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## BRUTAL IRON GYM TRAINING PROGRAM TEMPLATE

### FAT LOSS & SHAPING – 60 MINUTE WORKOUTS

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#### **Template Focus**

This template is designed to improve muscular shape and promote fat loss. The template will also improve strength, mobility, cardiovascular endurance, and muscular endurance

Combining proper nutrition with the template 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**

All workouts are structured with a full body focus which allows for variability of schedule and frequency of the workouts per week without causing any specific body part to be under-trained.

For best results it's recommended to workout at least 2 times per week, with 3-5 days being the recommended frequency

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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## Template Notes

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The template is written with explanations of exercise categories and how to structure those categories into a per workout format. The benefit of using exercise categories within the template allows for the user to select specific exercises that best address their individual needs.

The information presented below will help teach how to make the best exercise choices based on your individual needs

### Exercise Choice Considerations

- Proximity of Exercises
  - o When selecting exercises as part of a circuit (a group of exercises intended to be performed back-to-back) it's helpful to select exercises that can be performed in the same general area. The concept of a circuit is that the exercises are to be performed with short transition times between the exercises so selecting exercises that are near each other (if using multiple pieces of equipment) is helpful to maximize the benefit of the use of the circuit concept
- Flow of Exercises
  - o When selecting exercises as part of a circuit it's helpful to select exercises that allow for comfortable, manageable transitions. For example, selecting exercises that require you to alternate laying down and standing up can be an annoyance when trying to perform the circuit, so, it's best to limit the number of positional changes and/or to have the flow of the positional changes feel logical and efficient in energy
- Difficulty of Exercises
  - o When using a template that allows for open choices for specific exercises learning which exercises are best for you is part of the process (and the benefit) so it's reasonable that there may be "learning moments" that will require you to adjust. When selecting exercises, if you perform the first set of the exercise and find the exercise is either too easy or too difficult, it is recommended that you change the exercise instead of continuing with the exercise and spending the time and energy in an inefficient, ineffective way
- \*Resources:
  - <https://www.podbean.com/ew/pb-3bi9e-118fd77>
  - <https://www.podbean.com/ew/pb-khzs7-119c8c1>

### Frequency of Exercise Changes

It is recommended to change specific exercises every 4 weeks. In some cases, it is reasonable to change specific exercises sooner or a few weeks later; however, the change frequency of 4 weeks allows for the best balance of the pros and cons of differing changing frequencies

\*Resources:

- <https://www.podbean.com/ew/pb-8uctf-12edcd3>
- <https://www.podbean.com/ew/pb-4rdus-11b81ef>

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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 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>

## Template Overview

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### Per Workout Structure

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Exercise for: Thoracic / Shoulder Mobility / Strengthening
  - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Core Strengthening / Bracing
  - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Hip-based Mobility / Strengthening
  - 3 sets of 10-40 seconds Time Under Tension (TUT)

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- Exercise for: Lower Body with Knee-Bend Focus
  - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Lower Body with Hip-Bend Focus
  - 3 sets of 20-40 seconds Time Under Tension (TUT)

#### Main Upper Body Circuit: ~2-4 minute rests

- Exercise for: Upper Body with Push Focus
  - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Upper Body with Pull Focus
  - 3 sets of 20-40 seconds Time Under Tension (TUT)

#### Muscle Cardio Finisher

- Exercise(s) for: Full Body and/or Known Weakness
  - 3-5 sets of 20-40 seconds Time Under Tension (TUT) with a ratio of rest time between 0.5-2 times the TUT

The structure is simplistic in presentation on purpose to help with clarity however there are limitless ways to modify the structure to increase variety and personalization. Examples of possible modifications are explained in the “Template Variations for Increased Personalization & Variability” section

## Template Explanation

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### Movement Prep Circuit

- Total Time to complete all working sets = ~10-14 minutes
- Rest Time between rounds of the circuit = ~minimal rests
- Exercises – Can be performed in any order
  - Select 1 exercise for: Thoracic / Shoulder Mobility / Strengthening
    - The highest priority of exercise selection would be to address any existing mobility issues
      - Thoracic Mobility Information & Self-Testing:
        - <https://www.youtube.com/watch?v=fGXZbmjvSAs>
    - The second priority of exercise selection would be to strengthen the muscles
      - Examples of Thoracic Strengthening exercises are included in the link below and in the Example Workouts
        - <https://www.youtube.com/watch?v=8kk0nO3wavo>
  - Select 1 exercise for: Core Strengthening / Bracing
    - The highest priority of exercise selection would be to address the ability to brace the core as is needed in heavy self-supporting exercises such as squats, deadlifts, etc
      - Core Bracing Information:
        - <https://www.youtube.com/watch?v=58XrN5u1F6U&t=2s>
    - The second priority of exercise selection would be to strengthen the muscles
      - Examples of Core Strengthening exercises are included in the link below and in the Example Workouts
        - <https://www.youtube.com/watch?v=5feZcZJGy3I>
  - Select 1 exercise for: Hip-based Mobility / Strengthening
    - The highest priority of exercise selection would be to address any existing mobility issues
      - Hip Mobility Information & Self-Testing:
        - <https://www.youtube.com/watch?v=zc6-kQO1ucg>
    - The second priority of exercise selection would be to strengthen the muscles
      - Examples of Hip-based Strengthening exercises are included in the link below and in the Example Workouts
        - <https://www.youtube.com/watch?v=1DCHTHo7SxE&t=74s>
- Per Exercise – Sets / Time Under Tension (TUT)
  - \*These guidelines do not apply to self-tests – only exercises that involve continuous tension and repetitions of effort
  - If mobility is the goal
    - 3 sets of ~20-40 seconds TUT
  - If strengthening is the goal
    - 3 sets of ~10-30 seconds TUT

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### Main Lower Body Circuit

- Total Time to complete all working sets = ~12-18 minutes
- Rest Time between rounds of circuit = ~2-4 minute rests
- Exercises – Can be performed in any order
  - Select 1 exercise for: Lower Body with Knee-Bend Focus
    - Select an exercise that specifically targets the Quadriceps either in isolation or in combination with other muscles
    - Common examples are Squats, Split Squats, Step Ups, Lunges, Machine Leg Extensions, etc. A common characteristic of these exercises is that the torso stays rather upright throughout the movement
    - Specific examples of Lower Body Knee-Bend Focus exercises are included in the Example Workouts
  - Select 1 exercise for: Lower Body with Hip-Bend Focus
    - Select an exercise that specifically targets one or more of the following: hamstrings, adductors, abductors, glutes
    - Common examples are Stiff Legged Deadlifts, Romanian Deadlifts, Hip Thrusts, Machine Leg Curls, etc. A common characteristic of these exercises is that the upper body pivots at the hips and alternates from upright to bent over to perform the repetitions
    - Specific examples of Lower Body Hip-Bend Focus exercises are included in the Example Workouts
- Per Exercise – Sets / Time Under Tension (TUT)
  - 3 sets of 20-40 seconds Time Under Tension (TUT)

### Main Upper Body Circuit

- Total Time to complete all working sets = ~12-18 minutes
- Rest Time between rounds of circuit = ~2-4 minute rests
- Exercises – Can be performed in any order
  - Select 1 exercise for: Upper Body with Push Focus
    - Select an exercise that specifically targets one or more of the following: chest, front shoulders, triceps
    - Common examples are Chest Press, Overhead Press, Dips, Triceps Extensions, etc. A common characteristic of these exercises is that you're contracting against the weight to push it away from yourself
    - Specific examples of Upper Body Push Focus exercises are included in the Example Workouts
  - Select 1 exercise for: Upper Body with Pull Focus
    - Select an exercise that specifically targets one or more of the following: back, middle shoulders, rear shoulders, biceps
    - Common examples are Rows, Pull Ups/Downs, Lateral Raises, Biceps Curls, etc. A common characteristic of these exercises is that you're contracting to pull the weight towards yourself
    - Specific examples of Upper Body Pull Focus exercises are included in the Example Workouts
- Per Exercise – Sets / Time Under Tension (TUT)
  - 3 sets of 20-40 seconds Time Under Tension (TUT)

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### Muscle Cardio Finisher

- Total Time to complete all working sets = ~5-10 minutes
- Rest Time between rounds of circuit = 0.5-2 times the Active Time of completing a working set
  - If you select one or more exercises, the time it takes to complete the working set(s) of the exercises is called the “Active Time”. Your rest time would be a multiple of that Active Time of 0.5-2. The range is intended to allow personalization to your cardiovascular abilities. You want to take enough rest so that you can perform the next working set(s) safely, but you don’t want to take too long of a rest that it underutilizes the intent of creating a cardiovascular stimulus
  - The best rest period would be a ratio of Active Time to Rest that allows for muscular burning / fatigue to match the intensity of the cardiovascular stimulus
- Exercises
  - Exercise selection in this section of the workout can be highly variable depending on the individual. You can select a single exercise or a circuit of 2-3 exercises that can be focused on the whole body or on a specific muscle / function of the body if you’re wanting to target a known weakness
  - Common full body examples are Burpees, Clean & Press, Kettlebell Swings, Tire Flips, Sled-based movements, etc. A common characteristic of these exercises is that you’re able to perform the movement for enough Time Under Tension (TUT) to allow for the buildup of cardiovascular fatigue to match the muscular endurance stimulus
  - Specific examples of Muscle Cardio Finisher exercises are included in the Example Workouts
- Per Exercise – Sets / Time Under Tension (TUT)
  - 3-5 sets of 20-40 seconds Time Under Tension (TUT)
- Resource:
  - <https://www.podbean.com/ew/pb-d5rrr-9a69b1>

## Example Workouts – Beginner

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### Workout 1

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Vacuum Breathing – Lying on Back
  - \*Video - <https://www.youtube.com/watch?v=loaBqxLNgrM>
  - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Floor Slides for Thoracic Mobility
  - \*Video - <https://www.youtube.com/watch?v=00xwlpFk6r0>
  - Week 1 – 3 sets of 10 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Glute Bridge – Cross Legged Bridge
  - \*Video – 2:49 mark - [https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Goblet Hold Box Squat
  - \*Video - <https://www.youtube.com/watch?v=5Qb9ZnsnQ2s&t=57s>
    - Shows a KB, you can use a KB or DB
    - Use a stance outside of shoulders with toes out, as shown in video
  - Week 1 – 3 sets of 10-20 reps
  - 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
  - Week 1 – 3 sets of 6-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Chest Press
  - \*Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand & Knee on Bench
  - \*Video – 0:00 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Body Weight Squat to Calf Raise
  - \*Video - [https://www.youtube.com/watch?v=AXPF2ps\\_V10](https://www.youtube.com/watch?v=AXPF2ps_V10)
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Plank from Elbows – Alternating Leg Lifts
  - \*Video - <https://www.youtube.com/watch?v=whRaAg0tYC8>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workouts – Beginner

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### Workout 2

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Vacuum Breathing – on Hands & Knees (Quadruped)
  - \*Video - ~1:05 mark - <https://www.youtube.com/watch?v=loaBqxLNgrM>
  - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Quadruped Thoracic Reach
  - \*Video - [https://www.youtube.com/watch?v=9wM\\_U6dIWF0](https://www.youtube.com/watch?v=9wM_U6dIWF0)
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Body Weight Glutes – Quadruped Hip Circles
  - \*Video – 5:44 mark - <https://www.youtube.com/watch?v=hX7UrI8Pz0w&t=11s>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Goblet Hold Lateral Box Squat
  - \*Video - <https://www.youtube.com/watch?v=k5xWw4Zk5w4>
  - Week 1 – per side – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Split Stance RDL with One Dumbbell
  - \*Video - <https://youtu.be/rhxnxiTt2M4>
    - Emphasize most of your weight on the front leg – focus on pushing the hips back to initiate the movement – this helps reduce low back strain
  - Week 1 – per leg – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Chest Press with Neutral Grip
  - \*Video - <https://www.youtube.com/watch?v=cQGov35ph50>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand on Bench Feet in Open Stance
  - \*Video – 0:17 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Body Weight Alternating Reverse Lunges
  - \*Video - [https://www.youtube.com/watch?v=OX0fKkaY6\\_c](https://www.youtube.com/watch?v=OX0fKkaY6_c)
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Plank from Elbows with Alternating Knee Tucks
  - \*Video - <https://www.youtube.com/watch?v=GVOji246pLU>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workouts – Beginner

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### Workout 3

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Vacuum Breathing – Seated
  - \*Video - <https://www.youtube.com/watch?v=cub3xhJXsAA>
  - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Seated Thoracic Rotations
  - \*Video - <https://www.youtube.com/watch?v=qY6l2O3QwbM>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Seated Hip Mobility – One Leg Skater
  - \*Video – 2:42 mark - [https://www.youtube.com/watch?v=58qcNcVw\\_K4](https://www.youtube.com/watch?v=58qcNcVw_K4)
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Goblet Hold Squat with Slow Eccentric & Pause
  - \*Video - <https://www.youtube.com/watch?v=CclsK6Hbq4M>
    - Or can use KB with this grip - <https://www.youtube.com/watch?v=jDneVSrIF2U>
  - \*Perform with a 3-count eccentric, 3-count pause, AND a 3-count concentric
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Hang Hold Deadlift
  - \*Video - <https://www.youtube.com/watch?v=EP1Ljfh4OnY>
    - 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
  - Week 1 – 3 sets of 10-20 reps – switch arms halfway through the set
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Standing One Arm Overhead Press
  - \*Video - <https://www.youtube.com/watch?v=4INnugPeyIQ>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Gorilla Row
  - \*Video - <https://www.youtube.com/watch?v=mT0T1Bszej0>
    - Stand with most of your body weight in your heels with your hips pushed back to get into position – similar to the DB One Arm Hang Hold Deadlift – this reduces low back stress
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Body Weight Alternating Side Lunges
  - \*Video - <https://www.youtube.com/watch?v=FW9jHAMnIcM>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Plank from Elbows – Hip Raise
  - \*Video – 1:20 mark - <https://www.youtube.com/watch?v=zpEUJ7BIMpM>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Intermediate

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### Workout 1

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Deep Squat into Hamstring Stretch
  - \*Video - <https://www.youtube.com/watch?v=C8QjknzXYgc>
  - Week 1 – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Deep Squat with Alternating Thoracic Overhead Reach Rotation
  - \*Video - <https://www.youtube.com/watch?v=CLoPcU9-JCk>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Deep Squat into Reptile Push Up
  - \*Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Goblet Hold Alternating Curtsy Lunge
  - \*Video - <https://www.youtube.com/watch?v=H2Zzn5YJvOk>
  - Week 1 – per leg – 3 sets of 5-10 reps (10-20 reps total per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Stiff Legged Deadlifts – One DB
  - \*Video - [https://www.youtube.com/watch?v=Bnk99djQ2\\_Y](https://www.youtube.com/watch?v=Bnk99djQ2_Y)
  - Week 1 – per arm – 3 sets of 5-10 reps (10-20 reps total per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Standing One Arm Overhead Press
  - \*Video - <https://www.youtube.com/watch?v=4INnugPeyIQ>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Row – Self-Supported
  - \*Video - [https://www.youtube.com/watch?v=cdmW\\_CeljCg](https://www.youtube.com/watch?v=cdmW_CeljCg)
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – No Push Up
  - \*Video - <https://www.youtube.com/watch?v=HfV1UBKzQTo>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Push Up with Extreme Scapular Protraction
  - \*Video - <https://www.youtube.com/watch?v=8nqDzIfQpql>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Intermediate

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### Workout 2

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Half Kneeling Thoracic Rotation
  - \*Video – 2:17 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Half Kneeling Hip Flexor Stretch with Overhead Reach
  - \*Video - <https://www.youtube.com/watch?v=Jbq8uaPibh4>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Half Kneeling Hamstring Stretch
  - \*Video – 1:55 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Goblet Hold Alternating Side Lunges
  - \*Video - <https://www.youtube.com/watch?v=flqSvpkhATo>
  - Week 1 – per leg – 3 sets of 5-10 reps (10-20 reps total per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Single Leg Stiff Legged Deadlift – One Dumbbell
  - \*Video - <https://www.youtube.com/watch?v=-B7v7lAtPso>
  - Week 1 – per leg – 3 sets of 5-10 reps (10-20 reps total per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB One Arm Clean & Press
  - \*Video - <https://www.youtube.com/watch?v=naMjFXp1MWI>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Row – Suitcase Row
  - \*Video - <https://www.youtube.com/watch?v=ZpQ0-0wzvNM>
  - Week 1 – per arm – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – Bottom (Squat Pause with No Push Up)
  - \*Video – 0:29 mark - <https://www.youtube.com/watch?v=7cSoiLY3bfY>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Push Ups – Slow Eccentrics – 5 count lowering
  - \*Video - <https://www.youtube.com/watch?v=69GslWMac3c>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Intermediate

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### Workout 3

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- 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
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Bent Over Thoracic Rotations – Wide Stance
  - \*Video - <https://www.youtube.com/watch?v=qnF9CspVhvQ>
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Plank – Knee Tucks
  - \*Video - <https://www.youtube.com/watch?v=LWWYIwGW4HA>
  - Week 1 – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Front Rack Squat – Two DBs
  - \*Video – <https://www.youtube.com/watch?v=B86Zj72LwzA>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Alternating Stiff Legged Deadlifts into RDLs
  - \*Video - <https://www.youtube.com/watch?v=Twwhyw38INA>
  - Week 1 – per position – 3 sets of 5-10 reps (10-20 reps total per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Clean & Press – Two DBs
  - \*Video - <https://www.youtube.com/watch?v=2YedyLmkDRE>
  - \*Video for Low Back Protection - <https://youtu.be/WTb61FY9VbE>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Dual Bent Over Rows – Elbows Flared for Mid-Back
  - \*Video – 1:01 mark - <https://www.youtube.com/watch?v=HE5IBnWYEq4>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – Lunge Burpee
  - \*Video – 1:45 mark - <https://www.youtube.com/watch?v=WXJ76hJPcFI>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Hand Release Push Ups
  - \*Video - <https://www.youtube.com/watch?v=hfaUWLlhvKk>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Advanced

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### Workout 1

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Spiderman Lunge with Hip Lift
  - \*Video – 0:53 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Spiderman Lunge with Reach
  - \*Video – 2:01 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side 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 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Thruster
  - \*Video - <https://www.youtube.com/watch?v=u3wKkZjE8QM>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Power Cleans Narrow Stance into Wide Stance – Two DBs
  - \*Video – 1:10 mark - <https://www.youtube.com/watch?v=x8cffe6CUe>
  - Week 1 – per position – 3 sets of 5-10 reps (10-20 total reps per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Push Ups
  - \*Video - <https://youtu.be/Hj-X-KfX01c>
  - Week 1 – 3 sets of 25 seconds challenge
  - Weeks 2-4 – Improve Weekly – Each week add 5 seconds
- DB Dual Bent Over Rows – Floor Tapping to Normal Style
  - \*Video – 1:28 mark - <https://youtu.be/XLYa1Er8ZkU>
  - Week 1 – per position – 3 sets of 5-10 reps (10-20 total reps per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – One Arm
  - \*Video – 0:46 mark - <https://www.youtube.com/watch?v=7cSoiLY3bfY>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Bird Dog Push Up
  - \*Video – 3:41 mark - <https://www.youtube.com/watch?v=PBHnN3gQvoM>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Advanced

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### Workout 2

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- Half Kneeling Prisoner Wall Circles
  - \*Video - <https://www.youtube.com/watch?v=465J6Cu1zK8>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Supine 90 90 Hip Lift with Feet on Wall
  - \*Video - <https://www.youtube.com/watch?v=zWc4bV7QoFY>
  - Week 1 – 3 sets of 3 reps – hold each lift for a “1-2” count
  - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Active Leg Raise with Wall Bug
  - \*Video – 9:21 mark - <https://www.youtube.com/watch?v=iEMc3BBQ5Mg>
    - The focus is pulling the ab wall inwards while maintaining a straight leg during the raise to help stretch the hamstring of the lifting leg
  - Week 1 – per side – 3 sets of 3 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Front Rack Reverse Lunge – One DB – Opposing Side Loading
  - \*Video - <https://www.youtube.com/watch?v=Itsvw0JmHWY>
  - Week 1 – per leg – 3 sets of 5-10 reps (10-20 total reps per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Swing with Hip Drive Focus – One Arm
  - \*Video - <https://www.youtube.com/watch?v=tINtlo4bC2E>
    - If the dumbbell is too large to be held palms down, you can hold it palm neutral
  - Week 1 – 3 sets of 10-20 swings (switch arms halfway through the set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Continued on next page...



### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- DB Half Kneeling One Arm Overhead Press
  - \*Video - <https://www.youtube.com/watch?v=PDWNs3oPCow>
  - Week 1 – per arm – 3 sets of 5-10 reps (10-20 total reps per set)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Row – Standing on One Leg
  - \*Video - [https://www.youtube.com/watch?v=3I9bmLuT\\_jU](https://www.youtube.com/watch?v=3I9bmLuT_jU)
  - Week 1 – per arm – 3 sets of 5-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – DB Push Up Burpee into DB Bent Over Row (no jump)
  - \*Video - <https://www.youtube.com/watch?v=e9LgiG60p0M>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Body Weight Squat to Alternating Jump Lunges
  - \*Video – 1:55 mark - <https://www.youtube.com/watch?v=qLf4ig8iOOo>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Example Workout – Advanced

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### Workout 3

#### Movement Prep Circuit: ~minimal rests

- \*Can perform in any order
- KB Half Kneeling Adductor Stretch
  - \*Video - <https://www.youtube.com/watch?v=YT0KUNuY7QM>
  - Week 1 – per side – 3 sets of 5 reps
  - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- KB Half Kneeling Halos
  - \*Video - <https://www.youtube.com/watch?v=iFPwr-iPN8M>
  - Week 1 – per side – 3 sets of 3 rotations per direction
    - 6 rotations per side = 12 total rotations per set
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Drag Plank (DB/KB)
  - \*Video - <https://www.youtube.com/watch?v=V4h4Cl4VYn0>
  - Week 1 – 3 sets of 10-20 reps (1 drag = 1 rep / Reps are Total not per side)
  - Weeks 2-4 – Improve Weekly – Increase resistance and/or add reps within the listed rep range

#### Main Lower Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- KB Clean into Goblet Squat
  - \*Video - <https://www.youtube.com/watch?v=qE3e72AGgl4>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- KB Swing Alternating Styles – Squat Style & Hinge Style
  - \*Video - <https://youtu.be/75ewsIS7f0Y>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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### Main Upper Body Circuit: ~2-4 minute rests

- \*Can perform in any order
- KB One Arm Upright Row
  - \*Video - <https://www.youtube.com/watch?v=IPm-aAvQjnA>
  - Week 1 – per arm – 3 sets of 5-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- KB One Arm Overhead Press
  - \*Video - <https://www.youtube.com/watch?v=9zn4BBrFrIo>
  - Week 1 – per arm – 3 sets of 5-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Muscle Cardio Finisher

- Rest Time between working sets should be between 0.5-2 times the amount of time it takes to complete a single working set(s). The shorter the rest the greater the emphasis on cardiovascular development, the longer the rest the greater the emphasis on muscular development
- Burpee – Half Burpee – Low Push Up Tuck
  - \*Video – 3:45 mark - [https://www.youtube.com/watch?v=1lhPhkoBc\\_M](https://www.youtube.com/watch?v=1lhPhkoBc_M)
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week
- Plank – Alternating Arm & Leg Raise
  - \*Video - <https://www.youtube.com/watch?v=9IL43w4XacA>
  - Week 1 – 3 sets of 25 seconds
  - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

## Template Variations for Increased Personalization & Variability

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### Order of Exercises

Changing the order of the exercises within each circuit can create variety within the program without losing the benefits of the template. This can also be used to allow exercises that target known weaknesses to be first within the circuit so they can be prioritized for best weight load capacity and technique proficiency

### Changing Time Under Tension Targets

The time under tension targets listed within the template are specifically chosen to blend muscular development and caloric usage – specifically for shaping muscles and burning body fat. However, you can change the time under tension targets per exercise to change the focus of the exercise more towards strength, more solely towards muscular development, or more towards caloric usage. Listen to the resource podcast to learn more about which time under tension ranges best target which goals.

\*Resources:

<https://www.podbean.com/ew/pb-k67bm-ac934d>

### Changing Working Set Intensity Structure

The working sets listed within the program are to be performed with even intensity, meaning that each working set is intended to be performed 1 rep short of good form failure and/or performed to good form failure. One way to create more variety within the program is to change the working set intensity scheme. For example, you can perform 1-2 working sets with full focus on the quality of the movement, maintaining perfect form and stopping 1-2 reps short of good form failure. Then, on the final working set of the exercise you can add an intensity modifier, known as an intensity technique. These types of techniques help push the working muscle(s) beyond normal levels of failure which can add new stimulus and new variety to the workouts. The resource podcast explains several intensity techniques that can be used within the template structure

\*Resource:

<https://www.podbean.com/ew/pb-scyv7-1201f36>

### Combining the Main Circuits

Performing the two separate Main Circuits of the template as written, with two exercises within each circuit, are structured separately based on the 60-minute time target. However, there are a few options for how to adjust the Main Circuits to create more variety and personalization

You can choose to eliminate one of the Main Circuits using only the lower body or the upper body circuit per workout. This can allow the workouts to switch from a Full Body focus to either a Lower Body or an Upper Body focus. This can be beneficial if you're performing workouts on back-to-back days and are not recovered enough between the two workouts for both workouts to be full body focused. Splitting the focus to lower body vs upper body can allow for greater recovery of the targeted muscles per workout if you feel the greater recovery time is needed

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You may also choose to combine the Main Circuits into one circuit of four exercises. This can allow the workout to be performed in a shorter time frame if that is needed. To further aide in reducing the total workout time, you can reduce the number of working sets from 3 working sets to 2 working sets

Combining the two Main Circuits into one circuit will increase the cardiovascular stress compared to the original template however it can allow for more cardiovascular stress if that is desirable

#### Mixing the Main Circuit Focus

You can choose to vary which two exercise categories you pair within each circuit. You can pair the two lower body exercises and the two upper body exercises per circuit as shown in the template, or you can pair one lower body and one upper body exercise to create more variety as well

#### Moving Equipment to Same Proximity (if applicable)

In the workout examples only free weight exercises were used to increase the universal applicability of the workouts however the use of machines can be incorporated into the workouts. If the facility you're working in is a home gym, a private gym, or a small semi-private gym you can incorporate more machines into the workouts easily without interference from others, however if you're working out in a commercial gym you may be limited to only incorporating a single machine with the use of free weights. For example, you may choose to use a Leg Press as part of your Main Lower Body Circuit, if so you can use dumbbells, kettlebells, or other free weight exercise options or even body weight exercises without interference from others while being able to include the machine into your workout

## 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=ZuAeilrCK6Q>
  - \*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>

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## 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

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## 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!

## Program Add-On Services

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### Template Education

Price: \$100 (one-time payment for 1-month service)

This service includes:

- Personalized Specific Exercise Selection Education
  - o I will gather personal information regarding your specific goals, past training history, past injuries, current abilities, equipment availability, etc. Using that information, I will help you select the best specific exercises for you per exercise selection category explained in the template
- 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 experiences with the workouts each week
- Unlimited Q&A
  - o Using the live online document, you are welcome to ask all questions you have about the template, exercise selection, exercise / workout performance, etc. It's an open opportunity to ask anything that will help you understand how to best utilize the template

### 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

Continued on next page...

## **Online Coaching**

Price: \$200 per month (no contract)

This service includes:

- Personalized Specific Exercise Selection Education
  - o I will gather personal information regarding your specific goals, past training history, past injuries, current abilities, equipment availability, etc. Using that information, I will help you select the best specific exercises for you per exercise selection category explained in the template
- 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 and your experiences with the workouts each week
- Unlimited Q&A
  - o Using the live online document, you are welcome to ask all questions you have about the template such as exercise selection, exercise / workout performance, etc., and your nutrition such as 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 template and nutrition program

\*Resource to learn more about Online Coaching:

<https://www.podbean.com/ew/pb-sxn6u-1162370>

## **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!

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