



Whole Body Workout Routine

The exercises pictured in this document are meant to give a few examples of the many ways you might work the same muscular pattern. As long as you do something for that group of muscle fibers that is challenging, you'll be cultivating your lean mass. Between body weight, machines, cables, dumbbells, barbells, kettlebells, bands and ropes... the possibilities are endless.

Contents

Weekly Schedule & Guidelines _____	2
Whole Body Routine: 01 (Pictures) _____	3
Whole Body Workout: 01 (Chart) _____	6
Measuring Your Progress _____	7

Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W = Weights / C = Cardio						

Guidelines

- Whole body routine, 2 - 3 x per week with at least one, preferably two days of rest in between.
- 5 - 10 minute warm-up: cardio machine or rhythmic limbering range of motion.
- Rep range: 10 - 15+ (beginner) / 8 - 12 (intermediate) / 5 - 10 (advanced) / 1 - 5 (ultra)
- Perform 2 - 4 sets of each exercise, starting with lighter, finishing with heavier weight that causes muscle fatigue within the recommended range .
- Standard rep speed: 4 second negative (lowering), 2 second positive (lifting). Slow and controlled lends itself to good form.
- Use full range of motion through all exercises (most of the time—see Intensity Techniques).
- Rest for 30 - 90 seconds between sets and/or go back and forth between different exercises.
- Stretch the muscles being worked in between sets and practice power-breathing techniques.
- Flexing. Engage the muscle isometrically between (and during) sets to build maximal power and control.
- Stay focused on the workout. Minimize chatting. Avoid cell phone use, texting, etc. Seriously.
- Practice the Intensity Techniques described in the document of that title.
- And enjoy getting stronger.

Whole Body Routine 01

Leg Press Machine / Squats (dumbbells or barbell)



Leg Curl Machine / Ball



Lunges (weights low, shoulder level, or overhead)



Back Row / Seated Cable / Single Arm Row



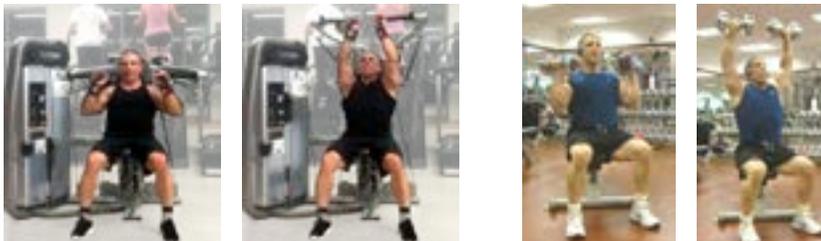
Chest Press Machine / Dumbbells (flat bench or slight incline)



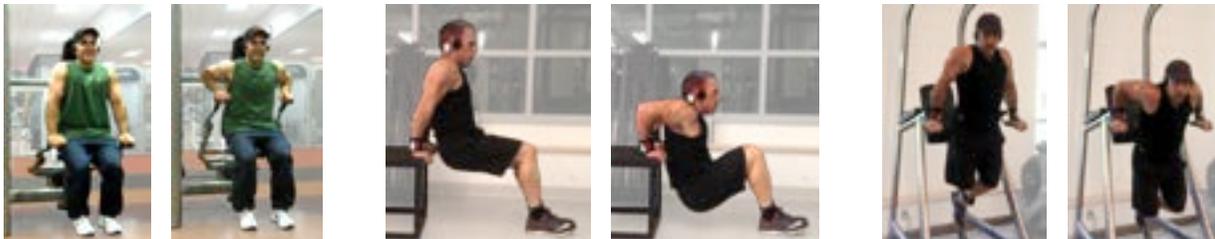
Lat Pulldown (close, wide and reverse grip) / Pull Ups



Shoulder Press Machine / Dumbbells



Triceps Press Machine / Bench Dips / Dips



Biceps Curl (standing / incline bench / machine, etc.)



Lower Back Extension Machine / Bench / Prone (ball or mat)



Abdominal Curls (machine, supine, etc.) / Plank (etc.)



Obliques / Rotating Crunches (on mat, Bosu, physioball, etc) / Standing Cable Twist



Whole Body Workout Chart: 01



Date:

1 - 2 x Per Week													
Warm Up (5- 10 minutes)													
Squats / Leg Press Machine													
Leg Curl Machine / Ball													
Lunges													
Back Row / Single Arm Row													
Chest Press													
Lat Pulldown / Pullups													
Shoulder (Overhead) Press													
Triceps Press / Dips													
Bicep Curls													
Lower Back Extension													
Abdominal Curls													
Obliques													
Stretching (also between sets)													

Measuring Your Progress

Keeping track of your strength level as recorded from workout to workout is the best way to calibrate necessary rest days for optimal recovery and resulting development. Going to the point of muscle fatigue is the only way to know what your strength is. Each “challenge set” (the final one of that exercise) is like doing an experiment and seeing if you can break your record. When you can perform more than the number of reps in the given range, such as 10 - 15) you increase the weight to the value on the machine or set of dumbbells, etc., and see how many reps you can do with the new weight. This is the meaning of progressive resistance and is the essence of weight training.

If you are new to weight training, your strength should increase noticeably from workout to workout. Going from a deconditioned state to achieving optimal lean mass for your skeletal structure usually results in a doubling of strength over the course of three or four months, where you will reach a plateau. But that will be when you are at your peak lean mass and are now a fat-burning machine. Keep the cardio consistent and the diet tight and you will start to shed body fat. Have a lean-to-fat ratio body composition assessment early on and measure that change as well. After your strength is doubled, and maintained, soon your body fat level will be half of what it was before getting in this kind of shape.

Once you get used to going to muscle fatigue with normal weight training practices, you can add the Intensity Techniques described on the next page to take your response to training to yet another level. Mix and match, vary, and use them according to how you feel on a given day. When you reach muscle fatigue can be when the best part of set actually starts. Remember, you cannot get stronger without increasing lean mass. You cannot increase lean mass without accruing all the benefits associated with it, including functional fitness (quality of life), improved glucose tolerance, mood, self-esteem, and increased metabolism. It's a vitality celebration!