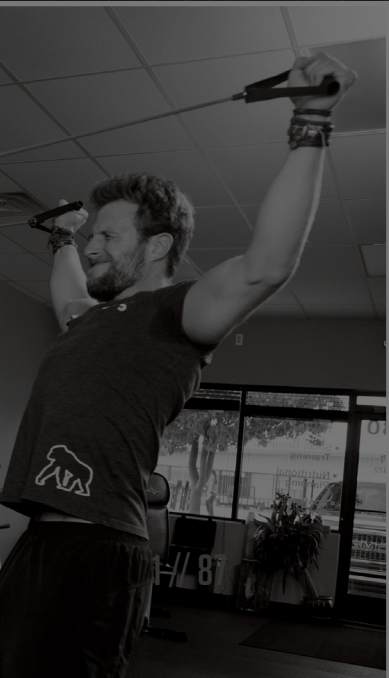




BLAKE BOWMAN, CES



DISCLAIMER

The information provided in this program is for educational and informational purposes only. It is not medical advice and should not be taken as a substitute for professional medical guidance, diagnosis, or treatment.

Always consult with your physician or a qualified healthcare provider before beginning any exercise, nutrition, or supplementation program, especially if you have any pre-existing health conditions, injuries, or concerns.

The content of this program has not been evaluated by the Food and Drug Administration. This program is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

lake Bowman is a specialist in corrective exercise and holistic health. He is not a licensed medical doctor, physical therapist, dietitian, or other healthcare provider. Do not contact him for medical advice, as he is not qualified to address medical conditions.

By choosing to use this program, you acknowledge and accept that participation in exercise and nutrition programs carries inherent risks, including but not limited to the risk of serious bodily injury. You assume full responsibility for your participation and release Blake Bowman and GuerrillaZen Fitness LLC from any and all liability arising from your use of this materia

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BIO & MESSAGE FROM BLAKE

Wow, before we get started here I want to quickly to thank you and welcome you into the Intelligent Strength Program. I'm so humbled that you chose to put your trust in me and I want you to know that I appreciate you more than you know!

In the next section I'll be introducing you to the program. We will go through the ins and outs so you know what's in store over the next 12 weeks, but before we get there I want to tell you a little bit about myself.

My story started when I was very young and first introduced to sports. Soccer, tennis, martial arts, and wrestling. You name it, I played it. My passion for physical movement, fitness, and health continued to grow stronger throughout my teenage years and beyond when I started college.

At nineteen I became a certified personal trainer and I've been in the fitness industry ever since! Seven years total! Things were going pretty well for me after I became certified: I was helping others, expanding my clientele, and gaining a lot of muscle and strength myself.

Then I hit that magical age (in between 20-21) where my hormones shot through the roof. Between the early winter of 2009 and the summer of 2010 I put on a solid 10 lbs of additional muscle on my frame; which was already muscular due to my previous years in the weight room and playing sports.

I was getting REALLY strong, but something wasn't quite right. I started to get small aches and pains all over my body and they slowly started to accumulate.

I was perplexed to say the least. Here I was young, lean, mean, and in charge. I was getting stronger almost every week, but my body was literally starting to break down piece by piece.

When I looked at myself in the mirror I saw a very muscular, healthy, 20 year old guy. This is how others perceived me too, but I DID NOT FEEL HEALTHY.

In fact, I felt terrible. My body was falling apart from the inside despite looking good on the outside.

My joints (most notably my shoulders and back) were constantly inflamed, sore, and painful.

In my testosterone-filled, creatine, and pre-workout supplement altered state of consciousness I continued to push my limits in the gym. I eventually worked up to deadlifting 500 lbs which was a lot for me. I was super strong, yet INCREDIBLY imbalanced.

Basically, all of these small injuries led up to one BIG one where I tore the labrum in my right shoulder. This is a critical piece of connective tissue that literally connects the arm bone to the torso. With this being torn there was only one option for me (or so I thought) and that was to get surgery, which is exactly what I did.

In 2011, I spent the majority of the summer playing video games and resting my shoulder dreaming about the day when I would be able to hit the weights hard again.

After several long months of rest I went back into the weight room, but it was that moment when I realized my root problems had NOT gone away. It was there where I started to realize that my journey was just beginning. I still felt the same as I did before. I felt imbalanced and my whole body (including my recently operated shoulder) felt damaged and inflamed.

I knew I needed to do something different or I was going to end up back under the knife getting operated on. This was a pivotal moment in my life and career because this is when I decided to take my health into my own hands and fix my orthopedic issues for good. I was really sick of doctors telling me, "If it hurts, then don't do it!"

From 2012 to the present I've spent hundreds of hours learning from physical therapists, osteopathic doctors (one of whom became my business partner), and multiple other educational resources like certifications, books, courses, etc.

I became extremely knowledgeable in the fields of posture restoration and corrective exercise, and the rest is history. I've fixed myself and can happily say I no longer have ANY joint pain and I've been helping my clients fix themselves as well.

If there's one thing I want you to keep in mind over the next 12 weeks it's the fact that you should always remain hopeful. Never lose this precious quality. It was so easy for me to fall into periods of hopelessness during this journey. That is normal and you will have times when you feel that way too, but you have to snap out of it and always look forward with optimism. It's the only way.

So there you go. Now you know a bit more about me and my story. These next 12 weeks are going to be awesome. You are going to experience what it's like to be in the best shape of your life whether that's being leaner, more muscular, or having more endurance and general conditioning. I'm excited for you!

Again, thank you for purchasing this program. You mean a lot to me and I cannot express with words how grateful I am to have the opportunity to help you.

If you ever need anything then don't hesitate to send me a message at Blake@guerrillazen.com. I'll respond to it personally.

Here's to the next 3 months! Let's make it awesome.

In health,

Blake

INTRODUCTION

INSIDE:

- ACCOUNTABILITY / SUPPORT GROUP
- WHAT IS INTELLIGENT STRENGTH AND WHO IS IT FOR?
- WHAT EQUIPMENT DO I NEED?
- WHAT DO THE WORKOUTS IN INTELLIGENT STRENGTH LOOK LIKE?
- WHAT DOES THE NUTRITION PORTION OF THE INTELLIGENT STRENGTH PROGRAM LOOK LIKE?
- RECOMMENDED FREE SMARTPHONE APPLICATIONS / TECHNOLOGY

WELCOME TO INTELLIGENT STRENGTH.

I want to personally welcome you to Intelligent Strength, the first ever strength training program specifically designed for people with muscle imbalances, poor posture, and joint discomfort. I put a lot of effort into this 12 week program and I know that you are going to get a lot out of it.

This program is really the brainchild of the first couple of years into my journey as a fitness professional. I've sold thousands of copies of this program (yes, I used to sell this for \$200) and now it's yours for FREE. It's going to help you achieve:

- More rock solid muscle mass
- A much leaner physique
- More symmetry and balance in your muscular system
- Better posture
- Better cardiovascular conditioning
- A total change in your current body composition

Just remember, you get out of it what you put in. When you start this program just remember that it is not going to be easy. There are definitely going to be moments of intense difficulty and a sense of discomfort.

This is where all growth happens. It doesn't matter if its muscular growth, personal growth, spiritual growth, or any other type of growth. Nothing good happens inside the walls of your comfort zone.

Push your limits here and you will be rewarded for your effort, I promise.

WHAT IS INTELLIGENT STRENGTH AND WHO IS IT FOR?

Simply put, Intelligent Strength is a training system designed specifically for people with muscle imbalances, poor posture, joint discomfort, etc. The program can also be used by otherwise "healthy" people in order to reduce their chances of injury and remain functional years into the future.

Intelligent Strength provides comprehensive programming on fat loss, muscle/strength gain, functional training, and overall conditioning. Once you've determined what your goals are at the beginning of the program you will then know how to modify it to maximize your results.

In conjunction with helping you with your general fitness goals, Intelligent Strength is also loaded with corrective exercises, stretching techniques, foam rolling techniques, and more, all designed to address common dysfunctions, postural misalignments, and imbalances.

You're going to get more balanced, aligned, and functional WHILE also getting into the best shape of your life. Intelligent Strength will cover and focus on the following:

- 1) Nutrition & supplementation to enhance your efficiency and help you achieve your goals faster
- 2) Weight training that uses a lot of unilateral (one side) and some bilateral (two sided) strengthening exercises
- 3) Integrated corrective exercises to improve posture and muscular balance
- 4) Band/cable exercises to keep loading on the joints and connective tissues at a minimum
- 5) Advanced interser SMR (self myofascial release) and stretching to address overactive muscles and maintain optimal tissue length
- 6) Advanced manual techniques to use post workout in case you experience "flare ups"

WHAT EQUIPMENT DO I NEED?

Most of the equipment needed to complete Intelligent Strength is available in both commercial and private gyms throughout the world including:

- | | | |
|---------------------------------|---------------------|---------------------|
| 1) Body weight (just your body) | 4) Adjustable bench | 7) Resistance bands |
| 2) Barbells | 5) Squat Rack | 8) Stability ball |
| 3) Dumbbells | 6) Floor space | 9) Cable machine |

Like I said, your gym or fitness facility should have all of the above. However, there is some additional equipment below that your gym or fitness facility may not have so make sure to pick these things up if you don't currently have access.

REQUIRED EQUIPMENT

GRID ROLLER 3.0 BY TRIGGER POINT THERAPY

A classic foam roller will work too, but I really like the grid rollers because they are more dense and provide a greater release. This is something we will use nearly every training session so make sure you have at least some type of foam roller.

[Click Here To Purchase On Amazon](#)

VOODOO FLOSS

These are basically just latex bands. I like this brand in particular because they can be used for strengthening as well as other things which will be covered later. If this is not something you have access to, any type of resistance band (including the tube type with handles) will work.

[Click Here To Purchase On Amazon](#)

OPTIONAL EQUIPMENT

HIP CIRCLE

This little tool is incredibly powerful for assisting in gluteal activation. If you suffer from hip or low back issues, or if you simply want to target your glutes more throughout the program then I recommend picking this up.

[Click Here To Purchase On Amazon](#)

FINGER BANDS

These little rubber bands can do wonders for not only improving grip strength, but also getting rid of common muscle imbalances in the forearms which can lead to dysfunctions like carpal tunnel. You can also just use regular rubber bands for this if you do not want to purchase these. I've also included an exercise alternative to the exercise you would need these for in the program that requires no equipment at all, just your hands. These bands are preferable though.

[Click Here To Purchase On My Website](#)

SUPER NOVA

This is a ball that we will use a lot for self myofascial release. Baseballs, cricket balls, lacrosse balls, and tennis balls can work as an alternative, however those all have a smaller diameter than the supernova making it less optimal at times. This one is purely optional. You can purchase one on rogue fitness' website.

[Click Here To Purchase On Rogue Fitness](#)

VOODOO FLOSS

This is also in the required equipment section. I highly recommend these voodoo bands because they can serve two purposes. One, we can use them to strengthen. Two, we can use them to perform a technique called tack and flossing which can help with flare ups. Because of this I recommend getting these instead of regular bands due to their usefulness, but like I said above if you just have normal ([SPRI type](#)) resistance bands then you can use those too, you just won't be able to perform the tack and floss technique.

[Click Here To Purchase On Amazon](#)

WHAT DO THE WORKOUTS IN INTELLIGENT STRENGTH LOOK LIKE?

Each workout in Intelligent Strength is planned out for you. That way you can just hit the gym and perform your workout smoothly and efficiently.

I've carefully planned each workout in the program to take right around 60 minutes if you follow my variables (reps, sets, rest times, etc..) exactly as I have them written.

Additionally, you are going to be training 5-6 days per week on the program. This may be a lot for you, but this is the type of frequency required to make an impact! Basically, each workout will be structured similarly to the previous workout in terms of format.

Your workout flow for most of your training sessions will look like this:

- | | |
|---|---|
| 1) Initial mobility/soft tissue work | 5) Deep core stabilization / strengthening training |
| 2) Neuromuscular (dynamic) warm up | 6) HIIT Cardio Finisher * |
| 3) Corrective exercises to address common dysfunction | 7) Post workout soft tissue work * |
| 4) Compound strengthening movements | *Optional Depending on Goals/Needs |

Most workouts on the program will have corrective exercises built into them as well as guidance on how to best use interval (in between sets) methods to address muscular imbalances, maintain optimal muscle and connective tissue length.

Additionally, Intelligent Strength places a focus on 5 major compound movement patterns including:

- | | |
|----------------|--------------|
| 1) Pushing | 4) Squatting |
| 2) Pulling | 5) Lunging |
| 3) Hip Hinging | |

These 5 "movement patterns" are all considered compound exercises. This means that they activate multiple muscle groups and utilize multiple joints at once.

This is not only the most efficient way to train your body, but it also produces the best results in terms of muscle gain and fat loss due to the effect these movements have on the human body's hormone system.

We will be cycling a few of these movement patterns into every workout you perform in the program, so get ready to put in some work because these are not easy.

WHAT DOES THE INTELLIGENT STRENGTH PROGRAM NUTRITION PORTION LOOK LIKE?

In this section I'll give you all the guidance that you will need in order to maximize your results and dramatically change your body shape and composition regardless of your goals.

With the simple formulas I will provide, you will be able to modify your nutrition and create your own nutritional program to compliment your training. I've also included supplementation recommendations in this section for your convenience.

RECOMMENDED FREE SMARTPHONE APPLICATIONS / TECHNOLOGY

Despite the bad reputation that technology gets nowadays, it can be very useful to you if applied correctly. There are two things that are free that I definitely recommend you get on your smartphone (if you have one) while going through the Intelligent Strength Program.

EVERNOTE

This is a simple note taking platform that you can put on your computer and on your phone. When reviewing your workouts in this PDF before hitting the gym, I highly suggest you transcribe them into a note within evernote so that you can remember exactly what you need to do when you hit the gym. It's easier than opening this PDF on your phone, but you are welcome to do that too if you would like.

<https://evernote.com/>

MY FITNESS PAL

When I was younger, tracking calories and macronutrients was hard as hell because everything had to be written down by hand. Today that's just not necessary. My fitness pal is a free app that has an incredibly robust and powerful layout and feature list. I suggest you use this to track your calories and macronutrients while on the program.

<https://www.myfitnesspal.com/>

NOTE: You are going to want to download these apps from either the app store or google play (depending on your phone). Accessing them on your computer is useful too which is why I've included links to their websites.

PROGRAM BREAKDOWN

INSIDE:

- NEUROMUSCULAR WARM UP SEQUENCE
- UNILATERAL EXERCISES
- BILATERAL EXERCISES
- INTERSET FOAM ROLLING & STRETCHING
- POSTURAL CORRECTIVE EXERCISES
- BANDED EXERCISES
- TACK & FLOSSING
- ADVANCED SMR TECHNIQUES

INTELLIGENT STRENGTH PROGRAM DETAILS

In this section I'll quickly review the exact techniques and methods used in the Intelligent Strength Program so that you understand the "what" and "why" of your workouts.

All of the techniques and methods soon to be covered have come from my own study, self-practice, and thousands of hours of working with clients.

This entire section is designed to provide you with my rationale behind the exercises given to you as well as my thought process behind the structure of the program.

My goal here is to arm you with information and an understanding of the information.

I want you to know why you are doing everything in the program.

This understanding is crucial because it will not only allow you to get the most out of the program, but it will also allow you to customize and tweak it to suite your own needs.

As they say, knowledge is power!

NEUROMUSCULAR WARM UP SEQUENCE

The days of getting on the elliptical, stationary bike, or treadmill as a warm up before your workout are long gone.

In Intelligent Strength each workout will start with what's called a neuromuscular warm up, sometimes referred to as a dynamic warm up.

This style of warming up has several advantages when compared to doing steady state cardio (eg: walking on a treadmill, riding a bike, etc...).

The main advantages are the following:

Priming of the neuromuscular system

Basically, you are getting your nervous and muscular system throughout your entire body to fire together here. This will help improve your strength and endurance as you progress through your workout.

Increased blood flow

Because this style of warm up is more like a miniature workout itself, it does a excellent job of transporting blood into the tissues (specifically the muscles) prior to the training which is always a good thing.

Decreased chance of injury

Studies show that warming up in this fashion will dramatically lower your chances of injury, especially when compared to the standard steady state warm up.

In a nutshell, this warm up sequence will not only provide you a decreased chance of injury during your training, but it will actually increase your performance while training as well!

[Study On Neuromuscular Warm Ups](#)

UNILATERAL EXERCISES

The term unilateral means one-sided. A unilateral exercise is one that trains one side only.

These types of exercises form the foundation of the Intelligent Strength Program.

Many of the workouts performed on Intelligent Strength will have an abundance of unilateral exercises mixed in.

The top three benefits of doing unilateral exercises vs. bilateral exercises (exercises that work both sides) are the following:

Improved Core Strength and Spinal Stability

Almost all unilateral exercises (when performed correctly) place a higher demand on the deep core musculature when compared to bilateral exercises. This means greater core strength and spinal stability which will not only improve performance, but also reduce chance of injury.

Muscular Balance & Symmetry

Simply put, unilateral strengthening exercises are the gold standard exercises to perform in order to correct muscular imbalances. Often times with bilateral exercises one side will “dominate” the exercise and the result of this is a more severe imbalance over time.

Think about it, have you ever done a couple of sets of bench press and been sore only on one side the next day? How about with squatting?

With a heavy emphasis on unilateral movements, Intelligent Strength is going to help you achieve that muscular balance and symmetry that you’ve been looking for.

Stronger Muscle Contractions

When it comes to getting stronger it comes down to how hard you can make your muscles contract (squeeze), breakdown, and repair themselves into stronger tissues.

Stronger contractions equals more muscle breakdown. More muscle breakdown equals stronger muscles (assuming you are eating and resting properly).

In short, studies show that unilateral exercises actually produce a greater muscle contraction in the muscles being worked when compared to bilateral exercises.

What this means is more strength gains!

[Study On Unilateral Training](#)

BILATERAL EXERCISES

Although Intelligent Strength focuses heavily on unilateral exercises, bilateral exercises still have their place in an effective program simply because bilateral exercises allow you to lift a heavier weight load, which is conducive to producing maximal changes in body composition.

Being able to lift heavier will help you achieve greater strength gains due to the effect that heavy bilateral lifting has on the hormonal system.

Intelligent Strength uses bilateral exercises MUCH differently than most programs.

Most programs use bilateral exercises as the staple, but on Intelligent Strength we will use them to supplement our unilateral exercises, and incorporate them toward the middle and end of the program, once you've already achieved more balance and symmetry from going through the beginning phase.

If you feel like you are not yet ready to introduce a lot of bilateral movements then you can simply stay in Phase 1 for longer. More on this to come!

INTERSET FOAM ROLLING & STRETCHING

“Inter” means in between, therefore “inter-set” means in between sets of exercises. This is another critical foundational element to the Intelligent Strength Program as it will allow you to customize your program to address your individual muscular imbalances.

Strategically rolling out overactive, over dominant, or tight muscle tissues in between sets of exercises will allow you to “shut off” some of that over activity in the muscle.

By turning off the overactive muscles of which you just rolled or stretched, the under active muscles will be able to turn on and regain optimal function again.

I will give you specific instructions on which muscles to perform these techniques on in each workout, BUT you may also use this technique intuitively because without [assessing](#) you I do not know your exact needs.

This is one of the ways in which you may customize your experience during Intelligent Strength to greater meet your needs especially if you are someone that has many muscle imbalances.

Basically, if you are performing any unilateral exercise OR any bilateral exercise in the program and you feel one side working, contracting, and getting more fatigued than the other side (yes, this sometimes happens with unilaterals too) then this would be a perfect time to perform inter-set foam rolling or stretching.

Both stretching and foam rolling will have the same effect on the overactive muscle.

For example, let's say you are doing pull ups. After your first set you notice your right Lat squeezing harder and doing more work than the left.

What you should do here is foam roll or stretch the right lat for a minimum of 30 seconds in between your remaining sets. If you have 4 more sets of pull ups, then you're going to stretch or foam roll the right lat 4 times.

[I've made a video on this on my youtube channel](#)

It's essential that you understand this concept before moving forward. If you're confused I highly recommend watching the video above. Everyone has different muscle imbalances throughout their body and there is no way I can know exactly what you have going on without [assessing you](#). That being said, in order for you to get the most out of the program, you must at least be aware enough of your body to be able to detect when one muscle is contracting and working harder than the other.

POSTURAL CORRECTIVE EXERCISES

As you may know, poor posture is an epidemic of all modern societies around the globe. To make things worse, people often times make their poor posture worse with their training programs.

I'm not gonna let this happen to you in Intelligent Strength.

I've not only balanced the general training in the program in a way that won't make common postural distortions worse, but I've also included a variety of corrective strengthening and stretching exercises to address these common postural problems.

If you don't know this already, having poor posture is not a good thing.

It transcends poor aesthetics and the way other people perceive you, and actually influences your health in a variety of ways.

Posture regulates, controls, and influences every physiologic function in the human body.

The most concerning is posture's effects on injury predisposition and hormone levels.

Basically, having poor posture will make you more likely to become injured and it will also make you less confident and more stressed out.

[Click Here To Watch My TedX Talk On This](#)

BANDED EXERCISES

Some of the shoulder exercises that you will perform in Intelligent Strength will be performed with resistance bands. This serves two primary functions:

- 1) The resistance coming from a band is a lot less damaging on your joints than free weights can be. Therefore it should be obvious as to why this is included in the program.
- 2) The "muscle pumps" and muscle contractions that can be achieved with bands are comparable or even greater to that (in some cases) than with free weights which can lead to greater muscular development over time.

In essence, bands are a nice piece of equipment to utilize to really fry your muscles while protecting your joints at the same time!

TACK & FLOSSING

This is a technique that I learned several years back through studying *Becoming a Supple Leopard* by Kelly Starrett. This technique is now used by personal trainers, coaches, and physical therapists all over the world due to its effectiveness.

Basically, tack and flossing involves using voodoo bands (previously mentioned in recommend equipment section) to address specific joint dysfunction in the ankles, knees, and shoulders.

What this technique does is three-fold:

- 1) It will literally push inflammation, which can sometimes accumulate within the tissues of a joint, out of the joint
- 2) It will bring more mobility to the joint
- 3) It will increase something called sliding surface area which is another thing that will help the joint remain optimally mobile

These techniques (along with the advanced SMR covered next) will be used at your own discretion, meaning I won't specifically tell you when to do these on yourself. You will decide when and if you will do them depending on whether you feel the need or not.

ADVANCED SMR TECHNIQUES

SMR stands for self myofascial release, which is a fancy way of saying self massage.

Foam rolling, rolling on a ball, or using your fingers to release tight tissues are all forms of SMR and we will be using them all frequently throughout this program.

Again, I'll give you programming on when to do these things, but in order to make the program customizable I want you to know when and why you should do these things on your own outside of my explicit instruction in the programming.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

High intensity interval training is a type of cardiovascular exercise that has been scientifically validated to be the best form of exercise to produce fat loss especially when coupled with strength training which is what Intelligent Strength is primarily based upon.

It involves alternating your training intensity level periodically for a number of times. HIIT workouts will cycle through very intense bouts of movement (maximal effort) that are typically sustained for thirty seconds, which are followed by a much lower intensity level where the individual will remain until he or she has recovered enough (typically one to three minutes) and is ready to go back into one hundred percent intensity for another thirty seconds.

There are two primary benefits of HIIT cardio when compared to the more popular steady state cardio (eg: running for 30 min).

The top two benefits are:

- HIIT can be done more efficiently (faster) than steady state cardio with equal or better fat loss results.

Essentially, a fifteen minute HIIT workout can be just as good, if not better, for fat loss as thirty minutes to an hour of steady state cardio.

- HIIT workouts preserve more muscle mass than steady state cardio does which typically eats muscle.

Basically, the longer you are active in your training the more the body has to tap into its own tissues for energy. Steady state cardio often times (because of the sustained length of the cardio session) produces muscle wasting.

Basically, your body is eating it's own muscle for energy.

This effect is much lower with HIIT cardio due to the shorter time frame in which it can be performed.

In essence, HIIT cardio will spare your hard earned muscle while focusing on burning body fat instead.

Additionally, the program calls for all of these HIIT sessions to be done on an elliptical machine if possible. Ellipticals are meant to simulate running without the loaded impacts which can be hard on your joints. You can go very intensely on one of these machines and really get your heart rate up high while sparing your joints!

Stationary bikes can work too if you don't have access to an elliptical.

EATING PLAN

INSIDE:

- RECOMMENDED FOODS
- THE IMPORTANCE OF GREEN LEAFY VEGGIES (GLVS)
- WATER INTAKE
- RECOMMEND SUPPLEMENTS

EATING PLAN AND NUTRIENT TRACKING

“You can’t outrun a poor diet”.

This is a little one liner that I’ve seen tossed around the internet a lot lately and nothing is more truthful.

Regardless of whether your goals are to get leaner, become more muscular, or maintain your current body weight, it’s imperative that you know what you are doing in the kitchen.

Any body composition change is accomplished 80-90% through adjusting nutrition and 20-10% through exercise. This is something that is debated all the time, but it has been congruent with my experience as a personal trainer for almost 10 years.

My client’s have always asked me, “How closely do I need to stick to this eating plan?” To me this seems like a silly question because if you are seriously dedicated to making a change and getting in the best shape of your life then you are going to follow it 100%. Right?

I do however realize that things come up in people’s lives like travel, weddings, and other events that may serve to distract you from eating optimally. This makes sense and is understandable.

Something that I want you to realize as we move forward into this section is of course I want you to follow my recommendations here 100%, but if you slip up every once in awhile that is ok.

One bad meal is not going to make you unhealthy just like one good meal is not going to make you healthy. It’s really about what you are putting in your mouth on the most regular basis.

When I say it’s ok to slip up, this doesn’t mean daily or weekly cheat meals. This means stick to the plan as closely as humanly possible so that if you find yourself tempted (maybe once every 3-4 weeks or so) with a poor quality meal then it won’t be that big of a deal in the grand scheme of the program.

Below I will break down some formulas to help you determine your optimal calorie range and macronutrient (proteins, fats, and carbs) requirements so that you know exactly how much you should be eating each day. I will also show you how to adjust these formulas based on your goals.

Simply follow the steps below to determine your nutritional needs. I’ve broken down your nutrition based on your level of experience with health and fitness.

Level 1 = Basic Nutritional Programming (best for beginners)

Level 2 = Intermediate Nutritional Programming (best for athletes with an already solid diet)

Regardless of your level of experience, everyone will start with Level 1 nutritional programming.

What determines if you will move on from Level 1 to Level 2 is based on you, your desires, experience level, and how intensely you want to hone in on your nutrition to maximize your results.

LEVEL 1: CALCULATING CALORIC INTAKE

It's not a secret that calories matter. If you consume more calories from food than you burn through exercise then you gain weight. If you consume less than you burn then you lose weight. It is a bit more complicated than this, but this needs to be understood at a basic level in order to change your body composition.

To calculate your caloric intake, first you need to determine whether your goals are to:

- a) Lose weight
- b) Maintain weight
- c) Gain weight

Once you have determined your goal for the Intelligent Strength Program you will then be able to use the below formula to determine your caloric intake goals:

Bodyweight x (15 for weight loss, 17 for weight maintenance, 21-22 for weight gain) = calories per day

Example 1: If you were 100 lbs and your goal was to gain weight then you would consume between 2,100 (100 lbs x 21) and 2,200 (100 lbs x 22) cals per day.

Example 2: If you were 200 lbs and your goal was to lose weight on the program then you would consume 3,000 (200 lbs x 15) cals per day.

NOTE: The above formula is calculated under the assumption that you are being "active" 6 days per week. Even if you are not working out with weights, being active can be going for a walk, mowing the lawn, or anything in which you are physically moving your body for at least 30 minutes.

It's important that you remain active 6 times weekly on the plan (which is how many days the plan calls for with activity and training) otherwise these caloric values won't be accurate for you.

The plan has you working out 5 days per week with an active rest day that includes walking 1 day per week for a total of 6 days weekly.

If you are not going to do the active rest day which consists of walking, then simply subtract 1 from your body weight multiplier. For example, if you were training only 5 days weekly and you were 100 lbs with a goal to lose weight then you should consume 1,400 (100 lbs x 14) cals per day. You essentially keep subtracting 1 from the body weight multiplier I've given you for each day of inactivity under 6 days a week.

If you are sticking to the program exactly then you should be using the multipliers in the formula.

LEVEL 2: CUSTOMIZING MACRO NUTRIENT INTAKE BASED ON SOMATOTYPE (BODY TYPE)

There are 3 macronutrients we consume as humans and they are:

- a) Proteins
- b) Fats
- c) Carbohydrates

All calories come from macronutrients. Proteins have about 4 calories/gram. Fats have about 9 calories/gram. Carbohydrates have about 4 calories/gram.

Your body type (somatotype) will determine whether you are someone that should eat low carb, high carb, or a mix between the two in order to achieve optimal body composition.

The first step in Level 2 is going to be identifying your own body type. Below is a breakdown of the three different types:

Ectomorphs: Tend to be thin, tall, and even skinny looking. Ectomorphs are commonly known as “hard gainers” as they have trouble putting on any kind of weight (muscle or fat) and tend to be quite lean.

Mesomorphs: Tend to have larger bone structure, wide shoulders, larger muscles, and moderate levels of body fat. Mesomorphs have that “natural” athletic build and typically make the best athletes. They are capable of putting on both muscle and fat easily.

Endomorphs: Tend to be shorter, have higher levels of body fat, and thick waists. Endomorphs tend to gain fat very easily and find it hard to lose body fat.

If you are having a hard time identifying your own body type then I recommend searching the internet. There are tons of resources, articles, and tools available to help you determine what body type you are.

Additionally, it's possible for your body type to change over time. For example, I started my fitness journey as an ectomorph, but as I've put more muscle on over the years I've transitioned more towards a mesomorphic build.

[Here's a cool tool to help you identify your body type](#)

Once you've identified your body type, you are ready to determine your macronutrient intake goals.

Here is a breakdown on the macronutrient recommendations for different body types:

Ectomorphs: Protein 25%, Carbohydrate 55%, Fat 20%

Mesomorphs: Protein 30%, Carbohydrate 40%, Fat 30%

Endomorphs: Protein 35%, Carbohydrate 25%, Fat 40%

What these percentages mean is that your caloric consumption should be composed of the above macronutrients according to your body type. In other words, an ectomorph's total calories for the day should come from 25% proteins, 55% from carbohydrates, and 20% from fats.

This information can only be used after you've gone through Level 1 and determined your daily caloric intake.

Example 1: An ectomorph who has determined his daily caloric intake to be 3,000 calories/day should be consuming 187g (25% of daily calories) of protein, 412.5g (55% of daily calories) of carbohydrates, and 66g (20% of daily calories) of fat per day.

Example 2: An endomorph who has determined his daily calorie intake to be 2,000 calories/day should be consuming 175g (35% of daily calories) of protein, 125g (25% of daily calories) of carbohydrates, and 89g (40% of daily calories) of fat.

Remember, proteins and carbs have 4 calories/g and fats have 9 calories/g.

This is how the above formulas work.

Using example one, 187g of protein has 748 calories (187 g x 4 calories) which is approximately 25% of that person's caloric goal (748 calories / 3,000 calories = 25%).

This may seem complicated, but this is exactly why I recommend using [My Fitness Pal](#). My Fitness Pal will calculate these values for you so don't have to do the math. The app makes logging foods, tracking them, and analyzing them super easy. Within the app you may set customized macronutrient and calorie goals (use the ones you just calculated, not the ones My Fitness Pal recommends).

The app makes it very easy to enter in and log foods using the barcode scanner feature, manual entry, or using somebody else's entry for that food (this is the least accurate way).

Another powerful benefit of the app is that it generates reports, like pie charts, that show you how far away or close you are from your macronutrient and caloric goals at the end of each day. This really helps you make adjustments throughout the program.

After a couple of days using the app you will be able to really hone in on what you can eat more of and what you have to eat less of to match your goals exactly. This is a process that usually takes a week or so to lock down.

Eventually, through tracking, you will simply start to know which foods to stick to in the appropriate quantities and which ones to stay away from and lower your consumption of.

RECOMMENDED FOODS

Often times, telling someone to watch their carbs, proteins, and fats is just useless information without examples.

You may not know what foods fall under these categories, so below I break down some of the best macronutrient sources for optimal health (not a conclusive list by any means):

PROTEINS

Poultry meats (chicken breasts, turkey, ostrich)
Lean red meat/cuts (venison, elk, beef, etc...)
Egg whites
Low carb, low fat, plant based protein powders
Beans (black, white, etc...)
Lentils
Quinoa

PROTEINS THAT HAVE FATS TOO

Less lean cuts of red meat (chuck, fatty steaks, etc...)
Chicken thighs
Cold water marine fish like salmon and cod
Nuts
Whole eggs

CARBS

Gluten free oats
Quinoa
Sweet potatoes
Green leafy veggies
Berries
Fruit
Veggies

FATS

Avocados
Nuts
Egg yolks
Coconut Oil
Olive oil (used as dressing, not cooking oil)
MCT Oil
Fish oil

These are just some ideas. Just realize that many foods have a combination of different macronutrients. Nuts for example are loaded with healthy fats and protein. Beans are loaded with protein and carbohydrates. Again, My Fitness Pal will be your best friend while you are learning.

On a concluding note here, I highly recommend that any chicken meat or eggs you eat come from organic, free range sources. Additionally, any red meat you eat should optimally come from animals that are grass fed.

These foods literally have a healthier nutritional profile when compared to products that come from animals that are conventionally raised. The commercial agriculture industry in the USA is a mess right now...

THE IMPORTANCE OF GREEN LEAFY VEGGIES (GLVS)

I want to make quick mention of vegetables here. To begin, I would really like to see you strive for 1 serving (1 palmful if female, 2 if male) of green leafy veggies with each meal. This can be in a salad, cooked into a meal, or in a smoothie or protein shake.

Some examples of good organic GLVs (again, not conclusive) are:

- 1) Chard
- 2) Spinach
- 3) Kale
- 4) Romaine lettuce
- 5) Dandelion greens
- 6) Bok choy
- 7) Asparagus

Basically, if it's dark, green, and leafy then it's good.

The top two benefits to eating GLVs with every meal are:

- 1) They provide an alkaline load to the body which helps with inflammation in the joints and other tissues
- 2) They provide tons of fiber and secondary nutrients (vitamins and minerals) that other foods, particularly processed ones, are lacking

With the basic nutritional formulas I've given you, it's easy to overlook eating greens, but make sure you don't. Your body will thank you.

Another thing I want to mention is the fact that I would like for you to eat these organically if possible.

Genetically modified plants with residue of insecticide and fungicide are not good for you and if you are not buying organic then you can almost be sure that you are consuming these chemicals.

If you cannot afford to buy everything organic then do your best to at least buy the "dirty dozen" organically. You can read more about that below:

[Dirty Dozen List Of Foods](#)

WATER INTAKE RECOMMENDATIONS

Water in your body can be compared to oil in an engine. It's an integral part to feeling optimal, performing optimal, and recovering at an optimal rate. I'm not going to go too deep into the benefits of adequate water intake, but I definitely want you want you drinking enough water on the program.

Follow my recommended formula below:

(bodyweight) x 0.5 = fl ounces of water/day

Basically, if you weigh 100 lbs then you should be drinking a minimum of 50 fluid ounces of water daily (100 x 0.5 = 50 fluid ounces). People tend to overcomplicate health and become distracted too easily with things like training and supplementation.

Ensuring adequate hydration is one step you can take VERY easily that will make a profound impact on every area of your health! Just as with the consumption of GLVs, inadequate consumption of water will not only have a detrimental effect on your performance, but every other aspect of your health as well.

NOTES

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced, horizontal green lines across the entire width of the page. The background is a solid off-white color, providing a clear contrast for the green lines. There are no margins, text, or other markings present.

WARM-UP, COOL-DOWN

INSIDE:

- YOUR SOFT TISSUE WORK & STRETCHING PERFORMED PRE WORKOUT
- YOUR MOBILITY EXERCISES PERFORMED PRE WORKOUT
- YOUR NEUROMUSCULAR (DYNAMIC) WARM UP SEQUENCE
- POST WORKOUT SMR AND RECOVERY (SELF MASSAGE)

PRE-WORKOUT ROUTINE, WARM UP, POST WORKOUT SMR

This is another area in the program where I arm you with the tools to further customize the program to your own needs. I'll teach you how to slightly customize your soft tissue work, mobility exercises, and warm up sequence to better suite your needs prior to beginning each workout.

YOUR SOFT TISSUE WORK & STRETCHING PERFORMED PRE WORKOUT

The following soft tissue exercises should be done first before moving into your mobility exercises and warm up. Again, these soft tissue exercises will address common muscular imbalances that distort posture. At the bottom of each exercise description you will see "who this is for". This will help YOU determine if you are someone that should perform that exercise. Again, this is up to you to determine as it will not be programmed into your workouts. If you read the "who this is for" section and determine that you ARE someone who needs to do that exercise then simply make sure you do it prior to your warm up in each workout you do.

FOAM ROLL CALVES

Sets 1x30 seconds each leg

Instructions: Place a foam roller on the ground in front of you while sitting with your legs stretched out in front of you. Place one leg on top of the foam roller so that it is digging into your calf muscle. Place your other leg on top of your leg that is being rolled, and place your hands on the ground. Lift your butt off the floor using your upper body and roll back and forth on the calf.

Who this is for: You will know if your calves are tight because you will usually feel them physically being restricted. Also, if you are someone that has difficulty squatting with the heels staying planted on the floor then I recommend you perform this.

VIDEO DEMONSTRATION

STATIC CALF STRETCH

Sets 1 x 30 seconds – 1 minute each side

Instructions: Put a foam roller on the ground, hold onto a wall or something else stable to help you balance, and put your toes up on the roller. Take the leg that you are not stretching and plant it on the floor in front of the roller. You will feel a deep stretching of the calf. To make this more effective you can activate the calf for 5 seconds by pressing the toes into the roller, and then relaxing the muscles to sink into a deeper stretch.

Who this is for: if you felt it necessary to foam roll the calves then I recommend you also perform this stretch in conjunction with the foam rolling.

VIDEO DEMONSTRATION

FOAM ROLL FRONT OF HIPS

Sets 1x30 seconds each hip

Instructions: Place a foam roller on the ground in front of you and orient your body on top of the foam roller so that the frontal muscles of one hip are on the foam roller. You should be leaning all of your body into the roller when doing this. Stay on the tissues, not the bone, and seek out "knots" or areas that feel tighter than other areas. If you find these focus on them with your roller.

Who this is for: If you sit for more than 2 hours a day then I recommend you do this, especially if you know you are someone who has "tight hip flexors".

VIDEO DEMONSTRATION

FOAM ROLL LATS

Sets: 1x30 seconds on each side

Instructions: Start seated and place a foam roller on the ground by your side. Outstretch your arm, lean over, and place your lat on the foam roller (just under the armpit). Roll back and forth on the lat making sure to reorient your body subtly so you can get the lat fibers on your back, not just on your sides. **Be VERY careful not to go too low with the roller as you can easily damage your lower ribs. When in doubt staying too high is preferable.**

Who this is for: Basically, if you have internally rotated arms (your thumbs point at one another when your arms are resting by your sides) then you need to do this. Additionally, if you have problems with overhead mobility or if you are someone that simply knows you have tight lats then you should also perform this.

VIDEO DEMONSTRATION

FLOOR BASED LAT STRETCHING: 1X1 MINUTE ON EACH SIDE

Instructions: Start on all fours in a curled position (similar to child's pose from yoga). Take an arm and reach overhead and across the body with it and then plant the palm firmly on the floor. Keeping your body low to the ground, let your hips shift away from the planted palm in order to feel a stretch in the lats. Play around with different angles to produce the maximal amount of stretch on this muscle.

Who this is for: if you determined that foam rolling the lats was necessary then I would also recommend performing this in conjunction to foam rolling.

VIDEO DEMONSTRATION

FOAM ROLL UPPER BACK

Sets 1x30 seconds

Instructions: Start seated with a foam roller on the ground behind you. Cross your arms over your chest leaving your feet planted on the floor and lean back so that the roller is on your upper back. Lift your butt off the ground, keep the core very tight, and roll up and down the upper back.

Who this is for: pretty much everyone. This will help break up tightness in the thoracic spine (upper back) region which will allow us to mobilize it easier later on.

VIDEO DEMONSTRATION

SUPER NOVA (OR OTHER BALL) RELEASE OF PECTORALS

Sets: 1x30 seconds each side

Instructions: Place your super nova (or other type of ball) on the ground. Put one pectoral directly onto the ball and place that arm behind the low back. With the arm behind the low back orient your body so that much of your body weight is on the ball. Roll around in this area and look for tight spots. If you are a woman you can still do this as your pectorals are above your breast tissue.

Who this is for: If you have internally rotated arms, rounded shoulders, or if you just spend all day at a computer then you need to do this.

VIDEO DEMONSTRATION

PECTORAL STRETCHING

1x1 minute each side

Instructions: Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backwards at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder blade of the shoulder that you are stretching towards the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the end of the socket

Who this is for: If you determined it was needed for you to use the ball in your pecs I would also recommend doing this with it.

[VIDEO DEMONSTRATION](#)

YOUR MOBILITY EXERCISES PERFORMED PRE WORKOUT

Now that you've done your soft tissue work and stretching it's time to move into some mobility drills and then your warm up. Certain mobilizations will be more important on certain days. For example, performing ankle mobilizations on a day in which we are training the legs is more important than mobilizing the ankle when we are training the upper body. Use your own discretion here and use the following exercises on an as needed basis throughout the program.

MULTIDIRECTIONAL ANKLE MOBILIZATION

Sets: 1x15 reps each direction (inwards, straight forward, and outwards)

Instructions: Place your toes facing toward a wall with about a fist's width between your toes and the wall. Ensure that the ankle stays planted firmly on the floor as you drive your knee forward toward the wall. The goal here is to repeatedly touch the wall with the knee, without letting the heel lift off the ground. You are going to perform 45 reps in total. 15 reps will be at an inward angle, 15 will be straightforward, and 15 will be off to the side.

Who this is for: This is a great exercise if you are someone who has difficulty squatting without falling forward, difficulty keeping the heels on the ground during squats, or someone with a history of ankle injury.

[VIDEO DEMONSTRATION](#)

CONTRACT AND RELAX ANTERIOR HIP MOBILIZATION

Sets: 2x15 each hip

Instructions: Start in a kneeling position with one knee directly under your hip and the foot of the other leg planted on the floor in front of you. You want a 90 degree bend in both ankles. Squeeze your core and tilt your pelvis backwards as you rock/shift your hips forward squeezing the glute on the knee that is down, as hard as you can. You will shift forward and then come back and then shift forward a little bit deeper. This is done several times in sequence.

Who this is for: This is for those of you that sit for long periods of time each day (greater than 3 hours), those of you that have an anterior pelvic tilt, or those of you that get poor glute activation.

[VIDEO DEMONSTRATION](#)

THORACIC SPINE MOBILIZATION

Sets: 1x50 reps moving up and down the thoracic spine.

Instructions: Start laying on the floor with a foam roller placed at the same level as the top of your shoulder blades (just below the neck). Slightly tuck the pelvis, keep the knees bent with feet planted on the floor. Gently allow your body to bend over the foam roller and then crunch back up to a neutral position. After a couple of reps (5-10) you will move the foam roller down an inch or two. You will gradually work your way down to the lower thoracic spine where you will stop. Don't do this on the lower back!

Who this is for: This is for those of you that have kyphosis (rounding of the upper back) or a stiff upper back that doesn't like to move. This is also for people that have mobility issues in the shoulder or hypermobility issues in the lower back. Due to the nature of our society, pretty much everyone should be doing these.

VIDEO DEMONSTRATION

VIDEO ON COMMON THORACIC MOBILITY MISTAKES

SHOULDER DISTRACTION

Sets: 1 x 1 min each shoulder

Instructions: Wrap a heavy duty resistance band around a stable, supporting structure. Wrap one end right around the head the the arm bone. Try to avoid the collar bone here, we are shooting straight for the top of the arm bone. Place the arm that the band is wrapped around behind the back and lean forward hard allowing the band to pull your shoulder back. When you get here just relax and prepare to hold the stretch for a minute.

Who this is for: This is for those of you that have rounded shoulders. Shoulder that are rolled forwards (anteriorly rotated) often times are restricted at the joint capsule. This technique will help reposition and the arm bone in the socket which will improve shoulder function if you are someone who is anteriorly rotated.

VIDEO DEMONSTRATION

YOUR NEUROMUSCULAR (DYNAMIC) WARM UP SEQUENCE

You will go through this series of exercises after your soft tissue work and mobility exercises, and before each and every workout that you perform on Intelligent Strength.

This is something that you will go through regardless of goals or level of fitness. For your convenience I've put the following exercises all into one video. Refer back to this as many times as you need to until you've memorized the sequence.

VIDEO DEMONSTRATION OF ENTIRE WARM UP

WRIST ROLLS X 15

Instructions: Lace your fingers and roll your wrists back and forth.

WRIST WAVES X 15

Instructions: Lace your fingers, open your palms, and make a wave motion with your hands. Make sure to switch the direction of the waves before stopping.

DELTOID WARM UP X ALL THE WAY UP AND DOWN

Instructions: While standing, place your hands by your hips, flex your wrists, and start making a tight circular motion with your arms. Continue to make these small, tight circles as you take your arms all the way overhead and back down to the hips. Be sure to keep your stomach braced like you're anticipating a punch here.

ARM ROTATIONS X 15

Instructions: Hold your arms out to the side and rotate them back and forth to activate the rotator cuff muscles.

ARM SWINGS X 10

Instructions: Swing your arms across your chest a few times, alternating which arm is on top.

SEAL CLAPS X 15

Instructions: Stand with your feet together with your arms outstretched and touching in front of you. Open your legs and arms simultaneously and then close them. Repeat the process over and over again similar to jumping jacks.

BODY WEIGHT SQUATS X 15

Instructions: Start standing with your feet shoulder width apart toes pointing forward. Hinge from the hips and lower your butt down towards the ground, keeping your chest as high as possible, and then return to standing.

OLD MAN DANCE X 15 CLOCKWISE X 15 COUNTER CLOCKWISE

Instructions: Place your feet and knees together, place your hands on your knees, and make clockwise and counterclockwise circles with your knees.

PUSH UPS X 10

Instructions: Start on your hands and knees. Place your hands directly under your shoulders and extend your legs back straight so that only your hands and toes are touching the ground. Keep the core squeezed as you inhale, lower yourself towards the ground, and exhale to push yourself away. If this is too hard then you may modify your foot position and perform this on your knees.

HIP BRIDGE X 10

Instructions: Lay on your back with your knees bent, feet planted on the floor. Keep the core braced as you drive your heels into the ground sending your hips upwards into the air. Squeeze the glutes hard at the top.

KNEE ROLL UPS X 10

Instructions: Lie on your back with your knees bent, feet planted on the floor. Press your hands into the ground by your hips as you exhale and pull the knees into the chest.

PLANK X 30 SECONDS

Instructions: Start on all fours. Place your elbows down on the floor, extend your feet into pushup position, hold this position isometrically squeezing the abs and butt as hard as you can. Make sure the hips are level with the shoulder and there is no sagging.

POST WORKOUT SMR AND RECOVERY (SELF MASSAGE)

Sometimes it just doesn't matter how balanced and well thought out your routine is. Occasionally you will find that your joints and tissues have become tight, achy, and uncomfortable after your training sessions. Much of this has to do with tissue stress. Tissue stress is basically just tightness in either fascia (connective tissue) or muscle. This can cause "tugging" on the sites where these tissues attach on our bones and joints and this can be quite uncomfortable. Below are a couple of tools to add to your arsenal and use post workout as needed if you have "flare ups".

VOODOO FLOSSING

This is great technique that you can use your voodoo bands for if you purchased them. What this will do is it will push out inflammation from the joint and give it some range of motion. Perfect if you have flare ups or joint stiffness post workout.

Instructions: Hold the end of the band underneath the joint you are wrapping. Start wrapping the joint moving across the joint and upwards. You want the band stretched to about 50% tension and you also want to overlap the band on each pass by about half of the band width. Once the joint is fully wrapped up you may then either hold it on with your hands, or tuck the band into itself so it stays on. From here you want to move the joint as much as possible. It's gonna be tight and feel weird, but do this for 30 seconds – 1 min and then take the band off. You should notice instant changes in the joint.

ANKLE DEMONSTRATION

KNEE DEMONSTRATION

SHOULDER DEMONSTRATION

You won't be able to wrap your own shoulders, so recruit a partner for this one.

MANUAL SMR ON KNEES

This is a great series of techniques I learned from Dr. John Rusin (physical therapist) to use on the knees, especially if they are not feeling very good after a leg workout.

Instructions: If the top of your knee is giving you trouble then you will address the tissues on the top end of your thigh near the knee itself. If the back of your knee is the area giving you issues then you will address the tissues of the lower hamstrings near the knee.

On the top, start with your knee fully straightened, tack down all the tissues you can with your thumbs, keep them tacked down as you bend the knee and repeats this 10 times. On the back of the knee, start with your knee bent and grab as much tissue behind the knee as you can with your fingertips and fully extend the knee keeping the tissues tacked down and repeat this 10 times.

VIDEO DEMONSTRATION FOR TOP OF KNEES

VIDEO DEMONSTRATION FOR BEHIND THE KNEES

MEDICINE BALL THE GLUTEAL REGION

Tension building up in the butt can be a real pain the ass, literally. It can also affect the lower back big time. If you experience flare ups then try this technique.

Instructions: Place a medicine ball, softball (supernova works too), or lacrosse ball on the ground. Place one butt cheek on the ball and cross the ankle of the same leg you are rolling over the opposing knee. Roll around in this are searching for the tender spots and staying on them as long as possible for a total of 1 minute.

VIDEO DEMONSTRATION

You will start every workout with the soft tissue exercises and mobility exercises that you determined were necessary for you by reading the “who this is for” text prior to doing the warm up sequence.

After you've done soft tissue work, mobilizations, and your warm up, then you will start your workout for that day. Following the workout you may perform your post workout SMR when needed. The general flow of each workout for you will look like this:

Remember, it's going to be your job moving forward here to to determine and perform your soft tissue work, mobilizations, and post workout SMR as needed. I will not include this in the general programming of your workouts because this is all stuff that you will customize yourself based on your needs as an individual.

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TRAINING OVERVIEW

INSIDE:

- BREAK DOWN OF THE THREE PHASES
- TRAINING SCHEDULE AND FREQUENCY
- DETERMINING APPROPRIATE WEIGHT LOADS FOR EACH EXERCISES

TRAINING OVERVIEW (PHASES AND SCHEDULE)

Now we are getting into the fun stuff, the training itself.

The program spans over the course of three months.

Each month is 1 Phase, giving the program 3 different Phases in total.

Each phase is different from the last and will have different effects on your body. Below I will break down each phase and what it's designed to do for you.

BREAK DOWN OF THE 3 PHASES

PHASE 1.0

The first 4 weeks of Intelligent Strength are all about accomplishing the following:

- 1) Addressing common movement pattern dysfunction
- 2) Addressing common joint mobility, stability, and flexibility issues
- 3) Addressing common postural issues and muscle imbalances
- 4) Advanced deep core strengthening and spinal stabilization
- 5) Introductory focus on compound, unilateral and some bilateral strengthening exercises

This phase, like all of the phases, is going to be tough.

It's going to require a lot of focus and determined effort, but I can promise you that your body will begin to feel better before we are even done with this phase.

This is a preparatory phase for the next one (phase 2). We are clearing the cobwebs, and prepping you for some more advanced, rigorous stuff down the line that is really going to change your body composition.

That's not to say that this phase won't be hard and produce gains in and of itself, because it will!

If you need to you can spend two months in this phase before moving onto phase 2.

PHASE 2.0

This phase is all about accomplishing the following:

- 1) Building off of the movement patterns we established in phase 1
- 2) Increasing weight loads used in unilateral compound exercises
- 3) Introducing heavy bilateral movements to add strength and muscle mass

In essence, you were fully prepped for this phase by going through phase 1.

Now your body is more balanced and functional and you are ready to take on some greater weight loads to further promote muscle growth and fat loss.

If you get to this phase and find that your body is not happy with it then spend another month in phase 1.

Phase 2 is all about maximizing strength and muscle. Again, we are laying the groundwork here for the next and final phase 3.

PHASE 3.0

This phase is all about the following:

- 1) Increasing volume of workouts (exercises, reps, and sets)
- 2) Increasing the amount of cardio performed to produce the most fat loss
- 3) Continuation of phases 1 & 2

Basically, this phase is all about continuing what you have developed in phases 1 and 2 with the introduction to a few new movements and exercises.

Additionally, this phase will also produce more fat loss because of the increase in required cardio in it.

You've built a solid foundation over the last 2 months, now it's time to lean out and get shredded.

TRAINING SCHEDULE AND FREQUENCY

Because Intelligent Strength is designed to produce maximal amount of body composition change we are going to cram a lot of workout volume into each week.

In essence, you're going to be working out a lot on this program.

We are going to segment your workouts based on muscle groups worked, similar to that of a body builder.

Each week will have hard 5 training days, 1 active rest day, and 1 full rest day.

I highly recommend you stick to the guidelines set forth here and never miss a training day unless you absolutely have to, due to recovery needs.

Your workout break down is going to look like the following. These are recommendations, but again I highly recommend you stick to this schedule:

MONDAY – Integrated Push Day
TUESDAY – Integrated Pull Day
WEDNESDAY – Integrated Lower Body Day
THURSDAY – ACTIVE REST DAY (light walking on your own for 20-30 min)
FRIDAY – Isolation Focused Upper Body Day
SATURDAY – Glute Centric Lower Body Day
SUNDAY – REST DAY

Your ACTIVE REST day won't be programmed into your training so it's up to you to do this. Active rest can include a light walk, raking the leaves, going for a light swim, or anything that has you moving around for 20 min or more. Keep the intensity here low because this is after all a rest day!

DETERMINING APPROPRIATE WEIGHT LOADS FOR EACH EXERCISE

Determining the appropriate weight to use for any particular exercise is an art form, although it's not that hard to do.

The first thing that you need to know prior to determining a weight load to work with is how many repetitions you are about to perform in the set(s).

It doesn't matter if the rep range is 4, 8, 10, or 12. With whatever weight you select this is how to determine if it's appropriate:

If you can't reach your rep range with perfect form:

If you are unable to crank out the targeted amount of reps without PERFECT form then the weight is too heavy for you and you need to go lighter.

If you can go WAY past your rep range with perfect form:

If your target rep range is 10 and you find that you can crank out more than 10 reps with perfect form then you should go heavier.

In an ideal world:

In an ideal world, you should be able to reach your target rep range WITH perfect form. Once you get there however you shouldn't have any energy left to perform another rep.

This is the ideal to strive for, but like I said, it's an art. With time and practice you will get this down.

Make sure to push yourself hard, but also be safe!

FINAL NOTES BEFORE YOU BEGIN THE PROGRAM

There are a couple of things I want you to keep in mind before you begin the program.

One of these such things is I want you to think of Phase 1 as your home base.

This phase contains the most unilateral exercises and is the most gentle phase on the body. If you finish phase 1, but still feel like you can use some work before progressing onto the later phases then do it.

Additionally, if you move onto the other phases, but find them to be too much for you then you can drop back down to phase 1 for another couple of weeks.

You can stay in each phase as long as you would like.

Lastly, I want to make quick mention again that the program calls for a lot of interset stretching, but I want you to know that this can be used interchangeably with interset foam rolling all throughout the program. Both have the same effect on overactive and tight muscles so it doesn't matter all that much which one you chose to do.

You are now ready to start the Intelligent Strength Program. Good luck, have fun, and stay focused here because it's going to be an awesome 3 months with tons of transformation that will not only be mental, but physical too!

PS: if anything hurts your joints more then DON'T DO IT!

NOTES

[illegible]

PHASE 1.0

INSIDE:

- EXERCISE ROUTINE (WEEKS 1-4)

BEGIN PHASE 1.0 (4 WEEKS)

NOTE: Exercises marked “supersets” are exercises performed immediately after the above listed exercise. Essentially, every exercises in a superset is performed as one set.

DAY 1 – INTEGRATED PUSH DAY

BANDED PULL APARTS

2X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Stand with your feet shoulder width apart, lift the chest toward the sky, squeeze the stomach and butt, and make sure there is a slight bend in your knees. Hold your resistance band out in front of your chest and pull your arms out wide, as though you are giving someone a big hug. Focus on pushing your finger tips away from each other and squeeze the shoulder blades together as you perform this movement.

NOTE: This is an awesome shoulder exercise for increasing tension in the tissues of the upper back and improving shoulder posture.

[VIDEO DEMONSTRATION](#)

SINGLE ARM DUMBBELL BENCH PRESS

6X10 REPS W/ 45 SEC – 1 MIN OF REST IN BETWEEN SETS

Instructions: Start seated on a stable gym bench with your hands gripped around one dumbbell that is resting vertically on your lap. Keep both hands on the dumbbell handle as you lean back and lay on your back. As you lay back transition the dumbbell with you so that it is over your chest and carefully hand it off so that its only in one of your hands. Press your feet into the floor hard, keep your core and butt tight, and lower the dumbbell down towards the outside of your chest and then exhale hard and press it back up to the starting position focus on squeezing the pectoral and front deltoid muscle (chest and shoulder).

NOTE: This is a staple unilateral chest exercise we will be using a lot throughout the program.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET):

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backwards at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder blade of the shoulder that you are stretching towards the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the end of the socket.

NOTE: We are supersetting the single arm DB bench press with some interset stretching here. This will stop your pecs from shortening up on you and distorting your posture. We will be doing this and similar stretches all throughout the program in all phases.

[VIDEO DEMONSTRATION](#)

SINGLE ARM CABLE OVERHEAD PRESS

6X10 REPS EACH SIDE W/ 45 SEC – 1 MIN IN BETWEEN SETS

Instructions: Place a single handle attachment on a cable machine and place the cable pulley all the way down the machine, as low as it goes. Stand adjacent to the pulley in an athletic stance (knees slightly bent, core tight, butt tight, chest lifted). Make sure that the pulley is directly underneath the shoulder that you are going to be training. Keep the core very tight, neck straight, and exhale to press the handle straight overhead. Once you complete one side you will immediately go into the next side. The set is over once the movement has been performed on both arms.

[VIDEO DEMONSTRATION](#)

SEATED DUMBBELL LATERAL RAISES IN SCAPULAR PLANE

6X10 REPS W/ 45 SEC – 1 MIN IN BETWEEN SETS

Instructions: Start seated upright with a bench that has back support. Start by holding the handle of two dumbbells that are resting on top of your knees. Keep the core braced, shoulders rolled back, and head on top of the spine (it's easy to push it forward which we are NOT doing here). Raise the arms out away from the body at a 45 degree angle, lower them back down to the hips, and repeat. Go light here are first. Although we are working in the scapular plane of motion (45 degrees away from the body) which tends to be easier on the shoulders, still go light. There will be plenty of time to build up enormous strength in this area as we progress through the program.

NOTE: You may be wondering why this is not unilateral. Single arm lateral raises can adversely affect the neck so I didn't include these in the program.

[VIDEO DEMONSTRATION](#)

ISOMETRIC PUSH UP HOLD

5X30 SECONDS DURING THE SET W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Assume a normal pushup position (hands directly under the shoulders with legs straight). Hold this position with a neutral spine while squeezing your whole body very tight. The most important part with this is the neutral spine. Keep the back very straight. Don't let the hips sag or do anything weird or asymmetrical. Additionally, don't let your head hang down towards the floor. This is an opportunity to improve forward head posture, so while you are doing this make sure to tuck your chin and push your neck back so that your neck spine (cervical) is very straight.

[VIDEO DEMONSTRATION](#)

HIGH REP FACE PULLS

2X50 REPS W/ 1 MIN OF REST IN BETWEEN SETS

Instructions: Wrap your resistance band or voodoo band around a column, machine, or something else that's very stable and about the same height as your eye line. Back away from the supporting structure, take an athletic stance, exhale and pull the band toward the sides of your face. Focus on squeezing the shoulder blades together when doing this. We are going really high rep here so prepare for a serious burn and pump in shoulder shoulders. Grind through it though and push yourself!

NOTE: This is going to help reset your shoulders and improve their alignment after all the direct pectoral training we did today. Two common mistakes people make with this movement is they will shift their hips forward or their head forward. Don't do that. Make sure all of your joints are stacked nice and vertically over each other as you perform this exercise.

[VIDEO DEMONSTRATION](#)

TRADITIONAL CABLE WOOD CHOP

5X15 REPS EACH SIDE W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Place a single handle attachment onto a cable machine and set the pulley so that it's about a foot taller than your head. Stand adjacent to the pulley so that it's exactly off to the side. Take an athletic stance that's slightly wider than normal and grab the handle attachment with the hand closest to the cable handle and place your other hand on top of the hand that first grabbed the handle (this step is important for optimal muscle recruitment). Keep the chest lifted high as you can and use your oblique muscles to pull the cable across your body toward the opposing hip while keeping the arms locked out and straight.

[VIDEO DEMONSTRATION](#)

ELLIPTICAL HIIT CARDIO [OPTIONAL]

6X30 SECONDS INTERVALS W/ 1-3 MIN OF SUSTAINED RESTING SPEED IN BETWEEN INTERVALS

Instructions: Start out on an elliptical or stationary bike and a pace that is easy for you to sustain. When you are ready, adjust the resistance on the machine and set it to maximum. Go as hard, fast, and intense as humanly possible for 30 seconds and then place the resistance back down to easy and sustain this easy pace for 1-3 minutes (or until you feel recovered) and then repeat the process.

[VIDEO DEMONSTRATION](#)

DAY 2 – INTEGRATED PULL DAY

QUADRUPED FLOW

3X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start on your hands and knees with your knees right under your hips and your hands right under your shoulders. Make sure your spine is neutral (straight). Suck the stomach in hard and keep it sucked in throughout the exercise. Additionally, tuck the chin toward the chest and press your neck back. Allow your shoulder blades to relax and pinch together and then press through your arms really hard into the floor sending your shoulder blades away from each other (protraction).

NOTE: This exercise does three things for you all at once. It's strengthens a muscle called the TVA (important to protect the lower back), in strengthens the serratus anterior (an important shoulder stabilizer), and it also helps to fix forward head posture.

[VIDEO DEMONSTRATION](#)

ARM CIRCLES:

2X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Wrap your voodoo band or resistance band around a stable column, machine, or anything that's stable. Wrap at the same level as your eyes, and take an athletic stance. With the chest lifted and butt squeezed tight start by pulling your arms into your sides. Keep your arms as close to sideways as possible as you raise them up overhead. Once overhead, you can relax a little bit and allow the arms to move toward the cable before pulling them away from the cable again and lowering them back down to your sides the same way that you went up with them.

NOTE: Keep your butt underneath your rib cage here and don't push the hips forward. Also, do your best job to keep the lower back from arching during this exercise.

[VIDEO DEMONSTRATION](#)

SINGLE ARM DUMBBELL ROW

6X10 REPS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Place the leg that's on the same side as the arm you are performing this exercise on back, so it's out of the way, and place the other foot closer to the bench, which you will be holding onto for stability. Hinge from the hips and place the hand of the arm you are not rowing with on a bench. Keep the spine neutral and try to stick your chest out as you perform this. Exhale and pull the dumbbell up so that it is at the same levels as your chest, but just slightly off to the side.

NOTE: Keep that spine neutral, don't twist, and squeeze your core as hard as possible. You are not starting a lawn mower. If I were there, I should be able to set a full glass of water on your back and have it not fall off!

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS OF ROWS

Instructions: Kneel down on both knees in front of your bench, pick a side to start with and extend that arm up and over to grab the bench over the opposing shoulder. Rock your hips back and shift your weight away from the hand grabbing the bench in order to place the lats under stretch. Play around with the nooks and crannies and find the angles that stretch your lats the most. 30 seconds on each side makes this your entire rest time in between sets of rows.

NOTE: Like the interset pectoral stretching you performed earlier this week, now you are performing interset lat stretching. Both of these muscles need to remain long in order for you to have optimal posture which is why I've included these in the program.

VIDEO DEMONSTRATION

SINGLE ARM LAT PULL DOWNS

6X10 REPS EACH ARM W/ 1 MIN REST IN BETWEEN SETS

Instructions: Start seated on a machine in which you can perform a traditional lat pull down, however take off any attachments that are on the cable and put a single handle attachment on there. Keep the chest lifted, put the arm that's not working on the hip, and pull the arm in the air down towards the shoulder really squeezing the lat. It will look like you are a train conductor here. It's a great unilateral movement for the lats.

VIDEO DEMONSTRATION

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: See above.

VIDEO DEMONSTRATION

FARMER'S WALKS

5X30 SECONDS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Start standing with two heavy dumbbells on the floor right by your feet. Squat down to pick up the dumbbells keeping your spine neutral and stand up with them. Maintain PERFECT posture (chest open and head on straight, not pushed forward) as you begin to walk while simply holding the dumbbells. This is an excellent exercise the will really tax your grip strength and shoulder girdle.

NOTE: You should go heavy here and really push yourself, but again if you can't maintain perfect posture and pain free movement then drop the weights to a lower load.

VIDEO DEMONSTRATION

REVERSE CABLE WOOD CHOPS

5X15 REPS EACH SIDE W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Place a single handle attachment onto a cable machine and set the pulley so that it's at the bottom, as low as it can go. Stand adjacent to the pulley so that it's exactly off to the side. Take an athletic stance that's slightly wider than normal and grab the handle attachment with the hand closest to the cable handle and place your other hand on top (this step is important for optimal muscle recruitment). Keep the chest lifted high as you use your oblique muscles to pull the cable across your body, up, and towards the opposing shoulder.

NOTE: If this hurts your shoulders then it could be because your thoracic spine is still stiff. Try doing the thoracic spine mobilization a couple of times before doing this if that happens to you.

VIDEO DEMONSTRATION

PLANK

5X30 SECONDS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Extend your legs back so they are in push up position. Instead of placing your hands on the floor as though were were going to perform a push up, place the elbows on the ground and lift your body up. Only your forearms and toes should contact the ground. Squeeze the core muscles very hard as you finish your workout with this exercise. Make sure your spine is straight when performing this. Having a mirror beside you can help tremendously, otherwise you can have someone record you while you perform it to make sure your spine is neutral.

NOTE: If this is "easy" for you then squeeze harder. Plank should never be easy no matter what your fitness level is because you are in charge of how hard your muscles are contracting.

VIDEO DEMONSTRATION

ELLIPTICAL HIIT CARDIO

6X30 SECONDS INTERVALS W/ 1-3 MIN OF SUSTAINED RESTING SPEED IN BETWEEN INTERVALS

Instructions: Start out on an elliptical or stationary bike and a pace that is easy for you to sustain. When you are ready, adjust the resistance on the machine and set it to maximum. Go as hard, fast, and intense as humanly possible for 30 seconds and then place the resistance back down to easy and sustain this easy pace for 1-3 minutes (or until you feel recovered) and then repeat the process.

VIDEO DEMONSTRATION

DAY 3 – INTEGRATED LOWER BODY DAY

HIP HINGE MOVEMENT PATTERN RE-PROGRAMMING (RECOMMENDED)

1X100 REPS

Instructions: Stand in an athletic stance with your feet shoulder width apart, slight bend in your knees, and chest lifted high. Place a stick, painting rod, dowel rod, or broomstick on your back. Ensure that the stick is in contact with the back of the head, the upper back, and the back of the pelvis at all times. From here, bend forward by hinging at the hips (like a door hinge) and then return back to standing. Make sure the stick stays in contact with the three areas discussed previously. In essence, this awesome movement pattern reprogramming exercise that will teach your body how to move correctly, keep a neutral spine, and protect your back! You can do this before you even hit the gym. If you do though, make sure you do your dynamic warm up once you arrive at the gym.

NOTE: I highly recommend you perform this if you are someone with back pain, or if you are someone that's new to lifting. This will teach you the critical movement pattern known as hip hinging which is an essential skill to have down if you are going to be able to move and train properly without injury.

VIDEO DEMONSTRATION

STANDING LEG ABDUCTIONS OR MONSTER WALK WITH THE HIP CIRCLE

4X15 EACH LEG W/ 30 SECONDS REST IN BETWEEN SETS

If you don't have a hip circle then perform the standing leg abductions, if you do have a hip circle then perform the monster walk.

Instructions for Standing Leg Abductions: Stand next to a machine or column of which you can hold onto for support and stability. Stay upright with your body as you raise one leg out to the side making sure the toes remain pointing straight forward and return that leg back to the ground.

Instructions For Monster Walk: Place the hip circle around both of your legs just above the knees. Keep your body upright as you step back at a 45 degree angle to activate and strengthen the gluteal muscles. Each step back is one rep for that leg and you are doing 15 reps each leg per set.

VIDEO DEMONSTRATION MONSTER WALK

VIDEO DEMONSTRATION STANDING LEG ABDUCTIONS

COUNTER BALANCED SINGLE LEG DEADLIFTS

5X10 REPS EACH LEG W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Hold a dumbbell in one hand and start in an athletic stance (you should know what that is by now). Gently lift the leg that's on the same side of the arm in which you are holding the dumbbell. At this point you should be standing on one leg, make sure that leg has a slight bend in it as you hinge from the hips and lower your body towards the ground. Once your hip angle is at approximately 90 degrees then return back to standing by squeezing the glutes on the leg you are balancing on.

NOTE: For this exercise it's VERY important that you keep your knee on the standing leg bent slightly until the very top of the movement. Secondly, it's crucially important that you keep your hips squared and facing towards the floor with this exercise. Do not allow your hips to open and point off to the side. Keeping the hip oriented towards the ground will help you achieve more muscular balance and optimal muscle recruitment patterns.

VIDEO DEMONSTRATION

BULGARIAN SPLIT SQUATS

5X10 REPS EACH LEG W/ 1 MINUTE REST IN BETWEEN SETS

Instructions: Hold a dumbbell in each hand and place one foot on top of a bench or box. Make sure that the other foot is planted firmly on the ground and is far enough away from the bench so that when you bend it to 90 degrees the knee remains over the ankle. To perform the movement, all you are doing is bending both knees by lowering yourself towards the ground until your knees reach approximately 90 degrees and then you will return back to the starting position.

NOTE: It's very easy to push the leg that's resting on the bench into the bench to assist with this movement. This is cheating though so try to avoid that. Keep the leg on the bench as relaxed as possible, and force the leg that's on the ground to do all the work.

VIDEO DEMONSTRATION

DUMBBELL WALKING LUNGES

5X10 ON EACH LEG W/ 1 MIN REST IN BETWEEN SETS

Instructions: Stand with with a dumbbell in each hand. Step forward with one leg and bend both knees to approximately 90 degrees and then step the back foot forward to meet the other foot. Alternate sides as you perform this. You are performing 10 reps (steps forward) with each leg so 1x10 each leg perform in one set is actually 20 reps in total (10 on the right, 10 on the left).

VIDEO DEMONSTRATION

HIGH REPETITION BODY WEIGHT SQUATS

4X20 REPS W/ 1 MINUTE REST IN BETWEEN SETS

Instructions: Start with your feet shoulder width apart, toes pointing forward, in an athletic stance. Lower your body down by hinging from the hips and bending the knees while striving to keep your chest upright and heels planted on the ground. Exhale and return to standing by squeezing the legs.

VIDEO DEMONSTRATION

CHAIR POSE (SUPERSET)

4X30 SECONDS

Instructions: As soon as you finish your BW squats stay in your squat stance, extend your arms overhead, and lower yourself down into the bottom of the squat position and hold. Hold this for 30 seconds. It's gonna burn real bad so you need to be tough here!

NOTE: Really lift that chest high here and never let it sink lower than the hips. You should try to remain as vertical with your upper body as possible with this exercise.

VIDEO DEMONSTRATION

STABILITY BALL CRUNCHES

5X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start with your back on a stability ball. The ball should be in between your hips and shoulder blades on your back. Lace your fingers behind your neck to support it, but make sure you are not pulling on your neck. Allow your abdominals to relax which will allow your spine to bend and extend over the ball. Once at the bottom of the movement, squeeze the abs and pull yourself up just a little bit beyond straight before returning back to the start of the movement.

NOTE: This is a great exercise for the abs. Make sure when you are doing this that the room is clear of sharp or hard debris in case you roll over it with the ball or fall off.

[VIDEO DEMONSTRATION](#)

PALLOFF PRESS

5X15 REPS EACH SIDE W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Stand adjacent to a cable machine and set the pulley so that it's level to your breast bone. Come off to the side of the machine, wrap your fingers around the handle attachment, and take an athletic stance. Exhale hard as you push your arms in front of you in a straight line and then return them back towards the chest. Do not allow the cable to pull you out of position. Your job here is to fight the rotation and keep everything pointed straight forward.

NOTE: This is a great anti-rotation movement for the core. It teaches your body to resist rotational forces that act on the lumbar spine which really helps to stabilize this area and prevent injury.

[VIDEO DEMONSTRATION](#)

DAY 4 – ISOLATION FOCUSED UPPER BODY DAY

WALL PRESS

2X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start seated with your butt against a wall. Make sure not only your butt, but your upper back and midback are also in contact with the wall. Press your arms into the wall and upward (like a shoulder press). Strive to keep everything on the wall and don't let anything lift off as you perform this.

NOTE: This is a tough exercise to perform ideally (as was just described), but do your best with it. It has tremendous capacity for postural improvement. If you absolutely cannot come close to doing this with good form then try laying on your back (facing the ceiling) with knees bent and feet planted. This is a regression of this exercise and is a little easier to perform because gravity will assist you.

[VIDEO DEMONSTRATION](#)

MEADOWS ROW

5X12 EACH SIDE W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Place a barbell into the corner of room or into a machine in order to keep it stable and in place. Grab the end of the barbell with one hand, hinge forward from the hips and make sure your spine stays neutral. Pull the arm holding the barbell up in the air focusing on driving the elbow up. Think about squeezing your shoulder blade in toward the other one as you perform this movement.

NOTE: This is another one of those great movements for strengthening the upper back and improving shoulder posture.

[VIDEO DEMONSTRATION](#)

PUSH UPS

5X10-20 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start on your hands and knees. Place your hands directly under your shoulders and extend your legs back straight so that only your hands and toes are touching the ground. Keep the core squeezed as you inhale, lower yourself toward the ground, and exhale to push yourself away. If this is too hard then you may modify your foot position and perform this on your knees.

[VIDEO DEMONSTRATION](#)

SEATED DUMBBELL OVERHEAD REVERSE SHRUGS

5X10 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start seated on a bench with back support holding two dumbbells on your knees. Curl the dumbbells up to your shoulders and then press them overhead. Keeping your arms straight overhead shrug the shoulders up toward the ears and then lower them back down. Really squeeze the upper traps when performing this. This is a great exercise for shoulder stability and it also clears some room up in the shoulder and increases function.

[VIDEO DEMONSTRATION](#)

CONCENTRATION CURLS (OPTIONAL)

5X10 REPS EACH SIDE W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start seated with your knees out wide. Grab a dumbbell that's on the floor in between your knees with one hand and place the elbow of that arm inside of the thigh on the same side. Focused on squeezing your bicep hard as you curl the dumbbell up towards the shoulder of the arm that's holding it.

NOTES: If you are someone who wants more muscular arms then I recommend doing this extra set of bicep curls.

[VIDEO DEMONSTRATION](#)

SEATED ALTERNATING INCLINE HAMMER CURLS

5X10 REPS EACH SIDE W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Adjust the seat and back rest of your bench so that the seat is flat and the backrest is slightly angled backwards. Sit down on the bench with a dumbbell in each hand. Focus on pinching your shoulder blades together the whole time as you bring a single dumbbell up towards the shoulder with no rotation and then switch to the other side. Make sure to squeeze your dumbbell hard here as this will help recruit the forearm muscles.

[VIDEO DEMONSTRATION](#)

DECLINE DUMBBELL TRICEP EXTENSIONS

5X10 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Lay on a decline bench with a dumbbell in each hand. Keep the elbows pointing straight up in the air and allow both elbows to bend. Lower them down next to the your temples and squeeze the back of your arms to straighten out your arms.

[VIDEO DEMONSTRATION](#)

SINGLE ARM CABLE TRICEP EXTENSIONS (OPTIONAL)

5X10 REPS EACH ARM W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Place a single handle attachment on a cable machine and set the pulley up to its highest setting, at the top on the machine. Keep your core braced, lean forward a little bit, and place the arm that's not working on the hip. Draw the elbow on the arm that is working into the ribs and lock it there for the duration of the exercise. From here exhale and contract the tricep of this arm to straighten the arm out. Really focus on squeezing hard here.

NOTE: Again, if you want bigger or stronger arms then do this exercise to add a little more volume to your arm training.

[VIDEO DEMONSTRATION](#)

BANDED LATERAL RAISE BURNOUT

4XAMRAP (AS MANY REPS AS POSSIBLE) W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Hold your voodoo band or resistance band from the side and step right in the middle of the band anchoring it to the floor. Roll your shoulder back to lift your chest and maintain an athletic stance during the exercise. Raise the arms out at a 45 degree angle as many times as you can with perfect form, as it becomes more difficult bring the arms closer to the center while still performing as many reps as possible.

NOTES: This is a great movement to pump up and break down the shoulder muscles so they can get stronger without some of the undue stress associated with weights. Make sure your hips are staying underneath you as you perform this. Be very strict with the spine and don't allow any motion to occur here.

[VIDEO DEMONSTRATION](#)

PLANK

5X30 SECONDS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Extend your legs back so they are in push up position. Instead of placing your hands on the floor as though were were going to perform a push up, place the elbows on the ground and lift your body up. Only your forearms and toes should contact the ground. Squeeze the core muscles very hard, you finish your workout with this exercise. Make sure your spine is straight when performing this. Having a mirror beside you can help tremendously, otherwise you can have someone record you while you perform it to make sure your spine is neutral.

[VIDEO DEMONSTRATION](#)

FINGER EXTENSION BURNOUT

2X50 REPS EACH HAND W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Place your finger strengtheners around your finger tips. Extend the arm(s) that you are performing this exercise on out to the side of your body and repeatedly open your hand as wide as you can until you've reached 50 reps and then switch hands.

NOTES: This is an excellent grip strengthening exercise and one that can help with all sorts of wrist, forearm, and elbow issues as well. If you don't have the bands then you can perform this without them by extending both arms of to the side and flicking your fingers as though there's water on them very vigorously. Each flick of the fingers is one rep. You can do this with both hands at once although in the video demonstration I'm only using one hand.

[VIDEO DEMONSTRATION BANDED VERSION](#)

[VIDEO DEMONSTRATION W/ OUT BAND](#)

DAY 5 – GLUTE CENTRIC LOWER BODY DAY

CABLE PULL THROUGH

5X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Place a rope attachment on a cable machine and set the pulley so it's about $\frac{3}{4}$ of a foot off the ground. Straddle the rope attachment and grab it with both hands. Hinge from the hips (you should know how to do that by now) and drive the hips forward by squeezing the glutes very hard.

NOTE: This is to prime the glutes so that they will work harder throughout your workout. Really focus on muscle contraction here and prioritize that over weight load.

[VIDEO DEMONSTRATION](#)

HIP THRUSTER (HIP CIRCLE OPTIONAL)

5X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Lay on your back with your knees bent and feet flat on the floor. You want your heels about 6 inches from your butt here. Keep your abs tight, tuck the pelvis (posteriorly tilt it) and drive through the heels sending your hips up in the air while squeezing the glutes:

NOTE: To get a little extra glute activation with this exercises you may perform it with a hip circle on. Simply place the hip circle above the knees and drive out into the band with the knees as you perform the exercise just like I describe in the instructions above.

[VIDEO DEMONSTRATION](#)

[VIDEO DEMONSTRATION WITH HIP CIRCLE](#)

REVERSE LUNGES

5X10 REPS EACH LEG W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Stand in an athletic stance holding a dumbbell in each hand. Step back with one foot, lean forward, and then return back to the starting position. Keep stepping back with that same foot until you've reached your 10 reps and then switch to the other foot. Leaning forward with this movement flexes the hip more and will help you to recruit more of the glutes on the leg that's in front, so think about that while you perform this movement.

[VIDEO DEMONSTRATION](#)

BOX STEP UPS

5X10 EACH LEG W/ 1 MIN REST IN BETWEEN SETS

Instructions: Hold a dumbbell in each hand and place a stable box or bench in front of you so that you may step onto it. Start with one foot on the box which should be about 1.5 feet from the ground and drive through the foot until you are standing on top of the box or bench and then return back to the ground with the opposite leg keeping the original leg on the box or bench. Repeat this 10 times on that leg before switching to the other side.

[VIDEO DEMONSTRATION](#)

WALL SITS

4X30 SECONDS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Place your back against the wall with your feet about 1 foot in front of the wall. Slide your back down the wall by bending both knees and hold this position at the bottom with a 90 degree bend in both knees.

NOTE: Make sure your feet are positioned so that when you are squatted all the way down your knees are over your ankles and not driven forward in front of your toes.

VIDEO DEMONSTRATION

ISOMETRIC BIRD DOG

4X30 SECONDS EACH SIDE W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start on all fours with your hands directly under your shoulders and knees directly under your hips. Lift either your right arm and left leg, or your left arm and right leg into the air. The purpose here is to create core and spinal stability so make sure your torso, hips, legs, and toes remain square to the ground. Everything should be pointing straight down at the floor.

NOTE: Additionally, make sure your spine stays neutral the whole time and do not allow for ANY motion to occur at the spine. The more strict your are with not allowing movement or deviation with this exercise the more benefit you will get.

VIDEO DEMONSTRATION

ELLIPTICAL HIIT CARDIO (OPTIONAL)

6X30 SECONDS INTERVALS W/ 1-3 MIN OF SUSTAINED RESTING SPEED IN BETWEEN INTERVALS

Instructions: Start out on an elliptical or stationary bike and a pace that is easy for you to sustain. When you are ready, adjust the resistance on the machine and set it to maximum. Go as hard, fast, and intense as humanly possible for 30 seconds and then place the resistance back down to easy and sustain this easy pace for 1-3 minutes (or until you feel recovered) and then repeat the process.

VIDEO DEMONSTRATION

NOTES

PHASE 2.0

INSIDE:

- EXERCISE ROUTINE (WEEKS 5-8)

BEGIN PHASE 2.0 (4 WEEKS)

DAY 1 – INTEGRATED PUSH DAY

BAND PULL APARTS

2X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Stand with your feet shoulder width apart, lift the chest toward the sky, squeeze the stomach and butt, and make sure there is a slight bend in your knees. Hold your resistance band out in front of your chest and pull your arms out wide as though you are giving someone a big hug. Focus on pushing your finger tips away from each other and squeeze the shoulder blades together as you perform this movement.

NOTE: Like in phase 1, this movement will prepare your shoulders for all of the pectoral training we are about to do.

[VIDEO DEMONSTRATION](#)

QUADRUPED FLOW

3X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start on all fours with your hands underneath your shoulders and your knees underneath your hips. Keep your spine neutral and suck the stomach in as though you have been punched in the gut. Push through the hands so that your shoulders protract (move away from each other). Do this while you actively tuck the chin and push the neck back. Relax the shoulders and return back to the starting position.

[VIDEO DEMONSTRATION](#)

BARBELL BENCH PRESS

6X10 REPS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Lay on a bench with a barbell over you on a rack. Squeeze your glutes and stomach hard as you grab the bar slightly wider than shoulder width. The elbows should be about 45 degrees away from your torso (not flared out all the way to the sides) as you lower the bar down to 2 inches above the chest. From here, drive from the legs and push the barbell up into the air above the chest.

NOTE: If this is hurting, or if you feel like it is making your imbalanced worse then simply substitute this exercise out for single arm dumbbell bench press instead.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backward at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder blade of the shoulder that you are stretching toward the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the end of the socket.

[VIDEO DEMONSTRATION](#)

SINGLE ARM STABILITY BALL CHEST PRESS

6X10 REPS EACH SIDE W/ 45 SEC – 1 MIN OF REST IN BETWEEN SETS

Instructions: Make sure your space is clear of heavy, hard, or pointed objects. Start seated upright on a stability ball holding the handle of one dumbbell that is resting on top of your knee. Walk your feet out in front of you while using your core to lower your back onto the ball while also bringing the dumbbell up to your chest. Continue to walk the feet forward until only your shoulder blades and neck are in contact with the ball. Raise the hips up so that they are in the air and in line with the rest of your body. Exhale as you press the dumbbell into the air above the chest slightly converging at the top and inhale on the way back down. Carefully hand the dumbbell off to the other arm and repeat.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: See above.

[VIDEO DEMONSTRATION](#)

SEATED DUMBBELL OVERHEAD PRESS

6X10 REPS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Start seated with a dumbbell in each hand on a bench with back support. Curl the dumbbells up to your shoulder, or if you are going heavy use the knees to help get the dumbbells up there. Keep the core braced tightly as you exhale, drive the dumbbells up to converge, and then bring them back down to the shoulders.

NOTE: Don't let the lower back arch off of the backrest. Do your best to keep your entire back in contact with the back rest. Additionally, your arm bones should be in perfect alignment with your ears as you press them overhead. Sometime this feels almost like you are pushing the dumbbells behind you when you do it properly. Be careful to not actually push the dumbbells behind you though. Having someone watch you or getting videotaped can help immensely here.

[VIDEO DEMONSTRATION](#)

STANDING DUMBBELL LATERAL RAISE IN SCAPULAR PLACE

6X10 REPS W/ 45 SEC – 1 MIN IN BETWEEN SETS

Instructions: Start standing in an athletic stance with a dumbbell in each hand. Keep the core braced, shoulders rolled back, and head on top of the spine (it's easy to let it slide forward which we are NOT doing here). Raise the arms out away from the body at a 45 degree angle, lower them back down to the hips, and repeat. Really focus on squeezing and contracting the shoulder muscles.

[VIDEO DEMONSTRATION](#)

BANDED LATERAL RAISES (SUPERSET)

6XAMRAP (AS MANY REPS AS POSSIBLE)

Instructions: Hold your voodoo band or resistance band from the side and step right in the middle of the band anchoring it to the floor. Roll your shoulders back to lift your chest and maintain an athletic stance during the exercise. Raise the arms out at a 45 degree angle as many times as you can with perfect form, as it becomes more difficult bring the arms closer to the center while still performing as many reps as possible.

NOTE: This is gonna burn real bad in the shoulder muscles. We are really frying the delts today. Remember, strength and muscle mass is corrective in and of itself because the more muscle you have the more insulated and protected the joint will be. Push yourself hard here!

[VIDEO DEMONSTRATION](#)

BENT ELBOW ISO PUSH UP HOLD

5X30 SECONDS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Get in a pushup position, and lower yourself down to just above the floor (your elbows should be a 90 degrees). Keep as much tension in your muscles as possible and hold this position for 30 seconds.

NOTE: This is really gonna finish off any juice you have left in your pecs and shoulders at this point. Prepare for this to be real hard, but push yourself through it anyway.

[VIDEO DEMONSTRATION](#)

HIGH REP FACE PULLS

2X50 REPS W/ 1 MIN OF REST IN BETWEEN SETS

Instructions: Wrap your resistance band or voodoo band around a column, machine, or something else that's very stable and about the same height as your eye line. Back away from the supporting structure, take an athletic stance, exhale and pull the band toward the sides of your face. Focus on squeezing the shoulder blades together when doing this. We are going really high rep here so prepare for a serious burn and pump in shoulder shoulders. Grind through it though!

[VIDEO DEMONSTRATION](#)

ACTIVE BIRD DOGS

4X15 EACH SIDE W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: We've done the isometric version in Phase 1.0, now it's time for the more advanced dynamic (or active) version. Start on all fours with the hands under the shoulders and knees under the hips. Pick a side to start with (either left arm and right leg, or right arm and left leg). Keep your core braced hard, keep your spine in a neutral position, and allow for absolutely no spinal movement as you extend your arm overhead and your leg back straight. Finish the movement by bringing the elbow of the extended arm back toward the knee of the extended leg and repeat.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL (OPTIONAL)

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 2 – INTEGRATED PULL DAY

I, Y, AND T RAISES

2X12 REPS EACH EXERCISE W/ 1 MINUTE REST IN BETWEEN SETS

Instructions: Start on a flat bench with a really light dumbbell in each hand (5lbs or less) lying on your stomach/chest. I, Y, T raises are named after the shape you make when performing the exercise. Start with T's which means your arms are extended out to your sides at a 90 degree angle. Exhale and raise the arms up a little bit and squeeze the shoulder blades together. Repeat this in a Y shape and well as straight overhead in an I shape. Check out the video if you don't know what I'm referring to.

NOTE: This is great for strengthening the mid and lower traps which is critical for improving posture and shoulder mechanics.

[VIDEO DEMONSTRATION](#)

SINGLE ARM DUMBBELL ROW

6X10 REPS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Again, this is a staple unilateral back exercise so we use it a lot in ISP. Place the leg that's on the same side as the arm your are performing this exercise on back, so it's out of the way, and place the other foot closer to the bench, which you will be holding onto for stability. Hinge from the hips and place the hand of the arm you are not rowing with on a bench. Keep the spine neutral and try to stick your chest out as your perform this. Exhale and pull the dumbbell up so that it is at the same level as your chest, but slightly off to the side.

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: As in phase 1.0, we've got to keep those lats long and prevent them from shortening. Kneel down on both knees in front of your bench, pick a side to start with and extend that arm up and over to grab the bench over the opposing shoulder. Rock your hips back and shift your weight away from the hand grabbing the bench in order to place the lats under stretch. Play around with the nooks and crannies and find the angles that stretch your lats the most. 30 seconds on each side makes this your entire rest time in between sets of rows.

[VIDEO DEMONSTRATION](#)

PULL UPS OR LAT PULL DOWNS

6X10 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Grab a bar overhead with a grip slightly wider than your shoulders. Keep your thumbs wrapped around the bar as you contract your lats and pull your breast bone to the bar. If you are not able to perform this for 10 repetitions then you may switch to performing lat pulldowns instead.

NOTE: Make sure to keep the core braced hard as though you are anticipating a punch to the gut. Also, if possible fully extend your legs straight out underneath you (I wasn't able to demonstrate that in the video due to height limitation of my machine). If you cannot do pullups then perform seated lat pull downs instead.

VIDEO DEMONSTRATION

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: See above.

VIDEO DEMONSTRATION

DUMBBELL PULLOVERS

6X10 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start laying on your back, on a bench with a dumbbell resting on your chest. Make a diamond shape with your hands and grab the dumbbell by one of its ends. Keep the core braced tightly and do not allow for your lower back to arch during this movement. Slowly and in a controlled manner, take the dumbbell overhead to stretch the lats, and then contract them by bringing the dumbbell back over the chest.

NOTE: This is awesome for hitting the lats and the serratus anterior which is good to develop in order to stabilize the shoulders. .If this is bothering your shoulders then try limiting the depth of the movement or going lighter.

VIDEO DEMONSTRATION

PRONE REAR DELTOID FLY

6X12 REPS W/ 45 SECONDS IN BETWEEN SETS

Instructions: Lay on your chest on a bench that's on a slight incline. Start with two light dumbbells in your hands. Raise your arms up into the air with your arms off to the side. Focus on pinching your shoulder blades together during this movement.

NOTE: This is a great exercise for working the muscles in between the shoulder blades and the back of the shoulders (rear delts). When these muscles are strong, your shoulders function better.

VIDEO DEMONSTRATION

OBLIQUE CRUNCHES ON STABILITY BALL

4X15 EACH SIDE W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Lie on a stability ball at a 45 degree angle. Spread your feet out wide to give your body stability. Place the hand that's on the shoulder closest to the ceiling behind the head and exhale to crunch up towards that side. Really focus on squeezing the obliques (love handle area) as much as possible during this movement.

NOTE: Weakness in the obliques is a very common cause of dysfunctions and misalignments of the pelvis and rib cage.

[VIDEO DEMONSTRATION](#)

STIR THE POT

4X20 W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Start with a stability ball in front of you. Place your elbows on the ball like you are doing a plank and extend your feet back and plant your toes on the ground like you are performing a push up. From here you are going to make 10 clockwise circle with your forearms and 10 counter clockwise circles to complete one set.

NOTE: With this movement the ONLY thing that should be moving is your forearms and arms. You are not rocking back and forth on your toes and there is NO movement allowed at the spine. This one is challenging so have fun with it!

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 3 – INTEGRATED LOWER BODY DAY

CONTRACT AND RELAX HIP OPENER

2X15 REPS EACH LEG W/ NO REST IN BETWEEN SETS

Instructions: Place one knee on a pad and take the other leg and plant it in the floor in front of you. Keep your core squeezed tight and try to keep your pelvis tucked (posteriorly tilted) as you perform this movement). Shift your weight forward while squeezing the butt cheek of the knee that's down as hard as you can, go until you don't feel comfortable moving forward anymore and then come back to the starting position. Repeat this process 15 times in a set and go a little bit further into end range each time.

NOTE: This will not only give your hips a greater range of motion, but it will also prime your glutes to fire harder later in the workout. You get two huge benefits from one movement!

VIDEO DEMONSTRATION

STANDING LEG ABDUCTIONS OR MONSTER WALK WITH THE HIP CIRCLE

4X15 EACH LEG W/ 30 SECONDS REST IN BETWEEN SETS

We've already done this in Phase 1.0 so you should be familiar now.

If you don't have a hip circle then perform the standing leg abductions, if you do have a hip circle then perform the monster walk.

Instructions for Standing Leg Abductions: Stand next to a machine or column of which you can hold onto for support and stability. Stay upright with your body as you raise one leg out to the side making sure the toes remain pointed forward and return that leg back to the ground.

Instructions For Monster Walk: Place the hip circle around both of your legs just above the knees. Keep your body upright as you step back at a 45 degree angle to activate and strengthen the gluteal muscles. Each step back is one rep for that leg and you are doing 15 reps each leg per set.

VIDEO DEMONSTRATION MONSTER WALK W/ HIP CIRCLE

VIDEO DEMONSTRATION STANDING LEG ABDUCTIONS

HIP THRUSTER (HIP CIRCLE OPTIONAL)

5X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Again, we saw this in Phase 1.0, but there's nothing quite like this movement for the glutes!

Instructions: Lay on your back with your knees bent and feet flat on the floor. You want your heels about 6 inches from your butt here. Keep your abs tight, tuck the pelvis (posteriorly tilt it) and drive through the heels sending your hips up in the air while squeezing the glutes:

NOTES: To get a little extra glute activation with this exercises you may perform it with a hip circle on. Simply place the hip circle above the knees and drive out into the band with the knees as you perform the exercise just like I describe in the instructions above.

VIDEO DEMONSTRATION BANDED

VIDEO DEMONSTRATION W/O BAND

BARBELL BACK SQUATS

6X10 REPS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Start with a barbell on a power rack at about the same vertical height as your shoulders. Grab the bar shoulder width and get your whole body positioned underneath the barbell. Place the barbell directly on top of your shoulder blades (not the neck!) and drive through your legs to lift the bar off the rack. Take one step back from the rack with each foot and now you are ready to squat. Start the movement by hinging at the hips and driving the butt back. The knees will naturally bend as you do this. Continue to lower yourself down to about the height of a chair while keeping your chest upright and return to standing.

NOTE: Check out this video I made on proper breathing and bracing during this movement.

[BREATHING PROPERLY](#)

[VIDEO DEMONSTRATION](#)

DUMBBELL GOBLET SQUAT

6X12 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start by holding the top of a dumbbell underneath your chin, with your elbows driven forward in an athletic stance. Hinge at the hips and knees to squat down to about the height of a chair while keeping the chest upright and drive through your legs to return back to standing.

NOTE: This is great for hitting the front of the thighs which plays in well with the rest of the movements in this workout.

[VIDEO DEMONSTRATION](#)

DUMBBELL HIP HINGE

6X12 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start in a shoulder width, athletic stance, while holding a dumbbell from both ends. Initiate a hip hinge while keeping the legs only slightly bent. Lower the dumbbell down to just below your knees and then pull the dumbbell up and return to standing.

NOTE: Many people do this exercise, which is commonly known as a stiff leg deadlift, wrong. In order to get maximal gluteal contraction your knees have to be bent a little bit and only at the top do they straighten out all the way. Don't take "stiff leg" too literally. Lastly, only perform this once you have mastered the hip hinging reprogramming discussed in phase 1.

[VIDEO DEMONSTRATION](#)

DUMBBELL WALKING LUNGES

5X10 ON EACH LEG W/ 1 MIN REST IN BETWEEN SETS

Instructions: Stand with a dumbbell in each hand. Step forward with one leg and bend both knees to approximately 90 degrees and then step the back foot forward to meet the other foot. Alternate sides as you perform this. You are performing 10 reps (steps forward) with each leg so 1x10 each leg perform in one set is actually 20 reps in total (10 on the right, 10 on the left).

[VIDEO DEMONSTRATION](#)

HALF LEG RAISE

4X12 W/ 30 SECONDS OF REST AFTER SUPERSET IS COMPLETED

Instructions: Start lying on your back. Lift your legs straight up to about 30 degrees and then back down close to, but not all the way on the ground.

NOTE: If you can't stop your back from arching in the first movement then make a diamond with your hands and place them under your pelvis.

[VIDEO DEMONSTRATION](#)

TOE TOUCH (SUPERSET)

4X12 REPS

Instructions: Raise your legs all the way straight into the air and you are going to crunch towards your toes like you are trying to touch them.

NOTE: If you've ever injured your lumbar spine discs then don't do this.

[VIDEO DEMONSTRATION](#)

PLANK (SUPERSET)

4X12 REPS

Instructions: See above workouts.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL (OPTIONAL)

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 4 – ISOLATION FOCUSED UPPER BODY DAY

STABILITY BALL CHEST PRESS

6X10 REPS W/ 45 SEC – 1 MIN OF REST IN BETWEEN SETS

Instructions: Make sure your space is clear of heavy, hard, or pointed objects. Start seated upright on a stability ball holding the handle of two dumbbells that are resting on top of your knees. Walk your feet out in front of you while using your core to lower your back onto the ball while also bringing the dumbbells up to your chest. Continue to walk the feet forward until only your shoulder blades and neck are in contact with the ball. Raise the hips up so that they are in the air and in line with the rest of your body. Exhale as you press the dumbbells up and slightly converge them. Inhale on the way down and slightly diverge them.

NOTE: If you want to do this single arm and have the time for it then go ahead and do that instead!

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backward at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder blade of the shoulder that you are stretching toward the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the back of the socket.

[VIDEO DEMONSTRATION](#)

MEDIUM GRIP SEATED CABLE ROW

6X12 REPS W/ 45 SECONDS – 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start seated on a cable machine bench. Place a medium width grip handle on it. Keep an upright chest with a braced core, exhale and pull the cable into the chest while squeezing the shoulder blades together behind your back.

[VIDEO DEMONSTRATION](#)

STANDING SUPINATING DUMBBELL CURLS (OPTIONAL)

4X12 EACH ARM W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Start standing in an athletic stance with a dumbbell in each hand. Curl one dumbbell up to the shoulder on the arm holding the dumbbell while gradually twisting it into face the body as you curl it up. Really give the biceps a good squeeze at the top.

NOTE: Like in phase 1.0, if you want bigger and stronger arms then do this extra bicep exercise.

[VIDEO DEMONSTRATION](#)

SEATED INCLINE HAMMER CURLS

4X12 EACH ARM W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Start seated on a bench with back support, but make sure the back support is angled backward a little bit on an incline. Keep your shoulder blades pinched together as you curl the dumbbell straight up to the shoulder on the same side that is holding the dumbbell. There is no rotation of the arms here, just come straight up and make sure to not allow the shoulders to roll forward.

NOTE: These are great for hitting the biceps, improving forearm strength, and grip strength.

[VIDEO DEMONSTRATION](#)

SINGLE ARM DUMBBELL TRICEP EXTENSIONS

4X12 ON EACH ARM W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Start seated on a decline bench with one dumbbell in your hand as you begin to lay back bring the dumbbell over your chest and hold it with only one hand. Place the arm that is not working on the bicep of the arm that is to help stabilize it. Keep the elbow pointed up in the air as you allow it to bend and bring the dumbbell down just to the side of your temple. Contract the tricep and straighten the elbow out so you return back to the starting position.

[VIDEO DEMONSTRATION](#)

SUPINE BARBELL OR EZ CURL BAR TRICEP EXTENSIONS (OPTIONAL)

4X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Lay on your back with a barbell over your chest (EZ curl bars feel the best on the wrists). Keep your elbows pointed straight up in the air as you allow them to bend. Lower the bar down to just above your forehead and then contract your triceps to straighten out your arm.

[VIDEO DEMONSTRATION](#)

BANDED LATERAL RAISES

4XAMRAP W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Hold your voodoo band or resistance band from the side and step right in the middle of the band anchoring it to the floor. Roll your shoulders back to lift your chest and maintain an athletic stance during the exercise. Raise the arms out at a 45 degree angle as many times as you can with perfect form, as it becomes more difficult bring the arms closer to the center while still performing as many reps as possible.

[VIDEO DEMONSTRATION](#)

FINGER EXTENSION BURNOUT

2X50 REPS EACH HAND W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Place your finger strengtheners around your finger tips. Extend the arm(s) that you are performing this exercise out to the side of your body and repeatedly open your hand as wide as you can until you've reached 50 reps and then switch hands.

[VIDEO DEMONSTRATION W/ BAND](#)

[VIDEO DEMONSTRATION W/O BAND](#)

ANTI EXTENSION STABILITY BALL ROLL OUT

5X15 REPS W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Start kneeling upright in front of a stability ball. Make fists and place them on the stability ball thumbs up with your arms locked out. Keep your hips and arms straight as you hinge forward at the knees and allow the ball to roll up towards your elbows. Keep your core braced and use it to push yourself back to an upright position.

NOTE: The further you go out the harder it is so start by not going out very far and gauging it from there. Additionally, it's really important that you squeeze your abs hard enough to prevent the lower back from arching. If it is arching you are not squeezing hard enough or rolling out too far.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL (OPTIONAL)

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 5 – GLUTE CENTRIC LOWER BODY DAY

CONTRACT AND RELAX HIP OPENER

2X15 REPS EACH LEG W/ NO REST IN BETWEEN SETS

Instructions: Place one knee on a pad and take the other leg and plant it in the floor in front of you. Keep your core squeezed tight and try to keep your pelvis tucked (posteriorly tilted) as you perform this movement. Shift your weight forward while squeezing the butt cheek of the knee that's down, as hard as you can, go until you don't feel comfortable moving forward anymore and then come back to the starting position. Repeat this process 15 times in a set and go a little bit further into end range each time.

[VIDEO DEMONSTRATION](#)

SIDE LYING LEG RAISE

4X20 EACH LEG W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Lay on your side and place the hand closest to the ceiling on your hip. Keep your toes pointing forward the whole time and raise the top leg into the air while squeezing the side of your butt and then return it back to the other leg.

NOTE: We want to feel this in the glutes, not in the front of the hip. If you are feeling muscles in the front of the hip (TFL specifically) do a lot of work during this movement then perform intersset foam rolling of this area in between sets to shut down the TFL and allow the glutes to turn on.

[VIDEO DEMONSTRATION](#)

BARBELL HIP THRUSTER

5X12 W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start with your back against a bench and your butt planted on the floor. Place the hip circle (if you have one) around your legs just on top of the knees. Put a barbell so that it's resting on top of your hips (using a pad helps). Keep your core braced and body very stiff as you thrust your hips into the air and squeeze the glutes.

NOTE: It is crucial that your spine stays neutral here. Pretend like you are hip hinging and your upper body is a really stiff canister that doesn't move at all. All you are doing is using the bench as a fulcrum. You can also do this with your hip circle on if you want more glute contraction.

[VIDEO DEMONSTRATION](#)

KETTLEBELL SINGLE LEG DEADLIFTS

5X12 EACH LEG W/ 45 SECONDS IN BETWEEN SETS

Instructions: Hold a kettlebell or dumbbell out in front of your body with both hands, and feet in an athletic stance. Allow one leg to hover off the ground and extend that leg fully as you hip hinge with the other leg. Take the kettlebell down the center of your body while the back leg stays fully extended. Go just below the knee of the sanding leg and then return to standing using your glutes and hamstring to really power the movement.

NOTE: Just like with the bi-lateral hip hinge, in order to get maximal glute activation (which you want) your knee that you are standing on needs to be slightly bent. Also, make sure you do not open your hips off to the side. Everything needs to remain facing downwards at the floor at all times.

[VIDEO DEMONSTRATION](#)

REVERSE LUNGES

5X10 REPS EACH LEG W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Stand in an athletic stance holding a dumbbell in each hand. Step back with one foot, lean forward, and then return back to the starting position. Keep stepping back with that same foot until you've reach your 10 reps and then switch to the other foot. Leaning forward with this movement flexes the hip more and will help you to recruit more butt muscle activation on the leg that's in front, so think about that while you perform this movement.

VIDEO DEMONSTRATION

BODYWEIGHT JUMP SQUATS

5X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Perform a traditional bodyweight squat, but accelerate at the end so that you jump airborne. This is really going to fill your legs with lactic acid, fatigue them, and promote endurance and strength gains.

NOTE: If your joint can't take the jumping then do bodyweight squats for sets of 20 reps instead.

VIDEO DEMONSTRATION

PALLOFF PRESS

5X12 REPS EACH SIDE W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Stand adjacent to a cable machine and set the pulley so that it's level to your breast bone. Come off to the side of the machine, wrap your fingers around the handle attachment, and take an athletic stance. Exhale hard as you push your arms in front of you in a straight line and then return them back toward the chest. Do not allow the cable to pull you out of position. Your job here is to fight the rotation and keep everything pointed straight forward.

VIDEO DEMONSTRATION

HITT ON THE ELLIPTICAL

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

VIDEO DEMONSTRATION

NOTES

[illegible]

PHASE 3.0

INSIDE:

- EXERCISE ROUTINE (WEEKS 9-12)

BEGIN PHASE 3.0 (4 WEEKS)

DAY 1 – INTEGRATED PUSH DAY

QUADRUPED FLOW

3X20 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start on all fours with your hands underneath your shoulders and your knees underneath your hips. Keep your spine neutral and suck the stomach in the whole time as though you have been punched in the gut. Push through the hands so that your shoulders protract (move away from each other). Do this while you actively tuck the chin and push the neck back. Relax the shoulders and return back to the starting position.

[VIDEO DEMONSTRATION](#)

DECLINE DUMBBELL CHEST PRESS

6X12 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start seated upright on a decline bench with a weight in each hand. Lean backwards as you shift the weight load up towards your chest. Keep the core and glutes tight as you exhale and drive the dumbbells over your chest while squeezing the shoulders and chest muscles.

NOTE: If you need to (dueto muscle imbalances) and if you have enough time then you may perform single arm dumbbell chest press on the decline instead of this bilateral version.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backward at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder blade of the shoulder that you are stretching toward the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the end of the socket.

[VIDEO DEMONSTRATION](#)

SINGLE ARM DUMBBELL BENCH PRESS

6X12 REPS W/ 45 SEC – 1 MIN OF REST IN BETWEEN SETS

Instructions: Start seated on a stable gym bench with your hands gripped around one dumbbell that is resting vertically on your lap. Keep both hands on the dumbbell handle as you lean back and lay on your back. As you lay back transition the dumbbell with you so that it is over your chest and carefully hand it off so that its only in one of your hands. Press your feet into the floor hard, keep your core and butt tight, and lower the dumbbell down toward the outside of your chest and then exhale hard and press it back up to the starting position.

[VIDEO DEMONSTRATION](#)

BENT ELBOW ISO PUSH UP HOLD (SUPERSET)

6X30 SECONDS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Yep, this one is coming back. Get in a pushup position, and lower yourself down to just above the floor (your elbows should be a 90 degrees). Keep as much tension in your muscles as possible and hold this position for 30 seconds.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: See above.

[VIDEO DEMONSTRATION](#)

STANDING DUMBBELL OVERHEAD PRESS

6X12 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start standing in an athletic stance with a dumbbell in each hand. Curl the dumbbells up to your shoulders and then press them overhead slightly converging at the top. Inhale, diverge the dumbbells slightly, and lower them down to just above the shoulders.

NOTE: Keep your core braced HARD here as though you are anticipating a punch. Do NOT let the lower back arch during this movement!

[VIDEO DEMONSTRATION](#)

STANDING DUMBBELL LATERAL RAISES IN SCAPULAR PLANE

6X10 REPS W/ 45 SEC - 1 MIN IN BETWEEN SETS

Instructions: Start standing in an athletic stance with a dumbbell in each hand. Keep the core braced, shoulders rolled back, and head on top of the spine (it's easy to let it slide forward which we are NOT doing here). Raise the arms out away from the body at a 45 degree angle, lower them back down to the hips, and repeat. Go light here are first. Although we are working in the scapular plane of motion (45 degrees away from the body) which tends to be easier on the shoulders, still go light.

[VIDEO DEMONSTRATION](#)

FARMER'S WALKS (SUPERSET)

6X30 SECONDS W/ 1 MIN REST IN BETWEEN SETS

Instructions: Go heavy here. Start standing with two heavy dumbbells on the floor right by your feet. Squat down to pick up the dumbbells keeping your spine neutral and stand up with them. Maintain PERFECT posture (chest open and head on straight, not pushed forward) as you begin to walk while simply holding the dumbbells. This is an excellent exercise the will really tax your grip strength and shoulder girdle.

NOTE: Remember, form over everything with this movement. If you can't have picture perfect posture while doing it then you are going a bit too heavy. Remember to keep those shoulder blades pinched together.

[VIDEO DEMONSTRATION](#)

HIGH REP FACE PULLS

2X50 REPS W/ 1 MIN OF REST IN BETWEEN SETS

Instructions: Wrap your resistance band or voodoo band around a column, machine, or something else that's very stable and about the same height as your eye line. Back away from the supporting structure, take an athletic stance, exhale and pull the band toward the sides of your face. Focus on squeezing the shoulder blades together when doing this. We are going really high rep here so prepare for a serious burn and pump in shoulder shoulders. Grind through it though, this is going to help reset your shoulders and improve their alignment after all the direct pectoral training we did today.

[VIDEO DEMONSTRATION](#)

PALLOFF PRESS

5X12 REPS EACH SIDE W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Stand adjacent to a cable machine and set the pulley so that it's level to your breast bone. Come off to the side of the machine, wrap your fingers around the handle attachment, and take an athletic stance. Exhale hard as you push your arms in front of you in a straight line and then return them back towards the chest. Do not allow the cable to pull you out of position. Your job here is to fight the rotation and keep everything pointed straight forward.

[VIDEO DEMONSTRATION](#)

DYNAMIC PLANK (SUPERSET)

5X30 SECONDS

Instructions: Get into a normal plank position, but instead of just holding this, I want you to plant each hand and push yourself up before returning each elbow back to the ground. While you do this, try to not allow the spine or pelvis to roll, shift, or rotate at all. Like many of our core exercises in Intelligent Strength there is no movement of the spine (except for up and down in this case).

NOTE: This is a great plank variation because it will really hit those triceps along with the core stabilizers which are both already being hit pretty hard today.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL (OPTIONAL)

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 2 – INTEGRATED PULLING DAY

BANDED SWORD PULL

2X15 EACH SIDE W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Start in an athletic stance with your hands holding a resistance band or voodoo band. Orient the band so that one hand is higher than the other and with the higher hand point that thumb up and point the other thumb down. Pull the two ends away from one another and across your chest to perform one rep.

NOTE: This is a great movement for strengthening the scapular muscles and improving posture.

[VIDEO DEMONSTRATION](#)

PULL UPS OR LAT PULL DOWNS

6X10 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Grab a bar overhead with a grip slightly wider than shoulder width. Keep your thumbs wrapped around the bar as you contract your lats and pull your breast bone to the bar. If you are not able to perform this for 10 repetitions then you may switch to performing lat pulldowns instead.

NOTE: If you can't do pull ups then do seated lat pull downs instead.

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: Kneel down on both knees, in front of your bench, pick a side to start with and extend that arm up and over to grab the bench over the opposing shoulder. Rock your hips back and shift your weight away from the hand grabbing the bench in order to place the lats under stretch. Play around with the nooks and crannies and find the angles that stretch your lats the most. 30 seconds on each side makes this your entire rest time in between sets of rows.

[VIDEO DEMONSTRATION](#)

SINGLE ARM CABLE ROW

6X12 REPS EACH SIDE W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Place a single handle attachment on a cable row machine. Hold the handle with one hand and place the opposing hand on the hip. Keep your core braced, chest upright, exhale and pull the handle into the side of the chest right under the nipple line. Do not twist your body, everything stays pointed forward. After twelve reps on one arm then you switch to the other arm.

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: See above.

[VIDEO DEMONSTRATION](#)

CABLE PULL DOWN

6X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Place a bar handle attachment on a cable machine and set the pulley so that it's at about eye level when standing. Hold the bar with both hands as you get down on your knees. Keep your butt squeezed, core tight, and chest lifted as you exhale and pull the bar down to the front of the hips using your lats. Slowly raise the bar back up and repeat.

NOTE: Don't allow your upper back to round forward during this movement. When you pull the bar down you should focus on lifting the chest even more to maintain proper posture.

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: See above.

[VIDEO DEMONSTRATION](#)

TRADITIONAL BARBELL DEADLIFTS

6X12 W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start with a barbell on the ground. Your feet should be shoulder width apart with the toes pointed forward. Bend down to grab the bar, shoulder width, by hinging from both the knees and the hips while keeping your chest as upright as possible. Once you have a grip on the bar, sink your butt deeper, squeeze your abs, and exhale hard through pursed lips to stand up with the barbell squeezing your glutes at the top.

NOTE: A couple of things to keep in mind during deadlifts. One is you DO NOT ever want the back to round forward while doing these, always maintain a extended (arched) back. Keeping the bar very close to your body makes this easier to accomplish. It's not uncommon for the bar to rub against the shins on the way up and the way down.

[VIDEO DEMONSTRATION](#)

PRONE REAR DELTOID FLY

5X10 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Lay on your stomach on a bench that's on an incline with two light dumbbells in your hands. Bring your arms upwards while pinching the shoulder blades together. Make sure to keep your core braced and your spine neutral here.

NOTE: This is a great exercise for pulling the shoulders back and improving posture.

[VIDEO DEMONSTRATION](#)

WEIGHTED STABILITY BALL CRUNCH

5X15 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Hold a dumbbell with both hands underneath your chin as you set yourself up on a stability ball the same way you would without the weight, for this crunch exercise. The ball should be in between your pelvis and shoulders on your back. Keep the weight grasped with both hands and carefully allow your back to bend (extend) over the stability ball and then squeeze your core very hard and crunch up just beyond straight.

NOTE: This is a great way to progressively overload the abs. This is clearly a progression from the stability ball crunch without weights that we used in phase 2.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL (OPTIONAL)

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 3 – INTEGRATED LOWER BODY DAY

CONTRACT AND RELAX HIP OPENER

2X15 REPS EACH LEG W/ NO REST IN BETWEEN SETS

Instructions: Place one knee on a pad and take the other leg and plant it in the floor in front of you. Keep your core squeezed tight and try to keep your pelvis tucked (posteriorly tilted) as you perform this movement). Shift your weight forward while squeezing the butt cheek of the knee that's down as hard as you can, go until you don't feel comfortable moving forward anymore and then come back to the starting position. Repeat this process 15 times in a set and go a little bit further into end range each time.

[VIDEO DEMONSTRATION](#)

STABILITY BALL HAMSTRING CURLS

4X12 REPS W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Lay on your back with a stability ball placed on the ground in front of you. Place only your heels on the stability ball with your legs straight. Push your hands into the ground next to you as you drive your heels into the ball to lift your hips up and then pull the heels in towards the butt.

NOTE: This is gonna help prime (turn on) the posterior chain (glutes and hamstrings) prior to this leg workout. Really focus on keeping those hips up high as you curl the heels in.

[VIDEO DEMONSTRATION](#)

BARBELL FRONT SQUATS

6X12 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructructions: Start with a barbell in a power rack. You may use lifting straps to secure the bar across your arms in an X shape into order to hold the bar on the front of the shoulders. Get your body underneath the bar, and lift the bar off the rack keeping your elbows high. From here, it's squats as normal. Hinge from the hips and shove your butt back allowing your knees to bend natural. Lower yourself down to about the height of a chair and then return back to the top of the movement squeezing your butt.

NOTE: These are much more challenging than the other squat variations that we've done so far in the program so go lighter here and grind out those reps with good form! I am grabbing the bar with an "X" pattern, you can also attach lifting straps onto the bar in order to hold it easier.

[VIDEO DEMONSTRATION](#)



SUMO DEADLIFTS

6X12 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Set up a barbell on the floor as though you were going to perform a traditional deadlift. This time however, take a stance that is wider than shoulder width and grab the bar with a grip that is more narrow than shoulder width. Drop your butt down, keep the chest up high, and keep the core braced as you exhale and stand up with the barbell. Really focus on squeezing the glutes hard at the top of this movement!

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY – 4 ISOLATION FOCUSED UPPER BODY DAY

ARM CIRCLES

2X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Wrap your voodoo band or resistance band around a stable column, machine, or anything that's stable. Wrap at the same level as your eyes, and take an athletic stance. With the chest lifted and butt squeezed tight start by pulling your arms into your sides. Keep your arms as close to sideways as possible as you raise them up overhead. Once overhead, you can relax a little bit and allow the arms to move toward the cable before pulling them away from the cable again and lowering them back down to your sides the same way that you went up with them.

[VIDEO DEMONSTRATION](#)

ISOMETRIC SUPINE SCAPULAR RETRACTION AND EXTERNAL ROTATION

4X30 SECONDS W/ 30 SECONDS OF REST IN BETWEEN SETS

Instructions: Lay on your stomach and squeeze your core and butt tight. Bring your arms out to the side and make a field goal symbol with your arms with your thumbs pointing straight into the air. From here, lift the chest up and off the ground and squeeze your shoulder blades together and hold this position.

[VIDEO DEMONSTRATION](#)

DUMBBELL HEX PRESS

6X12 REPS W/ 40 SECONDS IN BETWEEN SETS

Instructions: Lay on your back on a bench with two dumbbells in your hands. Press the dumbbells into each other like you are trying to flatten them and then press them above your chest. Continuously press the dumbbells into each other throughout the exercise.

NOTE: Go light here, heavy weights are not necessary as this is more about muscular contraction.

[VIDEO DEMONSTRATION](#)

PUSH UPS (SUPERSET)

6X10-20 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start on your hands and knees. Place your hands directly under your shoulders and extend your legs back straight so that only your hands and toes are touching the ground. Keep the core squeezed as you inhale, lower yourself toward the ground, and exhale to push yourself away. If this is too hard then you may modify your foot position and perform this on your knees.

[VIDEO DEMONSTRATION](#)

INTERSET PECTORAL STRETCHING (SUPERSET)

6X30 SECONDS EACH SIDE IN BETWEEN SETS

Instructions: This will stop your pecs from shortening up on you and distorting your posture. Place your arm up on a doorway, wall, or machine about a vertical foot over the height of your shoulder. Keep the arm bone plugged backwards at the back end of the shoulder socket as you lean forward and allow your pec muscle to open up. Squeeze the shoulder

blade of the shoulder that you are stretching toward the other shoulder blade and play around with the angles of this stretch until you can feel it deep in the pecs. If you are feeling this in the front of the shoulder instead of the pectorals then you are probably allowing your arm bone to drift forward, so make sure to keep it plugged back into the end of the socket.

[VIDEO DEMONSTRATION](#)

DUMBBELL PULLOVERS

6X10 REPS W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Start lying on your back on a bench with a dumbbell resting on your chest. Make a diamond shape with your hands and grab the dumbbell by one of its ends. Keep the core braced tightly and do not allow for your lower back to arch during this movement. Slowly and in a controlled manner, take the dumbbell overhead to stretch the lats, and then contract them by bringing the dumbbell back over the chest.

[VIDEO DEMONSTRATION](#)

INTERSET LAT STRETCHING (SUPERSET)

6X30 SECONDS ON EACH SIDE IN BETWEEN SETS

Instructions: Kneel down on both knees in front of your bench, pick a side to start with and extend that arm up and over to grab the bench over the opposing shoulder. Rock your hips back and shift your weight away from the hand grabbing the bench in order to place the lats under stretch. Play around with the nooks and crannies and find the angles that stretch your lats the most. 30 seconds on each side makes this your entire rest time in between sets of rows.

[VIDEO DEMONSTRATION](#)

BARBELL BICEP CURLS (OPTIONAL)

4X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Start with a barbell in front of you (it can be a straight barbell or an EZ curl barbell) keep the elbows locked in the the sides of the body, exhale and curl the bar up to the shoulders and give the biceps a good squeeze at the top before carefully lowering back down the to hips and repeating the process once again.

[VIDEO DEMONSTRATION](#)

STANDING PLATE CURLS

4X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Take an athletic stance and grab two weight plates by their handles. Curl them straight up to the shoulder as though you were performing a hammer curl and slowly lower them back down to the sides.

NOTE: If you don't have weight plates like this then you may use dumbbells and simply do dumbbell hammer curls instead.

[VIDEO DEMONSTRATION](#)

OVERHEAD ROPE TRICEP EXTENSIONS (OPTIONAL)

4X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Place a rope attachment on a cable machine and set the pulley to it's lowest setting near the ground. Grab the rope from both ends and turn your body so the rope is behind you. Exhale as you lock out and straighten your arms by squeezing the triceps. Slowly return back to the starting position before proceeding into your next rep.

[VIDEO DEMONSTRATION](#)

DECLINE NEUTRAL GRIP DUMBBELL TRICEP EXTENSIONS

4X12 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Lay on a decline bench (or flat bench if you don't have one) with two dumbbells in your hands. Keep the elbows pointed toward the ceiling as you slowly allow them to bend while lowering the dumbbells near the temples. Once here exhale hard and fully extend the elbows until their straight.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up as high as you can go for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

DAY 5 – GLUTE CENTRIC LOWER BODY DAY

Contract and Relax Hip Opener: 2x15 reps each leg w/ no rest in between sets

Instructions: Place one knee on a pad and take the other leg and plant it in the floor in front of you. Keep your core squeezed tight and try to keep your pelvis tucked (posteriorly tilted) as you perform this movement). Shift your weight forward while squeezing the butt cheek of the knee that's down as hard as you can, go until you don't feel comfortable moving forward anymore and then come back to the starting position. Repeat this process 15 times in a set and go a little bit further into end range each time.

[VIDEO DEMONSTRATION](#)

SIDE LYING LEG RAISE

4X20 EACH LEG W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Lay on your side and place the hand closest to the ceiling on your hip. Keep your toes pointing forward the whole time and raise the top leg into the air while squeezing the side of your butt and then return it back close to the floor with the other leg.

NOTE: Again, if you feel this in the hip flexors and not the glutes then perform intersets foam rolling on the TFL in between sets of this exercise.

[VIDEO DEMONSTRATION](#)

WEIGHTED HIP THRUSTER PERFORMED ON HEX DUMBBELL

5X15 REPS W/ 45 SECONDS OF REST IN BETWEEN SETS

Instructions: Set up on a bench like you are going to perform a barbell hip thruster. This time however place both feet on the sides of a hexagonal dumbbell and then place a weight on your hips. Drive the hips up from here squeezing the glutes and keeping the spine neutral.

NOTE: The feet on the hexagonal dumbbell externally rotate the legs and get more gluteal activation. If you don't have this kind of dumbbell then do traditional barbell hip thrusters as an alternative exercise.

[VIDEO DEMONSTRATION](#)

HEEL ELEVATED DUMBBELL GOBLET SQUAT

6X15 REPS W/ 30 SECONDS REST IN BETWEEN SETS

Instructions: Start by holding the top of a dumbbell underneath your chin, with your elbows driven forward in an athletic stance with your heels on a 5 or 10 lb weight plate. Hinge at the hips and knees to squat down to about the height of a chair while keeping the chest upright and drive through your legs to return back to standing.

NOTE: The elevation of the heels here will not only help you if you have ankle mobility issues, but it will also emphasize more of a contraction of the thigh muscles which will synergize well with what we are doing next.

[VIDEO DEMONSTRATION](#)

FORWARD REVERSE LUNGES

6X10 EACH LEG W/ 1 MINUTE OF REST IN BETWEEN SETS

Instructions: Hold a dumbbell in each hand in an athletic stance. Step forward with one leg and lunge and then immediately step backward with the same leg and lunge before returning back to the starting position. A forward lunge followed by a reverse lunge is one rep and you are doing 10 on each leg before you get your rest. This one is tricky and hard to nail down.

NOTE: This is just really hard. There's no other words I can think of to describe it. Bite down and grind through it.

[VIDEO DEMONSTRATION](#)

DUMBBELL HIP HINGE

6X12 REPS W/ 45 SECONDS REST IN BETWEEN SETS

Instructions: Start in a shoulder width athletic stance while holding a dumbbell by both ends. Initiate a hip hinge while keeping the legs only slightly bent. Lower the dumbbell down to just below your knees and then pull the dumbbell up and return to standing.

[VIDEO DEMONSTRATION](#)

HITT ON THE ELLIPTICAL

6X30 SECOND SPRINTS W/ ACTIVE REST IN BETWEEN SETS

Instructions: Get on an elliptical (this can also be done on a treadmill, a bike, or outside). Get a nice pace going, something that's really easy for you to sustain. After about 1 minute or so crank the resistance up and go as hard as you can for 30 seconds and then bring the resistance back down to where you started. Once you feel recovered from the sprint at the lower level of intensity then it's time to go into your next sprint. This should take you about 15 minutes or less total if you push yourself hard!

[VIDEO DEMONSTRATION](#)

NOTES

[illegible]



NEED SOMETHING MORE CUSTOMIZED FOR YOUR BODY AND MY SUPPORT?

I've been teaching corrective exercise for almost 20+ years now and it's my mission to share my knowledge with as many people as possible which is why I made this whole program for you for FREE.

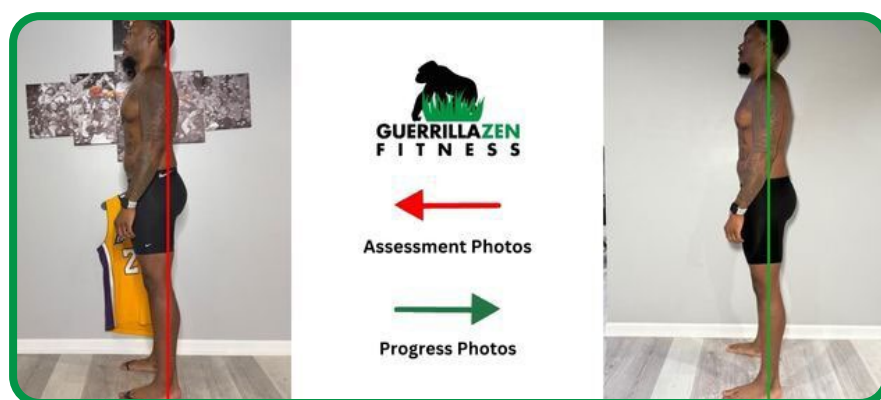
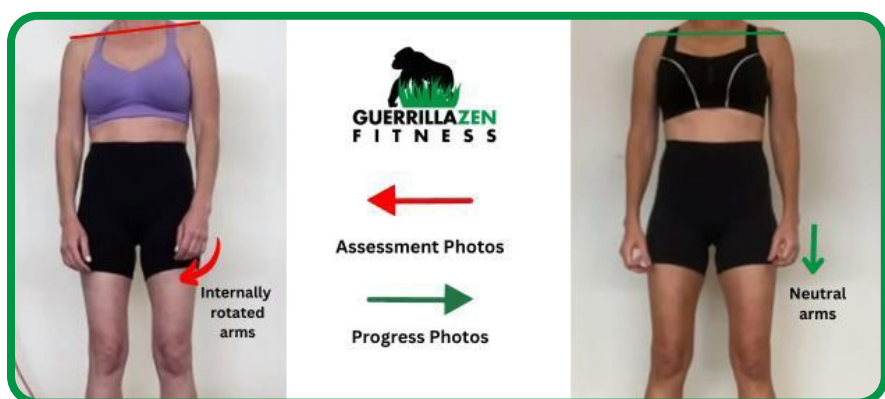
Some people need more help than this though and require a plan custom built for them. That's exactly what I do as an online coach. I build CUSTOM corrective exercise programs for my clients to improve their postural alignment, mobility, flexibility, and muscular balance.

My coaching is much different than going through what you just went thru here as everything I'd have you do as a client is customized for your body specifically.

1-ON-1 COACHING

<https://guerrillazen.com/coaching-isp>

IF YOU WANT TO SEE WHAT I CAN DO FOR MY CLIENTS THEN CHECK OUT THE BEFORE AND AFTER PHOTOS BELOW.



It would be an honor for me to serve you at a HIGHER level so if you feel like you need something more customized with support from me personally then check out my coaching program where you can learn more about my process, see other client results, and apply to have me assess you.

1-ON-1 COACHING

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