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## BRUTAL IRON GYM – LIVE MONTHLY PROGRAM

### FEMALE SHAPE DEVELOPMENT

#### MONTH 5

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#### **Program Focus**

This program is a hybrid program of muscle shaping and fat loss with a focus on lifting and “popping” the glutes, creating an almond-shaped / tapered thigh, and adding detail to the shoulders and upper back.

Combining proper nutrition with the program is a MUST to achieve the full benefits so please view the information available in the Nutrition Information section.

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#### **Workout Schedule**

The workouts are written in the order that they should be performed with the expectation of a minimum of 3 workouts a week with options for additional workouts as your schedule permits.

Rest days can be taken as needed based on your individual schedule. If you perform workouts multiple days in a row it is recommended that you increase your calories and sleep, if able to, to help improve recovery.

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## Per Workout Concept Explanations

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### Per Exercise Warm-Ups

In this template warm up sets are not listed as part of the set count; what's written in the template is the number of working sets. For each exercise you may need to perform 1 or more practice sets to find a good working weight and fine tune form for that specific exercise. These types of sets are beneficial, so do them when it feels appropriate, but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight for each exercise, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

\*Resources:

<https://www.podbean.com/eu/pb-upzpk-c364f3>

<https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

### Rest Times

Try to stay within the prescribed rest times, this helps build your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow you to make more progress long-term

\*Resource:

<https://www.podbean.com/eu/pb-uibzt-cf613d>

### Circuit

A "Circuit" is when two or more exercises are performed back-to-back without rest between the exercises. To properly execute a circuit, set up each exercise in the circuit, then practice each exercise with 1 or more submaximal sets to fine tune technique and to find the right weight for the working sets. Aim to start the first working set of each exercise on the same set. On all sets the intention is to perform the exercises with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved for each exercise

\*Resource:

<https://www.podbean.com/eu/pb-sisge-b51a86>

### How Do I Select the Right Weight?

For all exercises aim to find a weight that causes you to feel challenged to maintain good form, but you're still able to maintain good form. A weight that is not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

\*Resources:

<https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

<https://www.podbean.com/eu/pb-quh77-edc1a9>

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### Weekly Progressions

In the template exercises are to be repeated for 4 weeks. Our goal in the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the time under tension / rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to continue to make weekly adaptations based on the desired training outcome

\*Resource:

<https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

### Equipment Abbreviations

The abbreviations listed below are used in the Example Workouts

- BB = Barbell
- CB = Cable
- DB = Dumbbell
- KB = Kettlebell
- MA = Machine
- SM = Smith Machine

\*Resource:

<https://www.podbean.com/ew/pb-sisge-b51a86>

<https://www.podbean.com/ew/pb-qst2u-b54418>

<https://www.podbean.com/ew/pb-dmly9-b5f6f9>

### Improved Freedom of Movement

If you feel muscularly tight, performing the Movement Preparation stretches available in the “Extra Information” section before you begin the workout can help improve your freedom of movement to help the workout feel more comfortable / less stressful on joints

### Reducing Muscular Tightness Following the Workout

To reduce muscular tightness following the workout you can perform the Movement Preparation stretches after the workout. Also, the resource podcast has more content about improving recovery and reducing muscular stiffness

\*Resource:

<https://www.podbean.com/ew/pb-evhbi-12f48f0>

## Workout 1 – Lower Body (Quadriceps Focus)

Circuit: ~minimal rests

- Half Kneeling Adductor Stretch – Bent Knee Broken Frog
  - \*Video - <https://www.youtube.com/watch?v=Of53dxXppo>
  - All Weeks – per side – 3 sets of 5 pulses
- Lunge Stretch
  - \*Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
  - All Weeks – per side – 3 sets of 3 contract/releases
- Half Kneeling Thoracic Rotation
  - \*Video – 2:17 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
  - All Weeks – 3 sets of 5 rotations with each leg forward (10 total rotations)

Muscle Cardio Circuit

- \*Education - <https://www.podbean.com/ew/pb-d5rrr-9a69b1>
- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- Leaning Over Cossack Squats
  - \*Video - [https://youtu.be/y35hhDPpf\\_Y](https://youtu.be/y35hhDPpf_Y)
    - Perform the movements slowly squatting from one side to the other maintaining a constant motion for the desired rep range
  - All Weeks – per side – 3 sets of 5 reps
- Body Weight Side Lunge Drops
  - \*Video – 1:22 mark - <https://www.youtube.com/watch?v=FRtRDwrSXp8>
    - Emphasize pushing your hips back to stretch the glute / hamstring in the bottom position
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Body Weight Glutes – Side Lunges into Knee Raise
  - \*Video - <https://www.youtube.com/watch?v=X5cQyed20Fc>
    - Emphasize pushing your hips back to stretch the glute / hamstring in the bottom position
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

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### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- DB Goblet Hold Step Ups
  - \*Video - <https://www.youtube.com/watch?v=ZEZHlkMSh0>
  - Week 1 – per side – 2 sets of 10-14 reps, 2 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Single Leg RDL (with back leg extended for balance)
  - \*Video - <https://www.youtube.com/watch?v=DHaOrs3dcUE>
    - Notice he bends at the hip and the knee, balanced from toe to heel, pushing his hips back so the glutes and hamstrings stretch and accept the load stress of the movement – mimic this concept
  - Week 1 – per side – 2 sets of 10-14 reps, 2 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### (Optional) Cardio – If desired

- Treadmill – 5% Incline
  - \*Video - <https://www.youtube.com/watch?v=BwuaiNWBodo>
  - Total Time: 10 minutes
  - Sustain fastest walking pace you can throughout the total time

## Workout 2 – Upper Body

Circuit: ~minimal rests

- Narrow Cat Cow – Increased Thoracic Stretch
  - \*Video – 1:02 mark - [https://www.youtube.com/watch?v=sc\\_k7qcMmcQ](https://www.youtube.com/watch?v=sc_k7qcMmcQ)
  - All Weeks – 3 sets of 5 reps
- Wide Push Up Chest Opener
  - \*Video – 0:55 mark - <https://www.youtube.com/watch?v=xcxqJgPZSxM>
  - All Weeks – per side – 3 sets of 5 reps
- Activated Plank
  - \*Video - <https://www.youtube.com/watch?v=6w0ekcX3Xq8>
  - All Weeks – 3 sets of 1 max effort rep of 10-60 sec of Time Under Tension (TUT) challenge

Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- Plank – Side Plank from Elbow Kick
  - \*Video – 0:33 mark - <https://www.youtube.com/watch?v=LsZn-vcYBZI>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Plank – Side Plank from Elbow Hip Dip with Rotational Reach
  - \*Video – 1:12 mark - <https://www.youtube.com/watch?v=LsZn-vcYBZI>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Plank – Side Plank from Elbow – Adductor Raises
  - \*Video - <https://www.youtube.com/watch?v=tGSs9yzTxbQ>
  - Week 1 – per side – 3 sets of 5 reps with a 3-count squeeze
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

Circuit: ~2-3 min rests

- Seated Overhead Stretch
  - \*Video - [https://www.youtube.com/watch?v=p\\_wXWsfEtxo](https://www.youtube.com/watch?v=p_wXWsfEtxo)
  - All Weeks – 3 sets of 1 stretch held for 10 seconds
    - During the stretch try to actively reach for the ceiling to maximally stretch all muscles
- CB Seated Row with Neutral Grip – 2 Arm Contraction Alternating 1 Arm Eccentric
  - \*Video - [https://www.youtube.com/watch?v=5\\_Uta5NluJ8](https://www.youtube.com/watch?v=5_Uta5NluJ8)
  - Week 1 – per side – 3 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Circuit: ~2-3 min rests

- DB Bent Over Lateral Raises with Mid-Back Involvement
  - \*Video - <https://www.youtube.com/watch?v=PRKUEpnwyXM>
  - Week 1 – 2 sets of 10-14 reps, 2 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Alternating Front Raises Above Eyeline – Palms Down – Outside Shoulder-width
  - \*Video - <https://www.youtube.com/watch?v=c4EhnuYZQI8>
    - Notice the DBs raise to above the eyeline on each rep
  - Week 1 – per side – 4 sets of 5-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

(Optional) Cardio – If desired

- StepMill – Intervals
  - \*Video - <https://www.youtube.com/watch?v=qKVs0nwDpfw>
  - Total Time = 15 minutes
  - Intervals = 1 min Low / 1 min Medium / 1 min High
    - Low – consistently moving pace but allows for aerobic recovery
    - Medium – challenging pace but not all-out
    - High – fastest pace you can maintain for the specified time



### **Workout 3 – Lower Body (Hamstring Focus)**

Circuit: ~minimal rests

- Low Cobra Cat Cow – Increased Ab Activation
  - \*Video – 5:32 mark - [https://www.youtube.com/watch?v=sc\\_k7qcMmcQ](https://www.youtube.com/watch?v=sc_k7qcMmcQ)
  - All Weeks – 3 sets of 5 reps
- Plank from Elbows with Pelvic Tilt Rotations
  - \*Video - <https://www.youtube.com/watch?v=RilXc6W0FHU>
  - All Weeks – 3 sets of: 1 plank with 10 rotations
    - Go slow and focus on maximizing the available range of motion
- Glute Bridge – Two Legs – Hamstring Focus
  - \*Video – 1:42 mark - [https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)
  - All Weeks – 3 sets of 10 reps
- Glute Bridge March
  - \*Video – 0:29 mark - [https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)
  - All Weeks – per side – 3 sets of 5 reps

Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- Body Weight Single Leg Stiff Legged Deadlift into Knee Raise
  - \*Video - <https://www.youtube.com/watch?v=L1Dz-RDcs0M>
  - All Weeks – per side – 3 sets of 5 reps
- Body Weight Walking Lunges with Glute Emphasis
  - \*Video - <https://www.youtube.com/watch?v=RcAty9jhVW0>
  - All Weeks – 3 sets of 10 steps

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### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- 45-degree Hyperextensions – Glute Focus
  - \*Video – 0:31 mark - <https://www.youtube.com/watch?v=r7p850OneLo>
  - Week 1 – 2 sets of 10-14 reps, 2 sets of 6-10 reps
    - Hold DB at chest for resistance
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB RDL with Pause at Bottom
  - \*Video - <https://www.youtube.com/watch?v=7FbblaMsnuY>
    - Pause for a “1-2-Up” count at the bottom
    - Allow the knees to bend as you bend at the hips so the shins remain vertical throughout the motion – this places greater stretch into the upper Hamstrings and lower Glutes
    - Use Wrist Straps to alleviate grip stress – Video - <https://youtu.be/dToKV8HpXQI>
  - Week 1 – 2 sets of 10-14 reps, 2 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### (Optional) Cardio – If desired

- Treadmill – Intervals at Variable Inclines
  - \*Video - <https://www.youtube.com/watch?v=BwuaiNWBodo>
  - Total Time = 18 minutes
  - Intervals = 2 min Low at 2% / 2 min Medium at 6% / 2 min High at 10%
    - Low – consistently moving pace but allows for aerobic recovery
    - Medium – challenging pace but not all-out
    - High – fastest pace you can maintain for the specified time

## **Workout 4 – Upper Body**

Circuit: ~minimal rests

- Prone Snow Angels for Thoracic Strength (no shoulder rotation)
  - \*Video – 2:09 mark - <https://www.youtube.com/watch?v=BSyMZyN4JHI>
  - All Weeks – 3 sets of 10 reps
- Push Up with Extreme Scapular Protraction
  - \*Video - <https://www.youtube.com/watch?v=8nqDzIfQpql>
  - Week 1 – 3 sets of 30 seconds
    - Can perform from knees if needed - <https://www.youtube.com/watch?v=jWxvty2KROs>
  - Weeks 2-4 – Improve Weekly – Add 10 seconds per set per week
- Scapular Push Up from Elbows
  - \*Video - <https://www.youtube.com/watch?v=DKkgzXfcXMQ>
  - All Weeks – 3 sets of 10 reps (focus on quality)

Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- Vacuum Breathing – Lying on Back
  - \*Video - <https://www.youtube.com/watch?v=loaBqxLNgrM>
  - All Weeks – 3 sets of 5 holds with a 3-count contraction for each hold
- Reverse Crunch with Hip Lift
  - \*Video - <https://www.youtube.com/watch?v=URO6MCjcru4>
    - While performing this exercise try to maintain a neutral hip tilt by pushing your lower back into the floor, similar to what’s taught in a Deadbug exercise - <https://www.youtube.com/watch?v=sXv-0cK-1Yo>
  - Week 1 – 3 sets of 30 seconds
  - Weeks 2-4 – Improve Weekly – Each week add 10 seconds
- Lazy Crunches (Legs Extended)
  - \*Video – 0:12 mark - [https://www.youtube.com/watch?v=DHSMF9ZFw\\_I](https://www.youtube.com/watch?v=DHSMF9ZFw_I)
  - Week 1 – 3 sets of 30 seconds
  - Weeks 2-4 – Improve Weekly – Add 10 seconds per week

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### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- DB 30-degree Incline Thumbs-In Chest Flyes
  - \*Video – <https://youtu.be/tAgQD1BpkYc>
  - Week 1 – 2 sets of 12-16 reps, 2 sets of 8-12 reps
    - Do not bounce out of the bottom, aim for a controlled stretch and squeeze
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 30-degree Incline Chest Press
  - \*Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
  - Week 1 – 2 sets of 12-16 reps, 2 sets of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 30-degree Incline Prone Y Raise
  - \*Video - <https://www.youtube.com/watch?v=7NaNt-txiqc>
  - All Weeks – 4 sets of 6-12 reps
  - Weeks 2-4 – Improve Weekly – Perfect technique / control first, then aim for weight / reps increase
- DB 30-degree Incline Prone Press
  - \*Video - <https://www.youtube.com/watch?v=YcTcNIL8mIU>
  - All Weeks – 4 sets of 6-12 reps
    - Aim to press inline with the body, don't allow arms to drop towards the floor
  - Weeks 2-4 – Improve Weekly – Perfect technique / control first, then aim for weight / reps increase

### (Optional) Cardio – If desired

- StepMill – Intervals
  - \*Video - <https://www.youtube.com/watch?v=qKV50nwDpfw>
  - Total Time = 15 minutes
  - Intervals = 2 min Low / 3 min High
    - Low – consistently moving pace but allows for aerobic recovery
    - High – fastest pace you can maintain for the specified time

## **Workout 5 – Lower Body (Glute Focus)**

### Movement Prep

- Adductor Foam Rolling
  - \*Video - [https://www.youtube.com/watch?v=Qpl-K\\_Yg9YY](https://www.youtube.com/watch?v=Qpl-K_Yg9YY)
  - 1 set of ~30 seconds per side
- Cross Legged Glute Stretch
  - \*Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
  - 1 set of ~60 seconds per side
- Lunge Stretch
  - \*Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
  - 1 set of 3-5 contract/releases per side

### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- Body Weight Glutes – Fire Hydrants
  - \*Video – 1:18 mark - <https://www.youtube.com/watch?v=5xzmgmVOVR4>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Body Weight Glutes – Glute Kickbacks – Leg Kept at 90-degrees
  - \*Video – 1:36 mark - <https://www.youtube.com/watch?v=5xzmgmVOVR4>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Body Weight Glutes – Glute Crossover Lifts
  - \*Video – 1:57 mark - <https://www.youtube.com/watch?v=5xzmgmVOVR4>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

### BB Sumo Deadlift – Narrow Stance: ~3-5 min rests

- \*Video 1 - <https://www.youtube.com/watch?v=tTSwAhfx2Pc>
- \*Video 2 - <https://www.youtube.com/watch?v=d6qhGHcpFKw>
- \*Bracing Concept - <https://youtu.be/58XrN5u1F6U>
- \*Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don’t bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
- \*We’ll repeat the same sets/reps but aim to make weight / rep increases compared to the previous program
- Week 1 – 3 sets of 7-8 reps
- Week 2 – 3 sets of 6-7 reps
- Week 3 – 3 sets of 5-6 reps
- Week 4 – 3 sets of 4-5 reps

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(Optional) Cardio – If desired

- Cardio – Anything other than a StepMill
  - Total Time = 12 minutes
  - Intervals = 2 min at Low Intensity, then remaining time at Highest Sustainable Intensity
    - “Highest Sustainable Intensity” – try to select an intensity you can maintain for the full duration. If you have to modify the intensity if it was too easy or too hard that’s okay but adjust for the next workout to see if you can eventually find the highest intensity possible that can be sustained for the full duration

## **Workout 6 – Upper Body**

### Movement Prep

- Foam Rolling – Spine / Thoracic
  - \*Video - <https://www.youtube.com/watch?v=iOTW1qfc2aw>
  - All Weeks – 1 set of 1 min total
- Foam Rolling – Upper Lat Connection
  - \*Video - [https://www.youtube.com/watch?v=6lwVrPdm\\_I0&t=6s](https://www.youtube.com/watch?v=6lwVrPdm_I0&t=6s)
  - All Weeks – per side – 1 set of 30-60 seconds

### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- DB Seated Lateral Raise
  - \*Video - <https://www.youtube.com/watch?v=2DVTtCGoLqs>
  - Week 1 – 3 sets of 10-14 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Upright Rows
  - \*Video - <https://www.youtube.com/watch?v=hJUBXmMTXRQ>
  - Week 1 – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Biceps Curls with Hands Wider than Shoulders
  - \*Video - <https://www.youtube.com/watch?v=uj001FhllVU>
  - Week 1 – 3 sets of 10-14 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Circuit

- Perform the exercises as a circuit making note of the total time needed to complete the first working set for each exercise = “Active Time”
- Your rest time should be between 0.5-2x the Active Time – modify the rest time so you achieve a blend of aerobic and muscular challenge
- DB One Arm Rows – Hand on Bench Feet in Open Stance – Neutral Rotating to Underhand Grip
  - \*Video - <https://www.youtube.com/watch?v=52UEXrS4LnQ>
  - Week 1 – per side – 2 sets of 8-12 reps, 2 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Chest Press with Outward Tilt to Increase Chest Recruitment
  - \*Video - <https://youtu.be/r4rfGZeSxkw>
  - Week 1 – 2 sets of 8-12 reps, 2 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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(Optional) Cardio – If desired

- StepMill – Intervals
  - \*Video - <https://www.youtube.com/watch?v=qKVs0nwDpfw>
  - Total Time = 12 minutes
  - Intervals = 2 min at Low Intensity, then remaining time at Highest Sustainable Intensity
    - “Highest Sustainable Intensity” – try to select an intensity you can maintain for the full duration. If you have to modify the intensity if it was too easy or too hard that’s okay but adjust for the next workout to see if you can eventually find the highest intensity possible that can be sustained for the full duration



## Technique Information for Squat, Bench, Deadlift, and Overhead Press

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### Squat – Technique Education Videos

- General Squat Technique
  - \*Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
  - \*Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
- Bar Placement – Try both options, use whichever is most comfortable
  - \*High Bar Placement – 7:18 mark - <https://www.youtube.com/watch?v=ZuAeIrCK6Q>
  - \*Low Bar Placement - <https://www.youtube.com/watch?v=6vUf8uH1K00>
- Bracing for Core and Upper Back
  - \*Video - <https://youtu.be/oRCD6iEj9po>
- Head Positioning
  - \*Video - <https://youtu.be/OfZfKbJ8Gog>
- Rooting the Feet
  - \*Video - <https://www.youtube.com/watch?v=TuwgEler5CE>
- External Rotation of the Knees during Squats
  - \*Video - <https://www.youtube.com/watch?v=DhVHrMibKQg>
    - Maintain your normal foot angle and width, add the concept taught in the video

### Bench Press – Technique Education Videos

- General Bench Technique
  - \*Video - <https://youtu.be/gQkdEg-G1Vc>
- Lat Tightness Concept
  - \*Video - <https://youtu.be/4MA0EgDhe7c>
- Back Tightness Concept
  - \*Video - <https://youtu.be/lIonEc8urnQ>
- Leg Pressure Concept
  - \*Video - <https://youtu.be/CSSTvu6fzts>

### Conventional Deadlift – Technique Education Videos

- General Conventional Deadlift Technique
  - \*Video - <https://www.youtube.com/watch?v=-dz18fiQWYs>
- Bracing Concept
  - \*Video - <https://youtu.be/58XrN5u1F6U>

### Sumo Deadlift – Technique Education Videos

- General Sumo Deadlift Technique
  - \*Video - <https://www.youtube.com/watch?v=hL68Cfkfs9k>
- Bracing Concept
  - \*Video - <https://youtu.be/58XrN5u1F6U>

### Overhead Press – Technique Education Videos

- General Overhead Press Technique
  - \*Video - \*Video - [https://www.youtube.com/watch?v=xe19t2\\_6yis](https://www.youtube.com/watch?v=xe19t2_6yis)
- Low Back Protection
  - \*Video - <https://youtu.be/WTb61FY9VbE>

## Stretching to Address Tight Muscles

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The stretches listed below are intended to help you self-treat tight movement issues (tight muscles, limited range of motion, etc) that may arise during your training. Overwhelmingly most movement quality issues arise due to poor technique and poor nutrition so please revisit the video tutorial of any exercise you're experiencing movement quality issues with and listen to the podcast listed in the Nutrition Information section

### Lower Body Stretches – Perform these daily until they feel easy – then use them if/when needed

- Cross Legged Glute Stretch
  - \*Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
  - All Weeks – 1 set of 60-120 seconds per side
- Lunge Stretch
  - \*Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
  - All Weeks – 1 set of 3-5 contract/releases per side
- Hamstring Stretch
  - \*Video - [https://www.youtube.com/watch?v=E0GLw5I\\_rk](https://www.youtube.com/watch?v=E0GLw5I_rk)
  - All Weeks – 1 set of 3-5 contract/releases per side
- Soleus Stretch
  - \*Video - <https://www.youtube.com/watch?v=A4Qw9ZRnFgk>
    - Try all variations, find the one that feels most effective
  - All Weeks – 1 set of 60-120 seconds per side

### Upper Body Stretches – Perform these daily until they feel easy – then use them if/when needed

- Wide Push Up Chest Opener
  - \*Video – 0:55 mark - <https://www.youtube.com/watch?v=xcxqJgPZSxM>
  - All Weeks – 3 sets of 5 reps per side
- Lat Stretch
  - \*Video - <https://www.youtube.com/watch?v=kt07LRdWyYE>
  - All Weeks – 3 sets of 60-120 seconds per side

## Self-Treatment Pain Management

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The treatments listed below are intended to help you self-treat movement quality issues (aches, pains, strains, etc) that may arise throughout your training. Overwhelmingly most movement quality issues arise due to poor technique and poor nutrition so please revisit the video tutorial of any exercise you're experiencing movement quality issues with and listen to the podcast listed in the Nutrition Information section (on next page)

### Pain in Front of Shoulder

- Option 1 – Lacrosse Ball Rolling Chest Muscle
  - \*Video - <https://youtu.be/MD9gtluhgaY>
  - 1-2 sets of 30-60 seconds per side
- Option 2 – Lacrosse Ball Rolling Lat Muscle
  - \*Video - <https://www.youtube.com/watch?v=qq3H1ur6q-c>
  - 1-2 sets of 30-60 seconds per side

### Pain in Elbows

- Option 1 – Lacrosse Ball Rolling Triceps Muscle
  - \*Video - <https://www.youtube.com/watch?v=y5fpBzggV4U>
  - 1-2 sets of 30-60 seconds per side
- Option 2 – Lacrosse Ball Rolling Forearm Muscles
  - \*Video - <https://www.youtube.com/watch?v=xf72fBX0zvK>
  - 1-2 sets of 30-60 seconds per side

### Pain in Front of Hip

- Option 1 – Quad Stretch on Roller Pad
  - \*Video - <https://youtu.be/Ks8zHSmoky8>
  - 2-3 sets of 60-120 seconds per leg
- Option 2 – Lacrosse Ball Rolling Front of Hip / Upper Thigh
  - \*Video - <https://youtu.be/UolyY9Qt8jU>
  - 1-2 sets of 30-60 seconds per side

### Pain in Knee Joint

- Option 1 – Quad Stretch on Roller Pad
  - \*Video - <https://youtu.be/Ks8zHSmoky8>
  - 2-3 sets of 60-120 seconds per leg
- Option 2 – Band TKEs
  - \*Video - <https://youtu.be/YEMNcU6Gk0A>
  - 2-3 sets of 20 reps per leg

### Pain in Low Back during Lower Body Movements

- Option 1 – Lacrosse Ball Rolling Hamstrings Muscles
  - \*Video - <https://www.youtube.com/watch?v=Cl-T7I2mNg0>
  - 1-2 sets of 30-60 seconds per side
- Option 2 – Learning Proper Bracing during Movement to Identify Correct Hip Tilt
  - \*Video - <https://youtu.be/58XrN5u1F6U>
  - Practice with all relatable movements to develop strength and awareness

## Nutrition Information

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Combining proper nutrition with the template is a MUST to achieve the full benefits. If you would like to learn how to create your own nutrition program that would be specific to your goal, needs, preferences, and schedule please listen to the podcast below.

If you would like help with creating a personalized nutrition program, you can sign up for our Nutrition Coaching service which is explained in the Add-On Services section (next page)

Podcast #1232 – Nutrition – Start Here

<https://www.podbean.com/ew/pb-g8tgy-11ab473>

**\*\*\*PLEASE LISTEN TO THE PODCAST ABOVE BEFORE READING / USING THE NEXT SECTION\*\*\***

As explained in the podcast above the information below represents general guidelines, aka starting places. You must track your nutrition habits for accuracy, track the related responsive data (body weight, energy levels, progression in training, etc.), and then adjust as needed to better pinpoint your habits specifically to your body's responses in reference to your desired outcome

Calories = Ideal Body Weight x 11-15

- 11-13 = if you want to lose body weight; lose fat while maintaining muscle mass
- 12-14 = if you want to maintain weight while building muscle and losing body fat simultaneously
- 13-15 = if you want to gain body weight aim to gain mostly muscle mass with minimal body fat

Protein = Ideal Body Weight x 0.6-1.25g

- 0.6-0.8 = if you're training 2-3 times per week and muscle growth isn't a high priority
- 0.7-0.9 = if you're training 2-3 times per week and muscle growth is a high priority
- 0.8-1.0 = if you're training 3-4 times per week and muscle growth is a high priority
- 1.0-1.25 = if you're training 4+ times per week and want to maximize muscle growth

Distribution / Meal Timing

- Any Time = If your goal is purely weight loss meaning you're not concerned with maximizing body composition or daily energy balance, or minimizing cravings, then when you eat doesn't matter. Studies have shown that meal timing doesn't impact fat loss, but that is independent of all other factors (body composition, muscle growth, daily energy, digestion, craving control, etc.)
- "Thirds" = (most recommended) = If you want to achieve a balance of all factors stated above divide the waking part of your day into 3 "time blocks" of ~5-6 hours. The first time block would start when you wake up. Divide your calorie and protein intake targets into thirds and aim to consume each third in each of the three ~5-6 hour time blocks throughout the day
- "Half-Quarter-Quarter" = (challenging, but best) = This option builds from the "Thirds" approach. In the time block that you workout aim to consume half of your daily calorie and protein intake, then in the other two time blocks consume a quarter of your daily calorie and protein intake. Even if you achieve the full half goal, emphasizing that time block is beneficial

Further details are covered in the podcast such as Carb vs Fat intake, specific food selections, supplements, and more

Visit [www.brutalirongym.com](http://www.brutalirongym.com) for links to our daily podcast, social media channels, and other services!

## Add-On Service

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### **Nutrition Coaching**

Price: \$100 per month (no contract)

This service includes:

- Personalized Nutrition Programming
  - o I will gather personal information regarding your specific goals, past nutritional history, current nutritional habits, schedule, food preferences, etc. Using that information, I will create a personalized nutrition program that will best complement the template so you can achieve the greatest results possible
- Weekly Communication (Live Online Document)
  - o You and I will communicate weekly using a live online document to discuss and share educational content as well as to discuss your nutritional actions each week
- Unlimited Q&A
  - o Using the live online document, you are welcome to ask all questions you have about nutrition; meal schedule, food selection, macronutrient balance, etc. It's an open opportunity to ask anything that will help you understand how to best utilize the nutrition program

## Educational Resources

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### Brutal Iron Gym's Daily Podcast

Available on our website – [www.brutalirongym.com](http://www.brutalirongym.com) – and on most popular podcast platform

Our podcast is listener-driven meaning you can ask any question and we'll answer it in a podcast!

The podcast covers nutrition, training, mindset, trainer education, and much more!

You can send a request via email [brutalirongym@gmail.com](mailto:brutalirongym@gmail.com) or direct message through our website

### Brutal Iron Gym's Instagram Page

Page name - "Brutal Iron Gym"

We post daily content relating to nutrition, training, motivation, mindset, and much more!

If you visit our Instagram page, please follow us to help increase the reach and benefit the page can offer to others!

### Brutal Iron Gym's YouTube Channel

Channel name – "Brutal Iron Gym"

We post weekly content relating to nutrition, training, motivation, mindset, and much more!

If you visit our Instagram page, please follow us to help increase the reach and benefit the page can offer to others!