
BRUTAL IRON GYM – LIVE MONTHLY PROGRAM

PURE BODYBUILDING

MONTH 7

Program Focus

This program is focused purely on aesthetic development with a focus on shoulder width, detailed abdominal development, and sweeping thighs.

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-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 – Legs (Quadriceps 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
- MA Seated Calf Raises
 - *Video - <https://www.youtube.com/watch?v=kT53w10nosk>
 - *Tempo Progression Sets – Video - <https://youtu.be/ll6IDOB1gyU>
 - Week 1:
 - 1 set of 8-12 reps with 3-count Eccentric & 3-count Concentric
 - 1 set of 8-12 reps with 2-count Eccentric & 2-count Concentric
 - 1 set of 8-12 reps with a controlled, normal pace
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~1-2 min rests (can perform separately if needed)

- MA Abductor
 - *Video – <https://www.youtube.com/watch?v=bwGZyWBXyb0>
 - Sit upright and pull your belly button inwards to brace your abs and stabilize the hips
 - Week 1 – 1 set of 16-20 reps, 1 set of 12-16 reps, 1 set of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- MA Adductor
 - *Video – <https://www.youtube.com/watch?v=zMoa6dEUynA>
 - Sit upright and pull your belly button inwards to brace your abs and stabilize the hips
 - Week 1 – 1 set of 16-20 reps, 1 set of 12-16 reps, 1 set of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

BB Alternating Reverse Lunges: ~2-4 min rests

- *Video - <https://www.youtube.com/watch?v=qfSeMzCZjdg>
- Week 1 – per side – 2 sets of 6-10 reps, 2 sets of 3-6 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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DB Walking Lunges with Quad Focus: ~2-4 min rests

- *Video - https://www.youtube.com/watch?v=0_BqTvWz9jY
- *Use Wrist Straps to alleviate grip stress – Video - <https://youtu.be/dToKV8HpXQI>
- Week 1 – 3 sets of 10-16 steps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Leg Extensions – Bottom Range Partial: ~2-4 min rests

- *Video - <https://www.youtube.com/watch?v=O5M7KbgWG10>
 - Perform only the bottom ½ of the range of motion
 - Voice over mentions “immediately after your set of leg extensions” but these will be a standalone effort – I liked this video because he moved slow and controlled
- Week 1 – 2 sets of 20-30 reps, 2 sets of 12-20 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Workout 2 – Back | Chest | Shoulders

Circuit: ~2-3 min rests

- Doorway Stretch for Lats
 - *Video - <https://www.youtube.com/watch?v=SAZDip5crww>
 - Can use doorway as shown or anything stationary like a squat rack, piece of equipment, etc
 - All Weeks – per side – 3 sets of ~30 seconds
- CB Lat Pulldown – To Chin with Pause
 - *Video - https://www.youtube.com/watch?v=Z_3xHwuO8Tk
 - Perform each rep with a “1-2-3” count pause at the bottom
 - Week 1 – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Lat Pulldown – 3-Way Pulldowns: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=ytomoRqQX1U>
- Week 1 – 3 sets of 4-8 reps per position
 - Out in front body stationary, out in front with body momentum, to the chest leaning back
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Seated Row – Leaning Forward – Neutral Grip: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=Lip7oIXCZBE>
- Week 1 – 3 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Decline Thumbs-In Chest Flyes: ~1-2 min rests

- *Video – <https://youtu.be/7OAwgn1Psag>
 - Use weight plate under front of bench to create a 2-inch elevation
- Week 1 – 3 sets of 10-14 reps
 - Aim for a weight that creates a burn but don’t risk injury going too heavy
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~3-5 min rests

- 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

Workout 3 – Core | Shoulders | Triceps | Biceps

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=6w0ekcX3Xq8>
 - All Weeks – 3 sets of 1 max effort rep of 10-60 sec of Time Under Tension (TUT) challenge

Circuit: ~2-3 min rests

- DB Seated Bent Over Lateral Raises
 - *Video - <https://www.youtube.com/watch?v=p1yQnTNE808>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Arm Circles
 - *Video - <https://www.youtube.com/watch?v=W431AeylOc>
 - Perform as shown but in a seated position
 - All Weeks – 3 sets of 5-20 circles clockwise into 5-20 circles counter-clockwise

DB Seated Overhead Press – Arnold Press: ~2-4 min rests

- *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

CB Mid-Pulley One Arm Biceps Curl Facing Weight Stack: ~1-2 min rests

- *Video - <https://youtu.be/rr5d0rzMg-8?t=4>
- Week 1 – per side – 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

CB Low Pulley Turned Away One Arm Biceps Curls: ~1-2 min rests

- *Video - <https://youtu.be/utDCgwVnqjk>
- Week 1 – per side – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Triceps Pressdowns Alternating One Arm with Rope Grip for Multiple Set Pump

- *Video - <https://youtu.be/VH43tBSEAs4>
- Week 1 – 5 sets of 20-rep starting weight
- Weeks 2-4 – Improve Weekly – Using a 14-20 rep starting weight – Add weight / reps each week

Workout 4 – Legs (Hamstrings Focus)

Circuit: ~minimal rests

- Cross Legged Glute Stretch
 - *Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
 - All Weeks – per side – 3 sets of 30 seconds
- Lunge Stretch
 - *Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
 - All Weeks – per side – 3 sets of 3 contract/releases
- 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

MA Standing Calf Raises

- *Video - <https://www.youtube.com/watch?v=kctJC4hCOD8>
 - If you do not have a similar machine you can use a Smith Machine with Weight Plates to elevate the toes
- Week 1 – 5 sets of \leq 12-16 reps with consistent weight & 1-minute rests
 - Use the same weight on all sets starting with a max effort of the listed rep range – with the shortened rest periods your reps will decrease per set, that's okay and to be expected, just try your best each set – record the total rep count for record keeping
 - Rest 3 minutes
 - Repeat the same concept with the same weight aiming for as many reps as possible per set
- Weeks 2-4 – Improve Weekly – Add weight or reps to stay within the listed rep range for the first set

MA Lying Leg Curls: ~1-2 min rests

- *Video – https://www.youtube.com/watch?v=NIZeAGZ_YJw
- Week 1 – 1 set of 20-30 reps, 1 set of 16-20 reps, 1 set of 12-16 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

BB RDL from Rack – with Slow Eccentric & Pause: ~3-5 min rests

- *Video - <https://www.youtube.com/watch?v=vol7YkUnYHo>
 - Eccentric = 3-count
 - Pause = 1 count
- Week 1 – 2 sets of 6-10 reps, 2 sets of 3-6 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Hinge Focused Reverse Lunge – Hang Hold: ~2-3 min rests (rest between legs)

- *Video - <https://www.youtube.com/watch?v=N-J5nnVblw8>
- *Use Wrist Straps to alleviate grip stress – <https://youtu.be/dToKV8HpXQI>
- Week 1 – per side – 3 sets of 5-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Lower Body Stretches

- *These are added at the end of the workout to reduce lower back tightness during the recovery time after the workout – Perform these until they feel easy – then use them if/when needed
- Cross Legged Glute Stretch
 - *Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
 - All Weeks – per side – 1 set of 1-2 minutes
- Lunge Stretch
 - *Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
 - All Weeks – per side – 1 set of 3-5 contract/releases
- Hamstring Stretch
 - *Video - https://www.youtube.com/watch?v=E0GLw5I_rk
 - All Weeks – per side – 1 set of 3-5 contract/releases

Workout 5 – Chest | Back | Shoulders

Lacrosse Ball Rolling Chest Muscle

- *This therapy is used to address tight musculature of the upper chest. Try this therapy to see if it helps reduce front shoulder pain and increase available range of motion for the workout. If you feel this is beneficial, keep performing it at the start of the workout, however if you feel that it is not beneficial, you do not have to continue to perform this therapy
- *Video - <https://youtu.be/MD9gtluhgaY>
- All Weeks – per side – 1 set of 1-2 minutes

MA Chest Flye – Full ROM into Inner Partial ROM: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=1LGCP-d4i7k>
- Week 1 – 3 sets of 8-12 reps for each ROM
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Chest Flyes with Feet on Bench: ~2-3 min rests

- *Video – 4:41 mark - <https://youtu.be/ODSd9HJsGpA?t=281>
- Week 1 – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Chest Press – Feet on Bench: ~3-5 min rests

- *Video - <https://www.youtube.com/watch?v=CWtY-TuecmY>
 - While in this position maintain an arch but pull your abs inward to protect the low back
- Week 1 – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Seated One Arm Row with D-Ring Handle: ~1-2 min rests

- *Video - <https://www.youtube.com/watch?v=oV2FyZzjQN4>
- 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

CB Seated Row – Leaning Forward – High Pull – Overhand Grip: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=vgNkk4PQL8>
- Week 1 – 3 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Workout 6 – Core | Shoulders | Triceps | Biceps

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

DB Seated Girona Lateral Raise: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=ga6uhrVY3ZM>
- Week 1 – 3 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Seated Sir Charles Lateral Raises: ~2-3 min rests

- *Video - <https://www.youtube.com/watch?v=GYWYUJbhcSo>
- Week 1 – 2 sets of 4-8 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

DB Standing Lateral Raises

- *Video - https://www.youtube.com/watch?v=y5T-xm7i_oM
- Week 1 – 5 sets of $\leq 12-16$ reps with consistent weight & 1-minute rests
 - Use the same weight on all sets starting with a max effort of the listed rep range – with the shortened rest periods your reps will decrease per set, that's okay and to be expected, just try your best each set – record the total rep count for record keeping
 - Rest 3 minutes
 - Repeat the same concept with the same weight aiming for as many reps as possible per set
- Weeks 2-4 – Improve Weekly – Add weight or reps to stay within the listed rep range for the first set

Circuit: ~1-2 min rests

- CB High Pulley Biceps Curls with Rope Grip
 - *Video - <https://www.youtube.com/watch?v=XcSPqLojVlo>
 - Shows a kneeling version but you can perform this standing up
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- CB Triceps Pressdowns – Rope Grip to Wide Pull Apart
 - *Video - <https://www.youtube.com/watch?v=-xa-6cQaZKY>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Biceps Curls with Rope Grip with Wrist Rotation (“Outside Grip”): ~1-2 min rests

- *Video - <https://www.youtube.com/watch?v=w2VauHHR1to>
- Week 1 – 3 sets of 10-16 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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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Educational Resources

Brutal Iron Gym's Daily Podcast

Available on our website – 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 or direct message through our website

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