



Thank you. The life I have led is truly one filled with many blessings. Thinking back to where I began I truly believe ANYTHING is possible. Your mind is the most powerful element in the entire universe with it anything is possible. Dedicate yourself to the work required, open your mind to the answers possible and reflect on how YOU can make it happen. Self-awareness is the key to any success in life. This medium of communication is one way for me to give not only my thanks but also the knowledge I have gained back to you. THIS is one way I can say thank you.

Instruction and Preparation Page

Borgs' Rate of Perceived Exertion Scale (RPE)

6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion

This training program uses Borgs' Rate of Perceived Exertion Scale or "RPE". It is a scale, which will help you gauge how much effort each movement should be worked at. Your effort is rated on a 6-20 scale; this is a reflection of your heart rate, which is a direct reflection of your effort.

This scale also allows your training program to be constructed with a more accurate estimation of its' effects towards your goals.

To keep this simple for you, I can assure you nothing other than the stretching and warm up will be below a rate of 11. It is for that reason, you can think this as more of a 1-10 scale represented by the numbers 11-20.

The RPE for each movement is to the right of your sets and reps for each movement. To the left is a scale to help explain each levels intensity.

There will be scales in your training program. Notice each number corresponds with a section, which is color-coded into groups. During you're training, read the number and compare it to its' position on the color scale.

Keep in mind the RPE is relative to the amount of reps you are performing. Obviously the higher the RPE the higher your weight choice should be, however, keep in mind the reps. If the reps are lower, that means the weight is going to be higher than that of a higher rep set. For example:

4 sets of 20,15,12,10 with an RPE of 15:

RPE for the 20-rep set may turn out to be 50lbs for the given exercise.

RPE for the 10-rep set may turn out to be 110lbs for the same exercise.

Reading and Understanding Your Program

The training program has five major columns. The First is under the day of the workout; it is broken up into two columns. The first is Order, this is to help you understand the order of movements and which movements are supersets or triple sets. The second is Exercise; under this column you will find the names of each movement programed for that day.

In the columns to follow, you will find they are broken up into 4 weeks. Each week you may have a new RPE, set and rep scheme or rest period, be sure to check every week. Each of these columns, from left to right, has that week's sets and reps number, RPE, and rest period. In the LBS. column, you can record the weight you used each week.

BEFORE YOU GET STARTED!!!

Leave your ego at the door. This industry is not to prove anything to anyone other than yourself, it is an internal battle to be the best, not just better than others, better than yourself. Bring the best you have everyday to the gym, to the kitchen, to the stage. This is the only way to ever have the chance to become the best in the world.

This being said, USE A SPOTTER AT ALL TIMES. The last thing you want is an injury to stop your quest for greatness in its' tracks. Use appropriate weight, unless you are directed by your RPE to lift at a maximal load, be realistic. Remember growth is maximized at a moderate load! If you cannot have full control of the weight, it is too heavy. If you cannot feel the contraction in the muscles the movement is intended for, go lighter.

Make safe choices in your weight, use of a spotter and most of all proper form. If you need any form cleared up, just ask. That is what I am here for, to give the knowledge I have garnered back to everyone who has made this life possible for me. Without you, I may never have accomplished the personal feats I had aspired for. These workouts are not easy, so again, use good form and use pre-caution.

I DO NOT recommend performing any of the movements if you have any history or current injury or limitation. This includes but is not limited to cardiac, respiratory, spinal, or other long term and short term injuries, disabilities, illness, or limitation of any sort. If you have any of these issues, let me know if you have not already. Stop performing this program and confer with your doctor as well as myself before continuing.

Always use a weight you can perform within reason and work up to it with small increments. We need to focus on being IN your body, being IN the muscle. If you stop feeling the focus, the contraction of the muscle in your mind, then stop right there and back off the weight. Make sure you always warm up with the indicated warm up and cool down with some form of cardio or stretching.

Below, I have provided a link to demonstrate an appropriate warming up for your program.

*The videos are only a good representation of what I believe for each topic. These videos do not reflect all aspects of safe lifting, but contain information that can be very important to know when training.

Warm Up:

<https://www.youtube.com/watch?v=9h2PXIOayZI>

Performance of Your Training Program

Begin every day with your warm up. The warm up to perform is in the link above. If you need a short right up, you can find one at the bottom of this document.

Within the warm up we are going to LOAD THE WEAPON. Focus on the activation of the hamstrings, calves and, most importantly the gluteus. Preparation is the most important component of your training. If you fail to prep each muscle to fire, your nervous system to wake up and perform optimally, you have only prepared to fail.

After the warm up you are going to perform your core training. I have found a small group of movements to be the most effective. I need you to understand one fundamental value. Every muscle has a movement it is engaged by. Every muscle has a million and one variations to hit it. Anyone who trains you will have his or her own preferences for movements. This is not to imply I will not be providing variations for you. I'm simply helping you understand, there are no dumb questions when it comes to substitutions in your program. This pertains to food as well.

Performing your core program before your training is vital to once again, creating awareness and waking up your nervous system. Planks, you will notice, may be in both your core training one day and your warm up the next. This is for the simple fact that a plank is the key to strengthen the core and ready the mechanism to carry a load. A plank is also one of the KEY movements for helping you provide a slim, strong waist; you are only as strong as your weakest point.

Performing Your Strength and Conditioning Training

After your core training we are going to get into your weight training. Perform we tire anything out, your CNS or Central Nervous System needs to be engaged. Not only will hitting your CNS first improve strength as apposed to after but it will improve your calorie burn and muscle engagement for the rest of your workout.

Strength and conditioning training, this is where all of your calorie burn and glycogen depletion is going to happen. In your S&C training, every two movements are split into a superset with each other. Perform the first movement and immediately go into the next movement within the superset. Rest for the indicated period, and perform every set at the RPE recommended. Once ALL sets are complete, move on to the next superset.

WARM UP EXPLANATION

This is my typical warm up. The information is a mere representation of what I believe is a good warm up. It is in no way the only warm up you can perform. The warm up is described in order with the amount of reps next to it.

1- Stepper or Stair Master: Perform a moderate pace focusing on glute and hamstring activation. This is optional perform for 10-30 minutes.

Perform two to three rounds of the following.

2- Crunches – 30-50 reps

3- Leg Lifts - 30-50 reps

4- Side Crunches - 20-30 each side

5- Cross Leg Crunches – 20-30 each side

Perform two to three rounds of the following.

6- Frog Pose to Childs Pose, focus on activation of the glutes- 10 reps of each

7- Plank – 1 minute

8- Reverse Glute activation or “Supermans” with glute focus squeeze – 10 reps

9- Frog Pose with side bend and reach, focus on stretching the lats and entire side of the body – 4 each

10- Cat Dog stretch- 10 each

11- Kneeling Reverse Bend to stretch the quads - 5

12- Half Kneeling Lunge Stretch to the front and side – 5

13- Frog Pose Stretch to open the hips - 5

Safety Precautions

THE USE OF ANY INFORMATION PROVIDED IN THIS EMAIL IS SOLELY AT YOUR OWN RISK. **SEEK PROFESSIONAL MEDICAL ADVICE PRIOR TO PARTICIPATING IN OR PRACTICING ANY EXERCISE, MOVEMENT, OR NUTRITIONAL PROGRAM DISCLOSED, SUGGESTED, OR REFERRED TO IN CONNECTION WITH YOUR USE OF THIS COMMUNICATION AND/OR THE PRODUCTS AND SERVICES.** YOU SHOULD NOT RELY ON INFORMATION PROVIDED IN THIS COMMUNICATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT DISREGARD, AVOID OR DELAY OBTAINING MEDICAL OR HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THIS EMAIL.