



# Training Guide





To get the most out of your training and this program then you must do things correctly. You're going to learn a lot throughout this course and we'll have plenty of time to discuss the stuff in this training guide.

But I need you to read through and know this guide like the back of your hand.

You're about to learn the five key principles that will help you create the body you want in regard to your training. So let's get right to it!

**PRINCIPLE**  
**#1**

## Master the movement

The quality of your movement is everything. It's what will help target & activate the musculature being trained properly and will help prevent unnecessary injuries. One of the biggest mistakes guys make is sacrificing form for weight and as a result, their results are lackluster and/or they get injured. Training should be a work of art. Pay close attention to the instructions in your coaching videos and work on mastering each movement. Focus on this key principle and your results will skyrocket.



## PRINCIPLE #2

# Weight selection is key

Ego lifting is a sure-fire way of destroying your technique, results and joints. Going so heavy that your technique breaks down or you miss a prescribed rep range will lead to injuries and burnout.

On the flip side, go too light and there won't be enough stimulus thus no training adaptation. You won't build muscle nor strength.

The sweet spot is right in the middle. Here's how we find it.

**When you start a new program you're going to have to guess your working weight. The way you're going to guess comes twofold.**

- 1.** You're going to warm-up for your working set (this helps for more than just selecting weight). For example, if the reps call for a range of 6-8 and you're thinking about using the 50 lb. dumbbells for your working set, grab 25's and take 5 reps, then 40's and take 3 reps, then 45's and take 1 rep. This will help warm-up the muscles and joints and give you a better idea of how the weight and movement will feel. More on this in a sec.
- 2.** When choosing your working weight on the first week of a program, pick a weight that you can handle for approximately one or two more reps than the prescribed rep range. For example, if the set calls for 6-8 repetitions, choose a working weight that you feel you can handle for 9 or 10 repetitions. If you guess too light you can always go up, but guess too heavy and that can set you back.



**PRINCIPLE**  
**#3**

## Each set must be done with *effort & intent*

We aren't mindlessly throwing weights around. Everything we do must be done with intention and true effort.

Effort doesn't mean running around a building twenty times in between sets. It means to be deliberate, intentional and focus on technique mastery with an appropriate training load at each and every session; on each and every set.



**PRINCIPLE**  
**#4**

## Train with *FOCUS*

If you have your phone on you in the gym, it better be just for the tunes. Texting, scrolling through social media, checking email and other bullshit like that are distractions that will fuck up your gains and take away from your workout. Focus on the task at hand. You'll see better results and even reap the benefits of disconnecting from the digital noise.



## PRINCIPLE #5

# Progressively overload each week, then deload

We already talked about weight selection on the first week of your program. The goal is to progress in some way for each week of the program. That's how you build muscle and get stronger. This is called the progressive overload principle.

To progressively overload, we're either going to increase the weight or amount of repetitions with the same weight each week. If the program calls for it, you may even increase sets.

## Here's an example:

Let's use a Flat Dumbbell press as our example exercise. Let's say that the exercise calls for 3 sets of 6-8 reps. You use 70 lb. dumbbells on week one and you're able to get eight repetitions for all three sets.

On week two, you'd begin your first working set with 75 lb. dumbbells. This time you get eight on the first set, then seven on the second set and six on the third. That's cool! You went up in weight and still got within the prescribed rep range. But obviously you wouldn't be able to move up to the 80's on week three because you wouldn't be able to achieve the prescribed rep range for all three sets.

So what you would do is simply stay with the 75's on week three and try to beat the total amount of reps you did with that weight the week prior. So if on week three you did 8,8,6- 8,8,7 or 8,8,8 they would all be wins!

Of course, if you can move up in weight each week you'd simply do that. The important thing is that you're making progress each and every week!



## Deload

For your first six weeks you're going to do two, three week programs. The goal is for you to progressively overload and peak on your third week of each program.

Once you begin a new training phase you're going to slightly back the weight down from where you left off on week three of the first phase so we can then progressively overload again over the next three week phase. If you keep trying to go up every single week you're going to burn out, get injured and have set backs.

This doesn't mean to go light as piss on week one of a new phase, but the sets should not be anywhere close to failure so you have room to move up throughout the next phase.





# Warm-ups

When I talk about warming up there are two different types that I may be referring to.

1. **Dynamic warm-up**
2. **Ramp up warm-up sets**

The dynamic warm-up is a series of bodyweight exercises done prior to the start of your strength session. This should be a staple in your routine and is done to increase your heart rate & core temperature, excite your CNS, improve flexibility & mobility, lubricate your joints and prime the muscle and tissues for training. All helps us greatly reduce your potential for injury.

do that. The important thing is that you're making progress each and every week!

## **Here's a quick example of a full body dynamic warm-up:**

- 1a. Yes/no/side to side neck mobility x 2 sets
- 1b. Bent over Y-W-T-L's x 10 seconds each
- 1c. Lizard pose with thoracic rotation x 3 each
- 1d. Cat-cows x 3
- 1e. Pigeon pose x 15 second each
- 1f. Frog stretch x 5
- 1g. Bodyweight squat x 10
- 1h. Hip hinge x 10
- 1i. Jump squat x 5

This should take about seven minutes to complete.

The ramp-up warm-up sets are what I mentioned earlier where you're starting with a light weight and working your way up to prepare your body for your first working set of a given exercise. The stronger you are and the heavier the training load, the more ramp up sets are required. Here are two examples using a trap bar deadlift with two different lifters.

**Lifter A's working weight for his first set of 6-8 is 225 lbs.  
His ramp up sets will look like this.**

**135 x 5, 185 x 3, 205 x 2, 215 x 1 then begin the first working set of 225.**

**Lifter B's working weight for his first set of 6-8 is 315 lbs.  
His ramp up sets will look like this.**

**135 x 5, 185 x 3, 225 x 3, 275 x 2, 295 x 1, 305 x 1 then begin the first working set of 315.**



As you can see, the stronger lifter took a few additional ramp up sets.

These ramp up sets are crucial for your health, performance and training longevity, so you cannot neglect them!

Follow this guide for your future training success. When we combine these training principles with the nutrition guidelines in your Transformation Packet and the lifestyle habits that we're going to discuss throughout the course, you're likely going to see a drastic transformation to your physique AND life.

**Here's to the future you!**

