

Cardio Guidelines

- Maximum 30 minutes per session, 2-3 times per week
- Keep it high intensity (think sprints, complexes)
- Complete cardio before the last meal of the day i.e. before consuming carbohydrates
- Ideal cardio time is first thing in the morning, before breakfast
- Conduct some core work after cardio

Cardio Programs

Simply jogging on a treadmill can get incredibly boring, so here are some options to replace or add to your existing routine. They also build muscle very well too – bonus!

Hill Climb: adjust the seat on an exercise bike so your knees can't completely straighten during each revolution to keep tension on your quads. Next, crank up the resistance so you can't perform more than 60 revolutions per minute (RPM) when you're pedaling with maximum intensity.

Continue pedaling with the most effort possible for five minutes. As you fatigue you'll need to decrease the resistance on the exercise bike. The ideal range to stay within is 45-60 RPM. Don't let it drop below 45 or exceed 60 RPM throughout the five-minute climb from Hell.

-If your cardiovascular system isn't accustomed to high intensity training, start with three minutes and add 30 seconds every other day until you reach five minutes.

Boxer drill: the boxer drill is very straightforward and tough to screw up as long as you put out five minutes of continuous effort. Throw straight punches, hooks, and upper cuts for five minutes without resting.

Here are a few tips for the boxer drill:

-Keep your hands up throughout the entire drill. You should never drop your hands in a fight and you should never drop your hands in this drill either, since it will take stress off the deltoids.

-Move around as much as possible while you're throwing punches and switch your stance from right to southpaw every 30 seconds to keep your T-spine mobility in balance.

-If 5-pound dumbbells are too heavy, start with three pounds.

-To get the most out of this drill you should be able to throw decent punches. So if you're completely at a loss for how to throw a hook or uppercut, ask a qualified person for technique tips.

-If your cardiovascular system isn't accustomed to high intensity training, start with three minutes and add 30 seconds every other day until you reach five minutes.

Sprints: are a great high intensity cardio drill when you don't have time for the gym but still want to blast some fat off, quickly.

I have found combining short sprint intervals with abdominal crunches to be extremely effective at burning off stomach fat.

This is the routine:

Sprint interval – 20metres

Walk back to start point

Ab crunches – 1 set – max reps – 2 seconds up, 2 seconds hold, 2 seconds down.

Sprint Interval – 30 metres

Walk back to start point

Ab crunches – 1 set – max reps – 2 seconds up, 2 seconds hold, 2 seconds down.

Sprint interval – 40 metres

Walk back to start point

Ab crunches – 1 set – max reps – 2 seconds up, 2 seconds hold, 2 seconds down.

Sprint interval – 50 metres

Walk back to start point

Ab crunches – 1 set – max reps – 2 seconds up, 2 seconds hold, 2 seconds down.

Sprint interval – 60 metres

Walk back to start point

Ab crunches – 1 set – max reps – 2 seconds up, 2 seconds hold, 2 seconds down.

Kettle bell Circuit

- 1a) Skipping Rope- 3 x 40 sec. on x 20 sec. rest
- 1b) Left Arm KB swing- 3 x 40 sec. on x 20 sec. rest
- 1c) Skipping Rope- 3 x 40 sec. on x 20 sec. rest
- 1d) Right Arm KB swing- 3 x 30 sec. on x 20 sec. rest
- 1e) Skipping Rope- 3 x 40 sec. on x 20 sec. rest
- 1f) 2 Arm KB Swing- 3 x 40 sec. on x 20 sec. rest

Bodyweight Circuit

- 1a) Chin Up- 3 x 5 x 0 sec. rest
- 1b) Jump Squat- 3 x 6 x 0 sec. rest
- 1c) Parallel Bar Dip- 3 x 10 x 0 sec. rest
- 1d) Walking Lunge- 3 x 10 x 0 sec. rest
- 1e) V-Sit on Floor- 3 x 20 x 30-90 sec. rest

Barbell Complex

- 1a) Military Press- 4 x 10 x 0 sec. rest
- 1b) Back Squat- 4 x 10 x 0 sec. rest
- 1c) Bent Over Row- 4 x 10 x 0 sec. rest
- 1d) Deadlift- 4 x 10 x 30-90 sec. rest

Weight Training Guidelines

- Complete full body sessions, 3 times per week
- Keep the reps explosive and powerful
- Do not kill yourself, push hard but leave feeling energized
- Maximum 60-minute sessions
- Complete training before the last meal of the day i.e. before consuming carbohydrates

Weight Training Program

A1-A2, B1-B2 etc should be conducted in a super set (back to back) fashion.

Train 2 times per week – do workout A – B

Train 3 times per week – do workout A – B – A

Train 4 times per week – do workout A-B-A-B or A-A-B-B

Workout A:

A1 – Vertical Press Pattern - Barbell Overhead Press – ramped to 3 rep max

A2 – Barbell High Pulls– max reps with 3 second contractions at peak

B1 – Horizontal Press Pattern - Barbell Incline/Flat Bench Press – 4-6 sets x 5-8 reps

B2 – Pull ups/Lat pull down – max reps with 2 second contractions at peak

C1 – Lower body Press Pattern - Squat/Deadlift – ramped to 3 rep max

D1 – Energy depending – 10 minutes of isolation exercises of choice or a cardio drill

Workout B:

A1 – Lower Body Press Pattern - Squat/Deadlift – ramped to 3 rep max

B1 – Secondary Lower Body Press Pattern - Hack Squat/Leg Press – 4-6 sets x 5-8 reps

B2 – Calf Raises on above machine – max reps with 5 second stretch at bottom

C1 – Barbell Overhead Press or Incline/Flat Bench Press – ramped to 3-rep max

C2 – Seated Cable Row – max reps with 2 second contractions at peak

D1 - Energy depending – 10 minutes of isolation exercises of choice or a cardio drill

What is Ramping?

Ramping is the secret behind this training program and works incredibly well when conducted effectively. Here's how;

When following the exercises that require you to ramp to a 3 rep max, performance is key. The goal is not to work up to an ugly grinded set that requires a spotter to lift the bar off you at the end. Far from it.

The goal is to slowly work up to (usually over 6-8 sets) a 3 rep set that still accelerates (gains speed) throughout the entire range of motion. Also, every rep building up to this should also be a maximum force effort in the same rep range. Once you hit a weight that acceleration is hindered, you move on to the next main exercise.

If you want to build muscle mass, strength, power and strip fat off as fast as possible, stop grinding those slow moving reps – they only boost egos and rob you of potential gains.

This style of training ramps up and preserves the Central Nervous System (CNS) which will sensitize nutrient receptors in the muscle cell – which will make you leaner, quicker.

It also allows you to regulate your training based on your performance level on that day, which is ideal during dieting phases such as this plan. Some days you will have more energy, so you can ramp up a higher weight and conduct more sets, other days you may not have as much energy. This will stop you from over training when dieting and keep you burning fat and feeling great.

This means that you do not need to add more volume or weight every week for this program to work – that will take care of itself over time.

Example Ramp:

Bench Press: Say your 1 rep max is 100kg;

Empty Bar x 5 reps

+ 20kg: 40kg x 3 reps

+10kg: 50kg x 3 reps

+10kg: 60kg x 3 reps

+10kg: 70kg x 3 reps

+5kg: 75kg x 3 reps

+5kg: 80kg x 3 reps

+2.5kg: 82.5kg x 3 reps*

*Keep ramping in small increments until max acceleration is hindered and/or rep quality is reduced. Then move to next main exercise.

Keep this concept in mind when conducting your other exercises such as the isolation training – the goal is not to destroy yourself. In fact, I recommend you leave the gym feeling good.