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AFTERBURN II

The Body Furnace Program

Advanced Fat Loss Training



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INTRODUCTION

Introduction

Currently in the early part of the 21st century we are in the middle of an obesity epidemic – approximately one-third of the adult population is estimated to be obese. Despite fat loss, body composition and physique transformation being the number one goal of most people who enter into the gym, this type of programming is actually a new concept as to be honest it just wasn't needed in the past. People were leaner. People moved more. Now in an almost completely automated time-crunched society, we have had to create exercise programs specifically to induce fat loss. Despite the overwhelming amount of research on aerobic training and exercise for health – none of it had the goal of fat loss. In fact, the very thought of training solely to produce a loss of fat was an alien concept just a few years ago.

This is where the original Afterburn manual came in. I was sick of junk programs out there being passed off as fat loss training solutions, when they were nothing more than blatant copies of either endurance training programs or the programs of competitive bodybuilders. I wanted to produce a program that had the sole goal of reducing body fat stores and getting people the fat loss results they were all looking for.

Feedback for the original program has been fantastic. But the number one request was for a more advanced program – something to follow on where the original program left off, or something to take the already lean person to “head turning, jaw dropping” lean.

So here is Afterburn II. Definitely not for beginners, but definitely effective. This is twelve weeks of the most brutally effective fat loss programming I have ever released commercially. If you just want to continue your fat loss efforts, or are

looking to lose those last couple of pounds of stubborn fat – then this is the program for you.

Hope you enjoy the ride!

Alwyn Cosgrove

Santa Clarita

August 2006

NUTRITION

Nutrition

This is not a nutrition manual. However as I have often said – diet remains the single most important factor in a fat loss program. If I don't address it I am doing you a huge disservice.

I have been lucky enough to work with some of the top nutritionists on the planet. If you have diabetes, cancer, or any other health ailments, seek these people out. Literally you are what you eat and these people can work wonders for you.

However.....

For fat loss I think the process is pretty simple. All we need to do is drive up your metabolism so you are burning as many calories as possible, make sure you are well nourished, yet create enough of a deficit so your body has to close the deficit by using up some of its energy stores (in other words – your fat stores). Simply put, if you want to lose fat mass, you have to burn more calories than you consume daily. If you fail to do this, your progress will be close to nonexistent.

It's that simple. Doesn't mean it's easy. Just means it's not complicated!

So in our facility we use a variety of approaches depending on the individual, the goals, their training and nutritional history and of course the time frame given to get the result we're looking for.

But to be honest - it's the BASICS that people seem to screw up. I wrote a training manual (Professional Fitness Coach – Program Design Bible) that suggested that while individuals like to debate the differences between different training approaches, the reality is, most successful coaches and trainers seem to agree on more than they disagree. There are certain underlying principles that all successful training programs are built on.

I believe nutrition for fat loss is the same. There are certain underlying principles that we can't ignore. In fact, many of the mainstream programs out there, if not most of them, will work.

So how can a Pritikin diet, a Zone diet and the Atkins diet ALL work? How, can they all get impressive improvements in health and body composition? Well, it's largely because the underlying principles each system possesses are similar. The basic fundamental principles are more important than the ratios of protein to carbs to fats.

However most people are still looking for the SECRET plan. And most people, will first survey all the most popular programs before deciding which to follow. And in this appraisal, you'll get confused, lost, and then do the inevitable. Nothing. You'll revert back to your old, ineffectual nutrition habits. Yep - instead of seeing out the similarities between all the successful plans out there, the common principles that get results, you get thrown off the trail by the minute details. And trust me - despite the apparent differences – the underlying principles are the same.

So let's review the basics of any successful fat loss program.

1. You do have to create a caloric deficit. It's that simple. We can create it by depriving you of food, or making you burn more and by tweaking your nutrient intake so that we increase the thermic effect of feeding slightly. But regardless of how we do it, or what approach we believe in – it still comes down to this.
2. You have to trick the body into thinking its being overfed, while actually creating a caloric deficit. So make sure you are eating a minimum of five times per day, approximately ever 2 ½ to 3 hours. Feed the metabolic furnace. Turn up the heat. There are no definitive studies demonstrating any benefit to multiple feedings

over a standard 3-4 meals per day when calories are equal, however in my experience, the years have shown that clients tend to eat less, and lose more fat when they are eating 5-6 times per day.

3. Make sure you are well hydrated. A dehydrated organism does not function optimally regardless of your goal. Fat loss requires fluid intake.
4. Essential amino acids (proteins) are *essential*. Essential fatty acids are *essential*. Vitamins are *vital*. Everything else is secondary. Make sure most of your calories come from lean protein, essential fats and vegetables.

GET THE BASICS DOWN!

Once all of that is getting done on a regular basis, the rest is easy -- it's just caloric and macronutrient manipulation.

Now I'm aware that most of you who purchased this manual STILL want a plan. So I have included the basic, does-not-break-any-rules, outline that we put our clients on in a later chapter.

Macronutrient Manipulation

So is a calorie a calorie? Not really.

This has been supported by the plethora of research comparing low carbohydrate diets to low fat and higher carbohydrate diets at the same caloric intake. To reiterate that – the groups consumed the same total calories, but the low carbohydrate groups lost more fat.

Annals of Internal Medicine

A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia

William S. Yancy Jr., MD, MHS; Maren K. Olsen, PhD; John R. Guyton, MD; Ronna P. Bakst, RD; and Eric C. Westman, MD, MHS

Other studies that have supported this:

Isocaloric low carbohydrate (CHO) vs. higher carbohydrate investigations

<u>Reference</u>	<u>%CHO</u>		<u>Wt. loss(kg) ± SEM</u>	
	<u>Low</u>	<u>High</u>	<u>Low CHO arm</u>	<u>High CHO arm</u>
Rabast et al (1978)	10	68	14.0 ± 1.4	9.8 ± 1.0
Rabast et al (1981)	12	70	12.5 ± 0.9	9.5 ± 0.7
Golay, Allaz et al (1996)	15	45	8.9 ± 0.6	7.5 ± 0.5
Golay, Eigenheer et al (1996)	25	45	10.2 ± 0.7	8.6 ± 0.8
Layman et al (2003)	44	59	7.5 ± 1.4	7.0 ± 1.4
Baba et al (1999)	25	68	8.3 ± 0.7	6.0 ± 0.6
Lean et al (1997)	35	58	6.8 ± 0.8	5.6 ± 0.8
Young et al (1971)	7	23	16.2 ± 0.9	11.9 ± 0.8
Greene et al (2003)	5	55	10.4 ± 2.1	7.7 ± 1.1

In this quick overview of the literature we can see that, even when calories consumed are identical, that across the board a lower carbohydrate intake resulted in greater weight loss than a higher carbohydrate diet. This doesn't necessarily mean that Atkins, South Beach etc were all correct. However, it does show us that if maximum fat loss is our goal, then a lower carbohydrate intake appears to be the most effective approach to support our goals.

The “Diet”

As promised here is the basic outline of our entry level nutrition program.

The science behind reduced carbohydrate diets being more effective than higher carbohydrate diets is well accepted nowadays.

But don't worry – we are all about real world practicality, effectiveness and our program won't force you to count carbohydrate grams and lose your mind. We reduce the carb content of the diet simply by eliminating junk. In our experience, it's not necessarily carb intake that's the problem – it's junk food in the form of carbohydrate intake that's the problem. By eliminating all the processed and refined carbs from the diet, it ends up being a reduced carb diet, even when allowing unlimited vegetables.

For most beginners though we put them on a "green faces" diet. Which means - the food has to have had, or going to have, a face, or grow out of the ground green or you can't eat it.

So it's basically lean proteins and green vegetables only. We follow this for the first 21 days as it helps drop body fat quickly and helps break any psychological issues they have with food.

The only exception to the "green faces" rule is whey protein and post workout shakes.

Important: Make sure you design a plan that has enough total calories in it. A lot of people, when beginning a plan such as this, merely eliminate all the processed carbs from their diet (a great first step), but neglect to replace some of those calories with protein, fats and vegetables. On a diet that may be 60-70% carbohydrate, this can amount to a massive caloric deficit – one that will surely

backfire and cause the loss of lean tissue and the ultimate result of slowing metabolism.

Is this diet the only method that is effective? Of course not. We've just found that over time, the strictness and simplicity of the program enhances client results.

Below is the exact outline that we hand to your clients:

Green Faces

This is a three week phase to get your body burning more fat, clean up your nutrition, cut the junk from your diet and help cut any cravings you may have.

We nickname this phase – “Green Faces”. You can eat anything that had a face or will have a face and anything that grew green from the ground. Pretty simple.

It is very important that you are extremely strict about following the guidelines. You must eat five meals a day and have a good source of protein at each meal and drink the recommended water. Follow the following tips and only eat foods off the recommended food list.

Important Tips

1. Always, as much as possible, eat only the foods that are on your recommended food chart.
2. This is a balanced diet. You need to eat a wide variety of foods.
3. Try to eat different foods every day.
4. Eat whole, natural foods. Stay away from any processed foods. Eat organic when possible.
5. Eat protein at every meal and eat a mixture of different proteins. Eating sufficient protein at each meal will maximize your energy, trim your waist, and assure peak performance. Never eat carbohydrates alone as a meal or a snack. Enclosed is a “Recommended food chart” which has protein sources you should eat.
6. Eat at least four-five meals a day. Eat something every 3-4 hours and always eat breakfast. You want to try to eat before you get hungry in order to maintain your blood sugar levels.
7. No Dairy products are allowed. Eggs are permitted.
8. Carefully pick your carbohydrates. Choose from the “Recommended food chart.” Only Green Vegetables.
9. No bread or refined carb consumption.

10. Use fats and oils freely.
11. Stay away from alcohol. It is poison to your body. Your body must detoxify it and neutralize its adverse effects. It is a simple sugar and will wreak havoc on your metabolism.
12. Limit caffeine to no more than one to two cups per day. This includes coffee, tea, and diet sodas with caffeine. Also when you drink caffeinated beverages eat protein with them.
13. Try to drink only water when thirsty.
14. Avoid or minimize sugar as much as you can.
15. Take a multivitamin and Omega 3 fats to supplement this plan.

AVOID:

- Candy, soft drinks, beer, wine, or any other alcoholic beverage, sugar
- Avoid drinking tap water
- Avoid fried or microwaved foods
- Avoid eating carbohydrate foods without protein
- Avoid margarine, hydrogenated oils or fat substitutes
- Avoid roasted nuts
- Do not overcook vegetables
- Do not over cook meat or eat blackened, charred meat

A simple rule to follow

If your ancestors 10,000 years ago didn't eat it, you should not eat it either!

These recommendations are meant to improve your nutrition and lifestyle. They are not intended as treatment or prescription for any disease, or as a substitute for regular medical care.

CHOOSE FROM THE FOLLOWING FOODS ONLY.**If it isn't on this list we recommend you don't eat it:****PROTEINS- You must have one at every meal.**

Beef	Chicken	Duck
Bacon	Fowl	Goose
Kidney	Liver	Lamb
Spare Rib	Pork Chop or lean pork	Turkey
Veal	Wild Game	Shellfish-shrimp, crab, lobster
Salmon	Tuna	Any Fish
Eggs	Cornish Game Hen	Ham
Cod	Flounder	Halibut
Whey Protein Shake- No Carbs		

CARBOHYDRATES- Only green vegetables.

Eggplant	Squash	Broccoli
Asparagus	Spinach	Collard Greens
Romaine Lettuce	Zucchini	Brussel Sprouts
Cabbage	Cucumber	Celery
Leafy Greens	Green Peppers	Green Beans
Peas	Tomato	Green beet
Cauliflower	Mushroom	Onion- green and white
Artichoke		

FATS- Use freely.

Olive Oil	Almond Oil	Flax Oil
Peanut Oil	Sesame Oil	Sunflower Oil
Walnut Oil	Coconut Oil	

Green Faces- Phase Two

Congratulations! You have made it through 3 weeks! Your body is now burning fat! If you strayed at all from the green faces plan I recommend you start it all over again before you continue to this plan. Keep following the guidelines from Phase One, but now you can add one of the following meals once or twice a day. Pick **ONLY** one of these foods. You must still eat this food with protein and eat five meals a day and drink all of your water.

Pick One of the Following One to Two times a Day.

Oatmeal	Cottage Cheese	Yogurt with less than 20 grams of sugar
Small apple	Grapefruit	Cheese
Milk	Beans	Handful of Nuts
Pineapple	Apricot	Peach
Plum	Grapes	Berries
Cherries	Citrus	Whole Grain Bread- Ezekial Bread 1 piece
Sweet Potato	Baked Potato	Avocado
Carrots	Protein Bar	

Continue to monitor your body fat and the way your clothes are fitting. Let your trainer know if you have hit a plateau. Be sure to follow this very closely. Remember only one carbohydrate from the list above a day and continue to eat as much from the original Green Faces plan as you like.

TRAINING

Frequency Of Training

Note: when two sessions are listed for the same day, perform the strength training portion first.

Stage 1

	<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
Week One	Cardio A	Strength A	OFF	Strength B	Cardio B	Strength A	OFF
Week Two	Cardio A	Strength B Cardio B	OFF	Strength A	OFF	Strength B Cardio A	OFF
Week Three	Cardio A	Strength A	OFF	Strength B	Cardio B	Strength A	OFF
Week Four	Cardio A	Strength B Cardio B	OFF	Strength A Cardio A	Cardio B	Strength B	OFF

Stage 2

	<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
Week Five	OFF	Strength A Cardio A	OFF	Strength B Cardio B	OFF	Strength A Cardio A	OFF
Week Six	Cardio B	Strength B Cardio A	OFF	Strength A Cardio A	OFF	Strength B Cardio B	OFF
Week Seven	OFF	Strength A Cardio A	OFF	Strength B Cardio B	OFF	Strength A Cardio A	OFF
Week Eight	Cardio B	Strength B Cardio B	OFF	Strength A Cardio A	OFF	Strength B Cardio B	OFF

Stage 3

	<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
Week Nine	Cardio A	Strength A Cardio B	OFF	Strength B	Cardio A	Strength A Cardio B	OFF
Week Ten	Cardio A	Strength B Cardio B	OFF	Strength A Cardio A	Cardio B	Strength B Cardio A	OFF
Week Eleven	Cardio A	Strength A Cardio B	OFF	Strength B Cardio A	OFF	Strength A Cardio B	OFF
Week Twelve	Cardio A	Strength B Cardio B	OFF	Strength A Cardio A	Cardio B	Strength B Cardio A	OFF

Exercise Protocols

We have two interval training modalities that we are going to use for the duration of the program.

Cardio A:

This is a general type of interval program. This was outlined in the first Afterburn program. It's not complicated, it's not pretty, but it's extremely effective. Basically we're beginning on a 1:2 work to rest ratio and progressing by week nine to a 1:1 ratio. In the example I've given I have used one minute work intervals. This is the upper limit as I don't believe most people can work for longer than this at maximum intensity. However I have no problems with you working for only 30 seconds, and resting for one minute and working up to the one minute work interval.

The typical question I get asked as regards this type of training is "how hard do I work?". The answer? – as hard as you can. This is an advanced program so I expect that you are capable of performing maximum work for the time periods suggested. However, what "maximum work" is can be interpreted in a variety of ways. For one person it may be brisk walking – for another it may be 400m sprints wearing a weighted vest. For ease of use though I suggest using a rate of perceived exertion to monitor your efforts. The work period should be around 8 or 9 on a scale of 1-10, and the recovery period should rate about a 5.

The workout:

Warm up 3-5 mins.

Workout for the given "rounds"

Cool down 3-5 mins

Weeks 1-4:

One minute high intensity work, Two minutes easy cardio, Repeat for 6 to 8 rounds

Weeks 5-8:

1 min high intensity work (higher than weeks 1-4), 90s recovery, Repeat for 8 to 10 rounds

Weeks 9-12:

1 min high intensity work (again, this should continually be at a higher level), 1 min off, Repeat for 10 to 12 rounds

Cardio B:

This second routine is a modified version of the Tabata Protocol. A Japanese scientist named Dr. Tabata discovered that high intensity aerobic training burns much more fat than moderate aerobic training. Moreover, he discovered that four minutes of high intensity aerobic training builds as much muscular endurance as forty-five minutes of moderate aerobic training. So what does this mean? Same results in terms of cardiovascular improvement but in much less time.

The Tabata Protocol calls for 20 seconds of all out work (sprinting) followed by 10 seconds of low to moderate intensity cardio (walking or jogging). Follow this interval protocol for eight rounds (four minutes) at each workout. This workout is much harder than it looks so ease into it using our progression as outlined below.

So, if the Tabata protocol is so superior, why don't we only use it, instead of alternating it with the other interval protocol. Well, although the Tabata protocol proved just as effective for aerobic improvements when compared to longer duration activity, it is also very much more intense. And, as it is a significantly shorter workout, it does not directly burn as many calories as a longer duration so we use both methods to achieve our goals.

The best part of the Tabata protocol however is that we don't have to just use traditional cardiovascular modalities. We can also use front squat and push press as our work mode, Kettlebell swings, - the possibilities are endless.

Tabata Protocol

Weeks 1-4: 10s work, 20s rest: 8 rounds

Weeks 5-8: 15s work, 15s rest: 10 rounds

Weeks 9-12: 20s work, 10 s rest : 12 rounds

Undulating Periodization

The big question that comes up when discussing weight training programs for fat loss is usually “how many reps?” Traditionally a higher rep protocol has been used. Why? Well, it burns a ton of calories and we’re not trying to build muscle when in a caloric deficit. I’ll buy that. But even TRYING to build muscle will do a lot to maintain it. And it will also be extremely metabolically demanding. So what’s the answer—high reps or low reps? BOTH.

So how do we do that? How do we combine the best of high rep training, with the best of low rep training? Do we just do both in the same workout? No. That’s a good way to get mediocre results. The best way to get the best of both worlds is to utilize both methods in a periodized fashion. We don’t use both methods in the same workout, but we definitely use both methods in the same program.

We need to use a method of training that avoids the adaptation drawbacks that are present with most training programs. The big problem is how to integrate the various rep ranges.

A recent training method has surfaced that has the stamp of science approval on it, and is actually useful enough to allow us to try it in the real world. Is it the perfect program? Doubtful. Is it perhaps the most effective training method for the more advanced trainee particularly when time pressed? Quite possibly.

Recent published research from Arizona State University has shown that a method of structuring the set and rep protocols in a vastly different manner (called undulating periodization) has proven to be especially effective in inducing maximum strength gains, when compared to traditional linear or alternating periodization models.

- *Linear Periodization is when the reps are decreased each successive phase and the loads are increased e.g. phase one 15 reps, phase two 12 reps, phase three 10 reps, phase four 8 reps.*
- *Alternating Periodization is when the trainee switches between higher reps and lower reps at each phase – e.g. phase one 15 reps, phase two 8 reps, phase three, 12 reps, phase four 6 reps etc*

Undulating periodization takes the adjusting of rep protocols one step further. This system actually adjusts the rep bracket with each workout.

Adaptation Conundrum

Traditional thinking states that the body adapts to a workout in as little as 6 exposures. In actuality – the body adapts to the rep range the fastest, and the exercise selection the slowest. Therefore we need to change the rep bracket more often than we change the exercises. Typically a trainee will change the exercises first, and often spend long periods of time in each rep bracket– not the most effective training system.

However we also need to understand that we still need repeated exposure to certain movement patterns in order to improve optimally. So in reality we are left with a conundrum – repeat the workout as often as possible to gain repeated exposure and maximize the adaptations, but repeat it as little as possible so as still to keep the stimulus fresh and maximize the adaptations. Hmmm.

With traditional periodization, this means that a workout will ‘work’ for at most 3-4 weeks. This is when we change the routine to prevent staleness, introduce a new stimulus and keep the body adapting positively. Typically what happens is we change the exercises *and* the reps.

With undulating periodization and the variable rep system we take this a step further. You will not repeat the same workout at all for three weeks. This means the body will not have adapted, i.e. you won’t need to begin a new routine for close to twelve weeks, despite the fact that you are training three days per week. In this program we suggest changing the program in the fifth week – to keep you motivated, however you could easily stay on each phase for six to eight weeks and still be making great progress.

The Geeky science behind Undulating Periodization

The May 2002 issue of The Journal of Strength and Conditioning Research reported that experienced strength trainers who followed this type of training program doubled strength increase as compared to a traditional training, control group. It concludes that ongoing strength gains for those who have hit plateaus may be developed from this type of training. My immediate “outside the box” thinking led me to the conclusion that if this workout system was superior to regular periodization, then the benefits during a period of fat-loss focused training would be even better.

The fun part is the variety of doing so many different routines. You never do the same rep range twice in a row. You never do the same exercises twice in a row. The exciting part is that as you only repeat each workout every three weeks or so, you can stay with this program for longer, and make better and faster gains than you typically would. It will be approximately three weeks before you actually repeat a workout.

Strength Training

The Complexes

One of the key components to this program is the use of barbell or dumbbell complexes. A barbell complex can be defined as two or more movements performed in a sequence without rest using the same load. Each Movement is performed through a set number of reps before moving to the next movement. The complex is completed when each movement is completed for all prescribed repetitions. The advantage of this type of training is obvious – in a short period of time, in a limited space, with limited equipment you can get a lot accomplished. The metabolic effect of this type of work is unparalleled – you get increased work demand, use more muscle groups, increase work capacity and massively increase caloric expenditure.

We will alternate between the use of two complexes in this program, however the possibilities are endless and the trainee should not be afraid to come up with their own variations. The rep ranges change every four weeks.

Complex A:

Bent over Row

Hang Clean

Front Squat – push press

Back Squat

Good Morning

Wks 1-4: 4 x 8

Wks 5-8: 5 x 4

Wks: 9-12: 5 x 6

Complex B:

Deadlift

Clean Pull

Hang snatch

Reverse Lunge

Push Press

Wks 1-4: 4 x 8

Wks 5-8: 5 x 4

Wks: 9-12: 5 x 6

The Circuits:

The bulk of the program involves around a more traditional type of training as seen in my original Afterburn program. In the original Afterburn program we used supersets (two exercises alternated), tri-sets and circuits. In this advanced version we are going straight to the circuits. Each workout will involve four exercises, alternating between upper and lower body exercises, performed for various reps (according to the program phase) with short to non-existent rest periods. Several authors have suggested reasons why this type of routine is so effective for fat loss, ranging from increased lactate and GH levels, to my viewpoint – a ton of work being performed in a short period of time which burns a ton of calories while you are doing it, and has a massive effect on EPOC.

Regardless of who is correct the fact remains that this type of training when performed with intensity will burn a ton of calories.

Each circuit is followed by a single exercise for the core, beginning with static, low level stability exercises and moving to more dynamic loaded strength versions.

Below is an overview of the periodization of the entire mid part of the program.

Circuit A:

Weeks 1-4

Bulgarian Split Squat

Push Ups

SHE

Seated Cable Row

Prone Vacuum

Weeks 5-8

Squat

Inverted Row

SHELC

T-push Ups.

Prone Jackknife

Weeks 9-12

Dynamic Lunge

Incline DB press

Romanian Deadlift

Bent over Row

Reverse Crunch

Circuit B:

Weeks 1-4

Hip thigh Extension.

DB Military Press

DB Squat

Wide Grip Pulldown

Swiss Ball Crunch

Weeks 5-8

Step Up

Close Grip Pulldown

Static Lunge

Db Rotational Press

UB Russian Twist

Weeks 9-12

Deadlift

Prone Pike

Explosive Squat

Chins

Wood chop

The Finishers

Introduced in phase two: the finishers! A *finisher* is an old-school term for an exercise designed to end your regular routine. Usually, a finisher is an "odd lift" or little used compound exercise designed to *finish* you off. I have taken this a step further and provided a mini-circuit finisher. Although extremely hard these routines are actually very popular with our gym clientele. Finishers are cardiovascularly demanding, hit muscles in a new way, and are challenging and fun. Ok I am lying about them being fun.

Finisher A: Leg Matrix

This is a modified version of a metabolic lower body circuit that was created by conditioning coach Juan Carlos Santana. It cannot fully be appreciated until you try it. Time yourself for:

24 bodyweight squats to below parallel

24 alternating dynamic lunges with bodyweight (12 reps each leg)

24 alternating lunge jumps (it will feel like someone jumped on your back at this point!)

24 jump squats (below parallel on the squat)

In weeks 5 to 8 you will perform one circuit of the above, time it and rest twice as long as it took you to do it before repeating the circuit (if you're capable of doing that!).

In weeks 9 to 12 you will perform two circuits back to back before resting (twice as long as it took you to do the circuits) before repeating for two more back to back circuits. One of my clients (a female division I volleyball player) could do two circuits of the leg matrix in under two minutes and thirty seconds.

Finisher 2: Push Up Matrix (screamers)

Finisher two comes from strength and conditioning specialist Jim Liston – former conditioning coach to the Los Angeles Galaxy major league soccer team and World Champion Oscar De La Hoya.

The Push up matrix involves doing push ups in increments of three, super-setted with tuck jumps in single increments.

For example:

3 push ups;
1 tuck jump;
6 push ups;
2 tuck jumps;
9 push ups;
3 tuck jumps;
12 push ups;
4 tuck jumps etc.

In weeks 5 to 8 you will go up to 12 push ups and then BACK DOWN the ladder – so after 12 push ups and 4 tuck jumps, you'd repeat 9 push ups and 3 tuck jumps etc.

Time the workout and if you're up to it, rest twice as long as it took and repeat for another round. Going up to 12 push ups and 4 tuck jumps and back means a total volume of 48 push ups and 16 tuck jumps.

In weeks 9 to 12 you will go up to FIFTEEN push ups and FIVE tuck jumps before going back down. Again if you are masochistically inclined rest for twice as long as it took and repeat for a second circuit. Going up to fifteen push ups and

5 tuck jumps and back down requires a total volume of 75 push ups and 25 tuck jumps.

Weeks 1-4:

Perform a total of three strength workouts per week on non-consecutive days. Alternate between workouts A and B.

Energy system work:

Workout A

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	4	8 ea.	Fast	90s
B1	Bulgarian Split Squat				
	Workouts one and four	4	6 each	211	90s
	Workouts two and five	2	20 ea.	211	30s
	Workouts three and six	3	12 ea.	211	60s
B2	Push Ups				
	Workouts one and four	4	6	211	90s
	Workouts two and five	2	20	211	30s
	Workouts three and six	3	12	211	60s
B3	Supine Hip Extension				
	Workouts one and four	4	6	211	90s
	Workouts two and five	2	20.	211	30s
	Workouts three and six	3	12.	211	60s
B4	Seated Cable Row				
	Workouts one and four	4	6	211	90s
	Workouts two and five	2	20.	211	30s
	Workouts three and six	3	12.	211	60s
C	Prone Vacuum	2	1	1-60-1	60s

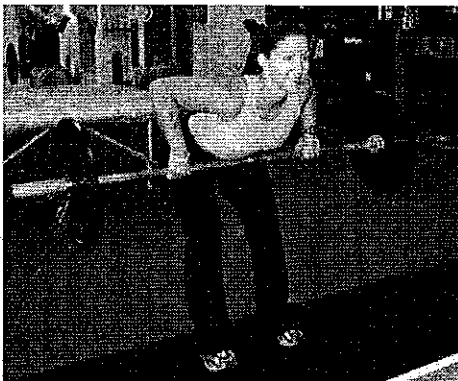
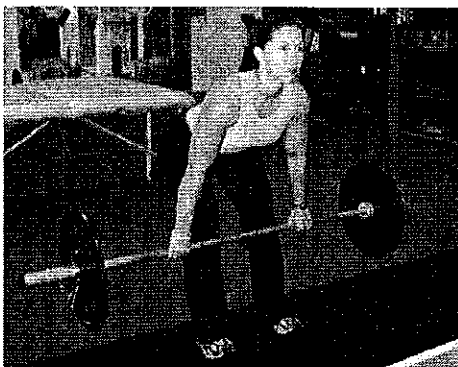
Note:

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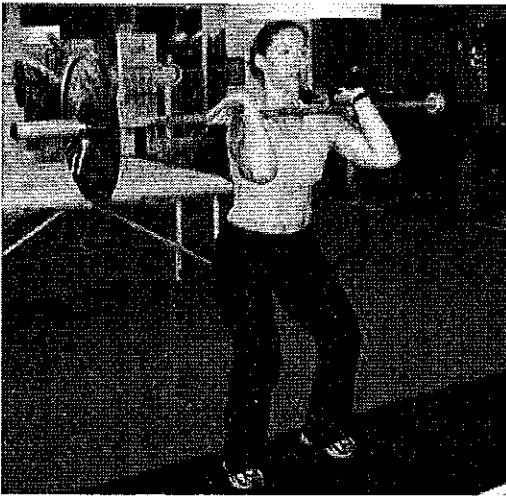
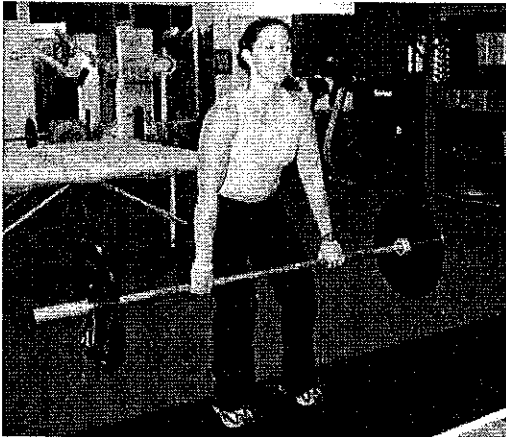
Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

Exercise Explanations:**Complex A:**

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

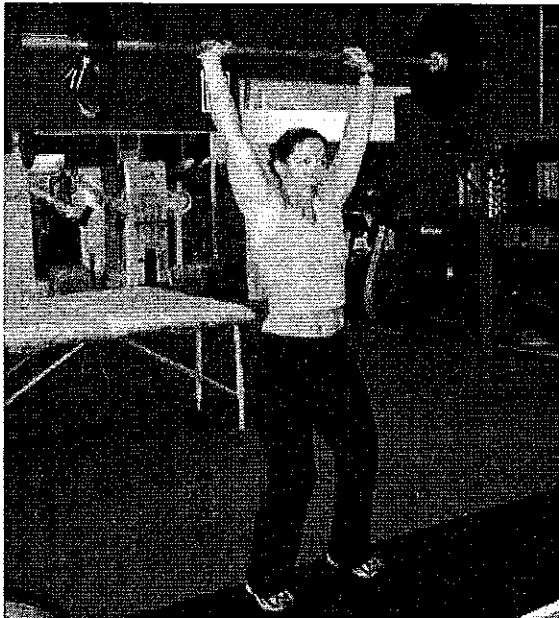
Bent over Row

Hang Clean

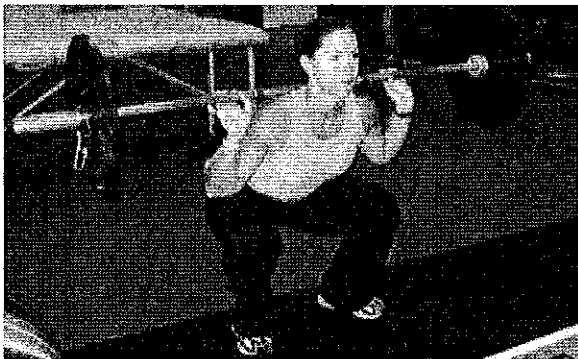
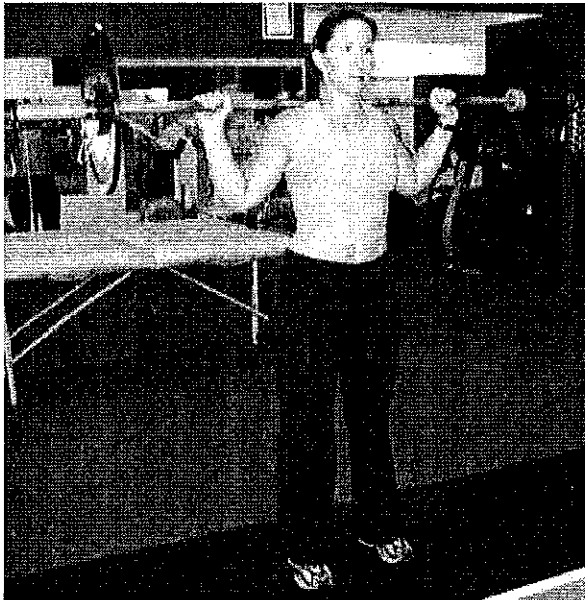


Front Squat – push press

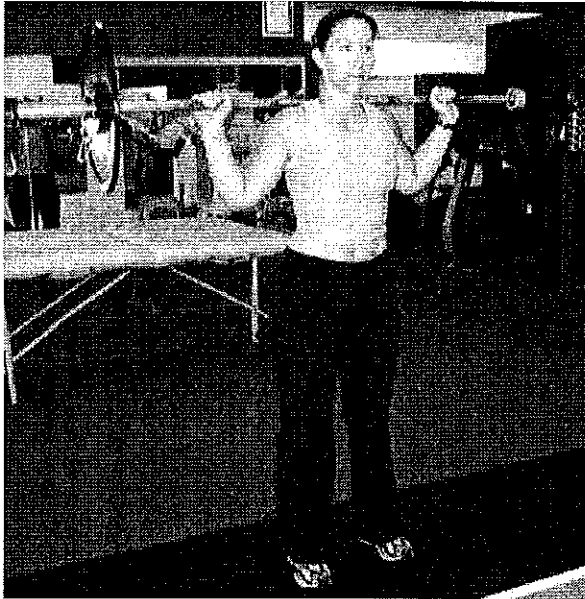


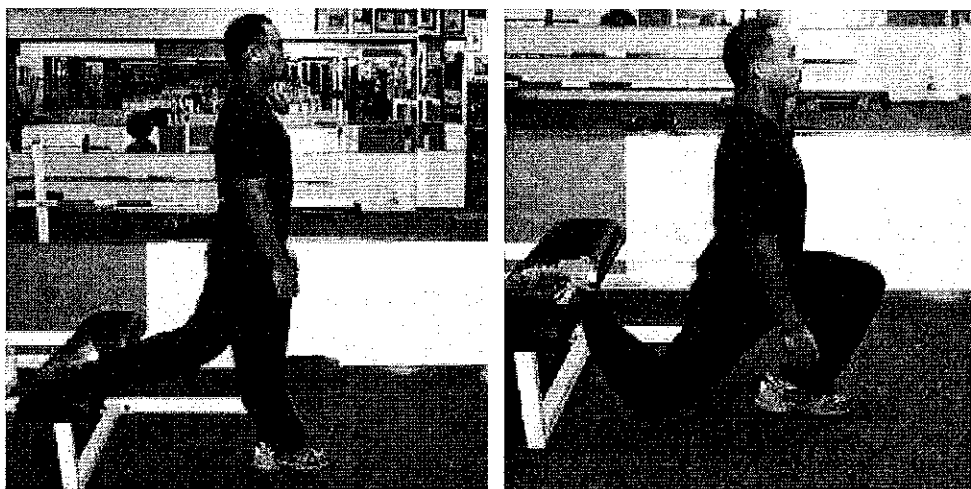


Back Squat

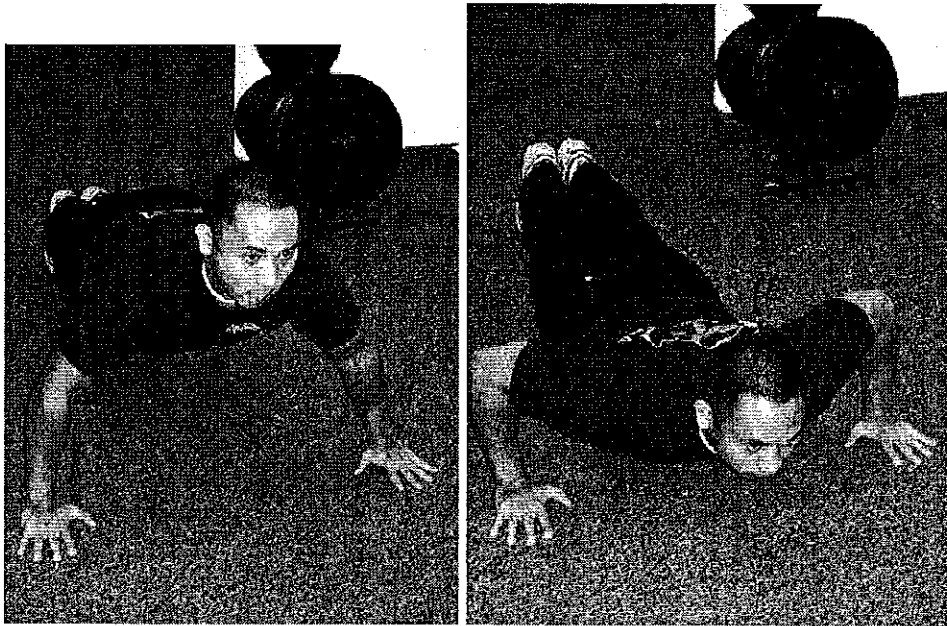


Good Morning



Bulgarian Split Squat:

Perhaps the single most hated exercise in my training facility. It's so simple yet brutally effective that quite honestly I think it is a **MUST** for any serious training program. Start with a bench behind you. Facing away from the bench place one foot on the bench and one foot out about two to three feet in front of the bench. You will now be in a modified lunge position. With the bulk of your bodyweight on the front leg, bend your front knee until your thigh is below parallel and the knee of your trailing leg is grazing the floor. Pause in this position and then return to a fully upright stance. Repeat for the desired number of reps and then switch sides.

Push ups

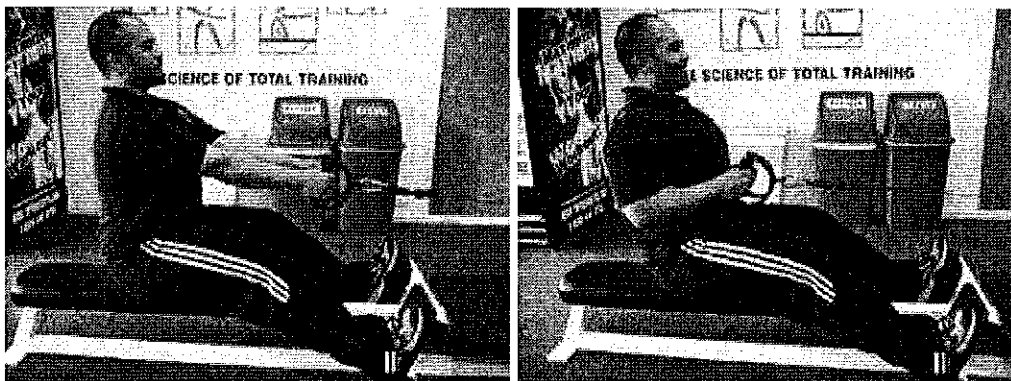
Start and Finish

Bottom

One of the simplest yet most ignored exercises that can be performed. In our facility everyone does push ups. If you can't do push ups we start you on an incline, if push ups are easy we use slow tempos, decline push ups, medicine ball push ups, weighted vests etc. I have classified the push up as a horizontal pushing variation however it is most definitely a great core exercise. In fact the reason that most untrained females cannot perform push ups is typically because of a lack of core strength not a lack of upper body strength as is traditionally thought.

SHE

SHE stands for supine hip extension. Lie on the floor with your calves on the ball, arms out to your sides with your palms face up. Extend up from the hips until your body forms a straight line with your feet-hips-shoulders. The hips should remain in line with the shoulders and knees. Slowly lower the hips to the starting position.

Seated Row - medium grip:

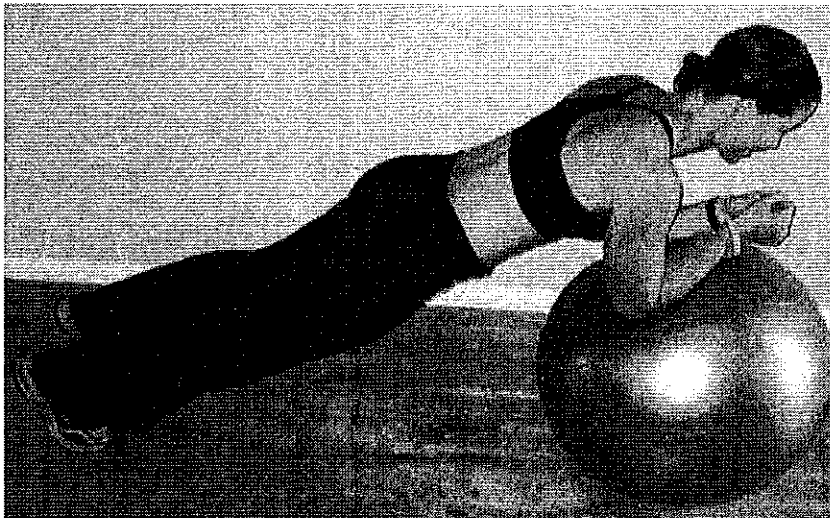
Sit on the seated row and take a shoulder width or closer parallel grip. Remember to pause each time you change direction. Keep the trunk, hips and head in a

straight line, slightly behind a vertical position (i.e. very slightly leaning back), and still throughout the movement.

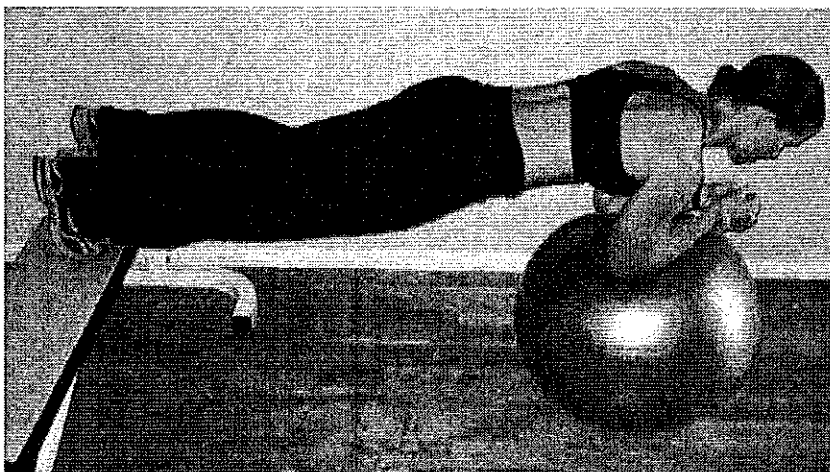
Prone Vacuum Progressions

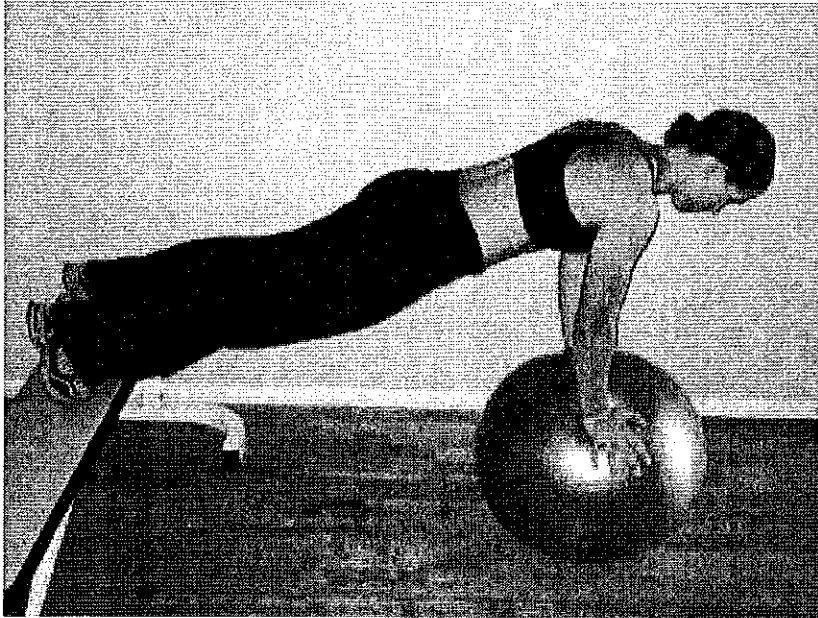


Level One



Level Two



Level Three**Level Four**

Prone Vacuums are our entry level core exercise. Essentially they are just positions that are held for time. The goal is to maintain a static position, drawing the bas in and hold for the required time. Once the client is able to hold the position for longer than 60s we move to the next level.

If the client is unable to hold for 60s, we use multiple sets of shorter time and try to accumulate 90s total work. Each workout we try to progress the length of time held.

Workout B

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	4	8 ea.	Fast	90s
B1 Hip thigh Extension					
	Workouts one and four	3	12 each	211	60s
	Workouts two and five	4	6 ea.	211	90s
	Workouts three and six	2	20 ea.	211	30s
B2 DB Military Press					
	Workouts one and four	3	12 each	211	60s
	Workouts two and five	4	6 ea.	211	90s
	Workouts three and six	2	20 ea.	211	30s
B3 DB Squat					
	Workouts one and four	3	12 each	211	60s
	Workouts two and five	4	6 ea.	211	90s
	Workouts three and six	2	20 ea.	211	30s
B4 Wide Grip Pull down					
	Workouts one and four	3	12 each	211	60s
	Workouts two and five	4	6 ea.	211	90s
	Workouts three and six	2	20 ea.	211	30s
C	Swiss Ball Crunch	2	8-10	222	60s

Note:

A1, A2, A3 etc are supersets. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

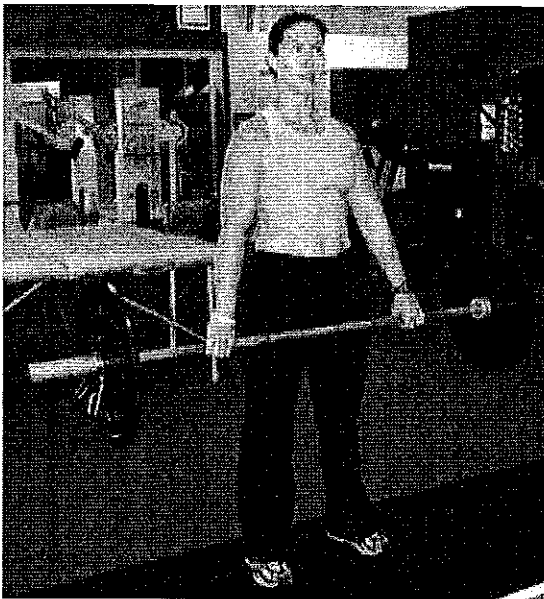
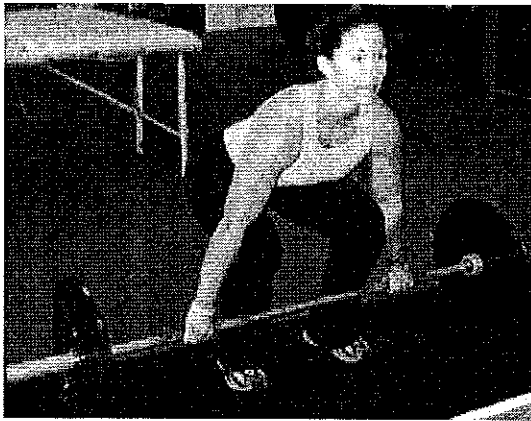
Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

- Exercise Explanations:

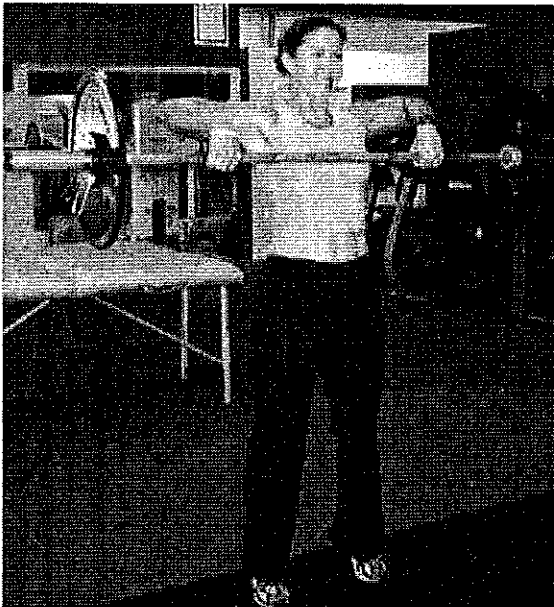
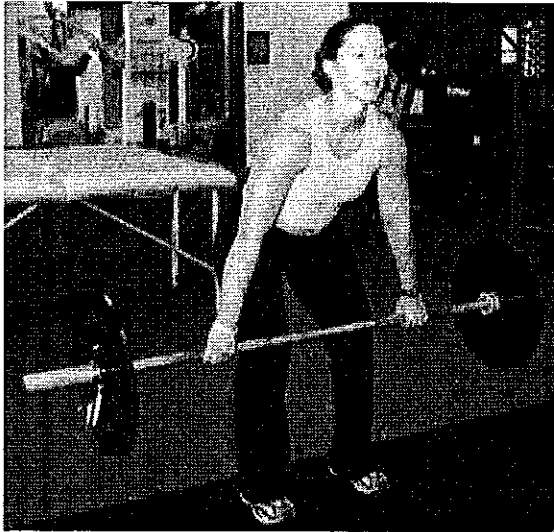
Complex B:

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

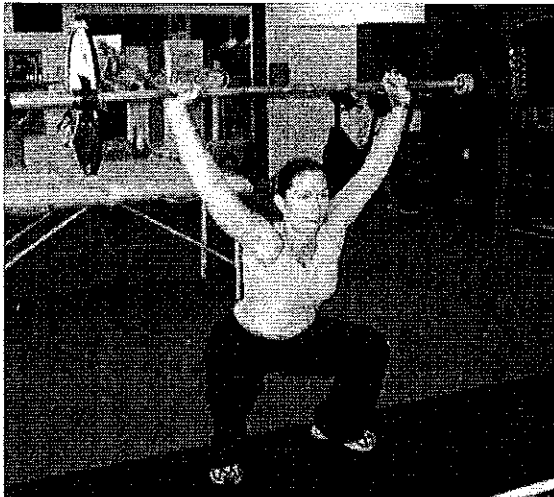
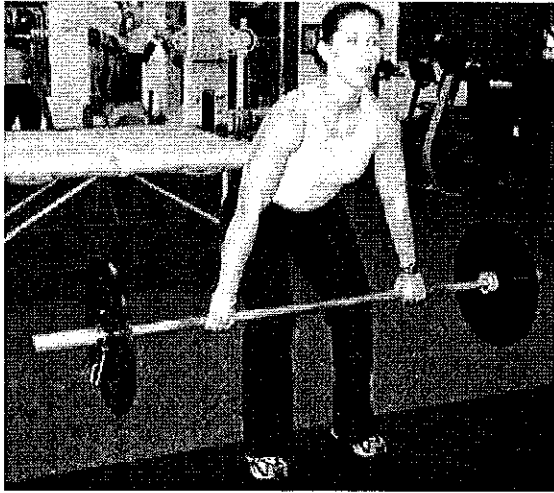
Deadlift



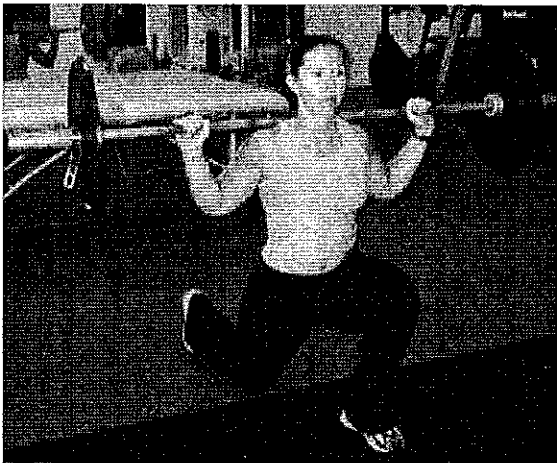
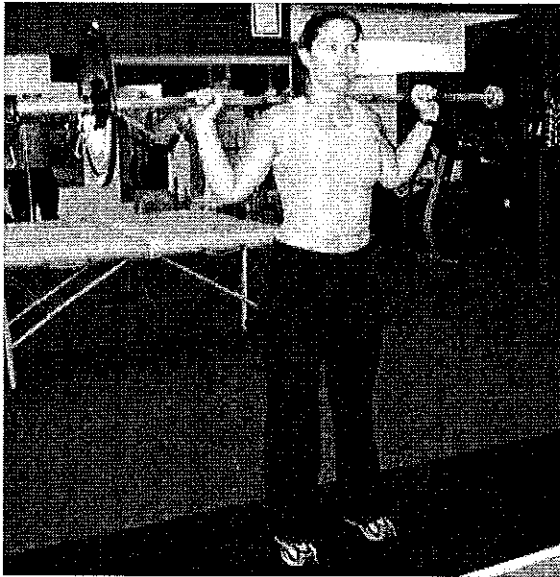
Clean High Pull



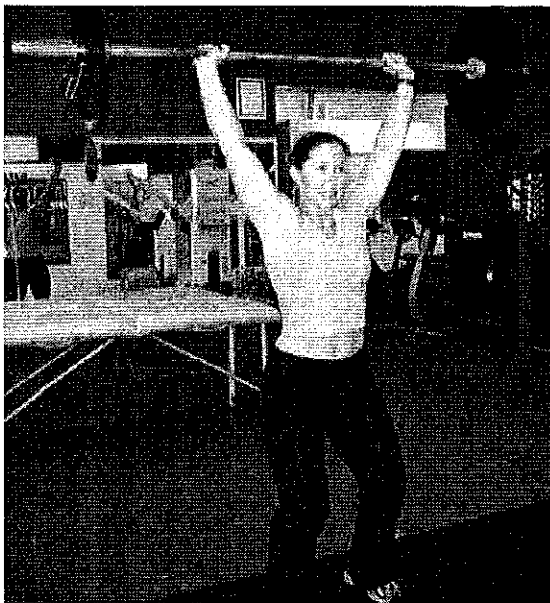
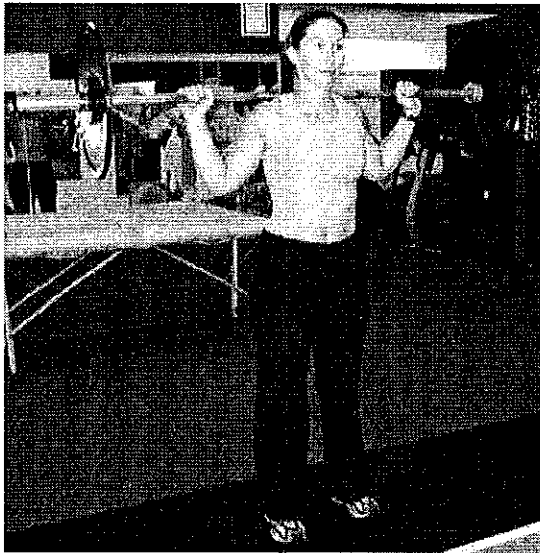
Hang snatch



Reverse Lunge



Push Press



Hip –thigh extension

Start and Finish

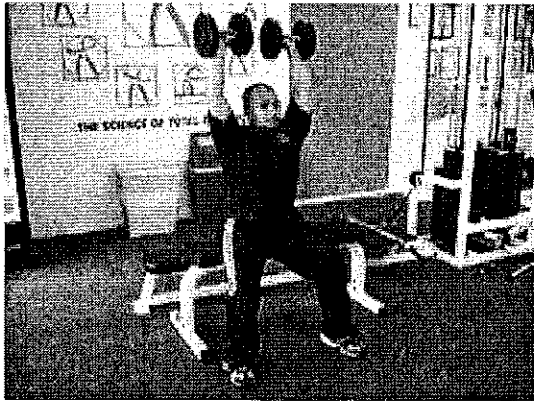


Midpoint

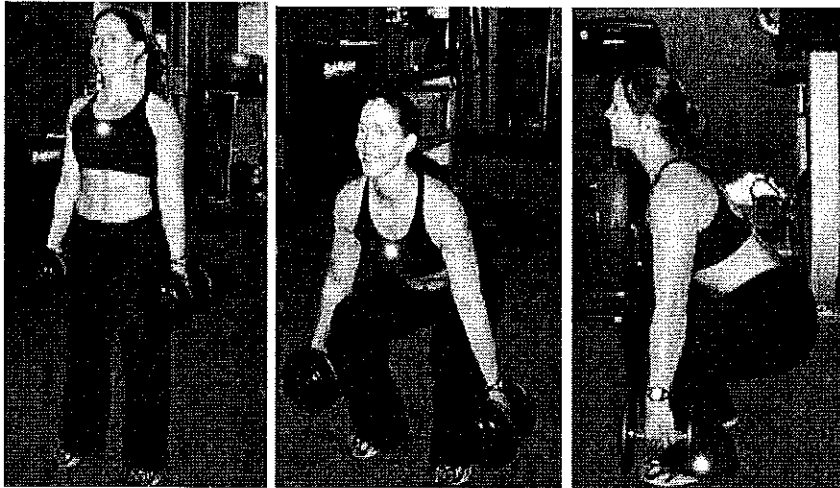
Lying supine on the floor, bend your left leg to 90 degrees, and straighten your right leg. Your arms should be face up at 45 degrees from your body. Now lift your entire body up one inch by pushing off your left foot. This is the start position. Continue to lift until your entire body is in a straight line and your thighs are parallel to each other. The only parts of your body that are in contact with the floor are your arms, upper back and left foot. Lower to one inch off the floor, pause and repeat for the desired repetitions. Be sure to keep the hips in a straight line. Repeat with the other side.

The extended leg can be bent, weighted, tucked to your chest as possible variables in this exercise.

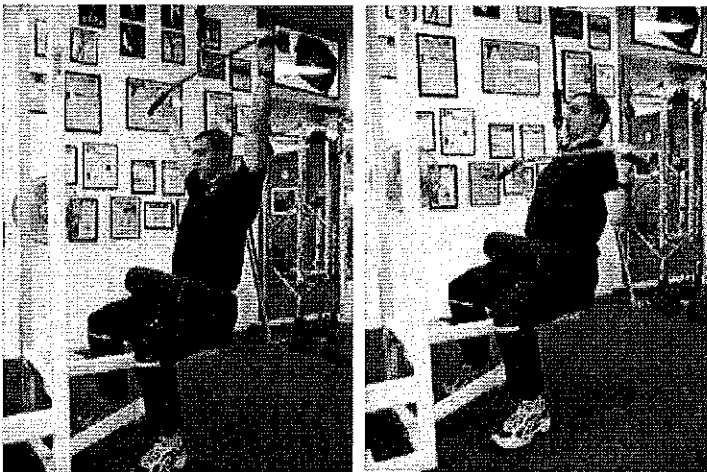
Seated DB Military press:



Seated with a DB in each hand, at shoulder height, palms facing forward. Extend arms straight overhead. Pause and lower under control to the starting position.

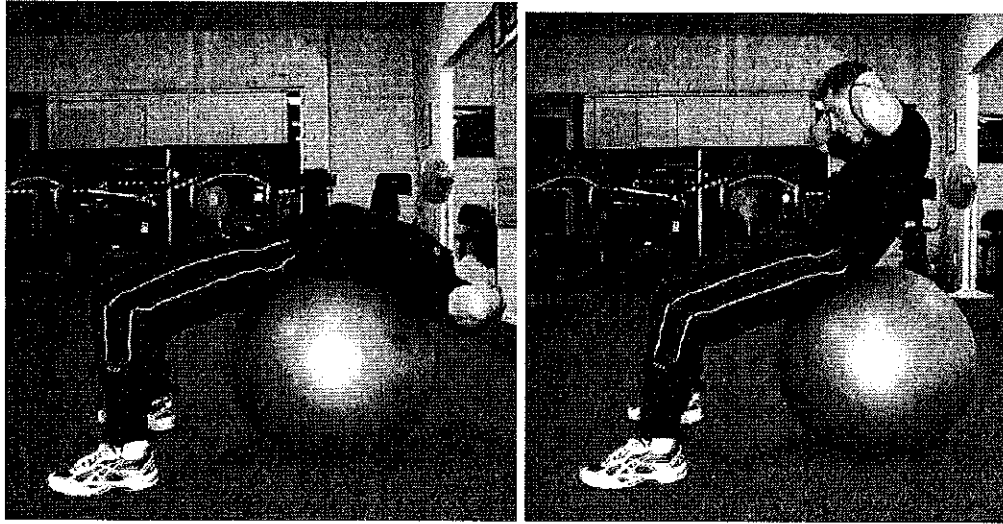
DB Squat

Use a foot stance that is shoulder width, and have your feet either straight or slightly externally rotated. Squat as deeply as you can, breaking from the hips first without exceeding forty-five degree trunk flexion relative to vertical. Keep your knees equal distance apart during the lift. The concentric phase should mirror the eccentric phase exactly.

Lat pull down -WG:

This is a lat pull down to the collarbone - try to keep the elbows under the wrists. Be sure to fully retract and depress the scapula during the exercise. Obviously the grip width is a variable that can be manipulated.

Swiss Ball Crunch



Flat surface abdominal training is largely for beginners. As the abdominals are activated through 30 degrees of spinal extension – we need to train them through their entire range of motion – not just crunches on the floor which effectively train the abs through only half of their range. Lie face up on a Swiss ball, with your navel being at the apex. Place your hands behind your head and your tongue on the roof of your mouth (this is the anatomical rest position for the tongue, and believe it or not doing this will eliminate the neck strain most people feel, while also making you stronger). From this position, curl your torso up, one vertebra at a time until you are fully contracted – focus on bringing your rib cage and hips closer together. In this contracted position, pause and then reverse the entire motion – again, concentrate on moving one vertebra at a time, until you are in the fully stretched position.

Weeks 5-8:

Perform a total of three strength workouts per week on non-consecutive days. Alternate between workouts A and B.

Energy system work:

Workout A

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	5	4 ea.	Fast	120s
B1	Squat				
	Workouts one and four	4	4	211	90s
	Workouts two and five	2	12.	211	30s
	Workouts three and six	3	8.	211	60s
B2	Inverted Row				
	Workouts one and four	4	4	211	90s
	Workouts two and five	2	12.	211	30s
	Workouts three and six	3	8.	211	60s
B3	SHELC				
	Workouts one and four	4	4	211	90s
	Workouts two and five	2	12.	211	30s
	Workouts three and six	3	8.	211	60s
B4	T-push ups				
	Workouts one and four	4	4	211	90s
	Workouts two and five	2	12.	211	30s
	Workouts three and six	3	8.	211	60s
C	Prone Jack-knife	2	10	222	30s
D	Leg Matrix	2	1	Fast	1:2 W:R

Note:

A1, A2, A3 etc are supersets. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

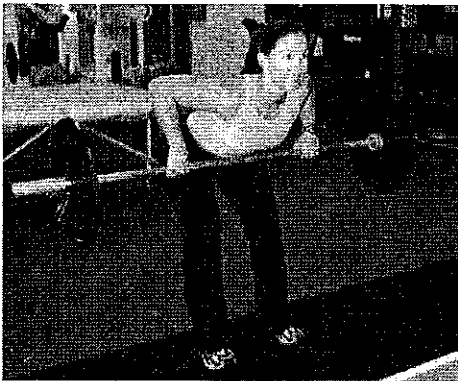
Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

A 1: 2 w:r means a work to rest ratio of 1:2. Rest twice as long as it took to complete the set.

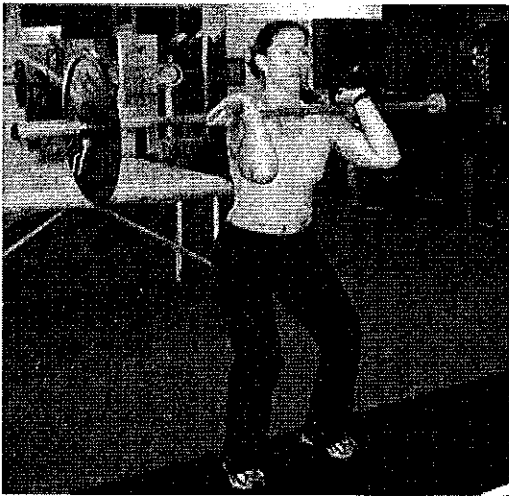
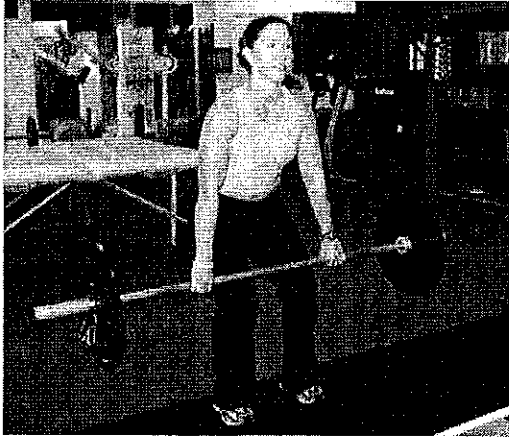
Exercise Explanations:**Complex A:**

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

Bent over Row

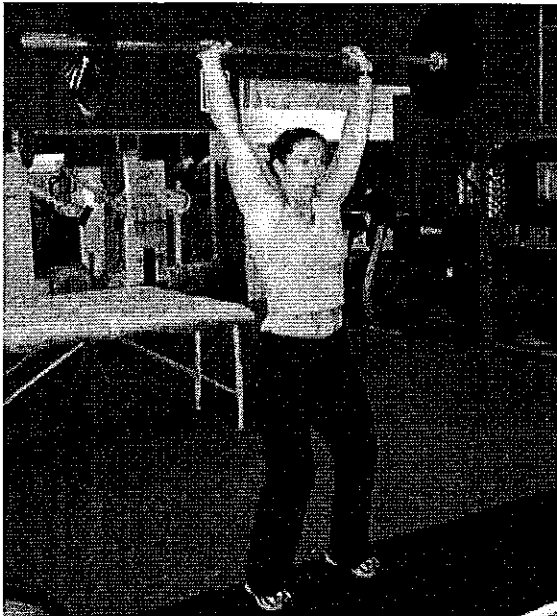
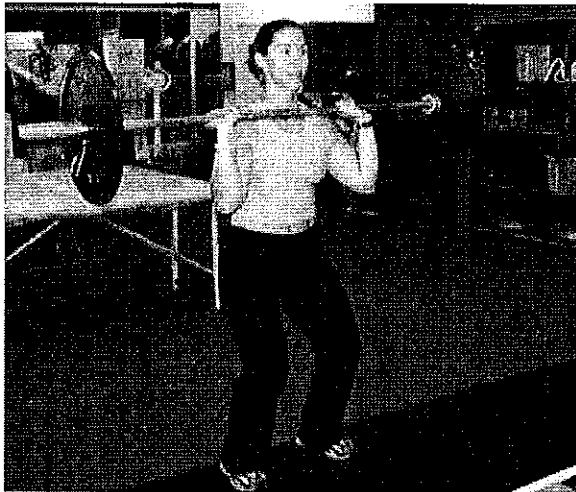


Hang Clean

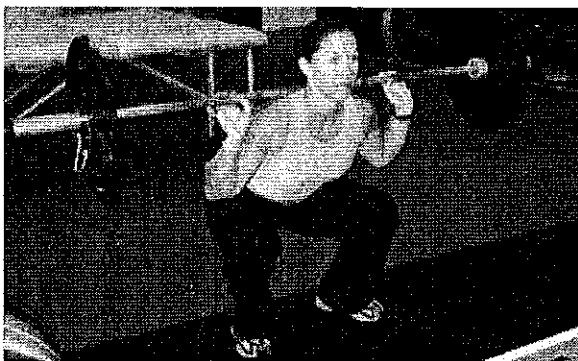
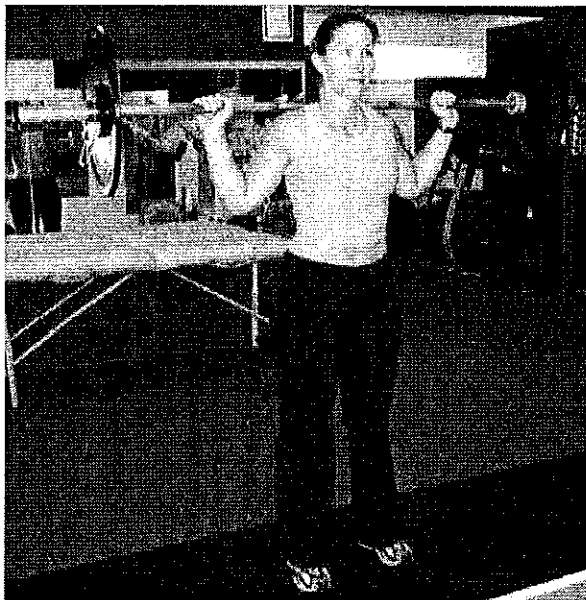


Front Squat – push press

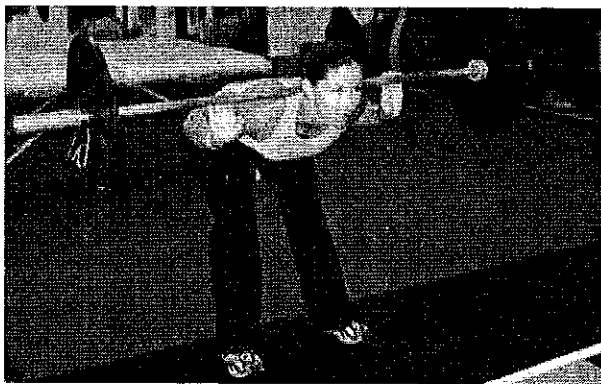
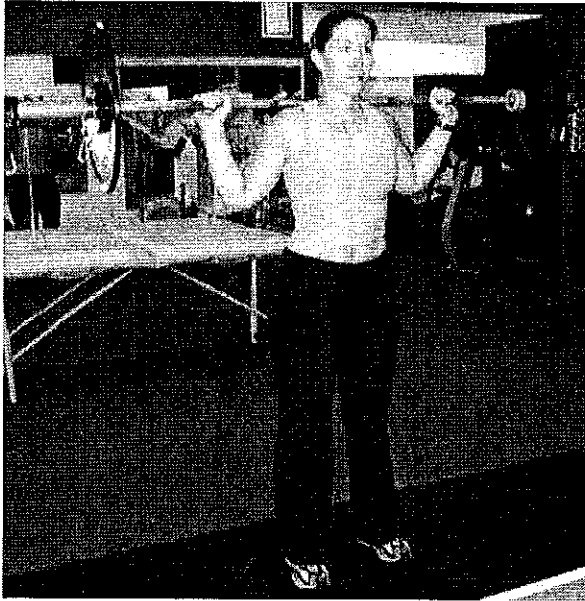


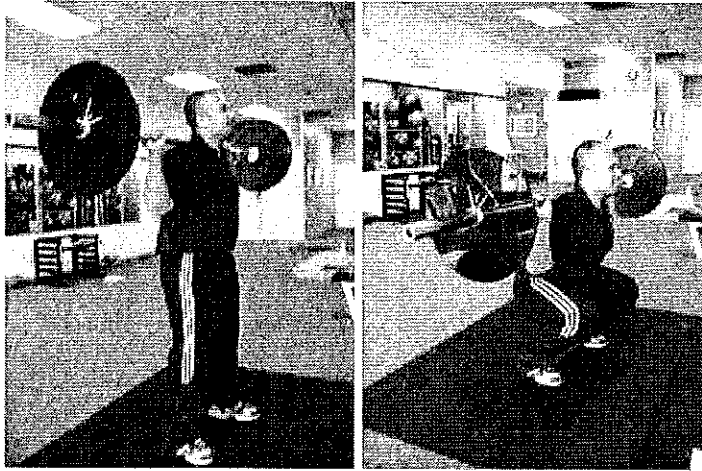


Back Squat



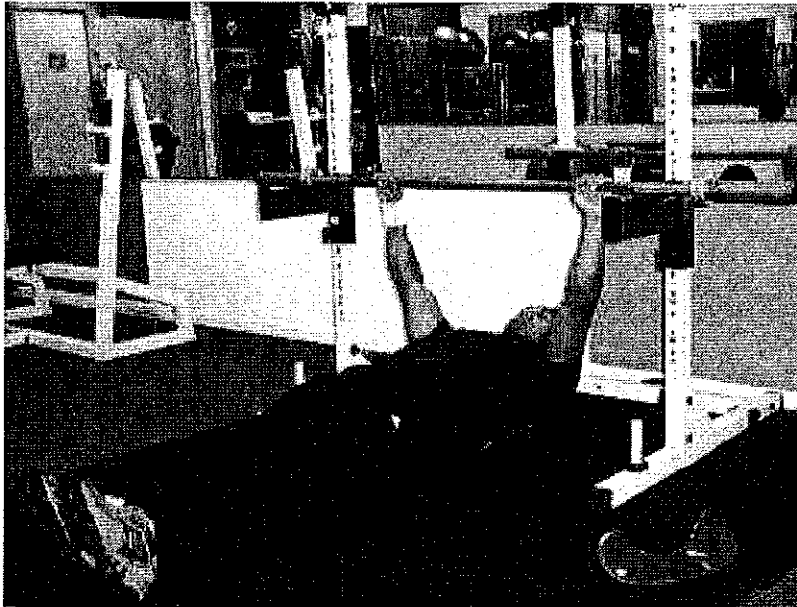
Good Morning



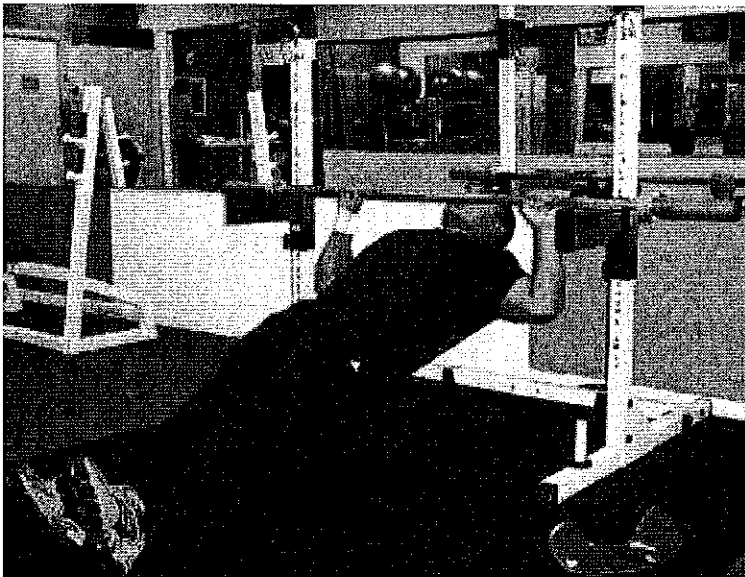
Squat:

Place the bar as high on your neck as comfortable. Grip the bar with your hands as close to the shoulders as comfortable, and ensure that your elbows are pointing directly downwards to the ground. Use a foot stance that is shoulder width, and have your feet either straight or slightly externally rotated. Squat as deeply as you can, breaking from the hips first without exceeding forty-five degree trunk flexion relative to vertical. Keep your knees equal distance apart during the lift. The concentric phase should mirror the eccentric phase exactly.

Inverted Row

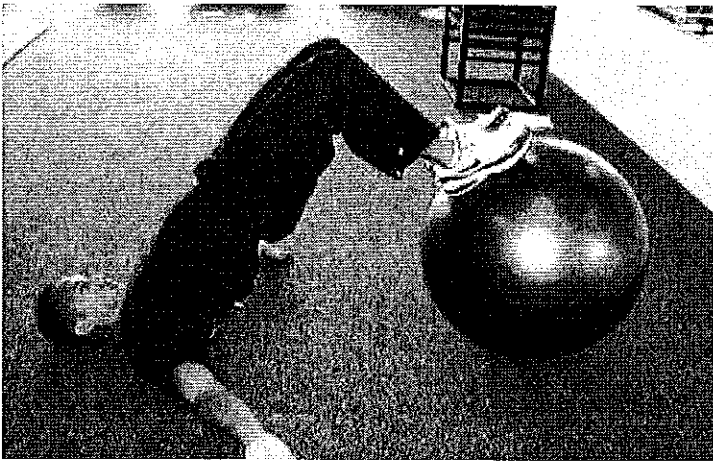


Start and Finish



Lie on your back under an Olympic bar that is placed stationary in a squat rack just slightly beyond arms length. Grab the bar with an overhand grip and pull the upper body up to the bar so that the chest touches the bar. Keep the body completely flat through the entire motion. The athlete will need to start with the

bar in front of their chest which will put them in an awkward position will hanging, but it will keep them in a good position throughout the whole range of motion. Once the exercise becomes easy, we can increase the training effect by raising the feet on to a bench, or eventually a stability ball. Again – this exercise although focusing on the horizontal pulling movement of the upper body, is by far a total body exercise.

SHELC

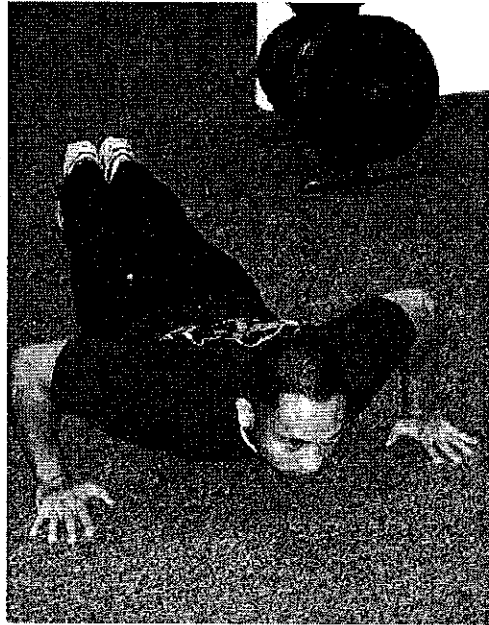
SHELC stands for supine hip extension with leg curl. It is one of only two exercises that target both functions of the hamstring – hip extension and knee flexion – simultaneously.

Lie on the floor with your calves on the ball, arms out to your sides with your palms face up. Extend up from the hips until your body forms a straight line with your feet-hips-shoulders. Keeping the hips elevated, draw the ball towards you by bending your knees. The hips should remain in line with the shoulders and knees. Slowly straighten the legs, and then lower the hips to the starting position.

T-Push Ups



Start and Finish



Bottom of Push up

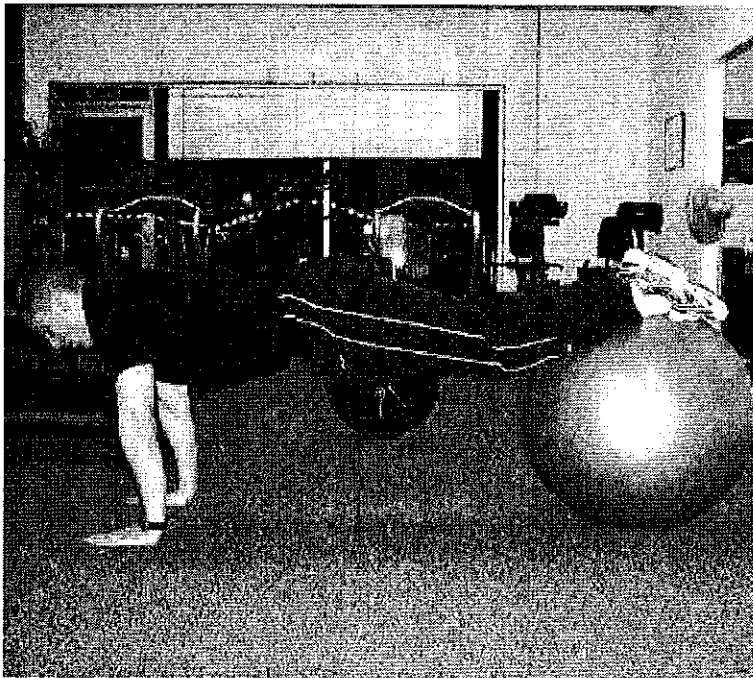


Rotation

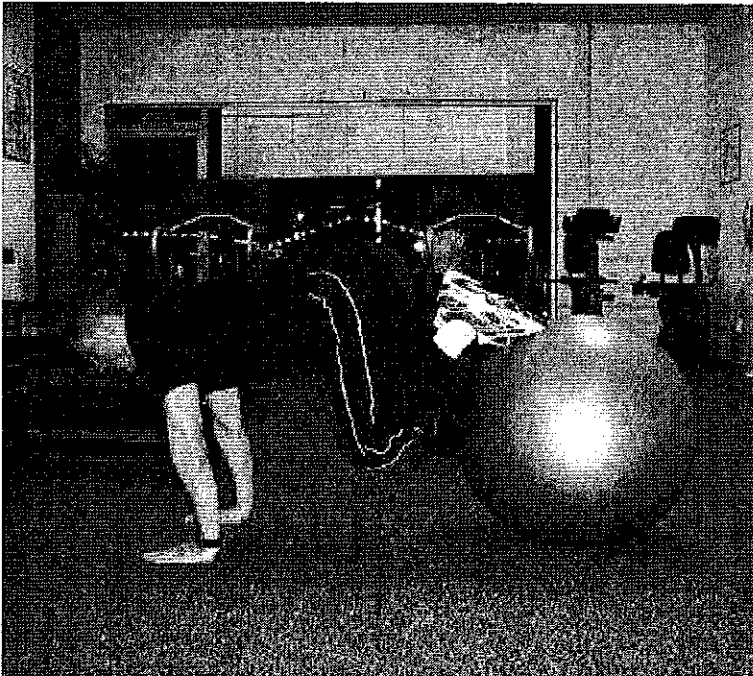
Again it is difficult to truly determine whether this exercise is a core exercise or a

horizontal pushing exercise. You decide. In a push up position as normal. After performing each repetition, transfer all your weight to one hand and rotate your body, reaching up and behind you with the opposite hand. At this level, keep both feet on the floor. At the end of each rep – you will have one hand on the floor and the other hand in a direct line with it, reaching up and behind you. The arms remain in a straight line so your body forms a T shape. Once this is easy, lift your foot off the floor at the end of each rep, so you make an X shape with arms and legs. Additionally, holding hex shaped dumbbells in your hands can also increase the intensity.

Prone Jackknife



Start and Finish



Midpoint

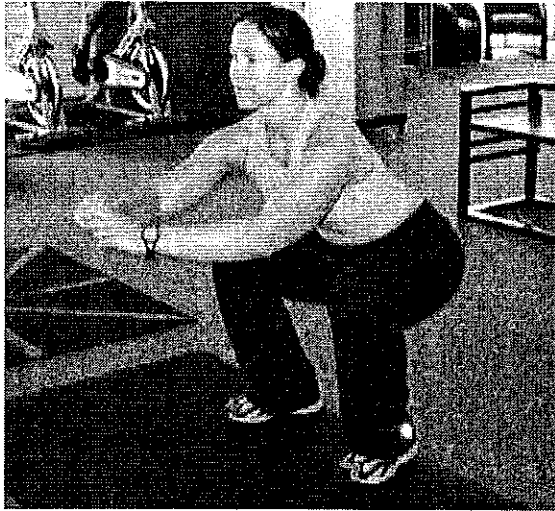
Hands on the floor – feet on a Swiss ball in the push up position. Maintaining a natural curve in the upper and lower back, begin drawing your knees towards your chest. Do not allow ANY spinal movement. The goal of this exercise besides

abdominal activation is to create a hip and back disassociation effect – in other words, allowing the hips to move without a compensation effect through the spine.

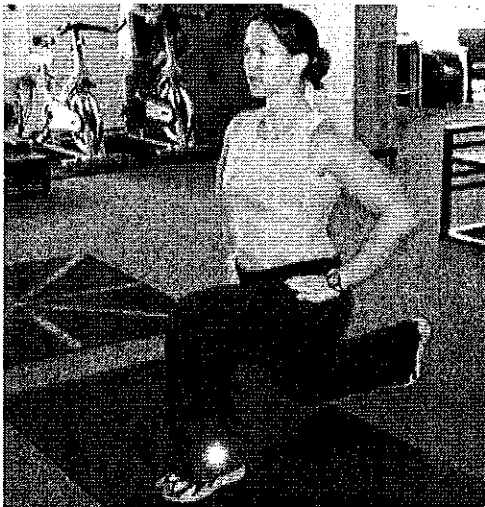
Leg Matrix

This is a modified version of a metabolic lower body circuit that was created by conditioning coach Juan Carlos Santana. It cannot fully be appreciated until you try it. Time yourself for:

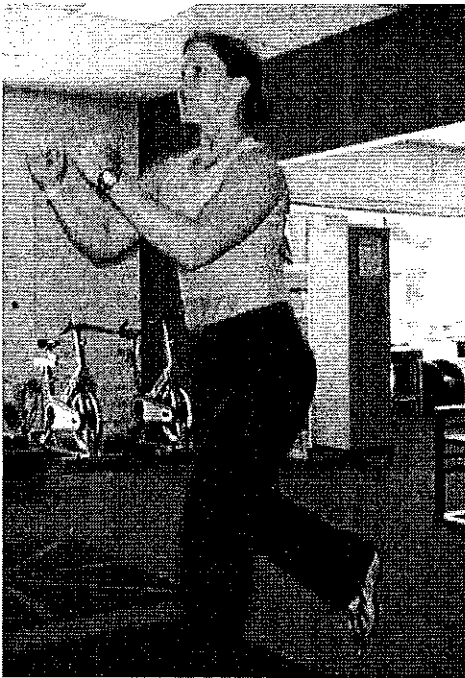
24 bodyweight squats to below parallel

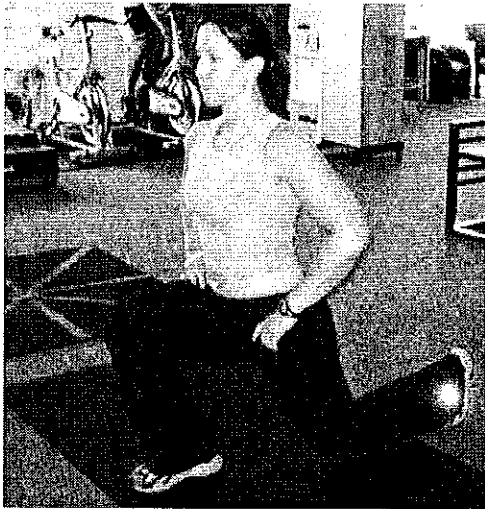


24 alternating dynamic lunges with bodyweight (12 reps each leg)

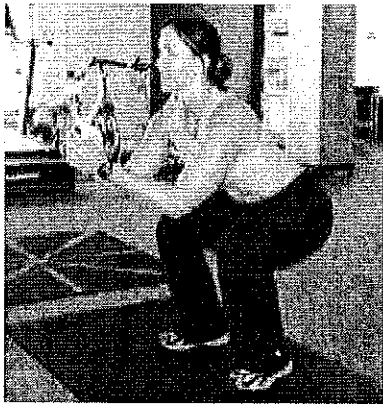


24 alternating lunge jumps (it will feel like someone jumped on your back at this point!)





24 jump squats (below parallel on the squat)



Workout B

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	5	4 ea.	Fast	120s
B1 Step Up					
	Workouts one and four	3	8 each	211	60s
	Workouts two and five	4	4 ea.	211	90s
	Workouts three and six	2	12 ea.	211	30s
B2 Close Grip Chins					
	Workouts one and four	3	8	211	60s
	Workouts two and five	4	4	211	90s
	Workouts three and six	2	12	211	30s
B3 Static Lunge					
	Workouts one and four	3	8 each	211	60s
	Workouts two and five	4	4 ea.	211	90s
	Workouts three and six	2	12 ea.	211	30s
B4 DB Rotational Press					
	Workouts one and four	3	8 each	211	60s
	Workouts two and five	4	4 ea.	211	90s
	Workouts three and six	2	12 ea.	211	30s
C	UB Russian Twist	2-3	10 ea.	222	30s
D	Push up Matrix	2	to 12	Fast	1:2 (W: R)

Note:

A1, A2, A3 etc are supersets. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

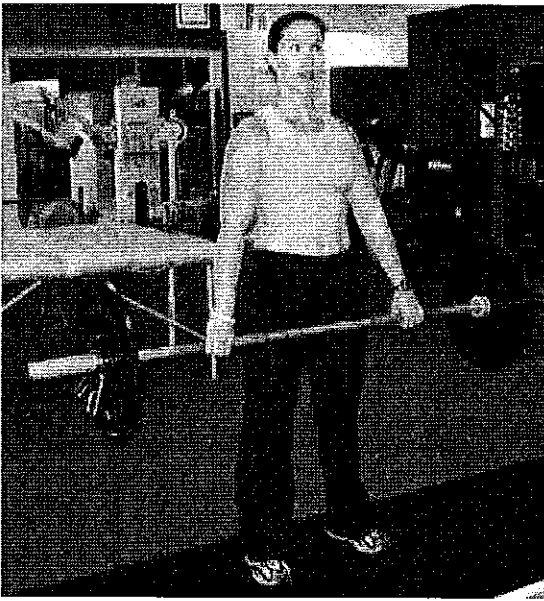
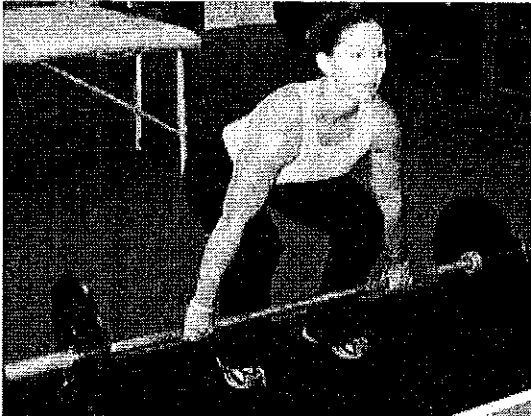
A 1:2 W:R means a work to rest ratio of 1:2. Rest twice as long as it took to complete the set.

Exercise Explanations:

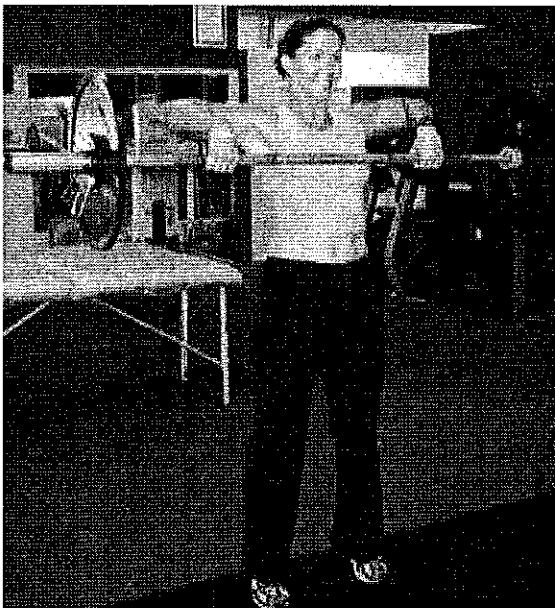
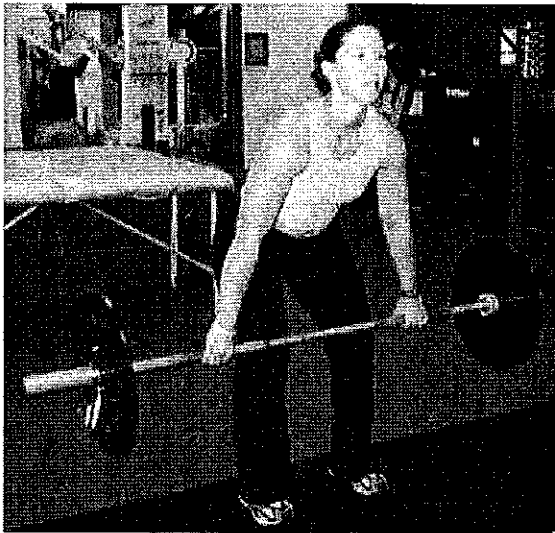
Complex B:

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

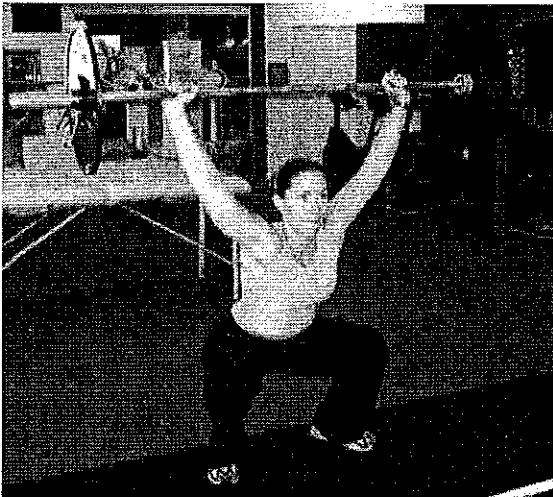
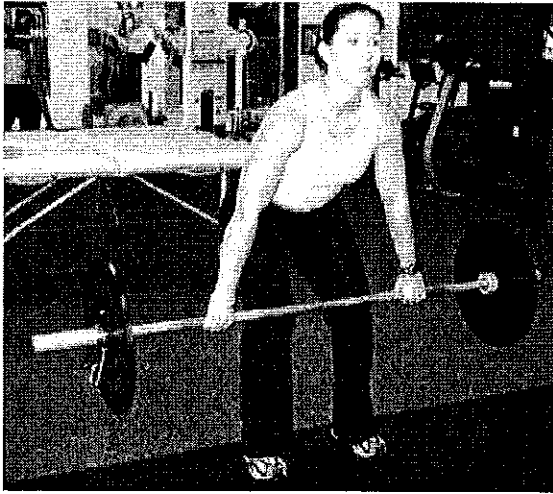
Deadlift



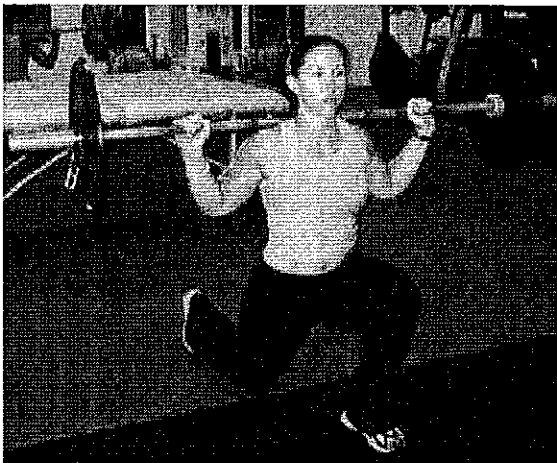
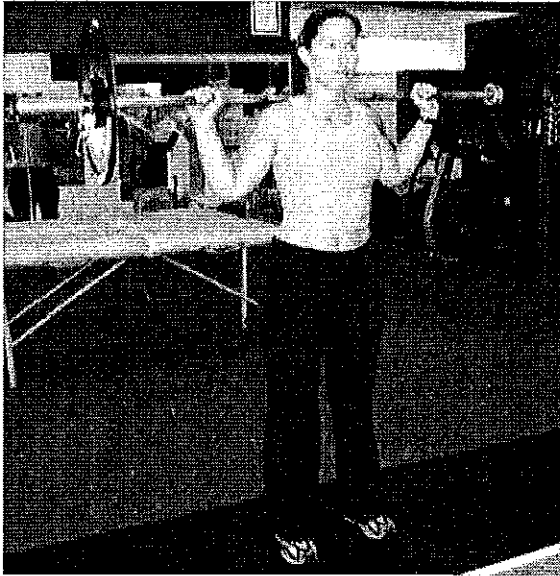
Clean High Pull



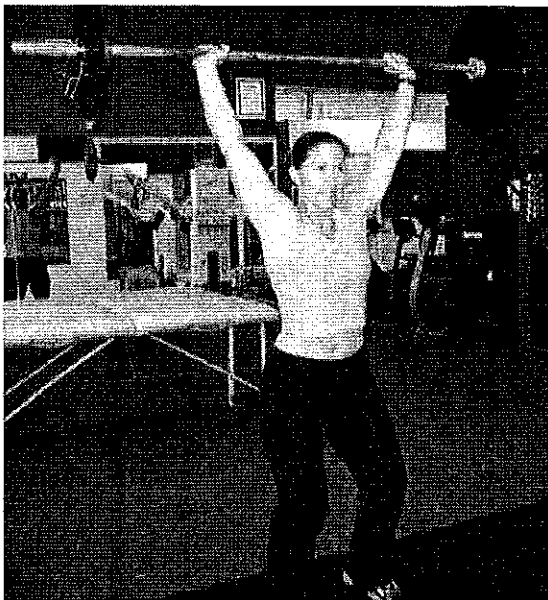
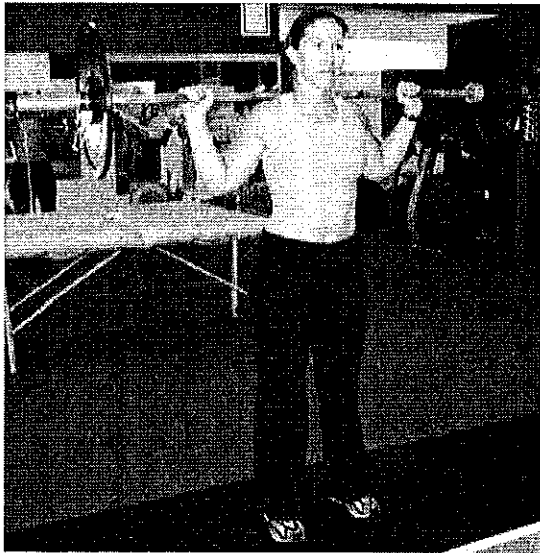
Hang snatch



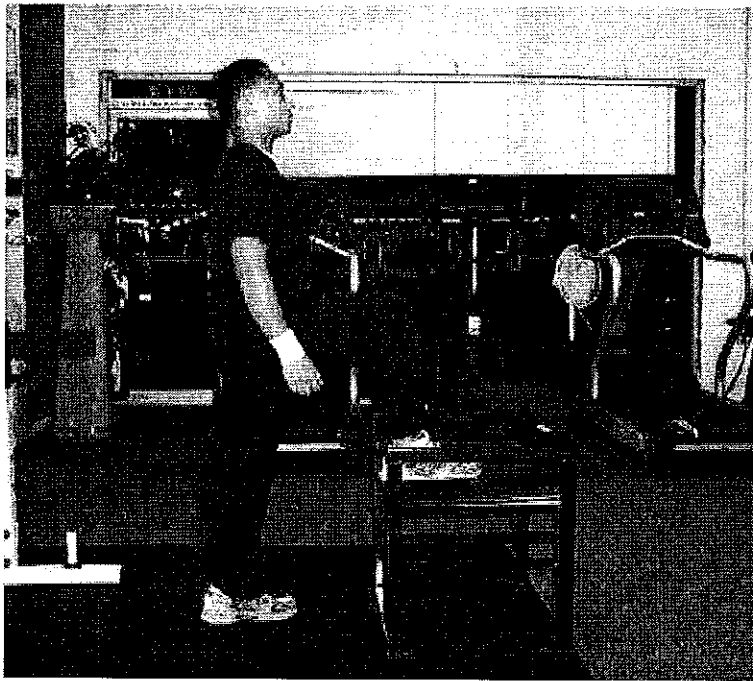
Reverse Lunge



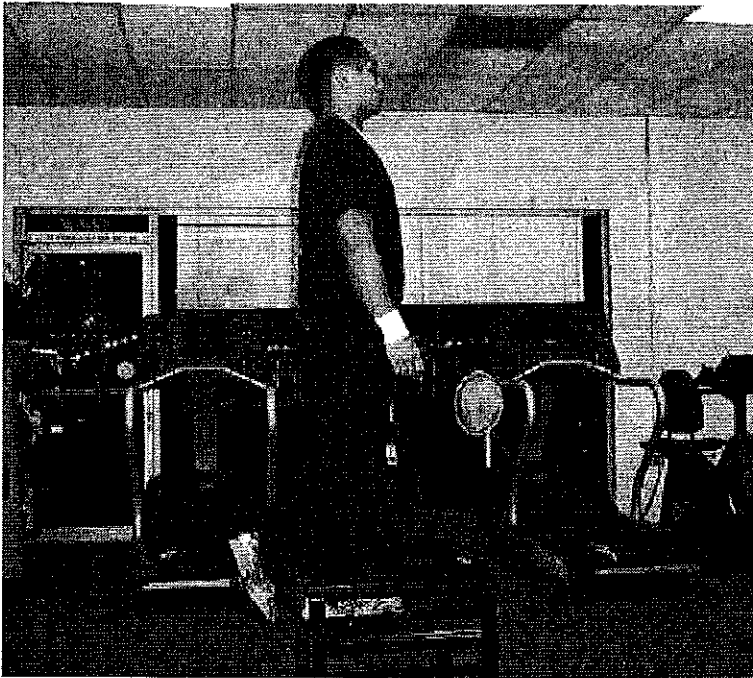
Push Press



Step Up



Start and Finish



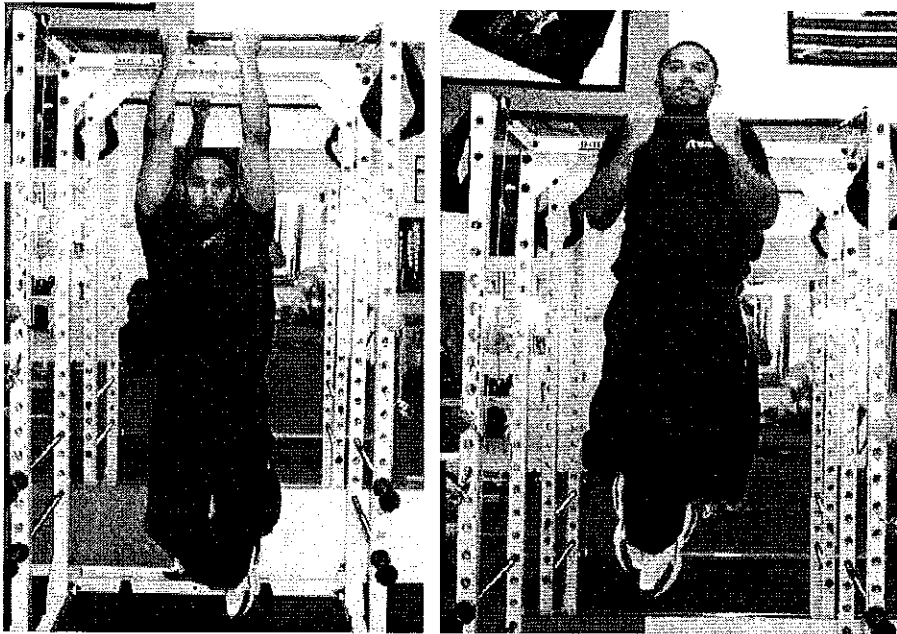
Midpoint

Stand facing a box or bench, ideally with the height of the box being slightly above knee height. Place your non-dominant foot on the step. Pushing through the

heel of the raised foot and NOT through the trailing leg (a very common way to cheat the exercise) step up on to the box, however, do not allow your trailing leg to touch the top of the box. This is a single leg exercise all the way. Once you can perform the desired number of repetitions, at the prescribed tempo, increase the resistance, either with dumbbells in your hands or a barbell on your back.

Repeat with the opposite leg.

Close Grip Chins



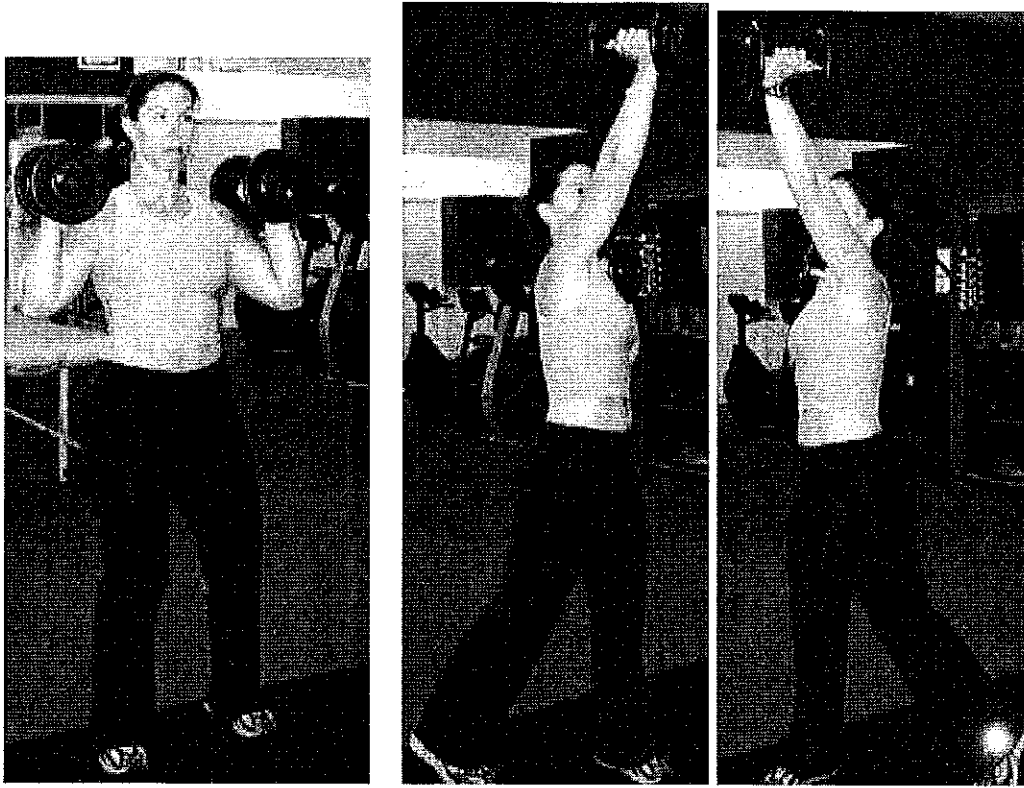
Midpoint

Hang from the chin up bar with a close supinated grip – both palms facing you. Maintaining a neutral torso pull your self up by contracting your lats until your chest touches the bar).

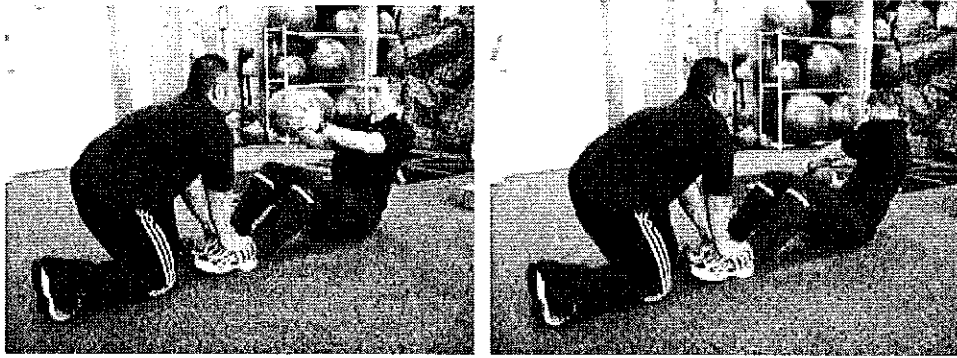
Static Lunge:

Place the bar on your back or dumbbells in your hand, and take a long step out. The shin of the lead leg will determine the horizontal length of this step during the lowering. Keep it fairly vertical. Also, aim to keep the trunk vertical throughout the movement.

The bottom position should be one where the knee of the rear leg is almost brushing the ground. The top position should be just short of end of range. Complete all the reps on this first side (which of course you will know to be your weak side) before going with the other leg. Yes, you can take a short rest between legs - no more than 30 seconds though.

DB Rotational Military Press

Start standing with feet parallel, shoulder width apart, holding a DB in each hand at shoulder height. Press the right DB directly overhead as you turn your body 45 degrees to the left. Lower the DB back to the start, and then repeat with the opposite arm.

Upper Body Russian Twists:

Legs bent to 90 degrees (partner holding your legs is an option). Keeping your arms extended, rotate from side to side.

To increase the intensity if this becomes too easy, perform unanchored, increase the range, the speed or the external loading. This exercise can also be performed lying on a Swiss Ball.

Push Up Matrix:

Perform alternating sets of push ups and tuck jumps in the following increments until you reach the required rep range. Then reverse the sequence and go back down the “ladder”:

3 push ups;

1 tuck jump;

6 push ups;

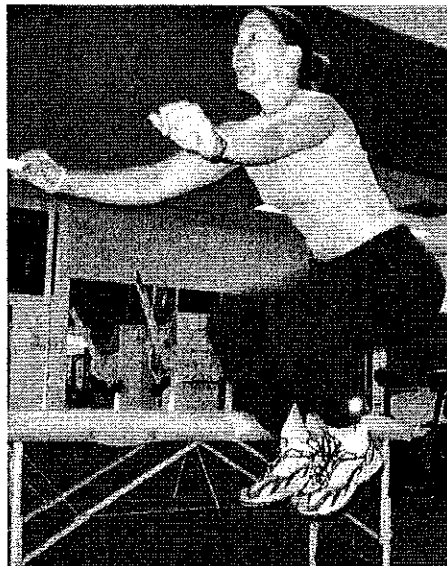
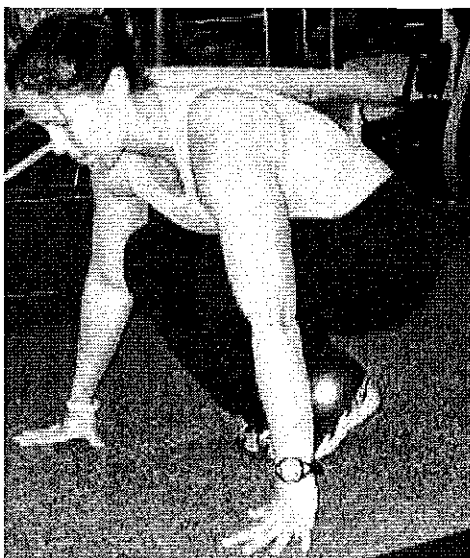
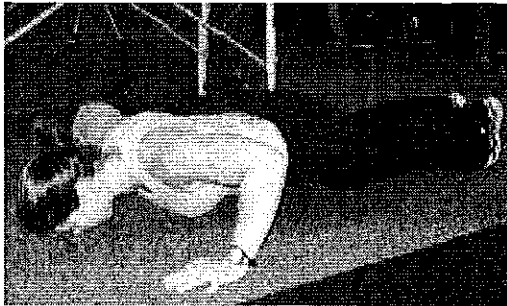
2 tuck jumps;

9 push ups;

3 tuck jumps;

12 push ups;

4 tuck jumps etc.



Weeks 9-12:

Perform three times per week on non-consecutive days. Alternate between workouts A and B.

Energy system work:

Workout A

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	5	6 ea.	Fast	90s
B1	Dynamic Lunge				
	Workouts one and four	4	5 each	211	90s
	Workouts two and five	2	15 ea.	211	30s
	Workouts three and six	3	10 ea.	211	60s
B2	Inc DB Press				
	Workouts one and four	4	5	211	90s
	Workouts two and five	2	15	211	30s
	Workouts three and six	3	10	211	60s
B3	Romanian Deadlift				
	Workouts one and four	4	5 each	211	90s
	Workouts two and five	2	15 ea.	211	30s
	Workouts three and six	3	10 ea.	211	60s
B4	Bent Over Row				
	Workouts one and four	4	5 each	211	90s
	Workouts two and five	2	15 ea.	211	30s
	Workouts three and six	3	10 ea.	211	60s
C	Reverse Crunch	2-3	15	212	30s
D	Leg Matrix	2	2 circuits	Fast	1:2 W:R

Note:

A1, A2, A3 etc are supersets. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

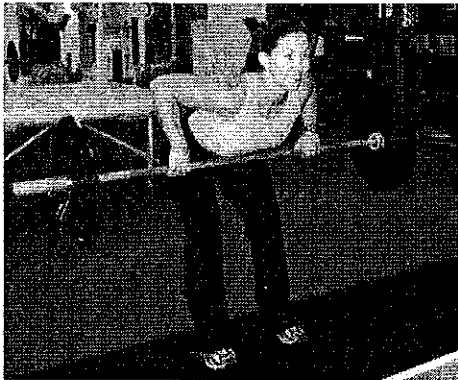
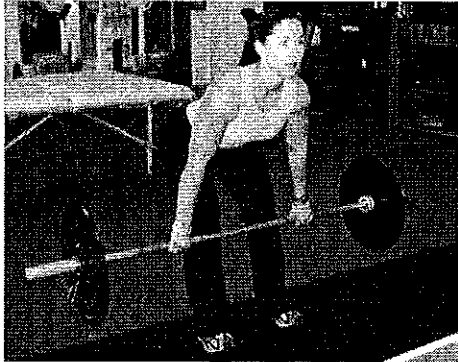
A 1: 2 w:r means a work to rest ratio of 1:2. Rest twice as long as it took to complete the set.

Exercise Explanations:

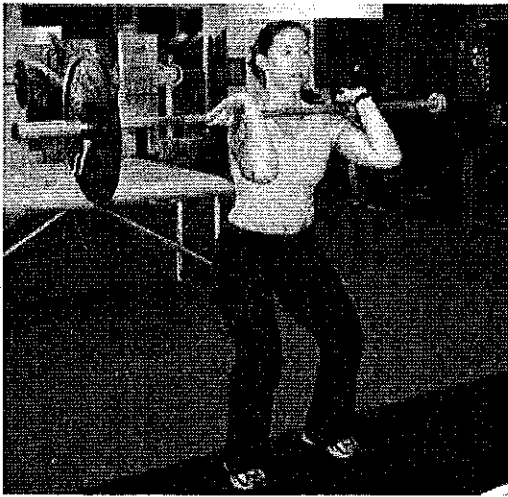
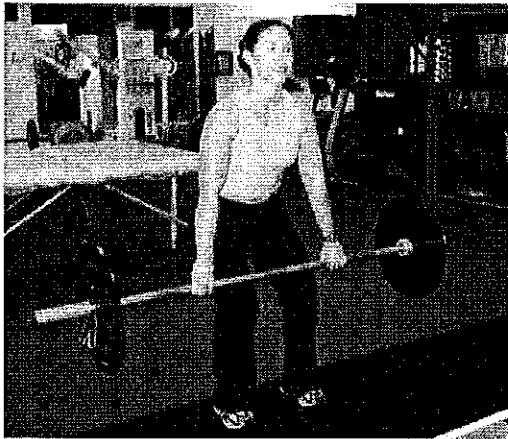
Complex A:

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

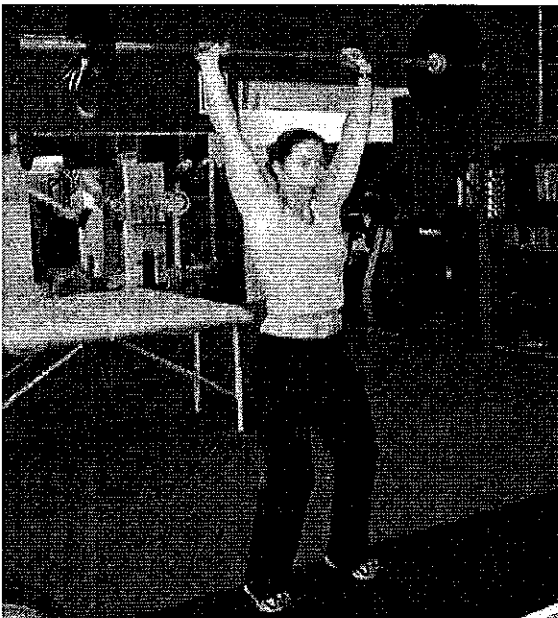
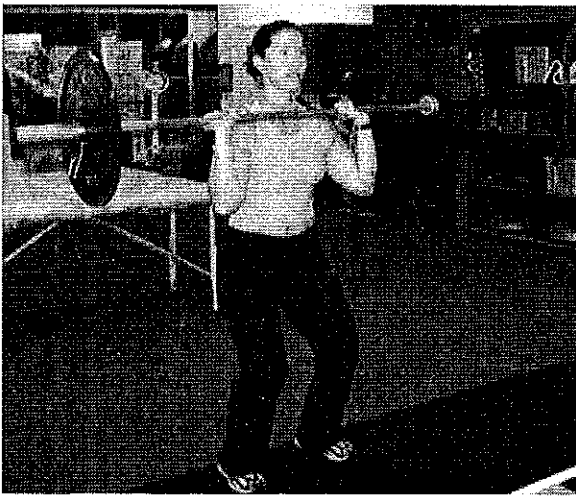
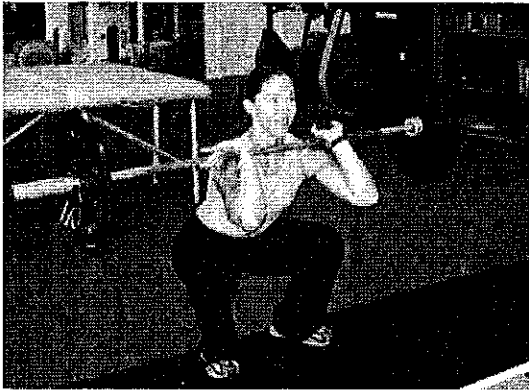
Bent over Row



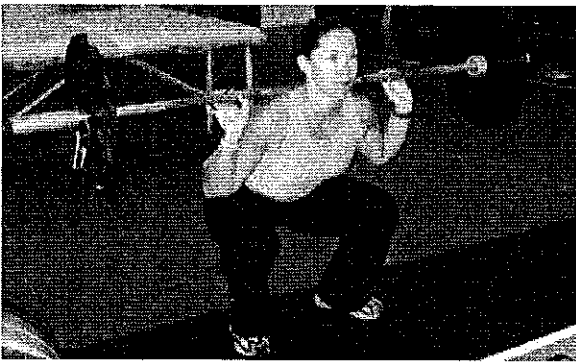
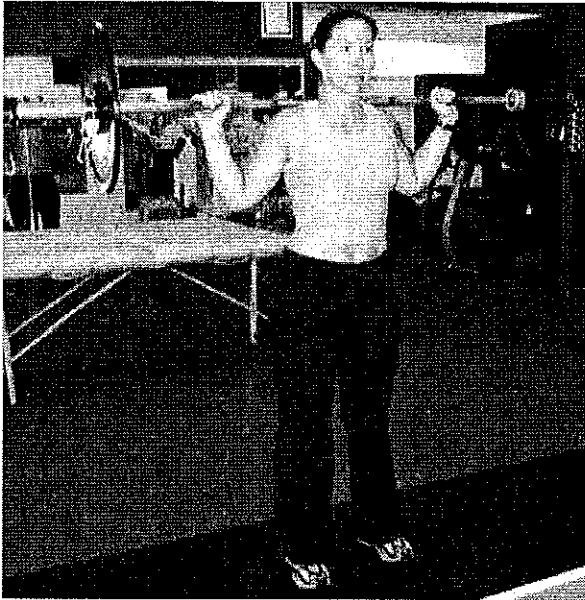
Hang Clean



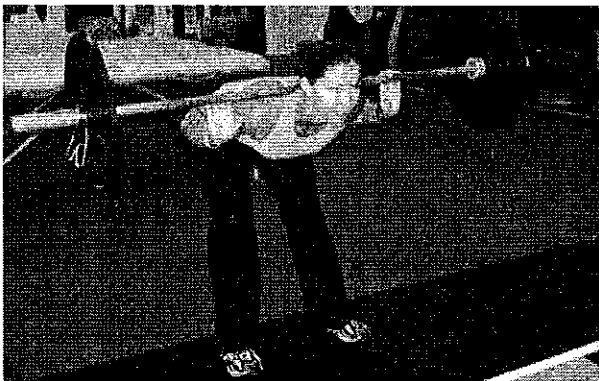
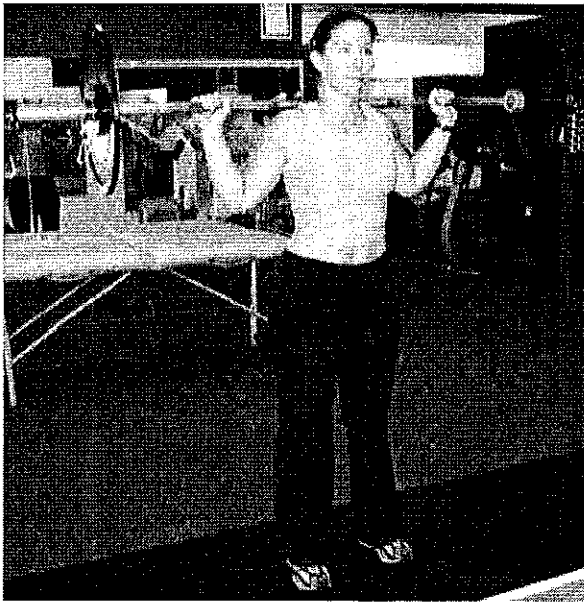
Front Squat – push press

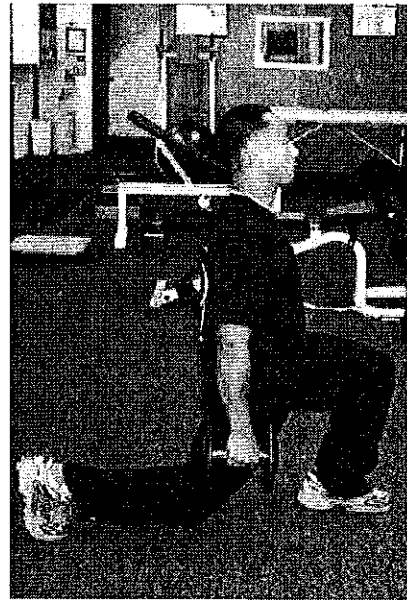
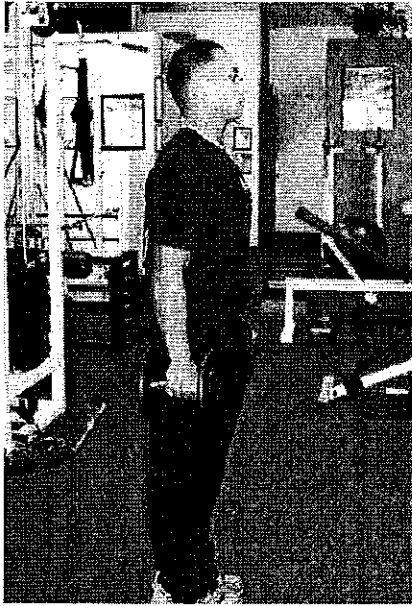


Back Squat

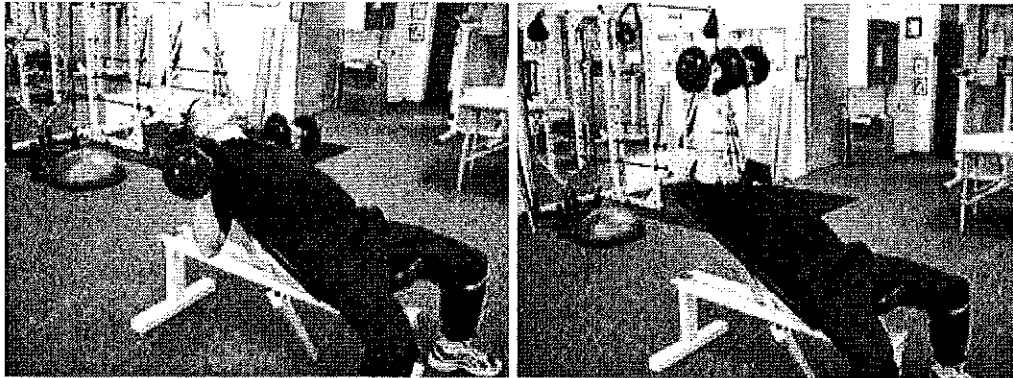


Good Morning

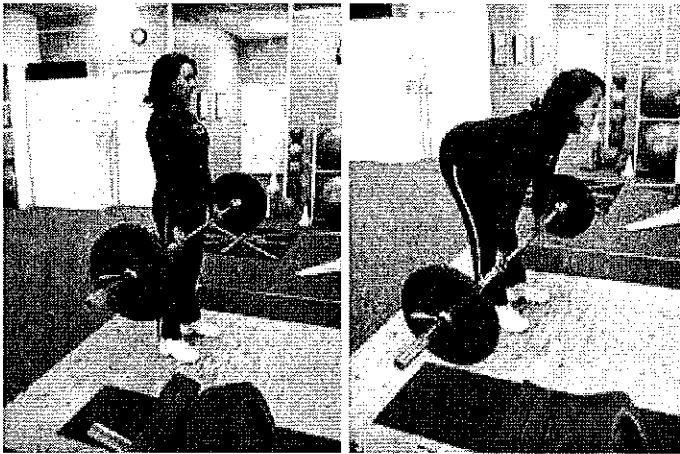


Dynamic Lunges

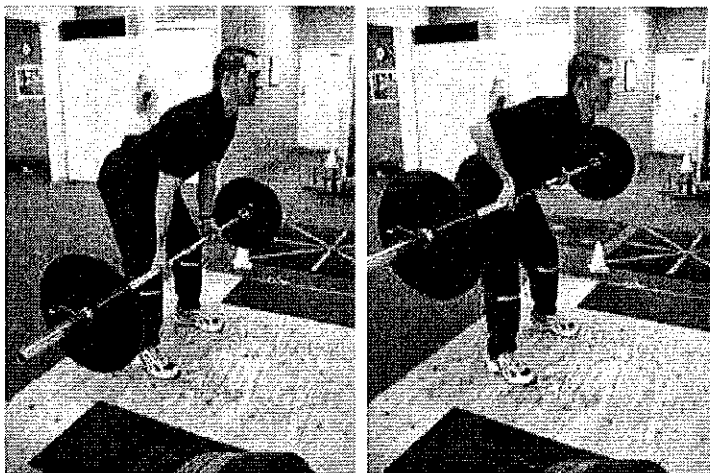
Begin in a parallel shoulder width stance. Step forward with one leg and drop into a deep lunge. From this position, drive off the lead leg explosively and return to the start position. We have the option at this stage of doing alternating legs, or performing all the reps on one side before doing the opposite side. The dynamic action also brings us closer to real life sporting application and recruits the higher threshold motor units. Obviously we can use barbells or dumbbells for external loading.

Incline DB Press:

Lie on your back on an Incline bench, with a DB in each hand, palms facing forward towards the feet. Push the dumbbells straight up until the arms are fully extended – have the DB's nearly touching in this top position. Lower down fully to the start position.

Romanian Deadlift:

Take a medium grip (about shoulder width) and commence in a standing position. Keep a tight arch in your lower back and keep it there. Lower the bar down by bending at the hips, not at the knees. Only flex forward as far as you can **PRIOR** to any rounding of the spine or posterior rotation of the hip. In the start, the knees should be slightly bent and remain exactly at that joint angle during the lift.

Supinated grip – Bent-over-row:

Grab bar with an underhand grip just outside shoulder width. Bend forward to 90 degrees of trunk flexion. Pull the bar to the abdominals, pause and return to the stretched position.

Reverse Crunch:

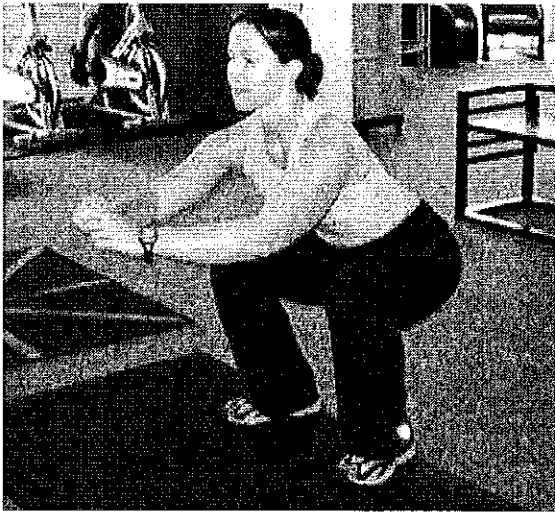


Lay on your back; if using an incline or chin bar, you will need your arms to hold on to the grips available; if you are doing knee ups on the ground, arms out on the ground at 90 degrees to the trunk. Starting in a 'set' pelvis position (hold the pelvis position throughout) lift the knees to the chest by rotating through the abdominal region.

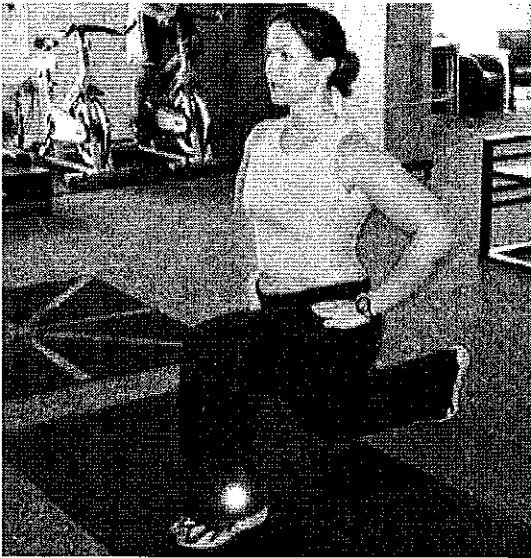
Leg Matrix

This is a modified version of a metabolic lower body circuit that was created by conditioning coach Juan Carlos Santana. It cannot fully be appreciated until you try it. Time yourself for:

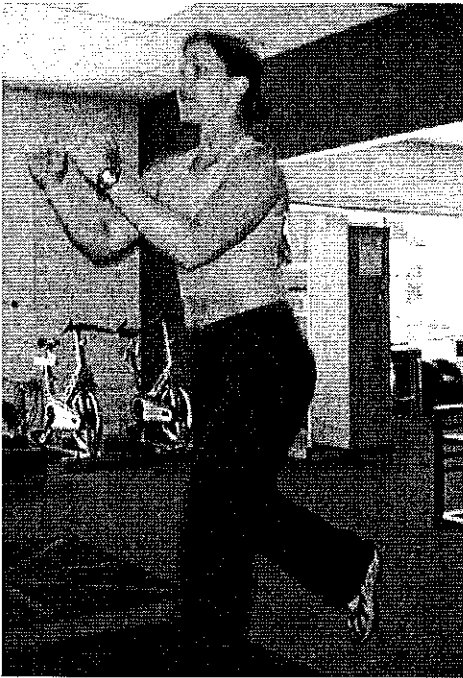
24 bodyweight squats to below parallel

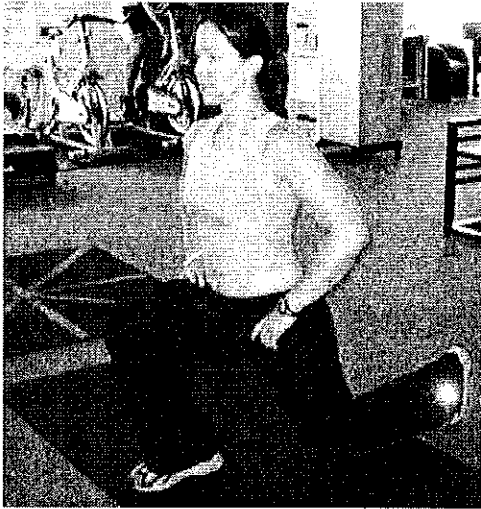


24 alternating dynamic lunges with bodyweight (12 reps each leg)

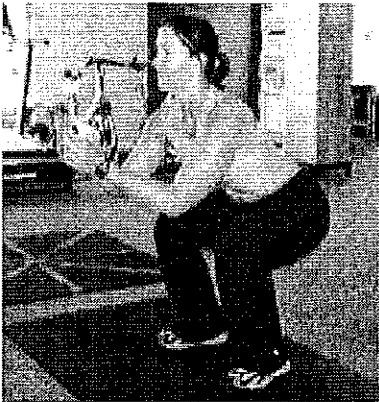


24 alternating lunge jumps (it will feel like someone jumped on your back at this point!)





24 jump squats (below parallel on the squat)



Workout B

Order	Exercise	Sets	Reps	Tempo	Rest
A	Complex	5	6 ea.	Fast	90s
B1	Deadlift				
	Workouts one and four	3	10	211	90s
	Workouts two and five	4	5	211	60s
	Workouts three and six	2	15	211	30s
B2	Prone Pike –push up combo				
	Workouts one and four	3	10 ea.	211	90s
	Workouts two and five	4	5 ea.	211	60s
	Workouts three and six	2	15 ea.	211	30s
B3	Explosive Squat				
	Workouts one and four	3	10	211	90s
	Workouts two and five	4	5	211	60s
	Workouts three and six	2	15	211	30s
B4	Wide Grip Pull ups/Pull downs				
	Workouts one and four	3	10	211	90s
	Workouts two and five	4	5	211	60s
	Workouts three and six	2	15	211	30s
C	Wood chop	2	10 each	212	30s
D	Push up Matrix	2	to 15	Fast	1:2 W:R

Note:

A1, A2, A3 etc are supersets. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

Tempo refers to lifting speed. The first number is lowering, the second is pausing in the bottom position, and the third is lifting. So a 422 tempo would be a 4 second lowering, a 2 second pause and a 2 second lift.

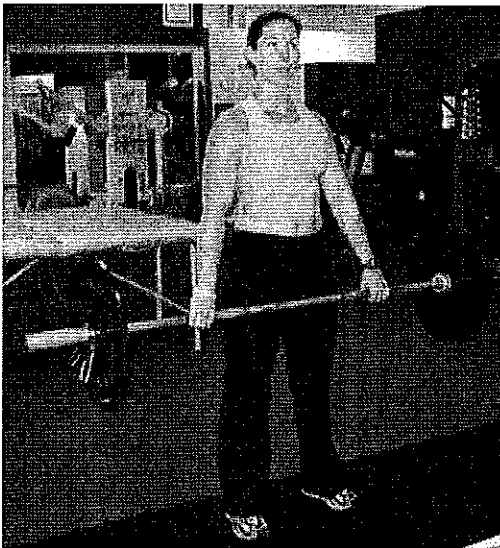
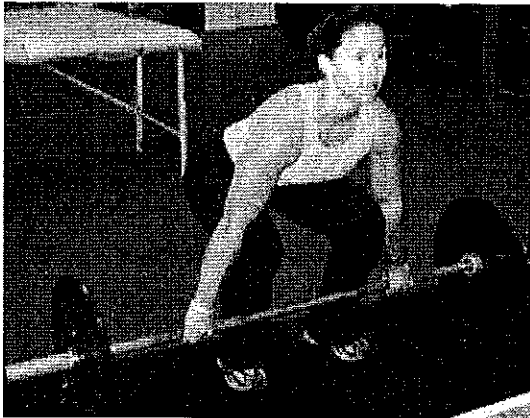
A 1: 2 w:r means a work to rest ratio of 1:2. Rest twice as long as it took to complete the set.

Exercise Explanations:

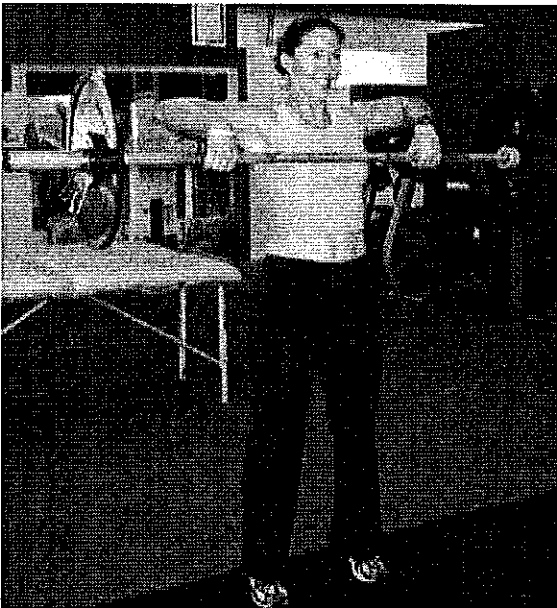
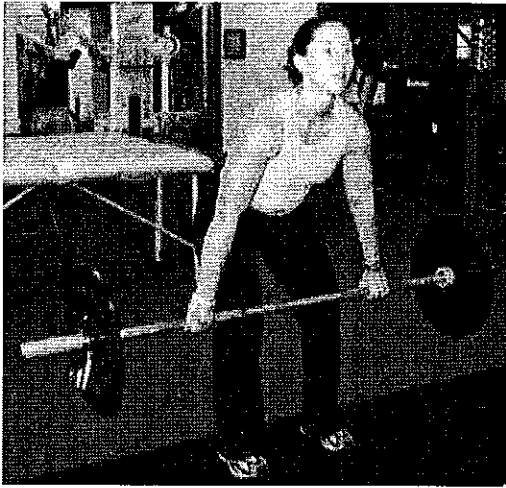
Complex B:

Perform the following exercises in sequence – completing all reps of the first exercise before moving directly (no rest) to the second exercise. Complete all five exercises without stopping.

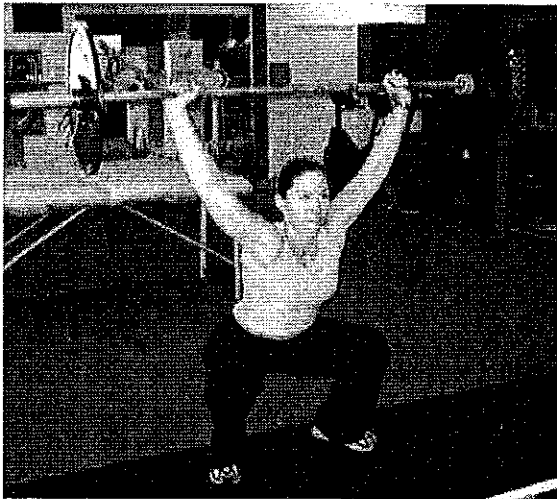
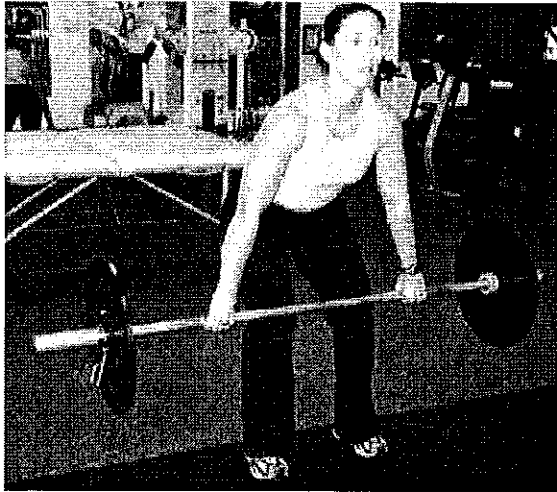
Deadlift



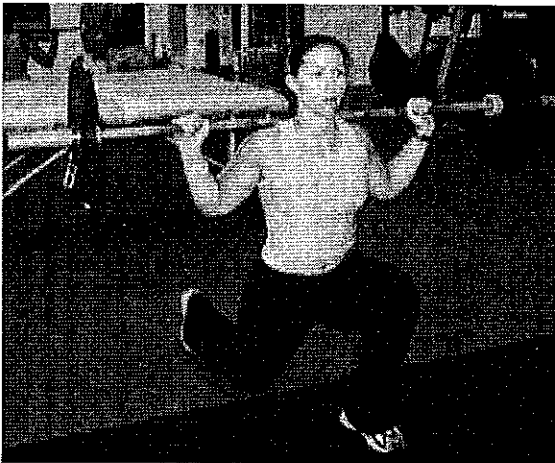
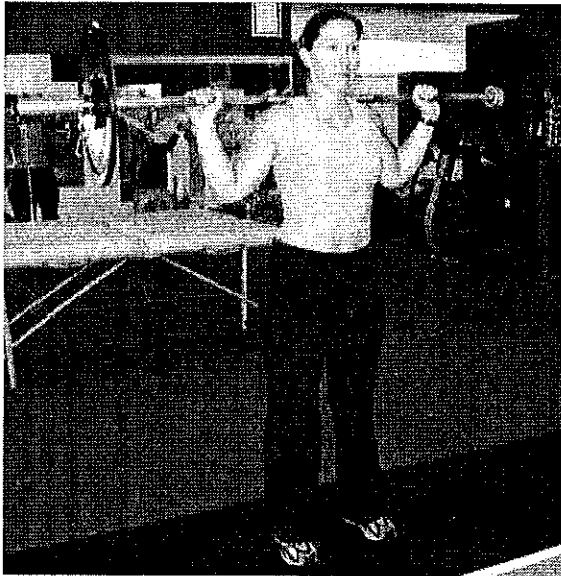
Clean High Pull



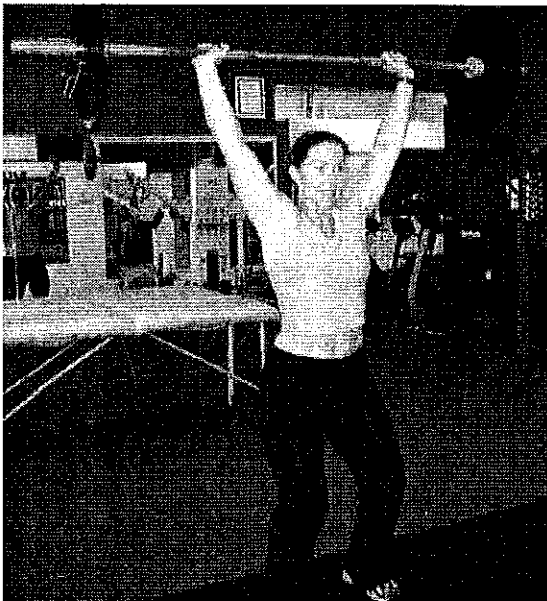
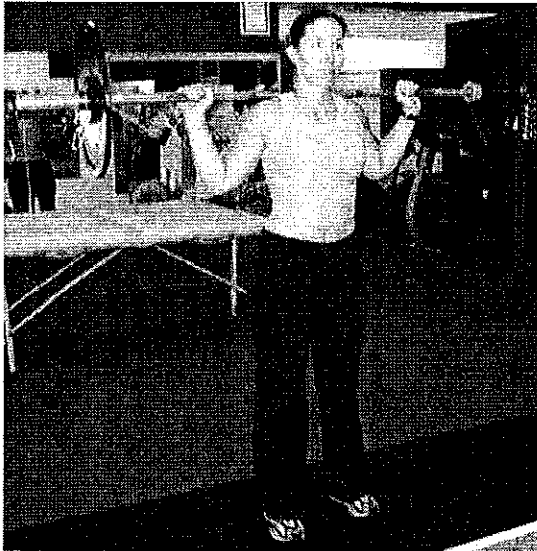
Hang snatch

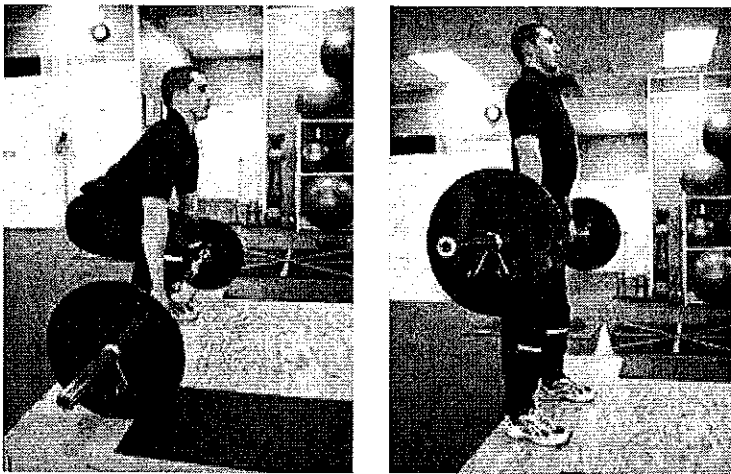


Reverse Lunge



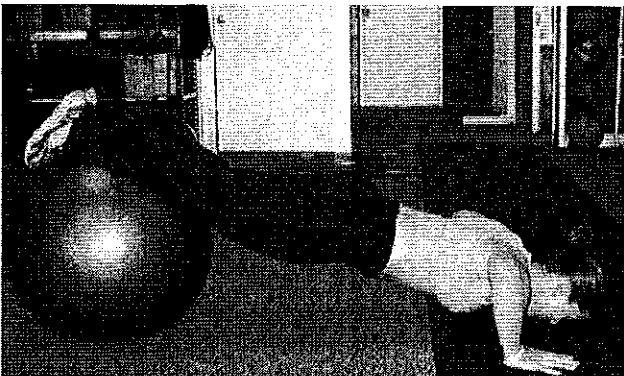
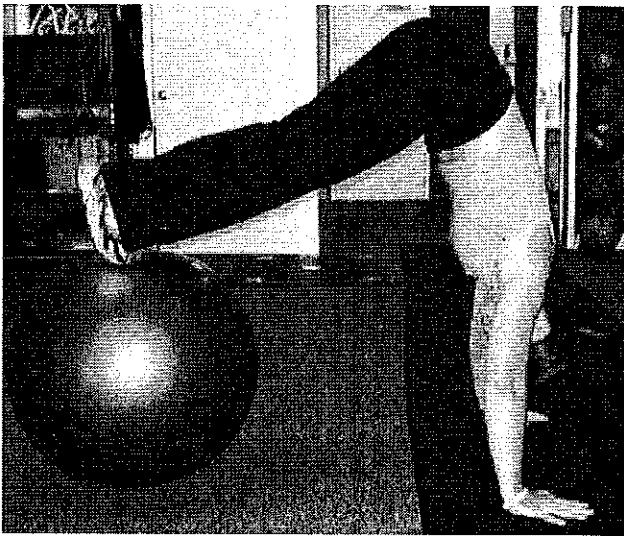
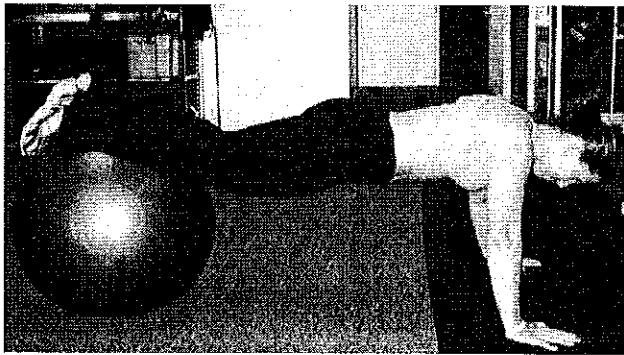
Push Press



Deadlift:

Bar should be on the floor (a dead stop – hence the name). Grasp the bar with an overhand grip, and place your shins against the bar – touching it. Bend your legs so that your thighs are slightly above parallel to the floor but keep your shoulders directly over, or preferably just slightly behind your hands on the bar. Keep your head in neutral alignment, but looking slightly upwards.

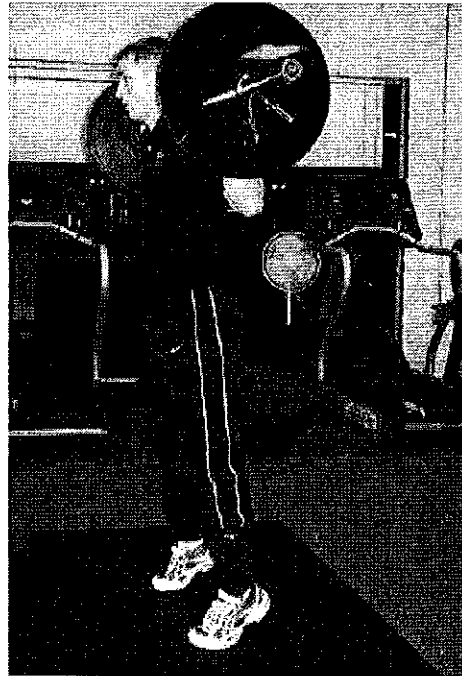
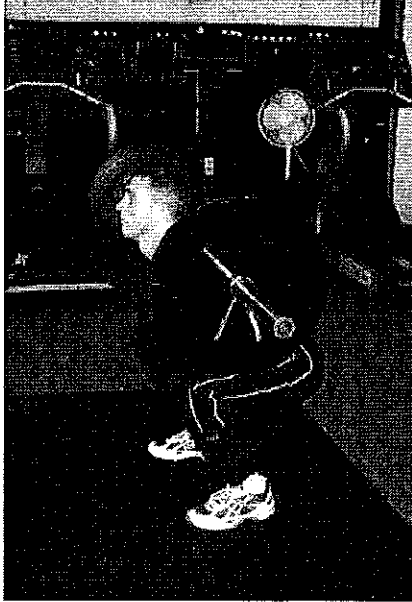
Keeping an arch in your lower back (imperative, as rounding the lower back prevents these muscles from activating properly), pull the bar straight off the floor and bring your hips forward. The bar should never leave contact with the body. The midpoint position has you standing fully erect. Think about pushing the earth away from you – like a jumping action rather than a lifting action. Lower the bar under control to the floor (by flexing the hips and then the knees) to complete the repetition.

Prone Pike – Push Up combo

Hands on the floor – feet on a Swiss ball in the push up position. Maintaining a natural curve in the upper and lower back, begin drawing your legs towards your chest. Do not allow ANY flexion of the knees. The goal of this portion of the exercise besides abdominal activation is to create a hip and back disassociation effect – in other words, allowing the hips to move without a compensation effect

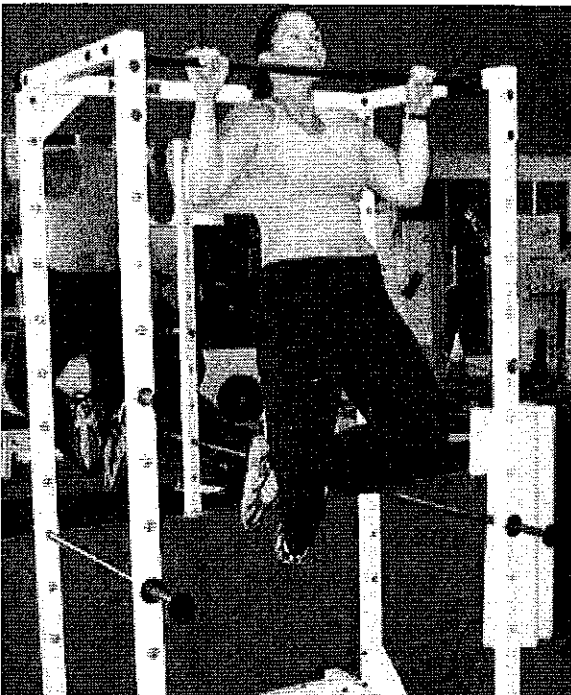
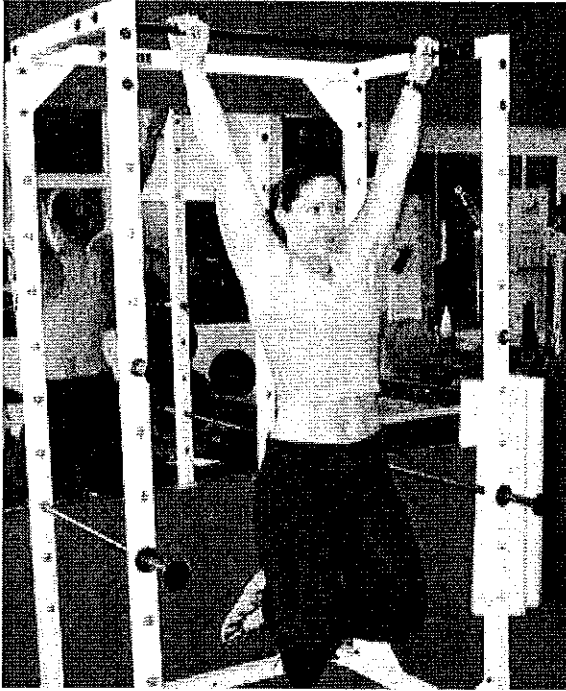
through the spine. Slowly return your legs to the start position and then perform one push up.

Explosive Squat



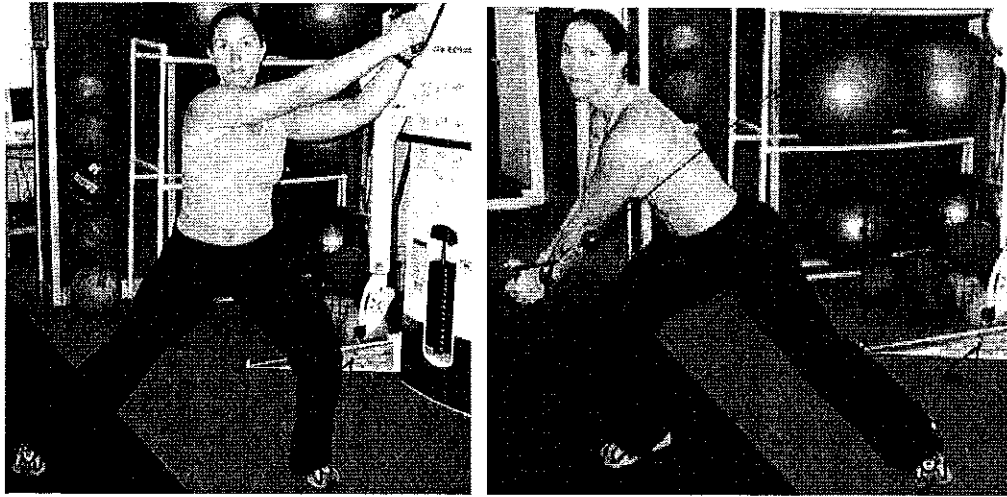
Begin by standing with feet shoulder width apart, bar resting on your upper traps. Grip the bar with your hands as close to the shoulders as comfortable, and ensure that your elbows are pointing directly down to the ground. Keep your feet either straight or very slightly externally rotated. Squat as deeply as you can without exceeding 45-degree trunk flexion relative to vertical. Keep your knees an equal distance apart during the lift. At the bottom of the squat, pause briefly and then explode up – as fast as possible, so that momentum carries you up onto your toes, almost coming off the floor. The main difference between this technique and the regular squat is the rapid acceleration in the concentric phase – we really must strive for speed at this point.

Wide Grip Pull Ups



Hanging from a bar with a wide grip overhand grip – feet crossed at the ankles.

Pull up until your chin clears the bar. Lower to a full hang and repeat.

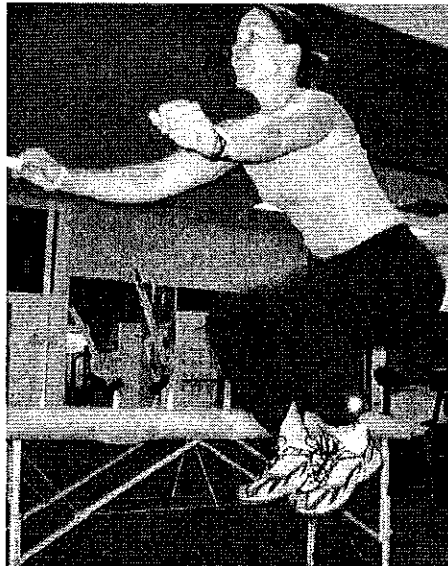
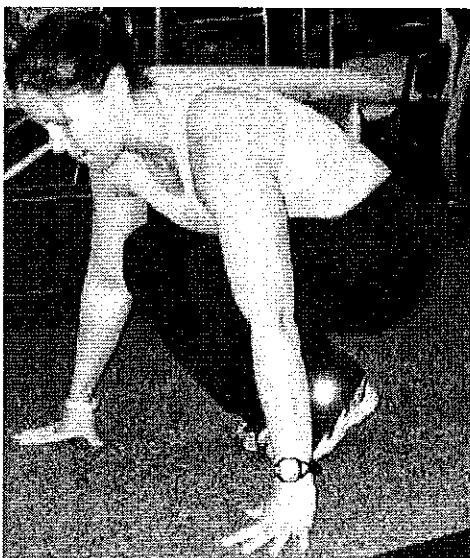
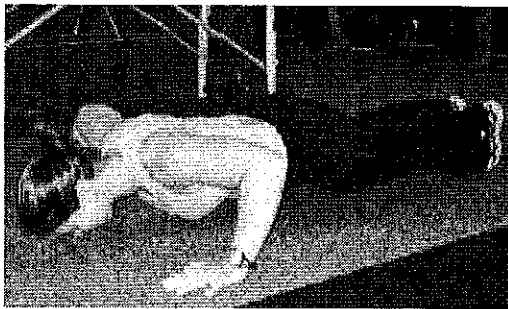
Woodchops

Keep arms straight throughout the movement. This is a fully integrated woodchop so allow your weight to transfer from one leg to the other as you rotate through the torso.

Push Up Matrix:

Perform alternating sets of push ups and tuck jumps in the following increments until you reach the required rep range. Then reverse the sequence and go back down the “ladder”:

3 push ups;
1 tuck jump;
6 push ups;
2 tuck jumps;
9 push ups;
3 tuck jumps;
12 push ups;
4 tuck jumps etc.



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About the Author



Alwyn Cosgrove is one of the most in-demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA

For the past seventeen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.

Alwyn has an honors degree in Sports Science from Chester College, the University of Liverpool, is certified with distinction as a strength & conditioning specialist with the National Strength and Conditioning Association and has been recognized as a Master of Sports Sciences with the International Sports Sciences Association.

A former Taekwon-do international champion, Alwyn has utilized his personal experience as an athlete and combined it with the advanced theories of European Sports Science and the principles of modern strength and conditioning systems.

Through the years in this field Alwyn has been recognized as a specialist in Athletic Preparation by The United States, the United Kingdom and Australia and has studied extensively each country's approach to athletic preparation.

During his career as a strength and conditioning coach, Alwyn has worked with a wide variety of clientele, including several Olympic and national level athletes, five World Champions and professionals in a multitude of sports including boxing, martial arts, soccer, ice skating, football, fencing, triathlon, rugby, bodybuilding, dance and fitness competition.

Alwyn has co-authored the book *The New Rules of Lifting* with Lou Schuler and is currently a writer with *Men's Health* magazine.

In July 2004 Alwyn was diagnosed with Stage IV Cancer. After a long battle, and intensive chemotherapy, Alwyn was pronounced in full clinical remission as of March 2005.

Unfortunately the cancer returned in March 2006 and Alwyn again was treated with very aggressive chemotherapy and this time underwent an autologous stem cell transplant.

Alwyn is currently living in Stevenson Ranch, California with his wife Rachel.



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