

**WORKOUT  
MUSE**



# The Rapid Fat Loss Boot Camp System

Learn How To Press PLAY And  
Make \$200+ Per Session With  
This Turnkey DIGITAL Audio  
Interval Training System for  
Fitness Boot Camp Instructors

By: BJ Gaddour, CSCS, and Topher Farrel

**BJ GADDOUR, CSCS and Topher Farrell present...**



---

# **Workout Muse Pro**

*Rapid Fat Loss Boot Camp Workouts*

[www.WorkoutMuse.com](http://www.WorkoutMuse.com)

## **The Rapid Fat Loss Boot Camp System**

---

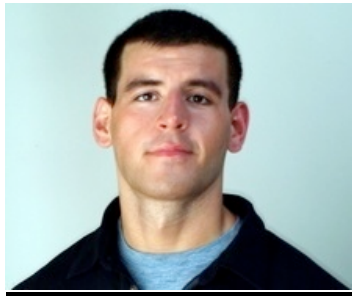
### **Notice**

This manual is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment or professional fitness advice. Do not start any nutrition program, including this one, without a physician's approval. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of any of the nutrition programs provided.

**© 2008 by BJ Gaddour, CSCS of GGR® Fitness**

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of the author. In other words it is illegal to copy, distribute, or create derivative works from this manual in whole or in part, or to contribute to the copying, distribution, or creating of derivative works of this manual. **GGR®** retains the right to take legal action against those who copy, steal, or distribute this manual without the express written consent of **GGR®**. This manual takes a lot of time and effort to produce and this is how we make our living. Thanks in advance for your understanding!

## **My Story And Some HUGE Thank You's!**



In May of 2005 I graduated from Amherst College as a double major in economics and sociology knowing that I had zero interest in pursuing a career with either. Fitness has been my passion since my first strength training experience as a young, eager 14-year old youth football player 12 years ago... when I first CRANKED IT! So I got right after it upon graduation and went back to my hometown of Milwaukee, WI, and did the typical flyer distribution in wealthy communities for in-home personal training plus worked as an independent contractor for a local health club.

It was starting to become depressingly clear to me that there was a glass ceiling for the typical run-of-the-mill personal trainer in terms of livelihood. I was working 8+ hour days, started doing weekends, and even cut out any vacations to cater to my clients. I was starting to hate my job, and worse, starting to hate my life doing what I knew I loved to do.

Then it really hit me. Every day started to seem like the first day for the rest of my life. I could never make the living I needed to make to support my family if I kept doing what was safe and conventional in the fitness industry. I knew then that I had to break away from the outdated and limiting one-on-one personal training model and move to maximizing profits and best leveraging my time by training large groups.

As I am writing this today it is September 15, 2008. I turn 26 in two days and I took some time to reflect on all that I have accomplished within the last three years as a fitness entrepreneur. In my reflections, it became obvious that my rapid success has been my ability to stand on the shoulders of giants so to speak. By learning from the best I have cut down the learning curve dramatically and it is truly an incredible feeling knowing that I have complete control over the success of my business.

I love what I do and I am never outworked in providing the best service to those whom I intend to serve. In this case, I wanted to empower passionate and highly motivated fitness professionals like myself to realize the type of financial freedom they deserve. My ultimate goal in creating this product was to share the exact turnkey digital training system that I developed to go from living below the poverty line in my Dad's basement to now owning my own booming six-figure fitness boot camp business with a rapidly expanding online business in Workout Muse that I truly believe will change the way our industry does business.

Things have really changed for my family I, and relatively quickly to boot. However, I would have realized this success a hell of a lot sooner if I had this Rapid Fat Loss Boot Camp System and the accompanying Workout Muse Pro audio interval training mp3 soundtracks in my hands three years ago. Luckily for you, now you do! I truly want my success to be your success. Heck, I hope you run with this music training system like you should and you put my business to shame in the process, ha ha!

Of course, as I mentioned earlier I have a lot of people who have inspired me to create this product. I wanted to take some time to personally thank all of the amazing people I have met and/or learned from in getting to where I am today. So here it goes, in no particular order...

Thanks to **Jim Labadie**, the Liberator, the man whose Ultimate Boot Camp Start-Up Kit product inspired me to start my first corporate training program. The rest has truly been history as Jim gave me the blueprint to building the business I now own and love today! Thanks Jim, words cannot describe how grateful I am for what you have empowered me to do in this industry ;)

Thanks to **Pat Risgby and Nick Berry** for sharing all of their business systems that continue to allow me to rapidly expand my business. I simply cannot recommend their business building products enough. You guys are tops!

Thanks to **Alwyn Cosgrove and Robert Dos Remedios** for sharing all of their 21<sup>st</sup> century training techniques with up and coming fitness pros like myself. I have been HEAVILY influenced by both of these studs from a program design standpoint. Their info is truly cream of the crop from a technical standpoint and its implementation has allowed me to separate myself from the competition by delivering the most rapid and lasting results around!

Thanks to **Craig Ballyntyne** for teaching me how to make more money online. We simply could not have gotten this product out there this quickly without piggy-backing on Craig's proven online info product systems.

Thanks to **Dave Schmitz**, the world's premier resistance band training expert. His passion and experience are unmatched in our industry. His mentorship as a local Milwaukee fitness pro has truly given me the kick in the ass that I needed to take my boot camp workouts and my business to the next level. Dave, you will never know how much your tutelage has meant to me man, I only hope to be able to attempt to return the favor in the very near future ;)

**SPECIAL thanks to my partner and head sound designer for Workout Muse, Topher Farrell.** Topher, you are the best in the business. I like to say that Topher is the talent behind Workout Muse, because frankly he is. Topher's innovation has provided US fitness pros with the world's FIRST fusion of the power of sound and music with the science of interval training. His audio interval training soundtracks have changed the way I workout, the way my clients workout, and now the way you and your clients will workout... for the better and forever! You now have the ability to work with an UNLIMITED number of clients per session and make at least \$200+/session by just pressing PLAY without ever being a prisoner to the clock again!

Not only will this revolutionize your boot camp business but also, our Workout Muse soundtracks offer the most unique outlet to develop passive income as an affiliate by promoting our fitness enthusiasts product line to your own clients to help maximize their results. Plus, we speak with fitness pros every day regarding teaming up with us to provide win-win joint ventures or cross-promotions that incorporate custom Workout Muse soundtracks into your very own unique line of fitness info products.

Don't forget this name: TOPHER FARRELL. It is the NAME for anything musical in the fitness industry, both today and in the years to come. Topher, I want to thank you from the bottom of my heart for responding to my craig's list post and trusting the vision of a 25 year old kid who never stops rambling at the mouth with ideas. Topher, we will continue to do amazing things together and the innovation we have coming for the fitness industry is truly exciting... it keeps me up a night man ;)

NOW, go press PLAY and realize the financial freedom you deserve!!!

**Crank it!**

**BJ Gaddour, CSCS, YFS**  
[www.WorkoutMuse.com](http://www.WorkoutMuse.com)

## The Rapid Fat Loss Boot Camp Training Session

### **The 30-Minute EXPRESS Workout**

*People are BUSY! The true success of your program will not only be your ability to provide the most rapid and lasting results around, but will mainly depend on whether or not your program works with, rather than against, the typically chaotic schedule of the average fitness consumer. In other words, you need to get people in and out and on with their lives in 30-45 minutes max while still providing a complete 21<sup>st</sup> century fitness experience.*

*Below is the tried and proven format for each training session that we use day in and day out for all of our group training programs. Only the sections highlighted in red are MANDATORY, though the section highlighted in yellow are HIGHLY RECOMMENDED for best results and the optimal client experience. Please use the following skeleton as a guide to providing maximal results in minimal time to best cater to the needs of the BUSY people we fitness professionals work with:*

#### **HIGHLY RECOMMENDED**

- I. Personal Improvement Routine- 10-15 Minutes:** This portion of the training session consists of performing any individual corrective stretching and/or self-massage for excessively sore or tight muscle groups. We highly encourage our clients to utilize this 10-15 minute time frame before the official start of the workout to maximize improvements in performance and to prevent both acute and chronic injuries in both the short-term and long-term.

#### **MANDATORY**

- II. Pre-Workout Routine- 5 Minutes:** This portion of the training session consists of warm-up exercises that are designed to properly prepare the body for the upcoming workout. Exercises range from prehab exercises designed to activate and strengthen commonly weak and underused muscles to movement prep exercises that seek to dynamically increase muscle flexibility and joint mobility.
- III. Workout Routine- 20 Minutes:** This portion of the training session consists of exercises organized in an alternating set format (supersets, trisets, or circuits) for total body workouts that are designed to stimulate maximal muscle-building and fat loss in minimal time. All exercises will be broken down into three major categories: strength, cardio, and core. Though it is highly recommend that you stay true to the Alternating Workout A and Workout B Training Split as outlined, you may select from an unlimited number of exercise variations within each prescribed movement pattern to add your own unique training personality to the workouts and to keep your workouts exciting, fun, and fresh!
- IV. Post-Workout Routine- 5 Minutes:** This portion of the training session consists of cool-down exercises that focus on corrective stretching and/or self-massage to dramatically improve muscle repair and recovery and to promote optimal muscle and joint health, both in the short-term and long-term.

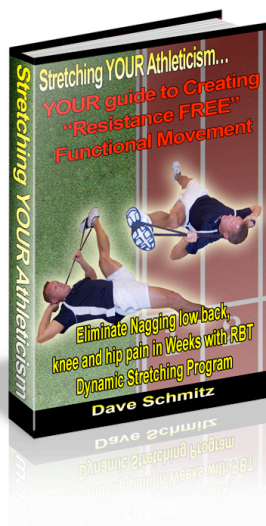
#### **OPTIONAL**

- V. Individual Q&A- 10-15 Minutes:** This portion of the training session is made available for those clients needing and/or wanting extra special attention. We end each and every session reminding our clients that we are ALWAYS here to answer any questions or concerns about anything relating to their training, nutrition, or supplementation. This is critical because it allows you to provide that one-on-one personal training component to your large group workouts.

## HIGHLY RECOMMENDED

**SECTION I- Personal Improvement Routine- 10-15 Minutes:** This portion of the training session consists of performing any individual corrective stretching and/or self-massage for excessively sore or tight muscle groups. We highly encourage our clients to utilize this 10-15 minute time frame before the official start of the workout to maximize improvements in performance and to prevent both acute and chronic injuries in both the short-term and long-term.

**Best Results Option-** Dave Schmitz's LPH Flexband Stretching System (refer to "**Stretching Your Athleticism E-Book**") that comes with the purchase of **ALL 6 Rapid Fat Loss Boot Camp mp3 Soundtracks** @ [www.WorkoutMusePro.com](http://www.WorkoutMusePro.com) for more info)



I have the pleasure of living only 20 minutes away from the world's premier resistance band training expert, Dave Schmitz. This means that I have been lucky enough to be able to implement some of his advanced training methods into my own boot camps to the great benefit of my clients.

For my money, you cannot find a better, more complete dynamic flexibility program to dramatically improve the key Lumbo-Pelvic-Hip (LPH) area that has held many of our clients back for years. On a personal note, in only 4-6 weeks of doing this program daily I was able to get into the front splits on both legs with no problem... I'm talking crotch the floor baby! Plus, I have since maintained these rapid gains in flexibility.

One of the key determinants to whether or not a client will be pleased with your services is if you can keep them pain-free and/or alleviate, if not eliminate, nagging aches and pains in the knees, hips, and lower back. I guarantee that if you implement Dave's LPH Flexband Stretching system into your boot camps, you will accomplish just that!

We make ourselves available 10-15 minutes before the start of every session to take our clients through this KEY routine. Once they learn and master it, which usually only takes a couple of weeks to do so, they can eventually just come in and do it on their own. Don't skip this step! It's the difference between running a good boot camp and running GREAT BOOT CAMP!

**Next Best Option-** Any corrective stretching or self-massage for sore and tight muscle groups. In our experience, people need the most direct regeneration on their front and outer hips and thighs in addition to some thoracic spine mobilization. We recommend a wide variety of self-massage implements like foam rollers, massage sticks/rolling pins, and tennis balls. Please refer to the **POST-WORKOUT ROUTINE** in this manual for more info.

## MANDATORY

**SECTION II- Pre-Workout Routine- 5 Minutes:** This portion of the training session consists of warm-up exercises that are designed to properly prepare the body for the upcoming workout. Exercises range from prehab exercises designed to activate and strengthen commonly weak and underused muscles to movement prep exercises that seek to dynamically increase muscle flexibility and joint mobility.

### The Purpose of The Pre-Workout Routine:

- *To increase blood flow to every muscle and joint in your body.*
- *To stimulate your central nervous system and promote the optimal mind-muscle connection for your workout.*
- *To improve posture and prevent injury by increasing flexibility and by addressing common muscle imbalances and weaknesses.*

### The Warm-Up Circuit

The following warm-up circuit consists of five exercises. The first two exercises focus on the injury prevention and muscle activation of the Pillar and are categorized as **Prehab**. The Pillar consists of all of the key powerhouse muscles up, down, and around your shoulders, hips, and core. The key coaching points are to simultaneously squeeze the front thighs and butt cheeks while sucking in the gut and maintaining a straight line from the heels through the shoulders on each exercise.

The last three exercises in the warm-up circuit seek to dynamically increase the muscle flexibility and joint mobility of the critical Lumbo-Pelvic-Hip Region (LPH) and are categorized as **Movement Prep**. We love the lunge matrix for this purpose because it simultaneously opens up the hips, trains single-leg strength and stability, and teaches deceleration in all three planes of movement. The key coaching points are to land softly and on the heel to midsole of the foot while dropping your hips as low as possible and staying tall up top. Start slowly and then gradually increase the speed in which each movement is performed while maintaining perfect form and complete control over the body.

Each and every workout we alternate between the warm-up circuit in **Pre-Workout A** and the warm-up circuit in **Pre-Workout B**. Please be sure to perform **Pre-Workout A** before **Workout A** and to perform **Pre-Workout B** before **Workout B**!

*To get the companion Pre-Workout audio interval training mp3 soundtracks to use with our **Rapid Fat Loss Boot Camp System** and automate your own boot camp workouts with the click of a button, simply click the link below:*

[www.WorkoutMusePro.com](http://www.WorkoutMusePro.com)

## **Pre-Workout A Routine**

- Perform each exercise in the following warm-up circuit at a slow, controlled tempo for 50 s followed by a 10 s rest and transition

### **Template:**

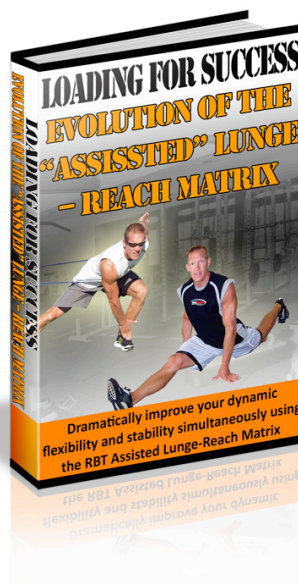
Exercise#1- Prehab: Linear Pillar Stabilization- Static or Dynamic  
Exercise#2- Prehab: Linear Pillar Stabilization- Static or Dynamic  
Exercise#3- Movement Prep- LPH Emphasis In Sagittal Plane (Linear)  
Exercise#4- Movement Prep: LPH Emphasis In Frontal Plane (Lateral)  
Exercise#5- Movement Prep: LPH Emphasis In Transverse Plane (Rotational)

### **Sample Circuit:**

Exercise#1- Front Pillar Variation  
Exercise#2- Back Pillar Variation  
Exercise#3- Forward Lunge w/ Overhead Reach and Twist\*  
Exercise#4- Lateral Lunge w/ Opposite Hand to Toe Touch\*  
Exercise#5- Cross-Under Lunge w/ Forward Reach\*

**\*Progress from Stationary (switch legs half-way) to Alternating**

Resistance band training expert Dave Schmitz has an INCREDIBLE **"Assisted Lunge-Reach Matrix"** that I highly recommend you incorporate within this provided Pre-Workout Template to maximize the effectiveness of your warm-up circuit and further bolster injury prevention for your valued clients. Dave's **"Loading for Success" E-Book** is available as a bonus with the purchase of **ALL 6 Rapid Fat Loss Boot Camp mp3 Soundtracks**, you can check it out @ [www.WorkoutMusePro.com](http://www.WorkoutMusePro.com)





## **Pre-Workout B Routine**

- Perform each exercise in the following warm-up circuit at a slow, controlled tempo for 50 s followed by a 10 s rest and transition

### **Template:**

Exercise#1- Prehab: Lateral/Rotational Pillar Stabilization- Static or Dynamic

Exercise#2- Prehab: Lateral/Rotational Pillar Stabilization- Static or Dynamic

Exercise#3- Movement Prep: LPH Emphasis In Sagittal Plane (Linear Movement)

Exercise#4- Movement Prep: LPH Emphasis In Frontal Plane (Lateral Movement)

Exercise#5- Movement Prep: LPH Emphasis In Transverse Plane (Rotational Movement)

### **Sample Circuit:**

Exercise#1- Left Side Pillar Variation

Exercise#2- Right Side Pillar Variation

Exercise#3- Forward Lunge w/ Overhead Reach and Twist\*

Exercise#4- Lateral Lunge w/ Opposite Hand to Toe Touch\*

Exercise#5- Cross-Under Lunge w/ Forward Reach\*

**\*Progress from Stationary (switch legs half-way) to Alternating**

**IMPORTANT NOTE-** We have simply provided you with the EXACT pre-workout template that we have used with great success. It keeps our client safe and injury-free year round and dramatically improves workout performance. However, feel free to substitute different exercise options for each exercise category (Prehab or Movement Prep) in the warm-up circuit, or even use your own tried and proven pre-workout routine here if you'd like. If its not broke, don't fix it ;)

## MANDATORY

**SECTION III- Workout Routine- 20 Minutes:** This portion of the training session consists of exercises organized in an alternating set format (supersets, trisets, or circuits) for total body workouts that are designed to stimulate maximal muscle-building and fat loss in minimal time. All exercises will be broken down into three major categories: strength, cardio, and core. Though it is highly recommend that you stay true to the Alternating Workout A and Workout B Training Split as outlined, you may select from an unlimited number of exercise variations within each prescribed movement pattern to add your own unique training personality to the workouts and to keep your workouts exciting, fun, and fresh!

### The Classic Rapid Fat Loss Boot Camp Schedule

*Using the following training split outlined below, our clients have consistently lost up to 2-3+ lbs of fat per week at our fitness boot camps. That's right, we have helped hundreds of people lose thousands of pounds of fat from this EXACT program. We highly recommend the tried and proven rapid fat loss training template to get your clients the most rapid and lasting results around:*

Week #	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
1	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	OFF
2	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	OFF
3	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	OFF
4	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	OFF
5	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	OFF
6	Strength Workout B	Cardio Workout B	Strength Workout A	Cardio Workout A	Strength Workout B	Cardio Workout B	OFF

- **On Monday, Wednesday, and Friday:** Alternate between Strength Workout A and B each and every workout. Your clients will ideally perform these workouts under your professional supervision at your fitness boot camps for best results. For clients that travel or for distance coaching clients, we highly recommend you provide them with written versions of your workouts on your blog or in an E-Book with companion You-Tube Videos to best show them their workouts to keep them safe and on track.

- **On Tuesday, Thursday, and Saturday:** Alternate between Cardio Workout A and B each and every workout. Your clients will perform these workouts on their own time using **The 16-Week Rapid Fat Loss Cardio Program E-Book** that you should provide them on day one. To get best results and automate their workouts through sound and music with Workout Muse's audio interval training mp3 soundtracks, be sure to sign-up as an affiliate for [www.RapidFatLossCardio.com/affiliatehome](http://www.RapidFatLossCardio.com/affiliatehome). Our **50% affiliate commission** allows you to make passive income recommending Workout Muse so that your clients can press play and listen and lose fat fast on the days they don't see you!

### IMPORTANT NOTE-

- We run our fitness boot camps in 4-6 week blocks with 1-3 week transition periods depending on the time of year. This is outlined in the **Group Training Calendar 2008-2009** in the next two pages so that you can take 15 weeks vacation each year like we do!

## **How to Take 15 Weeks of Vacation Per Year As A Fitness Boot Camp Instructor**

*Planning Out Your Group Training Calendar To Best Leverage Time and Maximize Profits*

**By BJ Gaddour, CSCS**

[www.workoutmuse.com](http://www.workoutmuse.com)

This article is for fitness professionals looking to take a ridiculous amount of vacation each year by running their own fitness boot camps. Yep, I'm talking 15 weeks off baby! I am providing you with our EXACT 2008-2009 training calendar so that you too can live the good life like we do. Keep reading to find out why we do this and how we do this:

### **The Importance of Transition Weeks**

This is nothing new to a seasoned fitness professional. If you are familiar with sound program design you already understand the importance of periodization and planned unloading/recovery periods. In our business we refer to these as transition weeks. They are pre-planned breaks in our training calendar that we have found to be of critical importance to year round compliance for our group training clientele. *Transition weeks serve several key purposes for our clients as we essentially move our clients into maintenance mode between phases of the program:*

1. Physiological and Psychological Rest and Regeneration
2. To Celebrate the Fruits of **Their** Labor
3. To Track Progress from this Last Phase and/or the Start of the Program
4. To Take Advantage of **Their** Free Time
5. Keep Costs As Low As Possible For Participating In Our Program Year Round

*Transition weeks also have several key purposes for us. The list is actually strangely familiar to that of our clients:*

1. Physiological and Psychological Rest and Regeneration
2. To Celebrate the Fruits of **Our** Labor
3. To Track Progress from this Last Phase and/or the Start of the Program
4. To Take Advantage of **Our** Free Time
5. Stay One-Step Ahead With Our Marketing

The bottom line here is that transition weeks prevent both trainer and client burnout. They keep the training fun, exciting, and fresh as both clients and trainers keep wanting more. Skip this step and you'll be sorry. Don't say you weren't warned here.

### **The Importance of Working With, Not Against, Seasonal Variations**

We have learned the hard way that there are certain times of the year when the general population cannot fully commit to an intensive fitness program. Furthermore, we have found through experience when the best times to train are AND when the best times are to have transition weeks for everyone involved.

In the following pages you will find our EXACT group training calendar for all of 2008 and 2009 based on both our experience and client feedback. By group training, we mean any program where we train large groups (corporate boot camps, general fitness boot camps, senior fitness, etc.). This calendar was built to accommodate holidays, seasonal variations, and corporate calendars (both school and work related) to make sure that our program does not interfere with the top priorities of our clients. Remember, your program will only be truly successful long-term if you are able to work with, not against, client schedules!

## Sample 2008 Group Training Calendar

*\*3 Week End of Year Winter Break from December 22nd, 2007 to January 13th, 2008\**

**Phase #1- January 14th to February 8<sup>th</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): Valentine's Week Break- February 9th to 17<sup>th</sup>

**Phase #2- February 18th to March 14th**

- 4 weeks on, 2 weeks off
- Transition Week(s): Spring Break- March 15th to 30<sup>th</sup>

**Phase #3- March 31st – April 25th**

- 4 weeks on, 1 week off
- Transition Week(s): April 26th to May 4<sup>th</sup>

**Phase #4- May 5th to June 6th**

- 5 weeks on, 2 weeks off
- Transition Week(s): Mid-Year Break- June 7th to 22nd
- Note- Off on May 26th for Memorial Day\*

**Phase #5- June 23rd to August 1st**

- 6 weeks on, 3 weeks off
- Transition Week(s): End of Summer Vacation- August 2nd to 24th
- Note- Off on July 4th for Independence Day\*

**Phase #6- August 25th to September 19th**

- 4 weeks on, 1 week off
- Transition Week(s): September 20th to 28th
- Note- Off on September 1st for Labor Day\*

**Phase #7- September 29<sup>th</sup> to October 24<sup>th</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): Halloween Break- October 25<sup>th</sup> to November 2<sup>nd</sup>

**Phase #8 Part 1- November 3<sup>rd</sup> to 21<sup>st</sup>**

- 3 weeks on, 1 week off
- Transition Week(s): Thanksgiving Break- November 22<sup>nd</sup> to 30<sup>th</sup>

**Phase #8 Part 2- December 1<sup>st</sup> to December 19<sup>th</sup>**

- 3 weeks on, 3 weeks off
- Transition Week(s): 3 Week End of Year Winter Break from December 20<sup>th</sup>, 2008 to January 11<sup>th</sup>, 2009

*\*Please note the choice is yours to offer training on special holidays. If we are in town we offer a special holiday workout in the morning around 7-8 am for everyone because many of our clients have an interest in doing so. Plus, we need to workout anyways, so we make it a special day and perform the workout with our clients.*

## Sample Group Training Calendar for 2009

*\*3 Week End of Year Winter Break from December 20th, 2008 to January 11th, 2009\**

**Phase #1- January 12<sup>th</sup> to February 6<sup>th</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): Valentines Week Break- February 7<sup>th</sup> to 15<sup>th</sup>

**Phase #2- February 16<sup>th</sup> to March 13<sup>th</sup>**

- 4 weeks on, 2 weeks off
- Transition Week(s): Spring Break- March 14<sup>th</sup> to 29<sup>th</sup>

**Phase #3- March 30<sup>th</sup> to April 24<sup>th</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): April 25<sup>th</sup> to May 3<sup>rd</sup>

**Phase #4- May 4<sup>th</sup> to June 5<sup>th</sup>**

- 5 weeks on, 2 weeks off
- Transition Week(s): Mid-Year Break- June 6<sup>th</sup> to 21<sup>st</sup>
- Note- Off on May 25<sup>th</sup> for Memorial Day\*

**Phase #5- June 22<sup>nd</sup> to July 31<sup>st</sup>**

- 6 weeks on, 3 weeks off
- Transition Week(s): End of Summer Vacation- August 1<sup>st</sup> to 23<sup>rd</sup>
- Note- Off on July 4<sup>th</sup> for Independence Day\*

**Phase #6- August 24<sup>th</sup> to September 18<sup>th</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): September 19<sup>th</sup> to 27<sup>th</sup>
- Note- Off on September 7<sup>th</sup> for Labor Day\*

**Phase #7- September 28<sup>th</sup> to October 23<sup>rd</sup>**

- 4 weeks on, 1 week off
- Transition Week(s): Halloween Break- October 24<sup>th</sup> to November 1<sup>st</sup>

**Phase #8 Part 1- November 2<sup>nd</sup> to November 20<sup>th</sup>**

- 3 weeks on, 1 week off
- Transition Week(s): Thanksgiving Break- November 21<sup>st</sup> to 29<sup>th</sup>

**Phase #8 Part 2- November 30<sup>th</sup> to December 18<sup>th</sup>**

- 3 weeks on, 3 weeks off
- Transition Week(s): 3 Week End of Year Winter Break from December 19<sup>th</sup>, 2008 to January 10<sup>th</sup>, 2010

*\*Please note the choice is yours to offer training on special holidays. If we are in town we offer a special holiday workout in the morning around 7-8 am for everyone because many of our clients have an interest in doing so. Plus, we need to workout anyways, so we make it a special day and perform the workout with our clients.*

# **Rapid Fat Loss Resistance Training 101**

*For **More Than Twice** The Fat Loss In **Less Than Half** The Time!*

**By BJ Gaddour, CSCS**

[www.WorkoutMuse.com](http://www.WorkoutMuse.com)

## **The 5 Pillars of Resistance Training for Fat Loss**

- 1.) Perform Total Body Workouts:** For best results, you need to perform 3 total body resistance training workout per week with at least one day of rest between sessions. By working every muscle in your body each and every workout you will provide the optimal stimulus for both fat loss AND muscle growth. Not only do you maximize the number of calories burned during your workout, but you also maximize the number of calories your body expends recovering from your workout. These short-term increases in metabolism last anywhere from 24 to 48 hours after your workout. In addition, by gaining muscle, you will promote long-term increases in metabolism as it requires significantly more energy for you body to maintain new, hard-earned muscle mass. This is how you build a sexy metabolism and become a fat-burning machine 24-7-365.
- 2.) Train Multi-Planar, Multi-Joint Movement Patterns in Free Space:** There is no body part training here! The key to a properly designed resistance training program is one that emphasizes performance and function by focusing on movement patterns. This approach provides more balanced training and prevents injuries. Each and every workout that you will perform consists of up to 6 total exercise categories consisting of a double-leg movement (knee or hip-dominant), a push (horizontal or vertical), a pull (horizontal or vertical), a single-leg movement (knee or hip-dominant), a core movement (trunk or hip-dominant or linear or lateral/rotational pillar stabilization), and a cardio movement (linear or lateral/rotational locomotion emphasis). Furthermore, these movement patterns (with the exception of the isolated core work) consist of compound, multi-joint exercises that train your body in all THREE planes of motion. This means more muscles used, more calories burned, and thus greater stimulus for both fat loss AND lean muscle gain. Lastly, a sound fat loss program initially emphasizes equipment-free exercises because it is critical to first master your body weight before adding external loading in order to maximize relative strength (strength per lb of body weight) and to best prevent injuries!
- 3.) Perform Alternating Sets:** Straight sets with long rest periods simply don't make the cut here! You must perform alternating sets (supersets, trisets, circuits) of non-competing exercises (e.g. upper, lower, core, and/or cardio exercises) so that you can get as much work done as possible while maintain peak training intensity for both maximal fat loss AND muscle gain in minimal time.
- 4.) Escalating Density:** From workout to workout, your goal is to accomplish more work in the same amount of time by performing more total reps and/or sets for each body weight-based exercise variation with perfect form and technique. More work done means more fat lost and more muscle gained. It's that SIMPLE!
- 5.) Escalating Intensity:** From month to month, your goal is to be able to gradually perform more difficult body weight exercise variations that require more strength. This increase in relative loading provides the stimulus of progressively harder work so that you can stay in pure fat-burning and muscle-building mode and breakthrough frustrating training plateaus. In addition, once mastering the foundational body-weight exercises, you can then look to add external resistance to further ramp up the fat-melting power of resistance training!

## **Metabolic Resistance Training**

*The fusion of rapid fat loss interval training AND total body resistance training exercises for the most rapid and lasting fat loss possible!*

The key to rapid fat loss resistance training is to deplete your body's glycogen (the stored form of carbohydrate in muscle) tank so that your body starts using fat (both dietary and stored body fat) as it's primary energy source at all other times of the day. You will literally be burning fat 24-7. In addition, this form of training not only burns a ton of calories during the actual workout but has a serious AFTERBURN effect which will have your burning more calories for hours and hours (some studies suggest anywhere from 12-24+ hours) after your workout is completed. This phenomenon is known as Excess Post-Exercise Oxygen Consumption (EPOC) and describes the energy expended by your body in the recovery of your metabolic rate back to pre-exercise levels.

Traditional resistance training prescribes performing straight sets where you perform one set of an exercise, rest for 2-3 minutes, and then repeat for the designated number of sets before moving on to the next exercise in your workout. Metabolic Resistance Training combines the muscle building effects of resistance training with the cardiovascular benefits of interval training by using alternating sets of non-competing exercises. For example, you will perform one set of a lower body exercise for 60 s, rest for 20 s, perform one set of an upper body exercise for 60s, rest for 20 s, perform one set of a core exercise for 60 s, rest for 20 s, and then repeat this sequence for the designated number of rounds. Using this alternating set format, by the time you return to the lower body exercise you will still have nearly 3 minutes of recovery from that exercise as in the straight set format, but instead of doing nothing, you have been working your upper body and your core while technically "resting." This time-efficient approach provides the optimal fat-burning effect by keeping your heart rate elevated throughout the entire workout as if you were performing cardio while allowing you to perform each resistance training exercise at peak intensity for the optimal muscle-building stimulus. **"Strength Cardio"** provides the biggest bang-for-your-buck so that you can simultaneously build lean muscle mass AND melt body fat. Essentially you will be performing interval training with classic resistance training exercises like push-ups, squats, lunges, etc. More specifically, we like to use as much equipment-free, body weight-based exercises as possible since it caters to developing the lean, athletic look that 90+% of fitness enthusiasts are looking for!

This plan in conjunction with our integrated rapid fat loss cardio system and rapid fat loss nutrition system has our clients consistently ripping off 2-3+ lbs of ugly, unwanted body fat per week. This style of body weight circuit training will sky rocket your overall conditioning levels by improving both your anaerobic fitness AND your aerobic fitness at the same time. In fact, interval training has been scientifically proven to increase aerobic fitness even more than aerobic training alone!

### **Alternating Total Body Strength Workout A-B Split:**

- You will perform **3 Total Body Strength Workouts per week** by alternating between Workout A and Workout B each and every workout.
- You may select any corresponding exercise of choice within each prescribed movement pattern category depending on whether you will be performing Workout A or Workout B (e.g. Push-ups or Chest Presses for Horizontal Push Variations, Squats for Bilateral Knee-Dominant Variations, etc.)
- Be sure to demonstrate the appropriate regressions and progressions for each exercise you select before the start of each workout so that ALL of your clients can work at their current fitness level

<b><u>Exercise Category</u></b>	<b><u>Strength Workout A</u></b>	<b><u>Strength Workout B</u></b>
<b>Strength: Double-Leg*</b>	<i>Bilateral Hip-Dominant Variation</i>	<i>Bilateral Knee-Dominant Variation</i>
<b>Strength: Push*</b>	<i>Horizontal Push Variation</i>	<i>Vertical Push Variation</i>
<b>Strength: Single-Leg*</b>	<i>Unilateral Knee-Dominant Variation</i>	<i>Unilateral Hip-Dominant Variation</i>
<b>Strength: Pull*</b>	<i>Horizontal Pull Variation</i>	<i>Vertical Pull Variation</i>
<b>Core</b>	<i>Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation</i>	<i>Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation</i>
<b>Cardio</b>	<i>Any Locomotion or Elasticity Variation with a Linear Emphasis</i>	<i>Any Locomotion or Elasticity Variation with a Lateral/Rotational Emphasis</i>

*\*Indicates that you MUST incorporate these **BIG 4 STRENGTH MOVEMENTS** that work the entire body at each and every workout to prevent strength and muscular imbalances. The other exercises are non-essential in comparison, but SHOULD BE incorporated as much as possible for exercise variety and because they are client favorites.*

### **HIGHLY RECOMMENDED ADDITIONAL RESOURCES:**

- I have been highly influenced by both Alwyn Cosgrove's **Program Design Bible** and Robert Dos Remedios' **Power Training** books in developing the program design for Workout Muse. Please refer to these AMAZING resources for more info!



## **The Top 6 Rapid Fat Loss Boot Camp Workouts**

I have worked with A LOT of people since starting my own fitness boot camp business. One of the great things about training large groups is that you can gain a remarkable amount of training experience by working with at least 50 and in some instances close to 100 people per day!

It's a well known fact that the more client experiences you have on a daily basis the better trainer you will become and I want to take the time to thank my clients for their hard work and continual feedback regarding the workouts I am about to share with you. I simply could not have put this training system together without them.

Though in vain, over the last couple of years I have tried to do develop the PERFECT BOOT CAMP SYSTEM. I have made a ton of mistakes through trial and error in getting to this point, but I have truly enjoyed the journey and now have a system that is so turnkey I could explain it to a 14 year old in 5 minutes or less and he/she could run my workouts without a hiccup. How do I know? My 14-year old little brother was my lab rat ;)

What's the best part about these workouts? Each one has an accompanying audio interval training mp3 soundtrack that can literally automate your large group workouts with the click of a button. We created this music training system to allow myself and other trainers to be able to work with an UNLIMITED number of clients to best leverage time and maximize profits. All I need to do each session is literally come in and press PLAY. The tracks tell my clients when to start, when to stop, and even provides countdown and updates to keep them focused on the task at hand to the accompaniment of mind-blowing, adrenaline racing original music and sound compositions that drive our workouts. Of course this is all thanks to my beloved partner and head sound designer Topher Farrell for making all of this possible. No more being a prisoner to your stopwatch or running too long on sets or neglecting your valued clients! Workout Muse allows fitness pros to press PLAY and make \$200/session by doing what they do best: coach, supervise, and motivate the hell out of their clients! Finally, we fitness pros can bring the personal attention of one-on-one training to our fitness boot camps.

Below are **The Top 6 Rapid Fat Loss Boot Camp Workout Templates** that we use year round. They not only have the real world results of my clients to validate them, but they have what I consider to be the most important part: CLIENT APPROVAL. My clients have a total love-hate relationship with these workouts. Love- because of the amazing fat-burning and muscle-building results they provide in such a short time. Hate- because they are HARD! Intensity is the only thing that truly makes the human body change and that's what these workouts are all about.

- **Workout Template #1-** Continuous Work
- **Workout Template #2-** Tabatas
- **Workout Template #3-** 40-20 Supersets
- **Workout Template #4-** 30-60-90 Triset Mixer
- **Workout Template #5-** 30-30 or 60-60 Interval COMBOS
- **Workout Template #6-** 50-10 Five-Exercise Circuit

***NOTE-*** Please be sure to listen to the provided audio recording with the purchase of **All 6 Rapid Fat Loss Boot Camp mp3 Soundtracks** available @ [www.WorkoutMusePro.com](http://www.WorkoutMusePro.com), where I explain anything and everything you need to know about these workouts!

## **ATTENTION FITNESS PROFESSIONALS...**

### **What's your favorite Workout Muse Workout?**

#### **We want to know!**

There are literally hundreds of options regarding how to run these workout templates and we have simply provided you with the most simple and effective ways that we incorporate them on a regular basis with our very own clients.

So be sure to think outside of the box and make your very own favorite workouts using these soundtracks, film them, and then send us your YOU-TUBE video links to [workoutmuse@gmail.com](mailto:workoutmuse@gmail.com) so that we can promote them to our list. Whether the videos feature your very own personal workouts or your on-site boot camp workouts, we are always looking for fresh and innovating newsletter content. Plus, this will help you get more views for your videos so they rank high in Google's search engine!

We have fitness professionals from all over the world using our soundtracks in their YOU-TUBE workout videos to provide more dynamic and motivating content to their lists, clients, and customers!

***All we ask is that you MUST include the following info in your you-tube videos to avoid copywriting issues:***

**The phrase "Workout Muse" MUST be in the title, description, AND keywords of the YOU-TUBE videos you create with a link to our Workout Muse Site (<http://www.WorkoutMuse.com>)!!! Feel free to embed your affiliate link to make sure you get credit for any referrals!**

We can't wait to SEE and HEAR your cool new YOU-TUBE workout videos featuring our audio interval training soundtracks ;) )

**Crank it!**

**BJ Gaddour and Topher Farrell**

Co-Creators of Workout Muse

[www.WorkoutMuse.com](http://www.WorkoutMuse.com)

## **Template#1- Continuous Work**

### **Strength Workout A**

#### **Work Zone#1- 10 minutes**

*Perform max rounds for time. One round consists of the following triset:*

**Exercise#1- Bilateral Hip-Dominant Variation- Double-Leg Hip Extension, Deadlift, or Good Morning Variation @ 10 total reps**

**Exercise#2- Horizontal Push Variation- Push-Up or Chest Press Variation @ 10 total reps**

**Exercise#3- Linear Cardio Variation- Any Locomotion in the Sagittal Plane @ 10 total reps or 10 s total**

*Your ultimate goal is to complete at least 5 rounds in 10 minutes and up to 10 rounds in 10 minutes. Once you can get 10 rounds in 10 minutes, progress to more advanced exercise variations or increase loading where applicable. If you cannot get at least 5 rounds in 10 minutes, then you need to back off to easier exercise variations or decrease loading until you can.*

#### **Work Zone#2- 10 minutes**

*Perform max rounds for time. One round consists of the following triset:*

**Exercise#1- Unilateral Knee-Dominant Variation- Lunge, Step-Up, or Single-Leg Squat Variation @ 10 total reps**

**Exercise#2- Horizontal Pull Variation- Row Variation @ 10 total reps**

**Exercise#3- Linear Pillar Stabilization Variation or Trunk-Dominant Core Variation- Front or Back Pillar Variation (Dynamic or Static) or Trunk Flexion, Extension, or Rotation Variation @ 10 total reps or a 10 sec hold**

*Your ultimate goal is to complete at least 5 rounds in 10 minutes and up to 10 rounds in 10 minutes. Once you can get 10 rounds in 10 minutes, progress to more advanced exercise variations or increase loading where applicable. If you cannot get at least 5 rounds in 10 minutes, then you need to back off to easier exercise variations or decrease loading until you can.*

## **Template#1- Continuous Work**

### **Strength Workout B**

#### **Work Zone#1- 10 minutes**

*Perform max rounds for time. One round consists of the following triset:*

**Exercise#1- Unilateral Hip-Dominant Variation- Single-Leg Hip Extension, Deadlift, or Good Morning Variation @ 10 total reps/leg**

**Exercise#2- Vertical Push Variation- Dip, Vertical Push-Up, or Shoulder Press Variation @ 10 total reps**

**Exercise#3- Lateral or Rotational Cardio Variation- Any Locomotion in the Frontal or Transverse Planes @ 10 total reps or 10 s total**

*Your ultimate goal is to complete at least 5 rounds in 10 minutes and up to 10 rounds in 10 minutes. Once you can get 10 rounds in 10 minutes, progress to more advanced exercise variations or increase loading where applicable. If you cannot get at least 5 rounds in 10 minutes, then you need to back off to easier exercise variations or decrease loading until you can.*

#### **Work Zone#2- 10 minutes**

*Perform max rounds for time. One round consists of the following triset:*

**Exercise#1- Bilateral Knee-Dominant Variation- Squat Variation @ 10 total reps**

**Exercise#2- Vertical Pull Variation- Pull-Up or Bicep Curl Variation @ 10 total reps**

**Exercise#3- Lateral or Rotational Pillar Stabilization Variation or Hip-Dominant Core Variation- Side Pillar Variation (Dynamic or Static) or Hip Flexion, Extension, or Rotation Variation @ 10 total reps or a 10 sec hold**

*Your ultimate goal is to complete at least 5 rounds in 10 minutes and up to 10 rounds in 10 minutes. Once you can get 10 rounds in 10 minutes, progress to more advanced exercise variations or increase loading where applicable. If you cannot get at least 5 rounds in 10 minutes, then you need to back off to easier exercise variations or decrease loading until you can.*

## **Template#2- TABATAS**

### **Strength Workout A**

#### **"Are You Ready for Tabatas?"**

*You will alternate between 20 s of work and 10 s of rest. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" Every 4 minutes of work is followed by 1-minute of rest. You will repeat this 5-minute sequence 4x for 20 total minutes. Time to melt some serious fat!*

#### **- Station#1- 5 minutes: Tabata Double-Leg Lower Body**

*Straights sets of the following exercise:*

**Single-Exercise- Bilateral Hip-Dominant Variation @** Double-Leg Hip Extension, Good Morning, or Deadlift Variation

#### **- Station#2- 5 minutes: Tabata Upper Body (Push-Pull)**

*Alternating sets of the following exercises:*

**Exercise#1- Horizontal Push Variation @** Push-Up or Chest Press Variation

**Exercise#2- Horizontal Pull Variation @** Rowing Variation

#### **- Station#3- 5 minutes: Tabata Single-Leg Lower Body**

*Straights sets of the following exercise:*

**Single-Exercise- Unilateral Knee-Dominant Variation @** Lunge, Step-Up, or Single-Leg Squat Variation (be sure to switch legs from set to set unless you are alternating legs each rep)

#### **- Station#4- 5 minutes: Tabata Core-Cardio**

*Alternating sets of the following exercises:*

**Exercise#1- Linear Pillar Stabilization or Trunk-Dominant Core Variation @** Front or Back Pillar Variation (Static or Dynamic) or Trunk Flexion, Extension, Rotation Variation

**Exercise#2- Linear Cardio Variation @** Any Locomotion in the Sagittal Plane

*\* A **TABATA SCORE** is the lowest rep total you achieved on any given set for each exercise within the workout. Your ultimate goal is to achieve a **TABATA SCORE of 10** for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, increase loading or progress to a more advanced exercise variation.*

## **Template#2- TABATAS**

### **Strength Workout B**

#### **"Are You Ready for Tabatas?"**

*You will alternate between 20 s of work and 10 s of rest. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" Every 4 minutes of work is followed by 1-minute of rest. You will repeat this 5-minute sequence 4x for 20 total minutes. Time to melt some serious fat!*

#### **- Station#1- 5 minutes: Tabata Double-Leg Lower Body**

*Straights sets of the following exercise:*

**Single-Exercise- Bilateral Knee-Dominant Variation @ Squat Variation**

#### **- Station#2- 5 minutes: Tabata Upper Body (Push-Pull)**

*Alternating sets of the following exercises:*

**Exercise#1- Vertical Push Variation @ Dip, Vertical Push-Up, or Shoulder Press Variation**

**Exercise#2- Vertical Pull Variation @ Pull-Up or Bicep Curl Variation**

#### **- Station#3- 5 minutes: Tabata Single-Leg Lower Body**

*Straights sets of the following exercise:*

**Single-Exercise- Unilateral Hip-Dominant Variation @ Single-Leg Deadlift, Good Morning, or Hip Extension Variation (be sure to switch legs from set to set unless you are alternating legs each rep)**

#### **- Station#4- 5 minutes: Tabata Core-Cardio**

*Alternating sets of the following exercises:*

**Exercise#1- Lateral/Rotational Pillar Stabilization or Hip-Dominant Core Variation @ Side Pillar Variation (Static or Dynamic) or Hip Flexion, Extension, Rotation Variation**

**Exercise#2- Lateral/Rotational Cardio Variation @ Any Locomotion in the Frontal or Transverse Planes**

*\* A **TABATA SCORE** is the lowest rep total you achieved on any given set for each exercise within the workout. Your ultimate goal is to achieve a **TABATA SCORE of 10** for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, increase loading or progress to a more advanced exercise variation.*

## **Template#3- 40-20 Supersets**

*You will alternate between 40 s of work and 20 s of rest. Upon being told to "GO!" you will perform as many reps as possible for each exercise with perfect form and technique until being told to "STOP!" You will have completed 1 round once you have performed both exercises within the given superset. Perform as many rounds as prescribed until you are instructed to move onto the next part of your workout. Time to melt some serious fat!*

### **Template**

#### **Superset#1- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body

#### **Superset#2- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body

### **Strength Workout A**

#### **Superset#1- 10 Minutes**

- *Alternate between 40 s of work and a 20 rest and transition for both exercises within the superset. Repeat this 2-minute round up to 5x for 10 total minutes.*

**Exercise#1-** Horizontal Push Variation @ Push-up or Chest Press Variation

**Exercise#2-** Bilateral Hip-Dominant Variation @ Double-Leg Hip Extension, Good Morning, or Deadlift Variation

- *Your ultimate goal is to be able to complete at least 15-20 reps/set for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, seek to increase loading or select a more advanced exercise variation.*

#### **Superset#2- 10 Minutes**

- *Alternate between 40 s of work and a 20 rest and transition for both exercises within the superset. Repeat this 2-minute round up to 5x for 10 total minutes.*

**Exercise#1-** Horizontal Pull Variation @ Rowing Variation

**Exercise#2-** Unilateral Knee-Dominant Variation @ Lunge, Step-Up, or Single-Leg Squat Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)

- *Your ultimate goal is to be able to complete at least 15-20 reps/set for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, seek to increase loading or select a more advanced exercise variation.*

## **Template#3- 40-20 Supersets**

*You will alternate between 40 s of work and 20 s of rest. Upon being told to "GO!" you will perform as many reps as possible for each exercise with perfect form and technique until being told to "STOP!" You will have completed 1 round once you have performed both exercises within the given superset. Perform as many rounds as prescribed until you are instructed to move onto the next part of your workout. Time to melt some serious fat!*

### **Template**

#### **Superset#1- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body

#### **Superset#2- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body

### **Strength Workout B**

#### **Superset#1- 10 Minutes**

- *Alternate between 40 s of work and a 20 rest and transition for both exercises within the superset. Repeat this 2-minute round up to 5x for 10 total minutes.*

**Exercise#1-** Vertical Push Variation @ @ Dip, Vertical Push-Up, or Shoulder Press Variation

**Exercise#2-** Unilateral Hip-Dominant Variation @ Single-Leg Deadlift, Good Morning, or Hip Extension Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)

- *Your ultimate goal is to be able to complete at least 15-20 reps/set for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, seek to increase loading or select a more advanced exercise variation.*

#### **Superset#2- 10 Minutes**

- *Alternate between 40 s of work and a 20 rest and transition for both exercises within the superset. Repeat this 2-minute round up to 5x for 10 total minutes.*

**Exercise#1-** Vertical Pull Variation @ Pull-Up or Bicep Curl Variation

**Exercise#2-** Bilateral Knee-Dominant Variation @ Squat Variation

- *Your ultimate goal is to be able to complete at least 15-20 reps/set for each exercise or perform an isometric hold for the full duration for each exercise. Once accomplished, seek to increase loading or select a more advanced exercise variation.*



## **Template#4- 30-60-90 Triset Mixer**

*This workout consists of three different RANDOMLY placed work sets for each exercise: a short 30 second set, a medium 60 second set, and a long 90 second set. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" One round consists of performing all THREE exercises within each TRISET. You will perform three total rounds. Just listen and lose fat FAST!"*

### **Template**

#### **Triset#1- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body  
Exercise#3- Core

#### **Triset#2- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body  
Exercise#3- Cardio

### **Strength Workout A**

#### **Triset#1- 10 Minutes**

**Exercise#1- Horizontal Push Variation** @ Push or Chest Press Variation

**Exercise#2- Bilateral Hip-Dominant Variation** @ Double-Leg Hip Extension, Good Morning, or Deadlift Variation

**Exercise#3- Linear Pillar Stabilization or Trunk-Dominant Core Variation** @ Front or Back Pillar Variation (Static or Dynamic) or Trunk Flexion, Extension, Rotation Variation

#### **Triset#2- 10 Minutes**

**Exercise#1- Horizontal Pull Variation** @ Rowing Variation

**Exercise#2- Unilateral Knee-Dominant Variation** @ Lunge, Step-Up, or Single-Leg Squat Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)

**Exercise#3- Linear Cardio or Elasticity Variation** @ Any Locomotion In Saggittal Plane

## **Template#4- 30-60-90 Triset Mixer**

*This workout consists of three different RANDOMLY placed work sets for each exercise: a short 30 second set, a medium 60 second set, and a long 90 second set. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" One round consists of performing all THREE exercises within each TRISET. You will perform three total rounds. Just listen and lose fat FAST!"*

### **Template**

#### **Triset#1- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body  
Exercise#3- Core

#### **Triset#2- 10 Minutes**

Exercise#1- Upper Body  
Exercise#2- Lower Body  
Exercise#3- Cardio

### **Strength Workout B**

#### **Triset#1- 10 Minutes**

**Exercise#1- Vertical Push Variation** @ Dip, Vertical Push-Up, or Shoulder Press Variation

**Exercise#2- Unilateral Hip-Dominant Variation** @ Single-Leg Hip Extension, Good Morning, or Deadlift Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)

**Exercise#3- Lateral/Rotational Stabilization or Hip-Dominant Core Variation** @ Side Pillar Variation (Static or Dynamic) or Hip Flexion, Extension, Rotation Variation

#### **Triset#2- 10 Minutes**

**Exercise#1- Vertical Pull Variation** @ Pull-Up or Bicep Curl Variation

**Exercise#2- Bilateral Knee-Dominant Variation** @ Squat Variation

**Exercise#3- Lateral/Rotational Cardio or Elasticity Variation** @ Any Locomotion In Frontal or Transverse Plane

## **Template#5- 30-30 or 60-60 Interval COMBOS**

*An Interval COMBO Workout is one that properly combines exercises of different categories (strength, core, or cardio) in alternating set format within the same workout to get maximal results in minimal time!*

**Option A- 30-30:** You will alternate between 30 s of maximum effort and 30 s of active recovery. You will repeat this 1-minute set up to 20x for 20 total minutes.

**Option B- 60-60:** You will alternate between 60 s of maximum effort and 60 s of active recovery. You will repeat this 2-minute set up to 10x for 20 total minutes.

### **What does Maximum Effort Mean?**

The first exercise in the Interval COMBO Workout is always the top priority category (strength, core, or cardio). This means you are performing all-out high-intensity work for the prescribed exercise for the designated period of time. You should also select the most challenging variation you can handle for your current fitness level for the prescribed exercise of that category (e.g. if you can properly perform jump squats then do not perform body weight squats).

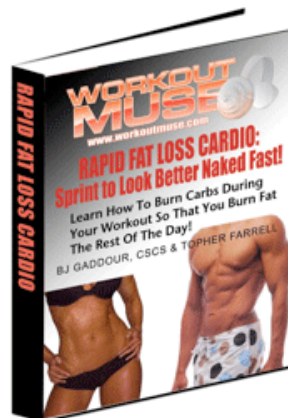
### **What does Active Recovery Mean?**

The second exercise in the Interval COMBO Workout is a non-competing exercise in a different category than the first exercise (strength, core, or cardio). Please note that you are still performing this second exercise at a high level of intensity. But, because it is an exercise from a different category than the first exercise it allows for some built-in active recovery for the next maximum effort bout (e.g. jumping claps, a cardio exercise, allows for active recovery for lunges, a strength exercise). Furthermore, you should choose an exercise variation of moderate (not maximum) difficulty AS NEEDED so that it does not take away from the next bout of maximum effort for the top-priority category (e.g. perform regular push-ups instead of decline push-ups as needed to be able to properly perform sprints at near maximum effort).

- **Body Weight Emphasis:** In order to ensure quick, smooth transitions between maximum effort and active recovery exercises, seek to incorporate as many body weight training movements as possible for each exercise category that requires little to no equipment or set-up time.

### **IMPORTANT NOTE-**

- The **30-30 and 60-60** interval templates are also ideal for pure conditioning or cardio classes (e.g. spinning, outdoor running, etc.). So feel free to employ them in this manner as well, referring to **The 16-Week Rapid Fat Loss Cardio E-Book** available at [www.RapidFatLossCardio.com](http://www.RapidFatLossCardio.com) for more info!



## **Interval COMBO Workout Templates**

### **1.) Interval Strength COMBO: Strength-Cardio or Strength-Core\***

**Option A- 30-30:** You will alternate between 30 s of maximum effort for a strength exercise and 30 s of active recovery for a cardio or core exercise. You will repeat this 1-minute set up to 20x for 20 total minutes.

**Option B- 60-60:** You will alternate between 60 s of maximum effort for a strength exercise and 60 s of active recovery for a cardio exercise or core exercise. You will repeat this 2-minute *set up to 10x for 20 total minutes.*

### **2.) Interval Core COMBO: Core-Strength or Core-Cardio**

**Option A- 30-30:** You will alternate between 30 s of maximum effort for a core exercise and 30 s of active recovery for a strength or cardio exercise. You will repeat this 1-minute set up to 20x for 20 total minutes.

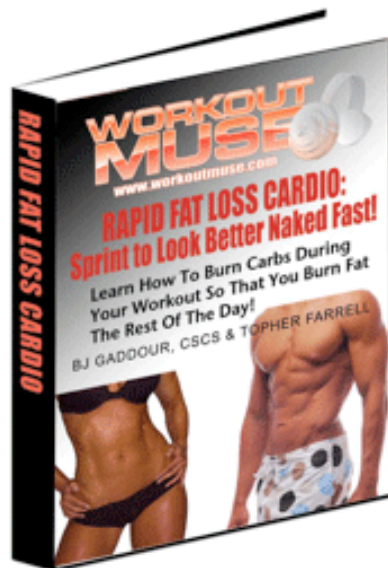
**Option B- 60-60:** You will alternate between 60 s of maximum effort for a core exercise and 60 s of active recovery for a strength or cardio exercise. You will repeat this 2-minute set up to 10x for 20 total minutes.

### **3.) Interval Cardio COMBO: Cardio-Strength or Cardio-Core**

**Option A- 30-30:** You will alternate between 30 s of maximum effort for a cardio exercise and 30 s of active recovery for a strength or core exercise. You will repeat this 1-minute set up to 20x for 20 total minutes.

**Option B- 60-60:** You will alternate between 60 s of maximum effort for a cardio exercise and 60 s of active recovery for a strength or core exercise. You will repeat this 2-minute set up to 10x for 20 total minutes.

*\*We focus on **Strength COMBO Workouts** since our boot camp workouts emphasize resistance training, in addition to the fact that our clients perform their cardio interval workouts on the days they do not train with us as outlined in **The 16-Week Rapid Fat Loss Cardio E-Book!***



## **30-30 Strength-Cardio COMBO Workouts**

### **Strength-Cardio COMBO Workout A**

- Perform this 5-minute circuit 4x for 20 total minutes:

<b>Minute#</b>	<b>30 s Max Effort Strength Exercise</b>	<b>30 s Active Recovery Cardio Exercise</b>
0-1	Bilateral Hip-Dominant Variation	Any Linear Cardio Variation
1-2	Horizontal Pull Variation	Any Linear Cardio Variation
2-3	Unilateral Knee-Dominant Variation	Any Linear Cardio Variation
3-4	Horizontal Push Variation	Any Linear Cardio Variation
4-5	Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation	Any Linear Cardio Variation

- Your ultimate goal is to be able to perform at least 10-15 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

### **Strength- Cardio COMBO Workout B**

- Perform this 5-minute circuit 4x for 20 total minutes:

<b>Minute#</b>	<b>30 s Max Effort Strength Exercise</b>	<b>30 s Active Recovery Cardio Exercise</b>
0-1	Bilateral Knee-Dominant Variation	Any Lateral or Rotational Cardio Variation
1-2	Vertical Pull Variation	Any Lateral or Rotational Cardio Variation
2-3	Unilateral Hip-Dominant Variation	Any Lateral or Rotational Cardio Variation
3-4	Vertical Push Variation	Any Lateral or Rotational Cardio Variation
4-5	Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation	Any Lateral or Rotational Cardio Variation

- Your ultimate goal is to be able to perform at least 10-15 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***

## 30-30 Strength-Core COMBO Workouts

### Strength-Core COMBO Workout A

- Perform this 5-minute circuit 4x for 20 total minutes:

Minute#	30 s Max Effort Strength Exercise	30 s Active Recovery Core Exercise
0-1	Bilateral Hip-Dominant Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
1-2	Horizontal Pull Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
2-3	Unilateral Knee-Dominant Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
3-4	Horizontal Push Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
4-5	Linear Cardio Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation

- Your ultimate goal is to be able to perform at least 10-15 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

### Strength- Core COMBO Workout B

- Perform this 5-minute circuit 4x for 20 total minutes:

Minute#	30 s Max Effort Strength Exercise	30 s Active Recovery Core Exercise
0-1	Bilateral Knee-Dominant Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
1-2	Vertical Pull Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
2-3	Unilateral Hip-Dominant Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
3-4	Vertical Push Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
4-5	Lateral or Rotational Cardio Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation

- Your ultimate goal is to be able to perform at least 10-15 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***

## **60-60 Strength-Cardio COMBO Workouts**

### **Strength-Cardio COMBO Workout A**

- Perform this 10-minute circuit 2x for 20 total minutes:

<b>Minute#</b>	<b>60 s Max Effort Strength Exercise</b>	<b>60 s Active Recovery Cardio Exercise</b>
0-2	Bilateral Hip-Dominant Variation	Any Linear Cardio Variation
2-4	Horizontal Pull Variation	Any Linear Cardio Variation
4-6	Unilateral Knee-Dominant Variation	Any Linear Cardio Variation
6-8	Horizontal Push Variation	Any Linear Cardio Variation
8-10	Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation	Any Linear Cardio Variation

- Your ultimate goal is to be able to perform at least 25-30 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

### **Strength- Cardio COMBO Workout B**

- Perform this 10-minute circuit 2x for 20 total minutes:

<b>Minute#</b>	<b>60 s Max Effort Strength Exercise</b>	<b>60 s Active Recovery Cardio Exercise</b>
0-2	Bilateral Knee-Dominant Variation	Any Lateral or Rotational Cardio Variation
2-4	Vertical Pull Variation	Any Lateral or Rotational Cardio Variation
4-6	Unilateral Hip-Dominant Variation	Any Lateral or Rotational Cardio Variation
6-8	Vertical Push Variation	Any Lateral or Rotational Cardio Variation
8-10	Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation	Any Lateral or Rotational Cardio Variation

- Your ultimate goal is to be able to perform at least 25-30 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***

## **60-60 Strength-Core COMBO Workouts**

### **Strength-Core COMBO Workout A**

- Perform this 10-minute circuit 2x for 20 total minutes:

<b>Minute#</b>	<b>60 s Max Effort Strength Exercise</b>	<b>60 s Active Recovery Core Exercise</b>
0-2	Bilateral Hip-Dominant Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
2-4	Horizontal Pull Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
4-6	Unilateral Knee-Dominant Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
6-8	Horizontal Push Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation
8-10	Linear Cardio Variation	Any Trunk-Dominant Core Variation or Linear Pillar Stabilization Variation

- Your ultimate goal is to be able to perform at least 25-30 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

### **Strength- Core COMBO Workout B**

- Perform this 10-minute circuit 2x for 20 total minutes:

<b>Minute#</b>	<b>60 s Max Effort Strength Exercise</b>	<b>60 s Active Recovery Core Exercise</b>
0-2	Bilateral Knee-Dominant Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
2-4	Vertical Pull Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
4-6	Unilateral Hip-Dominant Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
6-8	Vertical Push Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation
8-10	Lateral or Rotational Cardio Variation	Any Hip-Dominant Core Variation or Lateral/Rotational Pillar Stabilization Variation

- Your ultimate goal is to be able to perform at least 25-30 reps/set for each maximum effort exercise or perform an isometric hold for the full duration for each maximum effort exercise within the circuit. Once accomplished, seek to increase loading or progress to a more advanced exercise variation. In addition, you should seek to be able to perform the active recovery exercise during the entire active recovery portion without resting.

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***



## Template#6- 50-10 Five Exercise Circuit

*"50-10 Five-Exercise Circuit: You will alternate between 50 seconds of work and 10 seconds of rest. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" One round consists of performing all FIVE exercises within each circuit. You will perform up to four rounds. Time for a QUICKIE!"*

### Template

<u>Exercise Category</u>	<u>Strength Workout A</u>	<u>Strength Workout B</u>
Double-Leg Push	Bilateral Hip-Dominant Variation Horizontal Push Variation	Bilateral Knee-Dominant Variation Vertical Push Variation
Single-Leg Pull	Unilateral Knee-Dominant Variation Horizontal Pull Variation	Unilateral Hip-Dominant Variation Vertical Pull Variation
Core	Trunk-Dominant or Linear Stabilization Variation	Hip-Dominant or Lateral/Rotational Stabilization Variation

### Strength Workout A

- **Total Body Five Exercise Circuit:** *You will alternate between 50 seconds of work and 10 seconds of rest for each exercise within the circuit. Perform this 5-minute circuit up to 4x for a 20-minute total body workout.*

**Exercise#1- Bilateral Hip-Dominant Variation** @ Double-Leg Hip Extension, Good Morning, or Deadlift Variation

**Exercise#2- Horizontal Push Variation** @ Push-Up or Chest Press Variation

**Exercise#3- Unilateral Knee-Dominant Variation** @ Lunge, Step-Up, or Single-Leg Squat Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)

**Exercise#4- Horizontal Pull Variation** @ Rowing Variation

**Exercise#5- Linear Stabilization or Trunk-Dominant Core Variation** @ Front or Back Pillar Variation (Static or Dynamic) or Trunk Flexion, Extension, Rotation Variation

- *Your ultimate goal is to be able to perform at least 20-25 reps/set for each exercise or perform an isometric hold for the full duration for each exercise within the circuit. Once you accomplish, seek to increase loading or progress to a more advanced exercise variation.*

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***

## Template#6- 50-10 Five Exercise Circuit

*"50-10 Five-Exercise Circuit: You will alternate between 50 seconds of work and 10 seconds of rest. Upon being told to "GO!" you will perform each exercise with maximum effort until being told to "STOP!" One round consists of performing all FIVE exercises within each circuit. You will perform up to four rounds. Time for a QUICKIE!"*

### Template

<u>Exercise Category</u>	<u>Strength Workout A</u>	<u>Strength Workout B</u>
Double-Leg Push	Bilateral Hip-Dominant Variation Horizontal Push Variation	Bilateral Knee-Dominant Variation Vertical Push Variation
Single-Leg Pull	Unilateral Knee-Dominant Variation Horizontal Pull Variation	Unilateral Hip-Dominant Variation Vertical Pull Variation
Core	Trunk-Dominant or Linear Stabilization Variation	Hip-Dominant or Lateral/Rotational Stabilization Variation

### Strength Workout B

- **Total Body Five Exercise Circuit:** *You will alternate between 50 seconds of work and 10 seconds of rest for each exercise within the circuit. Perform this 5-minute circuit up to 4x for a 20-minute total body workout.*

**Exercise#1- Bilateral Knee-Dominant Variation @ Squat Variation**

**Exercise#2- Vertical Push Variation @ Dip, Vertical Push-Up, or Shoulder Press Variation**

**Exercise#3- Unilateral Hip-Dominant Variation @ Single-Leg Hip Extension, Good Morning, or Deadlift Variation (be sure to switch legs half way through each work set unless you are alternating legs each rep)**

**Exercise#4- Vertical Pull Variation @ Pull-Up or Bicep Curl Variation**

**Exercise#5- Lateral/Rotational Stabilization or Hip-Dominant Core Variation @ Side Pillar Variation (Static or Dynamic) or Hip Flexion, Extension, Rotation Variation**

- *Your ultimate goal is to be able to perform at least 20-25 reps/set for each exercise or perform an isometric hold for the full duration for each exercise within the circuit. Once you accomplish, seek to increase loading or progress to a more advanced exercise variation.*

**\*\*\*For all unilateral exercises, be sure to switch legs half way through each work set unless you are alternating legs each rep\*\*\***

**Be sure to check out and subscribe to WORKOUT MUSE'S YOUTUBE PAGE for demos of these workouts and other interval training workouts, in addition to receiving regular updates regarding cool new exercises and workout ideas taken straight from our very own boot camp workouts:**

<http://www.youtube.com/user/WorkoutMuse>

## Customized Exercise Selection:

### **How to select the right exercises for YOUR CLIENTS!**

The beauty of Workout Muse is that all you need to do is punch in your favorite exercises while staying true to the provided movement patterns as outlined in the Rapid Fat Loss Boot Camp Workout Templates. From there, all you need to do is press play and then coach, supervise, and motivate the hell out of your clients!

Having worked with hundreds of people on a regular basis over the last several years, we have discovered the following **FITNESS LEVEL BREAKDOWN** when it comes to providing customized exercise variations for ALL of your clients based on their current body weight and training experience:

<b><u>Level I: Beginner</u></b>	<b><u>Level II: Intermediate</u></b>	<b><u>Level III: Advanced</u></b>
<p>If you are 30+ lbs ABOVE your ideal body weight</p> <p><b>OR</b></p> <p>If you are 10-20 lbs ABOVE your ideal body weight <b>AND</b> you have NOT worked out consistently in the last 3 months (if ever)</p>	<p>If you are 10-20 lbs ABOVE your ideal body weight <b>AND</b> you have been working out consistently for the last 3 months or more</p> <p><b>OR</b></p> <p>If you are within +/- 5 lbs of your ideal body weight <b>AND</b> you have NOT worked out consistently in the last 3 months (if ever)</p>	<p>If you are within +/- 5 lbs of your ideal body weight <b>AND</b> you have been working out consistently for the last 3 months or more</p>

Before the start of each workout, we not only show the exercises of the day within each outlined movement pattern, but we also show the appropriate regressions and progressions when applicable. This way all of your clients can work at their current fitness level and you can train ANYBODY within the same workout!

## **The Importance of Foundational Body Weight Exercises:**

### *Body Weight BEFORE External Loading*

It is critical for all clients to first start with the provided entry-level body weight-based exercises so that they can first master each movement pattern. Once this movement becomes instinctual and clients consistently perform it with perfect form and technique, then and only then should you look at adding external loads to these exercises. Furthermore, this body weight format allows for minimal equipment needs so training can be done ANYWHERE, by ANY BODY, and at ANYTIME!

Please know that our goal here is not to provide a complete, exhaustive list of exercises. Rather, we are simply showing you EXACTLY which entry-level exercises we have used to start-up new boot camp groups with phenomenal success. However, feel free to select different exercises for the same movement pattern (e.g. horizontal push = push-ups, db bench presses, band chest presses, etc.) as desired while still staying true to our proven fat-burning, muscle-building intervals.

If you have access to a pull-up bar feel free to swap pull-ups for the curl as they are both vertical pulling movements and if you can perform suspended/body weight rows feel free to substitute these for band rows. It's up to you! In addition, our advanced groups often perform these workouts with external loading for a more significant muscle-building stimulus with great results. But they ALWAYS master the following foundation body weight-based exercises FIRST!!!

**Here's the bottom line:** We designed this program for the average real world client in mind who is looking to melt some serious fat AND be able to workout out at home using primarily their own body weight with minimal equipment needs at any time of day. But, when it comes to exercise selection and loading with your own boot camp clients, the choice is always yours!

## **FOUNDATIONAL Body Weight-Based Exercise Progressions**

### **Workout A**

#### **Foundational Bilateral Hip-Dominant Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Bilateral Hip-Dominant</i>	<i>Stability Ball Hip Extension</i>	SHE	SHE+LC	SHELC

Bilateral Hip-Dominant movements are double-leg exercises in which the backside of your lower body (primarily your glutes and hamstrings) does the majority of the work. In addition if your upper body is involved in the movement your torso will more often than not be bent more than 45-degrees forward. The key coaching tips for all hip extension exercises are to focus on using your hips to execute the movement WITHOUT hyper-extending the back, to keep your toes pointed straight ahead and back to your shins whenever possible, and to drive through your heels. The key coaching tips for all deadlift variations are to pull your shoulder blades down and back and to maintain a proud chest position while bending at the hips (not the back) to properly execute the movement.

#### **Foundational Horizontal Pull Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Horizontal Pull</i>	<i>Band Rows* (overhand, neutral, underhand grips)</i>	Mini-Bands	Monster Mini-Bands	Light Bands

Horizontal Pulling movements are upper body exercises in which you are horizontally pulling a load TOWARDS your chest that primarily works the upper/mid back, rear shoulders, and biceps (imagine your torso is upright while performing them). The key coaching tips for these exercises are to focus on keeping your shoulder blades (scapula) down and back and driving your elbows through a full range of motion without shrugging your shoulders or breaking at the wrists.

*\*You can also use dumbbells here as needed- we recommend 10-15 lbs for females and 20-30 lbs for males*

#### **Foundational Unilateral Knee-Dominant Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Unilateral Knee-Dominant</i>	<i>Lunges</i>	Stationary	Alternating Reverse Lunges	Alternating Forward Lunges

Unilateral Knee-Dominant movements are single-leg exercises in which the front side of your lower body (primarily your quads and hip flexors) does the majority of the work. In addition, if your upper body is involved in the movement your torso must be vertical with less than a 45-degree bend forward. The key coaching tips for these exercises are to focus on staying tall up top with an erect torso and chest out, to keep your front knee over the ankle, and to drive through the heel of your front leg.

### **Foundational Horizontal Push Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Horizontal Push</i>	<i>Push-up</i>	On Knee	Incline	Regular Flat

Horizontal Pushing movements are upper body exercises in which you are horizontally pushing a load AWAY FROM your chest that primarily works your chest, front shoulders, and triceps (imagine your torso is upright while performing them). The key coaching tips for these exercises are to keep your shoulder blades (scapula) down and back and to hug your elbows tight to your rib cage to protect your shoulders. Be sure to maintain a straight-line position from your heels through your shoulders with your thighs and glutes fully engaged on all push-up variations.

### **Foundational Core Trunk-Dominant Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Core Trunk Rotation</i>	<i>Upper Body Twists</i>	Feet on Floor	Feet off Floor, Bent-Legged	Feet off Floor, Straight-Legged
<i>Core Trunk Flexion</i>	<i>Stability Ball/Floor Crunches</i>	Finger Tips on Forehead	Extend Arms Overhead	Extend Arms Back and Overhead
<i>Core Trunk Extension</i>	<i>Trunk Extensions</i>	Arms at Side	Prisoner Position (hands behind head)	Arms Reaching Out and Overhead

Core Trunk-Dominant movements are core exercises in which your trunk either flexes forward, extends back, or rotates to the side that primarily work your abs and/or lower back. The key coaching tips on these exercises are to keep your abs tight and braced to prevent low back hyperextension. Be sure to focus on reaching your face and chest vertically to the sky without moving your trunk directly towards your hips to minimize anterior pelvic tilt on all crunch variations.

### **Foundational Linear Pillar Stability Body Weight Exercises:**

*Select the appropriate exercise variation based on your current fitness level. Be sure to progress to the next level for each exercise when able in order to improve total body stability:*

<b>Movement Pattern</b>	<b>Exercise</b>	<b>Level I</b>	<b>Level II</b>	<b>Level III</b>
<b>Linear Stabilization</b>	<i>Front Pillar Variation</i>	<b>4-Point Progressions</b>  <i>From easiest to most difficult:</i> - On Knees - Regular	<b>3-Point Alternating Progressions</b>  <i>From easiest to most difficult:</i> - Alternating Leg* - Alternating Arm*	<b>2-Point Alternating Progressions</b>  - Alternating Opposite Arm-Leg*
<b>Linear Stabilization</b>	<i>Back Pillar Variation</i>	<b>Hip Extension Progressions</b>  <i>From easiest to most difficult:</i> - Bent-Knee Hip Extension w/ Hands on Floor - Bent-Knee Hip Extension w/ Hands off Floor	<b>4-Point Progressions</b>  <i>From easiest to most difficult:</i> - Off Hands w/ Knees Bent - Off Hands w/ Legs Straight - Off Forearms w/ Legs Straight	<b>3-Point Alternating Progressions</b>  - Alternating Legs*

#### **\*Alternating Progressions**

*Alternate every \_\_\_\_: Level I: 5s, Level II: 10 s, Level III: 15 s, Level IV: 30 s*

Pillar stability training works all of the key powerhouse muscles up, down, and around your shoulders, hips, and core. It also targets the transverse abdominis (TVA) which protects your internal organs and stabilizes your spine. Focus on simultaneously squeezing your front thighs and butt cheeks while sucking in your gut and maintaining a straight line from your heels through your shoulders on each exercise.

### **Foundational Linear Cardio Body Weight Exercises**

Any locomotion or elasticity/plyometric exercises occurring in the sagittal plane. These movements occur front to back or forwards and backwards. Below are the top 6 body weight linear cardio variations we use to start up new groups:

- 1.) Stationary High Knee Run
- 2.) Cross-Country Skiers (a.k.a Split Jacks)
- 3.) Feet-Over-The-Line- Front to Back (double-leg to single-leg progressions)
- 4.) Burpee Variations
- 5.) Forward Bounds (double-leg to single-leg progressions)
- 6.) Single-Leg "Stick-The-Landings" (step to hop progressions)- Forwards

## **FOUNDATIONAL Body Weight-Based Exercise Progressions**

### **Workout B**

#### **Foundational Bilateral Knee-Dominant Body Weight Exercise:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Bilateral Knee-Dominant</i>	<i>Squat</i>	Body Weight	Explosive	Jump

Bilateral Knee-Dominant movements are double-leg exercises in which the front side of your lower body (primarily your quads and hip flexors) does the majority of the work. In addition, if your upper body is involved in the movement your torso must be vertical with less than a 45-degree bend forward. The key coaching tips for these exercises are to focus on staying tall up top with an erect torso and chest out, to keep your front knees over your ankles, and to push your hips back while staying on your heels.

#### **Foundational Vertical Pull Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Vertical Pull</i>	<i>Band Bicep Curls (overhand, neutral, underhand grips)</i>	Mini Bands	Monster-Mini Bands	Light Bands

Vertical Pulling movements are upper body exercises in which you are vertically pulling a load TOWARDS shoulders that primarily works the lats, upper/mid back, and biceps (imagine your torso is upright while performing them). The key coaching tips for these exercises are to focus on keeping your shoulder blades (scapula) down and back and driving your elbows through a full range of motion without shrugging your shoulders or breaking at the wrists.

*\*You can also use dumbbells here as needed- we recommend 10-15 lbs for females and 20-30 lbs for males*

#### **Foundational Unilateral Hip-Dominant Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Unilateral Hip-Dominant</i>	<i>Single-Leg Hip Extension</i>	non-support leg @ 90-degrees to floor (stable to unstable)	non-support leg @ 45-degrees to floor (stable to unstable)	non-support leg @ parallel to floor (stable to unstable)

Unilateral Hip-Dominant movements are single-leg exercises in which the backside of your lower body (primarily your glutes and hamstrings) does the majority of the work. In addition if your upper body is involved in the movement your torso will more often than not be bent more than a 45-degrees forward. The key coaching tips for all hip extension exercises are to focus on using your hips to execute the movement WITHOUT hyper-extending the back, to keep your toes pointed straight ahead and back to your shins whenever possible, and to drive through your heels. The key coaching tips for all deadlift and good morning variations are to pull your shoulder blades down and back and to maintain a proud chest position while bending at the hips (not the back) to properly execute the movement.



**Foundational Vertical Push Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Vertical Push</i>	<i>Dip</i>	knees bent, feet on floor	legs straight, feet on floor	legs straight and feet elevated

Vertical Pushing movements are upper body exercises in which you are vertically pushing a load AWAY FROM your shoulders that primarily works your shoulders and triceps (imagine your torso is upright while performing them). The key coaching tips for these exercises are to keep your shoulder blades (scapula) down and back, to hug your elbows tight to your rib cage to protect your shoulders.

**Foundational Core Hip-Dominant Body Weight Exercises:**

<b><u>Movement Pattern</u></b>	<b><u>Selected Exercise</u></b>	<b><u>Level I</u></b>	<b><u>Level II</u></b>	<b><u>Level III</u></b>
<i>Core Hip Rotation</i>	<i>Lower Body Twist</i>	Bent-Legged w/ Feet On Floor	Bent-Legged w/ Legs Raised	Straight-Legged w/ Legs Raised
<i>Core Hip Flexion</i>	<i>Leg Raise</i>	Alternating Bent-Legged	Alternating Straight-Legged	Straight-Legged
<i>Core Hip Extension</i>	<i>Glute Bridge</i>	Double-Leg w/ Hands on Floor (palms up)	Alternating Leg March w/ Hands on Floor (palms up)	Alternating Leg March w/ Hands Off Floor (arms across chest)

Core Hip-Dominant movements are core exercises in which your hips either flexes forward, extend back, or rotate to the side that primarily work your abs, hips flexors, and lower back. The key coaching tips on these exercises are to keep your abs tight and braced to prevent low back hyperextension and to focus on tilting your pelvis towards your chest for optimal lower abdominal activation.

## **Foundational Lateral/Rotational Pillar Stability Training Body Weight Exercises:**

*Select the appropriate exercise variation based on your current fitness level. Be sure to progress to the next level for each exercise when able in order to improve total body stability:*

<b>Lateral Stabilization- Both Sides</b>	<i>Side Pillar Variation</i>	<b>Double-Leg Progressions- Part 1</b>	<b>Double-Leg Progressions- Part 2</b>	<b>Single-Leg Progressions</b>
		<i>From easiest to most difficult:</i>	<i>From easiest to most difficult:</i>	<i>From easiest to most difficult:</i>
		<ul style="list-style-type: none"> <li>- On Knees w/ Knees Bent</li> <li>- Feet Staggered</li> </ul>	<ul style="list-style-type: none"> <li>- Feet Stacked</li> <li>- Reach and Rotate</li> </ul>	<ul style="list-style-type: none"> <li>- Abduction (top leg raise)</li> <li>- Adduction (bottom leg raise)</li> </ul>

### **\*Alternating Progressions**

*Alternate every \_\_\_: Level I: 5s, Level II: 10 s, Level III: 15 s, Level IV: 30 s*

Pillar stability training works all of the key powerhouse muscles up, down, and around your shoulders, hips, and core. It also targets the transverse abdominis (TVA) which protects your internal organs and stabilizes your spine. Focus on simultaneously squeezing your front thighs and butt cheeks while sucking in your gut and maintaining a straight line from your heels through your shoulders on each exercise.

## **Foundational Lateral/Rotational Cardio Body Weight Exercises**

Any locomotion or elasticity/plyometric exercises occurring in the frontal or transverse planes. These movements occur side to side/laterally or rotationally. Below are the top 6 body weight lateral/rotational cardio variations we use to start up new groups:

- 1.) Stationary Lateral Shuffle (3-5 steps each way and return)
- 2.) Jumping Claps (modified Jumping Jack with arms moving across chest like a fly)
- 3.) Feet-Over-The-Line- Side-to-Side (double-leg to single-leg progressions)
- 4.) Rotational Jumps (progress from 180 to 360-degrees, go both clockwise and counter-clockwise)
- 5.) Lateral Bounds (progress from double-leg to single-leg)
- 6.) Single-Leg "Stick-The-Landings" (step to hop progressions)- Lateral and Rotational

## **Combination Exercises:**

### How to Use Total Body Exercises in Your Total Body Workouts for Maximal Results in Minimal Time!

#### **Benefits of Combination Training:**

- Burn maximal calories both during and after your workout for the optimal fat-burning stimulus
- Uses as many muscles as possible for the optimal muscle building stimulus
- Skyrockets overall conditioning and athleticism

#### **Types of Combination Exercises**

There are 3 main types of combination exercises explained in detail below:

**True Combination:** 2 or more exercises performed SEPERATELY in back-to-back format for 1 total repetition (e.g. squat + press). There is a distinct pause/reset between each exercise in the combination.

Denoted as: Exercise#1 + Exercise#2 + ...

**Hybrids:** 2 or more exercises performed in one fluid motion in back-to-back format for 1 total repetition (e.g. squat to press). There is NO distinct pause/reset between each exercise in the combination.

Denoted as: Exercise#1 to Exercise#2 to ...

**Complexes\*:** Take 2 or more exercises, but perform a certain number of prescribed reps for each exercise before moving on to the next exercise in the combination (e.g. 6 reps front squat, 6 reps push press, 6 reps RDL, etc.). Seek to minimize the rest and transition between exercises within the sequence.

Denoted as: 6 reps of Exercise#1 to 6 reps of Exercise#2 to ...

**\*Complexes work great using the Continuous Work Template. For example:**

#### **Get Complex!**

Perform max rounds for time of the following complexes in 10 minutes:

**Body Weight Complex A-** Incorporate the following movement patterns: horizontal push, horizontal pull, bilateral hip-dominant, unilateral knee-dominant, and core linear stabilization or core trunk-dominant

**Push:** Push-up Variation @ 6 reps

**Double-Leg:** Hip Extension Variation @ 6 reps

**Pull:** Body Weight Row Variation @ 6 reps\*

**Single-Leg:** Lunge Variation @ 6 reps

**Core:** Front Pillar Variation- Static or Dynamic @ 6 reps or 6 s

\* Modify w/ Band/DB Row or Airplane Variation As Needed

**Body Weight Complex B-** Incorporate the following movement patterns: vertical push, vertical pull, bilateral knee-dominant, and/or unilateral hip-dominant, and core lateral stabilization or core hip-dominant

**Push:** Vertical Push-Up Variation @ 6 reps

**Double-Leg:** Squat Variation @ 6 reps

**Pull:** Pull-Up Variation @ 6 reps\*\*

**Single-Leg:** Single-Leg Hip Extension Variation @ 6 reps

**Core:** Side Pillar Variation- Static or Dynamic @ 6 reps/side or 6 s/side

\*\* Modify w/ Body Weight Row or Bicep Curl Variation As Needed

### **Equipment-Based Combinations**

It is important to note that though there is one inherent similarity between all combination exercises: **THEY ALL MUST USE THE SAME TRAINING TOOL!** In other words, if you are supposed to do a hybrid squat to press and you perform the squat with dumbbells then you must perform the press with dumbbells as well. Below are the different types of equipment-based options for combination training:

- 1.) Body Weight (BW) Combination Exercises (no equipment needed!)
- 2.) Dumbbells (DB) Combination Exercises
- 3.) Kettlebell (KB) Combination Exercises
- 4.) Med Ball (MB) Combination Exercises
- 5.) Barbell (BB) Combination Exercises

**NOTE-** *It is important to select a load in which you can perform the prescribed reps for your WEAKEST exercise(s) within each combination exercise!*

## Repetition Tempo Variations

*For even more exercise variety, you can also switch the tempo in which you perform each exercise. This is a great way to keep challenging your body without the need for extra equipment. See below for some of our favorite tempo variations:*

- 1.) **Iso-Holds:** Simply holding a certain position of an exercise for the designated period of time (e.g. parallel squat hold).
- 2.) **Negatives:** Perform only the lowering/eccentric portion of the exercise, particularly useful for those clients struggling to perform regular push-ups (or pull-ups if hanging bars are accessible).
- 3.) **1.5 Reps:** Perform twice as many reps during a certain range of motion of an exercise and counting that as 1 full rep (e.g. 1.5 push-up = full lowering, up half-way, down all the way again, and then up all the way)
- 4.) **3-Stop Reps:** Stop a quarter of the way down and hold for a full count, then stop half way down and hold for a full count, and then stop all the way down and hold for a full count, then explosively return to the starting position.
- 5.) **Ladder Reps:** Perform a certain number of reps in multiply prescribed ranges of motion (e.g. 10 half squats + 10 full squats).
- 6.) **5 Hold-5 Reps COMBO:** Perform a 5 s isometric hold in the most challenging position of a certain exercise and then immediately perform 5 full range reps. Repeat this sequence for the prescribed period of time. This is extra challenging to the muscles because a 4 s static hold or greater eliminates the elastic "bounce" of the stretch-shortening cycle (SSC) and is particularly useful to intensity lower body movements when there are few loading options available.
- 7.) **Red-Yellow-Green Light:** During work sets the instructor calls out the following terms to change the tempo of the exercises being performed:

**RED-** Stop and hold the exact position you currently are in

**YELLOW-** Perform each rep in a slow-mo fashion during both the positive/concentric and negative/eccentric portion of the movement

**GREEN-** Perform each rep as fast as possible during both the positive/concentric and negative/eccentric portion of the movement while maintaining perfect form and technique

## **Boot Camp Equipment:**

I strongly suggest that you have your boot camp clients purchase their own equipment. People tend to treat the things that they purchase for themselves with more respect. They can also take it home with them for the weeks off or if they want to do some extra work. It is important to be able to provide options for all types of clients. Some people may not have much money left over for equipment after paying for your boot camps, while some may want the top of the line products, or others may already own some of the things that you recommend. Either way, emphasize to your clients that the equipment is a one-time purchase and it is an investment in looking better naked!

You can also become affiliates with equipment websites such as [www.performbetter.com](http://www.performbetter.com) and add suggested links to your site. This way you can make a little extra passive income on the side!

Here are the basic equipment packages we recommend for our boot campers:

### **Economy Package:**

- 1 Pair of Hex Dumbbells (10-15 lbs. for women, 20-30 lbs. for men)
- A Basic Exercise Mat (or towel if they are on a really tight budget)

### **Mid-Range Package:**

- 1 Pair of Hex Dumbbells (10-15 lbs. for women, 20-30 lbs. for men)
- An Economy Swiss Ball (purchased at a local Target or Walmart)
- An Economy Exercise Mat (purchased at a local Target or Walmart)
- Resistance Bands ([www.ResistanceBandTraining.com](http://www.ResistanceBandTraining.com))

### **Complete Premium Package:**

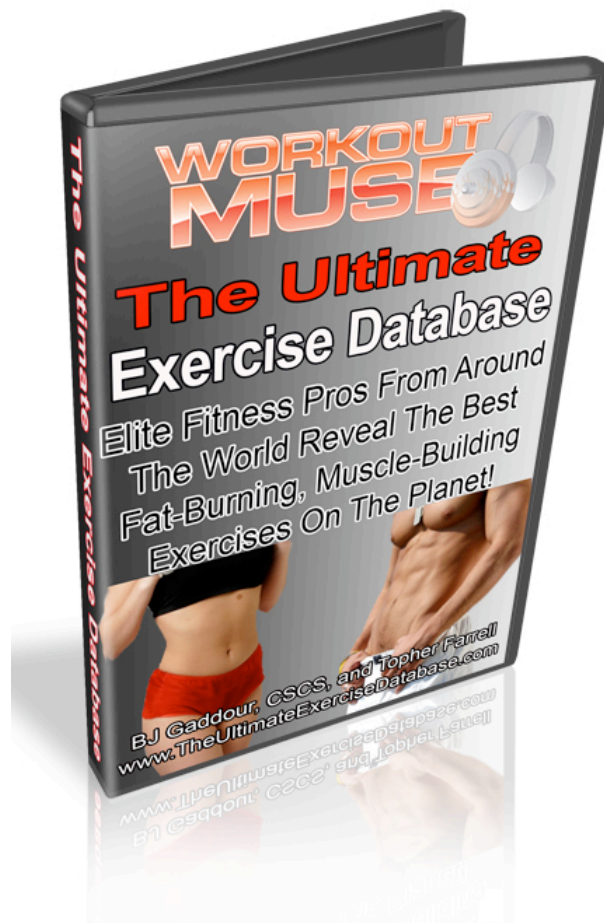
- 1 Pair of Hex Dumbbells (10-15 lbs. for women, 20-30 lbs. for men)
- A Premium Swiss Ball (purchased at a local Target or Walmart)
- An Deluxe Exercise Mat (purchased at a local Target or Walmart)
- Dave Schmitz's Resistance Bands ([www.ResistanceBandTraining.com](http://www.ResistanceBandTraining.com))
- Josh Henkin's Sand Bags ([www.SandbagExercises.com](http://www.SandbagExercises.com))

Of course, they can mix and match quality here, but it gives you an idea of what they need and how to fit that into their budget ;)

**The Ultimate Exercise Database**  
[www.TheUltimateExerciseDatabase.com](http://www.TheUltimateExerciseDatabase.com)

**COMING SOON IN NOVEMBER!!!**

*11 Elite Fitness Professionals From Around The World Team Up To Create The Ultimate Exercise Database For Endless Workout Variety That YOU Can Access ANYWHERE For FREE!*



This will serve as the most complete FREE online exercise video database to allow fitness professionals to be able to INSTANTLY create workouts TO GO for their clients or fitness info products for their list(s).

Just design the program and plug-in the accompanying video links for the complete DONE-FOR-YOU exercise demos including the appropriate regressions and progressions where applicable.

Plus, you'll get tons of cool new exercise ideas to bring endless variety to your own boot camp workouts as we will update the database each and every month!

## MANDATORY

**SECTION IV- Post-Workout Routine- 5 Minutes:** This portion of the training session consists of cool-down exercises that focus on corrective stretching and/or self-massage to dramatically improve muscle repair and recovery and to promote optimal muscle and joint health, both in the short-term and long-term.

### The Purpose of the Post-Workout Routine

*One huge misconception is the belief that muscle is built during a workout. In fact, high-intensity training actually causes muscle damage and breakdown. This can be both beneficial and costly. Beneficial because this stimulates the recovery process in which your body builds more lean muscle mass. Costly because this can result in prolonged muscle soreness and tightness. The way to keep all of the benefits of high-intensity training without any of the costs is through regeneration.*

*Regeneration is the repair of muscle tissue and cells. It is the most critical component of training because it allows you to workout harder and more frequently both pain-free and through optimal ranges of motion. Please heed our expert advice and do not skip the post-workout routine because not only will you have more soreness and impaired recovery from your workouts but you will also put yourself at risk for both chronic injuries and long-term ailments.*

### Post-Workout Routine: 5 minutes total

*Choose one of the following options:*

- **Post-Workout Option A- Corrective Self-Massage**
- **Post-Workout Option B- Corrective Stretching**

*The post-workout routine consists of 2 different options. Option A consists of **Corrective Self-Massage** using a **foam roller, tennis ball, and/or massage stick/rolling pin**. Option B consists of **Corrective Stretching**. More specifically, we like to implement Active-Isolated Stretching (AIS) by performing "**The Ultimate Stretch**." Please do not skip your post-workout routine because not only will you have impaired recovery for your next workout but you will also put yourself at risk for both chronic injuries and/or long-term ailments.*

*Spend at least 30-60 s massaging or stretching the areas of your body that are the most sore or tight. For extremely sore or tight muscle groups, massage or stretch them for as long as needed until your muscles release. Please use the announced half-minute and minute markers to track the time spent on each area of your body. Perform this post-workout routine for as long as needed or for as long you have time for. Be sure to always drink at least 8-16 oz of water following self-massage to help flush out scar tissue and waste materials.*

**To see a video of our complete Post-Workout Routine, including both corrective self-massage with a foam roller and a demo of THE ULTIMATE STRETCH, please click the link below:**

<http://www.youtube.com/watch?v=VnEiYxbzM4Q>

*To get the companion Post-Workout audio interval training mp3 soundtrack to use with our **Rapid Fat Loss Boot Camp System** and automate your own boot camp workouts with the click of a button, simply click the link below:*

[www.WorkoutMusePro.com](http://www.WorkoutMusePro.com)



## Post-Workout Option A- Corrective Self-Massage: 5 minutes total

- Use the following Regeneration implements as indicated for each exercise: Foam Roller (FR), Massage Stick (MS) or Rolling Pin, and/or Tennis Ball (TB)
- Spend at least 30-60 seconds on each adhesion/tender spot/trigger point and/or until you feel the target muscle group release. For extremely tight and sore muscle groups, it is ideal to perform longer periods of rolling for 1-5 minutes to speed up the healing process.
- Note- Always try to drink at least 8-16 oz of water following regeneration to help flush out scar tissue and waste materials

### Generalized Self-Massage Protocol

Simply massage the following areas of your body that typically need the most attention:

<b>High Priority Self-Massage Routine</b>
"Butt Cheeks"- Glutes (FR or TB)
"Front Hip and Thigh"- Quads and Hip Flexors (FR, TB, or MS)
"Outer Hip and Thigh"- ITB/TFL (FR or TB)
"Inner Thigh"- Adductors (FR or TB)
"Lower Legs"- Calves (FR, TB, or MS)
"Upper, Mid, and Lower Back" (FR)
"Armpit Region/Rear Shoulder"- Lats (FR)
"Chest/Front Shoulders"- Pecs (FR, TB)

### Individualized Self-Massage Protocol

Simply answer the following question and then use the personalized self-massage protocols provided below:

*What do I do if I have pain in my \_\_\_\_\_?*

<b>Lower Back</b>	<b>Knees</b>
"Butt Cheeks"- Glutes (FR or TB)	"Butt Cheeks"- Glutes (FR or TB)
"Back Thighs"- Hamstrings (FR or MS)	"Front Hip and Thigh"- Quads and Hip Flexors (FR, TB, or MS)
"Front Hip and Thigh"- Quads and Hip Flexors (FR, TB, or MS)	"Outer Hip and Thigh"- ITB/TFL (FR or TB)
"Outer Hip and Thigh"- ITB/TFL (FR or TB)	"Inner Thigh"- Adductors (FR or TB)
"Upper, Mid, and Lower Back" (FR)	"Lower Legs"- Calves (FR, TB, or MS)
"Armpit Region/Rear Shoulder"- Lats (FR)	

<b>Hips</b>	<b>Upper Back/Shoulders</b>
"Butt Cheeks"- Glutes (FR or TB)	"Chest/Front Shoulders"- Pecs (FR, TB)
"Back Thighs"- Hamstrings (FR or MS)	"Armpit Region/Rear Shoulder"- Lats (FR)
"Front Hip and Thigh"- Quads and Hip Flexors (FR, TB, or MS)	"Upper, Mid, and Lower Back" (FR)
"Outer Hip and Thigh"- ITB/TFL (FR or TB)	"Front Upper Arm"- Biceps (FR or TB)
"Inner Thigh"- Adductors (FR or TB)	

<b>Shins</b>	<b>Elbows</b>
Foot Arch Roll (TB)	"Back Upper Arm"- Triceps (FR or TB)
"Butt Cheeks"- Glutes (FR or TB)	"Front Upper Arm"- Biceps (FR or TB)
"Outer Hip and Thigh"- ITB/TFL (FR or TB)	"Back/Front Lower Arms"- Forearms (FR, TB, or MS)
"Lower Legs"- Calves (FR, TB, or MS)	
Shins (FR)	

**Note:** Those with circulatory problems and chronic pain diseases (e.g. fibromyalgia) should consult their physician before using foam rollers.

## **Post-Workout Option B- Corrective Stretching: 5 minutes total**

- Provides high frequency postural correction and rapidly increases flexibility in the most commonly tight areas of the human body.
- Increases total body circulation to accelerate the recovery and repair process.

### **What is AIS?**

Sherrington's law of reciprocal inhibition states that "for every neural activation of a muscle, there is a corresponding inhibition of an opposing muscle." In other words, by squeezing a muscle you force the opposing muscle to automatically relax and turn off. A relaxed muscle is easier to stretch and thus using this form of active-isolated stretching results in rapid increases in flexibility. Essentially you are reprogramming your brain for these new ranges of motion. Follow the exact procedure as outlined below for best results:

### **"The Ultimate Stretch"- To be performed for 2-2.5 minutes on each leg**

**Starting Position- Left Leg Forward:** First move your left leg as far forward as possible so that the knee is slightly behind the ankle. Staying on the balls of right foot, now move your right leg as far back as possible. It is critical to properly align each foot with the same-side hip.

#### **Part I- Hip Stretch:**

- First reach your right hand down to the floor so that it is directly underneath the same-side shoulder and opposite-side foot.
- Now squeeze the glute of your back leg as firmly as possible and hold. The best stretch will be felt with the back leg elevated, but you may keep your back knee on the ground as needed.
- Then take your left elbow and gradually work it as close to the instep of the same-side foot as possible. Hold this position for 3-5 s...

#### **Part II- Core and Chest Stretch**

- Still squeezing the glute of your back leg, first reach your left hand underneath your right hand.
- Being sure to first pull your shoulder blades down and back while keeping your abs tight, now smoothly rotate your left hand as far to the left as possible. Hold this position for 3-5 s...

#### **Part III- Hamstring and Calf Stretch:**

- First rotate back to the original position.
- Now shift your hips back and pike your butt high while simultaneously using your left hand to pull your toe back to your shin to straighten your left leg as much as possible.
- Be sure to squeeze the front thigh and shin of your left leg as firmly as possible and hold this position for 3-5 s...

**SWITCH LEGS!!!**

## **"The Ultimate Stretch"- To be performed for 2-2.5 minutes on each leg**

**Starting Position- Right Leg Forward:** First move your right leg as far forward as possible so that the knee is slightly behind the ankle. Staying on the balls of your left foot, now move your left leg as far back as possible. It is critical to properly align each foot with the same-side hip.

### **Part I- Hip Stretch:**

- First reach your left hand down to the floor so that it is directly underneath the same-side shoulder and opposite-side foot.
- Now squeeze the glute of your back leg as firmly as possible and hold. The best stretch will be felt with the back leg elevated, but you may keep your back knee on the ground as needed.
- Then take your right elbow and gradually work it as close to the instep of the same-side foot as possible. Hold this position for 3-5 s...

### **Part II- Core and Chest Stretch**

- Still squeezing the glute of your back leg, first reach your right hand underneath your left hand.
- Being sure to first pull your shoulder blades down and back while keeping your abs tight, now smoothly rotate your right hand as far to the right as possible. Hold this position for 3-5 s...

### **Part III- Hamstring and Calf Stretch:**

- First rotate back to the original position.
- Now shift your hips back and pike your butt high while simultaneously using your right hand to pull your toe back to your shin to straighten your right leg as much as possible.
- Be sure to squeeze the front thigh and shin of your right leg as firmly as possible and hold this position for 3-5 s...

### **\*BONUS CORRECTIVE STRETCHING PROGRAMS\***

As a sedentary society people sit crouched and hunched over at their desks for 8-9 hours per day. That is why it is extremely important to focus on opening up the hips and the chest for postural correction and injury prevention.

See below for the EXACT high-priority corrective stretching videos we provide to our training clients to alleviate, if not eliminate, debilitating shoulder and knee pain:

- 1.) **The No More Knee Pain Stretching Program:** Simply Click The Link Below To See The Top 2 Stretches To Eliminate Nagging Aches and Pains in Your Knees!

<http://www.youtube.com/watch?v=-PeQIBwDxc>

- 2.) **The No More Hunchback Stretching Program:** Simply Click The Link Below To See The Top 2 Stretches To Prevent Hunchback Posture and Eliminate Nagging Aches and Pains in Your Shoulders!

[http://www.youtube.com/watch?v=z63iWA6\\_lz0](http://www.youtube.com/watch?v=z63iWA6_lz0)

## **Other Important Regeneration Info-**

### **1.) Corrective Self-Massage and Corrective Stretching are Inter-dependent**

- Your muscles are like clothes. When they are tight and/or overused, they “wrinkle up” and form painful scar tissue and adhesions. Self-Massage essentially irons out your muscles so they are of optimal length and tone. If a muscle needs to be massaged it usually needs to be stretched! Both methods complement one another and will ensure that the area(s) in question improve(s) as rapidly as possible. However, self-massage improves muscle tone AND lengthens the muscle at the same time, so choose foam rolling most often or when in doubt.

### **2.) Try to Foam Roll First and Stretch Second**

- It is ideal to first foam roll a muscle before you stretch it as this allows for both an increased range of motion and a less painful feeling during the ensuing stretch.

### **3.) If It Hurts...Look Above and Below**

- *Most chronic joint pain is a result of degenerated soft-tissue in the muscles above and below the joint. Use the following test whenever joint pain arises:*

#### **The Above and Below Test:**

The next time you feel pain, aching, or discomfort in a joint, simply try using a regenerative implement (e.g. foam roller, tennis ball, or massage stick) on the muscle(s) above and below the joint in question. If you feel a significant amount of pain and/or tenderness, then the pain you are feeling in your joints is most likely the result of poor soft-tissue quality in the muscles surrounding the joints.

*The one exception here is if there was a one-time or multiple-time trauma to a certain joint (e.g. torn knee cartilage). In these instances where there has been actual damage to a joint, the pain most people feel tends to be a combination of both degenerated soft-tissue quality in the muscles around the joint AND actual structural damage to the joint itself. If you find that no amount of corrective foam rolling, stretching, and strengthening can alleviate these symptoms, then you must see your doctor and/or an orthopedic for his/her expert opinion!*

### **4.) The Weekly Total Body Regeneration Screen**

- We highly recommend that you take up to 30 minutes one time each week to perform a total body regeneration screen on yourself to stay as injury-free as possible. This will allow you to become very “locked-in” with your body so that anytime you feel pain/stiffness in your knee for example, you know that all you need to do is foam roll and stretch your front/outer/inner hips and thighs and lower legs. You will become your very own expert for your body and know exactly when and what needs to be done to prevent a minor pain from becoming a major one!
- Simply perform “**The Generalized Self-Massage Protocol**” described previously to monitor the soft-tissue quality of all the high-priority muscle groups in your body.
- It works best to first use the foam roller to provide a more general biofeedback on what areas need to be addressed, and then use the tennis ball to work on the most painful spots or trigger points that you noticed while foam rolling. *In other words, use the foam roll to apply the first coat of paint, and then use the tennis ball to perform any necessary touch-ups to keep your muscles (and your joints) as healthy as possible 24-7-365!*

### **5.) Where Do I Get a High-Quality Foam Roller?**

Go the link below and purchase the following product that we and our clients use:

**Premium Eva Roller 36" L x 6" Diameter – Round @**



## OPTIONAL

**SECTION V- Individual Q&A- 10-15 Minutes:** This portion of the training session is made available for those clients needing and/or wanting extra special attention. We end each and every session reminding our clients that we are ALWAYS here to answer any questions or concerns about anything relating to their training, nutrition, or supplementation. This is critical because it allows you to provide that one-on-one personal training component to your large group workouts.

This is where you separate yourselves from your competitors by taking the time to show your clients how much you care about them. Where other group exercise classes run strictly by the clock to get people in and out and make money, we take the time to get to know our clients and answer their personal questions and concerns to get them RESULTS! This is the time where we bring the personal attention of one-on-one personal training to our boot camp workouts, and we suggest you do the same.

This is a business of building relationships more than anything else. I always say that the crappiest trainer in the world with incredible social skills and a great personality will typically make more money than the best trainer in the world with the personality of a dead moth, ha! Right or wrong, this is a fact. Take the time at the end of each workout to make that personal connection with your clients and you won't believe how many people will start knocking on your door from referrals. Plus, the most important aspect of your boot camp business, and any business for that matter, is client retention. Trust me, don't skimp on this... treat your clients like gold and show them how much you appreciate their hard work and dedication because they will end up being your clients for LIFE!

Please know that not many people will actually take advantage of this **Individual Q & A** time with you anyways because people are just so damn busy. But, the key is that you always at least make yourself available for social support regardless of whether or not people take you up on your offer to help.

Lastly, you'll usually notice who the potential superstar clients in your boot camp are from day. They are the ones who actually do ask you questions after each session because they want to learn and they want to get better. Focus on giving as much of your attention AND recognition to these superstars as possible because they will get huge results and emerge as not only leaders during your boot camp workouts, but also walking, talking billboards for your business.

## **The Top 6 Rapid Fat Loss Boot Camp mp3 Soundtracks!!!**



To get the companion audio interval training mp3 soundtracks to use with our **Rapid Fat Loss Boot Camp System** and automate your own boot camp workouts with the click of a button, simply click the link below:

[www.WorkoutMusePro.com](http://www.WorkoutMusePro.com)

The purchase of **ALL 6 Rapid Fat Loss Boot Camp mp3 Soundtracks** also comes with some great bonus content, like our custom Pre-workout and Post-workout tracks, and much more!

## ATTENTION FITNESS PROFESSIONALS...



### **How would you like your very own CUSTOM audio interval training mp3 soundtracks?**

Workout Muse Co-Creators BJ Gaddour and Topher Farrell are always looking for ways to expand the scope of their business by working with other top-notch fitness professionals to provide them with a custom and automated digital training system for their clients or customers that will benefit all parties involved.

### **Do you have a UNIQUE training system or fitness info product that would make you a worthy candidate for a win-win joint venture with the creators of Workout Muse?**

If yes, then please email us at [workoutmuse@gmail.com](mailto:workoutmuse@gmail.com) and explain your unique training system to us in order to be considered for this amazing opportunity!

### **Would you like to increase the value of your current info product(s) by incorporating Workout Muse audio interval training mp3 soundtracks as a win-win up sell to your list?**

If yes, then please email us at [workoutmuse@gmail.com](mailto:workoutmuse@gmail.com) and explain what you are looking for so we can see what we put together for you!

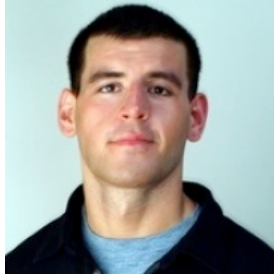
Please understand that we have a long list of fitness professionals that we are currently working with on this end, so we will examine all requests on a first-come, first-serve basis. Hopefully we can work together in the very near future to help more people and make more money ;)

### **Crank it!**

#### **BJ Gaddour and Topher Farrell**

Co-Creators of Workout Muse

[workoutmuse@gmail.com](mailto:workoutmuse@gmail.com)



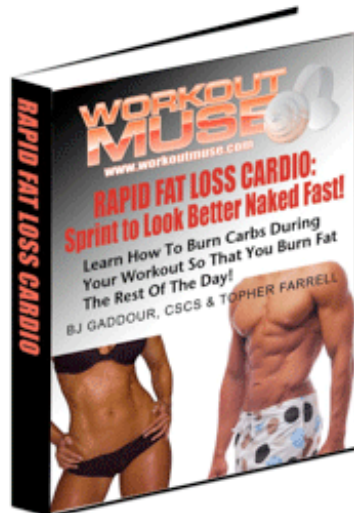
**Coach BJ Gaddour, CSCS, YFS**

*Strength and Conditioning Coach - Speaker – Writer – Entrepreneur - Consultant*

BJ is the president and founder of GGR Fitness and is a Certified Strength and Conditioning Specialist (CSCS) with the prestigious National Strength and Conditioning Association (NSCA) and a Certified Youth Fitness Specialist (YFS) with the International Youth Conditioning Association (IYCA).

As a former fat kid and real world fat loss expert, BJ has helped HUNDREDS of people lose THOUSANDS of pounds of ugly, unwanted body fat! He has mastered the art of group training as his business focuses mainly on population health management. BJ's nationally renown **Get Sexy Boot Camps** ([www.GetSexyBootCamps.com](http://www.GetSexyBootCamps.com)) are Milwaukee's premier fitness boot camps for men and women.

He is also the co-creator of **WORKOUT MUSE: The World's FIRST and #1 Audio Interval Trainer** ([www.WorkoutMuse.com](http://www.WorkoutMuse.com)). Workout Muse harnesses the science of interval training and the power of sound by providing DONE-FOR-YOU audio interval training soundtracks that tell you when to start, when to stop, and even provides countdowns and updates to keep you focused on the task at hand. Not to mention the mind-blowing, adrenaline racing workout music created from scratch by their elite team of sound designers to drive the most intense, results-producing fat loss workouts of your life!



**Simply visit [www.WorkoutMuse.com](http://www.WorkoutMuse.com) and download your FREE 16-Week Rapid Fat Loss Cardio Program E-Book and a FREE Cardio Interval Training mp3 Soundtrack so you can just press PLAY and listen and lose fat FAST!**