NO GYM, NO TIME, NO PROBLEM

SIMPLE FITNESS SOLUTIONS FOR BUSY PEOPLE
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The Roadmap To Success
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THE BEGINNING

Have you ever been at that point in your life where you felt at this moment it was all or nothing? For many when the New Year starts, it is that moment when we make New Year's resolutions only to realize that at the end of the year we did not come close to achieving any resolution at all. How about this year? What will you make of it? Are you tired of not being able to lose weight? Does your head hurt just thinking about how overwhelming the information out there about fitness is? Perhaps you are frustrated and on the brink of quitting altogether. You look at yourself in the mirror only to determine....

THE STRUGGLES

You are at the point of no return. You've been a in a rut for a very long time. You've tried practically everything you could get your hands on but still nothing has worked. You've tried working out and that didn't work. You tried low carb diets, blood type diets, the cabbage soup diet and lost weight but only to gain it back with some extra baggage. You've had a trainer, who was there to push you, but still you are back at square one.

Even at work your performance seems to be slipping. Your frustrations continue to grow and you are at a point of popping like an overblown balloon. You don't know where to turn. It's like you're in a prison.

There's no way out. You're in a cage with a ceiling over your head asking yourself, what am I going to do?
Life is a constant battle of struggles isn't it? Have you ever achieved anything worth having without a little struggle? Whether the struggle is something you can control or not, it's still a struggle, isn't it? But like before, you overcame those struggles. You've progressed passed those struggles to be where you are today. Yet, you can't seem to find that same success when it comes to losing weight and achieving the body of your dreams.

First, you must understand that life is a constant battle of struggles. Struggles will come and it's up to you to determine if they will go. You have the ability to make struggles something that's around only temporarily, if you choose so. Your reaction to struggles will determine your success. In this specific example we're talking about weight loss, and your struggles to achieve the body of your dreams. Below write down the struggles you've faced when trying to lose weight.

List of Struggles Which Have Hampered Your Weight Loss Success in The Past

CONFUSION

When overcoming your struggles there are a lot of things that seem to get in your way. Sometimes it's excuses that you created yourself. Confusion impedes progress. Let's take a look at an example. Let's say you were driving from Florida to Chicago, Illinois. Chicago is northwest of Florida right?
What if you never stepped foot in the United States and didn't have a map. You'd be confused about how to get there, wouldn't you?

Now many of you would say that your car has a navigation system that can easily solve that problem for you. In your efforts with weight loss, where is that navigation system? It exists within you. The fact of the matter is that many of you are confused about how to lose weight and keep it off.

It's the reason why weight loss books continue to come out and top the charts. Everyone has an opinion; many which are actually based on scientific research. The information found in these books are not wrong. In fact, I read those same books and not only find the information valid but also effective when applied. But when there's an abundant amount of information available we often get overwhelmed and confused. The confused mind says no, therefore nothing gets done.

Being confused is like a path of patchy clouds and fog in your quest to achieve fitness greatness or what I'd like to call “fitness success”. Here's a list of things people are confused about when it comes to losing weight and keeping it off.

- How many times a day should I eat?
- How often should I exercise?
• Is working out twice a day going to help me lose weight faster?

• Can I get away with eating once a day?

• I heard that lifting weights for women could make you look bulky.

• Is weight training best for fat loss?

• I’m doing 60 minutes of cardio but still no results.

These are just a few issues but you know that there are practically an infinite amount of statements and questions aside from the ones above. What would you say confuses you when it comes to weight loss? It’s important to write these things down. Seeing it on paper will help you understand what you’re confused about and unable you to fix it.
But you can easily see how someone like yourself can be confused about how to lose weight. There's just TOO many answers right? Well what if I told you that none of that mattered? You'd probably say I'm nuts wouldn't you? I mean how could a trainer who has helped people lose weight through the answers to these questions above say such a thing.

**EXCUSES**

Many of you do not even get to the point where the secrets to getting in shape are applicable. It's not hard to believe, because like you, I was in the same situation not too long ago. I've received an infinite amount of coaching on how to drop fat, build muscle, and rapidly see results and yet I was still overweight and unhappy with the way I look. In fact, I'm still not in the shape I'd like to be in but I'm definitely on the way and would like for you to get there also.

One of the biggest obstacles that prevented me from getting to the point of achieving fitness success was excuses. We all make them right? You, me, your parents, your spouses, your children, we all do it.

Excuses are nothing more than avoiding the task at hand. Let's face it losing weight isn't easy. What is easy though is making excuses for why we aren't. Think about it like this. In order to transform your body it could possibly take you 3, 6, or sometimes 12 months to achieve ultimate goal. For you that's probably a long time. In the era we live in, we want results yesterday.

Like Rome, you did not get in the shape you're in now by slipping up one day. It was something that was built up over time. And during those times you probably used every single excuse as to why you didn't want to work out or why you didn't want to eat. I made the same excuses. In fact here are some of my favorites:

- I'll start on Monday since it's the beginning of the week.

- I'll wait for the perfect program.
• I heard so and so lost weight this way, so I'll wait to hear from them.

• Working out is boring.

• I just don't have any time.

• I'm always tired after work.

• The gym is always crowded.

• I can't afford a personal trainer.

• Nothing seems to ever work.

Excuses, Excuses, Excuses. What if a doctor told you that if you don’t change your lifestyle now you won’t see tomorrow? I know that's a bit extreme but, for many of you getting in shape is a matter of life and death. The excuses you make daily to avoid getting in shape can cost you your life. Unlike cats, you only have one life, not nine, so why not make the most of it?

If you want to play with your children, enjoy going on a roller coaster without the overwhelming feeling of embarrassment, or just have a nice peaceful night of sleep without gasping for air then it's time to kick the excuses to the curb. I know I'm running off at the mouth or the keyboard I should say but it's really about you.

Ultimately, you hold the keys to changing your body. But as long as you make excuses for why you can't take action you'll be stuck living the miserable life you're living now. When it comes to getting in shape, it’s important to know why you’re doing it. This will help you realize that there is no good reason for putting off your goal of changing the way you look. Right now write down 5 things that losing weight will enable you to do, that you can’t do now.
Hope

Ok so now we've acknowledged that life is full of struggles. Being confused about how to change your ways can make overcoming the obstacle of losing weight very difficult. You've also listed the activities that losing weight will enable you to do that you can't do right now. Now is the time to start a new day. Now is the time to change the way you look at your life from this point on. Remember you have one life to live. So now let's live it.

Geovanni Derice is a motivational speaker whose life mission to make sure that people know that "The greatest days of your life are the ones you haven't lived yet". He preaches how to get knocked down and get back up, how to never let your dreams die because that's when living stops, and how to overcome those mountains that always seem to get in the ways so you can get all the goodness life has to offer.

For more information about Geovanni Derice and the great work he is doing to inspire men and women all over the nation please go to http://www.geospeaks.com
Chapter 2
How to Create the Ultimate Mind and Overcome Anything
By Erik Rokeash

So I was asked to include something for this book, and my first thoughts were what could I contribute to that would add value to your life, and not waste your time. Everyone else who has written a section here can rattle just about anything off when it comes to fitness/ sports training and nutrition.

And they can do it in their sleep.

I can handle most of that on my own, but not at the level as all these guys.

So I sat and thought what could I literally talk about that is different and will make an impact.

And then it hit me.

I can write about the power of mindset and overcoming anything.

You can look to get everything you want in life, be in better shape, eat right, be successful with a career or business, but if your head is not in the right place… you'll never get it.

So this section I will be sharing with you the power of developing a killer mindset, and overcoming any obstacles.

You'll discover the 5 stages of developing the right mindset and what you can do to take things to the next level.
But as you know, if you’ve ever read anything about this stuff before it can be boring and dry as hell.

So I’ve decided to shake things up a bit. I’ve written this differently than anything else on this topic, and I’ve put it together in a way that it will really connect with you.

So read on to see how you can develop a powerful mind and overcome anything.

OK, so before I dive into the first part, I wanted to throw a few things out there for you that I’ve learned over the years about this dealing with the mind.

The first thing is, we are our own worst enemy. I see it every day with the athletes and entrepreneurs I work with. They doubt, second guess, and question everything they do. The more they do this, the worse it gets for them.

I'm guilty of this too. I over-analyze the hell out of everything, and I'm constantly trying to just listen to my gut instead of my head.

The second thing I realized is that mindset is a choice.

Choice is the most powerful thing in the world.

Everything you do is a choice.

You choose to workout.

You choose to get a job, or start a business

You choose what clothes you buy and where.

You choose what to eat.

You choose your thoughts.

Everything is a choice.

When you realize that, you have the power to choose anything you want, you start to realize how powerful your mind already is.

The third thing about developing a powerful mindset is that you need the right kind of discipline. Discipline is a nasty word, and has a negative connection to it because it means that you are going to have to work and sacrifice for whatever it is that you are trying to achieve.

But the interesting thing that very few people realize is that you already are disciplined.
Everyone is. We are just disciplined to the lifestyle we currently have.

For example, if someone says that they are not disciplined enough to workout that's technically not right.

They are plenty disciplined. They are just disciplined to not working out.

It's the change, and thought of sacrifice and work that scares them. Which boils down to a change in mindset.

If they understood that they were already sacrificing and working towards and unhealthy life, things would be a lot easier to change.

So every person is already disciplined. It's just to their current lifestyle.

And that leads me to the last thing I learned about mindset, and that is…

Fear is the conductor of your mind.

With that being said, let's dive right into the first part of creating the ultimate mindset.

**Fear**

OK, so I'm going to dive into the first area when it comes to creating the ultimate mindset.

That is handling fear.

This is the biggest issue we all face when it comes to the mind.

Fear is the number one reason why we don't accomplish what we want in our life.

On a side note, did you know that the fear of death isn't even the number one fear? Public speaking is!

Anyway, here's the thing about fear that we never understand…

That is, fear does NOT actually exist.

It's just a thought or an emotion. We create it.

It doesn't physically exist in any shape or form.

It's not like you could walk down the street and see fear walking in front of you. It's just a thought and emotion that exists within us.
I guess we could blame evolution for that.

Back in the caveman days, we needed fear to survive. It was a warning signal that your life was in danger.

But today, we don't really have to worry about some crazy animal jumping out of nowhere trying to eat us.

We have to worry more about making sure we pay the bills, take care of the kids, and choosing whether or not we need to be in better shape.

Fear really doesn't have a place in today's society.

Now that doesn't mean if you're swimming in the ocean and you see a huge great white shark come at you that fear doesn't exist, it just means that it shouldn't be part of our day to day life.

But it is. And it's crippling the very soul of who we are.

Oh, and when I talk about fear in this chapter, I don't mean fear as in the fear of heights, or spiders, or flying. I mean the type of fear that holds you back.

Here are just a few examples of what I mean..

- Afraid to quit a job that is destroying a person's health, because they are afraid they won't be able to find another job

- The fear of starting your own business, because what if it fails?

- The fear of moving to a different location because you don't know anyone.

- The fear of asking a person for something you want.

- The fear of voicing your opinion because you are afraid it might upset someone.

- The fear picking up the phone and calling and asking someone to buy something.

- The fear of doing something without any support.

These are just a few examples, and there are literally millions more.

Oh, and just so you know, the ones listed here were some of my fears that held me back.
But I've overcome them, and I will share how to do that in a minute.

Before I do, let me ask you a quick question. Can you think of a few internal fears that you have had over the years that have held you back? Just like the ones similar to the ones above?

Now I want you to ask yourself, where would you be if you didn't let those fears hold you back?

You would probably be in a much different place... right?

I know I would.

What I know now is that I can always change things, and overcome fears with the right mindset.

So let me share with you a short story, about a guy named Kevin, who let fear control him, and what happened to him.

Kevin was in his mid-20's and trying to find his way in life. He was going through what they call a quarter life crises.

He didn't know what he wanted to do, and was searching very hard to find his path in life.

He had gone through job after job, and just couldn't find anything he liked. The one thing he realized was that he hated working for others.

Then one day he got a call from his cousin who lived out in Oregon. His cousin wanted him to come out and visit.

Kevin had never been to Oregon but always wanted to go.

So Kevin made the choice to head out there.

While he was out there his cousin showed him around, introduced him to all sorts of great people, and even told Kevin that he could help him find his way.

This was exactly what Kevin was looking for. A person who could show him what he really should be doing. A person who had all the connections, and lived in a place where Kevin could see as his home too.

So Kevin left Oregon, flew back home, and was really excited about the new opportunities he had ahead of him.
He talked to his cousin over the next few weeks to set everything up.

His cousin would put him up, let him use his car, and introduce him to everyone he knows that could help.

Basically Kevin had a once in a lifetime opportunity.

Two months later, everything was set to go for Kevin to move out there.

Then the day before Kevin was scheduled to leave he backed out.

And he wouldn't tell anyone why.

A month or so passed, and Kevin finally decided to share with me why he backed out.

And every answer he had was an excuse that had an underlying theme.

That theme was… fear.

He was afraid to move out there. Afraid to move away from what he knew, afraid that he wouldn't find what he was looking for in Oregon, and afraid he would be stuck there.

So because of fear, Kevin missed out on the biggest opportunity of his life. One that could have solved all the problems he was having.

But he was so afraid that he wouldn't find what he was looking for, that he bailed.

This left his cousin very upset, and looking bad to everyone he had spoken to about Kevin.

And to this day, Kevin is still searching for his true calling. All these years have passed and time gone by that he will never get back.

He's still struggling and bouncing around, and it's all because of the fear he lives with.

Obviously if he moved to Oregon there is no guarantee that he would have found what he was looking for, but at least he would have taken a chance to find out.

And I can bet you any amount of money that Kevin now regrets not going out there.

So I guess the moral to this story, is don't let fear rule your life. You'll miss out on some of the biggest opportunities that you'll ever get.

OK, so after reading this story you might be asking yourself, how do I overcome my fears?
And there is only one simple answer to that.

I'll borrow a title from Susan Jeffers, and that is…

"Feel The Fear, And Do It Anyway."

The only way to overcome fear is to meet it head on, and deal with it.

Seriously, that is the only way.

The funny thing about fear is though, once you face it and overcome it, it's not really that much of a fear anymore. It gets conquered and is eventually just replaced by a bigger fear.

Now if you need to be a little more aggressive dealing with fear, they you can follow the philosophy that I use on a daily basis.

Please excuse the language, but anytime I feel a fear coming on I tell it to…

“Go f*ck itself, and that we are going to dance.”

I know, it sounds weird, but I've learned that if I'm aggressive towards fear, then fear always backs down, and I always win.

So if you want to overcome fear in your life, then you need to be aggressive, and take action towards the fears you have.

Start with the small ones.

For example, if you have a fear of picking up a phone and asking someone to buy something from you, then start by calling someone you know and asking to borrow something from them that is really random.

For example… ask them if you can borrow their car for an hour.

It's the same feeling you get when calling and asking someone to buy something.

If you do that enough, then asking someone to buy something gets way easier.

So it's just taking action on the fears that will get you to conquer them. Obviously there are much bigger and deep rooted fears that will be holding you back, so those will be a little bit more challenging, but if you can chip at that fear bit by bit, eventually you will overcome it.

Oh, and the last trick to overcoming fear is putting yourself in the position of regret.
Would you rather be looking back on your life and have all these regrets of things you could have done?

If it's at that point it's too late and you'll never achieve what you want so look at fear as regrets and it will motivate you to always push through them.

**Regret**

Ever hear the quote…

"We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons."

Jim Rohn

Pretty powerful huh?

Think about it. If you are lying on your deathbed, and looked back at your life, chances are you would be crushed thinking about all the things you didn't do with your life.

All because you made the choice not to do or pursue the things you really wanted to do.

So developing a powerful mindset is the key to everything.

This leads to the first part of mindset domination and overcoming anything.

So first let me share with you a quick story about not having the right mindset and regret.

There was a close friend of mine (Rob) that I spent most of my time with in college. He was a happy, go lucky guy, and nothing seemed to phase to him.

He was the kind of guy that didn't care what people thought about him, and just always wanted everyone to be happy.

He would stroll through the campus saying hi to everyone, and would talk to anyone. He didn't seem like he was afraid or worried about anything.

You know, he was the kind of guy that all the other guys wanted to be. Everybody loved Rob.

But inside of him was one weakness that only he and I knew about.

It's funny to think about this weakness because it may seem so small, but in a minute
you’ll see why this one weak area of his mind caused some major damage.

The weakness that Rob had was for a girl.

Yup, a girl.

But this wasn't any girl. She was the kind of girl who when you saw her, your knees would buckle, the hair on the back of your neck would stand up, and your heart would race.

And that’s what happened to me when I saw her. So I could only imagine what Rob was going through.

Oh, and just in case you’re thinking "why didn't I approach her?" That's for two reasons..

1) I was in a very deep relationship at the time.

2) No way was I going to go after a girl that my best friend wanted.

Now this girl was the compliment to Rob in every way. Not only was she stunningly beautiful, but she was smart, funny, good natured, and had an amazing personality.

She was perfect for Rob and he knew it. He wanted her.

But no matter what Rob did, he could never sum up the courage to talk her, let alone ask her out.

I did everything I could to help. I even talked to her about Rob, and tried to get her to approach him, because I knew she liked him too.

I even tried different ways to influence Rob. One time I told him if he could talk to her and get her to come hang out with us as a group (not alone) that I would buy him one of the things that he had wanted for years.

Even that didn't work. Nothing did.

So time passed.

Every day, he would see her and just pretend like she didn't exist. He let me know how much it was killing him.

No matter what I did to help him, his mindset was so warped that nothing was going to help.

Then one day, Rob found out this girl started dating someone else.
This was as if, his heart had been ripped out of his chest, and the world ended. It crushed him.

It was almost like Rob's life had ended.

He was heartbroken, and he went into a deep depression.

The fun, cool, laid back Rob that everyone loved had become a shell of what he used to be.

No matter what I or any of our other friends did, we couldn't bring him out of it.

And this continued for months. To the point where I just couldn't be around him anymore. No one could.

He lost a lot of friends, and passed on a lot of possibilities of getting to know other great girls out there.

A few years passed. This girl had married. I moved on, and Rob and I really just stopped talking.

Then one day Rob reached out to me and said he needed to talk.

He finally opened up and let me in on everything that had happened to him during that situation.

He said that it wasn't the fact that he lost the girl that crushed him; it was the fact that he couldn't believe his mind wasn't strong enough to overcome the anxiety of talking to her.

The pain of regret was so bad, that it made him question who he was, and everything he had come to know about himself.

He said that he realized he lost the opportunity to meet the girl of his dreams and because his mind wasn't right, he lost that opportunity forever. He would never get that back.

He had spent the past few years of his life dwelling on the regret, and he let it ruin who he was.

After going through all of this, Rob finally realized that what had happened wasn't bad at all, it was a lesson he had to learn so that it would never happen again. He finally understood the lesson and overcame one of the biggest missed opportunities in his life.

Now he has an ever better woman in his life, with two beautiful little kids, and he couldn't be happier.
So I wanted to share this story with you so that you could see the power of a weak mindset and regret can do to you.

Regret is a killer, but it can be prevented if you take the time to focus on strengthening your mind and getting comfortable with stepping outside your comfort zone.

So in looking back at Rob's situation, I would have handled things with him differently.

I would have gone through these steps below to help him develop a stronger mind.

1) I would have told him that she was interested in him, instead of giving him a hard time for not talking with her.

2) I would have helped to create more opportunities for her to meet with him

3) Lastly I would have re-framed a lot of things for him. Speaking of re-framing, I'll dive into that a little later.

For Rob to have improved and actually spoken with this girl, I would have had to increase his confidence and have him see his value.

He just didn't see it with her.

So the big lesson about regret and the mind is that, if you want to overcome something and not regret it, you need to first start seeing the value in yourself.

Once you realize your value, your confidence will skyrocket, and you will be able to approach and do anything.

So look at what is taking place in your life. Are there areas where you don't think your value is high enough?

This is the starting point for developing the dominant mindset.

Once you understand your value, you will never feel insecure towards other people, or what you are doing.

It just takes focus, and a little bit of patience.

Once you put that time in, you'll start to see success.

**Success**

So now we dive into one of my favorite topics… Success.
This is something that I've spoken at length about and have studied for years.

But you might be asking yourself, what does success have to do with overcoming anything and creating the ultimate mindset?

Well, basically success is how you gauge where your mindset level is at with everything in your life.

Before we go any further, let's talk about what success is.

In the western society when we talk about success, the first thing that comes to mind is financial, career, and business success.

Having all the things and toys that we've always wanted is what comes to mind when we think about success.

But the definition of success in reality is a little bit different.

The definition of success is...

Whatever you want it to be.

For example, success could mean having a huge family, having tons of friends, having the time to do what you want when you want.

Success can be anything you want it to be.

You can have success in all areas of your life, not just career wise.

So take some time and think about what success really means to you.

And then look at it as a gauge to measure how well you are doing.

The more successful you are in certain parts of your life, generally means that your mind is in the right place for getting what you want.

If you are not successful in a certain part of your life, then chances are there could be a few obstacles that you need to overcome internally before you can get there.

Let's dive into a quick story about success and a banker that I knew.

I actually knew quite a few of them, since I spent a little bit of time working at Lehman Brothers.

So there was one guy named Alan. He was the Senior VP of his department. The guy
made so much money, that every week he would buy a new pair of shoes. Each pair cost over $2,000.

He actually ended up taking over a few cubicles and used them as shelves and storage for all his shoes.

After hearing him talk about his new shoes, I asked him why he had so many pairs.

His response…

"Because I'm successful!"

I just went along with it, even though it was a little strange.

It was at this point where I really started to think about what success was, and actually researching it.

So I started listening to Alan and his stories, and one thing stood out to me.

He had a successful career, and believed that he was living the life.

Come to find out, he had a horrible family life, he lost most of his friends, and his health was in really bad shape.

But he still believed he was successful.

I didn't see it that way. Sure he could buy expensive shoes, and smoke $100 bills if he wanted too, but his life was actually a failure.

And he finally realized it on one September day in 2008.

It was the day the financial collapse took place.

Within two weeks Alan was out of a job and believed he wasn't successful. It crushed him, and it was the only thing he knew.

It was who he believed he was.

He spent so much time focusing on one area of success, that it warped his mind about all the other aspects of his life. He had never prepared his mind for success in other parts of his life, only for his career.

And when that was pulled out from under him, it destroyed him. Plus he spent so much money on dumb things that as soon as his paycheck was gone, he was broke.

It's a pretty tragic story, and a very familiar one within that industry at that time.
So for months Alan struggled. He applied for every job he could in the financial industry, but no one was hiring.

It got to the point where his health finally started to fail. He wasn't functioning and was under so much stress, that his body was just giving out on him.

Then one day he visited the doctor, and the doctor told him, that if he continued this way he would probably die within the year.

Alan couldn't believe his ears. Just a few months earlier he thought he had everything, and now he was facing a very real and serious end.

This was the wakeup call for Alan. He realized if he didn't start taking care of himself and other aspects of his life, he wouldn't have any more life to live.

He started working out, he spent time reading on strengthening his mindset, and actually reached out to old friends, and family and started to re-connect with them.

As time went on, he became stronger and healthier, and created a new social structure. Even his family started coming back around.

He was realizing that what he was thinking previously actually made him much weaker than he thought he was.

But the actions he was taking now were making him stronger and successful in all the other areas of his life.

He had found a job, making only a portion of what he was making before, but his mind was in the right place and all aspects of the job and his life were coming into balance.

He started to view success as having a balanced life, and base it around the amount of dress shoes he had.

Now Alan's story is an extreme case, but one of many that I know. Most people will never reach the point that Alan did. But it was exactly what he needed to shift the way his mind looked at things.

And once he made the choice to strengthen different parts of his life, he strengthened everything.

Today, nothing fazes him. He has balanced his mind at such a level, that he can manage any situation.

The best part is, Alan is the happiest he has ever been.
So I wanted to share this story because it shows how creating and developing the right mindset can let you overcome anything.

Alan lost everything, yet he still survived. Now he’s better than he ever was.

He looks at success not just as a financial idea, but as including everything in his life.

And he would never have reached this point if he never made the choice in his mind that he needed to change.

As I mentioned in the intro, everything comes down to choice.

You can even choose to be successful. You just have to know what your definition of success is.

To achieve it, you first have to think it, and put your mind on the right path.

Once you do, there will be no stopping what you can do.

OK, so how do we use success to create the unstoppable mind?

Here are a few things you can do right now.

1) Look over your day and start thinking about what you have to be grateful for. The more you realize that you have a ton of things to be grateful for will start you on the path to being successful.

For example, if you were grateful that you spent time with your family today, then your mind has acknowledged that your family is successful.

So you want to continue each day to go through this exercise. The more you do, the more your mind strengthens and deepens the success you have for each part that you want to work on.

2) Write down what your own definition of success is to you. Seriously… write it out.

Once you take the physical action of writing it out, your body and mind have been set in motion to start finding that success. It puts your mind into gear and helps you to develop the right thoughts to find the success that you want.

It's the same reason that teachers have you take notes. Once the physical action is taking place, the mind retains it, and then searches for the answer when it needs to.

This is actually very powerful, and one of the best ways to develop a dominant mindset.

3) The last thing you can do is, play the success game. This is a game where you go to
a public place and look at the people walking by, and ask yourself if they are successful.

In reality, you will have no idea. But you'll find that the people you think are successful, are the ones who display your definition of success.

The more you do this, the more your mind strengthens and implants your ideas about success.

So if you want to be successful with you work out, look at people and see if they are in the shape that you want to be.

Your mind will seek them out because that is what you are looking for.

Once you find it, your brain and thoughts get stronger and lead you to exactly where you want to go.

Lastly, it's very cliché, but surround yourself with successful people. Putting yourself around those who have what you want will shift your brain into a different place and in the direction that it needs to go.

All four of these steps are very powerful. As you go through them you will notice how you will start to feel different, and feel more successful.

And the more successful you are, the stronger your mind, and the happier you will be.

That leads us to the next section

**Happiness**

OK, so what do happiness and mindset have to do with each other? Well, it's just like success. There is a connection between both of them.

Happiness is another gauge to tell you how well the mental side of things are doing for you.

Think about it, if you are not strong enough to set your mind to do something then how can you be happy?

If you are not achieving what you want in your life, then you won't be happy. So having the mind in the right place makes a huge impact on happiness.

On the other side of things, happiness is also a tool you can use to strengthen your mind.

So if you really want to know how this works, and how you can use happiness and
mindset to do anything then read the next few sentences and chisel them into your mind

**Happiness is a choice!**

That's all that it is.

**Mindset is a choice.**

That's all it is.

Remember in the intro how I talked about how important the power of choice is? Well, if you want to be happy, all you have to do is choose to be happy. That's it.

Now I know that is easier said than done, but once this really sinks in, you will understand it's power.

So let me share with you a quick personal story that really played a role in completely changing my mindset and allowing me to overcome some huge obstacles.

Now this is not something I would normally share, but it's important so you can see how everything works. So I'm biting the bullet on this one.

Years ago, I was running a training business. And I was struggling. I was barely getting by, and no matter what I did, nothing seemed to be working.

This caused a lot of issues not only in business, but within my personal life too.

I let it bother me so much, that I became jaded, and very unhappy. This went on for a long time.

Then finally I was talking to a friend and she mentioned how she knew this guy. He was known as the "happiness guy." She said he held meetings every month and that I should go.

I was so mentally screwed up, that I totally blew that idea off, and just ignored it.

Then a month later this same friend, came to me and said she was speaking at the next happiness meeting and she wanted me to come.

Since I didn't want to be mean, I said sure. But I totally could have cared less about the meeting. I just wanted to support her.

So I arrived at the meeting, and as I walked into this large room I saw tons and tons of people.

Way more than I expected.
As I walked around, everyone was smiling and introducing themselves to me.

That was really unexpected, but also very cool.

So the meeting started, and as it ran its course I sat there and watched my friend speak to the group. Throughout the whole time I saw the "happiness guy" just keep on looking over at me. More than I thought was normal.

Which was really kind of weird, or so I thought.

Finally the meeting wrapped up, and this guy headed straight for me with this huge smile on his face. As he approached, something else caught my eye. He was wearing a smiley face tie. I thought that was pretty cool, and actually knocked my guard down a bit.

And when he finally got to me, I didn't know what to expect other than he was going to say something.

What he said, totally surprised me.

He said...

"You made a good choice."

I didn't know what he meant.

So I asked him, "what do you mean?"

He said... "you just took the biggest step to being happy."

And I responded... "What step was that?"

It was the fact that I made the choice to come to the meeting.

I didn't want to tell him it was just because of my friend speaking there, but the way he said it had some effect on me.

It got my mind thinking a little bit differently, and started to shift a few things right on the spot.

I thought about how powerful that choice was, and how I was just put in front of someone who could help me through what I was dealing with.

So I asked him, "what is the key to happiness?"
And he responded by saying, "I already told you."

That's not what I wanted to here. I just wanted the answer. He noticed the look on my face and said...

"The key to happiness is choosing to be happy."

"All you have to do is shift your mindset and make that choice, and you will be happy."

"But how do I change my mindset," I asked him.

He responded with... "By choosing to change your mindset."

Again, not exactly the answer I was looking for.

So for the next year, I actually studied under him, and learned just about everything there is to know about happiness.

After that year had passed, I finally found the answer I was looking for when it came to happiness.

And wouldn't you know, it was the first thing this guy said to me. I had to choose to be happy.

But for me to realize this, I took a massive shift in my mind in realizing that it wasn't anything outside of me, it was all in my mind.

I just needed to go through the re-programming and searching for the answer to realize it.

And when it comes to the right mindset, searching for the answer is a big deal. Usually you search and search only to find that the answer is already there. It's just inside of you, and it's just choosing to change things.

So there is a huge correlation between happiness and an unstoppable mind.

If you can choose to happy, (which I still believe is one of the hardest things to do) then you can put your mind in any frame to accomplish anything.

Honestly, all everyone is really searching for in life is happiness. They search for it through love, through career, through drugs, through sex, through everything.

But all it is, is just a choice. You don't need any external things to be happy. You just have to decide that you are going to be happy.

Now it doesn't mean having some of those external things (like love) won't make you
happy. But if you are already happy, they will just enhance the happiness.

And when it comes to developing the mindset and wanting to accomplish or overcome anything, you just need to decide that you want to do it.

The moment you can make these choices, not only will you start to see things differently but your mind will strengthen, and realize that everything is a possible

Once you realize that, there is no stopping you.

Re-framing

In this final section I want to talk about the single most powerful thing you can do to create that unstoppable mind (besides making the choice to do it..)

That is re-framing.

Now if you are not familiar with what this is, it's simply taking one thought that you have and looking at it a different way.

You generally do this when you have a negative thought or are going through a difficult situation.

Let's go through a few examples.

The first one is, you were just in a relationship or marriage and it didn't work out. This is a life altering event and brings on a lot of pain. Most of us (me included) will tend to think about how sad and upset we are with the situation.

But if you re-frame the situation, it can start to look a whole lot better.

One way to re-frame this would be to look at it as the person that you were just with wasn't the right person for you. Their purpose in the relationship was to help you move closer to finding the right one.

Now I chose the relationship example because it's so emotional that a lot of mindset issues go into play with this.

Another way to re-frame a failed relationship or marriage is to look at it was something you needed to go through so you could become a better person.

So the idea in this case is to take a very emotional and hurtful thing in your life and look at it differently.
Obviously re-framing it won't immediately get rid of the pain, but what it does is it puts the mind in motion and focuses on something else other than the pain you are going through.

Here's another example...

Working out is hard and I don't have the time.

One way to re-frame that is...

I'll die early if I don't take care of myself. Or if I don't work out and take care of myself I won't see my kids grow up.

So every situation, complaint, or negative thing in your life, can be re-framed.

Even the most difficult things that can happen to you can be re-framed.

So why is this so powerful when it comes to creating the ultimate mindset?

Basically, re-framing something allows you to see the alternative viewpoint.

It strengthens your mind and subconscious to show you that you can do and overcome anything.

The more you reframe difficult situations, the easier things become for you.

It's just like anything else.

The more you practice and participate in re-framing the easier it becomes.

But there is a challenge to re-framing.

That's usually stopping yourself from what you are currently thinking, and making the conscious choice to re-frame it.

Sometimes our thoughts can be so deep and out of control it can be hard to actually pull ourselves out of it and try to re-frame something.

That's where talking with someone can really come in useful. It can be a friend, a family member, anyone. Even a professional.

But the interesting thing is many times when we are in the wrong frame of mind; we don't want to change how we think.

You just have to go through the process and you'll eventually get through it.
If you want the fastest way to get through a tough situation, then re-framing is right up there towards top.

Here's a quick story of how powerful re-framing can be.

An old acquaintance named Melissa was having a tough time with her job. She hated her co-workers, hated her bosses, and basically just felt like no one saw her value.

After years of going through this, she had just become so fed up and negative towards everything about the job.

It even got to the point where her friends didn't want to be around her because all she did was complain about it.

The negative thoughts about the job consumed her. She started having health problems, her marriage began to fall apart, and she even started to pull away from her two little girls.

It was a pretty serious situation, and she didn't even realize what she was doing to her family.

It got to the point where her husband had finally convinced her to go seek professional help. That's because nothing else was working.

So after months and months of denying she had a problem, she finally made the choice to go see a professional.

She met with this psychiatrist once a week.

Now I don't know what happened during the sessions since it was confidential, but what I did see was that nothing was changing.

She was so far gone, that even the shrink couldn't help her.

So she eventually stopped going.

Months passed, and then one day she got a call from her best friend (Amy) who was crying hysterically on the phone.

Melissa calmed her down, but couldn't get any information out of her. So after work, Melissa headed straight for Amy's house.

Once she walked in the door, the first thing she noticed was Amy's face.

It was then that Melissa knew there was something really wrong.
They sat down at the kitchen table, and Amy just cried and cried.

Still not able to even share anything.

Finally, Amy gathered the strength to speak.

And what she was about to reveal, was something Melissa never expected.

In one word, Amy said...

Cancer!

Melissa trying to stay positive, said that most cancers can be fought and sent into remission.

But Amy was diagnosed with a stage 4 cancer and had less than 6 months to live.

It was at this point Melissa just didn't know what to say. She just sat there, held Amy, and cried with her.

Melissa stayed for two more hours trying to comfort Amy as best as she could.

But eventually she had to leave to get home to her family because she never told them she was going to Amy's and her family would be worried.

So Melissa hopped in the car, and got about a mile away from Amy's house and just had to pull over.

She just couldn't stop crying.

It had hit her how trivial her problems were with her job, and how she could be in the same position as her friend.

And thinking about that, and what that would do to her family was too much to handle.

So it was at that moment, while she was sitting in the car pulled off to the side of the road that she decided that she was going to make a change in how she looked at her job and her life.

As a few months passed, things really started to change for Melissa. Her marriage was better than it had been in years, her co-workers started inviting her to social events, and even her manager was writing glowing reviews.

Melissa still spoke with and spent as much time with Amy until she passed. And at one of the last times they were together, she let Amy know that her life had been changed because of her. Even though, there was no way Melissa could ever repay Amy, she
vowed that she will always be thankful for everything she has.

So the big lesson with this story is that even if you have a tough time trying to re-frame thoughts and emotions, sometimes there needs to be an even bigger shake up in your life or someone else's to finally shift those gears.

Now you don't have to wait for those things to happen. All you have to do is look for them. Because they are everywhere.

I once had a coach who made it a point to go visit and help children with cancer. It was his way of giving back, but also his way of re-framing any bad situation in his life. Because for him, he couldn't think of anything worse in life then kids being sick.

So, re-framing, whether you consciously decide to change your thoughts, or choose to seek something out to change your thoughts will always work to change your mindset.

Always!

The catch is, just choosing to do it.

**Close**

So we went through the 5 different stages of developing a strong mind and what you can do to overcome just about anything.

- Fear
  - Regret
  - Success
  - Happiness
  - And Re-framing

In these stages we covered what some of the biggest triggers of negative thoughts are, how to deal with those triggers, how to measure your mindset, and one of the biggest tips to change any thought.

Understanding these 5 stages and going through the stories and actions shared here will guide you on the right path to creating the ultimate mindset, and how to overcome anything.
Did anyone ever tell you that you can't get strong unless you have a membership to a gym?

If so, they were DEAD WRONG.

Hi. My name is Jedd Johnson and I run DieselCrew.com. I am a lifelong strength enthusiast and I got fed up with the local gym B.S. back in 2007.

That was when I began assembling my own home gym via eBay, craigslist, yard sales, flea markets and combing through the newspaper.

My equipment arsenal was growing slowly but surely, when I got my biggest break of them all. A good friend of mine decided to sell his entire gym to me for $3000. I rented a U-Haul trailer, drove to his house and loaded everything up so that I could cart it back to my house.

At the time, I didn't even have space enough to use it all because I was training in my basement, but a year later I began laying out plans for an addition on the house, building the garage and housing my awesome home gym.
The truth is, for someone with limited time and space; you do not need an array of equipment to get strong. There is no need to go overboard with exercise selection. Instead, it is better to stick with exercises that offer a bigger return on your time investment.

That is what I have done - gone through and organized the 20 or so exercises that I feel yield the biggest return for your time investment.

In most cases, the best exercises to do for the biggest return are multi-joint exercises. Multi-joint exercises involve movement across more than just one joint. As an example, Dumbbell Bicep Curls are a single-joint exercise, because they entail movement primarily over just one joint - the elbow. Rows and Chin-ups, however, are multi-joint exercises because not only do they involve movement at the elbow, but also at the shoulder as well. These are the exercises you build your program around, and then you can add in the other stuff for seasoning.

When you focus on multi-joint movements, you engage in more muscular activity. This means you will burn more calories, and in many cases trigger more muscular growth as well as strength.

Setting Up Your Workouts

When you set-up your workouts, think about your program design like this:

1. Power Movements
2. Strength Movements
3. Assistance Movements

1. **Power Movements** - Power involves lifting heavy weights with speed. Think the Olympic Lifts that you will see during the Summer Olympics - The Clean and Jerk and the Snatch. These lifts and their break-down drills that contribute to their success are what you want to be your first movements.

2. **Strength Movements** - These are lifts that involve heavy weights, but usually the weight is moved slowly in comparison to the Olympic lifts. In this category would be the
multi-joint lifts such as the Military Press, Bench Press, Squat and Deadlift, and their close-resembling variations (Incline Press and Romanian Deadlift are examples).

3. **Assistance Movements** - These exercises focus on smaller aspects of your strength training. Maybe you have a weakness that makes it tough for you to lockout the Bench Press or Military Press. Then the assistance lift you would focus on would strengthen that aspect of your training. This is also where you would place lifts that round out your strength and prevent injuries. This is where you would put Curls in order to keep the biceps strong and to prevent tears, and it is where you would perform your unilateral movements (one side of the body focused on as opposed to both) such as Lunges and Leg Elevated Split Squats.

Naturally, if there are other things that you would like to work on, such as your core strength or grip strength, you could plug these exercises in at the end of the workout. However, these three parts are pretty much all you NEED in order to get brutally strong.

Example Workouts

Here are some examples of workouts you might do based on this 3-part Workout System. In most cases, these workouts will probably only take you 30 to 45 minutes. Naturally, if you choose to add a core exercise or some grip training at the end of your workout, then it will add some time, but you are still only looking at an hour 3-times a week to start build serious strength and muscle gains.

Upper Body Example Workouts

**Upper Body Day A**

- Power Shrugs
- Military Press
- Barbell Curl
Upper Body Day B
Clean
Pull-ups
Clapping Push-ups

Upper Body Day C
High Pulls
Bench Press
Bent Over Row (strict)

Upper Body Day D
Snatch
Dips
Shrugs

Lower Body Example Workouts

Lower Body Day A
High Pulls
Deadlift
Sprints

Lower Body Day B
Power Shrugs
Front Squat
Romanian Deadlifts
Lower Body Day C
Power Snatch
Back Squat
Real Leg Elevated Squats

Lower Body Day D
Power Clean
Back Squat
Romanian Deadlifts

These are just a few ways to lay out some workouts. Naturally, you can feel free to modify them how you like by adding and taking away based on what equipment you have or what goals you have. Also, keep in mind that Warm-up (done prior to the workout) and Stretching (done after the workout) are not included, but should definitely be done. These two aspects only take about 5 minutes to perform and will make your workouts better and make you feel better as well.

In the next section, we will look at the major movements you should be doing in your training in order to maximize your results. You will see that everything is arranged in the order that they would appear in your workouts: Power Movements followed by Strength Movements, followed by Assistance Movements.

Most of the exercises will be demonstrated by me, but in cases where I can not perform the exercise properly, I will have a good friend perform them who is a master of the movement. For instance, some of the Olympic-style movements I can not do justice to, because of my limited range of motion in my wrists, which have come about from a few injuries I have had over the years.

High Impact Exercise Index

Power Movements: Cleans & Snatches
Clean / Power Clean / Clean from Hang

The Clean is a highly technical movement. It takes years for competitive Olympic lifters to get the form right, so don't get frustrated. There are three types of Cleans that you will hear about. Here are the definitions, keeping in mind that the grip that is used is generally somewhere around shoulder width, wherever it is comfortable for the athlete.

![Clean Movement Image]

The Clean or Olympic Clean involves starting with the loaded bar on the floor. Pull it from the ground and then scoop underneath to catch it at the shoulders in a deep Squat. From there, recover to a standing position, in order attempt to move the bar overhead in one of several fashions.

See it in Action => http://youtu.be/rGvhwLWetN4
**The Power Clean** involves starting with the loaded bar on the floor as well. This time you pull it from the ground and catch it at the shoulder by only lowering the body to about the 1/4 Squat position, instead of the deep Squat catch. Then, recover to the upright position and go from there.

![Power Clean Image](image1)

**The Hang Clean or Clean from the Hang** involves either deadlifting the loaded bar off the ground or taking it from stands or cage pins and holding it for a second. Lower the bar slightly to get momentum and then pull it to the shoulder. This can be done with a deep Squat catch, but generally it is done with a 1/4 Squat catch.

See it in Action =>  [http://youtu.be/v_gPsHGxHDo](http://youtu.be/v_gPsHGxHDo)

The biggest benefit of the Clean is its explosive nature, which is best developed at the top phase. For that reason, most people gravitate to Cleans from the Hang and catches with the 1/4 Squat. These phases completed with these techniques are the easiest to learn and bring less frustration, so feel free to focus on the Power Clean from the Hang.

**Snatch / Power Snatch / Clean from Hang**

The Snatch is very similar to the Clean, except with the Snatch the barbell is pulled to the overhead position in one movement. As with the Clean, you have many variations. Keep in mind that in all of the following variants of the Snatch, the grip is placed outside the position of the shoulders, often much wider.
The Snatch or Olympic Snatch starts with the bar on the floor. Pull the bar from the ground and pull your body under the bar into a deep Squat position so that the bar reaches the overhead lockout position in one movement. Then recover to a standing position.

See it in Action => http://youtu.be/e5lERMHVPWw

The Power Snatch begins with the barbell on the ground. When you pull it overhead, you only drops the body to a 1/4 Squat position in order to catch it.
The Hang Snatch or Snatch from the Hang begins with a deadlift. From there, drop down slightly and then pull the barbell up overhead in one motion. Either Squat position can be used, but usually the 1/4 Squat position is preferred.

See it in Action =>  http://youtu.be/m_XVTjxFZX8

Once again the biggest benefit of the Snatch is power development because the bar must be moved quickly in order to get it to the top position. For that reason, most people who are not competitive Olympic lifters gravitate to some version of the Power Snatch.

Power Movements: The Fast Overhead Lifts

There are many types of fast overhead lifts. Each of them varies slightly depending upon how the involvement of the legs in the movement.

Split Jerk
The Split Jerk involves quickly lowering the body to the 1/4 Squat position and then propelling the barbell upwards. The legs split and the barbell is caught overhead. The athlete then recovers to the standing position.

See it in Action => http://youtu.be/_Py7YuUbk3M

**Power Jerks**

The Power Jerk is similar, except in order to catch the barbell, instead of splitting, the athlete moves back into a 1/4 squat in order to catch the barbell.

See it in Action => http://youtu.be/_Py7YuUbk3M

**Push Press**
The Push Press involves no re-bend of the knees. Instead, after lowering the body, you drive the barbell upwards and keep the legs straight.

See it in Action => http://youtu.be/_Py7YuUbk3M

The last form of overhead lifting is simply called the Press or Military Press and is described below in the Strength Section.

**Power Shrugs**

Power Shrugs involve holding a barbell at the thigh and then lowering it down to mid-thigh and then powerfully shrugging the bar upwards using the upper and lower body. This is a drill used by Olympic lifters to strengthen their top pulling power, and it is also an excellent drill to plug into your program in order to become viciously strong. Olympic lifters perform these with both a Clean and Snatch grip, but strength enthusiasts like yourself generally stick with just the narrower grip.
High Pulls

High Pulls are similar to Power Shrugs, except instead of stopping with the Shrug movement, the barbell is pulled higher, up near the middle of the rib cage. Another excellent strength and power builder, this is a great way to become an absolute brute. Again, the grip most strength enthusiasts use is the narrower Clean grip.

Strength Movements: Upper Body

Bench Press
The Bench Press is a great chest, deltoid, and tricep builder. It is performed on a special bench with hooks or it can be used inside a power cage as I am doing in the following pictures. The bar is taken out of the rack or hooks and then lowered to the chest. The barbell is then pressed back upwards to the lockout position. Other variations include the Narrow Grip Bench which puts more focus on the Triceps, or Wide Grip Bench to put more focus on the chest and delts.

See it in Action => http://youtu.be/WwiZqahBLCY

Military Press

The Military Press involves holding a barbell (dumbbells can also be used) at shoulder height and then pressing them overhead without the used of the legs for momentum or speed. This is another way the barbell can be put overhead following some form of the Clean, or the barbell can simply be taken out of a cage or rack, as in the pictures shown.


Bent Over Rows (not strict)
Bent Over Rows can be performed two main ways. First is a way that is less strict. The barbell begins on the floor and then is violently pulled up to the mid-section using not only the back muscles, but momentum and power gained by the legs as well. The negative or lowering phase of this movement is generally not worried about, and the barbell just crashes to the floor. Much more weight can be moved with this exercise because of the momentum used and lack of attention to the eccentric phase.


Dips

Dips are performed on some form of station or machine with two handles. The body is first lifted into the air and then lowered down and pressed back up. In the pictures below, I am using some form of rack or scaffold device I found at a scrap yard and bought for $20. When I want to do dips, I assemble it outside my garage. When I am not using it, I disassemble it and leave it lying on the ground. Even if I kept it in my garage, it would take up very little room, so this is a great piece of equipment to look for.
at an excellent price in order to be able to perform a great movement that would otherwise require buying much more expensive equipment.

See them in Action => http://youtu.be/Jmcdh5e3MvI

**Pull-ups**

Pull-ups are one of the best exercises for building the upper back, posterior shoulder muscles and the arms. The exercise starts by gripping a bar with both hands and then pulling the body up until the chin crosses the bar. There are some variations of the exercise that involve pulling high enough that the chest touches the bar. Also, Kipping Pull-ups involve a great deal of momentum from the legs. Neither of these techniques are shown, but they are easy to find on YouTube.com.


**Floor Press**
Floor Press is a variation of the Bench Press which is done on the floor. If you have no bench, you can still develop strength in the upper body with this drill. In the images shown, the barbell starts in a rack. It is taken off the hooks and then lowered down until the back of the arm ceases further movement. Control the bar here!!! Do not let it crash down!!! That can hurt. The control required in the eccentric (lowering portion) phase of the movement is what builds the strength here, so control it at all times.

See it in Action =>  http://youtu.be/7lne4YYahYY

Strength Movements: Lower Body

**Back Squats**

Back Squats are an excellent strength builder for the lower body. The barbell is placed across the back. You then lower the body down and come back up to the standing position. A few further details: make sure the butt first moves backwards before lowering. This is the best technique and it is safest for the knees and back. Also, shown below is a Squat with a narrow stance.
You can go wider than this if you like. Just take note that in general the narrower the stance, the more emphasis is placed on quadricep development; the wider the stance, the more emphasis is placed on hip strength and glute development. Also, take note that most people will squat slightly deeper than I do in the images and video. I admittedly do not squat much at all due to nagging back injuries (they did not come from squatting, but rather from high school gym class).

See it in Action => [http://youtu.be/4_oINoKp9e0](http://youtu.be/4_oINoKp9e0)

**Front Squats**

Front Squats are outstanding strength builders as well. In this case, the barbell is placed in the front of the body, usually either in a grip similar to the catch position of the Clean, or a cross-arm position, also called Bodybuilder Grip. Again, the body is lowered
down, usually as far as is comfortable, and then brought back up to the upright position. Due to wrist issues, I did not demonstrate this movement.

See Them in Action = > http://youtu.be/eZlejT6kX38

Deadlift

Above: Conventional Stance Deadlift. Left: Pronated Grip  Right: Alternate Grip

Above: Sumo Stance Deadlift. Left: Pronated grip  Right: Alternate Grip

Deadlifts are another of some of the best strength builders you can do. The basics of the movement involve pulling a barbell from the floor to the lockout position. However there is much more involved in proper deadlift technique. There are many videos on YouTube.com that cover proper deadlift technique.
Shown above are some of the most common variations of the deadlift. The principal differences are the grip used and the stance used. For instance, the grip can be double overhand (both forearms pronated) or alternated (one forearm pronated, the other supinated). Also, a conventional stance can be used where the feet are somewhere around shoulder width, or sumo stance, where the legs are spread much further apart. A double overhand grip is safer for preventing bicep injuries, but grip strength becomes a limiting factor. Sometimes athletes like to use the hook grip here, where the fingers wrap over the thumb. This hurts at first, but after some time you get used to it. Heavier weights can generally be pulled with the alternated grip, but there is risk of bicep injuries and tear for the supinated arm, depending on what kind of mobility you have.


Accessory Movements: Upper Body

**Shrugs**

![Shrugs](image1.png) ![Shrugs](image2.png)

Shrugs are done by holding a barbell at the thighs and then elevating it by the use of mainly the upper trapezius muscles. This is generally done with an overhand grip, and once the weights are too heavy to hold, straps are usually employed.


**Barbell Curls**
Barbell Curls start with the barbell at the thighs with both arms supinated. From there, the bar is brought up to the face by bending the arms. This movement is great for building the biceps, but does cause discomfort for some lifters' wrists, so it might be a less painful option to use an EZ Curl Bar, which can be purchased from most sporting goods stores for less than $40.

See it in Action => http://youtu.be/7BaiWRJKY_A

Dumbbell Curls

Dumbbell Curls are another great bicep builder. They are also much more comfortable for the wrists than Barbell Curls. The dumbbells start at the side of the thigh and then are curled up near face-height. A slight variation that works the forearms more is the
hammer Curl (not pictured). The forearms remain in a neutral position instead of being supinated.

See Them in Action => http://youtu.be/4ag7-47IJ0I

**Push-ups**

Push-ups can be planted into just about any workout in order to build up the chest, shoulders, and triceps. Try to keep a straight line from the shoulders to the ankles at all times by keeping your core rigid. Try varying the hand position from time to time in order to change the emphasis somewhat. Also, by elevating the feet, you can make the Push-up much more challenging.

See Them in Action => http://youtu.be/sCdYt0j9rgc

**Chin-ups**
Chin-ups are another arm and back builder. The grip that is used is narrower than Pull-ups and the forearms are supinated (palms facing you), as opposed to the pronation (palms facing away) used with pull-ups. In the images, I am using a device called the Perfect Pull-up to allow more freedom of my wrists and elbows. The extreme supination of chin-ups bother an old baseball injury.

See Them in Action => http://youtu.be/WiU0UPorUuU

**Bent Over Rows (strict)**

Bent Over Rows are a great back builder. With this variation, the barbell is lifted slightly off the floor and then brought up to the mid-section. It is then controlled back to the bottom position. The control exhibited with this form of Row will allow you to lift less weight, but you will also put more tension on the muscles as well. Both variations are great and can be plugged in off and on throughout the month.
Accessory Movements: Lower Body

Step-ups

Step-ups are a demanding exercise for the quads if done properly. Begin by stepping up onto a bench or box. Then, with as little assistance from the back leg, lift the body up atop the bench. Make sure to lock the hip out at the top and not shorten the range of motion for the best results. In the images, I am wearing chains. Dumbbells or barbells can also be used, but I prefer to chains in order to keep my hands free, just in case I lose my balance.

See Them in Action => http://youtu.be/P7Y05yr6SAI

Rear Leg Elevated Squat
Rear Leg Elevated Squats are performed with the rear foot up on a bench or box. You then perform a controlled Squat which builds the quadriceps of the front leg. This is a great unilateral (one side trained at a time) movement which will make each leg work much harder and keep both sides of the body balanced.


Vertical Jump

Vertical Jump is an exercise helps measure your relative strength and the power you are able to create. Simply take an athletic stance, quickly lower the body to engage momentum and maximum power of the lower body and explode upwards reaching or touching as high as you can. Try to land quietly, like a cat, in order to absorb the energy with your big muscles, as opposed to crashing down and wrecking the ankles. Perform 3 to 6 reps per set. After the 6th rep, generally the quality of you contractile forces will diminish slightly. This is a great exercise to perform directly before or after another lower body movement to increase the conditioning demand of the workout.

See it in Action => http://youtu.be/vJbL_Z_CuGs

Sprints
Sprints are just running as fast as you can. They are a great test of strength and power. Generally, the stronger you are, the faster you can move. These are great to plug in at the end of the workout in order to get into better condition, prepare for that back-yard football game, or to gage how well your lower body strength program is working. Naturally, technique is important and will help you run faster. You can find a lot of running technique drills on YouTube.com.

Lunges

Lunges are another good option for training the legs unilaterally. This brings about better strength balance between each side. When performing lunges, don’t just move the foot forward and drag it back. Envision lifting your foot up over something, like a curb in order to intensify the movement. An object such as a rolled up lawn chair or foam roll can be used as well.

See Them in Action => http://youtu.be/HJmM9cU1Psg

Romanian Deadlifts
RDL's are a great exercise for the hamstrings. Hold a barbell at the thighs push the butt back and break at the hips. Keep a solid arch in the lower back and lower the bar just before you begin to lose your arch. Stop and return to the upright position.

See It in Action => http://youtu.be/JDJ_P6ms3ms

Special Bonus!

I certainly hope this section of the book has been helpful. It contains everything you need to start going in the right direction toward developing strength without having to go to a gym, and without having to spend a great deal on your own equipment.

If you follow these guidelines consistently, I know you will see great progress.

If you have any questions regarding my section, please feel free to email me at jedd.diesel@gmail.com or contact me through my website: http://www.dieselcrew.com

In addition, I have two free gifts I'd like to send you called the Diesel Files.

They are two PDF documents you can download to your computer or mobile device. One is called "Quick Wins for Full Body Strength" and the other is "Quick Wins for Grip Strength."
Chapter 4
Nutrition Simplified
By Ryan Munsey
Nutrition can be a complicated subject. You’ve got fat loss and muscle gain. You’ve got total calories, carbohydrates, fats, proteins, and anywhere from 1 to 8 meals per day. So how are you supposed to know where to start and what is most crucial to YOUR specific needs and goals? That’s what we’re going to teach you here!

Before we get started on this story, let’s look at the 2 most common "DIETS" around - Weight Watchers and Atkins.

For simplicity sake, let’s boil Atkins down to this: low to no carbs. Anything goes as long as you avoid carbs. Weight Watchers can be similarly boiled down to counting points. Stay under your specified point level each day and lose weight.

Read this carefully...I realize these oversimplifications are NOT the actual diet plans, but they are how the public perceives them. And PERCEPTION IS REALITY.

I paint this picture to show you the common flaws with DIETS. They focus on only 1 of 2 aspects: what OR how much you eat. Technically on Weight Watchers, I can eat 100% of my calories from their cupcakes, and as long as I stay under my point total, I'm golden. (Might not be healthy, but I'm losing weight!) Or with Atkins, I could eat 10 bags or pork rinds, and nothing but bacon and sausage tomorrow - and still be on the plan.

That’s what happens when you have a short-sighted approach that only focuses on ONE aspect of nutrition.

But (and this a big one if you want a small one)...THEY BOTH MATTER!

**Diet as Climate**

You know the difference between climate and weather, right? Let me show you...

Want to go to Russia?

How about Florida?
You don't know a thing about the WEATHER today in either of those places...but you made your decision based on their CLIMATES. Likewise, the CLIMATE of your diet is the true indicator of your health and body composition. One single day of eating is simply weather - and we all know it rains every once in a while - even in Florida!

So stop looking for "diets" that are nothing more than cold spells in Florida. They’re short-term, and don’t produce lasting effects.

If you need to make a change, start small (like Global Warming) and gradually shift so your mind and body don’t revolt and quit within the first few days or weeks.

What should your dietary climate look like? Glad you asked...that brings us to our story.

Is This Jar Full?

A teacher stood in front of a class with a glass jar filled with rocks.

He asked the class, "Is this jar full?

"Yes", they replied.
So he took out some pebbles and poured them into the jar and they filled the spaces between the big rocks.

Again he asked, "Is this jar full?"

"Yes", they replied, certain it was now full.

"Wrong!" The teacher then filled the jar sand.

"How about now?"

"Yes"

"No", the teacher replied as he poured water into the jar.

What is the lesson here?

Start with the big rocks. If you start with the little things, you won’t have room for the things that really matter.

**The Big Rocks Of Nutrition**

**BIG ROCKS** = WHAT you eat. For health purposes, WHAT you eat will always be number one. Get this right and you'll cover 90% of your nutrition plan. These are the big rocks. Ever heard the old saying “You are what you eat”? I am a firm believer that we are all products of the foods we consume. Our individual diets are one of the biggest factors in our mood, outlook, appearance, and performance. And yes, we are ALL on a diet – remember what we covered a few moments ago! Eating is something that we must all do to survive on a daily basis. If something has that big of an impact on our life, why should we leave it to chance? Most people barely give a second thought to the foods they put in their bodies. Then when they decide to start being more aware, the lack of nutrition knowledge and education regarding proper nutrition leads them astray. I want to change that! Together we are going to help you achieve your goals!

**So what do you do?**

My philosophy focuses on changing people’s dietary “climate” by educating and instructing. I don’t want you to have to rely on me for the rest of your life to tell you what to eat at each and every meal. I want you to learn what, why and when to eat. I believe in quality whole foods that are minimally processed. If you can’t easily trace a food item back to its origin, I don’t consider it a good choice. For example, where does a banana come from? How about a steak, an egg, rice, or broccoli? Now tell me where those Doritos, Twinkies, and crackers came from? See the difference? In the words of the late, great Jack Lalanne, “If man made it, don’t eat it!”
Now you may be asking why this matters so much. Think about your body like a high-performance vehicle, like a Formula-1 race car. Now, would you expect that car to perform up to its potential if you never changed the oil, or used the cheapest fuel possible? That is precisely what most people do with their bodies. The human body is an amazingly fine-tuned machine that is highly responsive to the way we treat it. In fact weight management goes beyond just calories. That’s why WHAT you is the biggest rock – even bigger than HOW MUCH you eat. From a more scientific standpoint, the foods we eat have an impact on our hormonal profile, and how those foods are handled and processed by our bodies. Once you realize this – and heed the advice that follows - the possibilities are limitless!

So what do I eat?

If you’re reading this book, most likely you are a moderately active person who wants to feel better, look better, AND perform better. Remember, this section isn’t about HOW MUCH, so don’t worry TOO much about exact calories or amounts. Focus on eating QUALITY food as often as possible. Animal flesh, fruits, vegetables, nuts, seeds, and anything else a caveman might have found are your best choices. But when it comes to meats, be sure to look for grass-fed beef, free-range poultry and eggs, and unrefined oils, and other food sources that are untainted by man. The following sections will explain Proteins, Fats, and Carbohydrates in detail while providing sample food choices. I want you to focus on including these foods as often as possible.

Foods to avoid!

Anything processed, manmade, or unnatural. If man made it-don’t eat it! No sugary sodas, no donuts, no bear claws or honey buns, pizza, chicken wings, or other bullshit! These empty calories will not aid your performance- remember the analogy of a Formula-1 race car!

The 3 Macronutrients – Protein, Carbohydrates, and Fats.

Protein is a building block in more than one way. In dietary terms, protein is a building block for many metabolic processes, including muscle building. It is an important structure in hair, skin and nails as well. Protein also serves as the building block for most, if not all of the meals in our philosophy.

What is Protein?

Protein is large molecule made up of many smaller molecules called amino acids. There are 22 amino acids and 8 of them are considered essential amino acids. This means
they cannot be made by the body and must be obtained through the foods we consume. The 8 essential amino acids are Isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. In certain cases there are 3 conditionally essential amino acids, and they are histidine, tyrosine, and selenocysteine. Of the essential amino acids, there are 3 branched chain amino acids or BCAAs. They are leucine, isoleucine, and valine. Combined with glutamine, the BCAAs account for some 75% of all skeletal muscle in the human body.

Where is Protein found?

In the diet, protein is most commonly found in animal flesh. Beef, chicken, turkey, eggs, fish, cottage cheese, Greek yogurt, and protein powders are all quality sources of common dietary proteins. Of course protein powders also count towards your protein intake.

Protein can also be found in milk, yogurt, beans, and some grains such as quinoa. These are important protein sources for those who don’t eat meat, but we do not include them in our protein list for one simple reason: they contain more carbohydrates than proteins. For that reason we will include them in the carbohydrate list.

A fun rhyme to help you distinguish between proteins and carbohydrates… *Protein moves around, carbohydrates come from the ground.*

Why is Protein necessary?

Protein preserves and builds muscle! If you have purchased this book, you are either looking to gain muscle or lose fat in order to improve your look, quality of life, and/or performance – and muscle is paramount to each of those pursuits.

If you want to gain muscle, proteins are the bricks that will become the wall of your house. Carbohydrates and fats will be the money you pay the worker to lay those bricks.

If you want to lose fat, protein is necessary to preserve the muscle mass that you already have. Remember that if fat loss is the goal, your energy intake is lower than your energy output. This means your body is in a catabolic state and it is looking for fuel sources that are already inside your body. We want that fuel source to be your stored body fat, not your muscle! Consuming the right amount of protein is crucial to make this happen!

As I mentioned above, protein is a structurally critical component of muscles, hair, skin and nails among other things. Some proteins are also used as enzymes to help with
some of the body’s daily functions. Remember, the 8 essential amino acids must be obtained through the diet, as the body cannot produce them. This means the human body cannot survive without adequate protein.

How much Protein do you need?

Good question. The answer to this question varies from person to person. The amount of muscle mass and the amount of physical stress are the 2 biggest factors in determining protein requirements. Another important factor is the total energy intake. As mentioned in the previous section, a person trying to lose fat will need more protein. If a person is trying to gain weight, they will need slightly less. My recommendations usually fall in the range of 1-1.5 grams of protein per pound of lean body mass. You should get a MINIMUM of 1 gram protein per pound of bodyweight each day.

Carbohydrates – The Double-Edged Sword

Carbohydrates are one of the 2 fuel sources used in the human body. The other is fat, but we will discuss that in the next chapter. Carbohydrates can be tricky, but they play an important role in both fat loss and muscle gain. That makes it especially important to understand their role and uses in the body.

Carbohydrates have several functions in the body, and one of those is the use as an energy source. There are several types of carbohydrates and their effect on our energy levels differ greatly. In order to understand this, we need to look at what carbohydrates are made of. Just as protein is a chain of amino acids strung together, carbohydrates are chains of sugar connected to form a single molecule. The fewer sugars you have the simpler the carbohydrate. For example, table sugar is about as simple as you can get. If you have a bunch of carbohydrates strung together, you get a complex carbohydrate, like oats or sweet potatoes. The structure of the carbohydrate is important, because it plays a huge role in the digestion of those carbohydrates.

Wait a minute - I just want to look better naked and feel awesome, why do I care about things like chains and digestion? Good question and the answer is…eating the right types of carbohydrates at the right times and in the proper amounts is THE key to achieving the body and performance of your dreams!!

What Kinds of Carbohydrates?

The easiest breakdown is simple and complex carbohydrates. Simple carbohydrates are mostly sugars and are absorbed very quickly in the body. They provide a quick but not sustainable boost of energy. Ever seen an 8-year-old on a sugar rush? If you have, then you have seen the power of carbohydrates as an energy source. Now, what does that kid look like 1 hour later? That’s right, sleeping on the couch! That is an extreme
example, but it shows you that sugars are absorbed quickly, provide an immediate boost of powerful energy, then disappear just as quickly.

On the other hand, complex carbohydrates offer a milder energy boost that can be sustained for longer periods of time. Most of the carbohydrates you will be eating are complex carbohydrates. The fact that you will eat almost no processed foods eliminates most simple sugars from your diet.

**How Many Carbohydrates**

This will vary greatly from one individual to the next. Age, gender, muscle mass, and activity levels all play a role in determining how many carbohydrates we need on a daily basis. One of the uses of carbohydrates is a form of stored energy called glycogen. We can store glycogen in our muscles and in our liver. Most livers are roughly the same size, but the amount of muscle a person carries varies greatly from one person to the next. The more muscle you have, the more storage space you have for glycogen. A person with 40 pounds of muscle can hold much less glycogen than a person with 100 pounds of muscle.

Since carbohydrates are mainly used as an energy source, they are the food type we will play with the most in your diet. Your protein and fat intake will remain fairly constant with only minor changes from time to time. Carbohydrates however, will fluctuate quite a bit. If you are looking to lose fat, you will consume fewer carbohydrates. If you are looking to gain muscle mass, then you will have a higher carbohydrate intake.

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**Fats – Become the Alpha BEAST**

Fats are known as lipids in the scientific world. The word lipid can be used for any type of fat, which can be either solid or liquid at room temperature. Solid lipids are called fats, and liquids are called oils. So the olive oil and the peanuts in your kitchen are both lipids. For our purposes they will all be referred to as fats.

Fats, along with carbohydrates are energy sources used in the body. Unlike carbohydrates, fats cannot be stored in the muscles. Excess dietary fats are stored in adipose tissue, which we call body fat. This does not mean you should avoid eating fats. That would be stupid and your body would not function optimally. Remember, aside from looking amazing, we want your body to run and *perform* at the highest level possible!

**Roles of Fats in the Body**

Aside from an energy source, fats play many important roles in the body including hair and skin health, temperature regulation, and organ protection. Several vitamins cannot be absorbed without fats, making fat critical to help ensure proper vitamin absorption. These fat-soluble vitamin are A, D, E, and K. One of the most important roles of dietary fats is their impact on hormonal production. Hormones could be the subject of a
separate book, but let’s just say without sufficient fat in the diet testosterone levels plummet along with a host of other issues. Eating fat with a protein and carbohydrate source in each meal will also help to control blood sugar and insulin levels. Manipulating insulin to our advantage is crucial for both fat loss and muscle gain!

**Essential Fatty Acids and Omega-3**

Just like amino acids, there are some fatty acids that cannot be made in the body and must be obtained through the foods we eat. These essential fatty acids (or EFA’s) are alpha-linolenic acid (ALA) and linoleic acid (LA). Omega-3 fatty acids have been a very hot subject in the media lately, and you have most likely heard about them. The two omega-3 fatty acids are DHA and EPA for short. Both DHA and EPA can be made in the body from ALA, but whole food or supplemented versions of pure DHA and EPA are preferred. For this reason a quality omega-3 supplement will be one of the few that I recommend later in this book. Omega-3s have a host of beneficial properties including, anti-inflammatory, anti-cancer, insulin sensitivity, enhanced brain function, and improved mood.

Most polyunsaturated fats (PUFA’s) contain both of the EFAs. Common food sources that contain EFA’s along with omega-3’s include salmon, sardines, mackerel, and other fish, flaxseeds and flax oil, walnuts, and hemp oil.

**Putting It All Together**

**Proteins**

- Chicken breast
- Turkey breast
- 90-99% Lean Ground meats (beef, bison, lamb, turkey, chicken, etc)
  - Salmon
  - Lean Steak
  - Egg whites
  - Cottage cheese
  - Greek yogurt
  - Fish
  - Protein Powders
Whole Eggs
Milk (raw, grass-fed)

**Carbohydrates**

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Apples
- Oranges
- Grapes
- Bananas
- Dates
- Raisins
- Peaches
- Grapefruit
- Pears
- Apricots
- Melons
- Oats/Oatmeal
- Sweet Potatoes
- Beans/Legumes
- Quinoa
- Brown Rice
Sprouted Grain Bread
  Corn
  Peas
White starches (breads, rice, potatoes, etc)

Fats

  Almonds
  Walnuts
  Pecans
  Peanuts
  Cashews
  Brazil Nuts
  Macadamia Nuts
Natural Peanut butter
  Almond Butter
  Avocados
  Guacamole
  Olive Oil
Unrefined Coconut Oil
Organic Red Palm Oil
Macadamia Nut oil
  Flax seeds
  Flax oil
Pasture Butter
  Chia Seeds
  Cocoa Nibs
PEBBLES = HOW MUCH you eat. Total calories will always rule the weight gain/weight loss balance. Think of calories like a bank account. To make the account bigger, deposit more than you remove. To make the account smaller, spend more than you deposit. Weight loss or weight gain works the same way.

Walking The Line – Maximum Muscle & Minimum Fat

The “what to eat” question has been answered. Now we need to discuss how much.

Weight gain or loss is a simple process of managing the amount of energy consumed versus the amount of energy used:

Energy in VS Energy Out

Note the use of the word simple. Gaining muscle or losing fat is simple, but it is not easy. Simple means not complicated, but easy implies a lack of effort. Make no mistake; gaining muscle and losing fat both require huge amounts of effort. If they didn’t, everyone on Earth would look like a magazine cover model!

Below, I will explain muscle gain and fat loss. Performance athletes need to eat to fuel performance. Eat too little and your performance will SUCK. Eat too much and you will gain excess weight that will also rob you of performance. You wouldn’t race your Lamborghini with a piano in the trunk would you? Likewise, you don’t want a physique with unnecessary body fat!

That said, I don’t want you to be obsessed with counting calories and measuring food unless they are stepping on a bodybuilding stage. Do not obsess about calories or grams, etc. Eat plenty of the quality foods we discussed previously and get 7-9 hours of sleep each night. Sleep is a very underrated part of recovery and growth!

Muscle Gain

In order to gain weight, in our case MUSCLE, you need to consume more energy than you burn. This is called a surplus. Think about calories like money. If you make more money than you spend, your bank account will grow. Each day our body spends a certain amount of energy. The more you move, and the harder you train, the more calories you will need to break even, or maintain your current body weight. Just because you want to gain muscle, there is no excuse to eat tons of junk food. You only need to eat 300-500 calories over your maintenance level daily in order to add muscle. The human body can only gain muscle at a rate of 1-2 pounds per month. Now, 1-2 pounds of muscle will look like 5 pounds on the scale because muscles store water and
carbohydrates as glycogen. So when your buddy tell you he gained 30 pounds of muscle in a month, chance are he gained mostly fat! The key here is to train hard, eat plenty of quality foods, get 8 hours of sleep each night, and be patient. Doing this will ensure that the weight you gain is mostly muscle, not fat.

**Fat Loss**

In order to lose weight, or fat, you need to consume fewer calories (energy) than you burn. This is called a deficit. When people say they want to lose weight, a large majority are actually hoping to lose fat. Very few people want to lose MUSCLE! From this point on, we will refer to losing weight as fat loss. In order to lose fat and preserve muscle, the strategy must be carefully planned. Lifting weights in a fat loss phase in VERY important. This gives your body a reason to hang onto that hard earned muscle! Another strategy that we will use is to keep protein intake high. High protein diets have been shown to prevent muscle loss while enhancing fat loss. Protein also fills you up and helps avoid hunger cravings. Another strategy is to eat 4-6 smaller meals throughout the day. This has been shown to elevate the metabolism which increases the calories burned in a given day. Eating every 2-3 hours also helps prevent large amounts of time between meals, preventing you from feeling hungry. Green vegetables will be your best friend in a fat loss diet as they contain lots of fiber which also helps keep hunger at bay.

1. **SAND** = Nutrient timing. Without getting too detailed (this is SIMPLE nutrition post), nutrient timing simply refers to the concept that most, and in some cases, all carbohydrate intake is centered around your workout or training for the day. This allows your body to burn fat fuel throughout the day and provides carbohydrates needed for optimal performance and recovery when your body is most able to process and use them. Or put another way: If your car sits in the garage, it doesn't need gas.

2. **WATER** = Meal frequency. I have had success personally and with clients when eating as few as 1 meal per day, or up to 8-9 meals per day. When the first 3 points are dialed-in, this one pretty much works itself out. The best bet here is whatever works for YOU.
Chapter 5

The Fat Loss Training Blueprint For Busy People

By Mike Salvietti

**The RIGHT way to burn fat when your time and attention are in limited supply**

If you are like most people chances are you don’t have a lot of free time to go to a gym 6-10 hours a week doing cardio and jumping on random strength training machines and I’m willing to bet that even if you did have the time, that’s probably not how you would want to spend it.

Let’s face it, 90% of the exercise you see typical people do at the gym is boring, tedious, time consuming and flat out doesn’t work! Luckily not only is there a better way to train for fat loss, there is actually a CORRECT way to do it that’s more fun, less tedious and less time consuming that doesn’t require a gym membership, machines and best of all Zero Cardio.

**The 4 pillars of fat loss training**

Most people think fat loss is as simple as, “move more and eat less” or “calories in vs. calories out” and while that does play a part it’s not the full puzzle. Essentially there are 4 things that your exercise program needs to do for you.

**Burn Calories**

This is perhaps the most obvious one for most people as well as the most heavily focused on, and yet it’s probably the least significant factor in terms of fat loss. You see calories burned from exercise are hugely exaggerated, most often by people trying to sell you something like workout DVD’s or kickboxing classes etc. The truth is that calories burned from exercise only account for maybe 15% of your totally daily calorie burn whereas 60-75% of your calorie burn comes from what you already burn at rest. As a matter of fact 70-80% of your resting calorie burn is determined by how much muscle mass you have which brings us to the second piece of the puzzle.
Maintain or promote muscle tissue

This is a commonly overlooked factor of exercising for fat loss. It only makes sense that when you’re trying to lose weight, it’s ideal for that weight to come from your fat stores and not your muscle tissue, but most cardio based training has the reverse affect. The truth is when it comes to muscle tissue if you don’t use it you lose it. Every 10 years the average person loses 5-10 pounds of muscle tissue when they are inactive and doing the wrong type of dieting or training can speed that process.

Increase Metabolism

Most people don’t even know what their metabolism really is, but basically it can be summed up as the total amount of calories you expend throughout the entire day and EVERYTHING has a positive or negative effect on your metabolism. When it comes to exercise, your program needs to be able to not just burn calories and increase your metabolism DURING the workout; it needs to be able to increase the amount you burn at rest. Some forms of cardio training actually have an adverse effect on your metabolism.

Improve your hormonal environment

I’d go as far as to say that this is just as much if not more important than the calories you burn. There is a reason why someone can gain 20-30 pounds of fat from taking medications without eating more food or working out less and it’s all centered around the hormonal processes in the body. I’ll spare you the scientific jargon but basically there are hormones that aid in burning fat, there are hormones that aid in storing fat and there are even hormones that make you eat more or less food. Your exercise program needs to be efficient in simultaneously increasing fat burning hormones while suppressing the development of fat storing hormones. Many forms of cardiovascular exercise can actually increase hunger hormones and fat storing hormones causing you to develop compensatory eating habits and actually gain fat.

The Best Fat Loss Training Method on the Planet

Now that you know exactly what your exercise program needs to do for you it’s time to map out the best training program to do everything we need to transform your body, burn fat and build muscle tone, without dedicating all your free time and energy in the process. To make it simple I’ve taken most of the more common types of training and laid it out for you to see how they stack up against each other in terms of their ability to accomplish all 4 pillars.
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<thead>
<tr>
<th>Metabolic Resistance Training</th>
<th>Burn</th>
<th>promotion</th>
<th>increase</th>
<th>optimization</th>
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<td></td>
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<td>Spin class</td>
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<td>Pilates</td>
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<td>Jogging</td>
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<td>High Intensity cardio</td>
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<td>P90x</td>
<td>X</td>
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<td>Insanity</td>
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<td>kickboxing</td>
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<td>Swimming</td>
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<tr>
<td>Light weight lifting</td>
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</tbody>
</table>

From the above chart we can see a few different things.

- Ironically most of the more common forms of exercise for fat loss are the least effective at actually getting results
- All exercise burns calories although some definitely more than others
- Only 2 types of training rank in all 4 pillars

Now of the 2 top ranking forms of fat loss training, there is Metabolic Resistance Training and Heavy Weight Lifting. For the purposes of this book, the risk to results ratio of doing heavy weight lifting is just not worth doing without proper supervision. Fortunately Metabolic resistance Training is much simpler, Safer and more effective for burning body fat.

**What Is Metabolic Resistance Training?**

Metabolic Resistance Training is the perfect blend of both cardio and strength training. It’s quite simply the best of both worlds, yielding all of the fat loss benefits of both strength and cardio training with none of the downfalls of either. It burns more calories than both, Improves your metabolism better than both, it’s more fun, and it’s more efficient and takes less time.
Metabolic Resistance Training Fundamentals

In order to simply explain how to do Metabolic Resistance Training I’ve bulleted some of the basics for you to get a better understanding of the fundamentals.

- Full Body Workouts - this provides the greatest stimulus, hormonal optimization and calorie burn.
- Time Based Interval Workouts – this ensures that you know exactly how long the workout will take no matter what and can plan accordingly
- Fast paced work periods typically 30-60 seconds in length
- Short incomplete rest periods between exercises typically 10-30 seconds in length
- High training intensity – creates the large post-workout afterburn for up to 48 hours after your workout
- High training density – more work done in less times creates a high calorie burn during the workout for optimal fat loss
- Negative work to rest ratio – stimulates aerobic metabolism as well as muscular endurance for incredible cardiovascular benefits

The Metabolic Training System for Life

Most programs fall short of solving the real problem by only providing a temporary exercise solution. They’ll map out 8-12 weeks of workouts, leaving you to fend for yourself the other 40 weeks of the year. Sure you can repeat the same 8-12 week program over and over again, but each time you do it you’ll see fewer results than the previous time and will likely get board quickly. So rather than give you a short to solution I’ve mapped out a long term system for you that you can use literally the rest of your life.

The best part of this system is that you can tailor it to your needs and preferences, it’s virtually plateau proof and the equipment requirements are only a pair of interchangeable dumbbells. The dumbbells I recommend for both weight, convenience and price are these: [http://www.amazon.com/dp/B00C3RPWTM?psc=1](http://www.amazon.com/dp/B00C3RPWTM?psc=1)

Think of it as a sort of “Cook Book”. In cooking you have the recipe itself as a whole. That represents the workout. Then you have the individual ingredients required for the recipe. That represents the individual exercises. And finally you have the instructions for how you are going to put all those ingredients together to get the best result. That represents the workout protocols you are going to follow.
**The workout protocols**

Think of this as sort of the “how to” aspect of the workouts. Since Metabolic Resistance Training is based off of doing “Timed Sets” (doing an exercise for as many repetitions as you can in a specific amount of time) rather than “Rep Sets” (doing an exercise for a specific number of repetitions) followed by rest intervals (periods of timed rest between exercises or between rounds) there are a few specific interval protocols we will be using.

- **20-10 x 10 rounds**
- **30-15 x 6 rounds**
- **40-20 x 5 rounds**
- **60-30 x 3 rounds**

**The exercises**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Dominant Movement Pattern or Emphasis</th>
<th>Additional Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat—Body Weight</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Squat—Dumbbells</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Goblet Squat—Dumbbell</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Split Squat—Body Weight</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Split Squat—Body Weight—Bulgarian Style</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Split Squat—Dumbbells</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Split Squat—Dumbbells—Bulgarian Style</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Forward Lunge—Body Weight</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
<tr>
<td>Forward Lunge—Dumbbells</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
</tr>
</tbody>
</table>
All of the exercises included in this program are separated and categorized based upon the movement pattern and muscles it emphasizes in order to easily be plugged into the templates. They are all also very easy to search for on YouTube for video demonstrations in case you are unfamiliar with the exercise.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Type</th>
<th>Movement</th>
<th>Muscles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reverse Lunge—Body Weight</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
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</tr>
<tr>
<td>Reverse Lunge—Dumbbells</td>
<td>Lower Body Push</td>
<td>Knee Dominant—Quadriceps</td>
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</tr>
<tr>
<td>Hip Bridge—Body Weight</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
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<tr>
<td>Hip Bridge—Weighted—single dumbbell</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
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</tr>
<tr>
<td>Deadlift—Dumbbells</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
<td></td>
</tr>
<tr>
<td>Deadlift—Dumbbell—Single Arm—Suitcase Style</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
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</tr>
<tr>
<td>Romanian Deadlift—Dumbbells</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
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</tr>
<tr>
<td>Romanian Deadlift—Dumbbells—Single Leg</td>
<td>Lower Body Pull</td>
<td>Hip Dominant—Posterior Chain</td>
<td></td>
</tr>
<tr>
<td>Push Up</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Push Up—knees</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Push Up—Incline</td>
<td>Horizontal Push</td>
<td>Chest</td>
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</tr>
<tr>
<td>Push Up—Decline</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>floor Press—Dumbbell</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Bench Press—Dumbbell—Neutral-Grip—Alternating</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Bench Press—Dumbbell—Single-Arm</td>
<td>Horizontal Push</td>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Bench Press—Dumbbell—Single-Arm—Neutral Grip</td>
<td>Horizontal Push</td>
<td>Chest</td>
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</tr>
<tr>
<td>Dumbbell Row—Bent over—Unsupported—Neutral Grip—Bilateral</td>
<td>Horizontal Pull</td>
<td>Lats</td>
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<tr>
<td>Exercise</td>
<td>Movement</td>
<td>Emphasis</td>
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<td>----------------------------------------------</td>
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<tr>
<td>Dumbbell Row—Bent over—Unsupported—Neutral</td>
<td>Horizontal Pull</td>
<td>Lats</td>
<td></td>
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<tr>
<td>Grip—Alternating</td>
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<tr>
<td>Dumbbell Row—Bent over—Unsupported—Neutral</td>
<td>Horizontal Pull</td>
<td>Lats</td>
<td></td>
</tr>
<tr>
<td>Grip—Single Arm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Y Raise—Floor</td>
<td>Horizontal Pull</td>
<td>Upper Back</td>
<td></td>
</tr>
<tr>
<td>T Raise—Floor</td>
<td>Horizontal Pull</td>
<td>Upper Back</td>
<td></td>
</tr>
<tr>
<td>W Raise—Floor</td>
<td>Horizontal Pull</td>
<td>Upper Back</td>
<td></td>
</tr>
<tr>
<td>Shoulder Press—Dumbbell—Standing—Neutral</td>
<td>Vertical Push</td>
<td>Deltoids</td>
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</tr>
<tr>
<td>Grip</td>
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</tr>
<tr>
<td>Neutral Grip</td>
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<tr>
<td>Shoulder Press—Dumbbell—Standing—Alternating—</td>
<td>Vertical Push</td>
<td>Deltoids</td>
<td></td>
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<tr>
<td>Neutral Grip—Single Arm</td>
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<tr>
<td>Shoulder Press—Dumbbell—Standing—Neutral</td>
<td>Vertical Push</td>
<td>Deltoids</td>
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<tr>
<td>Grip—Single Arm</td>
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<tr>
<td>Chin Up—Shoulder Width</td>
<td>Vertical Pull</td>
<td>Lats</td>
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<tr>
<td>Pull-up—Shoulder Width</td>
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<td>Lats</td>
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<td>Pullover—EZ-Bar—Low Pulley</td>
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<td>Lats</td>
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<tr>
<td>Pullover—EZ-Bar—Swiss Ball</td>
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<td>Lats</td>
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<td>Plank</td>
<td>Core Stabilization</td>
<td>Anti-Extension</td>
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<tr>
<td>Side Plank</td>
<td>Core Stabilization</td>
<td>Anti-Lateral Flexion</td>
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<tr>
<td>Mountain Climber</td>
<td>Core Stabilization</td>
<td>Anti-Extension</td>
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<td>Mountain Climber—Cross Body</td>
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<td>Anti-Extension</td>
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<td>Rotation</td>
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<td>Method</td>
<td>Focus</td>
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<td>Power Emphasis</td>
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<td>Front Squat to Push Press—Dumbbell</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<td>Romanian Deadlift to Row—Dumbbell</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
<td></td>
</tr>
<tr>
<td>Hammer Curl to Lunge—Dumbbell</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<tr>
<td>Hammer Curl to Lunge to Press—Dumbbell</td>
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<td>Combination Lifts</td>
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<tr>
<td>Split Squat to Front Shoulder Press—Dumbbell</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<tr>
<td>Push Up &amp; Row Combo—Dumbbells</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
<td></td>
</tr>
<tr>
<td>Burpees—bodyweight</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<tr>
<td>Burpees—Dumbbells</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<td>Burpees &amp; Pull Up Combo—Body Weight</td>
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<td>Combination Lifts</td>
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<tr>
<td>Burpees to Chin Up Combo—Body Weight</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<tr>
<td>Reverse Lunge to Shoulder Press—Dumbbell</td>
<td>Total Body Movement</td>
<td>Combination Lifts</td>
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<tr>
<td>Farmer's Walk—Dumbbells</td>
<td>Modified Strongman</td>
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<tr>
<td>Suitcase Walk—Dumbbell</td>
<td>Modified Strongman</td>
<td>Total Body Emphasis</td>
<td></td>
</tr>
<tr>
<td>Jumping Jacks</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
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<tr>
<td>Jumping Jacks—X Country Ski Style</td>
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<td>Total Body Emphasis</td>
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<tr>
<td>Skipping Rope</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
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<tr>
<td>In Place—Running</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
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<tr>
<td>Skaters</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
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<tr>
<td>Lateral Shuffle—Cone Touch</td>
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<td>Total Body Emphasis</td>
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<tr>
<td>Soccer Toe Touch Drill</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
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</tr>
<tr>
<td>Mountain Climber</td>
<td>Calisthenics</td>
<td>Total Body Emphasis</td>
<td></td>
</tr>
</tbody>
</table>
The templates

The following templates combine the protocols and the exercises to be used in your workouts. Each template is customizable by plugging in the desired exercises based on movement pattern and lasts about 4-6 minutes each.

20-10 x 10 rounds

You will alternate between 20 seconds of work and 10 seconds of rest. You will complete 10 rounds of this 20/10 interval, alternating between 2 exercises for all 10 rounds, resulting in 5 rounds of each exercise.

Template 1:

<table>
<thead>
<tr>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise A</td>
<td>Upper body push</td>
</tr>
<tr>
<td>Exercise B</td>
<td>Lower body pull</td>
</tr>
<tr>
<td></td>
<td>Romanian deadlift with dumbbells</td>
</tr>
</tbody>
</table>

Template 2:

<table>
<thead>
<tr>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise A</td>
<td>Lower body push</td>
</tr>
<tr>
<td>Exercise B</td>
<td>upper body pull</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Goblet Squat</td>
</tr>
<tr>
<td></td>
<td>Pull up</td>
</tr>
</tbody>
</table>

Template 3:

<table>
<thead>
<tr>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise A</td>
<td>Total body movement</td>
</tr>
<tr>
<td>Exercise B</td>
<td>Core movement</td>
</tr>
<tr>
<td></td>
<td>Front squat to push press</td>
</tr>
<tr>
<td></td>
<td>Parallel stance dumbbell chop</td>
</tr>
</tbody>
</table>

Template 4:

<table>
<thead>
<tr>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise A</td>
<td>callisthenic</td>
</tr>
<tr>
<td>Exercise B</td>
<td>Core stability</td>
</tr>
<tr>
<td></td>
<td>skaters</td>
</tr>
<tr>
<td></td>
<td>plank</td>
</tr>
</tbody>
</table>

30-15 x 6 rounds
You will alternate between 30 seconds of work and 15 seconds rest. You will complete 6 rounds of this interval, rotating through 6 exercises for all 6 rounds.

Template:

<table>
<thead>
<tr>
<th>Exercise A</th>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lower body push</td>
<td>Dumbbell Goblet Squat</td>
</tr>
<tr>
<td>Exercise B</td>
<td>upper body pull</td>
<td>Pull up</td>
</tr>
<tr>
<td>Exercise C</td>
<td>Callisthenic or modified strongman</td>
<td>Mountain climbers</td>
</tr>
<tr>
<td>Exercise D</td>
<td>Upper body push</td>
<td>Single arm dumbbell overhead press</td>
</tr>
<tr>
<td>Exercise E</td>
<td>Lower body pull</td>
<td>Dumbbell hip bridge</td>
</tr>
<tr>
<td>Exercise F</td>
<td>Core movement or stability</td>
<td>Side plank</td>
</tr>
</tbody>
</table>

40-20 x 5 rounds

You will alternate between 40 seconds of work and 20 seconds of rest. You will perform 5 total rounds of this interval, rotating through 5 different exercises for all 5 rounds.

Template:

<table>
<thead>
<tr>
<th>Exercise A</th>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lower body push</td>
<td>Dumbbell Goblet Squat</td>
</tr>
<tr>
<td>Exercise B</td>
<td>upper body pull</td>
<td>Pull up</td>
</tr>
<tr>
<td>Exercise C</td>
<td>Full body or core</td>
<td>Burpees</td>
</tr>
<tr>
<td>Exercise D</td>
<td>Upper body push</td>
<td>Single arm dumbbell overhead press</td>
</tr>
<tr>
<td>Exercise E</td>
<td>Lower body pull</td>
<td>Dumbbell hip bridge</td>
</tr>
</tbody>
</table>

60-30 x 3 rounds

You will alternate between 60 seconds of work and 30 seconds of rest. You will perform 3 total rounds of this interval, rotating through 3 different exercises for all 3 rounds.

Template:

<table>
<thead>
<tr>
<th>Exercise A</th>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Full body movement</td>
<td>Hammer curl to lunge to press</td>
</tr>
<tr>
<td>Exercise B</td>
<td>Core stability</td>
<td>Plank</td>
</tr>
<tr>
<td>Exercise C</td>
<td>Callisthenic or modified strongman</td>
<td>Dumbbell farmers walks</td>
</tr>
</tbody>
</table>

Putting it all together for a kickass workout

Now that you have all the templates you need, the easy part is putting them together to make a kickass workout. How you put things together depends mostly on how much
time you have to exercise. Personally I recommend 20 minutes total but you could go longer.

Example:

30-15 x 6 rounds

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Movement pattern</th>
<th>Example exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise A</td>
<td>Lower body push</td>
<td>Dumbbell Goblet Squat</td>
</tr>
<tr>
<td>Exercise B</td>
<td>upper body pull</td>
<td>Pull up</td>
</tr>
<tr>
<td>Exercise C</td>
<td>Callisthenic or modified strongman</td>
<td>Mountain climbers</td>
</tr>
<tr>
<td>Exercise D</td>
<td>Upper body push</td>
<td>Single arm dumbbell overhead press</td>
</tr>
<tr>
<td>Exercise E</td>
<td>Lower body pull</td>
<td>Dumbbell hip bridge</td>
</tr>
<tr>
<td>Exercise F</td>
<td>Core movement or stability</td>
<td>Side plank</td>
</tr>
</tbody>
</table>

Rest 30 seconds and repeat for 4 total cycles for a total of 20 minutes.

Congratulations and thank you from the bottom of my heart for taking the time to read this program. Now is your time to transform your body. Go ahead and put these systems into practice, combine them with the awesome nutrition chapters of this book and enjoy the inevitable success that few others get to experience. The only thing stopping you now……is you.

If you happen to live in the Long Island, NY area don’t miss a chance to work with me personally for two weeks free in my large group metabolic training programs for busy people. Check it out here → http://www.rockyourbodybootcamp.com

Mike Salvietti is a Certified Personal Trainer and Certified Metabolic Training Specialist in Long Island, NY. Mike has been working for 5 years perfecting his systems for rapid fat loss for busy people and incorporating them into his large group and personal training programs in his local community.
When it comes to working out, everyone trains for a different reason or goal. Your goal is typically placed into one of two broad categories: lose fat or gain muscle.

But to make it even easier, let’s just say that your goal is to look better.

Simple enough, right?

But in the grand scheme of things, what does looking better really accomplish for you in the real world?

Not much.

The real world is full of activity that requires you to move with a purpose.

That purpose may be a job requiring physical labor that’s beating you up every day, or it may be chasing after a toddler or 3 as you try to keep your house in order.

Perhaps it's coaching a youth sports team.

Heck, maybe you want to dominate your weekend warrior softball league.
Does the threat of a snow storm terrify you because you know you will be sore for days?

Or maybe you are just sick and tired of the same old boring gym routine.

This is where you’d typically find a rant about the benefits of “functional training” and why it needs to be the foundation of your workout program. The only problem with that is the fact that I’ve spent the majority of my life training several thousand college athletes and I still have no idea what “functional” really looks like in a workout program.

If an athlete wants to train functionally for basketball, baseball, football, or archery… they need to play basketball, baseball, football, or archery. It is as simple as that.

So let’s skip over functional training and get onto your needs and why you are really reading right now.

Let’s get back to your goals: lose fat or gain muscle.

Honestly, it doesn’t matter which category your specific goal fits into because we can attack both ends of the spectrum by modifying your goal to the following:

**Goal – Become an athlete that dominates the playing field of life!**

I don’t know where you are in your life.

Maybe you’re a top level executive working 16 hour days, 8 days a week.

Or perhaps you are a stay at home mom worn down by sleepless nights and restless days.
Maybe you’re the stereotypical soccer mom or baseball dad who wakes up early, puts in a full day of work, drives the taxi to practices, games, recitals, parties, and all of the kids other social engagements.

Whatever your story, you are getting beat up by life and no amount of time on a treadmill is going to fix that.

It’s time we start realizing that we are all athletes in the game of life and we need to train that way!

After a dozen years working as the head strength & conditioning coach at the collegiate level, I have come to a simple conclusion – what’s good for getting athletes prepared for the demands of their sport is great for getting the general population prepared for the demands of life.

We’re not talking about going all out on max effort squats, deadlift, and bench presses here. The irony of the situation is that the sports coaches are more concerned with the numbers in the weight room while the strength coaches are more concerned with the win-loss record on the field.

When we talk about becoming more athletic, either as a child that wears a number on a jersey or as that child’s parent, we are talking about the ability to move as efficiently and effectively as possible in any situation we may find ourselves in.

A quick word of warning:

If you are a former high school super star athlete, please note the word former. You can not jump right back into the ultra high intensity training that you did in your youth. You need to start slowly and progress wisely until you are once again the athlete that you remember being.

A quick word of encouragement:
If you have never had an athletic bone in your body, you are about to amaze yourself. I’m not asking you to jump into ultra high intensity training. You’ll be starting slowly and progressing wisely until you are more athletic than you ever dreamed possible.

So how exactly do you train to be more athletic when you don’t have a coach blowing a whistle at you and your teammates everyday?

In order to become more athletic you’re workout program needs to include the following components:

- Mobility
- Coordination
- Speed
- Agility
- Strength
- Power

I know, it sounds like a ton of stuff to add into your already hectic schedule, right?

Actually, you couldn’t be further from the truth. Workouts based on these components are actually very brief and rarely take more than 30 minutes from start to finish.

So let’s take a look at each of these components in more detail, and in order of importance for maximum athletic development.

**Mobility**

“Wait a minute, isn’t strength or power the most important component of athletic development?” That’s a question that I get all the time.

Mobility is without question the most important component of athletic development for the simple fact that you need to be able to move to be an athlete.
A quick differentiation between flexibility and mobility is that flexibility refers to the ability of an individual muscle to stretch. Mobility refers to the ability of a joint to move through its range of motion.

The mobility of a specific joint is dependent on the flexibility of the muscles affecting that joint.

Our goal with increasing mobility is three-fold.

First, we want to increase the general mobility at each joint in order to simply move more freely in our every day lives.

Second, we want to increase our transit mobility, or the mobility required to move our bodies through space in athletic movements.

Third, we want to increase our dynamic mobility, which is the ability to move our joints through their full range of motion rapidly or explosively in order to perform athletic movements with speed.

**Coordination**

Seriously, who wants to be an uncoordinated athlete?

Once we have established the mobility of your joints we need to develop coordinated athletic movements so that you don’t look like a cartoon deer spinning around on a sheet of ice.

Your coordination drills are going to be split into two categories.

First you’ll find your stationary coordination drills.
These drills will simply teach your muscles how to contract and relax in the proper sequence without having to move your entire body. They can be done slowly to ensure that they are being done properly.

Next, you'll jump into your transit coordination drills.

These drills are the ones that make you look athletic. They involve moving your body with purpose over a distance. For a mental picture of this think of the last time you went out for a jog. Now think of the last time you watched the summer Olympics. One of you was moving with purpose.

**Speed**

Once you have developed a coordinated and mobile body the next logical step is to add speed to it.

The difference between an average fitness enthusiast and an athlete is the speed of their movements. When out for a run, a fitness enthusiast will say "I'm going to run X laps around the pond." An athlete would say, "Oh yeah? Well, I'm going to run them faster!"

We're not just talking about running speed here, although that's the most commonly thought of type of speed. We're referring to the ability to perform every movement that we are called upon to execute with as much speed and precision (from coordination) as possible.

**Agility**

While speed is a beautiful thing to watch in an athlete, agility is what sets us apart from the average fitness enthusiast.
Agility is most easily thought of as the ability to stop your body from moving full speed ahead, change direction, and to generate speed in an opposite direction all while displaying an above average degree of coordination.

Do you see how these components are starting to build on one another now?

This change of direction can be the result of running forward and changing direction into a vertical leap (basketball) or having to cut to the side to avoid the dog that was chasing an errant frisbee at the park. Either way, you look really cool when you display your agility and get back up to top speed without missing a beat.

**Strength**

There is much debate in the strength and conditioning world as to which is more important for athletes- strength or power.

In this chicken and the egg situation, I can tell you without question that strength is the precursor to power in athletic development. Without a foundation of muscular strength you are severely limited in how much power you can produce.

**Power**

This is the icing on the cake. This is where you get to show off all of the other components that you’ve developed along your journey to becoming an athlete.

Power is the rapid (speed) coordinated application of strength to accelerate your body or an implement in a desired direction (agility).

You don’t get to play with power until you put everything else into practice. But once you put everything else into practice, you get to be powerful!
As I mentioned earlier, training like an athlete isn’t an all day event. Our goal is to get you from start to finish of your workout in half an hour. And that half hour includes all of the components covered above.

So let’s begin with your warm-up.

To increase your mobility, be sure to include a form of self-massage for each of the major muscle groups.

Once you have the knots out of your muscles it’s time to increase the flexibility of those muscles with some good old fashioned static stretching.

Now that you’ve increased your mobility we’ll move onto coordination by getting the muscles to fire in the proper sequence on several basic movement patterns.

Your joints are mobile and your muscular coordination has been activated so let’s increase your heart rate and create some speed with a few short build up sprints.

After your sprints it’s time to do some short-distance agility and change of direction work.

Congratulations, you have just completed 4 out of the 6 components of athletic development during your warm-up!

Now incorporate a strength & power development program to become a complete athlete and learn how to dominate the game of life!
I'm gonna start this chapter with a few pretty basic assumptions. The first is that, to at least to some extent, improving your body composition is one of your goals. Secondly, though you may compete from time to time, I'm assuming that you're not competing either for a living or an athletic scholarship, and finally, third, that you're healthy enough to run and sprint for a few seconds at a time without feeling like every joint in your body is on the brink of painful and immediate destruction. Basically, I assume that you're an adult looking to improve your fitness and performance without a ton of equipment or spare time that may or may not have a desire to show their buddies up at noon ball or on your occasional weekend touch football game. Now that we've got that covered, let's get moving.

Why you need minimalist speed training

If you're the average consumer of this book, you've probably resigned yourself to the fact that you'll need to make some changes in your eating habits and find a way to exercise a little more, but the idea of sprinting or speed training may sound a bit too far along the curve of "hardcore athletic training" for somebody looking to lose a few pounds. That's fair, and I get it, but here's the deal: we're teaming up for this book in order to help YOU be awesome at life; we want to give you the freedom to use your body the way it was intended to be used. We want you to look and feel amazing, and to be able to do amazing things. Being able to really run and sprint (rather than "plod" along like most of your everyday jogger types) is a huge piece of acquiring that freedom.
It'll also make you drop fat faster than you can say "Atkin's…"

**Speed training and fat loss**

If you've poked around for fitness or training information at all, you've probably seen the photo comparing the muscular, ripped-to-shreds Olympic sprinter with the emaciated looking marathoner. You probably saw it in conjunction with a blog post or article explaining the benefits of sprinting or other higher intensity movements versus the long distance "strength-a-phobic" training practices of marathoners and the like (heck, I had a post just like it, back in the day). Although not altogether a perfect or fair comparison, the information isn't too far off: how many of you know somebody who can run for 5+ miles at a time multiple times per week and is still "soft", pudgy, or "skinny-fat"?

I can't tell you how many people I've had come into my adult training programs that are 20+ pounds overweight but "run (insert number over 10) miles a week." In addition to being overweight, these people tend to have severe flexibility and overuse injury issues along with very low levels of strength. Sprinting, or even just performing the tempo workouts I'll share with you, can help you solve all of these problems in a FRACTION of the time it would take you to do otherwise.

Here's the deal, sprinting and speed training is a lot like other high-intensity training methods you probably already know the merits of. It utilizes the entire body and does so in a highly intense fashion, so it doesn't take long to get your body to respond—your heart rate will go up in a hurry, and your body will burn a LOT of calories in a VERY short period of time... without putting your feet, knees, and ankles through the hell (and boredom) of mile after mile.

Also, if you want to get a little more “science-y” (yup, just said “science-y,” it’s my chapter I can make up words if I want), the sprinting and tempo workouts I’ll share with you also help you develop all of the body’s energy systems—you’ll be improving the efficiency of your “high power” anaerobic system (both alactic and lactic pathways) as well as beefing up your aerobic capacity along the way. (Those were a few big words explaining that sprinting and tempo work will basically make you better at everything.) You’ll also burn calories long after you’re done with your training because of the oxygen deficit you’ll put your body in (don’t worry, this is a good thing and is what makes high intensity interval training so effective – more calories burned with less work = awesome!) There, now that wasn’t too scary was it?
Speed training and the weekend warrior

For those of you looking to do more than just look and feel (a LOT) better, speed training is even more vital as a tool in your training toolbox. Personally, I don’t like to get out on the basketball court, the football field, or whatever “weekend warrior arena” it may be at the time and feel like I can’t hang.

I’m the farthest thing from an advocate of “Mr. Way-too-competitive-touch-football-douche,” but I’ll be damned if I’m not at least holding my own with the other guys my age.

Side note: That being said, if you happen have a “way-too-competitive-douche” in your casual weekend warrior outings, I’m absolutely an advocate of you being able to embarrass them…

All jokes aside, thousands of guys and gals get a ton of enjoyment out of adult rec leagues, and minimalist speed training is the ultimate way to make sure you can stay out on the field (and thrive while you’re out there) for years and years to come without committing to any more than a few minutes a week to these simple workouts.

Convinced? I thought so. 😊

Speed training and aging: Staying fast = Staying young

You see any 50 year olds in the 100 meter final in the last Olympics? Me neither. All jokes aside, speed is one of the first physical qualities to deteriorate as you age. The reason your favorite aging stars in the NFL or NBA leave the game isn’t because of strength or size, it’s because they’ve lost a step (notwithstanding any financial, family, lost the love of the game, or too many hits to the head/injury explanations).

Part of this loss of speed is unavoidable, it’s a fact of life and a way of the world – your motor units just can’t function like the well-oiled machine they were in your early twenties forever.
The other, and HIGHLY more prevalent reason in the general (AKA not-a-professional-athlete) population, is simply the old “if you don’t use it, you lose it!”

It’s true! If you don’t give your high-threshold (or, doesn’t “wake up” unless called upon for a highly intense, AKA high threshold, task like sprinting or lifting near-maximal weights) motor units a reason to work, the “fast twitch” muscle fibers those motor units are connected to won’t have a reason to contract or adapt, and those fibers will literally waste away until your jeans are sagging straight down from the waist band and you have a bona fide case of severe “old man ass.”

Don’t believe me yet? The glutes are a power center for the body and one of the highest concentrations of fast twitch muscle fibers we have. Those fast twitch muscle fibers don’t have a reason to stick around unless they are USED. The only way to USE those muscles is through high intensity work like sprinting or a maximal (or near-maximal) lower body lift like squats or deadlifts. If they aren’t used, they start to lose size. When the muscles in your glutes lose size, not only are you losing valuable muscle size, strength, and benefits to your metabolism, but your ass will also start to resemble that of a 70 year man.

Do your significant other a favor and join in the fight against dreadful old man ass! Sprint, stay fast, and stay YOUNG!

**How speed training IS, and makes YOU, more awesome**

So what makes speed training so great compared to the thousands of other training options out there? We’ve already talked about some of the things sprinting and speed training can do for you, but I haven’t given you the **how** just yet.

**No Gym, No Time, No Problem**

You’re dang right! You can sprint just about anywhere – a park, a field, a public track, a sidewalk, a yard, basketball court, a hallway… anywhere! All you need is a decent pair of shoes and a relatively smooth surface and you’re golden.
The only real concern for those of you forced to sprint somewhere indoors with a little more limited space will be with some of the workouts that contain some longer sprints. If you can find somewhere with 15 to 20 yards of sprinting area, you can reap the benefits of minimalist speed training. That said, I really do recommend that you get outside as much as you can with these, it’s a great excuse to get some sun and enjoy some of that freedom I mentioned earlier. 😊

Time-wise, if you have 20 minutes, you have plenty of time to get a GREAT, quality workout in that will get you closer to whatever your goals may be. If you have 30, even better.

You also don’t have sprint every day to reap the benefits, one sprint and one tempo day per week is a great place for most of you to shoot for, and you can do them on the days that you’re not doing your other No Gym, No Time, No Problem workouts. Truth be told, most of us would benefit from just fitting in one sprint day per week, and letting the rest of the chips fall where they may.

Bottom line, you don’t need much of a time commitment to reap the benefits of this training. Use it as a compliment to your other workouts and enjoy the improved body composition, athleticism, and, ahem, “back end” benefits that speed training provides.

Your Minimalist Speed Workouts and Bonuses

In order to keep this book at a manageable size while still allowing all of our readers (ahem, that includes YOU) to access all of the game changing materials specific to their goals, we’ve decided to give you access to my Minimalist Speed Workouts, along with a few other bonuses, free of charge online.

To claim your Minimalist Speed Training workouts and bonuses, just go to www.dungeonstrength.com/nogymbookbonuses and get them sent straight to your email inbox.
Chapter 8
Muscle Building Mistakes
By Joe Meglio

Growing up, I always wanted to be as big and strong as possible. Like every other teenager, I wanted to look just like Arnold and the other guys from the Golden Era. I watched movies like Terminator, Rocky and Rambo and thought how awesome it must be to be big, strong and powerful. Guys like Arnold and Stallone were the epitome of the alpha male. When they walked in the room, they garnished the respect of everyone around them. Growing up, I thought that if I could somehow gain some serious size and strength I would finally gain the respect and confidence I knew I deserved.

My journey started back when I was 13 and a freshman in high school. We had team lifting in the old, dinghy garage gym that was located right next to the chapel. In the winter it was freezing. There was no heat at all and the lighting was terrible. Not to mention all the equipment was rusty and looked like it was about to fall apart.

Our coaches setup a circuit where we would do bench presses, squats, chest fly’s, dumbbell curls and a few other exercises. I remember after the first workout I ever did, I felt this major pump in my arms and I felt as if they were about to explode. Like many beginners, I quickly saw some results but little did I know that these results would be short lived. After a few months of training, I failed to see any results. Throughout the rest of my high school and college years, I saw sporadic results. So why the hell am I sharing this with you right now.

Over the years, I’ve made a ton of mistakes that cost me strength and size and also had me spinning my wheels. In this chapter, I’m going to share with you 3 costly muscle building mistakes you should avoid at all costs. How do I? Not only have I made all these mistakes, but I’ve also trained 100s of guys over the years and I’ve seen the mistakes they make.
Muscle Building Mistake # 1: Not Following the rule of progressive overload

If you want to get bigger and stronger, progressive overload has to be a main principle in your training. Progressive overload is the principle that overtime you are adding weight to the bar. Simply put, if you want to get bigger, you have to get strong.

Too often, I’ve done the same amount of weight week in and week out and this is a huge mistake because there is no progressive overload. When there is no progressive overload, you will not get stronger and you will not get bigger. I know this from personal experience. You can vary the tempos and use all the popular “bodybuilding methods” you want, but unless you are getting stronger, you will not pack on functional muscle mass.

For beginners and intermediates, constantly adding weight to the bar isn’t too much of an issue if you play your cards right. In fact, chances are you will be able to add more weight to the bar week after week if you’re making slow and steady jumps and not training till failure.

While, this may work nicely for beginners and some intermediate lifters, progressive overload is a bit harder for more advanced lifters.
While it’s not unusual for a beginner or intermediate lifter to put on 20, 30 or even more lbs to one of their lifts in a relatively short time, the same cannot be said about an advanced lifter. The process is much slower and needs to be very well thought out.

Advanced lifters should look at the big picture and gage their strength on a quarter system. So every 3-4 months you should gage your progress and see if you added weight to your lifts.

So while you may not establish a personal record every week, you want to make sure you are getting stronger on a consistent basis. If you can increase your bench press from 225 to 275, squat 315 to 365, and deadlift 405 to 455 in a year, you will be stronger AND bigger. Getting big and strong won’t happen overnight but you will see dramatic results quickly if you follow the principle of progress overload.

**Muscle Building Mistake # 2: Exercise Selection**

One of the most important factors when it comes to getting bigger and stronger is exercise selection. A program that includes compound exercises like squats, deadlifts, overhead presses and rows will get far greater results then one that consists of isolation exercises like leg curls, triceps kickbacks and shoulder raises. Why do compound exercises yield better results. Well, these exercises recruit more muscle fibers and when you recruit more muscle fibers your going to get better results. Simply put, if you want to get big and strong you need to do big compound exercises that focus on the major muscle groups.

**Here are 6 killer exercises to get stronger and bigger:**

- **Squats** are the king of all lower body exercises. If you want to build massive legs and want to prove to somebody that you “walk the walk” then you better start squatting.

- **Deadlifts** are the ultimate test of raw strength. This lift works every muscle in the body and is one of the best ways to develop thick lats, huge traps, a jacked up back and an impressive posterior chain.
Overhead press is one of the best upper body exercises to build cannon ball like shoulders and improve vertical pressing power.

The Bench Press is America’s lift for a reason. It is the ultimate way to add on slabs of muscle to your chest, shoulders and triceps.

Farmer Walks are an amazing exercise that will build your yoke and upper back like nothing else. There is a reason why this exercise is a staple in the training and testing of the world’s strong men-it flat out works.

The Snatch is the ultimate test of raw power. What is more impressive then throwing heavy weight overhead? While the snatch is a great strength and power exercise, it is also a great exercise to build huge traps and your posterior chain.

If you want to get bigger and stronger, start doing more compound exercises and less isolation and machine exercises. Compound exercises trump isolation exercises because they give you a better bang for your buck.

Muscle Building Mistake # 3: Not Taking Nutrition Seriously
Getting big and strong is about more than just lifting heavy weight and getting after it at the gym. If you truly want to add 10, 15 or even 20 lbs to your frame, you have to dial in your nutrition. This is something I never took seriously when I first started lifting and it really slowed my progress down.

If you are not gaining muscle, you have to take a look at your nutrition because chances are:

- You are not eating enough
- You aren’t eating the right type of foods.

You are what you eat. If you eat like a brick shithouse you will look like a brick shithouse and if you are eating like a young boy you will look like a young boy. So if you are not getting bigger and stronger, what you’re eating now isn’t enough. You need to start making some changes to your nutrition and you can start by eating more.

So what foods should you eat if you want to build muscle and get stronger?

Think about eating like a caveman. If it doesn’t walk on land, swim in the sea or grow in the ground chances are you probably shouldn’t eat it.

Here are my top 10 foods:
• Fish
• Meat
• Chicken
• Eggs
• Whole Milk
• Fruit
• Veggies
• Oatmeal
• Rice
• Potatoes

If you want to start gaining weight and putting on stabs of muscle do a 1 weeklong food log. In this food log you should track everything that you eat, how much of it, at what time etc…

The more specific you are, the more it will help you moving forward. This food log will give you an idea of where you are at right now and will tell you what changes you need to make moving forward.

**Here are 2 tips that will help you put on more muscle fast:**

• Eat leftovers before bed. Consuming a large amount of quality calories before bed is a great away to up your calorie intake.
• Make a homemade weight gainer shake once a day. Making your own weight gainer shakes are very easy to do and extremely cheap. All you need is protein powder, nut butter, olive oil and frozen fruit.

**Conclusion**

There you have it, my top 3 critical muscle building mistakes you need to avoid at all costs. I hope you enjoyed this chapter. If you’re interested in discovering how you can gain 10 lbs of rock hard muscle [CLICK HERE](https://musclebuildingcheatsheets.com) or go to, musclebuildingcheatsheets.com to download your complimentary Muscle Building Cheat Sheets.
Before we break down overall macronutrient timing, it's important to know the basics of what they do and what they are. My whole purpose here is to help you understand them but not go too crazy technical about them.

The three macronutrients are carbohydrates, proteins, and fat. These 3 macronutrients literally run everything that goes on in your body. Macronutrients support your overall growth, your metabolism, your hormones, the very act of movement, and many other bodily functions. Each macronutrient is vital for a healthy lifestyle and literally for survival. Don't pay attention to the no carb diet, take it from me it will do more damage than good. Each macronutrient provides the body with calories.

Here is their breakdown.
Carbohydrates provide the body with 4 calories per gram.
Protein also provides the body with 4 calories per gram.
Lastly, fat provides the body with 9 calories per gram.

And yes even fat is vital in one’s diet. One of the main functions of fat is to help lubricate your joints. Cut the fat out competent and your joints will let you know that it's a bad idea.

Let’s start with carbs! Carbohydrates are the body’s main source of energy. Without them your body converts protein into energy. You do not want that to happen! Protein has a shit load of its own jobs to do in your body. Besides that, the bi-product of converting protein to energy is urea. Urea is a toxin to the body and in high amounts will damage your kidneys. We need those. Carbs do a list of other things in the body but for now let's just focus on energy!

There are three types of carbohydrates: complex, simple, and fibrous. Complex carbs take longer for your body to break down absorb which allows for more sustained energy. Simple carbs breakdown and are absorbed quickly. They spike your insulin and give you your initial energy boost. Fibrous carbs are your veggies. Load up on them.
They provide your body with necessary nutrients and for lack of a better term keep you regular.

The next macronutrient is protein. If you're reading this book that means you want to build lean muscle, increase metabolism, and get lean. Without protein, none of this will happen. Protein is responsible for growth (including muscle growth also known as hypertrophy) and for preserving the lean muscle that you already have. It is vital for immune function, your endocrine system (hormones), and much more. You need protein at least every three hours so your body maintains the muscle you have and recovers from your workouts.

Next is fat! Yes you need fat in your diet. It's all about where that fat is coming from. Fat is also used for energy, for joint health, absorbing vitamins such as A, D, E, & K, and even provides some cushioning for your internal organs.

Just a side note, water is also a macronutrient. Get your gallon in daily. Your body is mainly made of it, and if you do not drink enough you will negatively affect any chance you have to reaching your goals.

Now that we have the basics out of the way, let's talk macronutrient timing. I'm going to base this on a 6 meal a day food plan.

Here are some rules and guidelines to follow.

The most important times for carbohydrates are first thing in the morning and post workout (lift not cardio). Both times your body is drained of your carbs and they are needed to for restoring you glycogen storage (stored carbs) so you can function! Complex carbohydrates make up the majority of the carbs you intake throughout the day (not including fibrous). They are essential for energy! Some great complex carbs include sweet potatoes, whole grain rice, quinoa, oatmeal, and Ezekiel bread. Simple carbs are great but limit them the second half of the day. Keep them in the morning in conjunction with complex carbs or they are also great to consume pre-workout.

Fibrous carbs are great to have at every meal. They generally are not stored as fat in the body, and as stated before, they help you poop.

Say you're eating 6 times a day, lay off the complex and simple carbs for meals 5 & 6 (night time). Even if they are healthy carbs your body will not burn them off because you are not active at this point in the day. They will get stored as body fat! Protein! Eat it every meal no questions asked. Sources of protein include but are not limited to lean beef, poultry, eggs, fish, etc.

Fat, like I said, is extremely important in your nutritional programming. But don't go overboard. Also, stay away from saturated and trans fat. Unsaturated fat is where it's at. It can be found in olive oil, legumes, avocados, etc. Fat is also found in your animal protein, ie meat! Cooking with olive oil is a great way to get the healthy fat in. One thing
fat does is slows down the absorption rate of your macronutrients. So stay away from the fats post workout because you want the protein and carbs to be absorbed ASAP. On the other hand it is also good to have a a little more fat with protein at your last meal so that the absorption of the protein is slowed down overnight while your body goes into fasting mode while you sleep.

Here's a sample nutritional plan which covers all of the rules:
Meal 1) pre workout-pre workout shake with dry oats, strawberries, water. 
Meal 2) post workout- 2 whole eggs 4 egg whites, spinach, 1/3 cup quinoa
Meal 3) Apple with natural peanut butter 
Meal 4) chicken, broccoli, sweet potatoes
Meal 5) dinner - steak, veggies (load up on the greens, they will fill you up) 
Meal 6) night time snack - almonds, or celery and natural peanut butter.
Now this plan is not written in stone. It's just a template to give you a basic breakdown throughout the day. The times of the post work out meal will change depending on when you train.

Corey is a NCSF (National Council on Strength & Fitness) Certified Personal Trainer. He's a graduate of Rowan University, majoring in Health & Exercise Science, with a specialization in Health Promotion & Physical Fitness. Corey got into weight training at age 14 in high school playing track and field. He continued in track and field in college, and also played lacrosse, as well as competing in power lifting. Corey started his personal training career after college and has been a personal trainer for over 6 years, working in gyms in New Jersey and New York, including Equinox. His focus is to increase your fitness level no matter where your starting point is. He also specializes in helping clients prep for mud runs and obstacle courses.

He joined Eze Fitness in October 2012 and is the Director of Fitness and our Brick location.

http://www.ezefitnessgroup.com/
Chapter 10

Squats for Any Fitness Goal

By Connor Flahive

I’m going to cut straight to the point here. No matter what your fitness goals are, you NEED to be squatting! It’s an absolute must if you want to get strong, shredded, and lean. Squatting is the king of all exercises – it gives you the most “bang for your buck”. Here is a simple, easy to follow progression and programming to help you learn to add squatting to your routine to deliver awesome results.

You want to lose weight?
You want to add muscle mass?
You want to jump higher?
Run faster?
Get ripped?
Shredded?

Then you have to squat. Period.

Here are three reasons you need to squat:

1. Biggest Bang For Your Buck!
   Everyone is busy in today’s world. A lot of people don’t have much time to get in the gym, let alone spend an hour at the gym. The squat trains and affects more
musculature than any other exercise. Not only are your legs doing the work, but by loading the body your abs, upper and lower back, and laterals are being taxed. If you had to pick one exercise to do for the rest of eternity, squatting would be a great choice.

2. Huge Strength Gains
   You need strength to live! Even for you ladies out there who just want to shed some fat and look great on the beach. Everyday life requires strength – picking up your kids, playing with your kids, carrying suitcases when you travel, or whatever you need to do – you need strength! The stronger you are, the easier those tasks become.

3. Look Great
   Squatting stimulates your body to release large amounts of hormones. No ladies, this will not make you big and bulky!!! This will help you develop muscle and give you that lean look! It will improve muscle growth throughout your body!

Yes, there is a reason that experts deem the squat as the king of all exercises. It will produce incredible results.

But, where do you start? You can’t just hop under a heavy bar with no experience – that’s how you will get hurt. I hate when people say squatting (or any exercise for that matter) is dangerous. No, it’s not! It’s the idiots at the gym who are doing it incorrectly that make it dangerous. Let’s take a slow progression to teach you how to squat correctly so you can reap the long-term, incredible benefits of squatting.

Enter, the Goblet Squat.

Strength coach Dan John developed the goblet squat as a way to teach and ingrain perfect squatting technique.

Pay attention!! This is the first variation of the squat you will be doing. You will become very familiar with this.
You can goblet squat with anything – a dumbbell, kettle bell, gallon of milk, a backpack, or a heavy book – whatever works. Remember, at first the weight does not matter. We need to perfect the squat pattern and get the movement down.

1. Hold a dumbbell or kettle bell in front of you at chin level.
2. Tuck your elbows into your ribs.
3. Take a shoulder width stance.
4. Take a big breath in and stand up like Superman.
5. Sit back onto your heels and descend into a squat, allowing your elbows to skim the inside of your knees.
6. Keep your chest tall and the weight upright.
7. Pause when your hamstrings touch your calves.
8. Push off your heels and return to an upright position.

Ok, now that we have the goblet squat perfected, here is a 4 week program to start adding squats into your program. It’s a 3-day program. You will do your normal routine, but add the squats in as the first exercise!!

How do you pick a weight?

Before you begin your sets and reps, get 1 or 2 sets of 5 reps to warm up. This will help you work your way up to picking up a good, challenging weight. For this program, I want you to pick something that is challenging, but allows you get all your required reps with perfect form. For all your sets during the day, you will stick with one weight. For
example, if you have 4x8 (4 sets of 8 reps), you will use the same weight – ie. 60 pounds – for all 32 reps.

4 Week Beginner Program for Squatting

Week 1

Day 1: 5x5 (5 sets of 5 reps)
Day 2: 3x12 (3 sets of 12 reps)
Day 3: 4x8 (4 sets of 8 reps)

Week 2

Day 1: 6x5 (6 sets of 5 reps)
Day 2: 4x10 (4 sets of 10 reps)
Day 3: 5x8 (5 sets of 8 reps)

Week 3

Day 1: 6x4 (6 sets of 4 reps)
Day 2: 4x8 (4 sets of 8 reps)
Day 3: 5x6 (5 sets of 6 reps)

Week 4

Day 1: 7x4 (7 sets of 4 reps)
Day 2: 5x8 (5 sets of 8 reps)
Day 3: 6x6 (6 sets of 6 reps)
Again, pick a weight that is challenging and stick with it for the day! Then, try to increase weight when possible – but remember, perfect form trumps all!!

After you finish your required sets and reps, you can just continue onto your normal routine.

For example:

Warm Up

1. Squats 5x5
2. a. Push ups 5x8
   b. Inverted Rows 5x12
3. a. Walking Lunges 3x8 (8 steps each)
   b. Plank 3x30 sec
4. Jump Rope x 30s on/30s off for 10 minutes

All you need to do is complete your sets of squats before you move onto the rest of your workout! Sounds easy, right!

After your 4 weeks, you will feel stronger, look better, and have added some solid lean muscle to your frame. You will also be one hell of a good squatter! Just follow the program!

Now what? You’re done with the 4 week program?

Keep squatting!!!

You can switch it up and change the type of squat!

Here are my favorite types of squats. Just pick one and get at it!

1. Goblet Squat
2. 2 Kettle bell Front Squat
3. Front Squat
4. Zercher Squat
5. Back Squat

After your initial 4 week program, I would recommend squatting 2x per week.

One great way is to alternate between a heavier, low rep day and a lighter, high rep day. This combination will give you a great balance of strength and lean muscle!

Here is a sample 4-week Intermediate Program.

**Week 1**

Day 1: 5x5 (5 sets of 5 reps)
Day 2: 3x12 (3 sets of 12 reps)

**Week 2**

Day 1: 6x3 (6 sets of 3 reps)
Day 2: 4x10 (4 sets of 10 reps)

**Week 3**

Day 1: 5x5 (5 sets of 5 reps)
Day 2: 3x12 (3 sets of 12 reps)

**Week 4**

Day 1: 6x2 (6 sets of 2 reps)
Day 2: 4x8 (4 sets of 8 reps)
Day 1 will be higher weight, because it is lower reps and sets. Day 2 will be less weight, because of the higher amount of sets and reps.

To close, remember no matter your fitness goals, squatting is a MUST!!! It'll help you get strong, athletic, shredded, lean, and ripped in a short amount of time! Start with the 4-Week Beginner Program and then continue onto the Intermediate Program. Happy squatting!!!

Connor Flahive is the Head Strength & Speed Coach and Owner of Flahive's Advanced Strength Training (FAST) in Des Plaines, IL. FAST specializes in training power athletes in all sports. Connor is a Certified High School Strength and Conditioning Specialist through the IYCA. Connor played football at the Division 1 level at Northern Illinois University. While at NIU, he earned a Bachelor of Science degree in Exercise Science. Connor is a featured writer for a number of strength and conditioning and athletic performance websites including: STACK Magazine, OneResult, and Elite Fitness Systems.
Chapter 11
10 minute Kettlebell Fat Loss
By Adam Spizman

If someone told you there was ONE simple exercise that, if performed regularly and correctly, will not only shed fat in your midsection but also tighten and tone your legs, butt, and back! You may not believe that person but it is true! This magic exercise is called the Kettle Bell Swing. Kettle bell swings are used for many different purposes but the most popular use of Swings is for weight loss. Throughout this chapter you will learn the basic movement patterns needed to perform kettle bell swings correctly, variations of swings that can be performed, and examples of 10 Minute fat burning exercises utilizing nothing more then Swings and your bodyweight. Imagine that! 10 minutes a few times a week in your living room will help shed that access body fat in no time!

History

Made popular in Russia, traces of kettle bell training date all the way back Ancient Greece. Unfortunately kettle bell training was not introduced to the U.S.A as a mainstream style of training until the late 1990s and just now in the 20s century is it become popular. The reason Kettle bells have become so popular in the states these last few decades is simple. THEY WORK! Not only can these workouts be done quickly with great results but storing a kettle bell is very simple and can be used anywhere from a park to your living room. Just recently the kettle bell sport has become extremely popular in the states and there are talks of it becoming an Olympic sport in the future. In kettle bell sport you will perform a 10 minute set of a specific exercise for as many reps as possible without setting the kettle bell down. Once the bell hits the ground your set is finished. This is a serious test of physical and mental toughness and you will not be asked to perform any of these long 10 minute sets throughout this chapter.

Breaking down the Swing
The major reason why the kettle bell swing is such a phenomenal exercise is because of its simplicity and very low risk for error. The swing utilizes many of the body's major muscle groups making it extremely efficient when performing in high repetition sets. There are many variations of how to properly perform a swing and fitness experts could argue for days on what is correct. The one thing that can't be argued is the results that kettle bell swings can and will get you if used correctly within your training program. In this chapter you will be introduced to three different swing variations, all of which are targeting similar but slightly different muscle groups.

**Basic Kettle Bell Swing**

All the cues for the basic Swing apply for the variations as well. When performing swings, keeping your shoulders back, chest out and back flat are very important. You want to drive your butt back and remember that most the power generated from this movement should be from the hinge of your hips. As you pop your hips through and straighten your body you want to squeeze your gluteus tight together for maximum activation.

The bottom position of the kettle bell swing is where all the power will be generated. Make sure you drive your butt back to help load the hips and maintain a good flat back to help avoid any risk of injuries.
In the top position make sure you squeeze your butt tight and stand up straight (AVOID LEANING BACK). Think of your arms more as anchors just holding the kettle bell. The majority of the work should be done by the hips and gluteus. The force from the hips and gluteus will create enough momentum to get the kettle bell close to eye level, which is the proper finishing position.

1-Arm Kettle bell Swing

Single arm kettle bell swings are slightly more advanced than your standard swings. You will utilize more obliques and rotational core muscles trying to keep your back flat. The major point to watch out for with single arm swings is in the bottom position when the bell is between your legs to make sure to keep the shoulders square. Naturally the hand holding the kettle bell will want to dip slightly lower than the spare hand.
Use your free hand to help generate momentum while also preparing you to advance to the Hand to Hand Swing. Notice the free hand in the above pictures. In the bottom position the free arm is swinging back with the body. As you pop your hips and finish the movement make sure to swing the free arm up so that it is waiting to touch the kettle bell up top.

**Hand to Hand Kettle bell Swing**

The hand to hand kettle bell swing has similar benefits as the 1-arm swing listed above. Other then activating obliques and rotational core muscles only you now must utilize much more grip, as well as hand eye coordination.

Passing the kettle bell from hand to hand can be difficult at first but by following the proper progressions will make for a very smooth transition. Make sure to keep the eyes
on the bell and exchange hands in the top position. This is where the practice with 1-arm swings will pay off. Make sure the spare hand is waiting for the bell for a much smoother pass.

**The Workout**

Kettle bell only

Timed sets of kettle bell swings are one of the quickest and most efficient methods of melting fat around your midsection. This can be done with great success due to the overall muscular efficiency of performing swings. This workout will teach you how to progress weekly from an absolute beginner into an advanced kettle bell athlete, all while obtaining the body of your dreams!

When performing timed sets you must first determine what the work: rest ratio is going to be, a 1:1 ratio is good for any beginner and as the fitness level increases working up to a 2:1 work to rest ratio will allow for continued results.

**Beginning workout**

The baseline workout to perform will be 8 minutes of 15 second kettle bell swings: 15 second rest. The goal in 15 seconds is to complete 7-12 kettle bell swings. By staying on this pace you will perform well over 100 swings and maintain a heart rate that will help burn fat for well over that eight minute period. After completing the first workout you will be given a three day rest period. Hips, Gluteus, hamstrings, and your core should all be sore and will need proper recovery time. The second workout of the week will be exactly the same as the first but you will add two minutes bringing the total sets of work up to 20. Once you have finished the 10 minute workout performing 15 seconds of swings and 15 seconds of rest you will perform this exact workout two times a week for 3-6 weeks. Once you feel the workout getting easier and the overall volume increase you can move into phase 2.

**Phase 2**

The second part of the swing workout is to increase the time per set to 30 seconds while maintaining the 1:1 work to rest ratio. Starting off with a ten minute set you will complete 10 total sets of swings. The goal in the 30 second period is to complete 15-25 swings. Although you will be completing right around the same amount of work in this workout as the beginning workout you will notice at first it is much more taxing on the body. This workout will be completed for 3 weeks regardless of how you are feeling and if you believe it’s time to advance.

**Phase 3**

Now that you are two months into your training and should be fairly conditioned with kettle bell swing training we will be switching the work to rest ratio to 2:1. This means 30 seconds of swings followed by only a 15 second rest. First go around we are looking for 10-13 total sets. This will be much harder then phase 1-2 which is why it’s very
important not to skip either phase and dive right into the deep end. The idea behind the workout is to steadily progress while avoiding failure. If you jump right into the advanced phase 3 the risk of failure and/or injury may come into play which can lead to frustration and quitting the program.

**Tying it together**

Congratulations! After making it through phase 1-3 not only are you well on your way to reaching all your fitness goals but you have also mastered the kettle bell swing. I know what your probably wondering now, what’s next? You’ve noticed inches lost around your waste and an increase in cardiovascular endurance. Your feeling great and looking great and want to keep going! The final step of the program is very simple. Instead of training 2x/ week we will increase it to 3 swing workouts per week. Each phase that we have covered in this chapter will consist of one workout per week. This means phase 1= training day 1, phase 2= training day 2, and phase 3= training day 3. Ideally you would want to train Monday (Phase 1) Wednesday (Phase 3) and Friday (phase 2) leaving the weekends open to enjoy. This three day a week program will benefit you in ways you couldn’t even imagine.

**Utilizing your swing variations**

After finishing the entire 3 phase program you can begin incorporating swing variations into the program. I would begin by using your phase 1 workout as an intro to the variations. Make sure you spend a few weeks mastering the 1-arm swing and the hand position before moving onto the hand to hand variation. Also realize hand to hand is very taxing on your grip and if performing in high volume your grip may give out before anything else. If you spend a few weeks mastering the variations in the phase 1 workouts then you can progress and begin to shuffle them into day 2 and 3 workouts. Ultimately we want you to the point where each set will be a different swing variation. This keeps the workouts fresh and allows you to continuously mix things up and more importantly have some fun with your training!
Chapter 12
Do You Suffer From Keyboard Hands?
By Andres Gonzales

As you continue to pursue your goals in training and nutrition, I thought it would be a great idea to chip in my experience of having keyboard hands.

Actually its keyboard hands AND arms. Let me explain.

Do you work at a computer for most of the day? Do you type up reports, send a ton of emails and memos, and, on occasion, just have fun and browse the internet?

Do you also sit at a desk for the majority of your work period? What about when your at home?

Do you even have cramped hands, sore elbows, and sometimes wake up with your hands just hurting?!

I did for a while. My name is Andres and I have keyboard hands.

Having a web design business pretty much means your going to be looking at a computer screen for most of your day, but worse off, you’ll unnaturally be using your hands a lot too.

I’m not a doctor, physical therapist, strength coach, or even a hand model. Like you, I’m a normal person who works hard everyday.

Most of the tips that I’m going to give you are actually from my buddy Jedd who you met in Chapter X. I remember contacting Jedd like it was yesterday about the agonizingly, irritating, cramped feeling I had in my hands one morning.

The day before I was working non-stop for the better part of 6 hours on several projects that needed to be done.
I remember jamming away at the black keys on my keyboard as if I was sending morse code overseas. It must have been 2 hours in when I realized that I kept flicking my right pinky away from hand incessantly.

I felt an annoying itch climb into each of fingers’ joints, feeling as if my pinky was going to cramp at any moment. I definitely didn’t think of this as a big deal. Of course my pinky was tired. He’s been working all day when he usually gets only a an hour or two of action a week!

I ignored the pain and continued working when about 40 minutes later my right thumb started to do the same!

I was flicking my thumb away because of how tired it was from continuously chopping away at my space bar which oddly started to look like a giant Hershey’s Dark Chocolate Bar.

I took a break, grabbed a snack (not a giant Hershey’s Dark Chocolate Bar) and proceeded with my next project. Creating Brads Online Product Catalog.

Have you ever shopped online, at the Sears or NFL shopping catalog? Ever noticed how long vivid descriptions are for each item? Well thats what I was doing for the rest of the day.

By this time however, my pinky and thumb on my right hand were fine and ready to get back to the grind...or so I thought.

I continued typing away, dragging my fingers all over the mousepad from time to time, and not even a half hour into working my forearm starts getting sore...

I’m wiling to work through pain and do what needs to be done in order to meet my deadlines, but when my hands start getting physically slow, cramped, and sore, there isn’t much I can do.

I knew I had to readjust the goal for the day and I ended up just working until the rest of the work day had ended. My alarm rang at 5:00 pm and I only accomplished HALF of what was on my to-do list!

I would normally be agitated and upset for the lack of work that I accomplished and would normally take my work home with me on a flash drive but today was not a normal day.

My right hand was ACHING! To describe the feeling would be a combination of a very tight and sore muscle whose nerves are tingling at the same time.
As if tiny needles were poking away at my nerves, I also felt the exact same sensation on all of the joints in my fingers, my knuckles, especially the one for my right pointer finger and pinky, and all around my right elbow.

My hands would barely open up too. Just imagine the aching pain in your hand as you try to pry it open finger by finger.

This had never happened to me before.

I noticed a similar, lighter pain in my hands going as far back as June of 2012. The pain however rarely surfaced again, sometimes once every 4-5 months and I assumed it was because of the natural use of just using the computer so often.

I decided to sleep it off, figured the pain would subside over night and everything will get back to normal. That didn’t happen.

I woke up to a more intense discomfort that affected:
- All of the joints in the fingers of my right hand
- 3 of the knuckles on my right hand
- My right thumb (not considered a finger)
- My right wrist
-My right forearm
-Me right elbow
-And now my left hand started to feel tight!

As I crawled out of bed, stumbled towards my laptop and opened it, I started to message Jedd over Facebook about my pain and that I needed some serious advice. I was typing this all out like a grandma by the way!!

You know, fisted hands with only your pointer fingers sticking out as you push them against the right keys (Don’t tell my clients I did this).

I wrote the following message:

Desperate is an understatement but Jedd came through and messaged me the following:

I sped over to Staples as if it were the start of the Zombie Apocalypse and Staples was the only place housing the cure.

As you see in the pictures below, you can see me using the rubber bands as Jedd recommended.

![Rubber Bands](image)

When it comes to posture however, I need to keep an eagle eye on it! Poor posture helped cause me to be diagnosed with slight scoliosis (not the medical term) in high school and I will do anything to prevent myself from walking around in one of these.
I regularly keep aware of my posture now. Whenever I notice that I’m slouching towards the computer or my back is rounded out, I sit straight up and get back to work.

At first, you’ll be catching yourself a lot, but over time, along with your training and diet, your core and lower back will get stronger and you’ll naturally be sitting up straight in no time at all.

Since this book is about training whenever you have time and with almost no equipment at all, you can do the following anytime during the day!

You will need two pieces of equipment but they are very cheap and located at any athletics store like Modells, Champs, and even Walmart! You will need a thin elastic band and a detachable pullup bar for your door.

The pullups you may not be able to do at work unless you have your own office or work from home, but the elastic band can be taken anywhere.

I work in 50 minute blocks with 10 minutes of rest. During those that time I’ll get spend about 5 minutes doing the following.

1. 3 sets x 12 reps
C. Band Pull Aparts
3. Underhanded Band Pull Aparts

4. Band Snatches
2. Then I'll do some stretching for my chest and arms for the rest of the time.
3. And end it with a set of max rep pullups (Optional)

All of this is meant to strengthen my upper back muscles and release any tightening in my chest and arms for the next coming hour.

I’ve found it EXTREMELY helpful to do all of that at least once during any of my breaks. It only takes a few minutes and I don’t end up smelling like sweaty bag of socks at the end either.
It can definitely get awkward or embarrassing if your doing band pull aparts in the middle of the workplace but I’ve found that I can do them anywhere. Before we go any further, it is helpful if you tell your boss what your doing and why.

Explain to them about the nagging pain in your hands, elbow, even the back of your shoulder and let them know about the benefits.

- You’ll get work done a lot faster
- You’ll be able to concentrate a ton more
- You won’t have to use your insurance for the doctor as much
- (In case they think you do) You won’t be complaining at all about your non existent pain
- You’ll be able to play with your kids more often, etc

Once that understanding takes place, your boss may even look relieved since they too have the same problem.

You can really do these exercises anywhere. Your office, at your desk, before you get into your car, with coworkers, at home, with the kids, at the park, at the gym, with your partner, even in the restroom!

As for the pullups, yes you are limited. Unless you can post up a pullups bar that can be removed from your doorway [picture] you can be strapped for ideas.

This is an optional exercise given that you are limited but its definitely one your going to want to do at home. In todays time, given all of the technology we have and general ease of life because of it, many of our body parts have grown weaker as a consequence.

Pullups have been a godsend for me.

As you can imagine, a kid with scoliosis and a few years away from looking like the Hunchback of Notre Dame is NOT the ideal lifestyle.

Noticing problems and nipping them in the butt as soon as possible is what I do and pullups have literally saved me from that nightmare scenario.

At first I was embarrassed because I couldn’t do 1 without getting red and flailing my legs all around. Not being strong, especially for a man, can be incredibly discouraging.

Luckily, with my bands, theres a way you can adjust it to your pullup bar which will help you tremendously.

All you have to do is wrap the band like so around your pullup bar
Put your knee in through the end of the band and pullup!

The band with the greatest amount of tension will get you doing a pullup the easiest. I went ahead and bought a couple of different bands with different amounts of tension in them because I can use them in my training and as progression tools (once the small bands become easy to use, I can move up to the thicker band to make my training more challenging).
As you get stronger and can start to do pullups easier, that when you start progressing off of the band or transfer over to a band with lighter tension.

You'll be doing pullups in no time at all! The only downside is, I expected to get pretty jacked after starting to do my pullups. That was sadly not the case...

Unfortunately, for the guys, you will not gain a pounds of muscle from doing pullups alone, or at least for that amount of time. Ladies, don’t worry, you will not become the Incredible Hulk once you can do a few pullups.

I did notice though that my arms and back got a little toned, but that comes with doing any type of exercise for a period of time.

Thanks to Jedd’s tips and the stretching I’ve incorporated to my daily routine, I feel amazing. My hands no longer ache in pain, my fingers aren’t swollen, and my elbow is luckily safe from any possible injury I could have had if I ignored the pain.

My work gets done a lot quicker again, I’m not wasting my money on tons of pills and doctor visits, the training is easy and light, and I don’t have to worry about the pain anymore!

All of this training has saved my health and my business!

I don’t know where I’d be without being able to just message and eventually call Jedd. Knowing that you have a person on the other end of that phone call can save you a TON of heartache and money.
If you haven’t noticed, a valuable lesson was learned in not only your health.

Most of the problems my clients have are about fixing issues and making their website better than they currently are. After seeing how Jedd responded, took care, and invested in solving my problem, I’ve taken that same exact approach and applied to my own business.

Immediately, all of my clients message me back saying they felt much more appreciated, relieved, and secure knowing that they had someone who was willing to take care of them and make sure their website and online business was safe.

All it takes is investment in people. I urge you to do the same and pay it forward. Reach out to somebody you know is dealing with this pain and hand them a copy of this book. There’s a ton of confusion about health and training out there. Give someone back the gift of health.

If you need a gym, a training program, a guide to nutrition, contact any of the guys in this book and we will take care of you.

If you need any advice or guidance with your website or online business, please feel free to email me at yourwebsitedone@gmail.com. As a testament of paying it forward and giving back to you for investing in this book, I want to give you my consumer awareness guide about hiring a web designer for free just because you read this section.

I’m grateful for the opportunity to provide you with information about web design and help you choose the best web designer for your website.

I’m the owner of Your Website Done, LLC. Since I’ve started in the web design business, I’ve learned that creating a website is the subject of a lot of confusion. So many website owners have misconceptions about web designers that I chose to offer this consumer education guide, so when you select a web designer, you can make an informed, intelligent decision.

Email me at yourwebsitedone@gmail.com with your first name, last name, and a copy of this book, and I will email you as soon as possible.

Thanks very much for reading. I hope you found this section of the book helpful. If you have questions or comments -- or if you’d like to schedule a free, website review, please Email me at yourwebsitedone@gmail.com with your first name, last name, and a copy of this book, and I will respond promptly.

On behalf of Your Website Done LLC -- I thank you for your kind attention.

-Andres