***The Basics Of Fitness***

Table of contents

***The Basics of What This Is All About***

 If you got this program, you are about to enter the “go to” guide to training and periodization basics. I’m super excited to teach you how to create your own yearly workout plan to achieve your desired goals, progressively getting stronger and faster, without overtraining.

 If you don’t know by now, my name is Zakaria BenBouchta and I am an MMA Athlete/Athletic Therapist. I started training in Montreal, Canada at the age of four, at Tristar gym. Got my black belt in karate, then my black belt in taekwondo and now going for my black belt in jiu-jitsu. Growing up, and still to this day, amongst my training partners you will be able to find George St-Pierre, Rory McDonald, Francis Carmont, Alex Garcia, Johnny Walker, and many more. Along with some beast coaches: my dad, Firas Zahabi, Mike Moffa, Ludovic Louis, John Danaher, Murilo Santana, and more. Apart from that, I was a nerd and graduated from Concordia University in Health Kinesiology and Applied Physiology with a specialty in Athletic Therapy. Got to work under some great therapist like Maxim Hanna, Kenny Spracklin, Catherine Beriman, and Audrey Doyon-Lessard. Through getting to learn their training philosophies and through tons of self-experimentation in the fields of Bioenergetics, Exercise Physiology and Nutrition (my professor at school- Andreas Bergdhal), I have attained a lot of information that I have and continue to implement on myself, my clients, and my athletes.

 I am constantly being asked tons of questions about program design, at-home and gym workouts, sport-specific training, and rehab, so I thought why not spend some time to making a basic document that individuals of all levels and all backgrounds across the board can use and look back on whenever they need. No matter the goal - this whole workout plan is for;

* ***Beginners, intermediate and advanced***
* ***Kids, Teenagers, Young Adults, Adults & Active Elderly***
* ***People who can’t afford a gym***
* ***People that are too busy to go to a gym***
* ***The travelling businessman/women***
* ***Off-season athletes***
* ***The list goes on…***

This E-book will teach you the basics of how to build a workout plan, gain size and strength no matter where you are, lose stubborn fat, and build a solid foundation to reduce chances of injuries. Plus, you get the benefit of becoming a mini-nerd and understanding a little bit more about exercise physiology.

I want to emphasize that if you have any injuries and/or medical issues, please consult your doctor or healthcare professional before starting the program that I have outline at the end of this E-book. In addition, if you are coming off an injury, you can either message me for an athletic therapy consultation or get your injury checked with your own athletic therapist, physiotherapist, and/or osteotherapist.

***The Basics of The Fundamentals & Hypertrophy***

 When discussing the topic of building mass, there are three types of principles you need to consider:

1. ***Mechanical Load***- *gradually placing physical stress on a mechanical system, in this case, our bodies. This will gradually strain the muscle to endure more and more and allow it to grow. Example: increasing the weight on the bar when performing an exercise.*
2. ***Eccentric Contraction***- *performing a contraction of a muscle while it is lengthening. Example; the down phase of a bicep curl. This not only causes the most micro-damage to your muscle fiber which tends to accompany Delay Onset Muscle Soreness (DOMS- think of this as when you are sore 2-3 days later after a workout). This type of contraction is also the best when discussing tendinopathies (think golfer’s elbow or tennis elbow, patella tendon pain in the knee, or even Achilles pain from running).*  (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4482821/>) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6510035/>)
3. ***Metabolic Stress***- *Causes metabolite accumulation (lactate, inorganic phosphate, and H+ ions) within the muscle cell. Example: during resistance training playing with the intensity, volume, rest between sets, Blow Flow Restriction (BFR) and/or time under tension (TUT), drop sets and super sets are all ways that will maximize this metabolic stress. All of this will influence hormonal release, hypoxia and Reactive Oxygen Species (ROS) production and will cause cell swelling and muscle adaption.* (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5489423/>)
All these fancy scientific terms basically describe when you feel the burn and push past it. These are things that are happening to the muscle and these are some ways you can cause this to happen.

*Example: Increasing the time per set; super slow push-ups lasting 10-20 seconds per rep, using the BFR bands and doing higher rep ranges, utilizing drop sets, supersets or giant sets within a given exercise.*

1. ***Rest/Recovery***- This is by far the most Important principle! When you are working out, you’re not gaining mass. Resting the muscles and getting adequate protein in will help repair the damage you have done and allow your muscle to grow. Here are some basic numbers: in-between 0.55g to 0.8g/lbs of LBM (Lean Body Mass, substrate the amount of fat you have on your body) and/or for my kilogram friends 1.2g to 1.7g/kg of LBM. Along with this protein requirement, it’s best to spread them out at around 4-5 meals a day. Even better is intermittent fasting and having those 4-5 meals within a 10 to 12-hour window (for example, eating from 9am to 7pm). Under this category also falls taking a De-Load week! in which you take a week off the volume you were doing and reduce it to MV (discussed below) and give your central nervous system and muscles a break and greater chance for recovery and growth. This is the reason why in this program you will find a week in which we taper down and then come back even stronger.
2. ***Sleep***- The number one muscle building, fat loss tip, and recovery strategy that I can give anyone is sleep. When we sleep, our bodies take the time to not only process and store useful memory, but also to repair, cleanse and make sure our bodies have recovered from the stimulus that it underwent during the day. The problem I have seen often is that many people don’t sleep well or have interrupted sleep. Here are some simple tips to help:
* Stop eating/drinking three hours before bed
* Stop doing any work of any kind two hours before bed (let the brain wind down)
* Shut off all electronic devices and stimulate lights (TV, iPhone, computer, etc.) one hour before bed. Grab a book and read, or maybe write in a journal.
* No stimulants nine hours before bed. Which means that coffee, red bull, or your pre-workout drink from three o’clock is affecting your sleep. If you need energy, grab some Beetroot Juice/powder, and/or Essential Amino Acids (EAAs) for a boost.
* Try to find and or create a regular sleeping time and pattern. So, if you chose 10pm for your bedtime and 6am for your wake-up time, make it consistent.
* Having some magnesium glycinate (anything with an “ate” at the end of it is good) at 250-500mg will help with recovery and sleep when taken a couple of hours before bed.
* Having some chamomile tea does wonders as well.
* If you want to have sex that is fine as well, but keep it between 9-10pm at night and/or 7-8am in the morning (best time hormonally and puts you in a great sleep state)
* Breathing exercises is one of the easiest and free things you can do to help you fall asleep. Following a box breathing method (all of this should be nasal breathing) of inhale four seconds, hold four seconds, exhale four seconds and hold four seconds. Repeating that for about five minutes will put you in an amazing parasympathetic state and off to sleep.

In the best scenario you will be able to program each of these into a plan and give yourself the best bet at producing as much muscle, at fat loss, and at gaining as healthy a lifestyle as possible.

***The Basics of How Many Sets/Reps You Need?***

 Let’s dive into a couple of definitions that are used across the board of trainers and CSCS coaches. This will help you understand why in this program I have provided you with different sets and rep ranges from week to week and day to day.

*How Many Sets*

1. **MV- Maintenance Volume**: *The amount of training needed to allow you to maintain your current muscular size. This Value will change slightly depending on your training level. Untrained will need practically nothing while the most advanced trainer will need higher values (6 sets seem to be the number)*
2. **MEV- Minimum Effective Volume:** *The least amount of volume needed to grow muscle. This number will vary depending on training level, the more advanced lifter will have a higher value for each muscle group. MEV is a great place to start a new program cycle (which is what I used in this program to start our first week off).*
3. **MAV-Maximum Adaptive Volume:** *This is the amount of volume needed to achieve maximal gain. This value will vary from person to person and from Mesocycle to Mesocycle. The stronger you get, the more stimulus you are going to need to continue growing. This means that if you worked up to 12 sets total for one muscle group in one mesocycle, you might need 13 or 14 sets total for one muscle group in the next mesocycle.*
4. **MRV-Maximum Recoverable Volume**: *This is the amount of volume your body can tolerate before overtraining and going down a slippery slope. Paying attention to your recovery and fatigue during your program is going to be key to making sure you don’t overdo it. I will explain how to measure this later in this eBook.*

Muscle Group Breakdown

1. Back
* **MV**- *6 sets per week*
* **MEV-** *Around 10sets per week*
* **MAV**- *No more than 12 sets per session*
* **MRV**- *with 2x/week looking at 20 sets/wk, with 3x/wk - 25sets/wk, with 4x/wk - 30sets/wk, and with 5-6x/wk - 35sets/wk
(all of these are a combination of horizontal and vertical pulling).*
1. Abs
* **MV**- *Zero Sets since the compound lifts will challenge your abs enough*
* **MEV**- *Between 2-6 weekly sets*
* **MAV-** *No more than 12 sets per session*
* **MRV**- *No more then 25 sets per week*
1. Traps
* **MV**- *Compounds lifts are enough*
* **MEV**- *4 weekly sets*
* **MAV-** *No more than 12 sets*
* **MRV-** *If training 2x/wk then 10 sets will do, if training 4-6x a week then going as high as 35-40 sets/wk*
1. Chest
* **MV-** *8 sets per week*
* **MEV*-*** *At least 10 sets per week*
* **MAV-** *12-20 sets per week*
* **MRV**- *No more than 22 sets per weeks*
1. Biceps
* **MV**- *Pulling work will be enough! If they don’t engage the biceps then you’re looking at 4-6 sets per week*
* **MEV**- *If you have enough pulling work then you can get away with 6-8 sets per week.*
* **MAV**- *Sticking between 14-20 sets per week*
* **MRV**- *Sticking to 20 sets is good and not going more then 26 sets per week.*
1. Triceps
* **MV** - *Your pressing movements will be enough. If not, you can go to 4 sets per week*
* **MEV** *- At least 6 sets per week*
* **MAV** - *Around 10-14 sets per week*
* **MRV** - *12 sets per week is great and you will experience problems with 18 sets per week.*
1. Glutes
* **MV** - *From squats your glutes will get enough stimulus*
* **MEV** *- 2-4 sets per week*
* **MAV** *- 4-12 weeks sets per week.*
* **MRV**- *Problems will occur above 16 sets a week. This is on top of all the leg work you are doing.*
1. Quads
* **MV** - *6 sets of squats a week. If you start to leg press and/or leg extension, then your minimum set numbers will be higher (squats hit your quads a lot harder then these isolation exercises).*
* **MEV**- *8 set per week*
* **MAV**- *12-18 sets per week*
* **MRV**- *No more than 20 sets*
1. Hamstrings (H/S)
* **MV**- *If the exercises selection is stiff legged deadlift or good mornings then 4 heavy sets per week*
* **MEV**- *6 sets a week,*
* **MAV**- *Between 10-16 sets per week*
* **MRV**- *Will experience problems when doing more the 20 sets per week*
1. Calves
* **MV-** *6 sets of direct calf work seem best for maintenance*
* **MEV**- *8 sets a week*
* **MAV**-*Between 12-16 weekly sets*
* **MRV**- *No more than 20 sets*
1. Rear Delts & Side Delts
* **MV**- *rear delts can be maintained from the pulling work yet side delts need at least 6 sets per week*
* **MEV**- *8 sets per week,*
* **MAV**- *16 to 22 sets per week*
* **MRV**- *No more the 26 sets per week*
1. Front Delts
* **MV**- *Pushing work you are doing for chest will be enough*
* **MEV-** *Pushing work with the variation in chest movements and tricep overhead movements will be enough (incline press is an example)*
* **MAV***- 6-8 weekly sets which includes overhead pressing movements*
* **MRV**- *No more than 12 sets of pressing or raises*

Example of exercises (same order as above)

1. Back (can be split up into horizontal and vertical movements)
* *Horizontal: All variations of Bent over row, Chest supported row, inverted row, all variation seated row*
* *Vertical: All grip pull-ups, Straight arm Lat pulldown*
1. Abs
* *V-ups, all variation of crunch, dragonfly, Russian twist, side plank, dead bug, birgdog, hanging knee raise.*
1. Traps
* *Barbell shrug, DB shrug, Cable shrug, lateral cable shrugs*
1. Chest (you need to mix horizontal, incline, and isolation work)
* *Horizontal: Barbell bench, DB press, machine press, Cable press, push-ups, one arm push-ups,*
* *Incline: Barbell bench, DB press, incline push-up,*
* *Isolation: Al variation DB flyes, cable flye*
1. Biceps
* *All variation bicep curls, hammer curls, reverse curl, incline DB curl*
1. Tricep
* *Dips, skull crushers variation, tricep extension variation*
1. Glutes
* *All deadlift variation, all hip thrusters’ variation, pull throughs, kickbacks, all lunge variation*
1. Quads
* *Terminal Knee Extension (TKE), Leg press, close stance squat, SL squat, front squat, leg extension*
1. Hamstrings
* *All variation of Stiff leg deadlift, all variation hamstring curl, SL deadlift, good mornings*
1. Calves
* *All variation calve raises, seated calve raise*
1. Rear delts/side delts
* *Reverse flye, Facepulls, all variation rear delt raise, all variation lateral raise, all variation upright row*
1. Front delts
* *All variation shoulder press, all variation handstand push-ups, all variation front raises*

*How Many Reps*

When it comes to reps a lot of people are still stuck on 3-5 reps for strength, 8-12 reps for hypertrophy and 15+ reps for muscular endurance. This misconception has been debunked and the biggest factor that needs to be understood when looking at hypertrophy is reaching near failure on your sets. Which means it doesn’t matter if you are doing 5 reps or 30 reps as long are you are reaching near failure then you are stimulating hypertrophy. Ideally the best thing would be to hit a range of 5 reps all the way to 30 reps within a given week. This will allow you to:

* *Not be bored*
* *Provide different stimulus to your muscles (remember the top 3 basics of hypertrophy in the fundamentals section)*
* *Eliminate the chance of injury*
* *Train for muscular endurance as well*
* *Put variation to your workout program*

You will notice that within a given week in this plan I cycle through the rep ranges on each training day to achieve the hypertrophy stimulus we want for gains.

***The Basics of Injury Prevention/Joint Training (Train my joints? Really?)***

Some of the most under-looked aspects in training, and which I do not see in almost any workout programs, are injury prevention and joint strengthening exercises. Weightlifting is correlated to an increase in bone strength, yet through improper posture, a lot of sitting throughout the day, no focus on corrective exercises, and improper footwear, we can see many joints suffering (ankle, big toe, low back/TVA, wrists, shoulders, and neck). You **will** get hurt without proper:

* *Strengthening*
* *Poor postural habits*
* *Weak stabilization*
* *Improper technique*
* *Etc...*

It may not be right away, but it will happen.

Once it happens, the injury will set you back some days, some weeks, or even some months. If you never really treat it, you will be living with that chronic injury for a while and you will need to work around it, which tends to de-motivate a lot of people and set them back. That is why in this program you guys will be adding in 1-3 rehab/preventative exercises per joint (there are so many on my YouTube channel to do along with progressions and regressions), so that we can build a strong foundation and decrease our chances of injuries along the way.

These exercises can be done prior to a lifting session, any other cardio session, or even as part of the workout warmup you are doing that day. Personally, I like doing them in the morning with my mobility routine to start my day, or during the day when I am working on my laptop a lot. It takes 10-20 minutes to do and is a good break from work. In the chart, you will be able to see all the exercises and sets/reps (for video tutorials, you can check out my Youtube channel).

***The Basics of Energy Systems (How They Work)***

Let’s break it down without making things complicated and going into the depths of how each system works along with their pathways, enzymes and reactions (all helpful links and books will be in the references).

All of these systems are linked together. When beginning an exercise at a given intensity, one will be used more than the others and as time goes on the percentages of each system will vary (given a specific intensity). The main three are:
(there are more but let’s keep it simple)

1. **PCr (phosphocreatine):** *Think high intensity bursts of energy that demands no oxygen and a quick need of energy (ATP) to do something that lasts anywhere between 0 and 15 seconds. This system does not use any oxygen and is the primary immediate source of energy used.
Example- plyo movement or a 100m sprint.*
2. **Glycolytic:** *As the time for exercises increases (between 15 sec to about 2-3 minutes) we start to run out of PCr (our body cannot produce it fast enough and it runs out) and we start to use the glycogen (stored glucose- those chips, fruits, and bread you eat all gets stored in the muscles as glycogen) that is readily available in the working muscle.* *Example- a moderately high to high intensity sprint or a 2-3min round of boxing or skipping.*
3. **Oxidative**: *Once we have completely used up the readily available glycogen stored in our muscles, we start to use oxygen and aerobic oxidation to produce energy (after the 3 mins passed). This system still uses carbs, fats and small amounts of protein during the activity*. *Example- long runs at a moderate to low intensity.*

As you can see, each system leads into the next system! Yet the main points I want you to understand are the following:

* *Intensity will dictate whether this process succeeds or not (you cannot sprint at max for more than 30-sec without burning out and needing a break)*
* *Rest can allow for these anaerobic systems to recovery (if you do go all out, you need some rest to replenish these non-oxidative systems)*
* *The duration of work you are doing (which will dictate the system you are targeting).*

During this program we will be using and training each of these systems to allow our cardiovascular system and our muscles to better adapt to different intensities/stimuli.

***The Basics of Cardio (What We Will Be Doing)***

 With a better understanding of the energy systems, let’s go over which ones we will be using, why we will be using it, and a little bit about how we can play around with each to target a possible goal:

1. **Anaerobic Training (H.I.I.T):** *I want to start with this one, because I see the word HIIT being thrown around too freely. I would say that 99% of the HIIT workouts you see YouTubers or Instagram influencers post about are really just circuit or interval routines. Remember that true anaerobic training is taking this system to pretty much absolute failure. Using ratios between 3:1 – 1:5 are generally used with sets of roughly 3-12 and the intervals are in seconds, not minutes (that would be aerobic endurance). Examples- a 3:1 ratio would be a 30-sec sprint and 10-sec break. A 5:1 ratio would be a 20 sec sprint with a 2 min break. Depending on the ratio you are using, you will either be working on your peak performance (ability to sustain power through multiple efforts) or your ability to work through extreme fatigue (every round will tend to get worse and worse). When performing a true H.I.I.T, you should be extremely finished after each and every working set. That is why, to start things off, I have only implemented one of these sessions in the plan.*
2. **Aerobic Training**: *In this program I give you guys the green light to do whatever you enjoy when it comes to moderate intensity cardio. Anything from running, biking, swimming, boxing, and even jujitsu. You can do whatever you like, as long as you to follow a couple of rules.*
* *You need to do it for 30-60 minutes 3-4x a week*
* *Keep it consistent from week to week*
* *Keep it at a moderate intensity (this will increase your work capacity-YouTube video on what work capacity is)*

*Example- I run 3-4x a week (some are long duration runs and others in a tempo format to increase my aerobic endurance- I talk about tempo running on my YouTube channel). I also have moderate days where I box, do Muay Thai, wrestle, and do jiujitsu. When it’s super nice outside I will even go for a long hike.*

1. **Low Intensity Steady State:** *This should be done many times during every single day of the week. This can be done in the form of a walk in the morning’s sunlight, after lunch, and even after supper. These activities can be gardening, light bike rides, yoga, tai-chi, and the list goes on. I suggest performing these activities for 30-60 minutes every day. Example- I like to walk every single morning for 45 mins, I perform all my housework after that, then I go for a 45-min post lunch walk, and end my day with another walk, especially if the sun is setting (great for circadian rhythm- More info on this on my YouTube channel or website). A great example for office workers is to set a timer to 55-70 minutes and when it beeps, you get up and perform some squats, push-ups, yoga flow routine, or go for a walk for 10-15 minutes. Then just continue this cycle for the amount of time you are working.*

Throughout this program, I have implemented a great routine for you guys to be able to fit all of these cardio types in from week to week.

***The Basics of Flexibility & Mobility - There’s a Difference?***

 In the simplest term: flexibility is the ability for your muscles to lengthen while mobility is the ability for your joint to move in its full range of motion (ROM) without restriction or pain.

I want you to picture two elastics that are both the same in length and size, yet one of them is tenser than the other when you place them on a stretch. Now you go out on a field, wind up both elastics and want to see how far they can travel. You guys are all smart so of course you know that the one you can stretch out more will be the one that can go the furthest without tearing. This is exactly the same with your muscles. The more tension you can place on them without tearing, the more power output you can develop (plays a huge advantage when it comes to injury prevention, explosiveness, and plyo movements).

 Consider the overhead press, a squat, picking up something from the floor, and/or reaching overhead. These are all movements that require mobility and flexibility. They can be affected by adhesions, muscular tension, joint stiffness, lack of strength, muscular imbalances, and more. That is why flexibility and mobility come hand in hand and benefit each other tremendously. Of course, both will have to be trained differently, even if they act synergistically together.

*Example- The looser my hip flexors, hamstrings, adductors, and dorsi flexors are - the more mobility my hips will have so that I can squat deeper.*

That is why in this plan we will be doing joint improving exercises every single day. I will be providing certain movements that all individuals across the board should be doing (shoulders, hips, ankles, and wrists) to help mobility and allow to increase our tensile durability (the amount of stretch we can place on our tissues before tearing).

***The Basics of Modalities to Enhance Fitness, Health and Recovery***

 When you think recovery, I am sure most of you are thinking of a rest day, maybe some stretching, a deep tissue massage, some foam rolling, or even a spa day with hot tubs and saunas. Well, you are not wrong, and these are pretty much some of the recovery strategies that I have placed in this program, along with some others that you maybe didn’t think about (a flush run, cold showers, ice bath, hot yoga class, corrective exercises, jumping on a trampoline, electrical stimulation, compression gear).

 All of these different modalities allow for the flushing of H+ ions in your muscle and the healing of the micro muscular tears you’ve obtained from resistance training to allow you to decrease DOMS (Delay Onset Muscle Soreness). This is the soreness that comes two days after your workout, which can sometimes stop you from doing the following session or risk the chance of injury because your muscles haven’t healed yet.

 Another very under-looked strategy for recovery is tracking your heart rate variability (HRV) and/or heart rate (HR). If you want more information on HRV, you can find links on my YouTube channel or go visit the Oura ring website. These two measurements give you a great look into how your body has recovered from a previous session that you have done. I’ll use myself as an example; my resting HR and HRV are around 40-43 BPM and 150-200ms, respectively. If I wake up the next morning and my HR is elevated to 50-55 BPM or my HRV went down to 100ms, then I know something is wrong. I am either getting sick or I just haven’t fully recovered yet. These values help me auto-regulate my training, especially if I had something planned for the next day that is high intensity and will increase my chance of injury. It is very easy to get these values, especially with all the apple and fitness watches out there.

 The topic of recovery is vast, and I could go into every single reason why each of these modalities can help with recovery, BUT that is not the point of this eBook (future book is already planned so don’t worry). What I will say is that each of these modalities has a place and I have placed them into my week-to-week schedule to allow me to keep on pushing every single workout time and time again.

However, with you guys, a little goes a long way! So, what I have done is use some of these methods and outlined them within a week schedule so you can use them to recover and keep progressing day to day, week to week, and month to month!

**The Basics of Supplements - Which to Take? Which Not To?**

 You might not think so yet, BUT… 95% of you do not need any supplements whatsoever. The majority of people are not highly trained athletes, or even high-powered individuals (people training 5-10x a week). Most of you are normal people who are active or not and want to be healthy and look good. This means that sticking to whole foods should be your first priority. Stop spending money on mass gainers, protein powders, pre- or post-workouts, BCAAs, or anything else. You’re simply wasting your money and you honestly do not need any of these things.

 On the flip side, if you are genetically predisposed to having lower amounts of a certain mineral or vitamin, you don’t get enough sun, you have a sickness and need certain supplements prescribed to you by your doctor, you are older, and/or have a harder time getting in enough calories due to a decrease metabolism, then I am completely in accordance with these people taking something.

 For the high-powered athletes or individuals that I do see a need for certain supplements, I recommend:

* Protein powders (pea+hemp mixed, casein+whey isolate mix, edemame) (1-2 servings a day, as needed)
* Creatine monohydrate (5g, anytime of day)
* EAAs (only great one so far is kion aminos or purim EAAs) (before a fasted workout: 5-10g, at night before bed if you had a really heavy day: 5-10g, during long training sessions of over 90 min: 5-10g on the hour every hour)
* Beet Powder (for vasodilation) (depends on the brand, but 2-4 scoops work best)
* Vitamin D+K2 mix (Morning with breakfast, 1-2 drops)
* Magnesium (ending in “ate”) (2 hours before bed, 250-500mg)
* Adaptogenic Mushrooms (cordyceps, liones maine, chaga, resihi, turkey tail, rhidiola, astragalus, etc.) (depends on the brand you get! The two best I’ve seen is Primal Herb, or Foursigmatic)
* Clean Greens (to enhance uptake of micronutrients intake due to depletion from the heavy amount of working out) (as much as needed, on my fasting days I’ll take 2-3 scoops, whereas on my heavy training days I’ll take 3-4 scoops, and on a normal day 1-2 scoops)
* Plant-based Omega 3 supplement (3-6g, every day)
* Glutamine (5g post-workout or split to 2.5g for 2 workouts a day)

I want to make it clear that you are looking for a 1% increase in performance when you are a top-end athlete. These supplements can help you achieve that goal because you have all the other fundamentals dialed in check. This means that anyone not answering to this category, stop wasting your money. Get your sleeping, your food and your consistency in the gym in check first before you even start considering supplements.

**The Basics of When & How to Eat**

I was actually not going to include this chapter in the book at all! Reason being is that I find it deserves a more comprehensive understanding and discussion to really breakdown everything you need to know. However, I will go through some very easy things you should be doing to optimize health recovery, muscle gain, and fat loss (for a full in depth breakdown on this with counting calories and finding the amount you need, you can read the article I wrote on my website).

1. Spreading your protein across 4-5 meals has shown to be the most effective way of eating healthy, along with helping muscle gain, retention of muscle (when cutting), and recovery. Intaking some protein every 3-4 hours will allow you to hit your protein range needed (see the recovery section for more information).
2. Having Carbs is best in the morning and post-workout, since that is when you are much more insulin sensitive. Sticking to the clean healthy carbs, like sweet potatoes, yams, brown rice, NON-GMO oats, fermented breads, bean pasta, and sprouted/fermented quinoa. The amount is really going to depend on the type of lifestyle you are following. The carbs’ percentage I generally follow are 25-60%, if I train a lot, I consume more carbs. If it’s my off-day, then I don’t really need a lot of carbs and will be fine having only 200g that day.
3. Fats can really be played around with. Again, this will depend on the lifestyle you are following and which you can maintain and feel great at. You will need at least 15-20% fat in your diet, no matter what. I recommend fats like extra virgin olive oil, walnuts, macadamia nuts, avocados, wild-caught salmon, sardines, tuna, a small amount of coconut oil, grass-feed butter, or ghee. It is best to stay away from processed and fried foods, and should be considered for performance, and even more importantly, for a healthier lifestyle.

To end this, I will give you guys my stats so you can get an idea of what a day looks like for me.

Depending on my day or phase of training or goal, I will consume roughly 2500 to 5000 calories depending on if I’m training a lot, cutting or bulking. I consume roughly 170g of protein a day, roughly 200-600g of carbs and 85-200g of fat. A little break down would be as following:

1. Morning- 500ml of water right when I get up, followed by 1 cup of iced black coffee with adaptogens 45mins after waking up. Then I do my cardio or yoga/mobility routine.
2. Meal 1- Roughly 35-40g protein, 100g carbs, 10-25g fat; usually my biggest meal of the day.
3. Meal 2- Pre-workout meal; 35-40g protein, 50g carbs, 5-10g fat, wait 60-90 mins then workout.
4. Meal 3- Workout lasts around 60-90 mins, followed by 30-45 min stretching. Then I have a shake with 35-40g protein, 30-40g carbs, 0g of fat.
5. Meal 4- about 2 hour later; 35-40g protein, 10-20g carbs, 25-50g fat.
6. Meal 5- 3 hours before bed; 35-40g protein, 10-20g carbs, and 10-20g fat.

Of course, a 2-workout day, an off-day, or a recovery day will switch up the schedule. I stick to whole foods approach and eat depending on my energy expenditure. Whether I am cutting, bulking or maintaining really dictates how much I am eating and when. However, what stays consistent is clean food.

If you want more information on this topic, don’t hesitate to hit me up on my social media or YouTube video comments!

**The Basics of How to Periodize Your Plan**

Now with the understanding of everything I am going to put into this program, let’s go over how to program our workouts, what to do after the five weeks are done, how we can take this program and apply it to the gym, and lastly how to build a solid foundation.

To start this off you need to understand the following terms:

1. Macrocycle: *This is generally a year outline of a program that encompasses the mesocycle and the microcycle.*
2. Mesocycle: *These are blocks of 4-12 weeks that fall into the Macrocycle. Usually each Mesocycle takes care of one topic (just hypertrophy, just strength, just speed/power). This can be further split into microcycles.*
3. Microcycle: *These are weeklong blocks. Every week should have a purpose and goal that allows you to see progress from week to week within your Mesocycle.*

The reason this plan is so great is because it can be catered to all individuals (athlete or not). When you are starting any program or coming off a season you tend to de-load for one to two weeks before restarting a new cycle, usually called the off-seasons or General Physical Preparation (GPP). There isn’t really any sport specificity to it, yet it’s made to gradually increase your work capacity (YouTube link for more info): build bigger muscles, get stronger, work on flexibility and mobility, build up your cardio, or whatever else your goal is. During this period of time, volume will be higher, but the intensity will be lower for a certain amount of time (this time will depend on what your goals are or what competition you have). (helpful link describing the inverse relation on YouTube)

 To give you guys an idea here is my rough yearly draft:



As you can see, at the end of a season I start a new off-season, in which am pretty much only doing resistance training (RT), flexibility, hypertrophy, and core work for a solid 5-12 weeks (depends on what I got next). Mind you, the workload I undertake is higher than my previous off-season. This means that every time I start a new block (in my new off-season) I am continuously getting better (progressive overload). When you are looking at designing your own yearly plan, the general breakdown of (this is a simple format and does not mean it’s the only one to do) is as follows: You want to build your conditioning first, then hypertrophy, then strength, then power and, finally end with speed (this is the most basic philosophy and understanding of periodization training).

* *This allows you to build tolerance to the volume.*
* *Get bigger to be able to get stronger.*
* *Get stronger so that you can move weight easier.*
* *Convert all that to power.*
* *And finally, finish off with speed.*

A great way to keep track of your progress throughout the year is by grabbing a booklet, a graph, a Word document, an excel sheet - which I find the easiest. Keep track of the amount of sets, reps, and weight lifted for each exercise. This value is called **training load**, within a given training session and for a given muscle.

*Example- we are doing bench press for 4 sets of 8 reps with 225 on the bar. You will multiply 4sets x 8reps x 225lbs = 7200 pounds.*

This value allows us to incrementally increase our training load per mesocycle, and in the grand scheme of things every macrocycle (great way to constantly be getting better and better each time).

 All that being said, you now have everything you need in order to design the right plan for you (from sets and reps, flexibility and mobility, to cardio). You are now able understand the basics of working on specific areas to gradually continue from there. I could end this whole guide here…

Nevertheless, I want to give you guys a simple plan to tie everything together. You can implement this plan at home, and/or swap exercises to do it at a gym setting. You can also regress or progress some exercises to make it less or more challenging for you. This plan lasts only one mesocycle (five weeks), but this is only one block of many that you can utilize and then move on to do strength, strength-power, power-speed, etc. With that said, since the beginning of any program is GPP, this plan can work for all individuals, athletes, and healthy active adults across the board and across all sports.

***The Basics of How to Use RPE or RIR for Programming***

 Whenever we train, we need a value to dictate how hard we will push. Values you may have seen already are **percent max** (1RM at 85%), **rate of perceived exertion** (RPE), when looking at weight lifting and/or cardiovascular training (which is on a scale from 1-10), and **reps in reserve** (RIR), which is mostly used in resistance training (by far my favorite approach when programming a plan for resistance training). The reason RIR is so good is that whether you are lifting weights or using your bodyweight, having a value to push yourself which is 3 reps left in the tank, or 2 reps left in the tank, is a lot simpler then calculating 85% of your 1RM for push-ups. That is why in this program I designed I used RIR for the resistance training parts and RPE for the cardiovascular training sessions.

***The Plan***

One Mesocycle

Five Microcycles (four working cycles with one de-load then repeat)

Emphasis is hypertrophy

Program design: Three full body RT, five LISS, two moderate cardio, four rehab/prehab (two upper, two lower) one H.I.I.T.

**Microcycle 1 (week 1)**

Day 1 (Monday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Banded Chest Press | 4 | 8 | 3RIR |  |
| A2 Weighted Broomstick Stiff Leg Deadlift  | 4 | 8 | 3RIR | 60sec |
| B1 SL Ecc squat to chair (90 degrees) | 4 | 8 | 3RIR |  |
| B2 Back PAck Broom Stick Row | 4 | 8 | 3RIR | 60sec |
| C1 Bag Pack Cheat Lat Raise (1-0-2-0) | 3 | 8 | 3RIR |  |
| C2 Leg Raise w/ corkscrew  | 3 | 16 | 3RIR | 60sec |
| D1 Straight Arm Lat Pull down | 4 | 8 | 3RIR |  |
| D2 SL Calve Raise  | 3 | 8 | 3RIR |  |
| D3 Face-pulls | 3 | 10 | 3RIR | 30sec |
| E1 Broomstick Bicep Curl | 4 | 8 | 3RIR |  |
| E2 Skull crusher | 3 | 8 | 3RIR | 60sec |

Day 2 (Tuesday)

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 20-30 mins RPE 6-7

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (upper Body Prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 15 |
| A2 Wrist Extension  | 3 | 15 |
| B1 Wrist Ulnar Deviation | 3 | 15 |
| B2 Wrist Radial Deviation | 3 | 15 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 10 |
| C2 Angels and devils | 3 | 5 |
| D1 Side Plank (each side) | 2 | 30 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 6 |

Day 3

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Pyke Push-Ups | 4 | 15 | 3RIR |  |
| A2 Banded H/S Curl (standing or prone) | 4 | 15 | 3RIR | 60sec |
| B1 1 ½ Squat  | 4 | 15 | 3RIR |  |
| B2 Assisted Pull-ups | 4 | 12 | 3RIR | 60sec |
| C1 Banded Lat Raise  | 3 | 15 | 3RIR |  |
| C2 Banded Crunch | 3 | 12 | 3RIR |  |
| C3 Banded Chest Fly | 3 | 12 | 3RIR | 30sec |
| D1 Inverted Row | 4 | 15 | 3RIR |  |
| D2 Seated Calve raise | 3 | 15 | 3RIR |  |
| D3 Rear Delt Flye | 3 | 15 | 3RIR | 30sec |
| E1 Hammer Curl | 3 | 15 | 3RIR |  |
| E2 Dips (assisted if needed) | 3 | 15 | 3RIR | 60sec |

Day 4

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 20-30 mins RPE 6-7

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (lower body prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 25m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 25m |
| B1 SL Airplane Hold  | 3 | 30s |
| B2 Ball Hold calve raise | 3 | 10 |
| C1 Banded Inversion | 3 | 12 |
| D1 Big toe PROM ext. | 2 | 30s |
| D2 Big toe AAROM ext. | 3 | 10 |
| E1 Glute Bridge To reach (each side)  | 3 | 10 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

Day 5

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Sessions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Push-ups | 4 | 20 | 3RIR |  |
| A2 Glute Bridge to Abduction | 4 | 20 | 3RIR | 60sec |
| B1 Heel Elevated Squats  | 1 | 60 | 3RIR | 3-5 breaths |
| C1 Banded Seated Row | 4 | 25 | 3RIR |  |
| C2 Lat Raise  | 4 | 20 | 3RIR | 60 sec |
| D1 Walking Lunges | 3 | 20 | 3RIR |  |
| D2 Front Raise  | 2 | 20 | 3RIR |  |
| D3 Kneeling towel straight arm pull down | 4 | 20 | 3RIR | 30sec |
| E1 Calve raise | 4 | 20 | 3RIR |  |
| E2 Russian Twist | 3 | 20 | 3RIR | 60sec |

Day 6

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4, followed by

Upper body foam roll, lacrosse ball and deep tissue (even self massage)

**Key areas;**

* *Sub-occipital (under the two bones at the back of your head)*
* *Upper Traps*
* *Fore arms*
* *Jaw*
* *Hands*
* *Low back erector spinae and Quadratus lumborum area*

Followed by;

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

H.I.I.T (sprints, bike sprints, burpees hard, swimming, rowing, assault bike, skipping high knees or double unders) 25sec on 10 sec off all x 6 RPE 8-9

Followed by 5-10 minute cool down

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 15 |
| A2 Wrist Extension  | 3 | 15 |
| B1 Wrist Ulnar Deviation | 3 | 15 |
| B2 Wrist Radial Deviation | 3 | 15 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 10 |
| C2 Angels and devils | 3 | 5 |
| D1 Side Plank (each side) | 2 | 30 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 6 |

Day 7

*Morning session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4 followed by,

Deep tissue lower body focused: foam rolling, lacrosse ball, self-massage release

**Keep areas;**

* *Bottom of foot*
* *Hip flexor*
* *Calves*
* *Piriformis*
* *Iliac Crest*

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 25m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 25m |
| B1 SL Airplane Hold  | 3 | 30s |
| B2 Ball Hold calve raise | 3 | 10 |
| C1 Banded Inversion | 3 | 12 |
| D1 Big toe PROM ext. | 2 | 30s |
| D2 Big toe AAROM ext. | 3 | 10 |
| E1 Glute Bridge To reach (each side)  | 3 | 10 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

**Microcycle 2 (week 2)**

Day 1 (Monday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Banded Chest Press | 4 | 8 | 2RIR |  |
| A2 Weighted Broomstick Stiff Leg Deadlift  | 4 | 8 | 2RIR | 60sec |
| B1 SL Ecc squat to chair (90 degrees) | 4 | 8 | 2RIR |  |
| B2 Back PAck Broom Stick Row | 4 | 8 | 2RIR | 60sec |
| C1 Bag Pack Cheat Lat Raise (1-0-2-0) | 3 | 8 | 2RIR |  |
| C2 Leg Raise w/ corkscrew  | 3 | 16 | 2RIR | 60sec |
| D1 Straight Arm Lat Pull down | 4 | 8 | 2RIR |  |
| D2 SL Calve Raise  | 3 | 8 | 2RIR |  |
| D3 Face-pulls | 3 | 10 | 2RIR | 30sec |
| E1 Broomstick Bicep Curl | 4 | 8 | 2RIR |  |
| E2 Skull crusher | 3 | 8 | 2RIR | 60sec |

Day 2

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 25-35 mins RPE 6-7

Stretching (all holds are for 75 secs but if you have time 135 secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (upper Body Prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 16 |
| A2 Wrist Extension  | 3 | 16 |
| B1 Wrist Ulnar Deviation | 3 | 16 |
| B2 Wrist Radial Deviation | 3 | 16 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 11 |
| C2 Angels and devils | 3 | 6 |
| D1 Side Plank (each side) | 2 | 35 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 7 |

Day 3

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Pyke Push-Ups | 4 | 15 | 2RIR |  |
| A2 Banded H/S Curl (standing or prone) | 4 | 15 | 2RIR | 60sec |
| B1 1 ½ Squat  | 4 | 15 | 2RIR |  |
| B2 Assisted Pull-ups | 4 | 12 | 2RIR | 60sec |
| C1 Banded Lat Raise  | 3 | 15 | 2RIR |  |
| C2 Banded Crunch | 3 | 12 | 2RIR |  |
| C3 Banded Chest Fly | 3 | 12 | 2RIR | 30sec |
| D1 Inverted Row | 4 | 15 | 2RIR |  |
| D2 Seated Calve raise | 3 | 15 | 2RIR |  |
| D3 Rear Delt Flye | 3 | 15 | 2RIR | 30sec |
| E1 Hammer Curl | 4 | 15 | 2RIR |  |
| E2 Dips (assisted if needed) | 3 | 15 | 2RIR | 60sec |

Day 4

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 25-35 mins RPE 6-7

Stretching (all holds are for 75secs but if you have time 135secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

Evening Session (lower body prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 30m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 30m |
| B1 SL Airplane Hold (if you fall it’s okay) | 3 | 35s |
| B2 Ball Hold calve raise | 3 | 11 |
| C1 Banded Inversion | 3 | 13 |
| D1 Big toe PROM ext. | 2 | 35s |
| D2 Big toe AAROM ext. | 3 | 12 |
| E1 Glute Bridge To reach (each side)  | 3 | 11 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

Day 5

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Sessions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Push-ups | 4 | 20 | 2RIR |  |
| A2 Glute Bridge to Abduction | 4 | 20 | 2RIR | 60sec |
| B1 Heel Elevated Squats  | 1 | 70 | 2RIR | 3-5 breaths |
| C1 Banded Seated Row | 4 | 25 | 2RIR |  |
| C2 Lat Raise  | 4 | 20 | 2RIR | 60 sec |
| D1 Walking Lunges | 3 | 20 | 2RIR |  |
| D2 Front Raise  | 2 | 20 | 2RIR |  |
| D3 Kneeling towel straight arm pull down | 4 | 20 | 2RIR | 30sec |
| E1 Calve raise | 4 | 20 | 2RIR |  |
| E2 Russian Twist | 3 | 20 | 2RIR | 60sec |

Day 6

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4 followed by

Upper body foam roll, lacrosse ball and deep tissue (even self massage)

**Key areas;**

* *Sub-occipital (under the two bones at the back of your head)*
* *Upper Traps*
* *Fore arms*
* *Jaw*
* *Hands*
* *Low back erector spinae and Quadratus lumborum area*

Followed by;

Stretching (all holds are for 75secs but if you have time 135secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

H.I.I.T (sprints, bike sprints, burpees hard, swimming, rowing, assault bike, skipping high knees or double unders) 30sec on 10sec off all x 6 RPE 8-9

Followed by 5-10 minute cool down

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 16 |
| A2 Wrist Extension  | 3 | 16 |
| B1 Wrist Ulnar Deviation | 3 | 16 |
| B2 Wrist Radial Deviation | 3 | 16 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 11 |
| C2 Angels and devils | 3 | 6 |
| D1 Side Plank (each side) | 2 | 35 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 7 |

Day 7

*Morning session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes followed by,

Deep tissue lower body focused: foam rolling, lacrosse ball, self-massage release

**Keep areas;**

* *Bottom of foot*
* *Hip flexor*
* *Calves*
* *Piriformis*
* *Iliac Crest*

Stretching (all holds are for 75secs but if you have time 135secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 30m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 30m |
| B1 SL Airplane Hold  | 3 | 35s |
| B2 Ball Hold calve raise | 3 | 11 |
| C1 Banded Inversion | 3 | 13 |
| D1 Big toe PROM ext. | 2 | 35s |
| D2 Big toe AAROM ext. | 3 | 12 |
| E1 Glute Bridge To reach (each side)  | 3 | 11 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

**Microcycle 3 (week 3)**

Day 1 (Monday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Banded Chest Press | 4 | 8 | 1RIR |  |
| A2 Weighted Broomstick Stiff Leg Deadlift  | 4 | 8 | 1RIR | 60sec |
| B1 SL Ecc squat to chair (90 degrees) | 4 | 8 | 1RIR |  |
| B2 Back PAck Broom Stick Row | 4 | 8 | 1RIR | 60sec |
| C1 Bag Pack Cheat Lat Raise (1-0-2-0) | 3 | 8 | 1RIR |  |
| C2 Leg Raise w/ corkscrew  | 3 | 16 | 1RIR | 60sec |
| D1 Straight Arm Lat Pull down | 4 | 8 | 1RIR |  |
| D2 SL Calve Raise  | 3 | 8 | 1RIR |  |
| D3 Face-pulls | 3 | 10 | 1RIR | 30sec |
| E1 Broomstick Bicep Curl | 4 | 8 | 1RIR |  |
| E2 Skull crusher | 3 | 8 | 1RIR | 60sec |

Day 2 (Tuesday)

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 30-40 mins RPE 6-7

Stretching (all holds are for 80 secs but if you have time 140 secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

Evening Session (upper Body Prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 17 |
| A2 Wrist Extension  | 3 | 17 |
| B1 Wrist Ulnar Deviation | 3 | 17 |
| B2 Wrist Radial Deviation | 3 | 17 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 12 |
| C2 Angels and devils | 3 | 7 |
| D1 Side Plank (each side) | 2 | 40 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 8 |

Day 3 (Wednesday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Pyke Push-Ups | 4 | 15 | 1RIR |  |
| A2 Banded H/S Curl (standing or prone) | 4 | 15 | 1RIR | 60sec |
| B1 1 ½ Squat  | 4 | 15 | 1RIR |  |
| B2 Assisted Pull-ups | 4 | 12 | 1RIR | 60sec |
| C1 Banded Lat Raise  | 3 | 15 | 1RIR |  |
| C2 Banded Crunch | 3 | 12 | 1RIR |  |
| C3 Banded Chest Fly | 3 | 12 | 1RIR | 30sec |
| D1 Inverted Row | 4 | 15 | 1RIR |  |
| D2 Seated Calve raise | 3 | 15 | 1RIR |  |
| D3 Rear Delt Flye | 3 | 15 | 1RIR | 30sec |
| E1 Hammer Curl | 4 | 15 | 1RIR |  |
| E2 Dips (assisted if needed) | 3 | 15 | 1RIR | 60sec |

Day 4 (Thursday)

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 30-40 mins RPE 6-7

Stretching (all holds are for 80secs but if you have time 140secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (lower body prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 35m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 35m |
| B1 SL Airplane Hold (if you fall it’s okay) | 3 | 40s |
| B2 Ball Hold calve raise | 3 | 12 |
| C1 Banded Inversion | 3 | 14 |
| D1 Big toe PROM ext. | 2 | 40s |
| D2 Big toe AAROM ext. | 3 | 13 |
| E1 Glute Bridge To reach (each side)  | 3 | 12 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 9 |

Day 5 (Friday)

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Sessions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Push-ups | 4 | 20 | 1RIR |  |
| A2 Glute Bridge to Abduction | 4 | 20 | 1RIR | 60sec |
| B1 Heel Elevated Squats  | 1 | 80 | 1RIR | 3-5 breaths |
| C1 Banded Seated Row | 4 | 25 | 1RIR |  |
| C2 Lat Raise  | 4 | 20 | 1RIR | 60 sec |
| D1 Walking Lunges | 3 | 20 | 1RIR |  |
| D2 Front Raise  | 2 | 20 | 1RIR |  |
| D3 Kneeling towel straight arm pull down | 4 | 20 | 1RIR | 30sec |
| E1 Calve raise | 4 | 20 | 1RIR |  |
| E2 Russian Twist | 3 | 20 | 1RIR | 60sec |

Day 6 (Saturday)

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by

Upper body foam roll, lacrosse ball and deep tissue (even self-massage)

**Key areas;**

* *Sub-occipital (under the two bones at the back of your head)*
* *Upper Traps*
* *Fore arms*
* *Jaw*
* *Hands*
* *Low back erector spinae and Quadratus lumborum area*

Followed by;

Stretching (all holds are for 80secs but if you have time 140secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

H.I.I.T (sprints, bike sprints, burpees hard, swimming, rowing, assault bike, skipping high knees or double unders) 30sec on 10sec off all x 7 RPE 8-9

Followed by 5-10 minute cool down

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 17 |
| A2 Wrist Extension  | 3 | 17 |
| B1 Wrist Ulnar Deviation | 3 | 17 |
| B2 Wrist Radial Deviation | 3 | 17 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 12 |
| C2 Angels and devils | 3 | 7 |
| D1 Side Plank (each side) | 2 | 40 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 8 |

Day 7 (Sunday)

*Morning session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by,

Deep tissue lower body focused: foam rolling, lacrosse ball, self-massage release

**Keep areas;**

* *Bottom of foot*
* *Hip flexor*
* *Calves*
* *Piriformis*
* *Iliac Crest*

Stretching (all holds are for 80secs but if you have time 140secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 35m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 35m |
| B1 SL Airplane Hold  | 3 | 40s |
| B2 Ball Hold calve raise | 3 | 12 |
| C1 Banded Inversion | 3 | 14 |
| D1 Big toe PROM ext. | 2 | 40s |
| D2 Big toe AAROM ext. | 3 | 13 |
| E1 Glute Bridge To reach (each side)  | 3 | 12 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 9 |

**Microcycle 4 (week 4)**

Day 1 (Monday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Banded Chest Press | 4 | 8 | 0RIR |  |
| A2 Weighted Broomstick Stiff Leg Deadlift  | 4 | 8 | 0RIR | 60sec |
| B1 SL Ecc squat to chair (90 degrees) | 4 | 8 | 0RIR |  |
| B2 Back PAck Broom Stick Row | 4 | 8 | 0RIR | 60sec |
| C1 Bag Pack Cheat Lat Raise (1-0-2-0) | 3 | 8 | 0RIR |  |
| C2 Leg Raise w/ corkscrew  | 3 | 16 | 0RIR | 60sec |
| D1 Straight Arm Lat Pull down | 4 | 8 | 0RIR |  |
| D2 SL Calve Raise  | 3 | 8 | 0RIR |  |
| D3 Face-pulls | 3 | 10 | 0RIR | 30sec |
| E1 Broomstick Bicep Curl | 4 | 8 | 0RIR |  |
| E2 Skull crusher | 3 | 8 | 0RIR | 60sec |

Day 2 (Tuesday)

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 35-45 mins RPE 6-7

Stretching (all holds are for 85 secs but if you have time 145 secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (upper Body Prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 18 |
| A2 Wrist Extension  | 3 | 18 |
| B1 Wrist Ulnar Deviation | 3 | 18 |
| B2 Wrist Radial Deviation | 3 | 18 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 13 |
| C2 Angels and devils | 3 | 8 |
| D1 Side Plank (each side) | 2 | 45 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 9 |

Day 3 (Wednesday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Pyke Push-Ups | 4 | 15 | 0RIR |  |
| A2 Banded H/S Curl (standing or prone) | 4 | 15 | 0RIR | 60sec |
| B1 1 ½ Squat  | 4 | 15 | 0RIR |  |
| B2 Assisted Pull-ups | 4 | 12 | 0RIR | 60sec |
| C1 Banded Lat Raise  | 3 | 15 | 0RIR |  |
| C2 Banded Crunch | 3 | 12 | 0RIR |  |
| C3 Banded Chest Fly | 3 | 12 | 0RIR | 30sec |
| D1 Inverted Row | 4 | 15 | 0RIR |  |
| D2 Seated Calve raise | 3 | 15 | 0RIR |  |
| D3 Rear Delt Flye | 3 | 15 | 0RIR | 30sec |
| E1 Hammer Curl | 4 | 15 | 0RIR |  |
| E2 Dips (assisted if needed) | 3 | 15 | 0RIR | 60sec |

Day 4 (Thursday)

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 35-45 mins RPE 6-7

Stretching (all holds are for 85secs but if you have time 145secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

Evening Session (lower body prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 40m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 30m |
| B1 SL Airplane Hold (if you fall it’s okay) | 3 | 45s |
| B2 Ball Hold calve raise | 3 | 13 |
| C1 Banded Inversion | 3 | 15 |
| D1 Big toe PROM ext. | 2 | 45s |
| D2 Big toe AAROM ext. | 3 | 14 |
| E1 Glute Bridge To reach (each side)  | 3 | 12 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 10 |

Day 5 (Friday)

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Sessions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Push-ups | 4 | 20 | 0RIR |  |
| A2 Glute Bridge to Abduction | 4 | 20 | 0RIR | 60sec |
| B1 Heel Elevated Squats  | 1 | 90+ | 0RIR | 3-5 breaths |
| C1 Banded Seated Row | 4 | 25 | 0RIR |  |
| C2 Lat Raise  | 4 | 20 | 0RIR | 60 sec |
| D1 Walking Lunges | 3 | 20 | 0RIR |  |
| D2 Front Raise  | 2 | 20 | 0RIR |  |
| D3 Kneeling towel straight arm pull down | 4 | 20 | 0RIR | 30sec |
| E1 Calve raise | 4 | 20 | 0RIR |  |
| E2 Russian Twist | 3 | 20 | 0RIR | 60sec |

Day 6 (Saturday)

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by

Upper body foam roll, lacrosse ball and deep tissue (even self massage)

**Key areas;**

* *Sub-occipital (under the two bones at the back of your head)*
* *Upper Traps*
* *Fore arms*
* *Jaw*
* *Hands*
* *Low back erector spinae and Quadratus lumborum area*

Followed by;

Stretching (all holds are for 80secs but if you have time 140secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

H.I.I.T (sprints, bike sprints, burpees hard, swimming, rowing, assault bike, skipping high knees or double unders) 30sec on 10sec off all x 8 RPE 10

Followed by 5-10 minute cool down

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 18 |
| A2 Wrist Extension  | 3 | 18 |
| B1 Wrist Ulnar Deviation | 3 | 18 |
| B2 Wrist Radial Deviation | 3 | 18 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 13 |
| C2 Angels and devils | 3 | 8 |
| D1 Side Plank (each side) | 2 | 45 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 9 |

Day 7 (Sunday)

*Morning session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by,

Deep tissue lower body focused: foam rolling, lacrosse ball, self-massage release

**Keep areas;**

* *Bottom of foot*
* *Hip flexor*
* *Calves*
* *Piriformis*
* *Iliac Crest*

Stretching (all holds are for 80secs but if you have time 140secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 40m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 40m |
| B1 SL Airplane Hold  | 3 | 45s |
| B2 Ball Hold calve raise | 3 | 13 |
| C1 Banded Inversion | 3 | 15 |
| D1 Big toe PROM ext. | 2 | 45s |
| D2 Big toe AAROM ext. | 3 | 14 |
| E1 Glute Bridge To reach (each side)  | 3 | 12 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 10 |

**Microcycle 5 (week 5) De-load**

Day 1 (Monday)

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Banded Chest Press | 3 | 8 | 4RIR |  |
| A2 Weighted Broomstick Stiff Leg Deadlift  | 2 | 8 | 4RIR | 60sec |
| B1 SL squat to chair (90 degrees) | 2 | 8 | 4RIR |  |
| B2 Back PAck Broom Stick Row | 2 | 8 | 4RIR | 60sec |
| C1 Bag Pack lat raise | 2 | 8 | 4RIR |  |
| C2 Leg Raise w/ corkscrew  | 2 | 16 | 4RIR | 60sec |
| D1 Straight Arm Lat Pull down | 2 | 8 | 4RIR |  |
| D2 SL Calve Raise  | 2 | 8 | 4RIR | 60sec |

Day 2

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 20-30 mins RPE 6

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (upper Body Prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 15 |
| A2 Wrist Extension  | 3 | 15 |
| B1 Wrist Ulnar Deviation | 3 | 15 |
| B2 Wrist Radial Deviation | 3 | 15 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 10 |
| C2 Angels and devils | 3 | 5 |
| D1 Side Plank (each side) | 2 | 30 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 6 |

Day 3

*Morning Session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Session*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Pyke Push-Ups | 2 | 15 | 4RIR |  |
| A2 Banded H/S Curl (standing or prone) | 2 | 15 | 4RIR | 60sec |
| B1 1 ½ Squat  | 2 | 15 | 4RIR |  |
| B2 Assisted Pull-ups | 2 | 12 | 4RIR | 60sec |
| C1 Banded Lat Raise  | 2 | 15 | 4RIR |  |
| C2 Banded Chest Fly | 2 | 12 | 4RIR | 60sec |
| D1 Inverted Row | 2 | 15 | 4RIR |  |
| D2 Seated Calve raise | 2 | 15 | 4RIR | 60sec |

Day 4

*Morning Session*

Moderate Cardio (bike, run, swim, boxing, wrestling, pads, bags work) 20-30 mins RPE 6

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening Session* (lower body prehab/rehab)

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 25m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 25m |
| B1 SL Airplane Hold  | 3 | 30s |
| B2 Ball Hold calve raise | 3 | 10 |
| C1 Banded Inversion | 3 | 12 |
| D1 Big toe PROM ext. | 2 | 30s |
| D2 Big toe AAROM ext. | 3 | 10 |
| E1 Glute Bridge To reach (each side)  | 3 | 10 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

Day 5

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4

*Evening Sessions*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercises | Sets | Reps | Intensity | Rest  |
| A1 Push-ups | 2 | 20 | 4RIR |  |
| A2 Glute Bridge to Abduction | 2 | 20 | 4RIR | 60sec |
| B1 Banded Seated Row | 2 | 25 | 4RIR |  |
| B2 Lat Raise  | 2 | 20 | 4RIR | 60 sec |
| C1 Walking Lunges | 1 | 20 | 4RIR |  |
| C2 Kneeling towel straight arm pull down | 2 | 20 | 4RIR |  |
| C3 Calve raise | 2 | 20 | 4RIR | 30sec |

Day 6

*Morning Sessions*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by

Upper body foam roll, lacrosse ball and deep tissue (even self massage)

**Key areas;**

* *Sub-occipital (under the two bones at the back of your head)*
* *Upper Traps*
* *Fore arms*
* *Jaw*
* *Hands*
* *Low back erector spinae and Quadratus lumborum area*

Followed by;

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Elbow Flexed Wrist Flexion | 3 | 15 |
| A2 Wrist Extension  | 3 | 15 |
| B1 Wrist Ulnar Deviation | 3 | 15 |
| B2 Wrist Radial Deviation | 3 | 15 |
| C1 Off the bed neck (flexion, ext, side bend right, side bend left)  | 3 | 10 |
| C2 Angels and devils | 3 | 5 |
| D1 Side Plank (each side) | 2 | 30 sec |
| D2 Alternating Birg dog (Each Side) | 3 | 6 |

Day 7

*Morning session*

LISS training of any choice (walking, biking, light run, skipping, rowing) 30-60 minutes RPE 3-4 followed by,

Deep tissue lower body focused: foam rolling, lacrosse ball, self-massage release

**Keep areas;**

* *Bottom of foot*
* *Hip flexor*
* *Calves*
* *Piriformis*
* *Iliac Crest*

Stretching (all holds are for 60secs but if you have time 120secs 1 set)

* Downward Dog
* Reverse Table Top
* 90/90
* Deep lunge
* Hip flexor Stretch on couch
* Child’s pose to lateral reach

*Evening session*

|  |  |  |
| --- | --- | --- |
| Exercises | Sets | Reps |
| A1 Frankenstein Walk (Dorsi Flexion) | 3 | 25m |
| A2 Frankenstein Walk (Tippy toes) | 3 | 25m |
| B1 SL Airplane Hold  | 3 | 30s |
| B2 Ball Hold calve raise | 3 | 10 |
| C1 Banded Inversion | 3 | 12 |
| D1 Big toe PROM ext. | 2 | 30s |
| D2 Big toe AAROM ext. | 3 | 10 |
| E1 Glute Bridge To reach (each side)  | 3 | 10 |
| E2 Quadraped Hip Circles (keep core tight) both sides | 3 | 8 |

**Key points from this program**

 Let’s go over some scenario’s or what if’s!

1. What if you don’t have weights or bands?
* You can grab a backpack and pretty much do every single exercise you were doing in the gym (squats, lunges, front squats, stiff legged deadlift). You can grab a broomstick put it through the bag and voila you have yourself a weighted barbell with extra instabilities to work those intrinsic muscles (broomstick row, curl, tricep extension, upright row, reverse curl).
1. What if I have bands and I can’t increase the load (weight)?
* You can do a couple of things here; you can increase the TUT (slowing down the movement and making it last longer), you can increase the reps done week by week (so for a banded press you did 6 one week for a 3RIR, the next week you do 7 or 8 for a 2RIR and so on).
1. What if I have nothing at all and only my bodyweight?
* You can perform pretty much every exercise I have given you in a bodyweight format. For push-ups you can do single arm, or towel push up flyes. For legs you can do Single leg variations or step-ups. Helpful links at the end for YouTube videos on exercises. As well as the facebook group that you have available to you once you since you have purchased this Ebook!
1. If gyms open up can I use this same protocol?
* Absolutely, all you got to do is swap in the movements for either barbell or dumbbell exercises or cable machines for other exercises.
* The purpose of this workout is to give you a base of exercises, rehab/prehab drills, healthy habits, cardio, flexibility and stretching. You can add in, take out, extend the program, increase volume, change the sets and rep ranges to play with what you need for yourself.

**The Basics Of What To Do Next?**

Finding a way to end a paper, a story or even a book is always the hardest part! This biggest point I wanted to emphasize when I started creating this program which ended up turning into a mini book. Is something for you to look back on! I always tell my clients this. I want whatever I teach for you to understand it, re-create it and be able to explain it to someone else. This means you have truly grasped everything and you can create another amazing program for yourself.

 If I were you, reading this whole book and I have completed the program! I would repeat it with more weight or reps or sets or I would do the same with different exercises and follow the same schematic breakdown. Now if you have completed this 2-3 times already then moving on to some strength, speed-strength and power would be a great way to continue (Helpful tips on these on my youtube channel and will be discussed in another book). Rep ranges and rest periods will change if you do decide to do this.

 I will definitely be creating another book for you guys on this topic and how you can train to become stronger and faster at the basic level. I find with all the confusion out there, people really do need a basic understanding of science, on exercises and on programming. This fundamental basis will reduce the risk of injury especially when the majority of the population is grabbing info off the internet because they do not have the money to pay for a certified coach to help them. Your body is something very precious and should be made a priority. This book is the guide I wish I had when I started out. Now that you have it what are you going to do?

***DATSIT***

***Where I Get My Info From***

**Books**

1. Exercise physiology, nutrition, Energy and human physiology (8th edition) William D.McArdle
2. Essentials of Strength Training and Conditioning G.Gregory Haff
3. Guyton and Hall textbook of medical physiology (12th edition)

**People**

1. Brad Schoenfeld (number two top exercises physiologist in the world- he posts many studies especially on the topics of protein and hypertrophy)
2. Mike Isratel (Ph.D and one of the best training companies out there called renaissanceperiodization. Amazing website and youtube channel when it come to the basics and the deeper look into reps, sets, volume, periodization and more
3. Andy Galpin (Exercise physiologist with great youtube video content on understand exercises physiology)
4. Stuart Philips (number one exercises physiologist in the world- publishes numerous studies along with great one on diet and amino acid profiles and absorption
5. Michael Greger (Doctor who stopped practicing and started a free website with no ads called nutritionfacts.org. amazing website when looking at plant-based myths. He debunks them all and is one of the best sources of information when looking at these myths.
6. Peter Attia- Great doctor who talks a lot of the keto diet. As well debunks a lot of myths yet brings a lot of science and human physiology into the mix especially for athletes following this style of eating.
7. Wim Hoff- This guy is the man when it comes to breathing and ice thermogenesis.
8. Ben Greenfield- Amazing guy that covers the board of topics. Not only does he have a website, books, youtube channel and podcast. He also just released his encyclopedia of information from diet, to rehab to nutrition, to biohacking to sleep and more…
9. Kelly Starrett- amazing therapist that post tremendous information about everything and anything when it comes to joints, stiffness, immobility. He has one of the best books out there on movement called the Supple leopard.
10. Squat university- This guy has a great youtube page and instagram page covering everything you need to know when it comes to the therapy and of course the squat.