head up when you tuck your knees and head down when you extend your legs.</p>

**DB**  
**One Arm Row**



**Starting Position:** Stand with a staggered stance and the dumbbell held at the side with the foot in the back position.

Bend knees slightly with shoulders back and natural arch in back and bend over until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now. Brace yourself with your free hand on the knee of the forward leg.

**Action:** Pull the dumbbell up toward your chest twisting your arm until your palm faces inward and the elbow extends pass your torso.

Pause briefly and return to the Starting Position.

**DB**  
**Military Press**



**Starting Position:** Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.

**Action:** Press dumbbells extending arms overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.

**DB**  
**Front Squat**



**Starting Position:** Stand with your feet about shoulder width apart and toes pointed slightly outwards. Position the dumbbells at your shoulders with palms facing each other. Rest the dumbbells on your shoulders with the elbows up in front of your body.

**Action:** Sit back with your butt and hips as you bend your knees and squat straight down. Your butt should go as low as possible between your legs. Keep your head up, eyes forward and back straight.

**You will have to keep your core tight!** Reverse direction and return to the Starting Position.

**Skipping**  
**(no photo)**

Skip forward alternating legs as you go. Swing your arms for coordination and balance.

Just like when you were kids.

**Back Crossovers**  
**(no photo)**

Move sideways by crossing one leg in back of the other leg. Continue, always crossing the same leg in back of the other leg. Change crossing leg when you change directions.

## Exercise Descriptions for Strength & Size Warm Up

Exercise	Description
<p><b>BW</b> <b>Split Jump</b></p> 	<p><b>Starting Position:</b> Begin standing with your feet together and arms at your sides.</p> <p><b>Action:</b> Jump and swing your right foot and right arm forward while simultaneously swinging your left foot and left arm backward.</p> <p>Then jump and swing your right foot and right arm backward while simultaneously swinging your left foot and left arm forward.</p> <p>Continue in an alternating fashion.</p>
<p><b>BW</b> <b>Squat Thrust</b></p> 	<p><b>Starting Position:</b> Stand with feet close together and arms at your sides.</p> <p><b>Action:</b> Bend knees and squat down, placing hands shoulder-width apart on the ground.</p> <p>Extend both legs backwards while supporting weight on extended arms.</p> <p>Jump legs under body into a low squat and stand up to starting position.</p> <p>Repeat.</p>
<p><b>BW</b> <b>Ice-Skater Hops</b></p> 	<p><b>Starting Position:</b> Stand on your right foot with your left foot off the ground and behind you.</p> <p><b>Action:</b> Twist your arms to the right as you sit back into a semi-squat position with your left leg bent behind you and to the right.</p> <p>Push off your right foot and hop to the left... landing on your left foot with your arms and right leg twisting to the left.</p> <p>Tap your right foot on the ground behind you and immediately reverse direction.</p>

**WP Swing**



**Starting Position:** Grasp the weight plate with both hands and squat down with a wide stance so the plate hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

**Action:** Swing the weight back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the plate outwards.

The weight plate moves from the explosion and snapping of the legs and hips, not arm strength. Your arms just guide the plate in an arching motion.

When the weight reaches about shoulder height, reverse direction and guide it back along the same path to the Starting Position, immediately letting the weight swing back through the legs in preparation for the next repetition.

Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

**WP One Leg Deadlift**



**Starting Position:** Stand a weight plate on its edge on the ground in front of you to the outside the lifting leg. Lift your other foot slightly off the ground and behind you.

Keep your chest and head up and your eyes straight as you hinge over at your hip and bend your knee to grab the weight plate with your fingertips and lift to shin level. (If the weight plate has a handle, you can grab it by the handle.)

**Action:** Tighten your core to stabilize you and push straight down with your leg and lift the plate until you are in a standing position.

You do NOT pull with your arms.

Reverse the movement and return to the Starting Position.

Finish all repetitions for one leg, and then repeat with the opposite leg.

**WP Romanian Deadlift – Press**



**Starting Position:** Stand with your feet about hip width apart with the weight plate held in front of you with both hands. Bend your knees slightly (don't keep them locked), keep your chest out and your head up.

**Action:** While preserving the natural curvature of the spine throughout the movement, bend at the HIPS (not your back), and stick your butt back slightly as you lower the weight close to your body.

You should feel a stretch in the hamstrings, and when you get to about knee level pause briefly and reverse the direction and return to the Starting Position.

At the top, make it a point to squeeze your core and butt.

Then immediately curl the plate up to your shoulders and press straight overhead.

**Side Laterals**  
(no photo)

Move sideways by first stepping in the direction you are going with your lead leg.

Then jump the back leg to join the lead leg. Immediately, skip the lead leg out again and repeat for the needed distance.

Change the lead leg when you change directions.

**Carioca**  
(no photo)

Move sideways by crossing the back leg in front of the lead leg, extending the lead leg again and this time crossing the back leg in back of the lead leg. Continue in the front and back fashion for the needed distance.

Change the lead leg when you change directions.

# **General Fitness Workout Exercise Descriptions & Photos**

## General Fitness Workout A

Exercise	Description
<p data-bbox="225 405 395 432"><b>DB Front Squat</b></p> 	<p data-bbox="810 405 1369 591"><b>Starting Position:</b> Stand with your feet about shoulder width apart and toes pointed slightly outwards. Position the dumbbells at your shoulders with palms facing each other. Rest the dumbbells on your shoulders with the elbows up in front of your body.</p> <p data-bbox="810 633 1369 786"><b>Action:</b> Sit back with your butt and hips as you bend your knees and squat straight down. Your butt should go as low as possible between your legs. Keep your head up, eyes forward and back straight.</p> <p data-bbox="810 826 1230 853"><b>You will have to keep your core tight!</b></p> <p data-bbox="810 893 1369 947">Reverse direction and return to the Starting Position.</p>
<p data-bbox="225 981 416 1008"><b>DB Military Press</b></p> 	<p data-bbox="810 981 1369 1133"><b>Starting Position:</b> Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.</p> <p data-bbox="810 1173 1369 1263"><b>Action:</b> Press dumbbells extending arms overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.</p>

**BB Hang Clean**



**Starting Position:** Stand with your feet about shoulder width apart, chest and head up, and shoulders back with barbell held at thigh level, palms facing your body.

**Action:** Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the barbell slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the barbell moves up along your rib cage close to the body.

When the barbell reaches about the height of your armpits, rotate the elbows around and under as you simultaneously dip in the knees to “catch” the barbell at the shoulders. The elbows should be straight out in front of you.

Once you have “caught” the barbell, return to the standing position.

Control the barbell back to the Starting Position.

**BW Alternating Lunge**



**Starting Position:** Stand with your feet hip-width apart and your head in line with your spine.

**Action:** Step forward with your left foot and bend your knee so left thigh is parallel to the ground. Your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor. Your right knee is close to the ground.

Push off the left foot and return to the starting position.

Keep your head up and your back straight.

Now step forward with the right foot in the same manner. Continue in an alternating fashion.

**BW Alternating Toe Touch**



**DB Alternating Curls**



**BB Skull Crushers**



**Starting Position:** Stand with your legs spread in a wide stance and your arms held straight out from the body.

**Action:** Twist at the waist and bend toward the ground while bringing your right hand to left foot. Reverse direction and return to the starting position.

Now repeat to the opposite side. Continue in an alternating fashion.

**Starting Position:** Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other.

Keep your chest out and head high.

**Action:** Curl one dumbbell upwards towards your shoulders as you twist your wrist inward so it ends up facing the shoulder at the top of the movement.

Reverse the direction and control the movement to the Starting Position.

Repeat the movement with the opposite arm.

**Starting Position:** Lie on a bench with the barbell held at arms length over your chest. Use a narrow grip on the bar.

**Action:** While keeping your upper arms straight, bend at the elbow and control the barbell downward toward your face. Stop when the barbell approaches your forehead, reverse direction and press the barbell back to the Starting Position.

## General Fitness Workout B (GPP #1)

Exercise	Description
<p data-bbox="240 405 472 432"><b>BW Burpee + Pull Up</b></p> 	<p data-bbox="810 405 1358 432"><b>Starting Position:</b> Stand underneath a pull up bar.</p> <p data-bbox="810 468 1369 528"><b>Action:</b> Bend knees and squat down, placing hands shoulder-width apart on the ground.</p> <p data-bbox="810 564 1369 624">Extend both legs backward while supporting weight on extended arms.</p> <p data-bbox="810 660 1310 687">Jump legs under body into low squat position.</p> <p data-bbox="810 723 1369 815">Push off the floor and jump into the air while you raise your hands overhead to grasp the pull up bar.</p> <p data-bbox="810 851 1369 911">Pull yourself up so your chin goes over the bar. Drop back down to the ground and repeat.</p>

**WP Rock Up Squat + Press**



**Starting Position:** Lie on your back with a weight plate held at your chest with both hands.

**Action:** Simultaneously, roll back with your legs and raise the plate back over your head. (How much you have to roll back depends on your flexibility and level of coordination).

Reverse directions and roll up onto your feet. You should now be in a low squat position with the weight plate held at chest level.

Stand straight up and press the plate overhead. This is one repetition.

Reverse directions and carefully roll back into the tucked position on your back in preparation for the next repetition.

**BB RDL+Clean+Front Squat+Press**



**Starting Position:** Stand with your feet about shoulder width apart, chest and head up, and shoulders back with barbell held at your thighs, palms facing your body.

**Action:** Perform the **Romanian Deadlift** by slightly bending your knees and sit back with your butt as you let the barbell slide down your legs. Keep your head up and maintain the natural curvature of your spine. Stop around shin level and return to the starting position.

**Clean** the bar by dipping at the knees slightly, reversing direction by explosively extending the legs, hips and ankles. As the bar reaches chest level, dip under the bar and catch the bar at your shoulders with elbows high in front of your body. Stand up straight.

**Front Squat** the barbell by sitting back with hips and butt and bending at the knees. Keep your head up, back flat and core tight. Reverse directions and return to standing after reaching the lowest position.

Immediately **Press** the barbell directly over head.

Return the barbell to the starting position to complete the complex. Repeat.

## General Fitness Workout B (GPP #2)

Exercise	Description
<p data-bbox="225 405 512 432"><b>BW Running Squat Thrust</b></p> 	<p data-bbox="810 405 1369 465"><b>Starting Position:</b> Jog in place counting steps every time your right foot hits the ground.</p> <p data-bbox="810 501 1369 562"><b>Action:</b> Every time you reach 5 steps, drop and do a <b>Squat Thrust...</b></p> <p data-bbox="810 598 1369 658">Bend knees and squat down, placing hands shoulder-width apart on the ground.</p> <p data-bbox="810 694 1369 754">Extend both legs backwards while supporting weight on extended arms.</p> <p data-bbox="810 790 1369 851">Jump legs under body into a low squat and stand up to starting position.</p>
<p data-bbox="225 1077 448 1104"><b>DB Two Hand Swing</b></p> 	<p data-bbox="810 1077 1369 1167"><b>Starting Position:</b> Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.</p> <p data-bbox="810 1202 1369 1263">Keep your chest out, head up and the natural curve of your lower back.</p> <p data-bbox="810 1299 1369 1426"><b>Action:</b> Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.</p> <p data-bbox="810 1462 1369 1590">The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength. Your arms just guide the dumbbell in an arching motion.</p> <p data-bbox="810 1626 1369 1785">When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.</p> <p data-bbox="810 1821 1369 1910">Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.</p>

**BB High Pull+Clean+Front Squat**



**Starting Position:** Stand with your feet about shoulder width apart, chest and head up, and shoulders back with barbell held at your thighs, palms facing your body.

**Action:** Perform the **High Pull** by sitting back with your butt and hips and bending at the knees slightly. Keep the weight on your heels and let the barbell slide down the thighs.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulders, flex the elbows out and pull the barbell to neck height. Keep the barbell as close to the body as possible.

Return to Starting Position.

**Clean** the bar by dipping at the knees slightly, reversing direction by explosively extending the legs, hips and ankles. As the bar reaches chest level, dip under the bar and catch the bar at your shoulders with elbows high in front of your body. Stand up straight.

**Front Squat** the barbell by sitting back with hips and butt and bending at the knees. Keep your head up, back flat and core tight. Reverse directions and return to standing after reaching the lowest position.

Return the barbell to the starting position to complete the complex. Repeat.

## General Fitness Workout B (GPP #3)

Exercise	Description
<p data-bbox="225 405 576 432"><b>BW Jump Rope (or Jog in Place)</b></p> 	<p data-bbox="810 405 1369 465">Jump Rope as fast as possible... trying to do the maximum amount of jumps.</p> <p data-bbox="810 501 1369 591">If you don't have a jump rope, or are unable to jump rope for some reason... you can jog in place instead.</p>
<p data-bbox="225 786 507 813"><b>DB One Arm Hang Snatch</b></p> 	<p data-bbox="810 786 1369 909"><b>Starting Position:</b> Stand with a wide stance, chest out, head up and shoulders back while squatting and holding a dumbbell hanging with one hand down the center of your body.</p> <p data-bbox="810 945 1369 1005">The non-working arm should be used for balance and the fist clenched for strength.</p> <p data-bbox="810 1041 1369 1102"><b>Action:</b> Explode upwards by extending your knees and hips and drive up on your toes.</p> <p data-bbox="810 1137 1369 1198">Then shrug your shoulder and flex the elbow out to keep the dumbbell traveling close to your body.</p> <p data-bbox="810 1234 1369 1357">As the dumbbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to "catch" the dumbbell with extended arm over your head and stand up.</p> <p data-bbox="810 1393 1369 1494">The height of the dumbbell should be accomplished by the explosive movement, not arm strength.</p> <p data-bbox="810 1529 1369 1556">Control the dumbbell back to the Starting Position.</p> <p data-bbox="810 1592 1369 1619">Half way through the time period, switch hands.</p>

**BB Row+Curl+Press**



**Starting Position:** Stand with your feet about shoulder width apart, chest and head up, and shoulders back with barbell held at your thighs, palms facing away from your body.

Sit back with your hips and bend at the waist while keeping your head up, your shoulders back and the natural curvature of the spine.

**Action:** Perform the Row by pulling your elbows back so the bar touches your sternum. Return the barbell to the down position and stand up straight.

**Curl** the bar toward your shoulders, stopping with the bar in the up position.

**Press** the bar straight overhead.

Return the barbell to the starting position to complete the complex. Repeat.

## General Fitness Workout C

Exercise	Description
<p><b>BB Deadlift</b></p> 	<p><b>Starting Position:</b> Stand with feet about shoulder width apart in front of the barbell. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight.</p> <p>Grasp the barbell with overhand grip about shoulder width (place your hands slightly outside your knees).</p> <p>Use the overhand grip as long as your grip can support the weight... then switch to a staggered grip where one palm faces you and the other faces away. Switch hand position every set. (This will allow you to support heavier weights.)</p> <p>You are NOT bending at the waist to grasp the barbell!</p> <p><b>Action:</b> Extend the knees and hips and stand straight up with arms locked. The barbell should travel up your body. Don't pull with the arms.</p> <p>Pause briefly and return to the Starting Position. <b>Return the barbell to the ground and pause for a second (this is why the exercise is called a DEAD-lift).</b></p>
<p><b>BB Bench Press</b></p> 	<p><b>Starting Position:</b> Lie on a bench and grasp the barbell with a grip slightly wider than shoulder width. Press for the support and hold directly over your chest.</p> <p><b>Action:</b> Lower the barbell straight down towards the chest, stopping just above your body. Reverse direction and press the barbell back to the starting position.</p> <p><b>**Important**</b>  <b>Only perform this exercise if you have a spotter. If you don't have someone to watch you and help you if necessary... use dumbbells instead!</b>          *****</p>

**DB One Arm Bent Over Row**



**Starting Position:** Stand with a staggered stance and the dumbbell held at the side with the foot in the back position.

Bend knees slightly with shoulders back and natural arch in back and bend over until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now. Brace yourself with your free hand on the knee of the forward leg.

**Action:** Pull the dumbbell up toward your chest twisting your arm until your palm faces inward and the elbow extends past your torso.

Pause briefly and return to the Starting Position.

**DB Step Up**



**Starting Position:** Stand with the dumbbells hanging at your sides in front of a bench, chair or other sturdy surface. Make sure the surface allows your knee to form a 90 degree angle when you place one foot on it.

**Action:** Step up with one leg and press hard into the surface, raising yourself up so both feet are together on the surface.

Reverse the motion and return to the Starting Position, and repeat with the opposite leg.

**BW Lying Hip Rollers**



**Starting Position:** Lie on your back with your legs bent at a 90° angle... outstretching your arms to the side for balance.

**Action:** Preserve the angle of the legs and slowly bring both knees down together on one side until the lower back begins to lift off the floor.

Return to the starting position and repeat to the opposite side.

**Variation:** Perform with the legs with straight legs for added difficulty by beginning with your legs held together and perpendicular to the floor.

**DB Hammer Curls**



**Starting Position:** Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other.

Keep your chest out and head high.

**Action:** Curl both dumbbells upwards towards your shoulders while keeping your wrists facing each other... like you are swinging a hammer.

Reverse the direction and control the movement to the Starting Position.

**DB Triceps Extensions**



**Starting Position:** Stand with your feet about shoulder width apart and the dumbbells held at arms length over your head with palms facing each other.

**Action:** Bend at the elbows and control the weight down behind your head.

Pause briefly and extend the dumbbells to the Starting Position.

**Variation:** Use a heavier dumbbell and use both arms to perform the exercise.

# **Fat Loss Workout Exercise Descriptions & Photos**

## Fat Loss Workout A1

Exercise	Description
<p data-bbox="225 405 459 432"><b>BB Deadlift-High Pull</b></p> 	<p data-bbox="810 405 1369 562"><b>Starting Position:</b> Stand with feet about shoulder width apart in front of the barbell. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight.</p> <p data-bbox="810 600 1369 658">Grasp the barbell with overhand grip... palms facing your body.</p> <p data-bbox="810 696 1369 819"><b>Action:</b> Perform the <b>Deadlift</b> by extending the knees and hips and stand straight up with arms locked. The barbell should travel up your body and don't pull with the arms.</p> <p data-bbox="810 857 1161 884">Remain in the standing position.</p> <p data-bbox="810 922 1369 1079">To perform the <b>High Pull</b>, sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the barbell slide down the thighs slightly. You will only dip a few inches.</p> <p data-bbox="810 1117 1369 1211">Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.</p> <p data-bbox="810 1249 1369 1373">At the height of the movement, shrug the shoulders, flex the elbows out and pull the barbell up to neck height. Keep the barbell as close to the body as possible.</p> <p data-bbox="810 1411 1198 1438">Return to Starting Position. Repeat</p>

**BB Front Squat**



**Starting Position:** Stand with your feet about shoulder width apart and toes pointed slightly outwards. Position the barbell at your shoulders with elbows up in front of the body.

**Action:** Sit back with your butt and hips as you bend your knees and squat straight down. Your butt should go as low as possible between your legs. Keep your head up, eyes forward and back straight.

**You will have to keep your core tight!**

Reverse direction and return to the Starting Position.

**DB One Arm Floor Press**



**Starting Position:** Lie on your back with your legs bent and feet planted firmly on the floor. Place your non-working arm on the ground beside your for balance. Pick up the dumbbell with your working arm and position close to your shoulder.

**Action:** Press the dumbbell straight up and over the chest. Pause briefly and return to the Starting Position.

**BB Alternating Lunge**



**Starting Position:** Stand with your feet hip-width apart and your head in line with your spine. Hold the barbell behind your neck, resting on your shoulders.

**Action:** Step forward with your left foot and bend your knee so left thigh is parallel to the ground. Your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor. Your right knee is close to the ground.

Push off the left foot and return to the starting position.

Keep your head up and your back straight.

Now step forward with the right foot in the same manner. Continue in an alternating fashion.

**DB Two Hand Swing To Overhead**



**Starting Position:** Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

**Action:** Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.

Moving the dumbbell comes from exploding and snapping the legs and hips, not from arm strength. Your arms just guide the dumbbell in an arching motion.

Continue to guide the dumbbell upwards extending it directly overhead. Guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.

Remember, your are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

**BW Combination Crunch**



**Starting Position:** Lie on your back with your arms folded across your chest and knees bent.

**Action:** Breathe out and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.

Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.

## Fat Loss Workout A2

Exercise	Description
<p data-bbox="225 405 432 432"><b>DB Turkish Get-Up</b></p> 	<p data-bbox="810 405 1369 495"><b>Starting Position:</b> Lie on your back with your legs straight. Pick up one dumbbell and hold at shoulder level.</p> <p data-bbox="810 533 1369 689"><b>Action:</b> Press the dumbbell towards the ceiling, post your foot near your butt on the same side as the working arm and roll yourself up onto your free arm. Keep your elbow locked, wrist straight and eyes on dumbbell.</p> <p data-bbox="810 728 1369 795">Post up onto your free hand and lock your elbow as you sit up.</p> <p data-bbox="810 833 1369 945">Now swing your other leg between your posted arm and posted foot and plant the knee on the ground as you raise up. You can use your arm to help you get to the kneeling position.</p> <p data-bbox="810 983 1369 1095">Push off with your planted foot and kneeling foot to a standing position, always looking at the dumbbell.</p> <p data-bbox="810 1133 1369 1200">Now, carefully, reverse the direction until you are in the Starting Position.</p> <p data-bbox="810 1238 1134 1261">Switch sides every repetition.</p> <p data-bbox="810 1299 1369 1366">Perform this exercise in a slow, controlled fluid movement... not jerky.</p>

**BB Snatch Grip Deadlift**



**Starting Position:** Stand with feet about shoulder width apart in front of the barbell. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight.

Grasp the barbell with a wide overhand grip... palms facing your body. Your hands should be wider than shoulder width.

**Action:** Extend the knees and hips and stand straight up with arms locked. The barbell should travel up your body and don't pull with the arms.

Hold briefly at the top, and then return to the starting position.

**DB See Saw Press**



**Starting Position:** Stand with feet about shoulder width apart and two dumbbells held at shoulder level, palm facing out.

**Action:** Press the left dumbbell overhead while slightly bending to the right.

Hold briefly and then simultaneously lower the left dumbbell as you raise the right dumbbell overhead and bend slightly to the left.

**BW Tuck Jumps**



**BW Rest Pause Chin Up**



**Starting Position:** Stand with feet shoulder-width apart and arms at your sides.

**Action:** Slightly bend your knees and bring your arms back.

Explode up as high as possible while bringing your knees to your chest at the top of the jump.

Use your arms for balance.

Try to land as softly as possible and repeat.

**Starting Position:** Grasp the pull-up bar with a shoulder width underhand grip. Your palms should face you.

**Action:** Pull yourself up until your chin comes over the bar and then lower yourself by fully extending your arms.

Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar.

Breathe out on the way up and keep your body as straight as possible... no swinging.

**Do one repetition and drop off the bar and pause for a second.** Then return to the starting position for another repetition.

Doing your chin ups in a Rest Pause fashion gives you a slight break between repetitions and helps you to perform each repetition with perfection.

## Fat Loss Workout A3

Exercise	Description
<p data-bbox="225 405 416 432"><b>BB Clean &amp; Press</b></p> 	<p data-bbox="810 405 1369 528"><b>Starting Position:</b> Stand with your feet about shoulder width apart, chest and head up, and shoulders back with barbell held at thighs and palms facing your body.</p> <p data-bbox="810 566 1369 723"><b>Action:</b> Perform the <b>Clean</b> by sitting back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the barbell slide down the thighs. Your back should remain straight, head up and shoulders back.</p> <p data-bbox="810 761 1369 853">Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.</p> <p data-bbox="810 891 1369 983">At the height of the jumping movement shrug your shoulders so the barbell moves up along your rib cage close to the body.</p> <p data-bbox="810 1021 1369 1178">When the barbell reaches about the height of your armpits, rotate the elbows around and under the barbell as you simultaneously dip in the knees to “catch” the barbell at the shoulders. The elbows should be straight out in front of you.</p> <p data-bbox="810 1216 1369 1279">Once you have “caught” the barbell, return to the standing position.</p> <p data-bbox="810 1317 1369 1339">Now <b>Press</b> the barbell straight overhead.</p> <p data-bbox="810 1377 1369 1400">Control the barbell back to the Starting Position.</p>

**BB Bulgarian Split Lift**



**Starting Point:** Straddle the barbell with one foot forward and the other foot behind. The barbell is between your leg.

Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor so you can grab the barbell with an overhand grip.

**Action:** Keep your body straight throughout the entire movement as you extend your legs and raise the barbell off the ground between your legs.

Pause briefly at the top of the motion and return to the Starting Position.

**DB Floor Press**



**Starting Position:** Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.

**Action:** Press the dumbbells straight up and over the chest until the dumbbells almost touch.

Pause briefly and return to the Starting Position.

**DB One Leg Deadlift**



**Starting Position:** Have two dumbbells on the ground in front of you with enough room for your foot to fit between them. Place one foot in between the dumbbells and lift your other foot slightly off the ground and behind you.

Keep your chest and head up and your eyes straight as you hinge over at your hip and bend your knee to grab the dumbbells and lift to shin level.

**Action:** Tighten your core to stabilize you and push straight down with your leg and squeeze the dumbbells up until you are in a standing position.

You do NOT pull with your arms.

Reverse the movement and return to the Starting Position.

Complete all repetitions and then repeat on the opposite side.

**BB Snatch**



**Starting Position:** Stand with a wide stance, chest out, head up and shoulders back while holding the barbell with a wide overhand grip at thigh level.

**Action:** Explode upwards by extending your knees and hips and drive up on your toes.

Then shrug your shoulders and flex the elbow out to keep the barbell traveling close to your body.

As the barbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to “catch” the barbell with extended arms over your head. Then stand up.

The height of the barbell should be accomplished by the explosive movement, not arm strength.

Control the barbell back to the Starting Position.

**DB Reverse Wood Chopper**



**Starting Position:** Stand with your feet about shoulder width apart and hold a dumbbell in both hands.

Sit back with your butt and hips and bend at the knees as you reach across your body so the dumbbell is out side the calf of one leg.

**Action:** Explosively extend your hips and knees as you swing the weight up and over your opposite shoulder.

Reverse the direction and return to the Starting Position.

Do equal repetitions for each side.

## Fat Loss Workout B1

Exercise	Description
<p data-bbox="225 389 405 416"><b>DB Clean &amp; Jerk</b></p> 	<p data-bbox="810 405 1369 528"><b>Starting Position:</b> Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.</p> <p data-bbox="810 566 1369 819"><b>Action:</b> Perform the <b>Clean</b> by sitting back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back. Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.</p> <p data-bbox="810 857 1369 949">At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.</p> <p data-bbox="810 987 1369 1211">When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to “catch” the dumbbells at the shoulders. The elbows should be straight out in front of you. Once you have “caught” the dumbbells, return to the standing position.</p> <p data-bbox="810 1249 1369 1341">Perform the <b>Jerk</b> by sitting back with your butt and hips and bending at the knees slightly without letting your knees extend past your toes.</p> <p data-bbox="810 1379 1369 1536">Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position.</p> <p data-bbox="810 1574 1369 1798">Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place. Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.</p> <p data-bbox="810 1836 1369 1960">When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg. Return the dumbbells to the Starting Position.</p> <p data-bbox="810 1998 1369 2020">Alternate the forward leg with each repetition.</p>

**BB Back Squat**



**Starting Position:** Stand with your feet about shoulder width apart and the barbell resting on your shoulders behind your neck. Use both hands to hold the barbell in place.

**Action:** Sit back with your butt and hips as you bend your knees and squat so your thighs are parallel to the ground. Keep your head up, eyes forward and back straight.

“Squat” into position, don’t “sit” into position. You are squatting down between your legs.

Reverse direction and return to the Starting Position.

**BW Dips**



**Starting Position:** You need two stable surfaces a little wider than shoulder width to perform this exercise... here I use sturdy chairs.

**Action:** Grasp the chairs and push yourself to the extended position.

Lower yourself between two chairs and push yourself up until your arms are fully extended.

**BW Jumping Lunges**



**Starting Position:** Stand with feet shoulder-width apart and arms at your sides.

Keep body upright and head in line with your spine.

Step forward with your right foot into a lunge position... Your right thigh should be parallel to the ground and your knee should not extend over your foot. Your left leg will be extended behind you with your knee slightly bent and your heel raised.

**Action:** Explode off your right foot as you jump and bring your left foot into the forward position. Make sure you land in the correct lunge position.

Continue in an alternating fashion.

**DB One Arm Row**



**Starting Position:** Stagger your stance and bend your forward knee, placing your non-working hand on your bent knee for support. Reach down and grasp the dumbbell and pull it up slightly off the ground.

**Action:** While keeping the back flat and the head up, pull the dumbbell to the side until upper arm is just beyond horizontal or height of the back. Pause briefly and return to the Starting Position.

**DB One Arm Sit Up**



**Starting Position:** Lie on the ground with one dumbbell held over your chest.

Use your non-working hand for balance.

**Action:** Exhale and tighten your core to come to a sitting position as you simultaneously punch the dumbbell straight upwards.

Think of the dumbbell remaining in the same position as you sit up under the dumbbell.

You will end up in a sitting position with the dumbbell straight overhead.

## Fat Loss Workout B2

Exercise	Description
<p data-bbox="225 405 432 432"><b>DB Turkish Get-Up</b></p> 	<p data-bbox="810 405 1369 495"><b>Starting Position:</b> Lie on your back with your legs straight. Pick up one dumbbell and hold at shoulder level.</p> <p data-bbox="810 533 1369 689"><b>Action:</b> Press the dumbbell towards the ceiling, post your foot near your butt on the same side as the working arm and roll yourself up onto your free arm. Keep your elbow locked, wrist straight and eyes on dumbbell.</p> <p data-bbox="810 728 1369 790">Post up onto your free hand and lock your elbow as you sit up.</p> <p data-bbox="810 824 1369 952">Now swing your other leg in between your posted arm and posted foot and plant the knee on the ground as you raise up. You can use your arm to help you get to the kneeling position.</p> <p data-bbox="810 987 1369 1077">Push off with your planted foot and kneeling foot to a standing position, always looking at the dumbbell.</p> <p data-bbox="810 1115 1369 1178">Now, very carefully, reverse the direction until you are in the Starting Position.</p> <p data-bbox="810 1216 1129 1243">Switch sides every repetition.</p> <p data-bbox="810 1279 1369 1341">This exercise should be performed in a slow, controlled fluid movement... not jerky.</p>
<p data-bbox="225 1368 475 1395"><b>DB Romanian Deadlift</b></p> 	<p data-bbox="810 1368 1369 1525"><b>Starting Position:</b> Stand with your feet about hip width apart and the dumbbells held in front of you at thigh level, palms facing your body. Bend your knees slightly, (they should not be locked), keep your chest out and your head up.</p> <p data-bbox="810 1563 1369 1720"><b>Action:</b> While maintaining the natural curvature of the spine throughout the entire movement, bend at the HIPS, (not your back), and stick your butt back slightly as you lower the dumbbells close to your body.</p> <p data-bbox="810 1756 1369 1883">You should feel a stretch in the hamstrings, and when you get to about knee level pause briefly and reverse the direction and return to the Starting Position.</p> <p data-bbox="810 1919 1369 1982">At the top, make it a point to squeeze your core and butt.</p>

**BB Incline Bench Press**



**Starting Position:** Set up an incline bench with an incline of about 45 degrees. Grasp the barbell with a grip a little wider than shoulder width and hold above your body.

**Action:** Lower the barbell until it touches your chest, reverse direction and return to the starting position.

**DB Diagonal Squat**



**Starting Position:** Stand with your feet wider than shoulder width apart and hold one dumbbell by the handle with both hands close to your chest. Lean to one side and slightly bend the leg on the side you are bending.

**Action:** Lower down into a squat as you simultaneously move to the opposite side and come up on a diagonal on the opposite side. Envision you are ducking under a wire and popping up on the opposite side.

Keep your chest high, head up and back straight. You are not bending at the waist.

Reverse direction and return to the Starting Position... this is 1 repetition.

**BB Bent Over Row**



**Starting Position:** Stand with your feet about shoulder width apart and the barbell held at your thighs with a shoulder width overhand grip.

Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the barbell is hanging directly beneath your shoulders. Palms should be facing behind you now.

**Action:** Pull the barbell up toward your chest until your elbows extend past your torso.

Pause briefly and return to the Starting Position.

## Fat Loss Workout B3

Exercise	Description
<p data-bbox="225 405 654 432"><b>DB Romanian Deadlift/Bent Over Row</b></p> 	<p data-bbox="810 405 1369 562"><b>Starting Position:</b> Stand with your feet about hip width apart and the dumbbells held in front of you at thigh level, palms facing your body. Bend your knees slightly, (they should not be locked), keep your chest out and your head up.</p> <p data-bbox="810 600 1369 790"><b>Action:</b> While maintain the natural curvature of the spine throughout the entire movement, perform the <b>Romanian Deadlift</b> by bending at the HIPS, (not your back), and stick your butt back slightly as you lower the dumbbells close to your body.</p> <p data-bbox="810 824 1369 952">You should feel a stretch in the hamstrings, and when you get to about knee level pause briefly and reverse the direction and return to the Starting Position.</p> <p data-bbox="810 987 1369 1048">At the top, make it a point to squeeze your core and butt.</p> <p data-bbox="810 1084 1369 1276">Now perform the <b>Bent Over Row</b> by sitting back with your butt and hips and bending over with shoulders back and natural arch in back until your torso is almost parallel to the floor. The dumbbells should be hanging directly beneath your shoulders, palms facing behind you now.</p> <p data-bbox="810 1312 1369 1373">Pull the dumbbells up toward your chest until your elbows extend pass your torso.</p> <p data-bbox="810 1408 1369 1438">Pause briefly and return to the Starting Position.</p>
<p data-bbox="225 1462 593 1489"><b>DB One Leg Bulgarian Split Squat</b></p> 	<p data-bbox="810 1462 1369 1588"><b>Starting Position:</b> Face away from a normal height bench and place your rear leg up on the bench. The shin of your lead leg should be relatively vertical.</p> <p data-bbox="810 1624 1369 1653">Hold the dumbbells down at your side.</p> <p data-bbox="810 1688 1369 1783"><b>Action:</b> Lower the body down by bending the knee of the lead leg until the knee of the back leg is almost touches the ground.</p> <p data-bbox="810 1818 1369 1879">Pause briefly and reverse direction to the Starting Position.</p> <p data-bbox="810 1915 1369 1975">Complete all repetitions and then repeat with the opposite leg.</p>

**BB Push Press**



**BB Good Mornings**



**Starting Position:** Stand with your feet about shoulder width apart and the barbell held at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.

**Action:** Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches.

Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the barbell overhead.

The movement comes from the explosive movement of the lower body, not the arms.

Control the barbell back to the Starting Position and IMMEDIATELY re-bend the knees and hips in preparation for the next repetition.

**Starting Position:** Stand with your feet about shoulder width apart and the barbell held behind your neck held with both hands.

**Action:** Keep your legs straight and bend at the hips and push your butt back. Keep your back straight, your head up and your eyes forward.

Stop before your body reaches parallel and return to the Starting Position.

**DB Renegade Rows**



**Starting Position:** Get into pushup position with your arms straight and your hands resting on the dumbbells. Spread your feet apart for balance.

**Action:** Tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back. Pause, then slowly return the weight to the Starting Position and repeat with the other arm.

**DB Russian Twist**



**Starting Position:** Lie on your back with your knees bent and feet flat on the ground. Hold a dumbbell at chest level with both hands at chest level.

Perform a crunch by exhaling and contracting the abdominals and lift your feet off the ground.

You will be balancing on your butt with feet and shoulders off the ground and dumbbell in front of you.

**Action:** While keeping your feet off the ground, twist from one side to the other.

Twist to each side to complete one repetition.

# **Strength & Size Workout Exercise Descriptions & Photos**

## Strength & Size Workout A

Exercise	Description
<p><b>DB Front Squat</b></p> 	<p><b>Starting Position:</b> Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.</p> <p><b>Action:</b> Sit back with your butt and hips as you bend your knees and squat so your thighs are parallel to the ground. Keep your head up, eyes forward and back straight.</p> <p>Reverse direction and return to the Starting Position.</p>
<p><b>BB Bench Press</b></p> 	<p><b>Starting Position:</b> Lie on a bench and grasp the barbell with a grip slightly wider than shoulder width. Press for the support and hold directly over your chest.</p> <p><b>Action:</b> Lower the barbell straight down towards the chest, stopping just above your body. Reverse direction and press the barbell back to the starting position.</p> <p><b>**Important**</b>  <b>Only perform this exercise if you have a spotter. If you don't have someone to watch you and help you if necessary... use dumbbells instead!</b>  <b>*****</b></p>
<p><b>BW Rest Pause Chin Up</b></p> 	<p><b>Starting Position:</b> Grasp the pull-up bar with a shoulder width underhand grip. Your palms should face you.</p> <p><b>Action:</b> Pull yourself up until your chin comes over the bar and then lower yourself by fully extending your arms.</p> <p>Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Breathe out on the way up and keep your body as straight as possible... no swinging.</p> <p><b>Do one repetition and drop off the bar and pause for a second.</b> Then return to the starting position for another repetition. Doing your chin ups in a Rest Pause fashion gives you a slight break between repetitions and helps you to perform each repetition with perfection.</p>

## Strength & Size Workout B

Exercise	Description
<p data-bbox="225 405 352 432"><b>BB Deadlift</b></p> 	<p data-bbox="810 405 1369 562"><b>Starting Position:</b> Stand with feet about shoulder width apart in front of the barbell. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight.</p> <p data-bbox="810 600 1369 689">Grasp the barbell with overhand grip about shoulder width (place your hands slightly outside your knees).</p> <p data-bbox="810 728 1369 884">Use the overhand grip as long as your grip can support the weight... then switch to a staggered grip where one palm faces you and the other faces away. Switch hand position every set. (This will allow you to support heavier weights.)</p> <p data-bbox="810 922 1369 981">You are NOT bending at the waist to grasp the barbell!</p> <p data-bbox="810 1019 1369 1108"><b>Action:</b> Extend the knees and hips and stand straight up with arms locked. The barbell should travel up your body. Don't pull with the arms.</p> <p data-bbox="810 1146 1369 1272">Pause briefly and return to the Starting Position. <b>Return the barbell to the ground and pause for a second (this is why the exercise is called a DEAD-lift).</b></p>
<p data-bbox="225 1469 416 1496"><b>BW Pike Push Up</b></p> 	<p data-bbox="810 1458 1369 1516">Assume the up push up position with your feet together.</p> <p data-bbox="810 1554 1369 1612">Walk your hands closer to your feet so that your body resembles an inverted "V".</p> <p data-bbox="810 1650 1369 1740">Holding your body and head steady, lower your body towards the floor and push back to the starting position.</p>

**DB Bent Over Rows**



**Starting Position:** Stand with your feet about shoulder width apart and the dumbbells at your sides.

Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.

**Action:** Pull the dumbbells up toward your chest until your elbows extend past your torso.

Pause briefly and return to the Starting Position.

## Strength & Size Workout C

Exercise	Description
<p><b>BB Back Squat</b></p> 	<p><b>Starting Position:</b> Stand with your feet about shoulder width apart and the barbell resting on your shoulders behind your neck. Use both hands to hold the barbell in place.</p> <p><b>Action:</b> Sit back with your butt and hips as you bend your knees and squat so your thighs are parallel to the ground. Keep your head up, eyes forward and back straight.</p> <p>“Squat” into position, don’t “sit” into position. You are squatting down between your legs.</p> <p>Reverse direction and return to the Starting Position.</p>
<p><b>DB Military Press</b></p> 	<p><b>Starting Position:</b> Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.</p> <p><b>Action:</b> Press dumbbells extending arms overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.</p>
<p><b>BW Rest-Pause Pull Up</b></p> 	<p><b>Starting Position:</b> Push off the floor and jump into the air while you raise your hands overhead to grasp the pull up bar.</p> <p><b>Action:</b> Pull yourself up so your chin goes over the bar. Drop back down to the ground and repeat.</p> <p><b>Do one repetition and drop off the bar and pause for a second.</b> Then return to the starting position for another repetition.</p> <p>Doing your pull ups in a Rest Pause fashion gives you a slight break between repetitions and helps you to perform each repetition with perfection.</p>

## **Core Circuits Exercise Descriptions & Photos**

## Exercise Descriptions for Core Circuit A

Exercise	Description
<p><b>BW Knee Hugs</b></p> 	<p>Lie on your back with your legs straight and about 6 inches off the ground and your arms extended over your head.</p> <p>Breathe out and contract your abdominals while you bring your knees toward your chest and arms up to hug your knees. Inhale as you return to the starting position.</p> <p>Do not let your feet touch the ground between repetitions.</p>
<p><b>DB Good Morning</b></p> 	<p>Stand with your feet about shoulder width apart and one dumbbell behind your neck held with both hands.</p> <p>Keep your legs straight and bend at the hips and push your butt back. Keep your back straight, your head up and your eyes forward.</p> <p>Stop before your body reaches parallel and return to the Starting Position.</p> <p>Keep your core tight throughout the entire exercise, inhaling on the way down and exhaling through pursed lips on the way up.</p> <p>Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.</p>
<p><b>Ankle Wiggles</b></p> 	<p>Lie on your back with your knees bent and feet flat on the floor.</p> <p>Assume a semi-crunch position and alternate touching your hands to the outside of your ankles.</p> <p>Keep your abdominals contracted throughout the entire exercise.</p> <p>Works the abdominals and oblique muscles.</p>

## Exercise Descriptions for Core Circuit B

Exercise	Description
<p><b>DB Crunch</b></p> 	<p>Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells using the <i>Roll Up Technique</i> shown in page 54. Below and extend the dumbbells at arms length perpendicular to the floor.</p> <p>Keep your chin tucked and contract your abdominal muscles to raise your shoulders and upper back off the floor a few inches while extending the dumbbells toward the ceiling.</p> <p>Pause briefly and return to the Starting Position.</p> <p>Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling on the way down.</p> <p>Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.</p>
<p><b>BW Plank</b></p> 	<p>Begin by laying face down on the ground.</p> <p>Prop your elbows under your shoulders and rise up on your toes.</p> <p>Only your forearms and toes should be touching the ground.</p> <p>Keep your back straight and ridged while contracting your abdominals and breathing shallowly.</p> <p>Can also be done with arms straight as in the up position of a push up.</p>
<p><b>BW Superman</b></p> 	<p>Begin by lying face down on the ground with legs and straight and arms straight over your head.</p> <p>Lift your arms and legs off the ground at the same time, like Superman.</p> <p>Hold the up position for 2 seconds before returning to the ground... repeat.</p>

## Exercise Descriptions for Core Circuit C

Exercise	Description
<p data-bbox="225 405 501 432"><b>BW Combination Crunch</b></p> 	<p data-bbox="810 405 1366 465">Lie on your back with your arms folded across your chest and knees bent.</p> <p data-bbox="810 501 1326 595">Breathe out and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.</p> <p data-bbox="810 631 1355 725">Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.</p>
<p data-bbox="225 784 501 810"><b>DB Alternating Ab Swings</b></p> 	<p data-bbox="810 770 1366 831">Stand with feet hip width apart and dumbbells at your sides.</p> <p data-bbox="810 866 1366 1059">Swing one dumbbell to the front as your simultaneously swing the other dumbbell to the back. When you reach the highest point, quickly reverse directions and continue in an alternating manner. The power for this movement comes from the core, not the arms.</p> <p data-bbox="810 1095 1366 1220">Keep your core tight throughout the entire exercise, exhaling through pursed lips with short breaths every time the dumbbell comes up and inhaling through the nose on the transition down.</p> <p data-bbox="810 1256 1366 1449">Complete 5-20 repetitions to EACH side and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.</p>

BW Dynamic V



Lay on your back with your arms along your sides and your legs bent so your knees form a 90 degree angle... your feet are in the air.

Simultaneously extend your feet straight up as you contract your abdominal muscles and reach up to touch your feet with your hands.

Hold for 1 second, return to the starting position and repeat.

The pace should be slow and controlled.

# **Active Recovery Workout Exercise Descriptions & Photos**

## Active Recovery Workout 1

Exercise	Description
<p><b>Head Tilt</b></p> 	<p>Tilt your head to one side by keeping your shoulders level and trying to put your ear to your shoulder. You'll feel the stretch in the opposite side of your neck.</p> <p>Repeat to the opposite side.</p>
<p><b>Arm Circles (Front)</b></p> 	<p>With your arms at your sides, swing both arm back and make a wide circle bringing your arms to the front.</p> <p>Make the circles wide and bring your arms close to your ears with each rotation.</p>
<p><b>Alternating Arm Circles</b></p> 	<p>With arms at your sides, pass the right arm in front of the body in a large clockwise circle and back to the starting position.</p> <p>Then pass the left arm in front of the body in a large counterclockwise circle and back to the starting position.</p> <p>Then do the entire series again, reversing directions of the arm movements.</p>
<p><b>Shoulder Stretch (Up)</b></p> 	<p>Interlace your fingers in front of you and bring both arms up overhead while twisting your palms upward.</p> <p>Press your palms upward. Relax and repeat.</p>

**Big Chest-Small Chest**



Stand with your arms at your sides, arms slightly bent at the elbow.

Pull your shoulders back as you inhale deeply and press your chest forward.

Then exhale deeply as press your shoulders forward.

**Hip Rotations**



Stand with your hands on your hips. Rotate your hips in a full, big circle.

Keep your upper body as straight as possible.

Go first one direction and then the other.

**Trunk Twists**



With arms raised to shoulder height and out to the side, turn first to the left and then to the right.

With each rotation keep the knees slightly bent and lift the opposite heel off the floor as you turn.

**Leg Swings (Front)**



Begin from a standing position with arms out for balance.

Slowly swing one leg to the front and then to the back... increasing range of motion slightly with each swing.

Repeat with the opposite leg.

**Knee Circles**



Stand with your feet together and your hands on your knees.

Gently roll your knees in a circle clockwise... and then counterclockwise.

The knees should bend as deeply as possible without the heels lifting off the floor.

**DB Swing**



**Starting Position:** Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.

**Action:** Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.

The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength. Your arms just guide the dumbbell in an arching motion.

When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.

Remember, your are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

**DB Sumo Deadlift**



**Starting Position:** Stand over two dumbbells facing each other with a wide stance. Sit back with butt and hips, bend at the knees and grasp the dumbbells with palms facing each other. Keep your head up, eyes forward and back straight. Lift the dumbbells off the ground slightly.

**Action:** Stand straight up and as you near the top, slightly flex your elbows, bringing the dumbbells to the front a little to keep them from hitting your body.

Pause briefly and return to the Starting Position.

**DB Alternating Lunge**



**Starting Position:** Stand with feet about shoulder width apart and the dumbbells held at your sides with palms facing the body.

**Action:** Keep your head and chest up, eyes forward and shoulders back.

Step forward with your left foot and bend at the knee of the forward leg until your thigh is parallel with the ground... your knee should not extend over your toes and your shin should be perpendicular to the ground. The back leg should only slightly bend at the knee and come close to the ground. Push off the forward foot and return to the Starting Position. Repeat with the opposite leg and continue in an alternating fashion.

**WP Head Orbits**



**WP Figure 8**



**Starting Position:** Hold a weight plate with both hands in front of your face.

**Action:** Tilt the plate and rotate your arms so the plate orbits your head. The “face” of the plate should always be pointing to your head... in the front, on the side, in the back, on the opposite side and finally returning to the starting position.

Repeat in the opposite direction.

**Starting Position:** Stand with your feet wider than shoulder width and the weight plate held with your fingertips of one hand.

**Action:** Pass the plate through your legs and grasp it with the other hand behind you. Complete the rotation, passing the plate between your legs again and catching with the opposite hand. Continue in this figure 8 fashion.

Repeat in the opposite direction.

**WP Saxon Side Bend**



**Starting Position:** Stand with the weight plate held overhead with both hands.

**Action:** While keeping the weight plate directly overhead, bend to one side as far as possible. Then reverse the direction and bend to the opposite side.

This is not a fast and jerky motion, but slow and controlled. Breath shallow and keep your core tight.

**BB Thruster**



**Starting Position:** Stand with your feet about shoulder width apart and the barbell held at your shoulders. Your toes should be pointing slightly outwards.

**Action:** Sit back with your butt and bend your knees to drop down into a Front Squat. Keep your core tight and the weight on your heels. When you reach the lowest position, reverse the direction and return to standing.

When you reach the top position, IMMEDIATELY press the barbell overhead.

Return the barbell to the starting position and IMMEDIATELY drop back down into the squat position.

This exercise should be done in a fluid motion, seamlessly flowing from the Front Squat to the Military Press.

## Active Recovery Workout 2

Exercise	Description
<p><b>Head Turn</b></p> 	<p>Without moving your torso or shoulders, turn your head to one side. Your chin should go to your shoulder.</p> <p>Repeat on the opposite side.</p>
<p><b>Arm Circles (Back)</b></p> 	<p>With your arms at your sides, swing both arm forward and make a wide circle bringing your arms to the back.</p> <p>Make the circles wide and bring your arms close to your ears with each rotation.</p>
<p><b>Press-Press-Fling</b></p> 	<p>Begin from a standing position with arms bent, fists midline at chest level and elbows out to the side.</p> <ol style="list-style-type: none"> <li>Pull elbows back to midline of the back, stretching the chest muscles and release.</li> <li>Repeat movement.</li> <li>Then extend the arms out and backward, stretching the chest muscles.</li> <li>Repeat.</li> </ol> <p>The movement should be performed... stretch, stretch, extend... stretch, stretch, extend... etc.</p>
<p><b>Shoulder Stretch (Front)</b></p> 	<p>Interlace your fingers in front of you and bring both arms forward while twisting your palms straight in front of you.</p> <p>Press your palms forward. Relax and repeat.</p>

**Left/Right Chest**



Stand with your arms at your sides. While keeping your hips level, move your chest to the left. Your hips and shoulders should remain parallel to each other.

Repeat to the opposite side.

**Back Bend/Front Bend**



Stand with your hands on your hips. Bend back at the waist while supporting your back with your hands.

Reverse the direction and bend forward while keeping the natural curve in the spine and the head up.

When you get to where your chest is parallel to the ground, reverse directions.

Keep your core tight at all times and breath shallowly. This exercises should be done at a slow pace and at your own range of motion.

**Hip Check**



Stand with your hands on your hips. Keep your torso straight and push your hip out to the side.

Reverse direction and repeat to the opposite side.

This is a smooth controlled movement.

**Leg Swings (Side)**



Begin from a standing position with arms out for balance. Swing the leg to the side and across the front of the body... increasing range of motion slightly with each swing.

The swinging should be a slow and controlled movement.

Repeat with the opposite leg.

**Ankle Circles**



Stand on one foot and raise the other foot about 6 inches off the floor.

Rotate the foot to the left and to the right in a circular motion.

Repeat with the other foot.

**DB Bend & Reach**



**Starting Position:** Stand with a dumbbell in each hand held in front of the body at the shoulders.

**Action:** Bend at the waist and guide the dumbbells straight down toward the floor. When your chest is parallel to the ground, reverse directions and return to the starting position. Immediately, continue to press the dumbbell straight overhead. This is one repetition.

Return dumbbells to the starting position and repeat.

This exercise should be done in a slow and controlled, fluid movement.

**DB Bent Over Rows**



**Starting Position:** Stand with your feet about shoulder width apart and the dumbbells at your sides.

Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.

**Action:** Pull the dumbbells up toward your chest until your elbows extend past your torso.

Pause briefly and return to the Starting Position.

**DB Front Squat**



**Starting Position:** Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.

**Action:** Sit back with your butt and hips as you bend your knees and squat so your thighs are parallel to the ground. Keep your head up, eyes forward and back straight.

Reverse direction and return to the Starting Position.

**WP Swing**



**Starting Position:** Grasp a weight plate with both hands and squat down with a wide stance so the plate hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

**Action:** Swing the plate back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the weight outwards.

The movement of the weight comes from the explosion and snapping of the legs and hips, not arm strength. Your arms just guide the plate in an arching motion.

When the plate reaches about shoulder height, guide it back along the same path to the Starting Position, immediately letting the plate swing back through the legs in preparation for the next repetition.

Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

**WP Body Orbits**



**Starting Position:** Stand with your feet about shoulder width apart and a weight plate held in front of your with one hand.

**Action:** Swing the plate around your body so you can catch it behind your back with the opposite hand. Continue in the same direction around the body, this time catching the weight in front of you.

Repeat in the opposite direction.

**WP Overhead Hip Circles**



**BB Row+CleanPress**



**Starting Position:** Stand with the weight plate held overhead with both hands.

**Action:** While keeping the weight plate directly overhead, rotate your hips in a wide circle. First go in one direction, and then the other.

This is not a fast and jerky motion, but slow and controlled. Breathe shallow and keep your core tight.

**Starting Position:** Stand with your feet about shoulder width apart, barbell held at your thighs.

**Action:** There are three motions for each repetition.

1) Bend over at the hips so the barbell hangs straight downward. Row the barbell up to your sternum, return to the down position and stand up straight.

2) Clean the bar to your shoulders by slightly dipping at the knees, exploding upwards by extending your knees, hips and ankles sending the bar up close to the body. Catch the bar at the shoulders by dipping at the knees and rotating the elbows forward. Stand up with the bar held at the shoulders.

3) Press the barbell straight up overhead. This is one repetition.

Return to the starting position and repeat.

# **Cool Down Exercise Descriptions & Photos**

## After Session Stretching Descriptions

Exercise	Description
<p><b>Lateral Neck Stretch</b></p> 	<p>In a standing position, clasp hands behind back, with left hand grasping right wrist.</p> <p>Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch.</p> <p>You will feel the stretch on the right side of the neck and shoulders. Reverse action to stretch the other side.</p> <p><b>Do not shrug shoulder to ear.</b></p>
<p><b>Forward Neck Stretch</b></p> 	<p>Flex head forward and down using one or both hands to hold the stretch.</p> <p>Return head to upright position and repeat.</p>
<p><b>Forearm Stretch</b></p> 	<p>Extend your right arm straight out in front of you, palm down.</p> <p>With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm.</p> <p>Repeat with the left arm.</p>
<p><b>Arm Cross Shoulder Stretch</b></p> 	<p>Bring one arm across chest.</p> <p>Use opposite arm to pull arm toward chest until you feel the stretch in the shoulder.</p> <p>Repeat with the other arm</p>

**Forward and Overhead Upper Back Stretch**



In a standing position, intertwine fingers with arms in front of the body.

Press palms outward and press forward until shoulders and back are rounded.

Now do the same motion with the arms overhead and the palms facing up.

**Triceps Stretch**



In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades.

Gently pull the arm with the right hand toward the midline behind head to stretch the triceps.

Repeat to the opposite side.

**Overhead Side Stretch**



In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side.

Repeat to the opposite side.

**Sumo Stretch**



Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees.

While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder.

Repeat on the left side.

**Standing Quad Stretch**



In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch.

You will feel the stretch in the front of the bent leg... while keeping your knees parallel and in line with the hips.

Repeat on the opposite side.

**Kneeling Lunge with Pelvic Tilt**



Kneel on the floor with toes pointed straight back.

Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle.

Without changing position of either leg, lower the front of the hip downward until you feel the stretch in the front of the back leg.

Repeat on the opposite side.

**Calf Stretch**



Stand in front of a wall and lean against the wall so one leg bends and the other fully extends.

Bend at the knee and lower your hips while pushing against the wall to stretch the calf.

Repeat with the opposite leg.

**3-Way Hurdler's Stretch**



Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go.

1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh.

2) Bend torso towards the knee of the extended leg while keeping the back straight.

3) Keeping the back straight, bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Feel the stretch on the side of the torso and hamstrings. Repeat on the opposite side.

**Butterflies**



Begin by sitting with the legs bent and the bottoms of the feet together.

Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat.

Do not lean over by bending the back...Bend from the hips and keep the back straight.

**Lying Back Stretch**



While lying on your back, bring both knees up and toward the chest.

Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1-minute.

Repeat the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.

**Hip Cross-Over**



Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle.

While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor.

Feel the stretch in the lower back and side of hip. Repeat on the opposite side.

**Lizard Stretch**



Begin by lying face down on the floor with the hands flat on the floor under the shoulders.

Extend the arms so the upper torso lifts off the floor.

Relax and repeat.

**Cat and Dog Stretch**



Begin kneeling on the floor, toes curled under feet and palms flat on the floor.

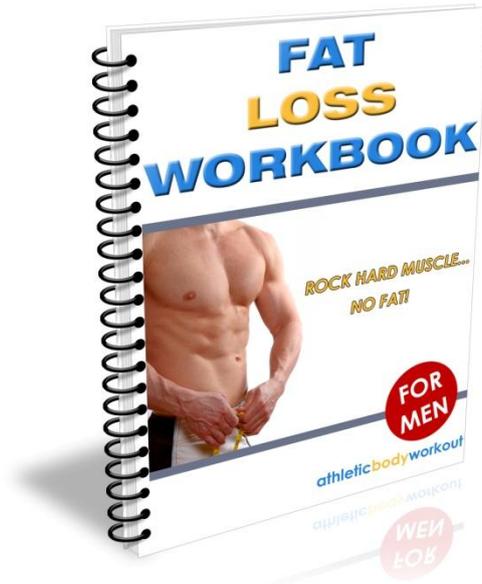
Sway the back and look upward as you inhale through the nose.

Breathing out through the mouth, arch the back and tuck the chin towards the chest...think of a cat.

Then keeping the back straight, twist your head to the right while rotating your hips to the right.

Repeat on the left side...think of a dog trying to catch its own tail.





# **Fat Loss Workbook**

## **Rock Hard Muscle... No Fat!**

By

**Eddie Lomax**  
**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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## About The Author

**Eddie Lomax** is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness...** The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

*This philosophy can be seen in his fitness programs:*

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

*He has been contributing to the fitness community on the Internet since 2005.*

## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free...** so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material.

Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance**.

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get**

**started.**

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**Section I**  
**The Big Picture**  
**Fat Loss Program**

## Unwanted Fat Is Keeping You From Performing & Looking Your Best... Get Rid Of It!

The **Fat Loss Workout** reduces fat WITHOUT NEGLECTING your general fitness, strength and muscle building goals.

While the Resistance Training exercises and parameters, and the Energy System Training protocols promote fat loss... this is not the only goal of this program. **Even when fat loss is not a major concern, this program should be a part of the overall Athletic Body Workout.**

You will find the workouts challenging, both for muscular strength, power and endurance, as well as heart and lung power. Not only will the challenging workouts **burn lots of calories during AND after the training session...** but your general fitness, muscular strength and size improves as well!

For most of us, myself included, shedding unwanted fat is what reveals the athletic body underneath!

On the next page I've made an Outline of the entire 4 week program...

## 4 Week Outline

Look over this 4 Week Outline to get the “Big Picture” of the Fat Loss Workout... **and then check out the NOTES for a detailed explanation.**

Week/ Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Training Workout A1 (Rest) HIAI 15 min.	Active Recovery Workout #1	Training Workout A2 (Rest) HIIT 6 (30-30)	Active Recovery Workout #2	Training Workout A3 (Rest) HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
Week 2	Training Workout A1 (No Rest) HIAI 20 min.	Active Recovery Workout #1	Training Workout A2 (No Rest) HIIT 6 (30-30)	Active Recovery Workout #2	Training Workout A3 (No Rest) HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
Week 3	Training Workout B1 (Rest) HIAI 25 min.	Active Recovery Workout #1	Training Workout B2 (Rest) HIIT 6 (30-30)	Active Recovery Workout #2	Training Workout B3 (Rest) HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
Week 4	Training Workout B1 (No Rest) HIAI 30 min.	Active Recovery Workout #1	Training Workout B2 (No Rest) HIIT 6 (30-30)	Active Recovery Workout #2	Training Workout B3 (No Rest) HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)

## Notes on the Fat Loss Workout

### Training Days

Perform **Resistance Training** and **Energy System Training** on these days. Training days are the most important days of the workout... so they take priority. **Don't miss them!**

Training Days are split into **Preparation, Resistance Training, Energy System Training and Recovery.**

-**Preparation** improves physical abilities such as flexibility, balance and agility and serves to increase body temperature and prepare you for more intensive training.

-**Resistance Training** improves muscular strength, power, endurance and size.

-**Energy System Training** improves all three energy pathways (aerobic, anaerobic and anaerobic lactate), in the exercises performed.

-**Recovery** starts the healing necessary for recuperation from exercise.

### Details

- **Perform Preparation training before ALL Training sessions.** When properly warmed up you are ready to give your all during the Training session.

-There are **3 Training Days a week** made up of **Resistance Training** followed by **Energy System Training (EST).**

- **Each workout for the week will be different** (different exercises, sets, reps and rest periods). This stresses the body, promoting fat loss (as well as muscle gain).

- In **Week 1** you perform **Resistance Training** Workouts A1, A2 and A3 with **rest** periods between exercises. Follow each Resistance Training session with Energy System Training (explained below).

- In **Week 2** you perform **Resistance Training** Workouts A1, A2 and A3 with **no rest** periods between exercises. Follow each Resistance Training session with Energy System Training (explained below).
- In **Week 3** you perform **Resistance Training** Workouts B1, B2 and B3 with **rest** periods between exercises. Follow each Resistance Training session with Energy System Training (explained below).
- In **Week 4** you perform **Resistance Training** Workouts B1, B2 and B3 with **no rest** between exercises. Follow each Resistance Training session with Energy System Training (explained below).

## **Exercise Method Key**

**BW** = Bodyweight Exercises

**DB** = Dumbbell Exercises

**WP** = Weight Plate Exercise

**BB** = Barbell Exercises

## **Loading**

The **load** is the weight you use for each exercise.

Choose a weight allowing you to complete the RM (Repetition Maximum) on the Workout Sheet. The weight you choose should allow you to complete the number of repetitions marked, **but no more**.

For example... a **10RM** means you use a load enabling you to do **10 reps, but not 11**.

This is not an exact science, but choosing your load in this way will help you zero in on the correct loads for the workout. (I don't recommend using percentages of 1 Repetition Maximum like some other coaches and trainers because most people don't know their Maximums for all exercises. And who wants to do all the math?)

Obviously, earlier sets are easier to perform than later sets. While I don't recommend consistent training to failure... **some of your later sets will approach failure or you may not be able to complete all the reps with the weight chosen.**

In the beginning, you will have to play around with the weights a little to find the right weight, but with experience you will pick the correct weights instinctively.

**\*\*\*Important\*\*\***

If you find yourself unable to complete all reps for all sets, **decrease the weight instead of increasing the rest periods.** In the Fat Loss Workout, staying active and systematically reducing rest is more important than the load lifted. However, having said that, try your best to complete the workouts as directed.

\*\*\*\*\*

## **Energy System Training**

There are two types of **Energy System Training** uses in the **Fat Loss Workout...**

### **High Intensity Aerobic Intervals (HIAI)**

This is interval training which stays in the aerobic zone... exercising at a pace you maintain for longer periods of time. Alternate intervals of low aerobic intensity with intervals of high aerobic intensity. Just keep the intensity in the low to moderately heavy range... **2-7 on the R.P.E. Scale.**

The most common method is to start out slow for the first few minutes, increase tempo in the middle of the workout and then go slow for the last few minutes. **The intensive portion of the exercise should be hard to continue during the workout.**

The difference between aerobic interval training and High Intensity Interval Training is the intensity and duration of the intervals. **You must not exceed a pace that would stop you from completing an interval of 2 minutes or longer.**

### **On Training Day 1 For All Four Weeks**

**The first week...**

5 minutes moderate pace / 5 minutes higher pace / 5 minutes moderate pace

15 minutes total

**The second week...**

4 minutes moderate pace / 4 minutes higher pace / 4 minutes moderate pace /  
4 minutes higher pace / 4 minutes moderate pace

20 minutes total

**The third week...**

5 minutes moderate pace / 5 minutes higher pace / 5 minutes moderate pace /  
5 minutes higher pace / 5 minutes moderate pace

25 minutes total

**The fourth week...**

6 minutes moderate pace / 6 minutes higher pace / 6 minutes moderate pace /  
6 minutes higher pace / 6 minutes moderate pace

30 minutes total

## High Intensity Interval Training (HIIT)

You perform HIIT training 2 days a week.

Interval Training is a series, or repeated segments, of intensive exercise, alternated with periods of recovery. You can reduce activity level or use complete inactivity for the rest interval. The interval should be about a 9 on the R.P.E scale.

For example... you could sprint a short distance and then rest for a certain time period before repeating, or you could sprint a short distance and then reduce the intensity to a jog for a certain time period before repeating.

**Dividing your workout into short, intensive efforts lets you to perform a greater volume of work at high intensity.**

Interval training allows you to reach and keep a high-level of intensity repeatedly, for a cumulative time that is greater than you could achieve during continuous training with the same intensity.

This training is effective at improving heart and lung function as well as calling into play all the energy pathways at a fraction of the time spent performing aerobic exercise alone. **It also burns calories both during and after the training session.**

### **On Training Day 2 of Each Week Perform 10 Minutes of Intervals**

Do the number of intervals directed for the exercise of your choice. **Running and Stationary Bike work best for HIIT.**

2 minute warm up in the activity you are performing

6 Intervals of 30 seconds high intensity and 30 seconds low intensity

2 minutes cool down

### **On Training Day 3 of Each Week Perform 12 Minutes of Intervals**

Do the number of intervals directed for the exercise of your choice. **Running and Stationary Bike work best for HIIT.**

2 minute warm up in the activity you are performing

4 Intervals of 1 minute high intensity and 1 minute low intensity

2 minutes cool down

## Active Recovery Days

These low intensity, low volume sessions help you recover from Training Days... preparing you to give your all on the next workout.

**Don't do too much!** The idea is to get the blood flowing and deliver nutrients to your muscles for rebuilding and growth... not to create further stress.

And remember, nutrition plays an essential role in recovery. **If you don't have the nutrients to begin with... how can they aid recovery?**

Check out [Precision Nutrition](#) and [Only Prograde Supplements](#) for more on proper nutrition.

### Details

- There are **2 different Active Recovery workouts**. These lower intensity, lower volume workouts aid in recovery from Training Days... **and improve general fitness as well!** Plus, the added exercise burns extra calories.

- I recommend doing Active Recovery workouts as directed... **especially if you feel tired and sore from the Training Days!** You'll find the Active Recovery session leaves you more energized, feeling better and less sore than even complete rest.

## No Training Days

**Get some rest!**

Recovery from your Training sessions allows your body to adapt to the new **Athletic Body Environment**. These **planned rest days** will allow you to recoup

from past training and prepare the body for future sessions. Take advantage of the rest!

## Dietary Concerns

This is the time to figure out your “**Fat Loss Diet**”... a healthy, balanced diet you can live with which promotes fat loss.

**This does not mean a drastic calorie cut diet!** Rather, try to reduce your calorie intake from your “Baseline Diet” about 300-500 calories. This is a slight decrease, not a drastic decrease. **You want to create a calorie deficit without compromising your performance or lean muscle mass.**

The **Fat Loss Workout** is demanding... and you’ll need a well-balanced diet to support your exercise level.

Combining a slight cut in calorie intake and the specially designed Fat Loss Workout produces fat loss without significant muscle mass depletion (**you can even put on muscle mass!**).

If you are following [Precision Nutrition](#), slightly lower your calories during the Fat Loss Workout. Use the **Individualization Section** for help.

Aid recovery and athletic body development by supplementing your diet with [Post Workout Drink](#), [VGF+ 25 for Men](#) and [EFA Icon](#).

**\*\*IMPORTANT\*\***

**Supplementation will not make up for a poor diet or missed training...** but it will help keep your nutrition plan progressing so you can get the most out of your workouts.

Making the right choices can be overwhelming. Supplement ads, promises and controversy doesn’t help matters. To cut through the confusion, stick close to my recommendations.

For the shortlist of effective supplements, visit:

<http://www.bestathomeworkouts.com/prograde.html>

## Lifestyle Concerns

You control success with each decision you make... not only decisions made at the dinner table or in the gym.

**Remove everything interfering with your nutrition, your recovery or your training.**

Don't sabotage your progress made in the areas of nutrition and training by making bad lifestyle choices.

Pay extra attention to habits in your lifestyle having a negative impact on your diet, training and recovery!

**Lifestyle choices reflect themselves in your physique!**

## Final Notes

Perform the **Fat Loss Workout** for 4 weeks. Then switch to the General Fitness Workout or Strength & Size Workout.

The next time you return to the **Fat Loss Workout**, raise the weights by 2-5% on the exercises you completed as directed.

For the exercises you did not complete as directed (were not able to complete all reps for all sets without increasing rest periods), keep the weights the same and try to complete the workout as directed this time through.

Even though you have **NOT** been performing these specific exercises when performing either the General Fitness or Strength & Size workouts, you'll surprise yourself at the improvement you've made in these exercises.

**Section II**  
**Fat Loss**  
**Workout Journal Sheets**

## Fat Loss Warm Up

Perform on all **Training Days** before Resistance Training to prepare for more intense training. Exercises and groups of exercises are split into **BLOCKS**. Each **BLOCK** consists of either a **Aerobic Exercise, Calisthenics, Bodyweight Circuit and Agility Drills**.

<b>BLOCK 1 Aerobic Exercise</b>	
Perform the exercise of your choice at a <b>low to moderate pace</b> to get the blood flowing. Use different exercises regularly.	
Exercise	Time
<b>Walking, Biking, Rowing, Jumping Rope, etc.</b>	5 minutes

<b>BLOCK 2 Calisthenics</b>	
Perform each exercise for the time period indicated and then immediately switch to the next exercise.	
Exercise	Time
<b>BW Jumping Jacks</b>	30 seconds
<b>BW Steam Engine</b>	30 seconds
<b>BW Mountain Jumpers</b>	30 seconds

<b>Block 3 Dumbbell Circuit</b>	
Perform the indicated repetitions and immediately go to the next exercise. <b>Complete the Circuit 3 times.</b>	
Exercise	Repetitions
<b>DB One Arm Row</b>	10 reps each arm
<b>DB Military Press</b>	10 reps
<b>DB Front Squat</b>	10 reps

<b>Block 4 Agility Drills</b>	
Advance <b>5-10 meters</b> in one direction, and then return to the starting point. <b>Repeat 2-3 times</b> per exercise.	

Exercise	Distance
<b>Skipping</b>	5-10 meters (yards)
<b>Back Crossovers</b>	5 -10 meters (yards)

## Fat Loss After Session Stretching

After your workout, you should use some static stretching on tight muscles. Unless flexibility is a major concern, you only need to stretch out tight muscles. If you need more overall flexibility, go through the entire group of stretches.

You can also stretch out tight muscles during the workouts, for example during the rest periods between sets or exercises.

### Static Stretches

Hold the stretch for **5-10 seconds** while breathing normally... relaxing and repeating as necessary.

**Remember, stretching is not supposed to be painful.**

<b>1 Lateral Neck Stretch</b>	<b>2 Forward Neck Stretch</b>	<b>3 Forearm Stretch</b>
<b>4 Arm Across Shoulder</b>	<b>5 Upper Back Stretch</b>	<b>6 Triceps Stretch</b>
<b>7 Overhead Side Stretch</b>	<b>8 Sumo Stretch</b>	<b>9 Standing Quad</b>
<b>10 Kneeling Lunge</b>	<b>11 Calf Stretch</b>	<b>12 Three Way Hurdler's</b>
<b>13 Butterflies</b>	<b>14 Lying Back Stretch</b>	<b>15 Hip Cross Over</b>
<b>16 Lizard Stretch</b>	<b>17 Cat &amp; Dog Stretch</b>	

## Fat Loss Workout - Training Day Week 1 - Day 1: Workout A1

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>1 rep every 45 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift/High Pull	10	1	5RM		Jog the remainder of the 45 seconds

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Front Squat	8	3	5RM		30-45 seconds between exercises
DB One Arm Floor Press	8	3	5RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Alternating Lunge	4	6	8RM		30-45 seconds between exercises
DB Swing to Overhead	4	6	8RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Combination Crunch	2	12	n/a	n/a	30-45 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals (HIAI)		5low/5high/5low 15 minutes total

## Fat Loss Workout - Active Recovery

### Week 1 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 1 - Day 3: Workout A2

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise** or a **Resting Super-Set**.

BLOCK 1 Single Exercise					
Perform the exercise non-stop, in a fluid manner for 3 minutes. Concentrate on doing the exercise correctly... and don't rush through the movements.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Turkish Get-Up	n/a		10RM		As little as possible.

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Snatch Grip Deadlift	8	3	5RM		30-45 seconds between exercises
DB See Saw Press	8	3	5RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Tuck Jumps	4	6	n/a		30-45 seconds between exercises
BW Rest Pause Chin Ups	4	6	n/a		30-45 seconds between exercises

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Fat Loss Workout - Active Recovery

### Week 1 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 1 - Day 5: Workout A3

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps for each exercise every 45 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 5 sets are completed. <b>Ex. Clean, Clean, Press, Press = 1 set.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Clean & Press	5	2	5RM		Jog the remainder of the 45 seconds

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Bulgarian Split Lift	8	3	5RM		30-45 seconds between exercises
DB Floor Press	8	3	5RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Leg Deadlift	4	6	8RM		30-45 seconds between exercises
BB Snatch	4	6	8RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Reverse Wood Chopper	2	12	14RM		30-45 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**Fat Loss Workout - No Training Day**  
**Week 1 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**Fat Loss Workout - No Training Day**  
**Week 1 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Fat Loss Workout - Training Day Week 2 - Day 1: Workout A1

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>1 rep every 30 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift/High Pull	10	1	5RM		Jog the remainder of the 30 seconds

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Front Squat	8	3	5RM		0-15 seconds between exercises
DB One Arm Floor Press	8	3	5RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Alternating Lunge	4	6	8RM		0-15 seconds between exercises
DB Swing to Overhead	4	6	8RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Combination Crunch	2	12	n/a	n/a	0-15 seconds between sets

Rest 60 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals (HIAI)*		4low/4high/4low/4high/4low 20 minutes total

## Fat Loss Workout - Active Recovery

### Week 2 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 2 - Day 3: Workout A2

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise** or a **Resting Super-Set**.

BLOCK 1 Single Exercise					
Perform the exercise non-stop, in a fluid manner for 3 minutes. Concentrate on doing the exercise correctly... and don't rush through the movements.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Turkish Get-Up	n/a		10RM		As little as possible.

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Snatch Grip Deadlift	8	3	5RM		0-15 seconds between exercises
DB See Saw Press	8	3	5RM		0-15 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Tuck Jumps	4	6	n/a		0-15 seconds between exercises
BW Rest Pause Chin Ups	4	6	n/a		0-15 seconds between exercises

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Fat Loss Workout - Active Recovery

### Week 2 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 2 - Day 5: Workout A3

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps for each exercise every 30 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 5 sets are completed. <b>Ex. Clean, Clean, Press, Press = 1 set.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Clean & Press	5	2	5RM		Jog the remainder of the 30 seconds

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Bulgarian Split Lift	8	3	5RM		0-15 seconds between exercises
DB Floor Press	8	3	5RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Leg Deadlift	4	6	8RM		0-15 seconds between exercises
BB Snatch	4	6	8RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Reverse Wood Chopper	2	12	14RM		0-15 seconds between sets

Rest 60 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)*		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**Fat Loss Workout - No Training Day**  
**Week 2 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**Fat Loss Workout - No Training Day**  
**Week 2 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Fat Loss Workout - Training Day Week 3 - Day 1: Workout B1

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps every 45 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed. (EX. Clean, Clean, Jerk Left Foot Forward, Jerk Right Foot Forward).					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Clean & Jerk	10	2	5RM		Jog the remainder of the 45 seconds

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squats	4	8	10RM		30-45 seconds between exercises
BW Dips	4	8	n/a	n/a	30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Jumping Lunges	8	4	6RM		30-45 seconds between exercises
DB One Arm Row	8	4	6RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed. Do set 1 with the left arm, and set 2 with the right arm!</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Arm Sit Up	2	16	20RM		30-45 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals (HIAI)		5low/5high/5low/5high/5low 25 minutes total

## Fat Loss Workout - Active Recovery

### Week 3 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 3 - Day 3: Workout B2

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise** or a **Resting Super-Set**.

BLOCK 1 Single Exercise					
Perform the exercise non-stop, in a fluid manner for 5 minutes. Concentrate on doing the exercise correctly... and don't rush through the movements.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Turkish Get-Up	n/a		10RM		As little as possible.

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Romanian Deadlift	4	8	10RM		30-45 seconds between exercises
BB Incline Bench Press	4	8	10RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Diagonal Squat	8	4	6RM		30-45 seconds between exercises
BB Bent Over Row	8	4	6RM		30-45 seconds between exercises

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)*		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Fat Loss Workout - Active Recovery

### Week 3 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 3 - Day 5: Workout B3

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps for each exercise every 45 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 5 sets are completed. <b>Ex. RDL, RDL, Row, Row = 1 set.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Romanian Deadlift/Bent Over Row	5	2	5RM		Jog the remainder of the 45 seconds

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Leg Bulgarian Split Squat	4	8	10RM		30-45 seconds between exercises
BB Push Press	4	8	10RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Good Morning	8	4	6RM		30-45 seconds between exercises
DB Renegade Row	8	4	6RM		30-45 seconds between exercises

Rest 90 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Russian Twist	2	16	20RM		30-45 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**Fat Loss Workout - No Training Day**  
**Week 3 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**Fat Loss Workout - No Training Day**  
**Week 3 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Fat Loss Workout - Training Day Week 4 - Day 1: Workout B1

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps every 30 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed. (EX. Clean, Clean, Jerk Left Foot Forward, Jerk Right Foot Forward).					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Clean & Jerk	10	2	5RM		Jog the remainder of the 30 seconds

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squats	4	8	10RM		0-15 seconds between exercises
BW Dips	4	8	n/a	n/a	0-15 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Jumping Lunges	8	4	6RM		0-15 seconds between exercises
DB One Arm Row	8	4	6RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed. Do set 1 with the left arm, and set 2 with the right arm!</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Arm Sit Up	2	16	20RM		0-15 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals (HIAI)		6low/6high/6low/6high/6low 30 minutes total

## Fat Loss Workout - Active Recovery

### Week 4 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 4 - Day 3: Workout B2

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise** or a **Resting Super-Set**.

BLOCK 1 Single Exercise					
Perform the exercise non-stop, in a fluid manner for 5 minutes. Concentrate on doing the exercise correctly... and don't rush through the movements.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Turkish Get-Up	n/a		10RM		As little as possible.

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Romanian Deadlift	4	8	10RM		0-15 seconds between exercises
BB Incline Bench Press	4	8	10RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Diagonal Squat	8	4	6RM		0-15 seconds between exercises
BB Bent Over Row	8	4	6RM		0-15 seconds between exercises

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Fat Loss Workout - Active Recovery

### Week 4 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Fat Loss Workout - Training Day Week 4 - Day 5: Workout B3

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Barbell Complex**, a **Resting Super-Set** or a **Single Exercise**.

BLOCK 1 Barbell Complex					
Perform <b>2 reps for each exercise every 30 seconds</b> , jogging in place for the rest of the 45 seconds. Continue this way until all 5 sets are completed. Ex. <b>RDL, RDL, Row, Row = 1 set</b> .					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Romanian Deadlift/Bent Over Row	5	2	5RM		Jog the remainder of the 30 seconds

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed</b> .					
Exercise	Sets	Reps	Load	Load Used	Rest
DB One Leg Bulgarian Split Squat	4	8	10RM		0-15 seconds between exercises
BB Push Press	4	8	10RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed</b> .					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Good Morning	8	4	6RM		0-15 seconds between exercises
DB Renegade Row	8	4	6RM		0-15 seconds between exercises

Rest 60 seconds

BLOCK 4 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed</b> .					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Russian Twist	2	16	20RM		0-15 seconds between sets

Rest 90 seconds

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**Fat Loss Workout - No Training Day**  
**Week 4 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**Fat Loss Workout - No Training Day**  
**Week 4 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program... THIS IS THE FIRST THING YOU MUST IMPROVE! Consistency is the key to success!

Program	Performed?	As Instructed?
---------	------------	----------------

### Week 1

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

### Week 2

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

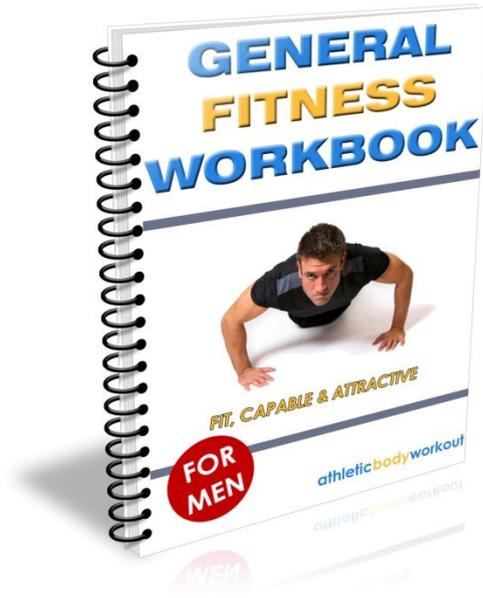
### Week 3

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

### Week 4

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

**Time To Switch Programs!**



# General Fitness Workbook

## **Fit, Capable & Attractive!**

By

**Eddie Lomax**  
**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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## About The Author

**Eddie Lomax** is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness...** The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

*This philosophy can be seen in his fitness programs:*

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

*He has been contributing to the fitness community on the Internet since 2005.*

## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free...** so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material.

Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance**.

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get**

**started.**

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**Section I**  
**The Big Picture**  
**General Fitness Program**

## **The Athletic Body Is The RESULT Of Being Fit... So Let's Get Fit!**

The **General Fitness Workout** improves physical abilities needed for a high-level of fitness **WITHOUT NEGLECTING** your fat loss, strength and muscle building goals.

To insure we are all working from the same page, my definition of fitness is...

**The degree of competence and skill to perform in ALL the physical abilities of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness.**

By training all the physical abilities needed for a high-level of over-all fitness, your body will make the necessary physical adaptations... **not only improving your performance, but improving your physique as well!**

And isn't a body that performs as good as it looks why we started training in the first place?

On the next page I've made an Outline of the entire 4 week program...

## 4 Week Outline

Look over this 4 Week Outline to get the “Big Picture” of the General Fitness Workout... **and then check out the NOTES for a detailed explanation.**

Week/ Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Training Workout A (3x8) Aerobic 20 min.	Active Recovery Workout #1	Training Workout B (GPP #1) None	Active Recovery Workout #2	Training Workout C (3x8) HIAI 15 min.	No- Training (Rest)	No- Training (Rest)
Week 2	Training Workout A (5x3) Aerobic 25 min.	Active Recovery Workout #1	Training Workout B (GPP #2) None	Active Recovery Workout #2	Training Workout C (5x3) HIAI 20 min.	No- Training (Rest)	No- Training (Rest)
Week 3	Training Workout A (2x12) Aerobic 30 min.	Active Recovery Workout #1	Training Workout B (GPP #3) None	Active Recovery Workout #2	Training Workout C (2x12) HIAI 25 min.	No- Training (Rest)	No- Training (Rest)
Week 4	Training Workout B (GPP #1) None	Active Recovery Workout #1	Training Workout B (GPP #2) None	Active Recovery Workout #2	Training Workout B (GPP #3) None	No- Training (Rest)	No- Training (Rest)

# Notes on the General Fitness Workout

## Training Days

Perform **Resistance Training** and **Energy System Training** on these days. Training days are the most important days of the workout... so they take priority. **Don't miss them!**

Training Days are split into **Preparation, Resistance Training, Energy System Training and Recovery.**

**-Preparation** improves physical abilities such as flexibility, balance and agility and serves to increase body temperature and prepare you for more intensive training.

**-Resistance Training** improves muscular strength, power, endurance and size.

**-Energy System Training** improves all three energy pathways (aerobic, anaerobic and anaerobic lactate), in the exercises performed.

**-Recovery** starts the healing necessary for recuperation from exercise.

### Details

- **Perform Preparation training before ALL Training sessions.** When properly warmed up you are ready to give your all during the Training session.

-There are **3 Training Days a week** made up of **Resistance Training** followed by **Energy System Training (EST)** or **General Physical Preparedness (GPP) Training.**

-On **Training Day 1**, perform **Workout A** for the prescribed protocol (sets, repetitions, rest periods) for the week. These protocols change from week

to week. After the Resistance Training, perform the directed duration of **Steady State Aerobic Exercise... 20, 25 or 30 minutes.** (Change the exercise every Full Program). End with **Recovery.**

-On **Training Day 2**, perform **Workout B** as directed. Workout B is a GPP Workout. There are **3 different workouts...** so follow the workout stipulated. **There is no extra Energy System Training on this day.** End with **Recovery.**

- On **Training Day 3** perform **Workout C** for the prescribed protocol (sets, repetitions, rest periods) for the week. These protocols change from week to week. After the resistance training, perform the directed duration of **High Intensity Aerobic Intervals (HIAT)... 15, 20 or 25 minutes.** End with **Recovery.**

- On **Week 4**, you won't do any Resistance Training or Energy System Training... **just GPP work.**

## **Exercise Method Key**

**BW** = Bodyweight Exercises

**DB** = Dumbbell Exercises

**WP** = Weight Plate Exercise

**BB** = Barbell Exercises

## **Loading**

The **load** is the weight you use for each exercise.

Choose a weight allowing you to complete the RM (Repetition Maximum) on the Workout Sheet. The weight you choose should allow you to complete the number of repetitions marked, **but no more.**

For example... a **10RM** means you use a load enabling you to do **10 reps, but not 11.**

This is not an exact science, but choosing your load in this way will help you zero in on the correct loads for the workout. (I don't recommend using percentages of 1 Repetition Maximum like some other coaches and trainers because most people don't know their Maximums for all exercises. And who wants to do all the math?)

Obviously, earlier sets are easier to perform than later sets. While I don't recommend consistent training to failure... **some of your later sets will approach failure or you may not be able to complete all the reps with the weight chosen.**

In the beginning, you will have to play around with the weights a little to find the right weight, but with experience you will pick the correct weights instinctively.

**\*\*\*Important\*\*\***

If you find yourself unable to complete all reps for all sets, **increase the rest periods for the later sets... DON'T decrease the weight.** In the General Fitness Workout, completing the number of repetitions is more important than the rest periods taken. However, having said that, try your best to complete the workouts as directed.

\*\*\*\*\*

## **Energy System Training**

There are two types of **Energy System Training** uses in the **General Fitness Workout...**

### **Steady State Aerobic Activity**

Exercise at a low to moderate pace for the direction time period. Just keep the intensity in the low to moderately heavy range... **2-7 on the R.P.E. Scale.**

The most common method is to start out slow for the first few minutes, increase tempo in the middle of the workout and then go slow for the last few minutes. **However, at no time during the session should you go at a higher pace than you would be able to maintain during the entire training session.**

To get positive benefits from aerobic exercise, you should keep a steady pace for 20 minutes or longer.

**On Training Day 1 For The First Three Weeks**

Perform the activity of your choice for the time stipulated. Notice the time increases from 20 to 25 to 30 minutes over the weeks.

**High Intensity Aerobic Intervals (HIAI)**

This is interval training which stays in the aerobic zone... exercising at a pace that can be maintained for longer periods of time.

Alternate intervals of low aerobic intensity with intervals of high aerobic intensity. Just keep the intensity in the low to moderately heavy range... **2-7 on the R.P.E. Scale.**

The most common method is to start out slow for the first few minutes, increase tempo in the middle of the workout and then go slow for the last few minutes. **The intensive portion of the exercise should be hard to continue for the duration of the workout.**

The difference between High Intensity Aerobic Intervals and High Intensity Interval Training is the intensity and duration of the intervals. **You must not**

**exceed a pace that would stop you from completing an interval of 2 minutes or longer.**

**On Training Day 3 For The First Three Weeks****The first week...**

5 minutes moderate pace / 5 minutes higher pace / 5 minutes moderate pace

15 minutes total

**The second week...**

4 minutes moderate pace / 4 minutes higher pace / 4 minutes moderate pace /  
4 minutes higher pace / 4 minutes moderate pace

20 minutes total

**The third week...**

5 minutes moderate pace / 5 minutes higher pace / 5 minutes moderate pace /  
5 minutes higher pace / 5 minutes moderate pace

25 minutes total

## Active Recovery Days

These low intensity, low volume sessions help you recover from Training Days... preparing you to give your all on the next workout.

**Don't do too much!** The idea is to get the blood flowing and deliver nutrients to your muscles for rebuilding and growth... not to create further stress.

And remember, nutrition plays an essential role in recovery. **If you don't have the nutrients to begin with... how can they aid recovery?**

Check out [Precision Nutrition](#) and [Only Prograde Supplements](#) for more on proper nutrition.

## Details

- There are **2 different Active Recovery workouts**. These lower intensity, lower volume workouts aid in recovery from Training Days... **and improve general fitness as well!** Plus, the added exercise burns extra calories.

- I recommend doing Active Recovery workouts as directed... **especially if you feel tired and sore from the Training Days!** You'll find the Active Recovery session leaves you more energized, feeling better and less sore than even complete rest.

## No Training Days

**Get some rest!**

Recovery from your Training sessions allows your body to adapt to the new **Athletic Body Environment**. These **planned rest days** will allow you to recoup from past training and prepare the body for future sessions. Take advantage of the rest!

## Dietary Concerns

Find out your “**Baseline Diet**”... a healthy, balanced diet you can live with without worrying too much about fat loss or muscle gain.

**This does not mean losing control of your nutrition plan!** Rather, try to set up a well-balanced diet of fruits, vegetables and lean meats. Clean up your

diet by removing high calorie drinks, high sugar foods and other unhealthy food choices.

**You know what foods I’m talking about!**

Find out the “Baseline Diet” now, so you can **slightly** adjust your diet during the Fat Loss and Strength & Size workouts. **Slightly reduce calories** during the Fat Loss Workout to promote fat loss. **Slightly increase the calories** (of good food) during the Strength & Size Workout to promote muscle growth and strength increases.

If you are following [Precision Nutrition](#), just follow the basic 10 guidelines during the **General Fitness Workout**.

Aid recovery and athletic body development by supplementing your diet with [Post Workout Drink](#), [VGF+ 25 for Men](#) and [EFA Icon](#).

**\*\*IMPORTANT\*\***

**Supplementation will not make up for a poor diet or missed training...** but it will help keep your nutrition plan progressing so you can get the most out of your workouts.

Making the right choices can be overwhelming. Supplement ads, promises and controversy doesn't help matters. To cut through the confusion, stick close to my recommendations.

For the shortlist of effective supplements, visit:

<http://www.bestathomeworkouts.com/prograde.html>

## **Lifestyle Concerns**

You control success with each decision you make... not only decisions made at the dinner table or in the gym.

**Remove everything interfering with your nutrition, your recovery or your training.**

Don't sabotage your progress made in the areas of nutrition and training by making bad lifestyle choices.

Pay extra attention to habits in your lifestyle having a negative impact on your diet, training and recovery!

**Lifestyle choices reflect themselves in your physique!**

## **Final Notes**

Perform the **General Fitness Workout** for 4 weeks. Then switch to the Strength & Size Workout or Fat Loss Workout.

The next time you return to the **General Fitness Workout**, raise the weights by 2-5% on the exercises you completed as directed.

For the exercises you did not complete as directed (were not able to complete all reps for all sets without increasing rest periods), keep the weights the same and try to complete the workout as directed this time through.

Even though you have **NOT** been performing these specific exercises when performing either the Strength & Size or Fat Loss workouts, you'll surprise yourself at the improvement you've made in these exercises.

**Section II**  
**General Fitness**  
**Workout Journal Sheets**

## General Fitness Warm Up

Perform on all **Training Days** before Resistance Training to prepare for more intense training. Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Calisthenics, Bodyweight Circuit and Agility Drills**.

BLOCK 1 Aerobic Exercise	
Perform the exercise of your choice at a <b>low to moderate pace</b> to get the blood flowing. Use different exercises regularly.	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes

BLOCK 2 Calisthenics	
Perform each exercise for the time period indicated and then immediately switch to the next exercise.	
Exercise	Time
BW High March	30 seconds
BW Wood Chopper	30 seconds
BW Mountain Climbers	30 seconds

Block 3 Bodyweight Circuit	
Perform the indicated repetitions and immediately go to the next exercise. <b>Complete the Circuit 3 times.</b>	
Exercise	Repetitions
BW Push Ups	5 reps
BW Knee Hugs	10 reps
BW Free Squats	10 reps

Block 4 Agility Drills	
Advance <b>5-10 meters</b> in one direction, and then return to the starting point. <b>Repeat 2-3 times</b> per exercise.	

Exercise	Distance
Butt Kicks	5-10 meters (yards)
Front Crossovers	5 -10 meters (yards)

## General Fitness After Session Stretching

After your workout, you should use some static stretching on tight muscles. Unless flexibility is a major concern, you only need to stretch out tight muscles. If you need more overall flexibility, go through the entire group of stretches.

You can also stretch out tight muscles during the workouts, for example during the rest periods between sets or exercises.

### Static Stretches

Hold the stretch for **5-10 seconds** while breathing normally... relaxing and repeating as necessary.

**Remember, stretching is not supposed to be painful.**

<b>1 Lateral Neck Stretch</b>	<b>2 Forward Neck Stretch</b>	<b>3 Forearm Stretch</b>
<b>4 Arm Across Shoulder</b>	<b>5 Upper Back Stretch</b>	<b>6 Triceps Stretch</b>
<b>7 Overhead Side Stretch</b>	<b>8 Sumo Stretch</b>	<b>9 Standing Quad</b>
<b>10 Kneeling Lunge</b>	<b>11 Calf Stretch</b>	<b>12 Three Way Hurdler's</b>
<b>13 Butterflies</b>	<b>14 Lying Back Stretch</b>	<b>15 Hip Cross Over</b>
<b>16 Lizard Stretch</b>	<b>17 Cat &amp; Dog Stretch</b>	

## General Fitness Workout - Training Day Week 1 - Day 1: Workout A

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	3	8	10RM		60 seconds between sets

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Military Press	3	8	10RM		60 seconds between exercises
BB Hang Clean	3	8	10RM		60 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Alternating Lunge	3	8	n/a		60 seconds between exercises
BW Alternating Toe Touches	3	8	n/a		60 seconds between exercises

Rest 90 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Alternating Curls		5	10RM		As little as possible during the 5 minutes
BB Skull Crushers		5	10RM		As little as possible during the 5 minutes

Rest 90 seconds

Energy System Training	Activity	Duration
	Steady-State Aerobic Activity	20 minutes

## General Fitness Workout - Active Recovery

### Week 1 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day Week 1 - Day 3: Workout B (GPP #1)

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Weight Plate Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Burpee + Pull Up	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
WP Rock Up Squat & Press	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB RDL+Clean+Front Squat+Press	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. RDL).

## General Fitness Workout - Active Recovery

### Week 1 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day Week 1 - Day 5: Workout C

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	3	8	10RM		60 seconds between sets

Rest 90 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Bench Press	3	8	10RM		60 seconds between exercises
DB One Arm Bent Over Row	3	8	10RM		60 seconds between exercises

Rest 90 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Step Up	3	8	10RM		60 seconds between exercises
BW Lying Hip Rollers	3	8	n/a		60 seconds between exercises

Rest 90 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Hammer Curls		5	10RM		As little as possible during the 5 minutes
DB Triceps Extensions		5	10RM		As little as possible during the 5 minutes

Rest 90 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals		5 low/5high/5low 15 minutes total

**General Fitness Workout - No Training Day**  
**Week 1 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**General Fitness Workout - No Training Day**  
**Week 1 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## General Fitness Workout - Training Day Week 2 - Day 1: Workout A

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	5	3	5RM		90 seconds between sets

Rest 120 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Military Press	5	3	5RM		90 seconds between exercises
BB Hang Clean	5	3	5RM		90 seconds between exercises

Rest 120 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Alternating Lunge	5	3	n/a		30 seconds between exercises
BW Alternating Toe Touches	5	3	n/a		30 seconds between exercises

Rest 120 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Alternating Curls		5	10RM		As little as possible during the 5 minutes
BB Skull Crushers		5	10RM		As little as possible during the 5 minutes

Rest 120 seconds

Energy System Training	Activity	Duration
	Steady-State Aerobic Activity	25 minutes

## General Fitness Workout - Active Recovery

### Week 2 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day

### Week 2 - Day 3: Workout B (GPP #2)

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
<b>BW Jog + Squat Thrust</b>	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
<b>DB Two Hand Swing</b>	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
<b>BB High Pull+Clean+ Front Squat</b>	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. High Pull).

## General Fitness Workout - Active Recovery Week 2 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day Week 2 - Day 5: Workout C

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	5	3	5RM		90 seconds between sets

Rest 120 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Bench Press	5	3	5RM		90 seconds between exercises
DB One Arm Bent Over Row	5	3	5RM		90 seconds between exercises

Rest 120 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Step Up	5	3	5RM		30 seconds between exercises
BW Lying Hip Rollers	5	3	n/a		30 seconds between exercises

Rest 120 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Hammer Curls		5	10RM		As little as possible during the 5 minutes
DB Triceps Extensions		5	10RM		As little as possible during the 5 minutes

Rest 120 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals*		4 low/4high/4low/4high/4low 20 minutes total

**General Fitness Workout - No Training Day**  
**Week 2 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**General Fitness Workout - No Training Day**  
**Week 2 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## General Fitness Workout - Training Day Week 3 - Day 1: Workout A

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	2	12	14RM		60 seconds between sets

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Military Press	2	12	14RM		60 seconds between exercises
BB Hang Clean	2	12	14RM		60 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BW Alternating Lunge	2	12	n/a		60 seconds between exercises
BW Alternating Toe Touches	2	12	n/a		60 seconds between exercises

Rest 60 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Alternating Curls		5	10RM		As little as possible during the 5 minutes
BB Skull Crushers		5	10RM		As little as possible during the 5 minutes

Rest 60 seconds

Energy System Training	Activity	Duration
	Steady-State Aerobic Activity	30 minutes

## General Fitness Workout - Active Recovery

### Week 3 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

**General Fitness Workout - Training Day  
Week 3 - Day 3: Workout B (GPP #3)**

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
<b>BW Jump Rope (or Jog in Place)</b>	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
<b>DB One Arm Hang Snatch</b>	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can! (Equal reps for both arms!)</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
<b>BB Row+Curl+Press</b>	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. Curl).

## General Fitness Workout - Active Recovery

### Week 3 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day Week 3 - Day 5: Workout C

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Single Exercise**, a **Resting Super-Set** or a **Timed Superset**.

BLOCK 1 Single Exercise					
Perform the exercise for the directed number of repetitions, rest for the instructed rest period... <b>and then repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	2	12	14RM		60 seconds between sets

Rest 60 seconds

BLOCK 2 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Bench Press	2	12	14RM		60 seconds between exercises
DB One Arm Bent Over Row	2	12	14RM		60 seconds between exercises

Rest 60 seconds

BLOCK 3 Resting Super Sets					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period... <b>and repeat the process for the number of sets instructed.</b>					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Step Up	2	12	14RM		60 seconds between exercises
BW Lying Hip Rollers	2	12	n/a		60 seconds between exercises

Rest 60 seconds

BLOCK 4 Timed Super Sets					
Perform <b>5 reps of Exercise 1</b> , then immediately do <b>5 reps of Exercise 2</b> ... repeating this back an forth process for a total of <b>5 minutes</b> . Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Hammer Curls		5	10RM		As little as possible during the 5 minutes
DB Triceps Extensions		5	10RM		As little as possible during the 5 minutes

Rest 120 seconds

Energy System Training	Activity	Duration
High Intensity Aerobic Intervals*		5low/5high/5low/5high/5low 25 minutes total

**General Fitness Workout - No Training Day**  
**Week 3 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**General Fitness Workout - No Training Day**  
**Week 3 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## General Fitness Workout - Training Day Week 4 - Day 1: Workout B (GPP #1)

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Weight Plate Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Burpee + Pull Up	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
WP Rock Up Squat & Press	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB RDL+Clean+Front Squat+Press	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. RDL).

## General Fitness Workout - Active Recovery

### Week 4 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

**General Fitness Workout - Training Day  
Week 4 - Day 3: Workout B (GPP #2)**

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
<b>BW Jog + Squat Thrust</b>	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
<b>DB Two Hand Swing</b>	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
<b>BB High Pull+Clean+ Front Squat</b>	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. High Pull).

## General Fitness Workout - Active Recovery

### Week 4 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise**, **Dynamic Stretching & Joint Mobility**, **Dumbbell Circuit**, **Weight Plate Circuit** and **Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## General Fitness Workout - Training Day Week 4 - Day 5: Workout B (GPP #3)

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Jump Rope (or Jog in Place)	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
DB One Arm Hang Snatch	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can! (Equal reps for both arms!)</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB Row+Curl+Press	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit twice more, for a total of 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. Curl).

**General Fitness Workout - No Training Day**  
**Week 4 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**General Fitness Workout - No Training Day**  
**Week 4 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program... THIS IS THE FIRST THING YOU MUST IMPROVE! Consistency is the key to success!

Program	Performed?	As Instructed?
---------	------------	----------------

### Week 1

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

### Week 2

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

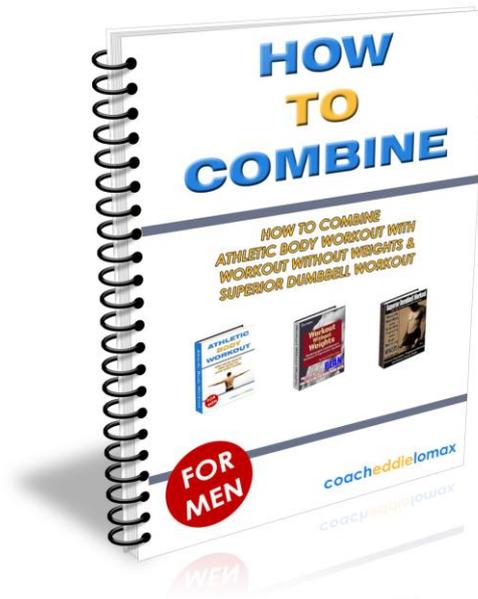
### Week 3

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

### Week 4

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

**Time To Switch Programs!**



# How To Combine

## How To Combine Athletic Body Workout With Workout Without Weights & Superior Dumbbell Workout

By

**Eddie Lomax**  
**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get started.**

## There Is No ONE Right Way...

To understand how and why you should combine the **Athletic Body Workout** with **Workout Without Weights** and **Superior Dumbbell Workout**, you must first understand the limitations of ANY workout.

### Yes, the LIMITATIONS!

Ok, let's be honest. Most people decide they want to get fit, lose some fat and/or put on some muscle and they go looking for a **workout routine**. They hope to find the ONE workout that produces ALL the results they want. And in the beginning, everything goes along fine (especially if they haven't trained before or have taken a long break from training).

But, within a month or two of using the same workout routine, something terrible happens. **The results STOP!** Improvements are few and far between, the fat stops coming off and the muscles don't seem to get any bigger.

**This is the turning point of your workout program!** It is also one of the major reasons most people fail!

Most people continue to do the SAME workout routine, even though they aren't getting any significant results. **Same exercises, same weights and same outcome, day in and day out.** Eventually, they get frustrated and give up all together. After all, they weren't getting any results anyway.

Then months or years go by and they decide they need to get in shape, lose fat and put on muscle (again). So, they pick another workout routine and **REPEAT THE SAME CYCLE!**

**This is NOT the way to reach your fitness, fat loss and physique goals!**

Here's what you should do...

- Understand from the beginning the workout routine you are following has limitations.
- After a month or two the improvements stagnate.
- **Be proactive.**

Acknowledge ALL workouts are inherently flawed and have a short (effective) life cycle. **And change your workout routine every 4 weeks!**

Ok. **The Athletic Body Workout** is already set up this way. You should rotate between **The General Fitness Workout**, **The Fat Loss Workout** and **The Strength & Size Workout**. This rotation process keeps you on a steady path of progress, where your fitness, fat loss and physique goals are the final destination.

**The Athletic Body Workout** is not a short lived workout routine. It is a progressive workout program that can be used for an extended period of time, keeping you moving closer to your goals. **I don't create workouts, I create workout PLANS!**

But as good as **The Athletic Body Workout** is, I don't claim it to be the end all and be all of workout programs. You can, and should, rotate other workout programs in with this workout system.

**And, obviously, two great choices are Workout Without Weights and Superior Dumbbell Workout!**

Now, before I give you an example of how you can combine all three workout programs, I want to make one thing absolutely clear...

**There are no wrong ways to combine these workout programs!**

Frankly, the only mistake you can make is NOT combining the programs, doing the same thing over and over again, and eventually giving up!

So, don't ask me, "Should I do the Workout Without Weights routine after the Fat Loss Workout, or should I do the Strength & Size Workout first and then move on the Superior Dumbbell Workout?"

**There are NO wrong answers!**

Choose your next program according to YOUR goals, needs, limitations and abilities. Keep progressing according to the progression guidelines for each workout program and you will keep moving closer to your perfect, strong, lean, muscular, athletic body! **Just keep going!**

## Example Of Workout Combinations...

Here is an example of how you can combine **The Athletic Body Workout**, **Workout Without Weights** and **Superior Dumbbell Workout**. **But remember, these are only examples!** Feel free to put together your own combinations, personalizing your workout program to meet your needs.

Let's say you are just starting out, or haven't done any training for a while.

A possible combination would be...

<b>Workout Without Weights Progressive Workout 1</b>	<b>(4 weeks)</b>
<b>Superior Dumbbell Workout Grinding "Slow" Lifts</b>	<b>(4 weeks)</b>
<b>The General Fitness Workout</b>	<b>(4 weeks)</b>

Then you have an important event coming up where you want to look your best...

<b>The Fat Loss Workout</b>	<b>(4 weeks)</b>
<b>Superior Dumbbell Workout Explosive "Quick" Lifts</b>	<b>(4 weeks)</b>
<b>Workout Without Weights Progressive Workout 2</b>	<b>(4 weeks)</b>

Then you want to build up your lean, muscular physique...

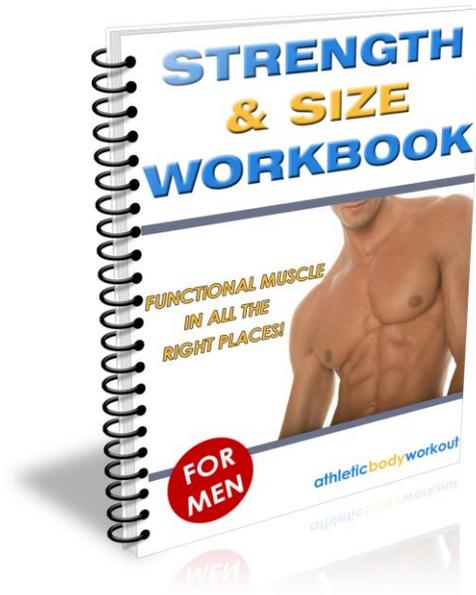
<b>The Strength &amp; Size Workout</b>	<b>(4 weeks)</b>
<b>Superior Dumbbell Workout Peripheral Heart Action</b>	<b>(4 weeks)</b>
<b>The General Fitness Workout</b>	<b>(4 weeks)</b>

You've been working hard the last 3 months, so time to take it down a notch...

<b>Workout Without Weights Progressive Workout 3</b>	<b>(4 weeks)</b>
<b>Superior Dumbbell Workout Combo Matrixes</b>	<b>(4 weeks)</b>
<b>The General Fitness Workout</b>	<b>(4 weeks)</b>

You see how easy it is. **I've just put together a FULL YEAR of rotating, progressive workouts!**

Do you think you'd be fitter, leaner and more muscular after completing the above year? You bet you would! **And there are still endless combinations to go!** So get to work!



# Strength & Size Workbook

**Functional Muscle In All  
The Right Places!**

By

**Eddie Lomax  
Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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- Strength & Size After Session Stretching
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**Section I**  
**The Big Picture**  
**Strength & Size Program**

## **Get Ready For Stronger & Bigger Muscles In All The Right Places!**

The **Strength & Size Workout** increases muscular strength and size WITHOUT NEGLECTING your general fitness and fat loss goals.

While the Resistance Training exercises and parameters, and the Energy System Training protocols promote muscle strengthening and growth... this is not the only goal of this program. **Even when strength and size is not a major concern, this program should be a part of the overall Athletic Body Workout.**

You will find the workouts challenging, both for muscular strength, power and endurance, as well as heart and lung power. Not only will the challenging workouts build strong, functional muscle but your general fitness improves and fat melts away.

Don't be misled by the fact you are only performing a few exercises in each Resistance Training Session. **Use the heaviest weight possible while still being able to complete the workout, and you will see excellent gains.**

Each week, you should try to **add weight to your weighted resistance exercises** while still being able to complete the workout as directed.

On the next page I've made an Outline of the entire 4 week program...

## 4 Week Outline

Look over this 4 Week Outline to get the “Big Picture” of the Strength & Size Workout... **and then check out the NOTES for a detailed explanation.**

Week/ Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>	Training Workout A 2x12 Core A HIIT 6 (30-30)	Active Recovery Workout #1	Training Workout B 2x12 GPP #1	Active Recovery Workout #2	Training Workout C 2x12 Core B HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
<b>Week 2</b>	Training Workout A 3x8 Core C HIIT 6 (30-30)	Active Recovery Workout #1	Training Workout B 3x8 GPP #2	Active Recovery Workout #2	Training Workout C 3x8 Core A HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
<b>Week 3</b>	Training Workout A 4x6 Core B HIIT 6 (30-30)	Active Recovery Workout #1	Training Workout B 4x6 GPP #3	Active Recovery Workout #2	Training Workout C 4x6 Core C HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)
<b>Week 4</b>	Training Workout A 5x5 Core A HIIT 6 (30-30)	Active Recovery Workout #1	Training Workout B 5x5 NO EST	Active Recovery Workout #2	Training Workout C 5x5 Core B HIIT 4 (1-1)	No- Training (Rest)	No- Training (Rest)

# Notes On The Strength & Size Workout

## Training Days

Perform **Resistance Training** and **Energy System Training** on these days. Training days are the most important days of the workout... so they take priority. **Don't miss them!**

Training Days are split into **Preparation, Resistance Training, Energy System Training and Recovery.**

**-Preparation** improves physical abilities such as flexibility, balance and agility and serves to increase body temperature and prepare you for more intensive training.

**-Resistance Training** improves muscular strength, power, endurance and size.

**-Energy System Training** improves all three energy pathways (aerobic, anaerobic and anaerobic lactate), in the exercises performed.

**-Recovery** starts the healing necessary for recuperation from exercise.

## Details

- **Perform Preparation training before ALL Training sessions.** When properly warmed up you are ready to give your all during the Training session.

-There are **3 Training Days a week** made up of **Resistance Training** followed by **Energy System Training (EST)** or **General Physical Preparedness (GPP) Training.**

-There are 3 different workouts (A, B and C) for the week. Each workout uses different exercises.

- Every week, the sets and reps change. The program is set up so each week you should **increase the weight** on the weighted exercises each week. While the exercises remain the same from week to week... the volume steadily increases, **promoting muscle strengthening and growth.**

## **Exercise Method Key**

**BW** = Bodyweight Exercises

**DB** = Dumbbell Exercises

**WP** = Weight Plate Exercise

**BB** = Barbell Exercises

## **Loading**

The **load** is the weight you use for each exercise.

Choose a weight allowing you to complete the RM (Repetition Maximum) on the Workout Sheet. The weight you choose should allow you to complete the number of repetitions marked, **but no more.**

For example... a **10RM** means you use a load enabling you to do **10 reps, but not 11.**

This is not an exact science, but choosing your load in this way will help you zero in on the correct loads for the workout. (I don't recommend using percentages of 1 Repetition Maximum like some other coaches and trainers

because most people don't know their Maximums for all exercises. And who wants to do all the math?)

Obviously, earlier sets are easier to perform than later sets. While I don't recommend consistent training to failure... **some of your later sets will approach failure or you may not be able to complete all the reps with the weight chosen.**

In the beginning, you will have to play around with the weights a little to find the right weight, but with experience you will pick the correct weights instinctively.

**\*\*\*Important\*\*\***

If you find yourself unable to complete all reps for all sets, **increase the rest periods for the later sets... DON'T decrease the weight.** In the Strength & Size Workout, completing the number of repetitions with the heaviest weight possible is more important than the rest periods taken. However, having said that, try your best to complete the workouts as directed.

\*\*\*\*\*

## **Energy System Training**

You don't want to do anything counterproductive to gaining strength and size... so I don't recommend long, extended aerobic exercise which can eat your hard earned muscle.

There is only one type of **Energy System Training** in the **Strength & Size Workout...**

# High Intensity Interval Training (HIIT)

You perform HIIT training 2 days a week, and General Physical Preparedness Training one day a week for the first 3 weeks.

Interval Training is a series, or repeated segments, of intensive exercise, alternated with periods of recovery. You can reduce activity level or use complete inactivity for the rest interval. The interval should be about a 9 on the R.P.E scale.

For example... you could sprint a short distance and then rest for a certain time period before repeating, or you could sprint a short distance and then reduce the intensity to a jog for a certain time period before repeating.

**Dividing your workout into short, intensive efforts lets you to perform a greater volume of work at high intensity.**

Interval training allows you to reach and keep a high-level of intensity repeatedly, for a cumulative time that is greater than you could achieve during continuous training with the same intensity.

This training is effective at improving heart and lung function as well as calling into play all the energy pathways at a fraction of the time spent performing aerobic exercise alone. **It also burns calories both during and after the training session.**

## **On Training Day 1 Perform 10 Minutes Of Intervals**

Do the number of intervals directed for the exercise of your choice. **Running and Stationary Bike work best for HIIT.**

2 minute warm up in the activity you are performing

6 Intervals of 30 seconds high intensity and 30 seconds low intensity

2 minutes cool down

## **On Training Day 2 Perform General Physical Preparedness (First 3 Weeks Only)**

**In weeks 1, 2 and 3**, on Training Day 2, perform the directed **GPP** workout after your Resistance Training. This workout improves cardiorespiratory endurance, burns calories and gives your muscles extra muscle-building exercise.

On Week 4, you will **NOT** do this GPP workout because the volume of your Resistance Training will be high... **and you'll need the extra rest!**

## **On Training Day 3 Perform 12 Minutes Of Intervals**

Do the number of intervals directed for the exercise of your choice. **Running and Stationary Bike work best for HIIT.**

2 minute warm up in the activity you are performing

4 Intervals of 1 minute high intensity and 1 minute low intensity

2 minutes cool down

## **Core Circuit**

A strong core is very important for an athletic body. Not only does strong abs, oblique muscles and lower back help performance, they improve how you look as well.

Perform the **Core Circuit** designated for the day.

\*\*\*\*\*

**Important Note:** The **Core Circuit** is not designed to burn off fat around your midsection. It is designed to strengthen and tighten your abdominal, oblique and lower back muscles.

If you want the coveted six-pack look, you **MUST** get your nutrition in order. I recommend [Precision Nutrition](#).

## Active Recovery Days

These low intensity, low volume sessions help you recover from Training Days... preparing you to give your all on the next workout.

**Don't do too much!** The idea is to get the blood flowing and deliver nutrients to your muscles for rebuilding and growth... not to create further stress.

And remember, nutrition plays an essential role in recovery. **If you don't have the nutrients to begin with... how can they aid recovery?**

Check out [Precision Nutrition](#) and [Only Prograde Supplements](#) for more on proper nutrition.

### Details

- There are **2 different Active Recovery workouts**. These lower intensity, lower volume workouts aid in recovery from Training Days... **and improve general fitness as well!** Plus, the added exercise burns extra calories.
- I recommend doing Active Recovery workouts as directed... **especially if you feel tired and sore from the Training Days!** You'll find the Active Recovery session leaves you more energized, feeling better and less sore than even complete rest.

## No Training Days

### **Get some rest!**

Recovery from your Training sessions allows your body to adapt to the new **Athletic Body Environment**. These **planned rest days** will allow you to recoup from past training and prepare the body for future sessions. Take advantage of the rest!

## Dietary Concerns

This is the time to figure out your “**Lean Mass Diet**”... a healthy, balanced diet you can live with which promotes muscle gain without fat gain.

**This does not mean a drastic increase in calories!** Rather, try to increase your calorie intake from your “Baseline Diet” about 300-500 calories. This is a slight increase, not a drastic increase. **You want to create a calorie surplus without compromising your performance or fat loss.**

You want to increase calories from good food to help build muscle, but not such a drastic increase the extra calories are stored as fat.

Combining a slight increase in calorie intake and the specially designed Strength & Size Workout produces muscle and strength gain without significant fat increases (**you can even lose fat!**).

If you are following [Precision Nutrition](#), slightly increase your calories during the Strength & Size Workout. Use the **Individualization Section** for help.

Aid recovery and athletic body development by supplementing your diet with [Post Workout Drink](#), [VGF+ 25 for Men](#) and [EFA Icon](#).

**\*\*IMPORTANT\*\***

**Supplementation will not make up for a poor diet or missed training...** but it will help keep your nutrition plan progressing so you can get the most out of your workouts.

Making the right choices can be overwhelming. Supplement ads, promises and controversy doesn't help matters. To cut through the confusion, stick close to my recommendations.

For the shortlist of effective supplements, visit:

<http://www.OnlyProgradeSupplements.com>

\*\*\*\*\*

## **Lifestyle Concerns**

You control success with each decision you make... not only decisions made at the dinner table or in the gym.

**Remove everything interfering with your nutrition, your recovery or your training.**

Don't sabotage your progress made in the areas of nutrition and training by making bad lifestyle choices.

Pay extra attention to habits in your lifestyle having a negative impact on your diet, training and recovery!

**Lifestyle choices reflect themselves in your physique!**

## **Final Notes**

Perform the **Strength & Size Workout** for 4 weeks. Then switch to the General Fitness Workout or Fat Loss Workout.

The next time you return to the **Strength & Size Workout**, raise the weights by 2-5% on the exercises you completed as directed.

For the exercises you did not complete as directed (were not able to complete all reps for all sets without increasing rest periods), keep the weights the same and try to complete the workout as directed this time through.

Even though you have **NOT** been performing these specific exercises when performing either the General Fitness or Fat Loss workouts, you'll surprise yourself at the improvement you've made in these exercises.

**Section II**  
**Strength & Size**  
**Workout Journal Sheets**

## Strength & Size Warm Up

Perform on all **Training Days** before Resistance Training to prepare for more intense training. Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Calisthenics, Bodyweight Circuit and Agility Drills**.

BLOCK 1 Aerobic Exercise	
Perform the exercise of your choice at a <b>low to moderate pace</b> to get the blood flowing. Use different exercises regularly.	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes

BLOCK 2 Calisthenics	
Perform each exercise for the time period indicated and then immediately switch to the next exercise.	
Exercise	Time
BW Split Jump	30 seconds
BW Squat Thrust	30 seconds
BW Ice Skater Jumps	30 seconds

Block 3 Weight Plate Circuit	
Perform the indicated repetitions and immediately go to the next exercise. <b>Complete the Circuit 3 times.</b>	
Exercise	Repetitions
WP Swing	10 reps
WP One Leg Deadlift	10 reps
WP Romanian Deadlift - Press	10 reps

Block 4 Agility Drills	
Advance <b>5-10 meters</b> in one direction, and then return to the starting point. <b>Repeat 2-3 times</b> per exercise.	
Exercise	Distance
Side Laterals	5-10 meters (yards)
Carioca	5 -10 meters (yards)

## Strength & Size After Session Stretching

After your workout, you should use some static stretching on tight muscles. Unless flexibility is a major concern, you only need to stretch out tight muscles. If you need more overall flexibility, go through the entire group of stretches.

You can also stretch out tight muscles during the workouts, for example during the rest periods between sets or exercises.

### Static Stretches

Hold the stretch for **5-10 seconds** while breathing normally... relaxing and repeating as necessary.

**Remember, stretching is not supposed to be painful.**

<b>1 Lateral Neck Stretch</b>	<b>2 Forward Neck Stretch</b>	<b>3 Forearm Stretch</b>
<b>4 Arm Across Shoulder</b>	<b>5 Upper Back Stretch</b>	<b>6 Triceps Stretch</b>
<b>7 Overhead Side Stretch</b>	<b>8 Sumo Stretch</b>	<b>9 Standing Quad</b>
<b>10 Kneeling Lunge</b>	<b>11 Calf Stretch</b>	<b>12 Three Way Hurdler's</b>
<b>13 Butterflies</b>	<b>14 Lying Back Stretch</b>	<b>15 Hip Cross Over</b>
<b>16 Lizard Stretch</b>	<b>17 Cat &amp; Dog Stretch</b>	

## Strength & Size Workout - Training Day

### Week 1 - Day 1: Workout A

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	2	12	14RM		60 seconds between exercises
BB Bench Press	2	12	14RM		60 seconds between exercises
BW Rest-Pause Chin Up	2	12	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit A		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
BW Knee Hugs	10-15	1-3
DB Good Morning	5-10	1-3
BW Ankle Wiggles	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Strength & Size Workout - Active Recovery

### Week 1 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either an **Aerobic Exercise**, **Dynamic Stretching & Joint Mobility**, **Dumbbell Circuit**, **Weight Plate Circuit** or **Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 1 - Day 3: Workout B

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	2	12	14RM		60 seconds between exercises
BW Pike Push Up	2	12	14RM		60 seconds between exercises
DB Bent Over Row	2	12	14RM		60 seconds between exercises

**Rest 120 seconds**

Energy System Training	Activity	Instructions
General Physical Preparedness	GPP #1	See Next Page...

## Strength Training Workout - Energy System Training Week 1 - Day 3 Continued: GPP #1

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Weight Plate Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 2-3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Burpee + Pull Up	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Weight Plate Exercise		
Exercise	Load	Notes
WP Rock Up Squat & Press	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB RDL+Clean+Front Squat+Press	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit once or twice more, for a total of 2 or 3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. RDL).

## Strength & Size Workout - Active Recovery

### Week 1 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 1 - Day 5: Workout C

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squat	2	12	14RM		60 seconds between exercises
DB Military Press	2	12	14RM		60 seconds between exercises
BW Rest-Pause Pull Up	2	12	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit B		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
DB Crunch	5-10	1-3
BW Plank	30 seconds	1-3
BW Superman	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**Strength & Size Workout - No Training Day**  
**Week 1 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

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**Strength & Size Workout - No Training Day**  
**Week 1 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

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## Strength & Size Workout - Training Day

### Week 2 - Day 1: Workout A

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	3	8	10RM		60 seconds between exercises
BB Bench Press	3	8	10RM		60 seconds between exercises
BW Rest-Pause Chin Up	3	8	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit C		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
BW Combination Crunch	10-15	1-3
DB Alternating Ab Swings	5-10	1-3
BW Dynamic V	5-10	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Strength & Size Workout - Active Recovery

### Week 2 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each **BLOCK** consists of either an **Aerobic Exercise**, **Dynamic Stretching & Joint Mobility**, **Dumbbell Circuit**, **Weight Plate Circuit** or **Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 2 - Day 3: Workout B

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	3	8	10RM		60 seconds between exercises
BW Pike Push Up	3	8	10RM		60 seconds between exercises
DB Bent Over Row	3	8	10RM		60 seconds between exercises

**Rest 120 seconds**

Energy System Training	Activity	Instructions
General Physical Preparedness	GPP #2	See Next Page...

## Strength Training Workout - Energy System Training Week 2 - Day 3 Continued: GPP #2

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 2-3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Jog + Squat Thrust	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Dumbbell Exercise		
Exercise	Load	Notes
DB Two Hand Swing	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB High Pull+Clean+Front Squat	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit once or twice more, for a total of 2-3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. Front Squat).

## Strength & Size Workout - Active Recovery

### Week 2 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 2 - Day 5: Workout C

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squat	3	8	10RM		60 seconds between exercises
DB Military Press	3	8	10RM		60 seconds between exercises
BW Rest-Pause Pull Up	3	8	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit A		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
BW Knee Hugs	10-15	1-3
DB Good Morning	5-10	1-3
BW Ankle Wiggles	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**General Fitness Workout - No Training Day**  
**Week 2 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

**General Fitness Workout - No Training Day**  
**Week 2 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

## Strength & Size Workout - Training Day

### Week 3 - Day 1: Workout A

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	4	6	8RM		60 seconds between exercises
BB Bench Press	4	6	8RM		60 seconds between exercises
BW Rest-Pause Chin Up	4	6	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit B		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
DB Crunch	5-10	1-3
BW Plank	30 seconds	1-3
BW Superman	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Strength & Size Workout - Active Recovery

### Week 3 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each **BLOCK** consists of either an **Aerobic Exercise**, **Dynamic Stretching & Joint Mobility**, **Dumbbell Circuit**, **Weight Plate Circuit** or **Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 3 - Day 3: Workout B

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	4	6	8RM		60 seconds between exercises
BW Pike Push Up	4	6	8RM		60 seconds between exercises
DB Bent Over Row	4	6	8RM		60 seconds between exercises

#### Rest 120 seconds

Energy System Training	Activity	Instructions
General Physical Preparedness	GPP #3	See Next Page...

## Strength Training Workout - Energy System Training Week 3 - Day 3 Continued: GPP #3

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Bodyweight Exercise**, a **Dumbbell Exercise** or a **Barbell Complex**. Perform Block 1, Block 2 and Block 3 as a circuit. Rest 1 minute between Blocks, and 2 minutes between circuits. Complete a total of 2-3 circuits.

BLOCK 1 Bodyweight Exercise		
Exercise	Load	Notes
BW Jump Rope (or Jog in Place)	n/a	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 60 seconds

BLOCK 2 Dumbbell Exercise		
Exercise	Load	Notes
DB One Arm Hang Snatch	25RM*	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can! (Equal reps for both arms!)</b>

Rest 60 seconds

BLOCK 3 Barbell Complex		
Exercise	Load	Notes
BB Row+Curl+Press	25RM**	Perform the exercise non-stop for 2 minutes. <b>Do as many as you can!</b>

Rest 120 seconds (Repeat Circuit once or twice more, for a total of 2-3 circuits.)

\* The weight should be light enough for you to be able to go 2 minutes non-stop, but challenging enough to make you work hard.

\*\* Base your weight decision on your weakest exercise in the Complex (i.e. Curl).

## Strength & Size Workout - Active Recovery

### Week 3 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day Week 3 - Day 5: Workout C

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squat	4	6	8RM		60 seconds between exercises
DB Military Press	4	6	8RM		60 seconds between exercises
BW Rest-Pause Pull Up	4	6	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit C		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
BW Combination Crunch	10-15	1-3
DB Alternating Ab Swing	5-10	1-3
BW Dynamic V	5-10	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**General Fitness Workout - No Training Day**  
**Week 3 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

--

**General Fitness Workout - No Training Day**  
**Week 3 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

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## Strength & Size Workout - Training Day

### Week 4 - Day 1: Workout A

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
DB Front Squat	5	5	7RM		60 seconds between exercises
BB Bench Press	5	5	7RM		60 seconds between exercises
BW Rest-Pause Chin Up	5	5	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit A		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
BW Knee Hugs	10-15	1-3
DB Good Morning	5-10	1-3
BW Ankle Wiggles	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

## Strength & Size Workout - Active Recovery

### Week 4 - Day 2: Active Recovery Workout #1

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each **BLOCK** consists of either an **Aerobic Exercise**, **Dynamic Stretching & Joint Mobility**, **Dumbbell Circuit**, **Weight Plate Circuit** or **Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Time
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Tilt	5-10 reps each direction
Arm Circles (Front)	5-10 reps each arm
Alternating Arm Circles	5-10 reps each arm
Shoulder Stretch (Up)	5-10 reps
Big Chest-Small Chest	5-10 reps each direction
Hip Rotations	5-10 reps each direction
Trunk Twists	5-10 reps each direction
Leg Swings (Front)	5-10 reps each leg
Knee Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Repetitions
DB Swing	5-10 reps
DB Sumo Deadlift	5-10 reps
DB Alternating Lunge	5-10 reps each leg

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Repetitions
WP Head Orbits	10-15 reps each direction
WP Figure 8	10-15 reps each direction
WP Saxon Side Bend	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Sets/Time
BB Thruster	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 4 - Day 3: Workout B

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Deadlift	5	5	7RM		60 seconds between exercises
BW Pike Push Up	5	5	7RM		60 seconds between exercises
DB Bent Over Row	5	5	7RM		60 seconds between exercises

#### Rest 120 seconds

Energy System Training	Activity	Instructions
None		

## Strength & Size Workout - Active Recovery

### Week 4 - Day 4: Active Recovery Workout #2

Get the blood flowing... but don't overdo it!

Exercises and groups of exercises are split into **BLOCKS**. Each BLOCK consists of either a **Aerobic Exercise, Dynamic Stretching & Joint Mobility, Dumbbell Circuit, Weight Plate Circuit and Barbell Complex**.

BLOCK 1 Aerobic Exercise	
Exercise	Description
Walking, Biking, Rowing, Jumping Rope, etc.	5 minutes at low to moderate pace

BLOCK 2 Dynamic Stretching & Joint Mobility	
Exercise	Repetitions
Head Turn	5-10 reps each direction
Arm Circles (Back)	5-10 reps each arm
Press-Press-Fling	5-10 reps
Shoulder Stretch (Front)	5-10 reps
Left/Right Chest	5-10 reps each direction
Back Bend/Front Bend	5-10 reps each direction
Hip Check	5-10 reps each direction
Leg Swings (Side)	5-10 reps each leg
Ankle Circles	5-10 reps each direction

BLOCK 3 Dumbbell Circuit (Light Weight)	
Exercise	Reps
DB Bend & Reach	10-15 reps
DB Bent Over Rows	10-15 reps
DB Front Squat	10-15 reps

BLOCK 4 Weight Plate Circuit (Light Weight)	
Exercise	Description
WP Swing	10-15 reps
WP Body Orbits	10-15 reps each direction
WP Overhead Hip Circles	10-15 reps each direction

BLOCK 5 Barbell Complex (Light Weight)	
Exercise	Description
BB Row+Clean+Press	2 sets of 1 minute, with 1 minute rest in between

## Strength & Size Workout - Training Day

### Week 4 - Day 5: Workout C

There are only 3 exercises, but this workout is not EASY! Make sure to use the heaviest weight you can handle while still maintaining proper form.

Giant Sets With Rest Periods					
Perform <b>Exercise 1</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 2</b> for the directed number of repetitions, rest for the instructed rest period, perform <b>Exercise 3</b> for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.					
Exercise	Sets	Reps	Load	Load Used	Rest
BB Back Squat	5	5	7RM		60 seconds between exercises
DB Military Press	5	5	7RM		60 seconds between exercises
BW Rest-Pause Pull Up	5	5	n/a		60 seconds between exercises

**Rest 120 seconds**

Core Circuit B		
Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.		
Exercises	Reps	Circuits
DB Crunch	5-10	1-3
BW Plank	30 seconds	1-3
BW Superman	10-15	1-3

**Rest 120 seconds**

Energy System Training	Activity	Intervals
High Intensity Interval Training (HIIT)		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

**General Fitness Workout - No Training Day**  
**Week 4 - Day 6: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

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**General Fitness Workout - No Training Day**  
**Week 4 - Day 7: Rest**

**Notes:** Observations, thoughts or comments about nutrition, training and lifestyle. How can you improve performance, nutrition or recovery?

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# Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program... THIS IS THE FIRST THING YOU MUST IMPROVE! Consistency is the key to success!

Program	Performed?	As Instructed?
---------	------------	----------------

## Week 1

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

## Week 2

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

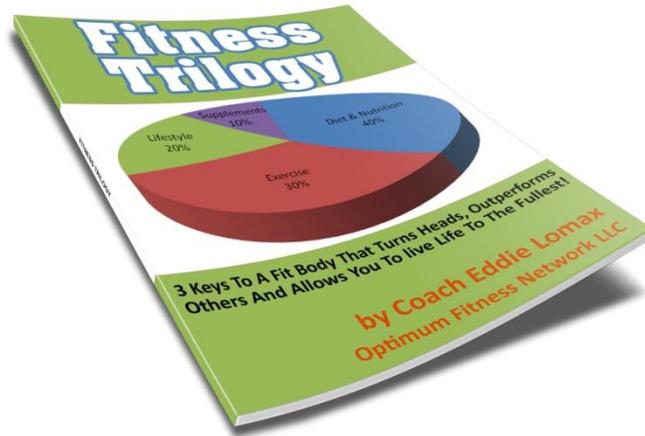
## Week 3

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

## Week 4

Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

## Time To Switch Programs!



# **The Fitness Trilogy**

***3 Keys To A Fit Body That Turns Heads,  
Outperforms Others And Allows You To Live  
Life To The Fullest!***

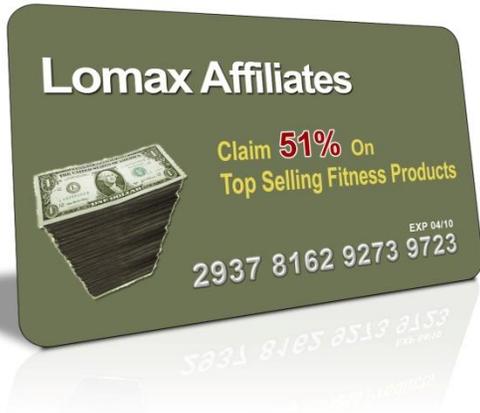
By

**Eddie Lomax**  
**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>



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Sell or Share the Content Herein



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If You're Ready To Start Collecting **JUMBO**  
Affiliate Checks Every Two Weeks!

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**Recommended For Optimum Fitness, Fat Loss & Performance**



Precision Nutrition by Dr. John Berardi

*The best nutrition plan I've found so far for Performance, Health & Physique.*

**Order Now & Save \$50**  
(Limited Offer)



Sensible Supplements That Make The Difference...

- **EFA Icon** – Better Than Fish Oil
- **VGF Men** – Vegetable Vitamin
- **Workout** – Post Workout Drink

**See Everything At:**

**Prograde**

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## About The Author

**Eddie Lomax** is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness**... The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

*This philosophy can be seen in his fitness programs:*

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

*He has been contributing to the fitness community on the Internet since 2005.*

*He currently lives with his wife in Vina Del Mar, Chile.*

## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are **NOT** liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, or **any exercise program**, I recommend you **consult with your doctor for authorization and clearance**.

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get started.**

## Introduction

Wouldn't it be great if we could just go about our daily business and naturally created the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets us live life to the fullest?

I'm talking about having fitness you can see, feel and use every day of your lives... **but without having to think about it.** Just imagine not having to struggle with what you eat, what workout to do, what bad habits to break or what supplements to take.

I for one would love to...

- *be thoroughly pleased with what I see when I strip down in front of the mirror,*
- *have the ability to meet the challenges of sport, work and life with excellence,*
- *and walk unflinching into the doctor's office the picture of perfect health...*

... without having to think about my diet, exercise program and lifestyle!

**Wouldn't you?** (By the end of this small report, that is exactly what you'll know how to do).

But the sad fact is...

**Most of us don't live in an environment that naturally produces the muscular, high-performance, healthy body we want and need.**

**As a matter of fact, the environment in which we live often produces just the opposite.** Just going about our daily business without watching what we eat, performing the right workout, living healthy or even taking the right supplements leave us fat, unconditioned and headed for an early grave.

And the fact that our daily routine is destroying our appearance, performance and health is PREDICTABLE! You see, there is something called the **S.A.I.D. Principle** (*Specific Adaptations to Imposed Demands*) that rules our bodies.

In simple terms the S.A.I.D. Principle means...

*A specific stimulus results in a specific adaptation. So, our bodies adapt to whatever it is exposed to over time.*

**So right now (right this moment reading this), your body is perfectly adapted to the environment you are living in!** (See what going about your daily business without thinking got you?)

But here's the good news...

Your environment is made up by what you eat, what you do and how you live. I call this ***The Fitness Trilogy***. So, if you don't like the RESULT of the environment you are living in... **change your environment by changing each part of *The Fitness Trilogy*!**

- If you are too fat... change your environment.
- If you are too weak... change your environment.
- If you are too unhealthy... change your environment.
- If you are too (*add problem here*)... **change your environment!**

There is no "quick fix" diet to go on, no "magic" workout to do and no "secret" lifestyle change to make. To create the fit body that looks great, performs better and lets you live a long, happy life... change your environment by changing what you eat, what you do and how you live so that your body naturally results in the fit body you want. I call this ***The Ultimate Fitness Environment***.

And no... **you can't just change one and get ALL the benefits.** If you want to make the biggest impact on how your body looks, performs and feels... you must change all three.

Let's take a look at ***The Ultimate Fitness Environment*** and each part of ***The Fitness Trilogy*** in more detail...

## **The Ultimate Fitness Environment**

When you **combine** what you eat, what you do and how you live into a COLLECTIVE EFFORT to build a fit, muscular body, improve everyday performance and promote health, you are actually creating ***The Ultimate Fitness Environment***.

As we stated earlier, the natural environment you live in is most likely leading to an over-fat, under-conditioned, unhealthy body. If left unchecked, what you are eating, what you are doing (or NOT doing like proper exercise), and how you are living is probably never going to result in the body you want, the physical abilities you desire or the health you deserve.

As a matter of fact, if you are not happy with the way you look, perform and feel right now... **then you are walking proof that I'm right!**

**So what do you say we fix this problem by creating The Ultimate Fitness Environment that naturally results in the body you've always wanted?**



As you can see, the above chart is made up of **The Fitness Trilogy**:

- **What You Eat** – Diet & Nutrition + Supplements
- **What You Do** – Exercise
- **And How You Live** – Lifestyle

I've given percentages for each of the sections based on what I believe should be the priorities of each section.

**\*\*\*SIDE BAR\*\*\***

The percentages given are not exact calculations, but a representation of what I believe to be the importance of each section. I encourage you to look at the **Fitness Trilogy** for your particular circumstances and decide which section is of highest priority, second highest, etc. However, for most individuals this representation is correct.

\*\*\*\*\*

So basically, in order to build **The Ultimate Fitness Environment** you need to focus on Diet & Nutrition first, then your Exercise Program, followed by your Lifestyle and lastly by Supplementation. **TOGETHER, you create an environment that forces your body to adapt (S.A.I.D. Principle) and build the strong, fit, healthy body you've always wanted!**

For some of you, focusing on Diet & Nutrition first might come as a surprise coming from me. After all, I am a strength and conditioning coach who makes a living creating Exercise Programs! **But the fact is, even the most well designed and executed exercise program can't make up for terrible eating habits and poor nutrition.**

On the same note, no amount of "healthy living" can make up for a poor diet and lack of exercise. And just as importantly, supplementing your diet (which I'll discuss later), only helps if you get your diet, exercise and lifestyle in order FIRST.

So as you can see, each of the three sections of the **Fitness Trilogy** builds upon and is reliant on the others. **You MUST focus on all three to get MAXIMUM RESULTS!**

Let's look at each section a little closer...

## **Diet & Nutrition**

I'm willing to bet most of your **ALREADY** know how to eat healthy. Let's see if I'm right...

- *What is healthier, a doughnut or an apple?*
- *Should you eat tons of sugar or limit your sugar intake?*
- *What's better for you, natural foods or processed foods with chemicals?*

See, I bet you knew the answer to each of those questions. (If you didn't, you should be ashamed of yourselves!)

You see, making healthy eating choices is not that difficult. **The difficulty is ACTUALLY eating the healthy choice on a regular basis!**

If you "clean up" your diet by making the healthy eating choices you **ALREADY** know (and actually **EAT** those healthy choices), I have no doubt your physique, performance and health will improve.

Here are a couple of other things about diet and nutrition that you may or may not know:

- *Eat 5-6 small meals a day*
- *Eat a combination of lean protein and vegetables at each meal*
- *Limit processed carbohydrates*
- *Drink plenty of water*
- *Drink Green Tea*

**But as simple as all this seems, most of you need added help.** And this is even truer if you want to MAXIMIZE fat loss, build strong muscle, peak performance and promote health. As you can see, Diet & Nutrition is about more than just shedding pounds of fat.

An excellent nutrition plan focuses on three areas for optimum fitness...

- Appearance
- Performance
- Health

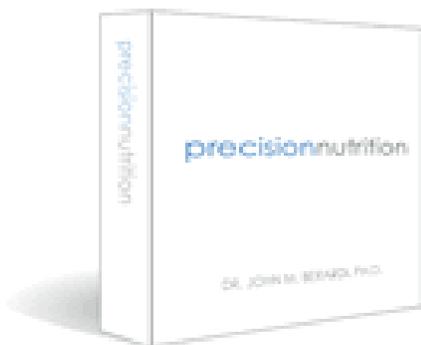
Unfortunately, most "diets" are just limited calorie eating. And to promote the kind of fitness you can see, feel and use... **you need the RIGHT nutrition, NOT limited nutrition.** This is why most diets you may be familiar with are worthless when building your own **Ultimate Fitness Environment**.

As a matter of fact, most "diets" focus so strongly on **short-term weight loss** that they are DETRIMENTAL to performance and health. And the sad part is, losing weight is not the key to getting the body you want. Looking fit and attractive is determined by your percentage of fat in comparison to muscle... **not what any scale says!**

So do yourselves a favor and stop thinking about your diet in terms of how many calories you eat... and start thinking about getting the right nutrients from your diet to compliment your exercise and lifestyle to build the body you want. Your diet is not about losing weight. **It IS about improving your appearance (percentage of fat to lean muscle), performance and health!**

This is why I recommend [Precision Nutrition by Dr. John Berardi](#).

Precision Nutrition is not limited calorie eating. It is not about weight loss (although you'll most likely lose fat). **It is a nutrition plan for active people (like us) designed to improve appearance, performance and health SIMULTANEOUSLY!**



In my experience, **Precision Nutrition** is the perfect nutrition plan to accompany your exercise and lifestyle changes. It is not a short-term "diet", but rather a long-term solution for healthy eating and getting the physique you want.

[Get \\$50 Off For A Limited Time](#)

## **Sensible Supplementation**

Since we are talking about Diet & Nutrition, I wanted to say a few words about supplements. And independent of what your preconceived notion is about supplements, I want you to read this section... **it is very important.** I hope by the end, you'll see some common sense in supplementing your diet.

When a lot of people think about supplements they think of the ads they see in the magazines, fake "before and after" pictures and wild claims. And it is unfortunate that the supplement industry resorts to such methods to sell their products. It takes away from the true value of supplements.

**But before we get started I want to make one thing absolutely clear:**

**There is NO magic pill or secret formula that miraculously transforms your physique into the muscular, lean, athletic body of your dreams.**

Sorry to be the one to tell you this. (But I think most of you knew this already).

Then why talk about supplementation at all?

**Because there ARE supplements you can take that help improve appearance, upgrade performance and promote health.**

If you remember, I gave supplementation a 10% on the "**How To Build Your Fitness Environment**" chart. What this means is: Once you get your diet, exercise and lifestyle in order, taking the right supplements can give you an added boost to reaching your physique, performance and health goals.

Taking supplements does not make up for a poor diet, missing workouts and only getting 2 hours of sleep at night. But when you are doing everything else right, **that 10% boost you get from supplements can really make the difference.**

Let's look at this sensibly...

In the Introduction I stated that your environment isn't naturally creating the muscular, lean, athletic body you want. As a result, you need to "supplement" your daily activities with exercise. **See, you are ALREADY using supplementation!**

And just as you must supplement your physical activity with exercise because you aren't getting the right kind of physical stimulus naturally... you must supplement your diet because you aren't getting the nutrients you need naturally. And here's the scary part... **Even if you are eating a healthy diet!**

The sad truth is...

**The food we eat is not as nutritious as the food people ate 50 years ago.** Fruits and vegetables have less vitamins and minerals than they used to. Meat and chicken are fed diets that reduce the amount of essential nutrients. So, even if you eat plenty of lean protein, vegetables and fruit... you still might be missing the nutrition you need to build the body you want, perform your best and live life to the fullest.

So your first priority for Diet & Nutrition should be to follow a long-term eating plan that improves your appearance, performance and health (like [Precision Nutrition](#)). But you can also benefit from some sensible supplementation.

**Before I give you my recommendations, I want to be completely honest...**

I struggled to find a supplement company I could recommend. I, like most of you, are sick of the hyped-up ads and outrageous claims. And while I feel sensible supplementation is worth serious consideration, I felt I would be putting my reputation on the line if I recommended anything but the most professional company.

Luckily, there was a group of fitness professionals that shared my concerns. So, what did they do... **they created their own supplement company!**



Prograde is a nutrition company created BY fitness professionals FOR fitness professionals. **As a matter of fact, their products are ONLY available through expert fitness and wellness professionals (like me).** And their research-based, nutritional products are designed to fill-in the common nutrition gaps personal trainers most frequently find with their clients.

Why is this important for you?

Because fitness professionals know the key to optimum fitness starts with proper eating habits, exercise and lifestyle. So, **Prograde** products were designed to COMPLEMENT your diet, exercise and lifestyle changes... **not make empty promises.** They create only what is necessary and proven to work, eliminating endless choices and all the hype.

And more importantly, these are the products the pros use themselves AND with their clients. **They have to look the clients in the face and produce real RESULTS, or fear ruining their reputation and business!** If that isn't a powerful endorsement, I don't know what is. Here is what I recommend...



### **EFA Icon – Powerful Antioxidants & Omega 3 Oils from Neptune Krill**

Antioxidants are your body's number 1 defense against free radicals... the harmful metabolic byproducts that damage cells and tissues. Omega 3 oils are high in two essential fats (DHA and EPA) that are crucial to your health.

[See Full Details At Prograde](http://www.Prograde.com)



### VGF25+ For Men

Nature's most powerful Vegetables, Fruits and Greens found in ultra-convenient VGF 25+ caplets. Especially for men!

[Full Details](#)



### VGF25+ For Women

Nature's most powerful Vegetables, Fruits and Greens found in ultra-convenient VGF 25+ caplets. Especially for women!

[Full Details](#)



It is recommended that you eat 5-6 small meals a day (about one every three hours you are awake). This keeps your metabolism stoked, burning fat and keeping fat from being formed.

This **Complete Meal Replacement** comes in handy when you need the nutrients, but don't have the time to make and eat a nutritious meal.

[Click Here To Learn More](#)

**Don't waste the most important  
60 minutes of your workout!**

The hour AFTER your workout is the most important because your body is depleted of vital nutrients. **And the faster you replace the nutrients your body lacks the faster the recovery can begin.**

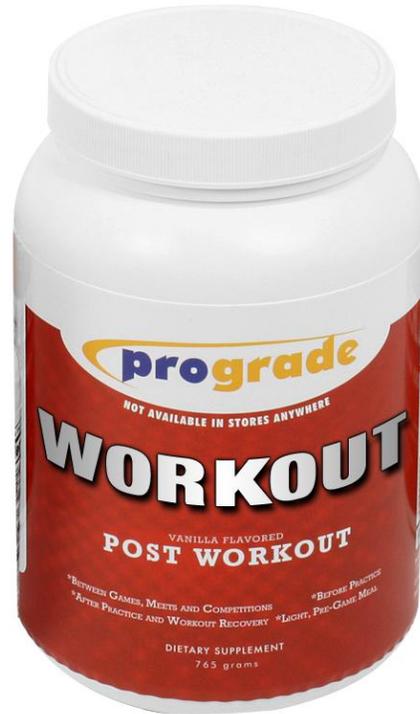
Recovering from your workout is when the positive adaptation takes place (there's that *S.A.I.D. Principle* again)... and drinking a ***Post Workout Shake*** with a blend of carbohydrates and protein primes your body to keep burning fat and building rock-solid muscle!

Giving your body what it needs, when it needs it, is a piece of the puzzle most people get wrong. This is called ***Nutrient Timing***. So, it is not only important to provide your body with the nutritional building blocks to recover from your workout, burn fat and build muscle... but you must provide those nutrients AT THE RIGHT TIME. **And right after workout is that time!**

**[Get The Most From Your Workouts](#)**

As you can see, the products from **Prograde** are not designed to REPLACE a healthy diet, proper exercise and a healthy lifestyle... but COMPLIMENT your physique, fitness and health improving efforts. **And they may be the added boost you need to meet your goals!**

Now that Diet & Nutrition is out of the way, let's talk about my favorite topic... **Exercise!**



## Exercise

If you are reading this, you most likely purchased one of my workout programs. **And I truly thank you for your business.** But getting the right workout program is only part of the solution. You actually have to DO the workouts to get the RESULTS!

I know a lot of you are looking to build muscle in all the right places and lose fat, since those are the most frequent reasons for starting an exercise program. And don't worry, all my workouts are designed to build an athletically muscular body and burn unwanted fat! **But there is more to optimum fitness than just building muscle and burning fat.**

To make sure we are all on the same page, I want to share with you my ***Universal Definition of Fitness.***

Believe me, most people get tongue tied when trying to "define" fitness (even fitness professionals). **"UHHH... fitness is being fit" is just not going to cut it!** So, armed with a universal definition of fitness you'll be well ahead of the learning curve.

**I personally believe that training for *Optimum Fitness* is the KEY to attaining your appearance, performance and health goals.** When you train for ***Optimum Fitness***, your body adapts (*S.A.I.D. Principle again*), and gives you the RESULTS you want. So don't train to burn fat or build muscle... train for Optimum Fitness and your body naturally burns fat and builds muscle!

***The Universal Definition of Fitness... The acceptable and deliberate compromise of competence and ability to perform in ALL the areas of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness to produce optimum appearance, performance and health results under the greatest amount of circumstances.***

In simple terms...

Your fitness is made up of many different physical abilities. So, you must train ALL the different physical abilities to workout seamlessly with one another in order to be fit. As a RESULT of this kind of training... **your body looks great, performance is increased and you are healthier!**

Now that sounds like benefits worth training hard for!

Here is a recap of my physical training programs...

<p><b><u>Workout Without Weights</u></b> <i>Use the gym you were born with to build the body you've always wanted!</i></p>	<p><b><u>Ultimate Gymless Workout</u></b> <i>Take your bodyweight only training to the next level!</i></p>
<p><b><u>Superior Dumbbell Workout</u></b> <i>The power to build muscle, burn fat and skyrocket fitness... in the palms of your hands!</i></p>	<p><b><u>Extreme Dumbbell Fitness</u></b> <i>Use dumbbells to their full potential to build an athletically strong and fit body... and exceed your expectations!</i></p>
<p><b><u>Athletic Body Workout</u></b> <i>Build the athletic body that performs as good as it looks with bodyweight, dumbbells and barbells!</i></p>	<p><b><u>Gladiator Body Workout</u></b> <i>Combine bodyweight exercise and dumbbells to create the body of a 20<sup>th</sup> century gladiator!</i></p>

Now let's talk about the last section of *The Fitness Trilogy*... **Lifestyle!**

## Lifestyle

**Don't sabotage your diet and workout program with a lifestyle full of bad habits.**

- You've changed your diet to improve your appearance, performance and health.
- You've suffered through grueling workouts to burn fat, build muscle, improve all your athletic abilities and promote good health.

The last thing you want to do is destroy all your hard work and sacrifice by living poorly!

Now, I know "lifestyle" is a broad term. **What exactly does it mean?**

Here are some pointers...

- *Getting plenty of sleep*
- *Drinking plenty of water (There's that water again!)*
- *Avoiding drugs and alcohol*
- *Avoiding stress*
- *Doing anything that hinders proper nutrition and exercise*

**Here is an easy trick to figure out if your lifestyle activities are OK.**

Remember when I said we are creating the ***Ultimate Fitness Environment*** by changing what we eat, what we do and how we live? Well as you can see, the environment is made up of a COMBINATION of things. And each one is important.

So, you've already cleaned up your diet (or you should have). And you are using an effective workout program (or you should be). **Congratulations!** You already have two out of three taken care of.

So to figure out if your lifestyle activities are OK, just ask yourself, ***"Does doing X conflict with my nutrition and exercise goals?"*** If the answer is "YES", then you probably shouldn't be doing it!

Simple right?

- ***Does getting only 2 hours of sleep conflict with my nutrition and exercise goals?*** YES... get more sleep!
- ***Does drinking 12 beers a night conflict with my nutrition and exercise goals?*** YES... not only does it hinder my nutrition, but my ability to work out as well!
- ***Does doing drugs conflict with my nutrition and exercise goals?*** YES... just say no!

You get the picture.

Once you get your diet and exercise under control, figuring out your lifestyle is easy. If whatever it is you decide to do keeps you from getting the nutrition you need, prevents you from working out, hurts preparation for a workout or hinders recovery after your workout... **you probably shouldn't be doing it!**

I know this might sound a little obsessive, but every part of ***The Fitness Trilogy*** must work together seamlessly to bring about the adaptations you want.

Look...

- *Just changing your diet can be very beneficial.*
- *Just starting a workout program can bring about positive change.*
- *Just living healthy can produce positive results.*

But if you want the fit, high-performance, healthy body I think you want... **you need to do all three!** But don't fret... once the process of building your ***Ultimate Fitness Environment*** is over, you'll do everything to maintain your fitness, physique and health without even thinking about it.

Let me show you...

## *The Path To Optimum Fitness*

There are 4 stages to building your **Ultimate Fitness Environment**. Everyone must go through the same process on the road to creating the fit, high-performance, attractive body of their dreams. **There are no shortcuts!** Let's take a look at the 4 stages...

### Stage 1

In this stage you are unfit, over-fat and unhealthy and you know it. You know you have to make a change. The environment in which you live leads you away from fitness, health and an attractive physique. While you may have the desire to change, you don't know what to do. As a result, what you need to learn is completely foreign to you at the moment. At this stage, when you think of yourself... **you think unfit, unattractive and unhealthy.**

### Stage 2

In this stage you have decided to improve yourself by changing what you eat, what you do and how you live (*The Fitness Trilogy*). However, you still lack the mastery of nutrition, exercise and lifestyle to do it 100% correctly. There are still elements of your environment leading you away from fitness, health and an attractive physique. And while you may see some positive changes, **you still think of yourself as unfit, unattractive and unhealthy.**

### Stage 3

In this stage you are skilled at creating *The Ultimate Fitness Environment*, but only with conscious effort. You still need to follow instructions and concentrate on every aspect of *The Fitness Trilogy* in order to stay on track. Failure to make a conscious effort results in returning to previous bad habits that lead you away from fitness, health and an attractive physique. You still doubt your fitness, attractiveness and healthiness... **but see reaching your goals as a real possibility!**

## Stage 4

In the final stage you create your *Ultimate Fitness Environment* automatically and naturally without any conscious effort. You've mastered every element of the *Fitness Trilogy* and automatically make choices which lead to fitness, health and an attractive physique. You now think of yourself as fit, attractive and healthy... **and unconsciously maintain the diet, exercise and lifestyle to maintain that self-image.**

It is very important to note that in stages 1, 2 and 3 you will still think of yourself as unfit, unattractive and unhealthy. This self-image is the result of living in your previous environment, and is hard to break. These are the most important and fragile stages... because it is easy to fall back on the bad habits of your unfit self image.

However, if you keep at it, your self-image WILL change!

## Conclusion

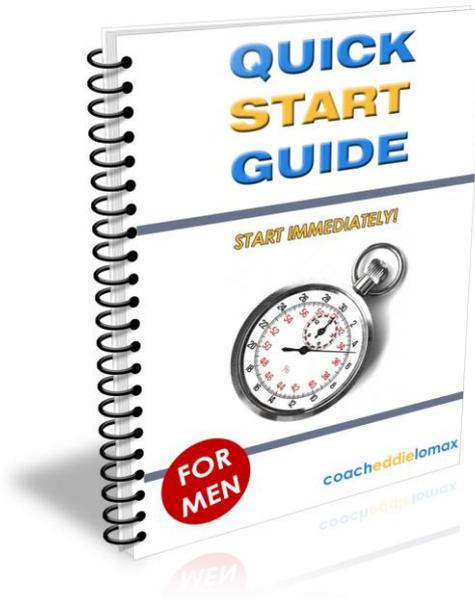
Remember in the first sentence of this report I asked you a question?

***"Wouldn't it be great if we could just go about our daily business and naturally created the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets us live life to the fullest?"***

Well, if you get to Stage 4, THAT IS EXACTLY WHAT YOU'LL DO!

Once you create your own ***Ultimate Fitness Environment*** by changing every aspect of the ***Fitness Trilogy***, going about your "daily business" DOES create the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets you live life to the fullest!

***Your dream has just come true!***



# Quick Start Guide Start Immediately!

By

**Eddie Lomax**  
**Optimum Fitness Network LLC.**

<http://www.BestAtHomeWorkouts.com>

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## About The Author

**Eddie Lomax** is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness...** The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

*This philosophy can be seen in his fitness programs:*

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

*He has been contributing to the fitness community on the Internet since 2005.*

## Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free...** so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material.

Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance**.

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

**Answered "no" to all the questions... Great! Let's get**

**started.**

## Preview of the Entire Athletic Body Workout

The **Athletic Body Workout** is made up of 5 eBooks...

- **The Athletic Body Workout Guide**
- **The Athletic Body Workout Exercise Encyclopedia**
- **The General Fitness Workbook**
- **The Strength & Size Workbook**
- **The Fat Loss Workbook**

Ideally, you would read **The Athletic Body Workout Guide**, study the **Exercise Encyclopedia** and then move on to the individual workbooks.

But I know you are excited to get started!

After all, the sooner you start, the sooner you start SEEING, FEELING and USING the RESULTS of your training.

Therefore, on the next page I'm going to give you some **Quick Start Action Steps** to get you started today!

## Quick Start Action Steps

Follow these steps to get started fast!

### **Step 1: Pick Your Workout**

While I DO want you to read **The Athletic Body Guide** (otherwise I wouldn't have spent the time to write and include it), it is not absolutely necessary for your success.

**Building muscle, losing fat and creating the athletic body of your dreams comes from DOING the workouts consistently, not reading about them!**

I recommend everyone start with the **General Fitness Workout**, so if this is your first time, this step is easy! (If this is your second time through, pick one of the other workouts.)

### **Step 2: Print Off The Workbook**

The workbook contains valuable information for understanding the proper execution of the workout. More importantly, EVERY DAY of the 4 week workout has its own **Workout Journal Sheet**.

Not only do the **Workout Journal Sheets** guide you step-by-step through the entire workout for the day, but it is a simple way for you to track and document your progress. (Don't forget to fill in the **Compliance Chart!**)

**One of the major reasons people fail is because they don't document their training.** I've made it easy for you, **just print and go!** (Every time you repeat a workout, just print off the workbook again. **This gives you a lifetime of reusable Workout Journal Sheets!**)

I suggest you get a 3 ring binder or folder for easy access. (I like the 3 ring binder, because if you work out at a gym you can just take the **Workout Journal Sheet** for the day with you to the gym. Everything you need to do the workout is there. Don't forget to put it back into the binder when you return home!)

## Step 3: Review The Exercise Encyclopedia

Each workout is made up of:

- **The Warm Up**
- **The Workout**
- **The After Session Stretching**

Each exercise is explained in the **Exercise Encyclopedia** with a detailed description and photos.

I've organized the encyclopedia by workouts, instead of alphabetically or by body part. Therefore, all you do is go to the section in the **Exercise Encyclopedia** that corresponds to the workout you are about to do and look over the exercises. Furthermore, **the exercises are presented in the encyclopedia in the order they appear in the workout so you don't have to scan back and forth through the pages!**

## Step 4: Do The Workout

That's right! **Get to work!**

Don't wait. You now have an excellent workout program at your disposal, specifically designed to build a strong, lean, athletic body. **USE IT!**

Don't let this program gather cyber-dust on your hard drive!

This **Quick Start Guide** gives you the **Action Steps** to get started today...

# So Get Steppin'

**Now you can go back and read the material I provide.** Understanding the WHY behind the **Athletic Body Workout** gives you insight into why this workout program is so effective. Now that you've started training, go back and learn more!