
BRUTAL IRON GYM – LIVE MONTHLY PROGRAM

FUNCTIONAL ATHLETICISM

MONTH 7

Program Focus

This program is a hybrid program of strength, muscle shape, and athleticism. This program will improve strength for basic barbell movements while blending fun, unique movements that improve mobility, muscle shape, and body weight strength / athleticism.

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.

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

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-dmjy9-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 (Squat Focus)

Education - <https://www.podbean.com/ew/pb-zh5e3-ad03ca>

Education - <https://www.podbean.com/ew/pb-g3v64-b0cf62>

Circuit: ~minimal rests

- Leaning Over Cossack Squats
 - *Video - 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 Squat – Holding Elbows to Knees – for Adductor / Hamstring Stretch
 - *Video - <https://www.youtube.com/watch?v=NYNOT9A66jQ>
 - All Weeks – 3 sets of 5 reps
- Calf Stretch Against Wall (or anything that’s immobile – squat rack, piece of equipment, etc)
 - *Video - <https://youtu.be/dCZAfWKEhol>
 - All Weeks – per side – 3 sets of 30 seconds of each position

Circuit: ~minimal rests

- Body Weight Alternating Reverse Hinge Lunge
 - *Video - <https://www.youtube.com/watch?v=QljC0UOIA3s>
 - Mimic the technique of touching the inside of the ankle on the front leg
 - All Weeks – per side – 3 sets of 5 reps
- Body Weight Power Lunge Jumps – Continuous
 - *Video - <https://www.youtube.com/watch?v=-S8EzdlJhnQ>
 - All Weeks – per side – 3 sets of 5 reps
- Squat Warm Ups
 - Perform the first 3 warm up sets as part of this circuit

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BB Squat – General - ~minimal rests during warm ups; ~3-5 min rests during working sets

- *Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
- *Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
- *Squat Technique Information is in the “Extra Information” section
- *Make an intentional effort to analyze and perfect your technique through all sets
- *For this program we’re going to use the weight you used in Week 4 of the previous program. Our goal each week will be to match or improve upon the weight and/or reps performed. Even if you are only able to match the previous week’s performance, you’ll still be making progress by repeating this weight load percentage for multiple weeks.
 - If you are new to the programming this month – For the percentages below use an estimated one rep max BUT a weight that you feel 100% confident about, it’s better to guess a little lower than a little higher so you can ensure best technique quality.
- *For the first working set aim to start at the lower end of the percentage range listed. If that feels okay, you can increase weight over the remaining working sets within the listed range. You can adjust your weight up or down throughout all working sets as needed to maintain best quality.
- Week 1:
 - 5 sets of 3-5 reps at 80-85%
 - BB Squat Walk Out Hold - <https://www.youtube.com/watch?v=ihM6TEB18lg>
 - Use 110% – Hold the position for 10 seconds
- Week 2:
 - 5 sets of 3-5 reps at 82.5-87.5%
 - BB Squat Walk Out Hold – 110% for 10 second hold
- Week 3:
 - 5 sets of 2-4 reps at 85-90%
 - BB Squat Walk Out Hold – 110% for 10 second hold
- Week 4:
 - 5 sets of 1-3 reps at 87.5-92.5%
 - BB Squat Walk Out Hold – 110% for 10 second hold

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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
- Burpee – Plank into Bottom Squat Stretch
 - *Video - <https://www.youtube.com/watch?v=rkHy1speomM>
 - All Weeks – 3 sets of 5 reps
- Body Weight Single Leg Tuck Jumps
 - *Video - <https://www.youtube.com/watch?v=qUMucFqb2Ug>
 - Week 1 – per side – 3 sets of 3 jumps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Plank into Pike with Single Leg Raise
 - *Video - <https://www.youtube.com/watch?v=E6c0Qft5K4M>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

(Optional) Running – Low Intensity Distance

- *If you’d like to include running / aerobic training into this program you can choose to include the work below at this time of the workout or to perform it separately on another day
- *The distance of the running workout below is set for 3 miles. If you’d like to increase the distance you can increase the ratio of the distances written below. For example, if you want to target a distance of 6 miles you can double the distances written below.
- All Weeks:
 - 0.5 mile at a warm up pace (~5 RPE)
 - RPE = “Rate of Perceived Exertion” = 5 is being active but the activity isn’t very challenging, ~7-8 RPE is definitely challenging but not maximal, ~9-10 RPE is near or at full effort
 - 1 mile at a moderate pace (~7 RPE)
 - 1 mile at an aggressive pace (~9 RPE)
 - 0.5 mile at a recovery pace (~5 RPE)
- Weeks 2-4:
 - Aim to improve your pacing per week aiming to first increase the pacing of the highest RPE bouts, then as you’re able try to increase the pacing of the other bouts if/as possible

Workout 2 – Upper Body (Pull Focus)

(Optional) Running – Speed Work

- *If you'd like to include running / aerobic training into this program you can choose to include the work below at this time of the workout or to perform it separately on another day
- All Weeks:
 - 160ft/50m – 2 runs at ~5 RPE
 - 160ft/50m – 2 runs at ~7 RPE
 - 160ft/50m – 2 runs at ~10 RPE
 - 320ft/100m – 1 run at ~5 RPE
 - 320ft/100m – 1 run at ~10 RPE
 - 650ft/200m – 1 run at ~5 RPE
 - 650ft/200m – 1 run at ~10 RPE

Circuit: ~minimal rests

- Lat Stretch – Quadruped Active Elongation
 - *Video – 4:25 mark - <https://www.youtube.com/watch?v=RDnDU4cbRjU>
 - All Weeks – per side – 3 sets of 3 reps
- Plank from Elbows – Alternating Reach (Plank March)
 - *Video - <https://www.youtube.com/watch?v=LYXuPTXQVQE>
 - All Weeks – per side – 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 3 reps
- Activated Plank
 - *Video - <https://www.youtube.com/watch?v=6w0ekcX3Xg8>
 - All Weeks – 3 sets of 1 max effort rep of 10-60 sec of Time Under Tension (TUT) challenge

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Circuit: ~minimal rests during warm ups; ~3-5 min rests during working sets

- Pull Up – Behind the Neck
 - *Video - <https://www.youtube.com/shorts/SNiYfCy4c6Q>
 - Use whatever hand width decreases elbow stress
 - Reps per Set
 - Week 1
 - 1 set of 60 seconds (as many reps as possible)
 - 1 set of 40 seconds (as many reps as possible)
 - 1 set of 20 seconds (as many reps as possible)
 - Weeks 2-4 – Improve Weekly – Add difficulty or reps within the listed rep range
 - Adjusting Pull Up Difficulty
 - Make Harder
 - *Dip Belt Video - <https://www.youtube.com/watch?v=GyfKx-d613o>
 - Make Easier
 - *Band Assisted - <https://www.youtube.com/watch?v=jgLEjZtwPcw>
- Alternating Single Leg Pike Push Ups
 - *Video - https://www.youtube.com/watch?v=X-GwrKGP_ik
 - Week 1
 - 1 set of 60 seconds (as many reps as possible)
 - 1 set of 40 seconds (as many reps as possible)
 - 1 set of 20 seconds (as many reps as possible)
 - Weeks 2-4 – Improve Weekly – Add difficulty 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 Decline Chest Flye
 - *Video - https://www.youtube.com/watch?v=n_j_rkxExZ8
 - Use weight plate under front of bench to create a 2-inch elevation
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Decline Chest Press
 - *Video - https://www.youtube.com/watch?v=3IOeTh_aQsg
 - Use weight plate under front of bench to create a 2-inch elevation
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Row – Plank Row – Elbow on Bench
 - *Video - <https://www.youtube.com/watch?v=4hxYJwJbHmo>
 - Week 1 – per side – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Workout 3 – Lower Body (Deadlift Focus)

Circuit: ~minimal rests

- Quadruped Adductor Stretch – Straight Leg Broken Frog
 - *Video - <https://www.youtube.com/watch?v=3T4boD5nCo8>
 - All Weeks – per side – 3 sets of 5 pulses
- Running Pigeon Pose
 - *Video - <https://www.youtube.com/shorts/ERxEW2ojues>
 - All Weeks – per side – 3 sets of 5 reps
- Calf Stretch Against Wall (or anything that's immobile – squat rack, piece of equipment, etc)
 - *Video - <https://youtu.be/dCZAFWKEhol>
 - All Weeks – per side – 3 sets of 30 seconds of each position

Circuit: ~1-2 min rests

- Body Weight Squat – Isometric Hold – Alternating External Rotations
 - *Video - <https://www.youtube.com/watch?v=COsxfK7dtck>
 - All Weeks – per side – 3 sets of 5 reps
- Body Weight Kang Squat – Hands on Chest
 - *Video - <https://www.youtube.com/watch?v=BsBLmL-mGjY>
 - All Weeks – 3 sets of 10 reps
- Deadlift Warm Ups
 - Perform the first 3 warm up sets as part of this circuit

BB Sumo Deadlift – Narrow Stance: ~3-5 min rests during working sets

- *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
- *Deadlift Technique Information is in the “Extra Information” section
- *Make an intentional effort to analyze and perfect your technique through all sets
- *Same percentage concepts as with Squats
- Week 1:
 - 5 sets of 3-5 reps at 80-85%
- Week 2:
 - 5 sets of 3-5 reps at 82.5-87.5%
- Week 3:
 - 5 sets of 2-4 reps at 85-90%
- Week 4:
 - 5 sets of 1-3 reps at 87.5-92.5%

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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
- BB Zombie Front Rack Alternating Reverse Lunges
 - *Video - <https://www.youtube.com/watch?v=4sck5Oq3WGk>
 - Week 1 – per side – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Plank – Reach Back & Out
 - *Video – 4:00 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - All Weeks – per side – 3 sets of 5 reps

(Optional) Running – Low Intensity Distance

- *If you’d like to include running / aerobic training into this program you can choose to include the work below at this time of the workout or to perform it separately on another day
- *The distance of the running workout below is set for 3 miles. If you’d like to increase the distance you can increase the ratio of the distances written below. For example, if you want to target a distance of 6 miles you can double the distances written below.
- All Weeks:
 - 0.5 mile at a warm up pace (~5 RPE)
 - RPE = “Rate of Perceived Exertion” = 5 is being active but the activity isn’t very challenging, ~7-8 RPE is definitely challenging but not maximal, ~9-10 RPE is near or at full effort
 - 1 mile at an aggressive pace (~9 RPE)
 - 1 mile at a moderate pace (~7 RPE)
 - 0.5 mile at a recovery pace (~5 RPE)
- Weeks 2-4:
 - Aim to improve your pacing per week aiming to first increase the pacing of the highest RPE bouts, then as you’re able try to increase the pacing of the other bouts if/as possible

Workout 4 – Upper Body (Push Focus)

(Optional) Running – Speed Work

- *If you'd like to include running / aerobic training into this program you can choose to include the work below at this time of the workout or to perform it separately on another day
- All Weeks:
 - 650ft/200m – 2 runs at ~5 RPE
 - 650ft/200m – 2 runs at ~7 RPE
 - 650ft/200m – 1 run at ~10 RPE
 - 320ft/100m – 1 run at ~5 RPE
 - 320ft/100m – 1 run at ~10 RPE
 - 160ft/50m – 1 run at ~5 RPE
 - 160ft/50m – 1 run at ~10 RPE

Circuit: ~1-2 min rests

- **Vacuum Breathing – Standing Bent Over with Hands on Bench**
 - *Video - ~2:00 mark - <https://www.youtube.com/watch?v=dp7-xN9z9Gc>
 - All Weeks – 3 sets of 3 reps – hold each rep for up to 10 seconds if/as you're able to
- **V-Crunches on Bench**
 - *Video - <https://www.youtube.com/watch?v=z61Jvkzqwt4>
 - All Weeks – 3 sets of 30 seconds

Circuit: ~minimal rests during warm ups; ~3-5 min rests during working sets

- **DB Seated Bent Over Lateral Raises**
 - *Video - <https://www.youtube.com/watch?v=p1yQnTNE808>
 - Week 1 – 3 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 Seated Overhead Press – Arnold Press**
 - *Video - <https://www.youtube.com/watch?v=rkuVUKclb7I>
 - 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

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 Squat Clean Thruster – Two DBs**
 - *Video - <https://www.youtube.com/watch?v=lyS6jR7bNMA>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- **Renegade Row – with Push Up**
 - *Video – 0:13 – 0:30 mark - <https://www.youtube.com/watch?v=zWeODg75T50>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Additional Workouts

The first four workouts written within the program are sufficient to produce the desired results of the program. You do not need to add any extra workouts unless you want to address additional aspects above the program such as cardiovascular improvement, additional muscle growth specific to target areas, address specific mobility issues, etc.

It is recommended that any additional workouts are designed to be intentionally low joint stress / low joint impact to prevent delayed recovery which could impact the progression of the main focus of the program.

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

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
- Low Back Protection
 - *Video - <https://youtu.be/WTb61FY9VbE>

Stretching to Address Tight Muscles

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
 - 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

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

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

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