



HIGHLY EFFECTIVE WORKOUT REGIME

To Build And Shape Muscles
While Shedding Body Fat At A Rapid Pace

12 Core Exercises To Develop Dynamic Strength
The 10 Commandments Of Weight Training
6 Steps To Developing Phenomenal Endurance And Stamina

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INTRODUCTION

Congratulations!

In this book, we'll show you how to wade through the maze of nutritional confusion to discover just how to eat to complement your workout strategy.

We'll show you how to balance out your training with an anaerobic component that will allow you to build and shape muscle while shedding body fat. It all adds up to the body that you thought you'd never achieve, but know that you deserve.

Let us show you how to claim it . . .

CHAPTER 1

MAKING SENSE OF NUTRITION



Exercise specialists used to say that nutrition accounted for 60 -70% of a person's fitness success equation. With the benefit of more thorough study, that percentage has been revised to the 80 - 85% level. That means that, even if you're acing it with your training sessions, you will only get 15% of the possible benefit from your efforts - unless you are absolutely on top of your nutrition. With so much at stake, then, it's about time for a little Nutrition 101.

The Calorie

A calorie is simply a measure of heat energy. Because food releases energy as it burns inside the body, the more calories a food contains, the more energy it will release. Body-fat is stored energy, much like a reserve gas tank for your car. Each pound of fat contains 3,500 calories.

Think of your body's calorie balance much like your bank account. When the amount of energy you consume in a day is equal to the amount of energy you consume, nothing changes - the account stays the same.

When your caloric expenditure exceeds your intake, however, your body-fat balance decreases. Conversely, when your intake exceeds your expenditure you will add calories in the form of fat. This may seem obvious but it underscores a fundamental truth about nutrition - calories count. You cannot outsmart this fact by cutting carbs to lose weight or increasing protein to build muscle. Regardless of what else you do, you simply must get the calorie balance right in order to maintain a healthy level of body-fat.

Fat

Fat makes you fat. What could be more logical than that? Unfortunately, it's not quite true. Bad fat certainly can pack on the pounds, but there is such a thing as good fat. In fact a deficiency in essential fatty acids can lead to all manner of health problems. The two major categories of fat are saturated and unsaturated. Saturated fats mostly come from animal sources. Their problem lies in their ability to elevate blood cholesterol levels. They also lack the essential fatty acids needed by the body.

Unsaturated fats are further divided into polyunsaturated and monounsaturated types. They are mainly derived from vegetable plant sources and are usually liquid at room temperature. Polyunsaturated fats contain essential fatty acids such as Omega-3 and Omega-6. Both types help to improve heart health by lowering blood cholesterol levels.

Protein

Protein is the raw material from which your body is constantly renewing itself. The smallest unit of protein is the amino acid. The body requires 20 amino acids in order to build and repair itself. Of these 20 amino acids, your body can manufacture 11 of them. The other nine are essential and must be supplied through the foods we eat. Of these nine, three essential amino acids play an especially vital role in protein synthesis. These three - valine, leucine and isoleucine - are known as Branch Chain Amino Acids (BCAA's).

Foods that contain all of the essential and non-essential amino acids are known as complete proteins. Your body will only synthesize muscle if all of the amino acids are available together. Because your body has a very limited ability to store protein, we need to eat quality protein at every meal to provide the environment for healthy muscle synthesis.

Carbohydrates

Carbohydrates are the body's primary source of fuel. Like proteins, they can be broken down into two basic categories - simple and complex. Simple carbs are digested quickly and cause a rapid spike in blood sugar. This leads to a large release of insulin from the pancreas. The insulin removes sugar from the blood. This, in turn, leads to low energy, weakness and hunger. Complex carbs usually contain fiber and provide the body with sustained energy, avoiding the highs and lows associated with simple carbs. They make you feel fuller and contain lots of nutrients. Complex carbs can be found in grains, green and fibrous vegetables.

Liquids

Finally, remember to choose the right drinks. Your body is mostly water. You lose water each day in your breath, your sweat and your urine. Your body needs lots of liquids every day to keep it in balance. Water and reduced-fat milk are better choices than sweetened juices and fizzy drinks, which contain a lot of sugar.

Nutrient Timing

In order to get the maximum benefit from your nutritional intake, you need to eat differently to the way most people in the Western world do. Rather than eating a small breakfast, a medium sized lunch and a huge dinner, you'll want to take in the same amount of calories each meal - and space your meals every 3 waking hours. That means that you'll be eating 5-6 meals per day. Doing so will provide a steady flow of fuel and help maintain high energy levels. It will also reduce appetite and cravings, allowing you to get a steady supply of essential proteins and promote a healthy attitude to food.

Conclusion

Now that you've got a handle on the basics of fitness nutrition, you're in a position to maximize your fitness and body shaping efforts by nailing the 85%. With an understanding of the roles that fats, proteins and carbohydrates play, you can now confidently customize your own nutritional plan to allow you to eat for peak performance.

CHAPTER 2

12 CORE EXERCISES TO DEVELOP DYNAMIC STRENGTH



To give your anaerobic system – your muscles - a great workout you need to pick up some weights. In this chapter, you will be given the knowledge to do just that. We present for you 12 key movements that will get you stronger and more muscular than any others.

Exercise with weights twice per week.

Core Exercise No.1: Squats

Squats are a multi-joint exercise that are extremely beneficial for developing overall power and strength. They are also a great exercise to strengthen and build the muscles of your upper legs.

How to Do it:

1. Take a balanced grip on the bar in the rack. Duck beneath it and stand up with your feet directly under the bar. Step back and stand upright with the bar resting on the upper part of your back.
2. Breathe deeply and then, tensing your abs and glutes, start the descent. Keep your feet pointing slightly outward and ensure that your knees follow the angle of your feet as you bend your knees and ease your hips back.
3. Keep bending your knees with your spine in a neutral position. Lower your body slightly and under tight control as you ease your hips farther back. Keep your knees over your toes.
4. Continue bending at your knees, easing your hips back until your thighs are parallel to the floor. Your body should now be at a 45 degree angle. Return to the start position, breathing out as you stand up.

Core Exercise No.2: Barbell

Barbell Lunges are an underused exercise that strengthens and tones the muscles of the legs and glutes. It is a dynamic movement that makes you stronger and more explosive in a range of sports.

How to Do it:

1. Stand with your feet hip-width apart and your knees soft. Rest the barbell across your upper back, holding it with a wide grip. Knuckles facing up.
2. Engage your core muscles and take one long step forward. At the same time, lower your rear knee toward the floor, breathing freely.
3. Let your rear knee almost touch the floor, then straighten your front leg and step back to the starting position. Complete your set and repeat for your other leg.

Core Exercise No. 3: Barbell Deadlift

Deadlifts as known as the king of exercises due to their effectiveness in building leg and back strength. It is one of the three lifts performed in competitive powerlifting.

How to Do it:

1. Squat down so your feet are under the bar, and the bar rests against your shins. Grip the bar using an alternate hook grip to prevent it from rotating; your hands should be wider than shoulder width apart.
2. Begin lifting the bar with a long, strong leg push, extending your knees and hips. Your knees should be bent as you lift the bar past them.
3. Continue the lift as if pushing the floor away from you with your feet, until you stand up straight with your knees locked.
4. Unlock your knees, maintaining a tight, flat back and keeping your head up, start to lower the bar under control. Your knees should be bent as you lower the bar past them.
5. Slowly move your hips and shoulders together when lowering the bar back down to the starting position. Do not drop the bar.

Core Exercise No. 4: Chin Up

A terrific strength builder for the back, the chin up is a challenging exercise. It is ideal for training for sports that involve gripping and grappling. You may have to start out with an assisted chin up machine.

How to Do it:

1. Select the desired hand spacing and drop down on fully extended arms. Bend your knees and cross your feet to improve your stability.
2. From a hanging position, flex at your elbows and shoulders and start to pull your body up. Don't swing your legs or bend at the hips to gain extra momentum.
3. Continue pulling your body up vertically until your chin passes the level of your hands. Keep your shoulders back.
4. Pause at the top of the movement, then begin to lower your body slowly and under control. Look ahead, not down to the floor.
5. Return to the start position, with your legs in line with your torso and your arms fully extended – don't cheat by stopping short of your descent.

Core Exercise No. 5: Bent-Over Row

This is one of the most important exercises for the large muscles of your back – the latissimus dorsi – and will give you the classic “V” shape. It is a multi-joint exercise that builds good posture, helps prevent back injuries, and also provides a thorough lower-body and core workout.

How to Do it:

1. Stand upright with your head level, your core muscles engaged, and your toes under the bar. Shrug your shoulders back and slightly down, hollowing your back.
2. Bending your knees over the bar, lower your body, keeping your spine neutral. Keep your feet shoulder-width apart and your gaze straight ahead.
3. Grasp the bar in an overhand grip with your arms outside your knees. Keep your back flat, your heels pressed down on the floor and your head up.
4. Partially straighten your legs, keeping the angle of your back constant until the bar is just below your knees. Your body should feel stable and braced at your hips.
5. Bring the barbell up, flexing your arms and raising your elbows, until it touches your body. Pause, then let your elbows extend back to the start position and repeat.
6. At the end of your set, lower the barbell to the ground by bending your knees, keeping your back at a constant angle. Don't swing the weight at any point in the exercise.

Core Exercise No. 6: Barbell Bench Press

This classic chest exercise is a great motivator. It offers huge potential for increasing strength and most people can progress rapidly to heavier weights.

How to Do it:

1. Lift the bar from the rack and hold it over your chest. Your head, shoulders and buttocks should be solidly on the bench.

2. Breathe in and lower the bar to your mid-chest area. Lower your arms together until your forearms are vertical at the low point.
3. Push the bar upward. Following the same arc in which you lowered it. Finish each rep over your chest with straight arms.

Core Exercise No. 7: Military Barbell Press

The military barbell press is simple but very effective, and is one of the basic exercises around which all shoulder routines are constructed.

How to Do it:

1. Hold the bar across the front of your shoulders. Press the bar upward, using your shoulders, moving it in a shallow arc around your face to a position above and slightly behind your head. Keep your feet flat on the floor, a little more than shoulder-width apart.
2. Gripping tightly, lower the bar back to the start position in the same shallow arc past your head.

Core Exercise No. 8: Bar Dip

Bar dips help to build upper body strength and are ideal in training for throwing events. If you are just starting out, let the knee-pad on an assisted dip machine take part of your weight as you build strength.

How to Do it:

1. Grip the parallel bars with your palms facing each other. Hold your weight on locked arms and cross your feet to help keep you stable.

2. Take a deep breath. Keeping your body straight, unlock your elbows and start to lower your body between the bars, trying to maintain an upright position.
3. Once you have lowered yourself until your upper arms are parallel to the floor or you cannot go any further. Immediately push up to return to the start position, exhaling as you go.

Core Exercise No. 9: Power Clean

Though technically difficult, this explosive exercise is a fantastic all-round power builder.

How to Do it:

1. Squat with your feet hip-width apart under the bar and your hips higher than your knees. Grip the barbell overhand, palms just wider than shoulder-width.
2. Raise the bar above your knees; push in your hips, while driving up hard with your legs to give the weight momentum.
3. Forcefully extend your hips, knees and ankles, keeping the bar close to your body. Shrug your shoulders upwards hard.
4. On reaching full extension, lower your body under the bar and drop and rotate your elbows down.
5. Flex your hips and knees into a semi-squat and catch the bar on the top of your shoulders. Stand up straight by extending your legs.
6. Keeping your back flat, let the weight down under control to your thighs, and return the bar to the floor.

Core Exercise No. 10: Power Snatch

This fast, technically tough exercise is ideal for improving all-around power. Practice the movement with light-weight to begin with.

How to Do it:

1. Squat with your feet hip-width apart under the bar. Grip the bar overhand with your hands as far toward the weight collars as possible.
2. Raise the bar above your knees; push in your hips while driving up hard with your legs to give the weight momentum.
3. Forcefully extend your hips, knees and ankles, keeping the bar close to your body. Shrug your shoulders upward hard.
4. Lower your body underneath the bar as it rises, while rotating your elbows downwards and under the bar.
5. Squat just low enough to catch the bar at arm's length. Punch your arms straight and catch the bar on hard locked elbows.
6. Make sure the bar is stable and balanced on your locked arms before standing up with the weight overhead. Keep your back tight and your head up.
7. Lower the bar, keeping it close to your body and under control. Bend your knees and catch the bar on your upper thighs before lowering it to the floor.

Core Exercise No. 11: Push Press

This is a great all-round power builder that will quickly develop functional strength in all areas of the body.

How to Do it:

1. Squat with your feet hip-width apart under the bar. Keep your hips higher than your knees, your back flat and shoulders over the bar.
2. Clean the bar from the floor and catch it on your shoulders.
3. Raise your chest to stabilize the bar on top of your shoulders and straighten your legs. This is the start position for the push press.
4. Dip down into a shallow squat by rapidly flexing your knees and hips. Keep the bar on your shoulders as you squat.
5. As soon as you reach the shallow squat position, dip down then explosively extend your hips and legs onto your toes, immediately pressing the bar overhead as you do so. Keep the bar overhead on locked-out arms and stand up.
6. Lower the bar slowly and under control to your shoulders to the start position. Repeat Steps 3-6 to complete your set before lowering the bar to your thighs and then squat down to return the bar to the floor.

Core Exercise No. 12: Squat Clean

This is a fluid and explosive movement in which you drop into a deep squat to get below the weight. This is a great exercise for developing dynamic strength.

How to Do it:

1. Begin with your feet hip-width apart under the bar, your back flat and your head forward. Hold the bar with a shoulder-width grip.
2. Push explosively upward with your legs, pulling hard on the bar and keeping it close to your body. As the bar passes your knees, drive your hips in.

3. Dip and bend at your knees to catch the bar on your shoulders; keep your shoulders shrugged and your knees in line with your feet.
4. Drop down into a deep squat, keeping your torso upright, your knees in line with your feet, and your elbows high.
5. Stand up from the deep squatting position. First raise your buttocks and drive with your legs, keeping your chest high.
6. Lower the bar slowly and under control to rest on your thighs. Keeping a flat back, return the bar to the start position on the floor.

Putting It All Together

You now have the lowdown on 12 of the best resistance based exercises on the planet. Here's how to make the best use of them:

1. Exercise with weights twice per week.
2. Select six of these moves to do in each workout.
3. For each exercise, perform a warm up with a light weight.
4. Each exercise should consist of two working sets; the first set should be a weight that will allow 12 repetitions, but no more. For the second set, increase the weight to the extent that you can only perform 8 repetitions. Make sure that your form stays perfect as the weight gets heavier.
5. Rest for 60-90 seconds between each set.

CHAPTER 3

THE 10 COMMANDMENTS OF WEIGHT TRAINING



1. Specificity

If you want to compete on the Mr Olympia stage you are going to train a whole lot differently than a house wife who's focused on firming your middle after her 3rd baby. That's the principle of specificity. A specific result requires a specific training program. You therefore, are using the weights as a tool to achieve your ends. An example of the principle of specificity in action could relate to a basketball player. The principle dictates that the exercises he chooses will mimic what he does on the court.

For legs, he can choose squats or he can choose leg extensions. Squats more closely mimic the jumping movements required in basketball, whereas leg extensions are an isolation exercise. The basketball player would choose to do squats.

2. Overload

The overload principle means that you need to be constantly lifting more weight, performing more repetitions or decreasing your between set rest than you did during your last workout.

3. Progressive Resistance

This principle dates way back to Milo of Croton, a 6th century, BCE wrestler. Legend tells us that, as a boy, Milo started carrying a newborn calf every day as it grew to maturity. The calf got heavier every day, but, because the increments were so small, Milo didn't notice them. By the time the bull had grown to maturity, Milo was able to carry it around his family farm. Weight trainers have been drawing inspiration from Milo ever since. By increasing the weight by small increments each workout, you'll be able to dramatically improve your strength, which will enhance your intensity and boost your fat loss results.

4. Intensity

Intensity relates to the amount of effort you put into your training sessions. If you are working out at the optimal intensity, the last 2 or 3 repetitions of each set should be difficult to perform. If you finish a set and you feel like you could perform another 2 or 3 reps then you are not working at sufficient intensity. You need to either increase the weight, increase the reps or decrease the rest between each set.

5. Rep Range

Rep range relates to the number of times that you perform a movement. To get the most out of your training you need to ensure that you are using the ideal number of reps for your specific training goal. The traditional rep ranges are as follows:

- 4 to 7 reps for strength
- 8-12 reps for building muscle
- 13-20 reps for fat loss and endurance

6. Volume

Volume relates to the number of sets and reps required for optimal training. This is an area of much debate, with advocates of extremely low volume training (one set per exercise) citing scientific studies to support their view just as passionately as those who swear by high volume training (20 sets per body part). The sensible approach lies somewhere in the middle. 3-4 sets per working set seems to be about ideal.

7. Rest

The period of time that you rest between sets is critical. It can range from very short (30 seconds) to very long (3 minutes +). You need enough time to recover from the last set just enough to allow for a full out effort on the next one. If you rest too long then your intensity level will stay at the same level. You want to build from one set to the next. For that reason you will rest for 60 seconds between each set.

8. Tempo

Tempo relates to the speed with which you perform your repetitions. Every rep has two distinct parts, the lifting (concentric) and the lowering (eccentric). During the concentric part of the lift, your muscle is shortening or contracting. It lengthens during the eccentric phase of the movement. It is imperative that you use a controlled tempo which allows you to isolate the working muscle and avoid momentum in the lift. An ideal training tempo is to take 2 seconds on the concentric part of the movement and 4 seconds on the eccentric part. The eccentric part of the movement actually builds muscle more than the concentric part. Doing it slower resists gravity and increases intensity.

9. Variation

Periodically changing your workout program prevents your body from becoming accustomed to the workload that is being placed upon it. This helps to avoid training plateaus and keeps your body guessing and responding. It also prevents training boredom and allows you to work your body from a variety of angles. You should change your program every six weeks.

10. Recuperation

When you work out, you are placing stress on your body. Your energy stores are depleted, your muscle tissue gets broken down and your body is put in a fatigued state. It is after the workout that recovery and rebuilding takes place. That's why you need 48 hours rest between workouts.

CHAPTER 4

6 STEPS TO DEVELOPING PHENOMENAL ENDURANCE AND STAMINA



When most people are told that they need to improve their endurance and stamina, they immediately connect that they're going to have to do more cardiovascular training.

Of course, cardio endurance is vital, but there's another side to the equation – one that is often neglected. It revolves around strength training and to be the best athlete you can be you have got to give it equal value. Consider the long distance runner. Heart and lung endurance are important, but powerfully developed quads and calves are also a key contributor to overall performance.

The following 6 unconventional endurance and stamina moves are guaranteed to keep you one step ahead of the competition.

Step 1: Mix Up Strength & Cardio Training

Most people train for strength one day and for cardio the next. It may allow them to separate their training routine into nice little boxes, but it's not the ideal way to train for endurance and stamina.

Because endurance calls on strength and cardio at the same time, your training needs to mimic this. So, rather than running sprints on the track one day and then doing weights the next day, go a little bit outside of the box and combine them both into the one workout.

An example of this might be to do four sets of heavy squats, followed by a mile sprint, then immediately into three sets of leg extensions. Then grab the skipping rope and go for a full minute. Finish with 60 seconds of the wall sit for an awesome leg workout that is also giving you a fantastic endurance and stamina boost.

Step 2: Cut Back Rest Between Sets

Endurance is all about keeping going. When you reach the end of your set, your muscles are aching and your heart is pounding. Your whole body is telling you to take a break.

Whether you listen to your body or not will go a long way toward your overall fitness level.

Going from one movement to the other with minimal rest in circuit training fashion is what will really boost your endurance ability.

The following example will demonstrate just how you can structure a program that will allow you to push it to the limit with minimal rest periods. . .

- Dumbbell Bench Press x 12 reps
- Pull Ups x 12 reps
- Bodyweight Squats x 12 reps
- Push Ups to failure

Do these four movements with no rest between them. Then allow yourself a 60-second rest before repeating the circuit once more. Complete three circuits.

Step 3: Prioritize Compound Movements

Compound exercises are those that involve multi-joint movements. They require the use of many muscle groups throughout the body in order to complete the movement. As such, compound movements are the best choice for packing on muscle and lifting your strength levels.

Such movements as the bench press, the squat and the deadlift should, therefore, form the basis of a strength and muscle focused weight-training program. What is not so well known is that these exercises are also excellent cardiovascular exercisers. Some of them, like squats and power cleans, will get you puffing like a steam train. And they'll churn through the calories at a rapid pace as well.

When you compare the total bodily effect of doing a compound movement to an isolation movement, it becomes clear that compound exercises are the way to go in order to build stamina and endurance.

The deadlift, for example, will not only work your entire muscular structure, both front and back, it will really tax your endurance. Compare that to an isolation exercise, such as the seated dumbbell curl. This may give you a peak to your bicep, but it won't do much more. For that reason, choose compound movements over isolation every time.

Step 4: Change It Up

Variety, they say is the spice of life. It's also a key contributor to a great overall fitness program that accentuates stamina. It will only take your body two weeks to habituate to a workout. After that, you will see diminishing returns as you keep doing what you've always done. At the same time, your mind will start to go ga-ga after the monotony of doing the same routine workout after workout.

Switching up your routine, then, makes sense both physically and mentally. Keeping your body guessing will recruit new muscle groups while changing it up will keep you mentally fresh. Here are some switches that you can make to add the needed variety to your workouts:

- Switch cycling to running steps
- Switch road running to skipping
- Switch from rowing to a boxing class

Step 5: Go Plyo

Plyometric training is all about jumping. Plyometrics will super charge your endurance, muscle power, and stamina while burning masses of calories. Here's how to do it:

Perform each exercise for a minute, then go directly to the next one.

- **Skipping**
- **Adductor Tuck Jumps**
Start with your arms in a “T” position underneath your chin. Your leg and feet are together. Jump up as high as you can. When you come down touch a hand to the ground. Go straight into your next jump, this time touching the other hand to the ground.
- **Standing Long Jump**
Jump off with both feet together as far as you can. Bend your knees before you jump and focus on going low to go far. Sprint back to the start position and repeat.
- **Power Jumps**
Stand with feet shoulder width apart. Crouch down into a squat and then explode up into a vertical jump. Bring your knees up as high as possible. Continue in a fluid motion without any rest until the minute is complete.
- **Plyo Push Up**
Start in standard push up position. Go down into the bottom position and then powerfully push yourself up off the ground. Move straight into your next rep.
- **Mountain Climbers**
Starting in the plank position (extended arms on the floor, shoulder width apart, body flat, legs straight and together), as if you were starting a sprint. Now alternate bringing your knees to your chest, going as quickly as possible. Keep your back flat and butt down.
- **Lateral Jumps**
From a squatting position, jump laterally as far as you can. Sprint back and repeat.

Rest for 2 minutes before going through this workout a second time.

Step 6: Get into Hybrid Training

Hybrid exercises take two separate movements and fuse them together. This allows you to work more muscles groups and more bodily systems. Typically the movement involves combining a compound movement, such as squats, with an isolation exercise like the overhead press. The greater the muscle activation in a movement, the better the recruitment of the heart and lungs, resulting in enhanced endurance and stamina.

Summary

To build endurance you've got to train beyond the point of wanting to stop. The six workout hacks that have been provided here will allow you to push harder for longer. This will directly impact upon your stamina, allowing you to recover more rapidly, and, therefore, keep going for longer – and that is the very essence of endurance.

Final Words

You now have all of the pieces in place to ensure that you can attain to all of your fitness and physique goals:

- You know exactly what and when to eat for peak performance
- You have at your disposal a highly effective muscle blasting, fat stripping workout regimen

Your new you awaits . . . get out there and claim it!