

## **Program Log & Workout Guidelines: Please read this before your first workout.**

---

### **Start Slow, Life is a Marathon:**

You should consult a doctor if you have any underlying health issues or you have not worked out in a long time. If you need to start out on a reduced workout schedule, please do so. Take 3 to 5-minute breaks during your workout sessions, to drink some water and catch your breath. If you are not comfortable using free weights, start with machine exercises. Life is a marathon, not a sprint. It took time to get out of shape; it will take time to get back into shape. The great news is that the body responds quickly to regular exercise, so stay positive.

### **Always Warm-up:**

If you do not have time to warm-up, you do not have time to work out. Nothing will set your progress back more than an injury. Always begin your workout with a 5 to 10-minute warm-up. Warming-up the muscles and tendons makes them more flexible and less likely to tear. Your muscles and tendons are like rubber bands. If you place a rubber band in warm water it becomes more pliable. If you place it in cold water, it becomes brittle and more likely to snap when stretch. You always want to begin your workout with warm muscles. When I am training upper body muscles, my preferred warm-up is rowing. Cycling works well for leg training. If you are working out at home, you can perform some jumping jacks, jog in place, climb stairs, shadow box, or do a combination of these for 5 to 10 minutes to get warmed-up. Always perform one or two low intensity warm-up sets for the first compound exercise for each body part. I recommend you start with 50% of your working weight, for the first set, and 70% for your second. Keep the repetitions in the same range as your working sets. These sets should be easy efforts, priming the muscles, not taxing them.

### **Alternative Exercises:**

I left a space for Remarks in the workout program because I know that not everyone will have access to the same equipment, and some people have injuries that preclude certain exercises. Whenever possible, stay with the recommended exercises. If you must substitute, ensure you substitute correctly. For example, leg extensions are not an appropriate substitute for squats because leg extensions are an isolation movement, and squats are a compound movement. Compound movements, like the bench press, work several muscles at a time and allow you to lift heavier weights than isolation movements, like the fly, which only targets one muscle, the chest.

### **Workout Circuits:**

Each workout consists of workout circuits. These exercises are performed back to back with minimal rest in between. Performing exercises for unrelated muscle groups in a circuit allows you to perform more sets during a workout without shortening rest intervals, which would degrade performance. It also improves cardiorespiratory fitness; keeps the muscles warm, and burns more calories. Make sure that you catch your breath before each set, so your performance does not suffer. I know this type of training can be a challenge in a crowded gym, but it is possible, especially if you are using primarily free weights. You will have to be a little assertive and ask strangers, "Can I work in?" I typically explain to them that I am working a few exercises in a circuit, so I will not be back for about 3 or 4 minutes. I have never had anyone refuse to let me work in. After all, it is as much your gym as theirs.

### **Keep 1 or 2 Reps in the Tank:**

Make sure you stop most sets one or two repetitions short of failure. Going to failure on your first set will cause a decline in performance. We want to maximize our performance during each workout. We do this by stopping short of failure on all but the last set of each exercise. Your maximum effort should be given to the last set of the last exercise for any given body part. Our goal

is to lift as much as possible during each workout. And to increase that overload from week to week, month to month. You accomplish this by keeping a repetition or two in the tank, until the very end of your workout. As soon as you take a set to failure, your performance on succeeding sets will degrade substantially. For example, if you went to failure on pull ups using your 10- repetition maximum. You might only get 7 repetitions on your next set and 5 or 6 on your third set. Your total number of repetitions with that weight would have been 22 or 23. Had you stopped a couple of repetitions short of failure on your first and second set, you would have been able to perform at least 8 repetitions on all three sets for a total of 24. We want to lift heavy, but stay fresh as long as possible during your workouts. If this was your last basic compound exercise for your back, and you took the last set to failure, you might have achieved a total of 25 or 26 repetitions. Your workout volume in either case would be greater than if you had taken the first set to failure. Taking sets to failure should be primarily used as a means of creating progressive overload, and not a goal in and of itself. Progressive overload is the trigger for muscle growth, not training to failure. Training to failure is a method of producing progressive overload, not a trigger in and of itself as some *experts* would have you believe. [Scientific studies and meta- analyses have demonstrated the superiority of performing three sets of an exercise vs. one set](#) to failure. One set to failure will stimulate growth, but it is a minimum effective dose. If you do not want to invest too much time in the gym, one set will produce results, but they will be suboptimal.

### **Cardio Training:**

Your strength training workouts are going to burn calories and improve heart health, so do not overdo the cardio. Cardio training by its very nature is antagonistic to muscle and strength gains. The training program in this book makes strength training the number one exercise priority. I recommend you perform a total of three weekly cardio sessions. Some of the program logs only provide a space for logging one cardio session a week, the other two sessions can be logged in the Notes section at the bottom of the weekly training log. You can perform 10 to 20-minute cardio sessions after your strength training, or 20 to 30-minute cardio sessions, separate from your strength training.

### **Extra Cardio:**

You have the option to do additional cardio. I would recommend no more than five 40-minute cardio sessions per week. You could perform 30 second sprints every two to five minutes during cardio sessions, to spike metabolism, and improve cardiovascular fitness. Ideally these sessions would be in the morning, separate from your strength training or after your strength training workouts. Never do cardio before strength training unless your primary focus is preparing for an endurance event.

### **Basic Training Program:**

Progressive overload is the key to building muscle. On the last set of each exercise marked with an asterisk, perform as many good quality repetitions as possible. Once you can meet or exceed the prescribed repetition limit, add weight during your next workout. Make small incremental weight increases, better to succeed with 1-pound more than to fail with 5-pounds. Fractional plates allow you to add as little as 1-pound to the bar. Most gyms don't have fractional plates, but my gym does. That is because I purchased them. I didn't want to carry the plates to and from the gym, so I decided to risk the 33 dollars I paid for the plates and leave them at the gym.

<b>BASIC PROGRAM</b>	<b>Date:</b>
----------------------	--------------

	Day 1 (Upper Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Overhead Press: 2x5, 1x5-7*		x	x	x
	Weighted Pull-up: 2x5, 1x5-7*		x	x	x
	Calf Raise: 1x15-20*, 1x10-12*, 1x8-10*		x	x	x
	V-Up: 3x20				
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

	Day 2 (Lower Body)	Remarks	Weight x Reps		
<b>Circuit</b>	<a href="#">Bulgarian Squat</a> : 2x6, 1x6-8*		x	x	x
	Leg Curl: 2x8, 1x8-10*		x	x	x
	Weighted Back Raise (holding dumbbells): 3x8-12		x	x	x
	Leg Press: 1x15-20*		x		
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

Day 3 Cardio (30-40 Minutes) HIIT	Remarks	Duration	Remarks
30-40 Minutes HIIT Cardio			

	Day 4 (Upper Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Incline Dumbbell Press: 2x6, 1x6-8*		x	x	x
	One-Arm Dumbbell Row: 2x6, 1x6-8*		x	x	x
	Calf Raise: 1x12-15*, 1x10-12*, 1x8-10*		x	x	x
	Weighted Crunch: 3x20		x	x	x
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

	Day 5 (Lower Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Bulgarian Squat: 2x6, 1x6-8*		x	x	x
	Leg Curl: 2x8, 1x8-10*		x	x	x
	Weighted Back Raise (holding dumbbells): 3x8-12		x	x	x
	Leg Press: 1x15-20*		x		
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

## Notes

\* As Many Repetitions As Possible (AMRAP). Once you can achieve or exceed the upper repetition range, increase the weight by approximately 1 to 2% next workout.

If you aren't familiar with an exercise visit: <https://www.bodybuilding.com/exercises/detail/view>

<b>BASIC PROGRAM</b>	<b>Date:</b>
----------------------	--------------

	Day 1 (Upper Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Dumbbell Press: 2x6, 1x6-8*		x	x	x
	Weighted Pull-up: 2x6, 1x6-8*		x	x	x
	Calf Raise: 1x15-20*, 1x10-12*, 1x8-10*		x	x	x
	V-Up: 3x20				
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

	Day 2 (Lower Body)	Remarks	Weight x Reps		
<b>Circuit</b>	<a href="#">Bulgarian Squat</a> : 2x6, 1x6-8*		x	x	x
	Leg Curl: 2x8, 1x8-10*		x	x	x
	Weighted Back Raise (holding dumbbells): 3x8-12		x	x	x
	Leg Press: 1x15-20*		x		
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

Day 3 Cardio (30-40 Minutes) HIIT	Remarks	Duration	Remarks
30-40 Minutes HIIT Cardio			

	Day 4 (Upper Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Bench Press: 2x5, 1x5-7*		x	x	x
	<a href="#">Yates Row Reverse Grip</a> : 2x5, 1x5-7*		x	x	x
	Calf Raise: 1x12-15*, 1x10-12*, 1x8-10*		x	x	x
	Weighted Crunch: 3x20		x	x	x
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

	Day 5 (Lower Body)	Remarks	Weight x Reps		
<b>Circuit</b>	Bulgarian Squat: 2x6, 1x6-8*		x	x	x
	Leg Curl: 2x8, 1x8-10*		x	x	x
	Weighted Back Raise (holding dumbbells): 3x8-12		x	x	x
	Leg Press: 1x15-20*		x		
	10-20 Minutes HIIT Cardio	<b>Duration</b>		<b>Remarks</b>	

## Notes

\* As Many Repetitions As Possible (AMRAP). Once you can achieve or exceed the upper repetition range, increase the weight by approximately 1 to 2% next workout.

If you aren't familiar with an exercise visit: <https://www.bodybuilding.com/exercises/detail/view>