

BASIC WORKOUT GUIDELINES



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 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 when needed. If you are not comfortable using free weights, start with machine exercises. Pace yourself. 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-minute warm-up. Warming up the muscles and tendons, making 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 put it in cold water, it becomes brittle and more likely to snap when stretched. 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 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 blank space for Remarks in the workout program for alternative exercises. I realize 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 do it

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

Some workouts consist of strength circuits. These exercises are performed back to back with one minutes rest in between. I recommend using a sports watch with a countdown timer, like the Timex Ironman. Performing exercises for independent 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.

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.

OPTIONAL EXERCISES

The optional exercises are there for those that want to burn additional calories and improve their cardiovascular fitness. If you feel that they are too taxing and degrade your performance on the other exercises, omit them from your workout.

KEEP 1 OR 2 REPS IN THE TANK

Stop most sets one or two repetitions shy 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 a muscle group. 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.

The programs uses a double progression model. When you can hit the upper rep range on your final set, you will increase the weight during your next workout. Then start over at the lower end of the rep range with the heavier weight, slowly working your way back through the rep range. The first couple of weeks might feel a little easy, but they serve an important purpose. They will give your mind a body an opportunity to consolidate your gains and prepare for the next push.

The key to an effective double progression is increasing the total number of repetitions from week to week until you can increase the weight. When your progress

stalls, you have several options. You can restart your cycle at the lower rep range, work in a different rep range, change exercises, or use another type of progression.

CARDIO TRAINING

Your strength training workouts will burn calories and improve heart health, so do not overdo the cardio. A good rule of thumb for body transformation is to spend twice as much time strength training as cardio training. By its very nature, cardio training is antagonistic to muscle and strength gains can cause overuse injuries.

Cardio is excellent for our overall mental and physical health, but it isn't the primary driver of weight loss, diet is. I recommend you limit your HIIT style cardio to 60 minutes a week. If you perform steady state cardio or a combination of steady state and HIIT, cap your weekly volume at 2-hours. The training program in this book makes strength training the number one exercise priority. You can perform a 10 to 20-minute cardio session after your strength training or a 10 to 30-minute cardio session separate from your strength training. I prefer doing cardio in the morning and lifting during lunch. When I cannot get to the gym during lunch, I will either do an abbreviated workout in the morning or immediately after I get home from work.

EXTRA CARDIO:

If you are motivated to do more cardio, you can. I suggest you do it in the form of active recovery, low-intensity cardio like walking. Your intensity should not exceed 60% of your maximum training heart rate (MTR). Besides burning additional calories, active recovery exercise will reduce muscle soreness and promote quicker recovery. It removes the metabolic byproduct of intense exercise, lactic acid, and shuttles nutrients, like oxygen and glucose to the muscle. I recommend listening to audiobooks while performing this additional exercise to make it more enjoyable.

MINIMALIST CUTTING PROGRAM

Week of:

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Push-up/Dips 1-2 x AMRAP		x	x		
	Inverted Row: 1-2 x AMRAP		x	x		
2nd Circuit	Jackknife Push-Up 1-2 x AMRAP		x	x		
	Chin-up: 1-2 x AMRAP		x	x		
4-Minutes Tabata Workout (Step Up or Step Back Lung)		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 2 (Lower Body)		Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg): 1-2 x AMRAP		x	x	x	
	Bulgarian Split Squat (right leg): 1-2 x AMRAP		x	x	x	
	Single Leg Hip Raise (left leg): 1-2 x 15-20					
	Single Leg Hip Raise (right leg): 1-2 x 15-20					
10-20 Minute Walk		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 3 (HIIT Cardio) 10-20-Minutes Perform 5-8 x 20-second sprints		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 4 (Upper Body)						
1-2 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Push-up/Dips		x	x		
	Inverted Row		x	x		
	Leg Raise (15-20 reps)		x	x		
	Jackknife Push-Up		x	x		
	Chin-Up					
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 5 (Lower Body)						
1-2 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg)		x	x		
	Bulgarian Split Squat (right leg)		x	x		
	Single Leg Hip Raise (left leg)		x	x		
	Single Leg Hip Raise (right leg)		x	x		
	Plank (30-60 seconds)					
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 6 (Active Rest) Walk 10- 20 Minutes		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 7 (10-20 Minutes Cardio @ 70% MHR)		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	

AMRAP: As many repetitions as possible (with perfect form)
RIR: Repetitions in reserve (how many repetitions short of failure)
Rest: 60-90 seconds between exercises

CUTTING PROGRAM (HOME GYM)

Week of: _____

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 2-3 x 6-10		x	x	x	
	Weighed Chin-up: 2-3 x 5-8		x	x	x	
	Lateral Raises: 2-3 x 8-15		x	x	x	
2nd Circuit	Overhead Dumbbell Press: 2-3 x 8-12		x	x	x	
	Dumbbell Rows (left arm): 2-3 x 6-10		x	x	x	
	Dumbbell Rows (right arm): 2-3 x 6-10		x	x	x	
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration		Sleep	😊😊😊	
				Nutrition	😊😊😊	
				Motivation	😊😊😊	

Day 2 (Lower Body)		Remarks	Weight x Reps			
1st Circuit	Bulgarian Split Squat (left leg): 2-3 x 6-10		x	x	x	
	Bulgarian Split Squat (right leg): 2-3 x 6-10		x	x	x	
	Plank: 2-3 x 30-60 seconds					
2nd Circuit	Step Back Lunge (left leg): 2-3 x 10-15		x	x		
	Step Back Lunge (right leg): 2-3 x 10-15		x	x		
	Stability Ball Back Raises: 2-3 x 10-20					
5-10 Minutes Cardio (@ 60% MHR) Cooldown		Duration		Sleep	😊😊😊	
				Nutrition	😊😊😊	
				Motivation	😊😊😊	

Day 3 (HIIT Cardio) 20-Minutes	Duration	Remarks			
		Sleep	😊😊😊		
		Nutrition	😊😊😊		
		Motivation	😊😊😊		

Day 4 (Upper Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Chin-up or Dumbbell Row		x	x	x	
	Dip or Incline Dumbbell Press		x	x	x	
	Leg Raise		x	x	x	
	Kettlebell Swing or Step-up		x	x	x	
	Sit-up or V-Up					
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	😊😊😊			
		Nutrition	😊😊😊			
		Motivation	😊😊😊			

Day 5 (Lower Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Step-up or Bulgarian Split Squat (left leg)		x	x	x	
	Step-up or Bulgarian Split Squat (right leg)		x	x	x	
	Stability Ball Back Raise or Hip Raise		x	x	x	
	Kettlebell Swing or Goblet Squat		x	x	x	
	Plank (30-60 seconds)					
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	😊😊😊			
		Nutrition	😊😊😊			
		Motivation	😊😊😊			

Day 6 (Active Rest) Walk 20-30 Minutes	Duration	Remarks			
		Sleep	😊😊😊		
		Nutrition	😊😊😊		
		Motivation	😊😊😊		

Day 7 (20-30 Minutes Cardio @ 70% MHR)	Duration	Remarks			
		Sleep	😊😊😊		
		Nutrition	😊😊😊		
		Motivation	😊😊😊		

Rest: 60-90 seconds between exercises unless otherwise noted

CUTTING PROGRAM (COMMERCIAL GYM)

Week of: _____

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Bench Press: 2-3 x 5-8		x	x	x	
	Cable Rows: 2-3 x 5-8		x	x	x	
	Lateral Raises: 2-3 x 8-15		x	x	x	
2nd Circuit	Incline Dumbbell Press: 2-3 x 6-10		x	x	x	
	Weighted Chin-up: 2-3 x 6-10		x	x	x	
	Bent Over Lateral Raises: 2-3 x 8-15		x	x	x	
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 2 (Lower Body)		Remarks	Weight x Reps			
1st Circuit	Squat or Leg Press: 2-3 x 6-10		x	x	x	
	Leg Curl: 2-3 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2 x 8-12		x	x		
	Leg Extension: 2 x 8-12		x	x		
3rd Circuit	Leg Press: 1-2 x 12-15		x	x		
	Leg Curl: 1-2 x 8-15		x	x		
5-10 Minutes Cardio (@ 60% MHR) Cooldown		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 3 (HIIT Cardio) 20-Minutes		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 4 (Upper Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Chin-up or Inverted Row		x	x	x	
	Leg Raise					
	Dip or Incline Dumbbell Press		x	x	x	
	Incline Sit-up or Cable Crunch		x	x	x	
	Kettlebell Swing		x	x	x	
Rest: 60-seconds between exercises, 1-2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 5 (Lower Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Goblet Squats		x	x	x	
	Weighted Back Raises		x	x	x	
	Kettlebell Swing		x	x	x	
	Plank (30-60 seconds)					
Rest: 60-seconds between exercises, 1-2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 6 (Active Rest) Walk 20-30 Minutes		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 7 (20-30 Minutes Cardio @ 70% MHR)		Duration	Remarks			
				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	

Rest: 60-90 seconds between exercises unless otherwise noted