

Superior Dumbbell Workout

The True Potential of Dumbbell Exercise

**Muscle
Building**



**Cardio
Improving**



**Fat
Burning**

WORKOUTS

by Coach Eddie Lomax



Exercise Descriptions, Progressive Workouts
and Workout Journal Sheets

SUPERIOR Dumbbell Workout

**The True Potential
Of Dumbbell Exercise**

Life Changing Fitness, Head Turning Physique & Ab Revealing Fat Loss...

IN THE PALM OF YOUR HAND!

by Coach Eddie Lomax

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Disclaimer

For Your Safety

The **absolute best** way to pursue fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training.

I know **most** of you already use **common sense** when performing your physical training workout program... **yet I still find it necessary to make this disclaimer.**

The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book may **not** be held liable for **damages** or **injuries** of any kind allegedly **caused by** or **resulting** from the use of this material.

Before beginning this, **or any type of exercise program**, it is recommended that you **consult with your physician for authorization and clearance.**

The information contained herein is **not** intended to, and **never** should, substitute for the necessity of seeking the advice of a **qualified medical professional.**

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to **all** of the following questions:

Has your doctor ever said that you have a **heart condition**, and you should only do physical activity performed under a **doctor's supervision**?

Do you ever feel **pain in your chest** when you do physical activity?

In the past **three** months, have you had **chest pains** when you were doing physical work?

Do you lose your **balance** due to **dizziness**, or do you ever **lose consciousness**?

Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that could be made **worse** by a **change** in your physical activity?

Is your doctor prescribing you **medication** of any kind for a blood pressure, circulatory or heart condition?

Do you know of **any other reason** why you should not engage in a physical exercise program or activity?

Answered "no" to all the questions... Great!

It is my **sincere desire** to provide information **enhancing** your physical training and allowing you to **reach your potential**.

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Section 1

**The Superior Dumbbell Workout
Overview: Where The Idea Came From**

The Greatest Contribution Of Kettlebell Training! It's Not The Shape... But The Application!

Have you heard about Kettlebells yet? Kettlebells are basically a cast iron ball with a handle... and have been used by Russians and strongmen across the world for centuries.

Spearheaded by top fitness trainers and coaches like Pavel Tsatsouline, Anthony Diluglio, Steve Maxwell, Mike Mahler, Steve Cotter and many others, the kettlebell has made its way into mainstream fitness training.

And this barbaric looking training tool is brutally effective. Quite frankly, I can understand the newfound appreciation for the kettlebell... in a certain way, it is down right sexy!

Here are some benefits of kettlebell training...

- The shape and handle of the kettlebell stimulates the muscles differently than other forms of weight training and you must apply a different kind of leverage to lift it properly.

- The thick handle of the kettlebell builds vice like grip strength.

- Many of the popular kettlebell lifts are similar to Olympic Lifts... excellent for developing explosive strength from the core and hips out to the extremities.

- High rep kettlebell drills are excellent for cardiorespiratory development and fat loss.

- Most of the exercises only require ONE kettlebell, meaning it is extremely portable and convenient... just take it with you wherever you go and you have the capability to perform an extremely effective full body workout.

- Many kettlebell lifts combine strength and flexibility... developing more strength over a greater range of motion.

- Most of the kettlebell exercises are performed one limb at a time... requiring more muscle control and balance to complete the lift.

- Lifting two kettlebells at a time, in an alternating fashion or one limb at a time strengthens the stabilizer muscles... providing a strong base from which to exert force.

... and there are many others.

But What About The Dumbbell?

While the benefits of kettlebell training are impressive, and can greatly fortify any well rounded fitness training program... the dumbbell provides similar benefits, and in some cases offers greater variety.

Unfortunately, the dumbbell is one of the most underused or misused pieces of equipment in most gyms.

The bodybuilding mentality of breaking the body into isolated muscles and training those muscles separately has reduced the usefulness of the dumbbell down to some kind of "toning tool" only used to perform dumbbell curls, presses and flies.

Until now, that is!

Combining Kettlebell Program Design With The Effectiveness And Accessibility Of Dumbbells!

Dumbbell training can be traced back to the ancient Greeks, and dumbbells have been a useful tool for self improvement ever since.

And think of it this way... dumbbells and kettlebells co-existed as a training device, and dumbbells won the evolutionary race, becoming a mainstream training tool.

This is not to say that kettlebells aren't great... I for one am very thankful they have made their way back into the fitness arena.

But it's not the sexy shape and cool look that makes me thankful... it is how kettlebell training programs must be designed if they are to be effective, and how those same methods can be applied to dumbbell and other types of training to make them better.

Kettlebell training and bodyweight calisthenics training share one challenge... how to get a full body workout when the resistance doesn't change.

In bodyweight training, you use the weight of your own body as resistance, a weight that remains constant, or even lowers due to fat loss over time. (This challenge I dealt with in [Workout Without Weights: Bodyweight Calisthenics Workout Progression System](#).)

Kettlebells come in what's called "poods".

A pood is an old Russian weight measurement... around 16 kilograms, or 35 pounds.

Unlike dumbbells, where the next weight up is in smaller increments, to move up in kettlebell training you would need to go from 35 pounds to 44 pounds or 53 pounds... quite a jump.

Most kettlebell workouts use only one kettlebell or a pair of kettlebells of equal weight.

Therefore, using different weights for different exercises, like is common in bodybuilding workouts, is not an option.

Instead of being a drawback, I view this as a positive.

The Greatest Contribution Of Kettlebell Training!

Using only one weight, people training with kettlebells were forced to use their imagination and ingenuity to create workout programs that would improve the entire body.

And the result was spectacular... a way to use one training device and one weight to simultaneously improve all-around fitness, build a strong, athletic body and burn off unwanted fat.

By using a combination of Slow-Grinding Lifts and Quick-Explosive Lifts, kettlebell training cracked the code of getting an full body workout in a short time... using only one piece of equipment with only one weight measurement.

And the greatest thing is... the commonly held belief that you need a room full of expensive equipment, monitors, probes and space age devices to create your best performance body has been shattered forever.

So what do you get when you apply kettlebell program design with dumbbells?

**The Superior Dumbbell Workout...
Life Changing Fitness, Head Turning Physique
And Ab Showing Fat Loss
Using Only A Pair Of Dumbbells.**

The Characteristics Of The Superior Dumbbell Workout

The **Superior Dumbbell Workout** is designed to SIMULTANEOUSLY improve all the physical abilities needed for all-around fitness, create a body that performs as good as it looks and blast off unwanted fat... using only a pair of dumbbells.

It truly is life changing fitness, head turning physique and ab showing fat loss in the palm of your hand!

The **Superior Dumbbell Workout** subscribes to the philosophy that form follows function... therefore, by striving to improve ALL the physical abilities needed for fitness, you will naturally create the strong, lean, athletic body of your dreams.

But what exactly is fitness?

Dumbbells Are Used To Improve Over-All Fitness

Once you understand this universal definition of fitness, you will realize how important it is to your over-all success... and wonder how you ever trained without it.

*The acceptable and deliberate **compromise** of competence and ability to perform in **all** the areas of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness to produce **optimum** performance results under the **greatest** amount of circumstances.*

Here are the physical abilities in more detail...

Cardiorespiratory Endurance

The level of ability your body has to gather, process, deliver and sustain oxygen to produce energy needed for the successful completion of activity... allowing you to do more, longer.

Strength

The level of ability your body has to exert muscular/skeletal force for maximum, explosive and endurance movements against resistance... allowing you to be stronger in a greater number of circumstances.

Power

The level of ability your body has to exert force against resistance causing the object of resistance to accelerate or change position with speed... allowing you to exert explosive force with your body and other objects.

Speed

The level of ability your body has to move a part of the body or the entire body over a short distance as quickly as possible... allowing you to become stronger and faster by targeting the nervous system.

Flexibility

The level of ability a joint displays to move freely through a full range of motion... allowing you to be stronger over a greater range of motion and reduce the risk of injury.

Balance

The level of ability to control placement of the body's center of gravity in relation to its support base... allowing you to perform from a solid, stable foundation.

Coordination

The level of ability to combine several different muscles, groups of muscles, energy systems and movement patterns into a singular, distinct and purposeful movement... allowing you to move seamlessly and effortlessly from one physical ability to another to successfully complete a task.

Agility

The level of ability to minimize transaction time from one movement pattern to another... allowing you keep your balance while changing direction, stopping, starting, slowing down or increasing speeds quickly.

Accuracy

The level of ability to control movement in a given direction or at a given intensity while remaining correct, exact and without mistakes... allowing you to control your body and other objects with precision.

Toughness

The level of physical and/or mental ability to do something which is difficult or will take a long time... allowing you the mental and physical fortitude to successfully complete difficult tasks under difficult circumstances.

The more competent you are in all of the physical abilities and the larger set of circumstances in which you can successfully apply those abilities... the fitter, healthier and more attractive you will be.

As a result of improving these performance abilities, your body makes positive, visible changes that reflect your fitness capabilities... Developing a strong, lean, athletic body.

Basing the **Superior Dumbbell Workout** on this definition of fitness enables you to focus on optimizing the physical abilities needed for optimum fitness while creating the visible qualities of the optimum

physique... and not just focusing on maximizing one physical ability for specialized performance while creating a one-dimensional body.

How can the use of dumbbells do all this?

Dumbbells Are Used For Synergy Conditioning

It is common to "name" a training philosophy so that reference can be made to it and everyone will understand what you are talking about... mine is **Synergy Conditioning**.

According to *The American Heritage® Dictionary of the English Language, Fourth Edition*, **synergy** is defined as the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.

The American Heritage® Dictionary of the English Language, Fourth Edition, defines **conditioning** as to accustom (oneself or another) to; adapt.

Therefore, **Synergy Conditioning** is the process of using the combination of multiple training methods, intensities and stresses simultaneously to bring about the greatest amount of physical adaptation.

The **Superior Dumbbell Workout** uses Grinding Slow Lifts, Explosive Quick Lifts and Combo Matrixes performed with dumbbells, both individually and in combination, to improve ALL the physical abilities needed for optimum fitness to create the all-purpose, attractive, performance body you were always meant to have.

Using only dumbbells, you will develop both function and form... **fitness, physique and fat loss**.

Dumbbells Are Used To Train The Body As One Complete Unit

The **Superior Dumbbell Workout** teaches the body to work as one coordinated unit... not as separate parts.

The physical abilities of your body need to be improved in connection with one another... not separately with the hopes they will join together when you need them.

Dumbbell training workouts will target the entire body while accepting some parts of the body will be worked harder at particular times than others.

Dumbbells Are Used To Train Movements... Not Muscles

Using dumbbells for compound exercises, single limb and alternating limb movements will bring about greater performance improvement than exercises that isolate muscles... and create a more balanced and appealing body.

People in movement almost never isolate muscles or joints... so we won't train that way.

Compound exercises, single limb and alternating limb exercises most closely mirror how we perform in nature... so the greatest amount of usable, real world performance improvement would be made by training these exercises.

Your fitness and physique will reflect your training... so train the same movement patterns that you actually use in the real world by using compound exercises, single limb and alternating limb movements and develop a functionally appealing body.

Dumbbells Are Used To Improve Core Strength

Performance improvement starts at the core... not at the extremities.

The center of power and strength is found in the core... and by the very nature of the human body, all movement involves the musculature of the core.

Therefore, by emphasizing core strength training you will improve performance over a wide spectrum of physical activities.

Imagine your body as three links in a chain... the upper body, the core and the lower body.

It is the core that coordinates all the movements of the upper and lower body.

If your core is weak... all physical abilities will be hindered from reaching their optimum level.

Remember, the core is more than the abdominal muscles... but is also made up of the oblique muscles (sides), lower back, hips and pelvis as well as the upper part of the legs.

The nature of dumbbell training, used in unison, in an alternating fashion or one limb at a time will improve core stability and strength.

Dumbbells Are Used To Train All Energy Pathways

The anaerobic, anaerobic lactate and aerobic energy pathways will be trained with dumbbells for superior conditioning performance... not just one energy pathway for "singular" conditioning.

After developing an aerobic base (where oxygen is present)... anaerobic training (where oxygen is absent) brings about the greatest physical improvements.

The benefits of anaerobic activity are...

- Increased Cardiovascular Function
- Decrease in Body Fat
- Increased Muscle Mass
- Improved Strength
- Improved Power
- Improved Speed
- Increased Aerobic Capacity

Dumbbells will be used to train intense, short duration strength movements (anaerobic) as well as less intense, longer duration movements (aerobic) that effect heart and lung power.

The **Superior Dumbbell Workout** flows between all three energy pathways... developing the ability to perform strength focused movements while under cardiorespiratory stress, and cardiorespiratory focused movements under muscular stress.

You will be better prepared to perform your best under the greatest amount of circumstances... and create the hardened body that is ready for anything!

Dumbbells Are Used In Multi-Progression

The most important aspect of any physical fitness training program is progression.

Unfortunately, most programs only focus on overload progression... stressing the body above normal capacity by the manipulation of intensity and volume.

Increasing the load increases the intensity, an increasing the repetitions increases the volume.

Overload progression is very important for the **Superior Dumbbell Workout** as well, but there are more progression methods than increasing intensity and increasing volume.

Through the **Superior Dumbbell Workout** you will be able to progress on multiple levels.

From...

Low Intensity to **High Intensity**
Low Volume to **High Volume**
Easy Exercises to **Difficult Exercises**
Basic Movements to **Complex Movements**
Isolated Movements to **Compound Movements**
Single Focus Training to **Multiple Focus Training**

It is not always about doing more... you should also progress in difficulty of training stimulus (like using more difficult exercises) and integration of multiple training stimulus (like simultaneously training strength and cardiorespiratory endurance).

Dumbbells Are Used In Short, Intense And Organized Workout Sessions

Most people look at a physical fitness training program as a time consuming and drawn out process of boring labor... but it does not have to be that way, and shouldn't be that way.

As a matter of fact... by keeping your dumbbell training short and intense you will gain the most exercise benefits.

Your workouts will be short and intense for the most improvement... only be between 10-60 minutes.

The **Superior Dumbbell Workout** is not your "typical" dumbbell workout of bodybuilding exercises targeted to isolated muscles.

It is a creative and effective way to use only a set of dumbbells to get a spectacular full body workout that simultaneously improves fitness, unveils your best body and blasts off fat.

You will no longer look at dumbbell training as supplemental training to machines or barbells... but rather as one of the most effective tools in your fitness arsenal for reaching your fitness and physique goals and exceeding your expectations.

What Makes The Superior Dumbbell Workout Such A Successful Program?

The **Superior Dumbbell Workout** is designed to naturally work with the principles that govern the human body and based on the scientific research to produce the most effective workout strategy.

However... in order for a workout program to be successful it must be structured in such a way to make it effective, interesting, modifiable and sustainable.

If a workout program is not designed to get the fitness, physique and fat loss RESULTS you want, is boring and monotonous to the point that you don't want to do it, is a cookie-cutter program that does not specifically address your goals, needs, abilities and limitations and is unsustainable over time... That workout program is doomed to fail to produce any long lasting physical benefits.

A successful fitness program must be effective in getting results, be interesting to hold your attention, be modifiable to your goals, needs, abilities and limitations and be sustainable over time... and this is what the **Superior Dumbbell Workout** provides.

The Superior Dumbbell Workout Is Effective...

The **Superior Dumbbell Workout** is inspired by the fitness, health and physique requirements, and the proven physical training methods of...

- Military and Special Forces
- Boxers and Old-Time Strongmen
- Police and Law Enforcement Agencies
- Firemen and Lumberjacks
- Hindu and Turkish Wrestlers
- Professional Combat / Martial Arts Athletes
- Penitentiary Inmates

These individuals train for extreme and unpredictable circumstances where high levels of fitness and health are a necessity, **not** an option... and as a result have the bodies that not only look great, but perform well under a great number of circumstances as well.

The Superior Dumbbell Workout Is Interesting...

By focusing on improving ALL the physical abilities that make up optimum fitness, the **Superior Dumbbell Workout** uses a wide variety of exercises and workout strategies.

It is not a One-Size-Fits-All workout program.

You will be tested on a variety of physical skills and your improvement will be across the boards... making you better than you have ever been before.

Furthermore, after following the program and gaining the necessary knowledge and experience... each practitioner is encouraged to be their own trainer and actively get involved in the development of the **Superior Dumbbell Workout** that works best for them.

These qualities give the **Superior Dumbbell Workout** one major attribute in its favor most other fitness programs lack... it is interesting.

You will not only see results from your time spent training with dumbbells... you will actually look forward to your training time.

The Superior Dumbbell Workout Is Modifiable...

The **Superior Dumbbell Workout** allows the specific variables of training to easily be modified for the individual's goals, needs, abilities and limitations... becoming the most effective fitness program for that particular individual.

The principles and methods remain the same... while the application changes from individual to individual.

By modifying the weight used, the number of repetitions, the exercise selection, the rest periods, the kind of "extra" cardio done, etc... each workout session will be specifically your own.

In this way, the **Superior Dumbbell Workout** can be used by everyone... regardless of experience, goals or time restraints.

The Superior Dumbbell Workout Is Sustainable...

Your goals, needs, abilities and limitations will change over time... and the **Superior Dumbbell Workout** is designed to change along with you.

By following the guidelines of the **Superior Dumbbell Workout** you will gain the knowledge and experience necessary to become actively involved in the creation and maintenance of your very own, personalized workout program.

By changing the variables of the workouts... the exercises and programs learned during this program will provide for a lifetime of fitness and physique improvement.

Section 2

The Workouts

The Superior Dumbbell Workout Guidelines

1) Warm Up Before Every Superior Dumbbell Workout.

The workouts are designed to be short, intense and effective.

Improve your performance and reduce the risk of injury by warming up properly before each workout.

Review **Prepare & Repair** for guidance.

2) Complete The Workouts For Each Section Before Moving On To The Next.

The **Superior Dumbbell Workout** is split into 5 sections...

- Preparation Workout
- Grinding Slow Lift Super-Sets Workout
- Explosive Quick Lift Timed Circuits Workout
- Slow & Quick Peripheral Heart Action Workout
- Combo Matrix Workout

The order of the workouts are done for a reason... each one builds upon the other and the greatest benefits will be accomplished by following the order prescribed.

3) Complete ALL Workouts For A Specific Phase Before Moving On To The Next.

Every workout section is split into Phase I, Phase II, Phase III and Build-It-Yourself Workouts.

Complete Phase I workouts for ALL of the different workout sections before moving on to the Phase II workouts.

Complete Phase II workouts for ALL of the different workout sections before moving on to the Phase III workouts.

Complete Phase III workouts for ALL of the different workout sections before moving on to the Build-It-Yourself workouts.

4) Follow Each Workout For 4 Weeks.

Variety is an important part of your training... so change workouts after every 4 weeks.

This will keep the improvements coming and keep your from getting bored on your way to a better you.

5) Immediately After The Workout You Can Perform An Optional "Finisher".

Depending on the difficulty, intensity and duration of the regular workout, you may want to augment your training with some "Finishers".

A Finisher is an exercise normally done for time at the end of the workout to further over-all improvement.

A list of "Finishers" is provided after the descriptions of the regular workouts.

6) Follow The Cardiorespiratory Recommendations Provided

While the bulk of your training will be done with dumbbells, performing added cardiorespiratory training can further add to your results.

I recommend 6 different ways to do this, in order of preference...

- Bodyweight Calisthenics Intervals
- 1 Dice Random Dumbbell Intervals
- Intervals
- Fartlek
- Aerobic
- None

Depending on the difficulty, intensity and duration of the regular workout, perform a separate "Cardio" session either after the regular workout or on a separate day.

Guidelines for this training are found after the "Finisher" section at the end of the book.

7) Cool Down After Every Superior Dumbbell Workout.

These workouts will stress your entire body.

Improve recovery and reduce the risk of injury by properly cooling down after every session.

Review **Prepare & Repair** for guidance.

8) Document Your Progress.

I have provided you with blank Workout Journal Sheets at the end of the book.

Print them off and USE them to track your progress.

Always strive to beat your previous performance either by increasing the weight, increasing the repetitions, increasing the sets or circuits performed, reducing the rest periods or reducing the over-all workout time.

Preparation Workout - Get Your Muscles Ready

Most exercise programs involving weight lifting are influenced by bodybuilding practices... where specific muscles are targeted with specific exercises to instigate muscle growth.

Obviously, the versatility of dumbbells makes them an excellent tool for this type of training, and most of the exercises you'll find in the **Preparation Workout** are well known.

Unfortunately, most people think this is all there is to dumbbell exercise and therefore don't even scratch the surface of the effectiveness of dumbbell training for building a muscularly beautiful body that is superiorly conditioned and absent of unwanted fat.

Until now, that is.

Superior Dumbbell Workout is more concerned with training movements and using the body as a whole unit than targeting specific muscles... making this specific muscle, "isolation" exercise practice of little value.

However, if you are new to dumbbell training, or are coming off a long layoff, this type of training is useful for getting the muscles ready for the more strenuous (and effective) workouts to come.

Basically, the common workouts you see people doing with dumbbells in the local gym, at home or widely publicized on the internet and through books are a good **STARTING POINT** for the **Superior Dumbbell Workout**.

While these exercises should be part of a well balanced dumbbell training program... don't make the mistake of focusing all your attention on them. As you'll soon see... there are better ways to use your dumbbell training time than targeting specific muscles.

Use this workout and these exercises to acclimate your muscles to dumbbell weight training or during **Planned Week Layoffs** to target problem areas.

1 PREPARATION WORKOUT

How To Perform The Preparation Workout

Perform this workout 3 days a week... with at least one day rest between workouts.

Since this workout will target specific muscles in the body, some stronger than others, you will need either access to different weight dumbbells or adjustable dumbbells.

If you only have one set of dumbbells, or don't feel like changing the weight for each exercise, adjust the repetitions accordingly... doing less reps for the exercises where the weight you chose feels heavy, and more reps when the weight feels light.

Choose a weight that allows you to complete 8-12 repetitions without going to failure, (you should be able to do 1-2 more reps than your target rep range with the weight you choose).

Depending on your goals and time allotment for your workout... complete 1-3 sets of each exercise resting 1 minute between sets and exercises. (Studies have shown there is no dramatic difference between doing one set as compared to three sets, do don't feel compelled to do three. Just make sure the weight you choose is heavy enough to overload the muscles with the repetitions completed.)

Complete all sets of one exercise before moving on to the next exercise.

Progress by increasing the number of reps completed from one workout to another, or increase the weight used.

If you're new to dumbbell weight training, continue this workout for at least 4 weeks.

If you are coming back after a layoff, you could get away with doing only 2 weeks before you move on.

If you have extensive weight training experience and are ready to dive in to **Superior Dumbbell Training**, you can skip this workout all together.

Preparation Workout Overview

Three Times A Week

Warm Up:

DB Squats	1-3 sets, 8-12 reps
DB Lunges	1-3 sets, 8-12 reps
DB Calf Raises	1-3 sets, 8-12 reps
DB Incline Press	1-3 sets, 8-12 reps
DB Flies	1-3 sets, 8-12 reps
DB Standing Reverse Fly	1-3 sets, 8-12 reps
DB Side Raises	1-3 sets, 8-12 reps
DB Front Raises	1-3 sets, 8-12 reps
DB Curls	1-3 sets, 8-12 reps
DB Triceps Extension	1-3 sets, 8-12 reps
DB Side Bend	1-3 sets, 8-12 reps
DB Roll Ups	1-3 sets, 8-12 reps

Rest 1 minute between sets and exercises.

Cardio

At Least 20 Minutes Of Aerobic

Cool Down.

Perform the exercises in the order listed:

DB Squats

Starting Position: Stand with feet about shoulder width apart and the dumbbells held at your sides with palms facing the body.

Action: Keep your head and chest up, eyes forward and shoulders back (pretend someone put ice down your back) and sit back with your butt and hips.

Keep the weight on the heels as you bend at the knees and lower your body until your thighs are parallel to the ground. Reverse the direction and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



DB Lunges

Starting Position: Stand with feet about shoulder width apart and the dumbbells held at your sides with palms facing the body.

Action: Keep your head and chest up, eyes forward and shoulders back.

Step forward with your left foot and bend at the knee of the forward leg until your thigh is parallel with the ground... your knee should not extend over your toes and your shin should be perpendicular to the ground. The back leg should only slightly bend at the knee and come close to the ground.

Push off the forward foot and return to the Starting Position.

Repeat for the desired number of repetitions and then switch legs.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform 3 sets of 8-12 repetitions for each leg with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.

Variation: Alternate legs each repetition... performing the desired number of repetitions for EACH leg.



DB Calf Raises

Starting Position: Stand with your feet together and the dumbbells held at your sides, palms facing the body.

Action: Raise up on your toes, hold for one second and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.

Variation: Stand on one foot and hook the other foot around the ankle. Complete as stated above, performing all repetitions with one leg and then switching legs.



Zoom Image



DB Incline Press

Starting Position: Lay on a swiss ball and position yourself so that you are on an incline of 30 - 45 degrees, feet placed firmly on the ground with the dumbbells held at the shoulders, palms facing forward.

Action: Press the dumbbells up and over your chest until they almost touch, palms facing forward.

Squeeze the chest muscles at the top of the motion and then reverse the movement to return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



Variation 1: Start in the same position as above, except as you press the dumbbells up twist your arms inward so your palms face each other in the top position.



Variation 2: Start with dumbbells at the shoulders but with palms facing each other. As you press the dumbbells up, either keep your palms facing each other OR twist your arms outward so your palms face forward in the top position.



DB Flies

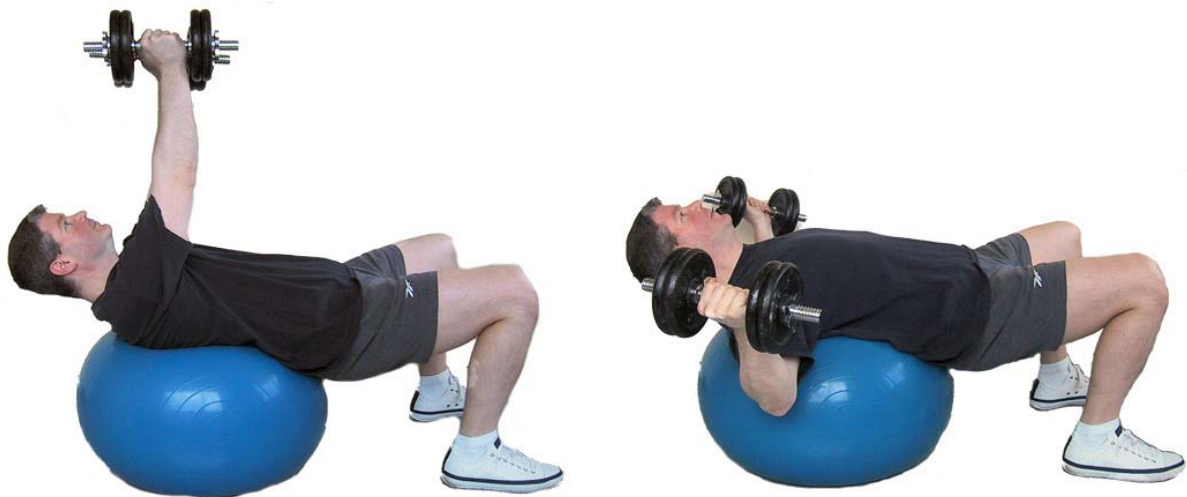
Starting Position: Lie on a swiss ball with your feet placed firmly on the ground for balance and the dumbbells extended over your chest with palms facing each other.

Action: Keep your elbows slightly bent and bring the dumbbells down in an arching motion until the dumbbells are held at arms length about chest level.

Pause briefly, squeeze the chest muscles and return along the same path to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



Front View



DB Reverse Fly

Starting Position: Kneel on one knee and post the foot of the other leg so your thigh is parallel to the ground. Bend over and rest your chest on your thigh.

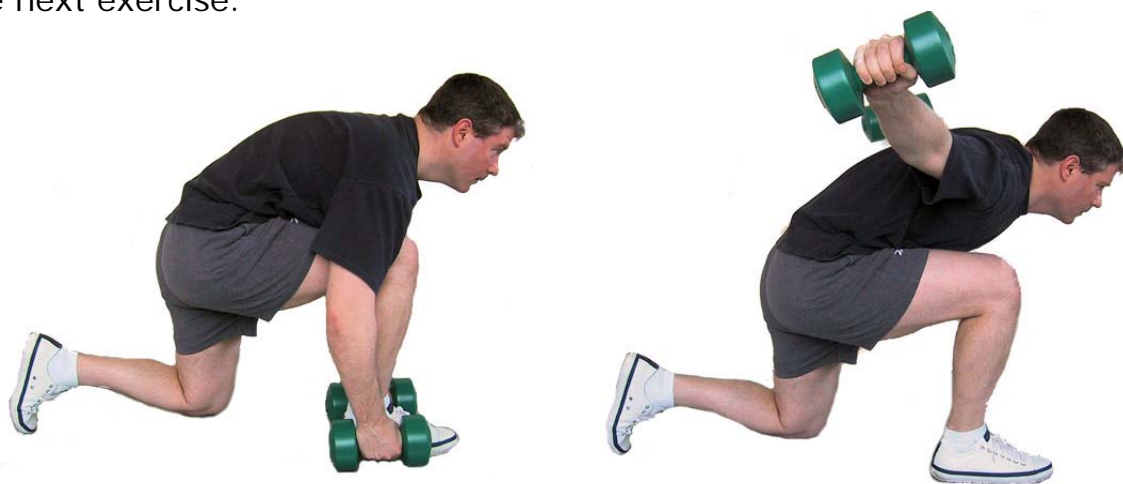
While keeping your shoulders back and the natural curve in your lower back, hold the dumbbells near your foot with elbows slightly bent and palms facing each other.

Action: Slowly move the arms out to your sides in an arc until they are parallel to the ground, stretching your chest and pinching your shoulder blades together.

Reverse direction and control the motion to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



Front View



DB Side Raises

Starting Position: Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells held at your sides with palms facing each other.

Action: While keeping your elbows slightly bent, raise the dumbbells out to the side until they reach shoulder height.

Pause briefly, and control the descent along the same path to the Starting Position. Do not dip your knees, arch your back or throw your shoulders back. Use a lighter weight if necessary.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



DB Front Raises

Starting Position: Stand with your feet about shoulders width apart, knees slightly bent and the dumbbells held in front of your thighs with palms facing your body.

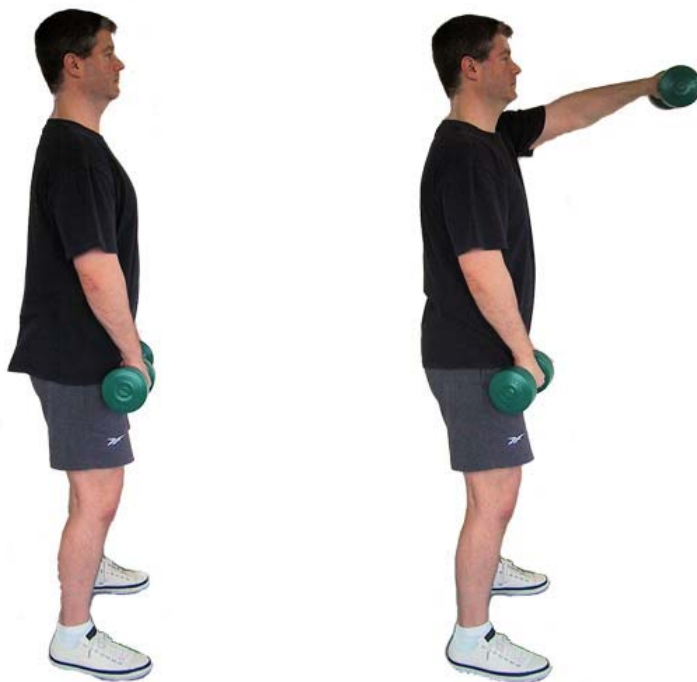
Action: Keep the arms straight and raise the dumbbells up in front of you until they reach shoulder level. Pause briefly, and control the descent along the same path to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



Variation: Perform as above except first raise one arm and then the other in an alternating fashion.



DB Curls

Starting Position: Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other.

Keep your chest out and head high.

Action: Curl the dumbbells upwards towards your shoulders as you twist your wrists inward so they end up facing the body at the top of the movement.

Reverse the direction and control the movement to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



Variation 1: Perform Hammer Curls by performing the exercise as directed above but keeping the palms of the hands facing each other at all times.



Variation 2: First lift one arm and return to the Starting Position before lifting with the other. Continue in an alternating fashion.



DB Triceps Extension

Starting Position: Stand with your feet about shoulder width apart and the dumbbells held at arms length over your head with palms facing each other.

Action: Bend at the elbows and control the weight down behind your head.

Pause briefly and extend the dumbbells to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



DB Side Bends

Starting Position: Stand with feet about shoulder width apart and a dumbbell held at your side with palms facing the body and the non-working hand on your hip.

Action: Keep the back straight and bend as far as you can in the direction of the hand holding the dumbbell, letting the dumbbell travel down your leg. Only bend at the waist.

Pause briefly and return to the starting position by tightening your core and flexing your side muscle on the opposite side.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform 3 sets of 8-12 repetitions for each side with 1 minute rest in between sets. When all sets are complete, rest 1 minute and move on to the next exercise.



DB Roll Ups

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Hold two dumbbells at arms length over your chest perpendicular to the floor with palms facing each other.

Action: Let the dumbbells arch down toward your knees and to the outside of your hips with arms straight and roll your shoulders and upper back off the ground slightly. Do not move your arms, they are locked in place and the dumbbells arc downward due to the crunching of the abdominal muscles and raising of the shoulders.

Stop before the dumbbells reach the floor, hold for 1 second and return in the reverse direction until you reach the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips during the crunching movement and inhaling through the nose as you return to the Starting Position.

Directions: Perform 3 sets of 8-12 repetitions with 1 minute rest in between sets. When all sets are complete, the dumbbell portion of the Preparation Workout is complete.



Recommended Cardiorespiratory Protocol...

Since this is a typical workout, let's stick with typical cardiorespiratory training advice.

Aerobic Activity for at least 20 minutes, 3 times a week.

This can be either after your dumbbell workout, or on separate days.

Walking, jogging, biking and rowing are all excellent activities.

The Preparation	Perform 3 days a week -at least 1 day rest between workouts.
Workout	Complete 1-3 sets of 8-12 reps for each exercise... resting 1 minute between sets and exercises. Duration 2-4 weeks... depending on fitness level. Increase weight when it becomes easy.

Exercises	Day 1			Day 2			Day 3			
	Weight:	Date:	Date:	Date:	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
DB Squats										
DB Lunges										
DB Calf Raises										
DB Incline Press										
DB Flies										
DB Reverse Fly										
DB Side Raises										
DB Front Raises										
DB Curls										
DB Triceps Extension										
DB Side Bend										
DB Roll Ups										

Cardio:	
<input type="checkbox"/> Bodyweight Intervals	Comments:
<input type="checkbox"/> Random Dumbbell Intervals	
<input type="checkbox"/> Intervals	
<input type="checkbox"/> Fartlek	
<input type="checkbox"/> Aerobic	
<input type="checkbox"/> None	
Method: (run/bike/jump rope, etc.)	
Time or Intervals	

2

**Grinding Slow
Lift Super-Sets**

Grinding Slow Lift Super-Sets

Build Muscular Size, Strength And Endurance, In The Shortest Time Possible!

Grinding slow lifts, (like presses, deadlift and squats) are exercises that require strength for their completion.

They are not called "slow lifts" because you are purposely performing them slowly... they are slow in comparison to explosive "quick lifts" like the clean, jerk and snatch.

When performing these exercises using a heavy weight you will feel like you are "grinding" out the repetition and the weight is moving slowly.

The tempo for this training should be 2-0-1, where you will take about 2 seconds to lower the weight, slightly pause and then take about 1 second to lift the weight.

These exercises will build muscular size, strength and endurance.

You will do these exercises as non-competing super-sets... meaning you will do two exercises back to back without rest that involve different muscles and movements.

This will allow you to move through the workout at a fast pace... improving your cardiorespiratory endurance and burning fat.

Bodybuilders use super-sets to overload a specific muscle and instigate growth by performing two exercises back to back that effect the same muscle group.

However, **Superior Dumbbell Workout** is more concerned with creating a body that functions as one complete unit, optimizing performance and appearance, than maximizing the growth of specific muscle groups.

Furthermore, you will rotate between a **Workout A** and a **Workout B**, which will keep your workouts interesting, varied and effective.

Performing the workouts as prescribed will allow you to simultaneously build muscular size, strength and endurance while positively effecting heart and lung function and burning fat.

This will bring about positive performance improvements and results you can SEE... in the shortest amount of time!

How To Perform The Grinding Slow Lift Super-Sets

Perform this workout 3 times a week... with at least one day rest between workouts.

Alternate between **Workout A** and **Workout B**... meaning the first week you will do **A-B-A** and the second week you will do **B-A-B**.

In every 2 week cycle you will do each workout 3 times. The exercises are paired into super-sets... two exercises performed back to back without rest. After each super-set, rest 1 minute.

Pick **one set of dumbbells** to complete the entire workout... the reps you will perform should range between 5-20 (lower reps where the weight feels heavy and higher reps where the weight feels light).

Increase the weight as necessary to keep your repetitions between the **5-20** range.

Weekly Strategy...

Try to increase the number of repetitions you perform each time you do that exercise.

4 Week Duration...

Perform these workout for a total of 4 weeks.

In weeks 1 & 2 shoot for 3 sets of each super-set... completing all sets of the super-sets before moving on to the next super-set.

In weeks 3 & 4 either increase the weight OR shoot for 5 sets of each super-set... completing all sets of the super-sets before moving on to the next super-set.

Super-Set Workout Overview

PHASE I

Workout A

Warm Up

Super-Set 1

DB Floor Press	3-5 sets, 5-20 Reps
DB Suitcase Deep Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB Military Press	3-5 sets, 5-20 Reps
DB Sumo Deadlift	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB Bent Over Row	3-5 sets, 5-20 Reps
DB Crunch	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers Optional

Cardio Choose

Cool Down.

Workout B

Warm Up

Super-Set 1

DB 1 Arm Floor Press	3-5 sets, 5-20 Reps
DB Split Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB 1 Arm Military Press	3-5 sets, 5-20 Reps
DB Deadlift	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB 1 Arm Row	3-5 sets, 5-20 Reps
DB Good Morning	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers Optional

Cardio Choose

Cool Down.

PHASE II

Workout A

Warm Up

Super-Set 1

DB Alternating Floor Press	3-5 sets, 5-20 Reps
DB Front Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB Twisting Military Press	3-5 sets, 5-20 Reps
DB Romanian Deadlift	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB Renegade Row	3-5 sets, 5-20 Reps
DB Windmill	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers Optional

Cardio Choose

Cool Down.

Workout B

Warm Up

Super-Set 1

DB Push Up	3-5 sets, 5-20 Reps
DB Step Ups	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB See Saw Press	3-5 sets, 5-20 Reps
DB Diagonal Lunge	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB Toe Touch	3-5 sets, 5-20 Reps
DB Saxon Side Bend	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers Optional

Cardio Choose

Cool Down.

PHASE III

Workout A

Warm Up

Super-Set 1

DB Side Press	3-5 sets, 5-20 Reps
DB Bulgarian Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB 1 Arm Sots Press	3-5 sets, 5-20 Reps
DB Diagonal Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB Push Up Row	3-5 sets, 5-20 Reps
DB Alternating Ab Swings	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers Optional

Cardio Choose

Cool Down.

Workout B

Warm Up

Super-Set 1

DB Bent Press	3-5 sets, 5-20 Reps
DB 1 Leg Deadlift	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 2

DB Hip Raise Alternating Press	3-5 sets, 5-20 Reps
DB 1 Arm Overhead Squat	3-5 sets, 5-20 Reps
Rest 1 minute	

Super-Set 3

DB Alternating T Push Up	3-5 sets, 5-20 Reps
DB Turkish Get Up	3-5 sets, 5-20 Reps
Rest 1 minute	

Finishers **Optional**

Cardio **Choose**

Cool Down.

In Depth Description Of The Grinding Slow Lift Super Sets

Phase I Workout A

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

Super-Set 1

DB Floor Press

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells using the *Roll Up Technique* below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.

Action: Press the dumbbells straight up and over the chest until the dumbbells almost touch. Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps and IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **Elbows In DB Floor Press**. Pick the dumbbells up in the same fashion, but keep the elbows in close to the body and the palms facing each other. Press the dumbbells straight up, pause briefly and return to the Starting Position.



Roll Up Technique: To get the dumbbells into proper position as safely as possible... Lay on the ground with two dumbbells at your sides. Roll to the right and grab the dumbbell and hold it close to your shoulder. Roll back, bringing the dumbbell with you. Then roll to the left and grab the other dumbbell in the same fashion and then roll on to your back.



DB Suitcase Deep Squat

Starting Position: Stand with feet about shoulder width apart and the dumbbells held at your sides with palms facing the body.

Action: Keep your head and chest up, eyes forward and shoulders back (pretend someone put ice down your back) and sit back with your butt and hips.

Keep the weight on the heels as you bend at the knees and lower your body until butt drops lower than your knees.

Reverse the direction and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 2

DB Military Press

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.

Action: Press dumbbells until arms are extended overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps and IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **1 Leg DB Military Press**. Perform the Military Press while standing on one foot. Switch feet half way through the repetitions.



DB Sumo Deadlift

Starting Position: Stand over two dumbbells facing each other with a wide stance. Sit back with butt and hips, bend at the knees and grasp the dumbbells with palms facing each other. Keep your head up, eyes forward and back straight. Lift the dumbbells off the ground slightly.

Action: Stand straight up and as you near the top, slightly flex your elbows, bringing the dumbbells to the front a little to keep them from hitting your body.

Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 3

DB Bent Over Row

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your sides.

Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.

Action: Pull the dumbbells up toward your chest until your elbows extend past your torso.

Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps and IMMEDIATELY switch to the next exercise in the super-set.



DB Crunch

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells using the *Roll Up Technique* shown in page 54. below and extend the dumbbells at arms length perpendicular to the floor.

Action: Keep your chin tucked and contract your abdominal muscles to raise your shoulders and upper back off the floor a few inches while extending the dumbbells toward the ceiling.

Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling on the way down.

Directions: Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



* Now continue to the finisher and cardio section.

Phase I

Workout B

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

Super-Set 1

DB 1 Arm Floor Press

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbell on the weak side using the *Roll Up Technique* from page 54. and position the dumbbell at your shoulder with your elbow on the ground and forearm perpendicular to the ground.

Place your non-working arm on the ground beside your for balance.

Action: Press the dumbbell straight up and over the chest. Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with one arm, and then repeat with the opposite arm. When you have completed all repetitions, IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **Elbows In DB 1 Arm Floor Press**. Pick the dumbbell up in the same fashion, but keep the elbow in close to the body and the palm facing your body. Press the dumbbell straight up, pause briefly and return to the Starting Position.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat for the same number of repetitions with your strong arm to ensure balanced training.

DB Split Squat

Starting Point: Stand with one foot forward and the other foot behind, dumbbells held at your sides.

Action: Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor.

Keep your body straight throughout the entire movement and only allow your rear knee to bend slightly. Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete between 5-20 reps with one leg forward, repeat with the opposite leg and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Variation: Perform the **DB Split Squat On Toes**. Get into the Starting Position and raise on your toes. Maintain on your toes for the entire set.



**Zoom
View**



Super-Set 2

DB 1 Arm Military Press

Starting Position: Stand with your feet about shoulder width apart and the dumbbell at your shoulder with elbows below wrists... palm facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back. Hold the non-working arm out to the side for balance and make a fist to increase strength. (Place your hand on your hip if necessary).

Action: Press dumbbell until arm is extended overhead, with a slight bend in the elbow. The torso can lean away slightly for balance. Pause briefly, and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with one arm and then switch to the opposite arm. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **1 Arm DB Military Press On 1 Foot...** raising the foot on the opposite side of the side performing the press.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat for the same number of repetitions with your strong arm to ensure balanced training.

DB Deadlift

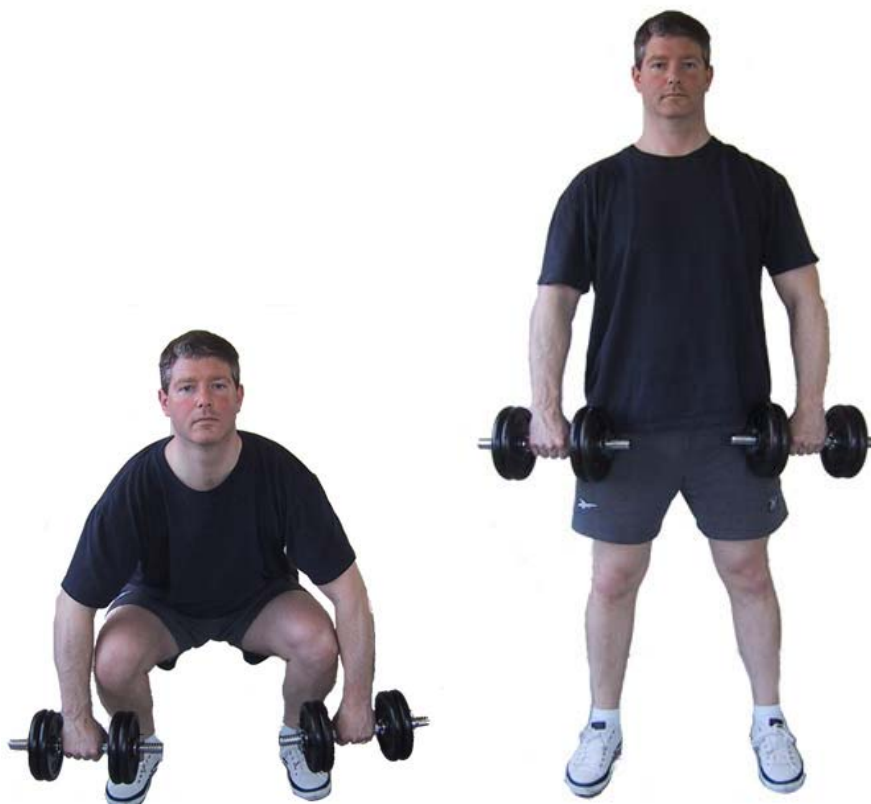
Starting Position: Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight. Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.

Action: Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms.

Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete 5-20 repetitions and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Variation: Perform the **1 Arm DB Deadlift**, keeping the non-working arm extended for balance and fist clenched for strength. Complete all repetitions for both sides before continuing.



Super-Set 3

DB 1 Arm Row

Starting Position: Stagger your stance and bend your forward knee, placing your non-working hand on your bent knee for support. Reach down and grasp the dumbbell and pull it up slightly off the ground.

Action: While keeping the back flat and the head up, pull the dumbbell to the side until upper arm is just beyond horizontal or height of the back. Pause briefly and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with one arm and then switch to the opposite arm. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **1 Arm DB Row On One Foot**. Raise your back foot off the ground and keep it elevated while performing the rowing motion.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat for the same number of repetitions with your strong arm to ensure balanced training.

DB Good Morning

Starting Position: Stand with your feet about shoulder width apart and one dumbbell behind your neck held with both hands.

Action: Keep your legs straight and bend at the hips and push your butt back. Keep your back straight, your head up and your eyes forward.

Stop before your body reaches parallel and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling on the way down and exhaling through pursed lips on the way up.

Directions: Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



*** Now continue to the finisher and cardio section.**

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of
Phase I	the super-set before moving on to the next super-set. Perform 3-5
A-B-A	super-sets, one exercise after the other without rest. Do 5-20
	repetitions of each exercise depending on difficulty. Rest 1 minute
	between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Floor Press						
Suitcase Deep Squat						
Military Press						
Sumo Deadlift						
Bent Over Row						
Crunch						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
1 Arm Floor Press						
Split Squat						
1 arm military press						
Deadlift						
1 Arm Row						
Good Morning						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Floor Press						
Suitcase Deep Squat						
Military Press						
Sumo Deadlift						
Bent Over Row						
Crunch						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Intervals					
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals	1=	2=	3=		

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of
Phase I	the super-set before moving on to the next super-set. Perform 3-5
B-A-B	super-sets, one exercise after the other without rest. Do 5-20
	repetitions of each exercise depending on difficulty. Rest 1 minute
	between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
1 Arm Floor Press						
Split Squat						
1 arm military press						
Deadlift						
1 Arm Row						
Good Morning						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Floor Press						
Suitcase Deep Squat						
Military Press						
Sumo Deadlift						
Bent Over Row						
Crunch						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
1 Arm Floor Press						
Split Squat						
1 arm military press						
Deadlift						
1 Arm Row						
Good Morning						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Intervals					
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals	1=	2=	3=		

Phase II

Workout A

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

DB Alternating Floor Press

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells using the *Roll Up Technique* shown on page 54. below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.

Action: Press one dumbbell straight up, keeping the other at the shoulder. Return to the Starting Position and repeat with the opposite arm.

Continue in an alternating fashion.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **DB Extended Alternating Floor Press**. Assume the Starting Position but with both dumbbells extended over your chest. Lower one dumbbell to the shoulder until the elbow touches the floor, while keeping the other dumbbell extended. Reverse the direction and press the dumbbell back to the Starting Position. Repeat with the opposite arm.



DB Front Squat

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.

Action: Sit back with your butt and hips as you bend your knees and squat so your thighs are parallel to the ground. Keep your head up, eyes forward and back straight.

Reverse direction and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 2

DB Twisting Military Press

Starting Position: Stand with your feet about shoulders width apart and the dumbbells resting on your shoulders with your palms facing each other.

Action: As you press the dumbbells overhead, twist your body to the left.

Lower the dumbbells as you return to the front and immediately turn to the right while pressing the dumbbells overhead.

The motion should be fluid... don't stop at the front position between repetitions.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps to EACH side. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.



DB Romanian Deadlift

Starting Position: Stand with your feet about hip width apart and the dumbbells held in front of you at thigh level, palms facing your body. Bend your knees slightly, (they should not be locked), keep your chest out and your head up.

Action: While maintain the natural curvature of the spine throughout the entire movement, bend at the HIPS, (not your back), and stick your butt back slightly as you lower the dumbbells close to your body.

You should feel a stretch in the hamstrings, and when you get to about knee level pause briefly and reverse the direction and return to the Starting Position. At the top, make it a point to squeeze your core and butt.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions and then rest 1 minute. If your are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 3

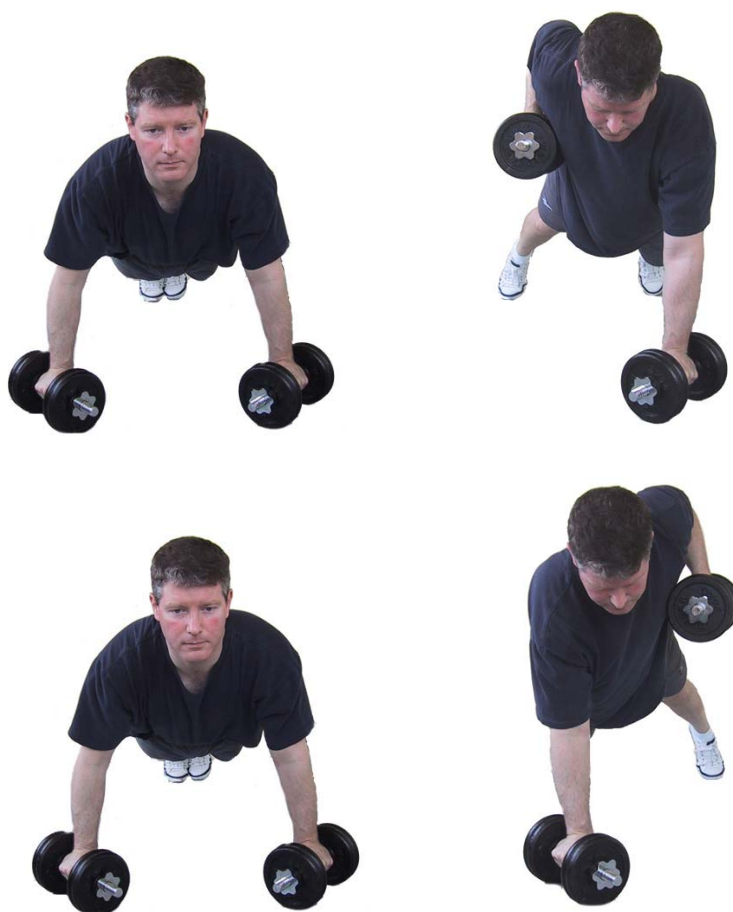
DB Renegade Row

Starting Position: Get into pushup position with your arms straight and your hands resting on the dumbbells. Spread your feet apart for balance.

Action: Tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back. Pause, then slowly return the weight to the Starting Position and repeat with the other arm.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps to EACH side. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.



DB Windmill

Starting Position: Stand with your feet about shoulder width apart, and one dumbbell held at arm length overhead with palm facing inward.

Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your arm straight overhead.

Action: Keeping your eyes on the dumbbell, bend forward and down towards the ground. Bend your knee slightly and lower as far as you can.

Reverse the direction and return to the Starting Position.

Complete all repetitions and repeat on opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way DOWN and inhaling through the nose on the way UP.

Directions: Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



***Now continue to the finisher and cardio section.**

Phase II

Workout B

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

Super-Set 1

DB Push Up

Starting Position: Position two dumbbells on the ground a little wider than shoulder width. Grip the dumbbells and take an “up” push up position. Keep your abdominal muscles tight, your back flat and your eyes looking about 6 inches in front of you.

Action: Lower yourself while remaining ridged, getting full range of motion by allowing your chest to go in between the dumbbells.

Pause briefly and return to the Starting Position, keeping your body ridged at all times.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete between 5-20 reps and then IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the push up with only one hand on one dumbbell and the other hand on the floor. Complete half the repetitions with one hand on the dumbbell and then switch hands.



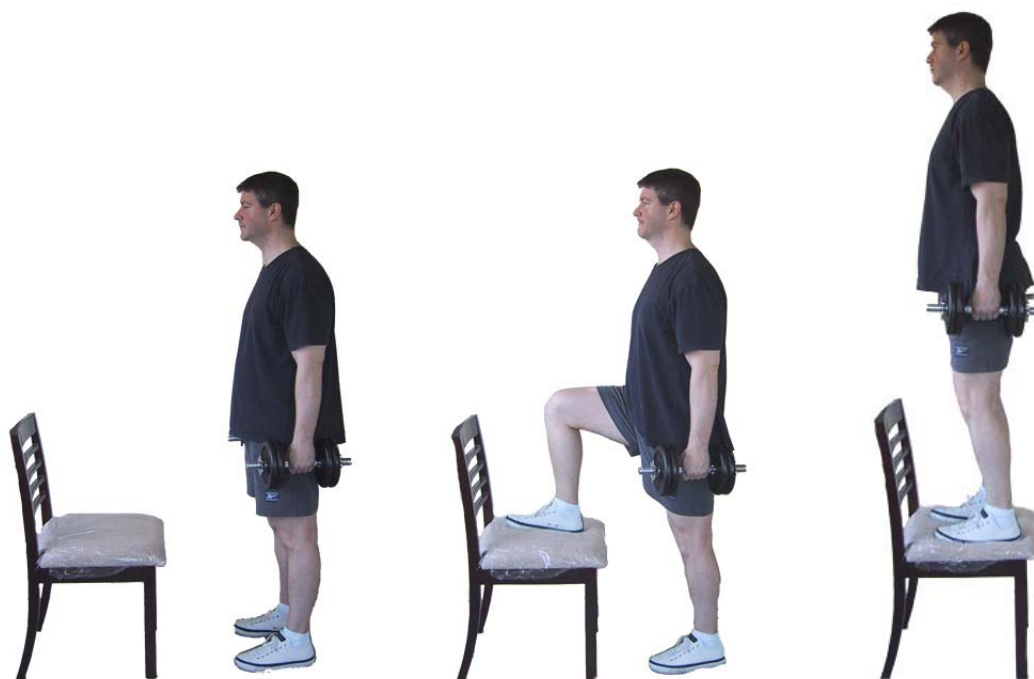
DB Step Ups

Starting Position: Stand with the dumbbells hanging at your sides in front of a bench, chair or other sturdy surface that allows your knee to form a 90 degree angle when one foot is placed on the surface.

Action: Step up with one leg and press hard into the surface, raising yourself up so that both feet are together on the surface. Reverse the motion and return to the Starting Position, and repeat with the opposite leg.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete 5-20 repetitions for EACH leg and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 2

DB See Saw Press

Starting Position: Stand with feet about shoulder width apart and two dumbbells held at shoulder level, palm facing out.

Action: Press the left dumbbell overhead while slightly bending to the right.

Hold briefly and then simultaneously lower the left dumbbell as you raise the right dumbbell overhead and bend slightly to the left.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **DB Twisting See Saw Press**. Perform as above except start with the palms facing the body. With each repetition, twist the dumbbell so the palm faces out when in the top position.



DB Diagonal Lunge

Starting Position: Stand with your feet about shoulder width apart and the dumbbells hanging at your sides.

Action: Step forward and to the left about 45 degrees with the left leg and then bend the knee so your leg forms a 90 degree angle. Your back leg remains straight and come up on your toes slightly. Keep the front foot pointing forward.

Push off your front foot and return to the starting position. Repeat on the opposite side.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions for EACH leg and then rest 1 minute. If your are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 3

DB Toe Touch

Starting Position: Stand with your feet together and dumbbells held at your sides.

Action: Step to the side with one leg, bend the knee and reach down to extend the dumbbells to either side of your lead foot.

Keep the back flat, the head up and eyes forward.

Reverse direction to return to the Starting Position and repeat on the opposite side.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete between 5-20 reps to EACH side and then IMMEDIATELY switch to the next exercise in the super-set.



DB Saxon Side Bend

Starting Position: Stand with feet about shoulder width apart, knees slightly bent and the dumbbells held straight over your head with extended arms.

Action: Slowly lean directly to one side as far as comfortable, without bending forward or backward.

Reverse direction and return to the Starting Position, then repeat to the opposite side.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions to EACH side and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



***Now continue to the finisher and cardio section.**

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of
Phase II	the super-set before moving on to the next super-set. Perform 3-5
A-B-A	super-sets, one exercise after the other without rest. Do 5-20
	repetitions of each exercise depending on difficulty. Rest 1 minute
	between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Alternating Floor Press						
Front Squat						
Twisting Military Press						
Romanian Deadlift						
Renegade Row						
Windmill						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Push Up						
Step Ups						
See Saw Press						
Diagonal Lunge						
Toe Touch						
Saxon Side Bend						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Alternating Floor Press						
Front Squat						
Twisting Military Press						
Romanian Deadlift						
Renegade Row						
Windmill						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Intervals					
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals:	1=	2=	3=		

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of the super-set before moving on to the next super-set. Perform 3-5 super-sets, one exercise after the other without rest. Do 5-20 repetitions of each exercise depending on difficulty. Rest 1 minute between sets and super-sets. Duration... 4 weeks. Increase weight when it becomes easy.
Phase II	
B-A-B	

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Push Up						
Step Ups						
See Saw Press						
Diagonal Lunge						
Toe Touch						
Saxon Side Bend						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Alternating Floor Press						
Front Squat						
Twisting Military Press						
Romanian Deadlift						
Renegade Row						
Windmill						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Push Up						
Step Ups						
See Saw Press						
Diagonal Lunge						
Toe Touch						
Saxon Side Bend						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Intervals					
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals:	1=	2=	3=		

Phase III

Workout A

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

Super-Set 1

DB Side Press

Starting Position: Stand with your feet about shoulder width apart, and one dumbbell at shoulder level, palm facing forward. The dumbbell should be angled slightly so that the post of the dumbbell points behind you.

Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your forearm perpendicular to the ground, making a shelf with your body for the arm to rest upon.

You will already start to feel a tightness in your side and upper back in this position.

Action: Simultaneously lean over and forward as you push the dumbbell straight up to arms length. Keep your eyes on the dumbbell at all times.

It helps to envision that you are pushing yourself away from the dumbbell, where the dumbbell stays in the same place but your body lowers as the arm extends.

Reverse the motion and slowly “pull” the dumbbell back to the Starting Position with your lat muscle as you raise your body up.

The lowering motion is just as important as the pushing motion.

Once all the repetitions are completed, repeat on the opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat for the same number of repetitions with your strong arm to ensure balanced training.

DB Bulgarian Squat

Starting Position: Face away from a normal height bench and place your rear leg up on the bench. The shin of your lead leg should be relatively vertical. Hold the dumbbells down at your side.

Action: Lower the body down by bending the knee of the lead leg until the knee of the back leg is almost touches the ground.

Pause briefly and reverse direction to the Starting Position. Complete all repetitions and then repeat with the opposite leg.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions for EACH leg and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Reminder: With this and all one leg dumbbell exercises... start with the weak leg first, and then repeat for the same number of repetitions with your strong leg to ensure balanced training.

Super-Set 2

DB 1 Arm Sots Press

Starting Position: Stand with feet about shoulder width apart and the dumbbell at shoulder level, palm facing forward. Sit back with your butt and hips and bend at the knees to drop into a full squat.

Keep the chest high, head up and natural curve of the lower back. It may be necessary to twist slightly to the side with the dumbbell to enable you to get in the full squat position, depending on your flexibility.

Action: While maintaining in the bottom position of the front squat, press the dumbbell overhead until it is locked out completely. Keep your eyes on the dumbbell at all times. It helps to twist slightly to the side you are pressing the dumbbell. Lower the dumbbell back to the Starting Position. Complete all repetitions and repeat with the opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat the same number of repetitions with your strong arm to ensure balanced training.

DB Diagonal Squat

Starting Position: Stand with your feet wider than shoulder width apart and hold one dumbbell by the handle with both hands close to your chest. Lean to one side and slightly bend the leg on the side you are bending.

Action: Lower down into a squat as you simultaneously move to the opposite side and come up on a diagonal on the opposite side. Envision you are ducking under a wire and popping up on the opposite side.

Keep your chest high, head up and back straight. You are not bending at the waist.

Reverse direction and return to the Starting Position... this is 1 repetition.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Super-Set 3

DB Push Up Row

Starting Position: Get into pushup position with your arms straight and your hands resting on the dumbbells.

Spread your feet apart for balance.

Action: Perform a push up by lowering your body in between the dumbbells, pausing briefly and pressing back to the Starting Position.

When you reach the top position, tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back.

Pause briefly, then slowly return the weight to the floor.

Perform another push up and then row with the opposite arm.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat the same number of repetitions with your strong arm to ensure balanced training.

DB Alternating Ab Swings

Starting Position: Stand with feet hip width apart and dumbbells at your sides.

Action: Swing one dumbbell to the front as your simultaneously swing the other dumbbell to the back. When you reach the highest point, quickly reverse directions and continue in an alternating manner. The power for this movement comes from the core, not the arms.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips with short breaths every time the dumbbell comes up and inhaling through the nose on the transition down.

Directions: Complete 5-20 repetitions to EACH side and then rest 1 minute. If your are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



***Now continue to the finisher and cardio section.**

Phase III

Workout B

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

Super-Set 1

DB Bent Press

Starting Position: Stand with your feet about shoulder width apart, and the dumbbell at shoulder level, palm facing forward. The dumbbell should be angled slightly so that the post of the dumbbell points behind you.

Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your forearm perpendicular to the ground, making a shelf with your body for the arm to rest upon.

You will already start to feel a tightness in your side and upper back in this position. (This is just like the **DB Side Press** so far).

Action: Keep your eyes on the dumbbell at all times. Now bend at the hips down and forward and “screw” your body lower as you “twist” your arm upward.

It helps to envision that you are screwing yourself away from the dumbbell, where the dumbbell stays in the same place as you twist your body and arm underneath it.

When your arm is in the extended position, tighten your core and butt and stand up so the dumbbell is overhead.

Lower the dumbbell to shoulder level in a controlled fashion, and return to the Starting Position.

When all repetitions are complete, repeat with the opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat the same number of repetitions with your strong arm to ensure balanced training.

DB One Leg Deadlift

Starting Position: Have two dumbbells on the ground in front of you with enough room for your foot to fit between them. Place one foot in between the dumbbells and lift your other foot slightly off the ground and behind you.

Keep your chest and head up and your eyes straight as you hinge over at your hip and bend your knee to grab the dumbbells and lift to shin level.

Action: Tighten your core to stabilize you and push straight down with your leg and squeeze the dumbbells up until you are in a standing position.

You do NOT pull with your arms. Reverse the movement and return to the Starting Position. Complete all repetitions and then repeat on the opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete 5-20 repetitions with EACH leg and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Reminder: With this and all one leg dumbbell exercises... start with the weak leg first, and then repeat the same number of repetitions with your strong leg to ensure balanced training.

Super-Set 2

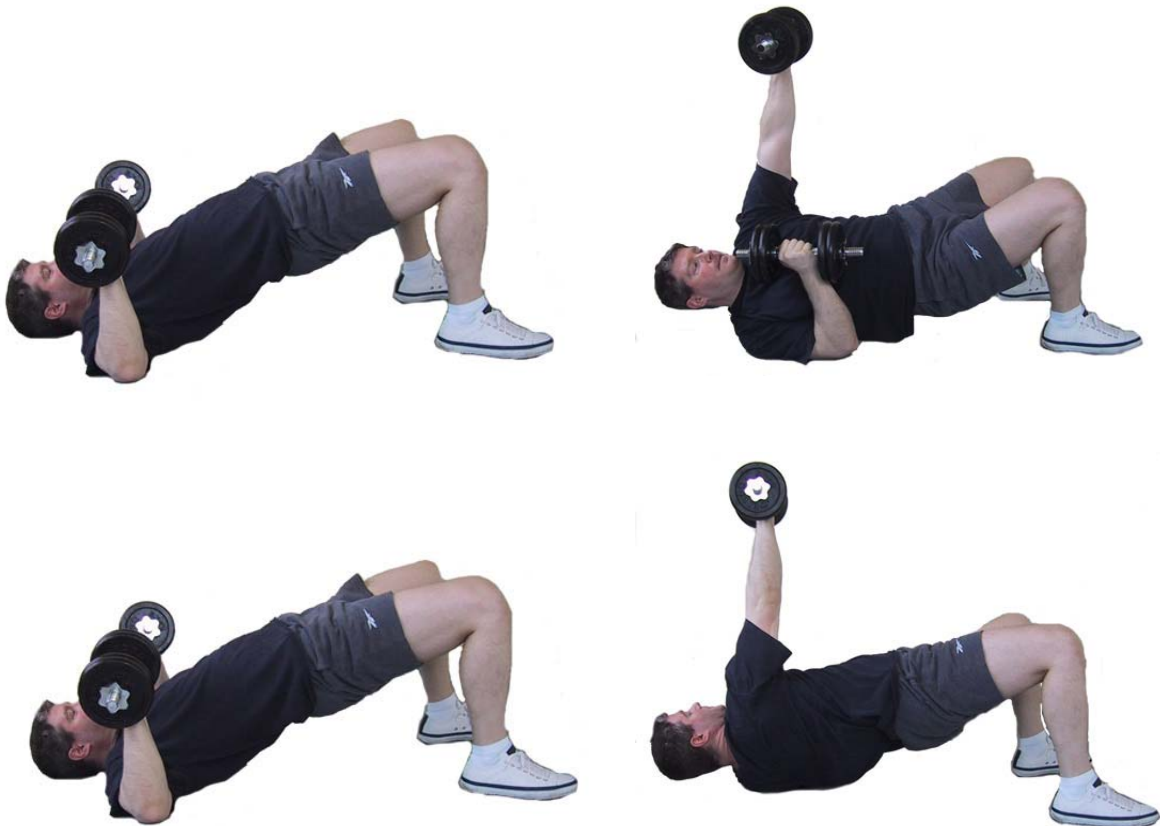
DB Hip Raise Alternating Floor Press

Starting Position: Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells using the *Roll Up Technique* shown on page 54. below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground. Now press into the ground with your heels and raise your butt off the ground. Tighten your core and hold that position.

Action: Press one dumbbell and twist so your pressing shoulder leaves the ground. You will be supported only by your feet and opposite shoulder. Reverse direction and return to the Starting Position. Now repeat with the opposite arm. Your butt will not return to the ground during the entire set.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



Variation: Perform the **Elbows In Hip Raise Alternating Floor Press**. Pick the dumbbells up in the same fashion, but keep the elbows in close to the body and the palms facing each other.



DB 1 Arm Overhead Squat

Starting Position: Stand with feet about shoulder width apart and press one dumbbell over head.

Action: Keep your chest and head up as you sit back and bend your knees to lower into a squat position. It may be necessary to turn your body slightly toward the arm holding the dumbbell, depending on your flexibility. When you get to the lowest position you are comfortable with, reverse directions and return to the Starting Position. Complete all repetitions and repeat on the opposite side

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Complete 5-20 repetitions with EACH arm and then rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. If you have completed all sets of this super-set, go to the next super-set after the minute break.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat with your strong arm to ensure balanced training.

Super-Set 3

DB Alternating T Push Up

Starting Position: Position two dumbbells on the ground a little wider than shoulder width.

Grip the dumbbells and take an “up” push up position.

Keep your abdominal muscles tight, your back flat and your eyes looking about 6 inches in front of you.

Action: Lower yourself while remaining ridged, getting full range of motion by allowing your chest to go in between the dumbbells.

Press back up while keeping your body straight.

At the top position of the push up, rotate to one side, supporting yourself on extended arm, pull the dumbbell up close to your body and extend it straight overhead.

As you twist to the side, you will rotate your feet so they lay flat on their sides. Reverse the direction and return to the Starting Position.

Repeat, this time twisting to the opposite side.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.



DB Turkish Get Up

Starting Position: Lie on your back with your legs straight. Pick up one dumbbell using the *Roll Up Technique* on page 54. below and hold at shoulder level.

Action: Press the dumbbell towards the ceiling, post your foot near your butt on the same side as the working arm and roll yourself up onto your free arm.

Keep your elbow locked, wrist straight and eyes on dumbbell.

Post up onto your free hand and lock your elbow as you sit up.

Now swing your other leg in between your posted arm and posted foot and plant the knee on the ground as you raise up.

You can use your arm to help you get to the kneeling position.

Push off with your planted foot and kneeling foot to a standing position, always looking at the dumbbell.

Now, very carefully, reverse the direction until your are in the Starting Position.

Complete all repetitions and repeat with the opposite side.

This exercise should be performed in a slow, controlled fluid movement... not jerky.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips during exertion and inhaling shortly when possible.

Directions: Complete 5-20 repetitions to EACH side and then rest 1 minute. If your are doing more than 1 set of this super-set, start this super-set over again after the minute break.

Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat with your strong arm to ensure balanced training.

Grinding Slow Lift Super-Sets	Perform 3 days a week... at least 1 day rest between workouts.
Phase III A-B-A	Alternate between workout A and workout B. Perform all sets of the super-set before moving on to the next super-set. Perform 3-5 super-sets, one exercise after the other without rest. Do 5-20 repetitions of each exercise depending on difficulty. Rest 1 minute between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Side Press						
Bulgarian Squat						
1 Arm Sots Press						
Diagonal Squat						
Push Up Row						
Alt. Ab Swings						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Bent Press						
1 Leg Deadlift						
Hip Raise Alt. Press						
1 Arm Overhead Squat						
Alt. T Push Up						
Turkish Get Up						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Side Press						
Bulgarian Squat						
1 Arm Sots Press						
Diagonal Squat						
Push Up Row						
Alt. Ab Swings						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals:	1=	2=	3=		

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of
Phase III	the super-set before moving on to the next super-set. Perform 3-5
B-A-B	super-sets, one exercise after the other without rest. Do 5-20
	repetitions of each exercise depending on difficulty. Rest 1 minute
	between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Bent Press						
1 Leg Deadlift						
Hip Raise Alt. Press						
1 Arm Overhead Squat						
Alt. T Push Up						
Turkish Get Up						

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Side Press						
Bulgarian Squat						
1 Arm Sots Press						
Diagonal Squat						
Push Up Row						
Alt. Ab Swings						

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Bent Press						
1 Leg Deadlift						
Hip Raise Alt. Press						
1 Arm Overhead Squat						
Alt. T Push Up						
Turkish Get Up						

Cardio	1	2	3	Finisher:	How Long:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Intervals					
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Dumbbell Interv.					
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Intervals:	1=	2=	3=		

Build Your Own

Once you have gone through Phase I, Phase II and Phase III as prescribed, you will have a great deal of Grinding Slow Lift dumbbell exercises at your disposal.

Now you can mix and match different exercises from different phases into a workout that suits you best.

Organize your super-sets and workouts like this...

Upper Emphasis
Lower Emphasis

Upper Emphasis
Lower Emphasis

Upper Emphasis
Core Emphasis

DON'T make the mistake of only picking exercises you like or are good at performing... the best results will actually come from choosing exercises you are NOT good at performing (and therefore probably hate).

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of
Build Your Own	the super-set before moving on to the next super-set. Perform 3-5
A-B-A	super-sets, one exercise after the other without rest. Do 5-20
	repetitions of each exercise depending on difficulty. Rest 1 minute
	between sets and super-sets. Duration... 4 weeks.
	Increase weight when it becomes easy.

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio	1 2 3	Finisher:	How Long:
Bodyweight	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:	
Intervals			
Random	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Dumbbell Interv.			
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Method:	1= 2= 3=		
Time of Intervals	1= 2= 3=		

Grinding Slow Lift	Perform 3 days a week... at least 1 day rest between workouts.
Super-Sets	Alternate between workout A and workout B. Perform all sets of the super-set before moving on to the next super-set. Perform 3-5 super-sets, one exercise after the other without rest. Do 5-20 repetitions of each exercise depending on difficulty. Rest 1 minute between sets and super-sets. Duration... 4 weeks. Increase weight when it becomes easy.
Build Your Own	
B-A-B	

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Workout A	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Workout B	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio	1 2 3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:	
Random Dumbbell Interv.	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Method:	1= 2= 3=		
Time of Intervals	1= 2= 3=		

3

**Explosive Quick
Lift Timed
Circuits**

Explosive Quick Lift Timed Circuits

Simultaneously Build Muscular Power, Develop Unending Cardiorespiratory Endurance And Blast Off Fat!

Explosive Quick Lifts like cleans, jerks and snatches will build incredible explosive power as well as building muscle.

When done for repetitions will rely heavily on the heart and lungs... greatly improving cardiorespiratory endurance and burning great quantities of fat.

These exercises are more technical in nature and will require dedication to master... but the results are well worth the effort.

The ability to generate power with these exercises is tremendous... Power having to do with developing large forces at great rates of speed.

By mastering the more advanced exercises, your balance, coordination and general athleticism will be greatly improved.

While these exercises are best known in connection with a barbell... using a dumbbell has its advantages.

The advantages include greater balance and coordination requirements, greater variety, ability to train sides independently, greater muscular control, increased recruitment of stabilizer muscles, greater range of motion and increased safety.

You will find that this type of training does a lot more than just improve explosive strength... your speed, coordination, agility, flexibility, balance, accuracy and toughness will also be improved.

So not only will you develop wanted muscle and burn off unwanted fat... you will create a body that performs as good as it looks!

You will be performing these exercises as Timed Circuits... so get a clock with a second hand ready.

How To Perform The Explosive Quick Lift Timed Circuits

Perform this workout 3 times a week... with at least one day rest between workouts.

Instead of performing each exercise for a specific amount of reps, you will perform the exercise for the time period designated.

Pick **one set of dumbbells** to complete the entire workout... since you will be performing for time, you will naturally be able to do more reps for one exercise than others.

I recommend using lighter dumbbells to start, especially if these exercises are new to you... then increase the weight once the movements become more comfortable.

In the beginning, worry more about doing the exercises correctly than how many repetitions you complete... then work up to performing more repetitions in the allotted time.

If you have to take longer rest periods between exercises that's OK... I would rather you perform the exercises correctly with longer rest periods than sacrifice form.

Weekly Strategy...

On the first workout day, you will perform 2 complete circuits... resting 2-4 minutes between circuits.

On second workout day, you will perform 4 complete circuits... resting 2-4 minutes between circuits.

On third workout day, you will perform 3 complete circuits... resting 2-4 minutes between circuits.

4 Week Duration...

Perform these workouts for a total of 4 weeks.

In weeks 1 & 2, shoot for performing the exercise for 30 seconds... and taking a 30 second break between exercises.

In weeks 3 & 4, shoot for performing the exercise for 1 minute... and taking a 1 minute break between exercises.

Explosive Quick Lift Timed Circuits Overview

PHASE I

Warm Up

DB Hanging Jump Shrug	30-60 seconds active 30-60 seconds rest
DB Hanging High Pull	30-60 seconds active 30-60 seconds rest
DB 1 Arm Hanging Snatch	30-60 seconds active 30-60 seconds rest
DB Two Handed Swing	30-60 seconds active 30-60 seconds rest
DB Push Press	30-60 seconds active 30-60 seconds rest
DB Split Jerk	30-60 seconds active 30-60 seconds rest
Finishers	Optional
Cardio	Choose

Cool Down.

Day 1	2 Circuits
Day 2	4 Circuits
Day 3	3 Circuits

Take a 2-4 minute break between circuits.

PHASE II

Warm Up

DB Jump Shrug	30-60 seconds active 30-60 seconds rest
DB High Pull	30-60 seconds active 30-60 seconds rest
DB Hanging Power Clean	30-60 seconds active 30-60 seconds rest
DB Split Snatch	30-60 seconds active 30-60 seconds rest
DB Golf Squat	30-60 seconds active 30-60 seconds rest
DB Thrusters	30-60 seconds active 30-60 seconds rest
Finishers	Optional
Cardio	Choose

Cool Down.

Day 1	2 Circuits
Day 2	4 Circuits
Day 3	3 Circuits

Take a 2-4 minute break between circuits.

PHASE III

Warm Up

DB Alternating Hanging High Pull	30-60 seconds active 30-60 seconds rest
DB Squat Clean	30-60 seconds active 30-60 seconds rest
DB Reverse Wood Chopper	30-60 seconds active 30-60 seconds rest
DB 1 Arm - 1 Leg Split Snatch	30-60 seconds active 30-60 seconds rest
DB 1 Arm Swing	30-60 seconds active 30-60 seconds rest
DB Alternating Thrusters	30-60 seconds active 30-60 seconds rest
Finishers	Optional
Cardio	Choose

Cool Down.

Day 1	2 Circuits
Day 2	4 Circuits
Day 3	3 Circuits

Take a 2-4 minute break between circuits.

In Depth Description Of The Explosive Quick Lift Times Circuits

Phase I

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

DB Hanging Jump Shrug

Starting Position: Stand with your feet hip width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulders. Return to Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



DB Hanging High Pull

Starting Position: Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulders, flex the elbows out and pull the dumbbells up to neck height. Keep the dumbbells as close to the body as possible. Return to Starting Position.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



DB One Arm Hanging Snatch

Starting Position: Stand with a wide stance, chest out, head up and shoulders back while squatting and holding a dumbbell hanging with one hand down the center of your body. The non-working arm should be used for balance and the fist clenched for strength.

Action: Explode upwards by extending your knees and hips and drive up on your toes. Then shrug your shoulder and flex the elbow out to keep the dumbbell traveling close to your body.

As the dumbbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to "catch" the dumbbell with extended arm over your head and stand up. The height of the dumbbell should be accomplished by the explosive movement, not arm strength.

Control the dumbbell back to the Starting Position. Half way through the time period, switch hands.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first.

DB Two Handed Swing

Starting Position: Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.

Action: Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.

The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.

Your arms just guide the dumbbell in an arching motion.

When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.

Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Instead of reversing direction when the dumbbell reaches shoulder height, continue the motion and use the arms to pull the dumbbell to the overhead position. Guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.



DB Push Press

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.

Action: Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches. Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead.

The movement comes from the explosive movement of the lower body, not the arms. Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Perform the **Alternating Push Press**. Perform as above except only raise one dumbbell instead of both dumbbells. The non-working arm remains at shoulder height. Alternate sides with each repetition.



DB Split Jerk

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows facing forward and palms facing each other. (Can also be done with the shoulder press position where the elbows are below the wrists, but it is much harder with heavy dumbbells). Keep your chin tucked, your chest up and the natural arch in your lower back.

Action: Sit back with your butt and hips and bend at the knees slightly without letting your knees extend past your toes.

Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position.

Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place.

Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.

When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg.

Return the dumbbells to the Starting Position.

Alternate the forward leg with each repetition.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute). If doing more than one circuit, start the circuit over after the designated rest period. If this is the last circuit, go to Finishers or Cardiorespiratory Section.



Variation: Perform the **Alternating DB Split Jerk**. The same as the DB Split Jerk except you only raise one arm at a time instead of both arms.

Lift the arm opposite the leg extending forward in the catch position. The non-working arm should remain at shoulder level. Alternate the arm raised and forward foot with each repetition.

This requires much more balance and coordination than a two handed DB Split Jerk.



Explosive Quick Lift	Perform 3 days a week... at least 1 day rest between workouts. Perform the exercises for the time period and rest period picked (30-60 sec). Rest 2-4 min and repeat. Increase weights when it becomes easy.
Timed Circuits	
Phase I	
	Duration: 4 weeks.

Day 1: Perform 2 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Hanging Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Hanging Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
2 Handed Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Push Press			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Jerk			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 2: Perform 4 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Hanging Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Hanging Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
2 Handed Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Push Press			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Jerk			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 3: Perform 3 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Hanging Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Hanging Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
2 Handed Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Push Press			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Jerk			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Cardio	1	2	3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Random Dumbbell Interv.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Interval	1=	2=	3=		

Phase II

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

DB Jump Shrug

Starting Position: Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.

Action: Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulders.

Return to Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



DB High Pull

Starting Position: Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.

Action: Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulders, flex the elbows out and pull the dumbbells up to neck height. Keep the dumbbells as close to the body as possible. Return to Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



DB Hanging Power Clean

Starting Position: Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to "catch" the dumbbells at the shoulders. The elbows should be straight out in front of you.

Once you have "caught" the dumbbells, return to the standing position.

Control the dumbbells back to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Perform the **Alternating DB Power Clean**. The same as above except you only raise one dumbbell at a time. The non-working arm remains at your side as you “catch” the other dumbbell. Alternate side with each repetition.



DB Hanging Split Snatch

Starting Position: Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position.

Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place.

Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.

When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg.

Return the dumbbells to the Starting Position.

Alternate the forward leg with each repetition.

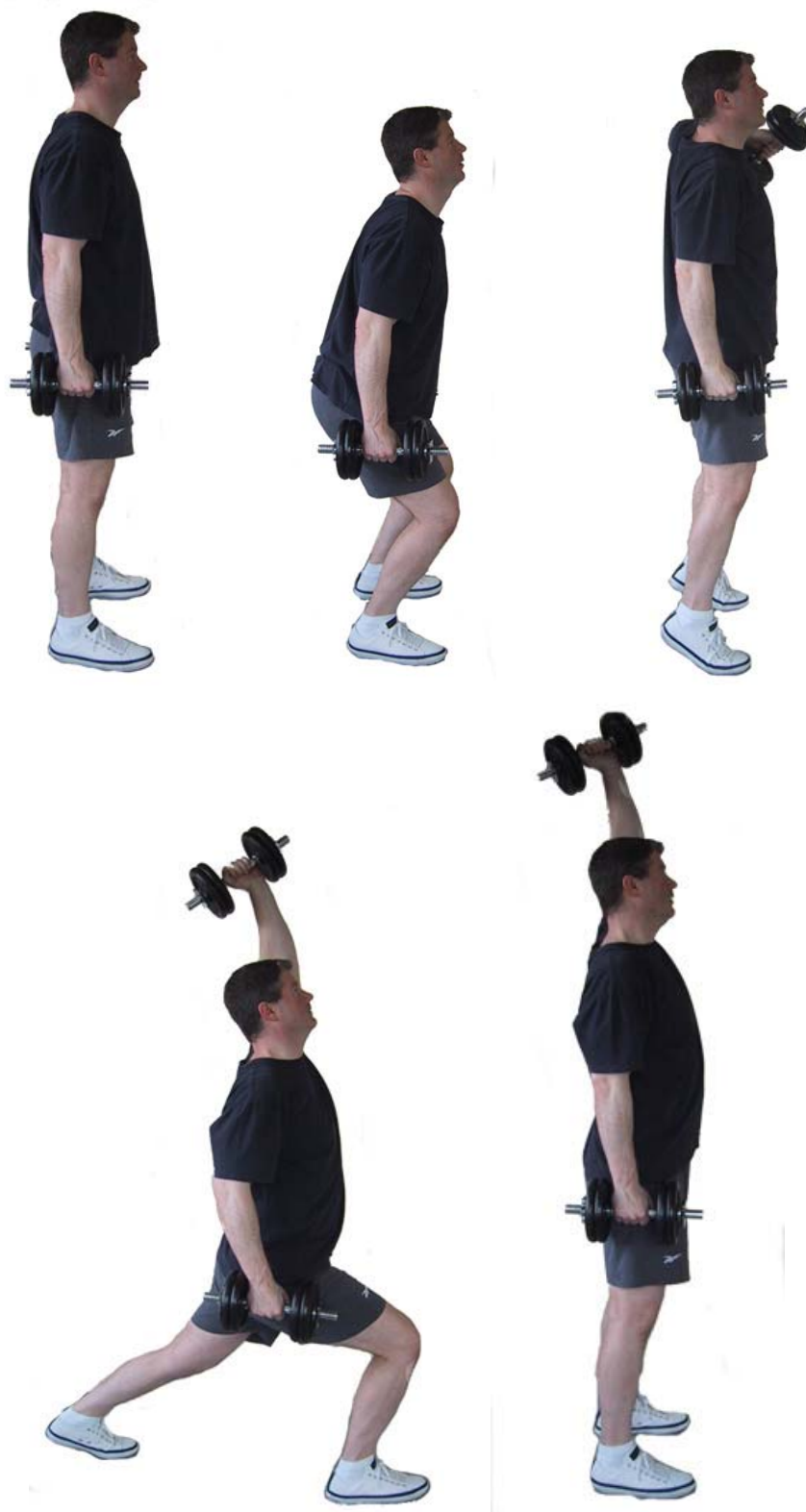
Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Perform the **Alternate Foot Alternate Snatch**. Lift only one arm instead of both arms. Lift the arm that is opposite the leg that is forward in the catch position. The non-working arm remains at your side. Alternate on each repetition.

This requires much more balance and coordination.



DB Golf Squat

Starting Position: Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

Action: Explode up by extending your hips and knees as you rotate your upper body, lifting the weight towards the ceiling.

Keep your arms straight as if you are swinging a golf club. Reverse directions and return to the Starting Position. Alternate sides each repetition.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



DB Thrusters

Starting Position: Stand with your feet about shoulders width apart and the dumbbells held at shoulder level with elbows below wrists and palms facing each other.

Action: Sit back with your butt and hips and bend at the knees until thighs are parallel to the ground.

Reverse direction and stand up, pressing the dumbbells overhead with extended arms.

Reverse the path and return to the Starting Position and immediately drop down for another repetition.

This exercise should be done fluidly, without pausing or jerky motions.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute). If doing more than one circuit, start the circuit over after the designated rest period. If this is the last circuit, go to Finishers or Cardiorespiratory Section.



Explosive Quick Lift	Perform 3 days a week... at least 1 day rest between workouts. Perform the exercises for the time period and rest period picked (30-60 sec). Rest 2-4 min and repeat. Increase weights when it becomes easy.
Timed Circuits	
Phase II	
	Duration: 4 weeks.

Day 1: Perform 2 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging Power Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Golf Squat			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 2: Perform 4 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging Power Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Golf Squat			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 3: Perform 3 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Jump Shrug			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Hanging Power Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Golf Squat			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Cardio	1	2	3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Random Dumbbell Interv.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Interval	1=	2=	3=		

Phase III

OVERVIEW

Warm up before every workout. (Prepare & Repair)

Perform the workout as instructed.

Do an optional finisher. (Go to page 214 for examples)

Choose a cardio protocol. (Go to page 216 for examples)

Cool Down. (Prepare & Repair)

DB Alternating Hanging High Pull

Starting Position: Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the movement, shrug the shoulder of side, flex the elbow out and pull the dumbbell up to neck height. Keep the dumbbell as close to the body as possible.

The non-working arm remains at hip level. Return to Starting Position.

Alternate sides with each repetition.

Breathing: Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Squat Clean

Starting Position: Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Action: Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to "catch" the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.

Once you have "caught" the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand. Control the dumbbells back to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Perform the **Alternating DB Squat Clean**. The same as above except you only raise one dumbbell at a time. The non-working arm remains at your side as you “catch” the other dumbbell. Alternate side with each repetition.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.



DB Reverse Wood Chopper

Starting Position: Stand with your feet about shoulder width apart and hold a dumbbell in both hands.

Sit back with your butt and hips and bend at the knees as you reach across your body so the dumbbell is out side the calf of one leg.

Action: Explosively extend your hips and knees as you swing the weight up and over your opposite shoulder.

Reverse the direction and return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute) **switching sides after half the time**, rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



One Arm - One Leg Split Snatch

Starting Position: Stand on one foot with knee slightly bent and other foot behind you while holding the dumbbell in the opposite hand at your side.

Action: Dip down slightly and in one explosive movement jump up and launch the dumbbell upwards along your body and lock out over your head as you simultaneously scissor your legs and drop down into the lunge position.

You will end with the arm extended overhead and the leg on the same side in the forward position.

Don't let your knee extend past your toes and the back leg should only be slightly bent.

Push off your front foot and step back until standing straight with the dumbbell still overhead. Lower the dumbbell and raise the opposite foot to return to the Starting Position.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute) **switching sides after half the time**, rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first.

DB One Arm Swing

Starting Position: Grasp one dumbbell with one hand and squat down with a wide stance so the dumbbell hangs between your legs. Your non-working arm is held at the side for balance with fist clenched for strength.

Keep your chest out, head up and the natural curve of your lower back.

Action: Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.

The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength. Your arm just guide the dumbbell in an arching motion. When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.

Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute) **switching sides after half the time**, rest for the time period designated (30 seconds or 1 minute) and then move on to the next exercise in the circuit.



Variation: Instead of reversing direction when the dumbbell reaches shoulder height, continue the motion and use the arm to pull the dumbbell to the overhead position. Guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.



Reminder: With this and all one arm dumbbell exercises... start with the weak arm first.

DB Alternating Thrusters

Starting Position: Stand with your feet about shoulders width apart and the dumbbells held at shoulder level with elbows below wrists and palms facing each other.

Action: Sit back with your butt and hips and bend at the knees until thighs are parallel to the ground.

Reverse direction and stand up, pressing one dumbbell overhead with extended arm.

Reverse the path and return to the Starting Position and immediately drop down for another repetition.

Alternate arms with each repetition.

This exercise should be done fluidly, without pausing or jerky motions.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period designated (30 second or 1 minute), rest for the time period designated (30 seconds or 1 minute).

If doing more than one circuit, start the circuit over after the designated rest period. If this is the last circuit, go to Finishers or Cardiorespiratory Section.



Explosive Quick Lift	Perform 3 days a week... at least 1 day rest between workouts. Perform the exercises for the time period and rest period picked (30-60 sec). Rest 2-4 min and repeat. Increase weights when it becomes easy.
Timed Circuits	
Phase III	
Duration: 4 weeks.	

Day 1: Perform 2 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Alt. Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Squat Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Reverse Wood Chopper			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm-1 Leg Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Alt. Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 2: Perform 4 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Alt. Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Squat Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Reverse Wood Chopper			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm-1 Leg Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Alt. Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 3: Perform 3 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
Alt. Hanging High Pull			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Squat Clean			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Reverse Wood Chopper			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm-1 Leg Split Snatch			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
1 Arm Swing			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
Alt. Thrusters			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Cardio	1	2	3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Random Dumbbell Interv.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Interv.	1=	2=	3=		

Build Your Own

Once you have gone through Phase I, Phase II and Phase III as prescribed, you will have a great deal of Explosive Quick Lift dumbbell exercises at your disposal.

Now you can mix and match different exercises from different phases into a workout that suits you best.

Choose 6 different Explosive Exercises and perform them as Timed Circuits like above.

DON'T make the mistake of only picking exercises you like or are good at performing... the best results will actually come from choosing exercises you are NOT good at performing (and therefore probably hate).

Explosive Quick Lift	Perform 3 days a week... at least 1 day rest between workouts. Perform the exercises for the time period and rest period picked (30-60 sec). Rest 2-4 min and repeat. Increase weights when it becomes easy.
Timed Circuits	
Build Your Own	
	Duration: 4 weeks.

Day 1: Perform 2 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 2: Perform 4 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Day 3: Perform 3 circuits			Total Time:			
Exercise	Weight		Work Interval		Rest Interval	
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec
			<input type="radio"/> 30 sec	<input type="radio"/> 60 sec	<input type="radio"/> 30 sec	<input type="radio"/> 60 sec

Cardio	1	2	3	Finisher:	How Long:
Bodyweight Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Comments:	
Random Dumbbell Interv.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Method:	1=	2=	3=		
Time of Interval:	1=	2=	3=		

4

**Combination
Slow/Quick Lift
Peripheral Heart
Action Training**

Combination Slow/Quick Lift Peripheral Heart Action Training

Develop Muscular Strength, Power And Endurance For Every Occasion, Launch Heart & Lung Power Through The Roof And Say Goodby To Stubborn Fat!

Peripheral Heart Action is a way of training that keeps the blood flowing throughout the body by alternating between upper body exercises and lower body exercises with little or no rest between exercises.

By alternating the areas of resistance and taking no rest, the blood is constantly flowing from top to bottom, bottom to top, keeping the blood from getting "stuck" in the muscles... giving your heart a tremendous workout.

And your lungs will be working overtime as well, to keep the oxygen flowing in the blood... maybe it should be called **Peripheral Heart And Lung Action!**

This form of training is generally credited to former Mr. America Bob Gajda, and dates back to the late 1960's... making it a predecessor to modern day circuit training.

While this is still considered resistance training, the cardiorespiratory endurance and fat loss benefits are amazing.

As a matter of fact, this form of combined resistance and cardio training will allow you keep your hard earned muscle while eliminating unwanted fat... an was even used by Bruce Lee to create his lean, muscular body.

Instead of focusing on the alternation of upper body exercises vs lower body exercises... in this section we will focus on alternating between Grinding Slow Lifts and Explosive Quick Lifts.

(Since your should be familiar with all these exercises from the previous chapters, I will not be providing descriptions in this chapter... please refer to previous chapters for guidance on performing the exercises correctly).

You will be forced to perform "strength movements" while under cardiorespiratory stress AND "explosive movements" while under muscular stress.

This form of training is very intense... but creates a muscular, lean, performance body that looks great and is ready for anything.

The workouts are not long, but are extremely effective... meaning you will see noticeable results in a short amount of time.

How To Perform The Slow/Quick Lift Peripheral Heart Action Training

Perform this workout 3 times a week... with at least one day rest between workouts.

You will go through the exercises in order, one after the other without rest, performing 10 repetitions of each exercise (5 each side for single arm exercises) for the number of times indicated.

If you have to rest between exercises or circuits, do so, but keep it short and try to reduce the time you rest in the future.

If you find yourself needing to rest a lot... reduce the weight!

Pick **one set of dumbbells** you will use for all exercises... since you will be completing the same amount of reps for each exercise, some exercises will be harder than others. Make sure you can complete 10 reps without going into failure for the weakest exercise in the group.

I recommend starting with a lighter weight... these workouts are intense and you will get tired quickly, so use a weight that allows you to maintain correct form.

Increase the weight when the weight starts to feel light.

In the beginning, you may find it necessary to take short breaks between exercises. Gradually reduce the rest time between exercises until you are not resting at all between exercises.

Weekly Strategy...

Each week will be different, systematically increasing in volume and/or variety.

4 Week Duration...

Perform these workouts for a total of 4 weeks.

In week 1...

On the first workout day, perform Option 1... twice, resting as needed between circuits.

On the second workout day, perform Option 2... twice, resting as needed between circuits.

On the third workout day, perform Option 3... twice, resting as needed between circuits.

In week 2...

On the first workout day, perform Option 1... 3 times, resting as needed between circuits.

On the second workout day, perform Option 2... 3 times, resting as needed between circuits.

On the third workout day, perform Option 3... 3 times, resting as needed between circuits.

In weeks 3 & 4...

Perform Option 1, 2 and 3 back to back performing 10 reps of each exercise. (Take a small break between each option or 6 exercises)

On the first workout day go through the circuit once (1, 2 and 3).

On the second workout day go through the circuit 3 times (1,2,3,1,2,3,1,2,3)

On the third workout day go through the circuit twice (1,2,3,1,2,3)

Keep rest periods between exercises and circuits to a minimum.

PHASE I

Warm Up

Option 1

DB Floor Press	10 reps
DB Hanging Jump Shrug	10 reps
DB Military Press	10 reps
DB Hanging High Pull	10 reps
DB Bent Over Row	10 reps
DB 1 Arm Hanging Snatch	10 reps

Option 2

DB Suitcase Deep Squat	10 reps
DB Two Handed Swing	10 reps
DB Sumo Deadlift	10 reps
DB Push Press	10 reps
DB Crunch	10 reps
DB Split Jerk	10 reps

Option 3

DB 1 Arm Floor Press	10 reps
Hanging High Pull	10 reps
DB 1 Arm Military Press	10 reps
1 Arm Hanging Snatch	10 reps
DB Good Morning	10 reps
Two Handed Swing	10 reps

Perform the workout as prescribed for the week.

Finishers

Optional

Cardio

Choose

Cool Down

PHASE II

Warm Up

Option 1

DB Alternating Floor Press	10 reps
DB Jump Shrug	10 reps
DB Front Squat	10 reps
DB Hanging Power Clean	10 reps
DB Romanian Deadlift	10 reps
DB Golf Squat	10 reps

Option 2

DB See Saw Press	10 reps
DB High Pull	10 reps
DB Renegade Row	10 reps
DB Split Snatch	10 reps
DB Diagonal Lunge	10 reps
DB Thrusters	10 reps

Option 3

DB Toe Touch	10 reps
DB Golf Squat	10 reps
DB Twisting Military Press	10 reps
DB Split Snatch	10 reps
DB Saxon Side Bend	10 reps
DB Hanging Power Clean	10 reps

Perform the workout as prescribed for the week.

Finishers

Optional

Cardio

Choose

Cool Down

PHASE III

Warm Up

Option 1

DB Side Press	10 reps
DB Alternating Hanging High Pull	10 reps
DB Diagonal Squat	10 reps
DB Squat Clean	10 reps
DB Push Up Row	10 reps
DB 1 Arm Swing	10 reps

Option 2

DB Hip Raise Alternating Press	10 reps
DB Reverse Wood Chopper	10 reps
DB One Leg Deadlift	10 reps
DB 1 Arm - 1 Leg Split Snatch	10 reps
DB Alternating T Push Up	10 reps
DB Alternating Thrusters	10 reps

Option 3

DB Bent Press	10 reps
DB Squat Clean	10 reps
DB 1 Arm Overhead Squat	10 reps
DB 1 Arm Swing	10 reps
DB Turkish Get Up	10 reps
DB Alternating Hanging High Pull	10 reps

Perform the workout as prescribed for the week.

Finishers

Optional

Cardio

Choose

Cool Down...

Since you should be familiar with all the exercises in this section from previous sections, I will not be repeating the exercise descriptions.

If you are unfamiliar with an exercise, please go back to the descriptions in previous sections to get a refresher.

This form of exercise is very intense... and it is important that you don't sacrifice form.

Make sure to do all the exercises properly!

Slow Quick Peripheral Heart Action Training Phase I (Weeks 1 & 2)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
--	--	--

Day 1	Weight	Week 1/Option 1= 2 times	Week 2/Option 1= 3 times
Floor Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Hanging Jump Shrug		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Military Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Hanging High Pull		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Bent Over Row		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Hanging Snatch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 2	Weight	Week 1/Option 2= 2 times	Week 2/Option 2= 3 times
Suitcase Deep Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Two Handed Swing		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Sumo Deadlift		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Push Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Crunch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Split Jerk		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 3	Weight	Week 1/Option 3= 2 times	Week 2/Option 3= 3 times
1 Arm Floor Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Hanging High Pull		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Military Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Hanging Snatch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Good Morning		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Two Handed Swing		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:
Random Dumbbell Interv.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Phase I (Weeks 3 & 4)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
--	--	--

Circuit	Weight	
Floor Press		10 reps
Hanging Jump Shrug		10 reps
Military Press		10 reps
Hanging High Pull		10 reps
Bent Over Row		10 reps
1 Arm Hanging Snatch		10 reps

Small Break		
Suitcase Deep Squat		10 reps
Two Handed Swing		10 reps
Sumo Deadlift		10 reps
Push Press		10 reps
Crunch		10 reps
Split Jerk		10 reps

Small Break		
1 Arm Floor Press		10 reps
Hanging High Pull		10 reps
1 Arm Military Press		10 reps
1 Arm Hanging Snatch		10 reps
Good Morning		10 reps
Two Handed Swing		10 reps

Day 1 = 1 time O Day 2 = 3 times O Day 3 = 2 times O

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	O O O	Comments:
Random Dumbbell Interv.	O O O	
Intervals	O O O	
Fartlek	O O O	
Aerobic	O O O	
None	O O O	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Phase II (Weeks 1 & 2)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
---	--	--

Day 1	Weight	Week 1/Option 1= 2 times	Week 2/Option 1= 3 times
Alt. Floor Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Jump Shrug		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Front Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Hanging Power Clean		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Romanian Deadlift		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Golf Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 2	Weight	Week 1/Option 2= 2 times	Week 2/Option 2= 3 times
See Saw Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
High Pull		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Renegade Row		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Split Snatch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Diagonal Lunge		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Thrusters		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 3	Weight	Week 1/Option 3= 2 times	Week 2/Option 3= 3 times
Toe Touch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Golf Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Twisting Military Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Split Snatch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Saxon Side Bend		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Hanging Power Clean		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:
Random Dumbbell Interv.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Phase II (Weeks 3 & 4)	Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
---	--

Circuit	Weight
Alt. Floor Press	10 reps
Jump Shrug	10 reps
Front Squat	10 reps
Hanging Power Clean	10 reps
Romanian Deadlift	10 reps
Golf Squat	10 reps

Small Break	
See Saw Press	10 reps
High Pull	10 reps
Renegade Row	10 reps
Split Snatch	10 reps
Diagonal Lunge	10 reps
Thrusters	10 reps

Small Break	
Toe Touch	10 reps
Golf Squat	10 reps
Twisting Military Press	10 reps
Split Snatch	10 reps
Saxon Side Bend	10 reps
Hanging Power Clean	10 reps

Day 1 = 1 time O Day 2 = 3 times O Day 3 = 2 times O

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	O O O	Comments:
Random Dumbbell Interv.	O O O	
Intervals	O O O	
Fartlek	O O O	
Aerobic	O O O	
None	O O O	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Phase III (Weeks 1 & 2)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
--	--	--

Day 1	Weight	Week 1/Option 1= 2 times	Week 2/Option 1= 3 times
Side Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Alt. Hanging High Pull		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Diagonal Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Squat Clean		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Push Up Row		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Swing		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 2	Weight	Week 1/Option 2= 2 times	Week 2/Option 2= 3 times
Hip Raise Alt. Raise		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Reverse Wood Chopper		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Leg Deadlift		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm 1 Leg Split Snatch		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Alt. T Push Up		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Alt. Thrusters		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 3	Weight	Week 1/Option 3= 2 times	Week 2/Option 3= 3 times
Bent Press		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Squat Clean		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Overhead Squat		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
1 Arm Swing		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Turkish Get Up		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
Alt. Hanging High Pull		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:
Random Dumbbell Interv.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Phase III (Weeks 3 & 4)	Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
--	--

Circuit	Weight
Side Press	10 reps
Alt. Hanging High Pull	10 reps
Diagonal Squat	10 reps
Squat Clean	10 reps
Push Up Row	10 reps
1 Arm Swing	10 reps

Small Break	
Hip Raise Alt. Raise	10 reps
Reverse Wood Chopper	10 reps
1 Leg Deadlift	10 reps
1 Arm 1 Leg Split Snatch	10 reps
Alt. T Push Up	10 reps
Alt. Thrusters	10 reps

Small Break	
Bent Press	10 reps
Squat Clean	10 reps
1 Arm Overhead Squat	10 reps
1 Arm Swing	10 reps
Turkish Get Up	10 reps
Alt. Hanging High Pull	10 reps

Day 1 = 1 time O Day 2 = 3 times O Day 3 = 2 times O

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	O O O	Comments:
Random Dumbbell Interv.	O O O	
Intervals	O O O	
Fartlek	O O O	
Aerobic	O O O	
None	O O O	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Build Your Own

Once you have gone through Phase I, Phase II and Phase III as prescribed, you will have a great deal of Grinding Slow Lifts and Explosive Quick Lift dumbbell exercises at your disposal.

Now you can mix and match different exercises from different phases into a workout that suits you best.

Choose 3 Grinding Slow Lifts and 3 Explosive Quick Lifts and order them like this...

Grinding Slow Lift
Explosive Quick Lift
Grinding Slow Lift
Explosive Quick Lift
Grinding Slow Lift
Explosive Quick Lift

Now you can perform this exercise back to back, or repeat the creation process another 2 times and go from one circuit to another without rest.

DON'T make the mistake of only picking exercises you like or are good at performing... the best results will actually come from choosing exercises you are NOT good at performing (and therefore probably hate).

Slow Quick Peripheral Heart Action Training Build Your Own (Weeks 1 & 2)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
---	--	--

Day 1	Weight	Week 1/Option 1= 2 times	Week 2/Option 1= 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 2	Weight	Week 1/Option 2= 2 times	Week 2/Option 2= 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

Day 3	Weight	Week 1/Option 3= 2 times	Week 2/Option 3= 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times
		10 reps	<input type="radio"/> 2 times <input type="radio"/> 3 times

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:
Random Dumbbell Interv.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

Slow Quick Peripheral Heart Action Training Build Your Own (Weeks 3 & 4)		Perform 3 days a week, at least 1 day rest between workouts. Perform 10 reps of each exercise (10 each side for 1 arm exercises) and move to the next exercise without rest. Rest briefly after the circuit and repeat as instructed for the week. Increase weight when it becomes easy. Duration 2 weeks.
---	--	--

Circuit	Weight	
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps

Small Break		
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps

Small Break		
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps
		10 reps

Day 1 = 1 time O Day 2 = 3 times O Day 3 = 2 times O

	Finisher:	How Long:
Cardio	1 2 3	
Bodyweight Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	Comments:
Random	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Dumbbell Interv.		
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
Method:	1= 2= 3=	
Time of Intervals:	1= 2= 3=	

5

Dumbbell Combo Matrixes

Dumbbell Combo Matrixes

Exceed Your Expectations And Carve Out Your Best Looking Performance Body!

Dumbbell Combo Matrixes are when you combine two or more exercises together to form one exercise.

In order to complete one repetition, ALL movements must be completed.

This is an excellent way to train grinding strength movements and explosive power movements together... where successful completion of the repetition requires a seamless flow from one type of strength to the other.

This type of training will influence strength, power, speed, flexibility, coordination, balance, accuracy, agility, cardiorespiratory endurance and mental toughness.

The greater demands placed on the body will produce more results... functional muscle, cardiorespiratory improvement and fat burning.

The greatest benefits are seen from the necessity of the body to function as one complete unit in a seamless fashion to complete the combo matrix.

Make sure to **Warm Up** properly before each workout.

Do the optional **Finishers** after the workout and choose the **Cardio...** then **Cool Down** properly.

How To Perform The Dumbbell Combo Matrixes

Instead of just giving you one training strategy to use, I am going to provide you with a variety of training strategies.

Explore the different strategies and get the best results by varying your approach from time to time:

1. 3-5 Sets - 5 Reps...

Perform this strategy 3 times a week, with at least 1 day rest between workouts.

Pick a Combo Matrix and perform 3-5 sets of 5 reps with 1-2 minutes rest in between sets.

Try to do 3 sets the first time... and move on to 4 sets and then 5 sets when you are able.

Sometimes you will be able to move up in sets each time... and sometimes it will take a few workouts to be able to move up.

When you can do 5 sets of 5 reps either increase the weight or change Combo Matrixes.

2. St..Studders...

Perform this strategy 3 times a week, with at least 1 day rest between workouts.

Instead of doing one repetition of the first movement and then moving directly to the next movement... do 2-3 reps of the first movement, then 2-3 reps of the second movement, etc.

For example, if your were doing the Romanian Deadlift - Curl -Press Combo Matrix, to perform one rep you would do 2-3 Romanian Deadlifts, then 2-3 Curls and then 2-3 Presses.

Perform 5-10 full reps of the Combo Matrix, resting as needed between sets and timing yourself to completion.

Next time, try to do the same exercise the same amount of repetitions... but reduce the time it takes you to complete the workout.

3. Timed Combo Matrixes...

Perform this strategy 3 times a week, with at least 1 day rest between workouts.

This is probably the simplest strategy... but don't confuse simple with easy.

Combo Matrixes done for time are anything but easy... they are a full body workout that will test all levels of strength as well as your heart and lung power (as well as burning off fat like nobody's business).

Choose a time 5 minutes, 10 minutes, 15 minutes or 20 minutes and choose 1 Combo Matrix.

Perform the Combo Matrix for the time period chosen, taking breaks when necessary.

Count total reps and try to beat that number the next time you perform the same Combo Matrix for the same time period.

After 3 consecutive workouts doing the same exercise and time period... either change the Combo Matrix, the Time Period or change both.

4. Escalating Density Training

This form of training was made famous by Charles Staley.

In simple terms, the goal of Escalating Density Training is to perform more repetitions in the same amount of time as you did the previous workout.

This is very similar to Time Combo Matrixes, expect we are going to use 3 different Time Zones and 3 Different Combo Matrixes.

TIME ZONE 1

5 minutes of Combo Matrix 1, resting as long or as little between reps as you need.

Rest 2 Minutes

TIME ZONE 2

10 Minutes of Combo Matrix 2, resting as long or as little between reps as you need.

Rest 2 Minutes

TIME ZONE 3

10 Minutes of Combo Matrix 3, resting as long or as little between reps as you need.

Keep track of how many total reps you complete for each Time Zone, and then try to beat that number the next time.

5. The Hermann Goerner “Die Kette” - THE CHAIN

Hermann Goerner was a German strongman who performed amazing feats of strength in the 1900's.

While he used many different training methods to develop his incredible strength... it can be argued that “Die Kette” or THE CHAIN, performed with kettlebells, was one of his staple training methods.

This method is described in the book, **Goerner The Mighty**, written in 1951 by Edgar Mueller.

Mueller says, “The kettleweights were placed in a row on the floor of the gymnasium, and working “Die Kette” (or The Chain) meant that Hermann would start out by taking the first kettleweight in the right hand and swinging it to arm’s length overhead, relowered to the shoulder and from there to the “hang” and then curled to the shoulder, then pressed overhead again and finally lowered again and placed on the floor. He would then repeat this with the next kettleweight, using this time the left hand. The whole length of the chain would be worked through in this manner.”

For this strategy, you will need dumbbells of different weights... the more you have the better.

Set the dumbbells up in a row, and then perform a Combo Matrix at each different weight.

You can set the dumbbells up in order of weight, or mix up the dumbbells.

Use two dumbbells of the same weight for 2 armed Combo Matrixes.

Complete THE CHAIN and then repeat as needed (longer chains may only be completed once, or a couple of times, where short chains can be repeated more).

6. Timed Ladders

Ladders are a popular training method where you do 1 rep, rest, 2 reps, rest, 3 reps, rest etc. until you reach the desired repetition... and then you start all over again.

The amount of rest you take equals the time it took you to complete the previous repetitions.

We are going to use Timed Ladders... where instead of repetitions we will use time periods.

Choose one Combo Matrix and perform...

30 seconds Combo Matrix 30 seconds rest
45 seconds Combo Matrix 45 seconds rest
60 seconds Combo Matrix 60 seconds rest

Then start over at 30 seconds and complete the entire Ladder again.

Progress by trying to do more repetitions in the same amount of time, increasing the weight or completing more complete Ladders.

I have provided short descriptions of the Combo Matrixes, but since most of the matrixes are made up of exercises previously described in this book... please go to the detailed descriptions for a refresher.

Just because you are combining different exercises in this section does not mean you can sacrifice form... do all the movements properly.

Start with a lighter weight until you get the hang of it... and then increase the weight when able.

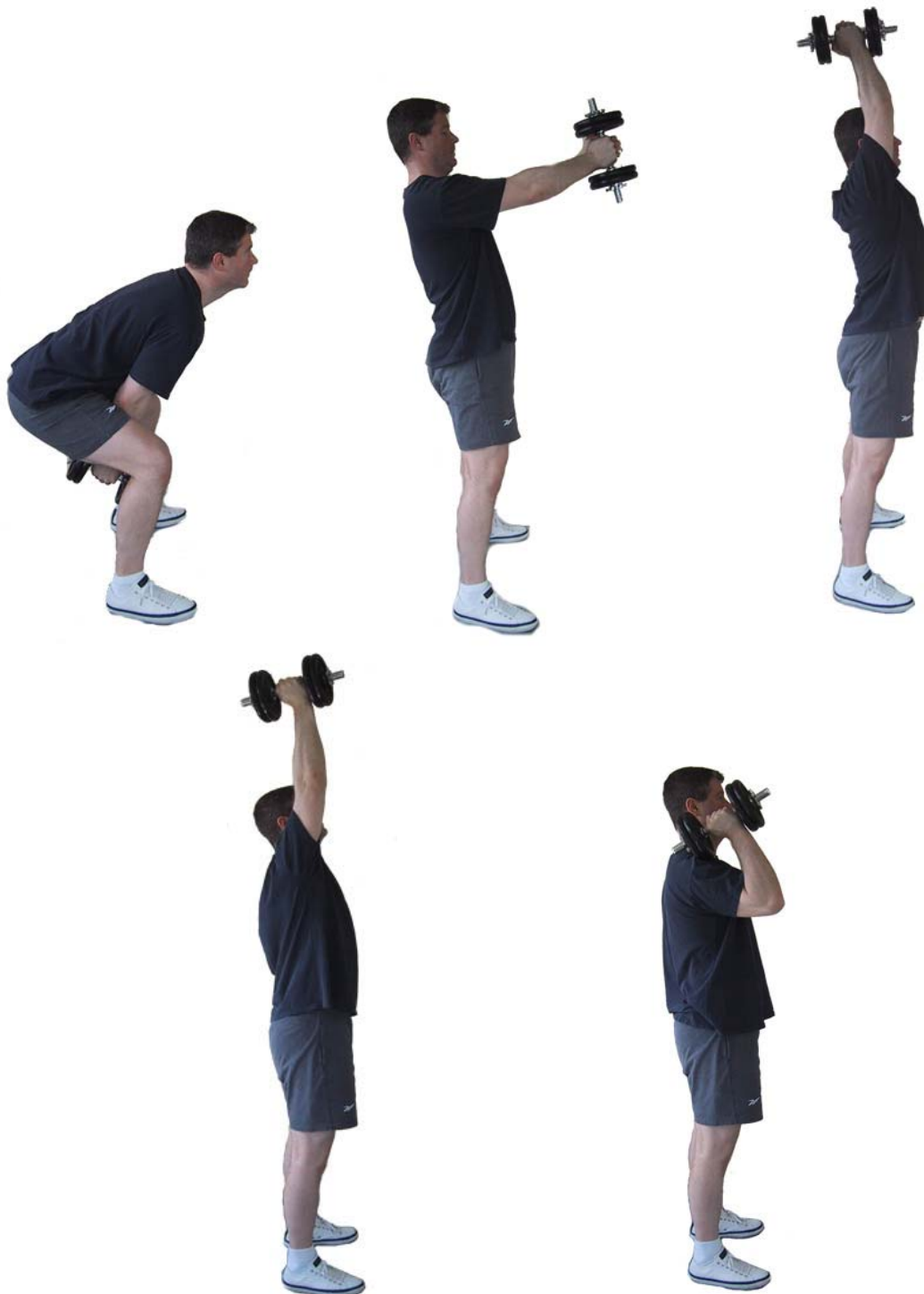
Phase I

Double Combo Matrixes

One Arm Swing - Press

Swing the dumbbell up and overhead, but instead of swinging the dumbbell back down, lower the dumbbell to your shoulder and press. Then swing and repeat.

Repeat with the opposite arm.



One Arm Swing - One Arm Snatch

Perform a 1 Arm Swing, and when you return to the Starting position, perform a 1 Arm Snatch.



One Arm Swing - Overhead Squat

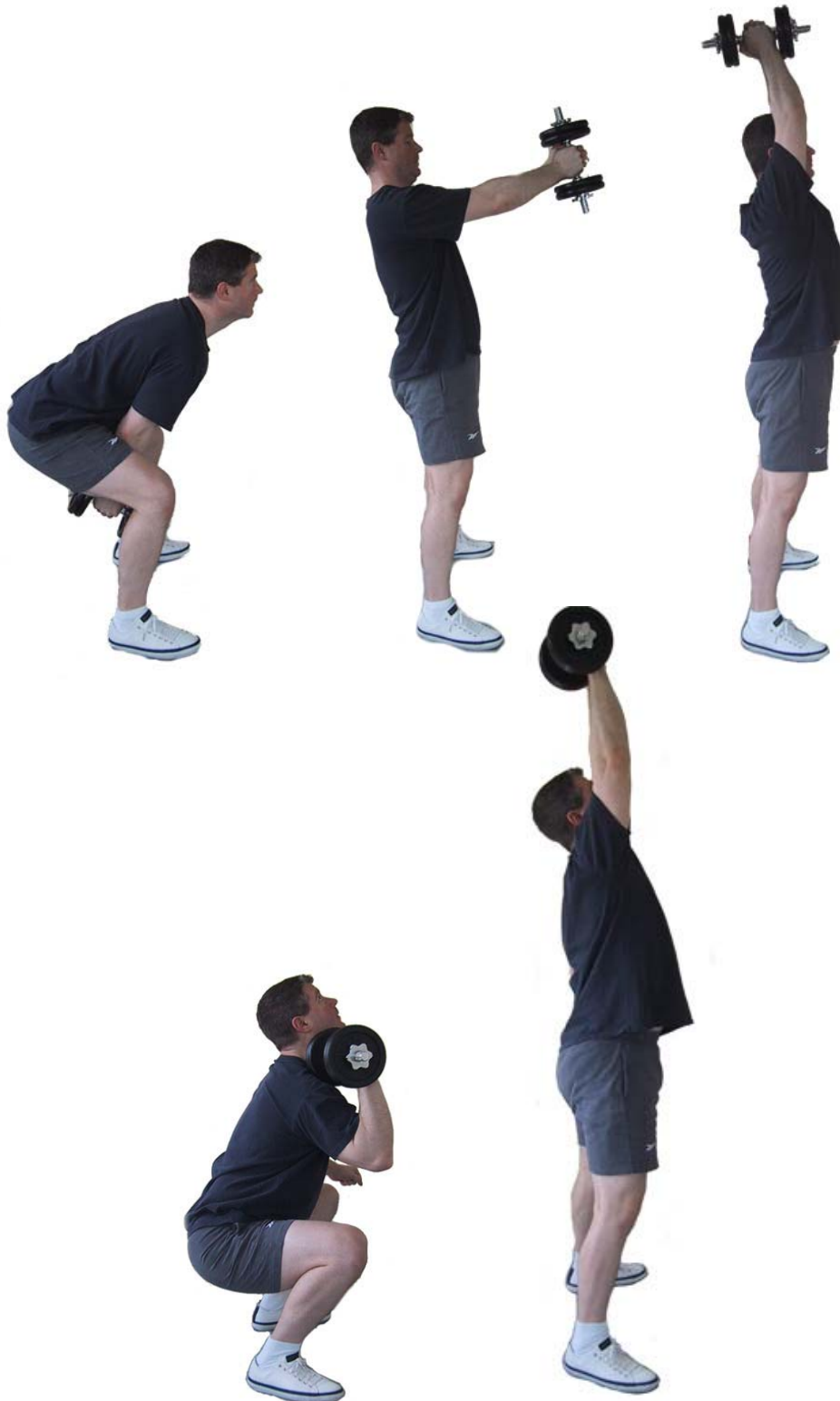
Swing the dumbbell up and overhead, but instead of swinging the dumbbell back down, perform an Overhead Squat. Then swing and repeat.

Repeat with the opposite arm.



One Arm Swing - Thruster

Swing the dumbbell up and overhead, lower the dumbbell to the shoulder as you drop into a squat, reverse directions and press the dumbbell overhead. Then swing and repeat. Repeat with opposite arm.



Turkish Get Up – Windmill

Complete a Turkish Get Up, and when you are standing with the dumbbell overhead, perform a Windmill. Return to the Starting Position and repeat.

Repeat with the opposite arm.



Turkish Get Up - One Arm Snatch

Complete a Turkish Get Up, and when you are standing with the dumbbell overhead, lower the dumbbell between your legs and perform a 1 Arm Snatch. Return to the Starting Position and repeat.

Repeat with the opposite arm.



Front Squat - Split Jerk

Squat down with dumbbells held at your shoulders with elbows pointing forward. When you return to standing position, perform a Split Jerk. Return to starting position and repeat, alternating the forward leg for the Jerk with each repetition.



Suitcase Deadlift - Hang Clean

Perform a Deadlift with the dumbbells held at your sides, then immediately perform a Hang Clean.



Suitcase Deadlift - Squat Clean

Perform a Deadlift with the dumbbells held at your sides, then immediately perform a Squat Clean.



Suitcase Deadlift - Hammer Curl

Perform a Deadlift with the dumbbells held at your sides, then immediately perform a Hammer Curl.



Sumo Deadlift - Hanging High Pull

Perform a Sumo Deadlift and at the top of the motion turn the wrists so your palms face your body and immediately perform a Hanging High Pull.



Romanian Deadlift - Curl

Perform a Romanian Deadlift, and then Curl the dumbbells while twisting the wrists so the palms face your body.



Clean - Press (From Floor or Hang)

Clean the dumbbells to your shoulders and then press overhead.



Clean - Front Squat (From Floor or Hang)

Clean the dumbbells to your shoulders and then perform a Front Squat.



Clean - See Saw Press (From Floor or Hang)

Clean the dumbbells to your shoulders and then perform a See Saw Press.



Clean - Split Jerk (From Floor or Hang)

Clean the dumbbells to your shoulders and then perform a Split Jerk. Alternate leg forward with each repetition.



Phase II

Triple Combo Matrixes

*****By now, you should understand how the Dumbbell Combo Matrixes work. Therefore, I have only given simple descriptions of the following matrixes without the photos.**

Clean - Front Squat - Thruster

Clean the dumbbells to your shoulders, squat down, and then stand up while you push dumbbells overhead. Return the dumbbells to the starting position.

Suitcase Deadlift - Hang Clean – Press

Perform a Suitcase Deadlift, clean the dumbbell to your shoulders and then press the dumbbells overhead.

Suitcase Deadlift - Hang Clean - Split Jerk

Perform a Suitcase Deadlift, clean the dumbbells to your shoulders and then perform a Split Jerk. On the next repetition, lunge with the opposite leg.

Romanian Deadlift - Curl -Press

Perform a Romanian Deadlift, curl the dumbbells to your shoulders and then press them overhead.

Squat Clean - Alternating 1 Arm Split Jerk

Squat Clean the dumbbells to your shoulders and then Split Jerk with one arm and then the next before returning the dumbbells to the starting position.

Front Squat - Alternating Split Jerk

Perform a Front Squat and then Split Jerk with one arm and then the next before returning the dumbbells to the starting position.

Front Squat - See Saw Press

Perform a Front Squat and then press the dumbbells first to one side and then the other before returning to the starting position.

One Arm Front Squat - Press - Windmill

Perform a Front Squat holding only one dumbbell, press the dumbbell overhead and then perform a Windmill. Repeat with the opposite arm.

Squat - Curl - Press

Squat with the dumbbells held at your sides, curl the dumbbells to your shoulders and then press them overhead.

One Arm Swing - One Arm Snatch - One Arm Clean

Perform a 1 Arm Swing, a 1 Arm Snatch and a 1 Arm Clean, back to back. Repeat with the opposite arm.

Turkish Get Up - One Arm Snatch - Windmill

Perform the first part of a Turkish Get Up (to standing), lower the weight between your legs and perform a Snatch and then a Windmill before returning to the ground to finish the Turkish Get Up. Repeat on the opposite side.

Turkish Get Up - Push Press - One Arm Swing

Perform the first part of a Turkish Get Up (to standing), lower the weight to your shoulder and perform a Push Press, then lower the dumbbell between your legs for a Swing before returning to the ground to finish the Turkish Get Up. Repeat on the opposite side.

One Arm Swing - Press - Overhead Squat

Swing the dumbbell overhead, lower to your shoulder and perform a Press, then squat with the dumbbell extended overhead.

Deadlift - High Pull From Ground - Snatch From Ground

Perform a Deadlift and return to the starting position, perform a High Pull and return to the starting position and then perform a Snatch.

Phase III

Quadruple Combo Matrixes

*****By now, you should understand how the Dumbbell Combo Matrixes work. Therefore, I have only given simple descriptions of the following matrixes without the photos.**

Suitcase Deadlift - Clean - Alternating Split Jerk

Perform a Deadlift with the dumbbells at your sides, clean the dumbbells to your shoulders, jerk with one arm and opposite leg forward and then to the opposite side before returning to the starting position.

Clean - Front Squat - Alternating Split Jerk

Clean the dumbbells to your shoulders, perform a Front Squat and then jerk with one arm and opposite leg forward and then to the opposite side before returning to the starting position.

One Arm Swing - One Arm Snatch - Clean - Press

Perform a Swing and then a Snatch, clean the dumbbell to your shoulder and press overhead before returning to the starting position. Repeat with the opposite arm.

One Arm Swing - One Arm Snatch - Clean - Split Jerk

Perform a Swing and then a Snatch, clean the dumbbell to your shoulder and jerk the dumbbell overhead with the opposite leg forward before returning to the starting position. Repeat with the opposite arm.

Romanian Deadlift - Clean - Front Squat - Press

Perform a Romanian Deadlift, clean the dumbbells to your shoulders, front squat and then press the dumbbells overhead before returning to the starting position.

Dumbbell Burpee

Starting Position: Stand in front of two dumbbells placed about shoulders width apart.

Action: Squat down and grab the dumbbells.

Kick your legs back into the up push up position, hands on the dumbbells.

Lower yourself between the dumbbells and press back up.

Jump your legs back up into the squat position.

Stand up, taking the dumbbells with you.

Clean the dumbbells to your shoulders and then press them overhead.

Lower the dumbbells and squat down, placing the dumbbells on the ground in preparation for another repetition.

Dumbbell Combo	Perform 3 times a week, at least 1 day rest between workouts.
Matrix	Pick 1 combo Matrix and perform 3-5 sets of 5 reps with 1-2 min.
3-5 Sets	rest between sets. When you can do 5 sets of 5 reps... increase
5 Reps	the weight or change combo matrixes. Duration: at least 1 week
	Increase weights when it becomes easy.

Day 1	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Day 2	Weight	Set 1	Set 2	Set 3	Set 4	Set 5
Day 3	Weight	Set 1	Set 2	Set 3	Set 4	Set 5

Finisher:			How Long:	
Cardio	1	2	3	Comments:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Intervals				
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Dumbbell Interv.				
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Method:	1=	2=	3=	
Time of Intervals:	1=	2=	3=	

Dumbbell Combo	Perform 3 times a week, at least 1 day rest between
Matrix	workouts. Pick 1 combo Matrix and do 2-3 reps of the first
St...Studders	movement, 2-3 reps of the second movement, etc. Do 5-10
	FULL REPS, resting as needed and time yourself. Try to do
	the same workout in less time the next time. Increase
	weight when it becomes easy. Duration: at least 1 week.

Day 1	Weight	# Reps per movement	Full reps	Time
Day 2	Weight	# Reps per movement	Full reps	Time
Day 3	Weight	# Reps per movement	Full reps	Time

Finisher:				How Long:
Cardio	1	2	3	Comments:
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Intervals				
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Dumbbell Interv.				
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Method:	1=	2=	3=	
Time of Intervals:	1=	2=	3=	

Dumbbell Combo	Perform 3 times a week, at least 1 day rest between workouts.		
Matrix	Choose 1 combo Matrix and perform the exercise for 5, 10, 15 or		
Timed Combo	20 minutes, taking breaks as necessary. Keep track of total reps		
Matrixes	and try to beat that number next time.		
	Duration: at least 1 week.		

Day 1	Weight	Time	Reps
		<input type="radio"/> 5 <input type="radio"/> 10 <input type="radio"/> 15 <input type="radio"/> 20	
Day 2	Weight	Time	Reps
		<input type="radio"/> 5 <input type="radio"/> 10 <input type="radio"/> 15 <input type="radio"/> 20	
Day 3	Weight	Time	Reps
		<input type="radio"/> 5 <input type="radio"/> 10 <input type="radio"/> 15 <input type="radio"/> 20	

Finisher:			How Long:
Cardio	1 2 3		Comments:
Bodyweight	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Intervals			
Random	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Dumbbell Interv.			
Intervals	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Fartlek	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Aerobic	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
None	<input type="radio"/> <input type="radio"/> <input type="radio"/>		
Method:	1= 2= 3=		
Time of Intervals:	1= 2= 3=		

Dumbbell Combo	Perform 3 times a week, at least 1 day rest between workouts.			
Matrix	Choose 3 different combo matrixes and perform for the instructed			
Escalating	time periods, resting as needed. Keep track of reps and try to			
Density	beat that number next time. Rest 2 minutes between time zones			
Training	Duration: at least 1 week.			

Time Zone 1 (5 min)	Weight	1st time reps	2nd time reps	3rd time reps
Rest 2 min.				
Time Zone 2 (10 min)	Weight	1st time reps	2nd time reps	3rd time reps
Rest 2 min.				
Time Zone 3 (10 min)	Weight	1st time reps	2nd time reps	3rd time reps

Finisher:				How Long:			
Cardio	1	2	3	Comments:			
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Intervals							
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Dumbbell Interv.							
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
Method:	1=	2=	3=				
Time of Interv:	1=	2=	3=				

Dumbbell		Perform 3 times a week, at least 1 day rest between workouts.			
Complex Matrix		Set up the dumbbells in a line with different weights. Perform 1 rep			
Herman Goerner		of the combo matrix with one weight, then move to the next weight.			
The Chain		Repeat the number of times desired.			
		Duration: at least 1 week.			

Exercise	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5	# Times

Finisher:				How Long:		
Cardio	1	2	3	Comments:		
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Intervals						
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Dumbbell Interv.						
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Method:	1=	2=	3=			
Time of Intervals	1=	2=	3=			

Dumbbell Combo	Perform 3 times a week, at least 1 day rest between workouts.
Matrix	Perform combo matrix for timed period estipulated, rest same
Timed Ladders	amount of time and go to the next time period. When you reach the end of the ladder, start over. Repeat this procedure for the desire number of ladders. Increase number of ladders from 1 workout to the next. Duration: at least 1 week.

Exercise	Ladder	# of Ladders
	30 on/30 off /45 on/45 off/ 60 on/60 off	
Exercise	Ladder	# of Ladders
	30 on/30 off /45 on/45 off/ 60 on/60 off	
Exercise	Ladder	# of Ladders
	30 on/30 off /45 on/45 off/ 60 on/60 off	

Finisher:			How Long:			
Cardio	1	2	3	Comments:		
Bodyweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Intervals						
Random	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Dumbbell Interv.						
Intervals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Fartlek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Method:	1=	2=	3=			
Time of Interv:	1=	2=	3=			

Section 3

Finishers and Recommended Cardiorespiratory Protocol

Finishers - For Those Who Want More!

If after completing the Grinding Slow Lift Super-Sets and the Cardio recommendations you still have some energy you can try any of these Finishers.

Farmer's Walk

Hold two HEAVY dumbbells by your sides and walk. Can be done for distance or time.



Overhead Hold



Press two dumbbells overhead and hold for time. Keep your core tight and breath shallowly.

Variations: Hold one dumbbell overhead for time and then switch sides OR hold one dumbbell overhead and one at your side and alternate for time periods.

Side Plank Press Hold

Assume a side plank position and press the dumbbell up over your body. Hold for time, and repeat on the opposite side.



Recommended Cardiorespiratory Protocol

Choose one of the methods below based on how you feel.

I have ordered the recommendations according to my preferences, and what I think is most effective... however, to get the best results you should vary the method you use.

Don't do the same thing all the time... vary the method, the activity and the time of your cardio training.

Since the Slow/Quick Peripheral Heart Action Circuits are extremely taxing... you may not need any extra cardio work at all.

However, if you feel up to it...

First Choice...

20 minutes of aerobic activity.

Vary the activity for the best results... and don't get in the habit of picking this choice all the time.

Second Choice...

Either Fartlek Training or Intervals.

Try...

30 seconds hard, 30 seconds rest
30 seconds hard, 60 seconds rest
or 60 seconds hard, 60 seconds rest.

Again, vary the intervals, rest periods and activity for the best results.

Third Choice

One of the Bodyweight Interval Workouts... either Beginner, Intermediate or Advanced, depending on your goals, needs, abilities and limitations.

Finishers

If after completing the Slow/Quick Peripheral Heart Action Circuits and the Cardio recommendations (if you do extra cardio) you still have some energy you can try any of these Finishers.

Farmer's Walk
Overhead Hold
Waiter's Walk
Overhead Walking 8
Side Plank Press Hold

Build Your Own

The Combo Matrixes listed are not the only combinations you can put together.

Come up with your own by stringing 2, 3 or more exercises together and using one of the training strategies listed.

The trick is to organize the exercises so that they seamlessly flow from one exercise to another... don't use exercises that require an awkward transition from one to the other.

“Cardio” Recommendations

Leave The Rest Behind With Superior “Cardio”

While the bulk of your training will be done with dumbbells, performing added cardiorespiratory training can further add to your results.

I recommend 6 different ways to do this, in order of preference...

- Bodyweight Calisthenics Intervals
- 1 Dice Random Dumbbell Intervals
- Intervals
- Fartlek
- Aerobic
- None

Depending on the difficulty, intensity and duration of the regular workout, perform a separate “Cardio” session either after the regular workout or on a separate day.

I have ordered the recommendations according to my preferences, and what I think is most effective... however, to get the best results you should vary the method you use.

Don't do the same thing all the time... vary the method, the activity and the time of your cardio training.

First Choice...

One of the **Bodyweight Calisthenics Intervals**... either Beginner, Intermediate or Advanced, depending on your goals, needs, abilities and limitations.

Review **Bodyweight Calisthenics Intervals** for specific guidelines.

Second Choice...

One of the **1 Dice Random Dumbbell Intervals**... use the dice to determine the intervals and instructed and perform the intervals with the dumbbell exercise of your choice.

Review **1 Dice Random Dumbbell Intervals** for specific guidelines.

Third Choice...

Perform 6-10 intervals of your choice of activities.

Popular activities include biking, running, jumping rope, rowing, etc.

Try...

30 seconds hard, 30 seconds rest
30 seconds hard, 60 seconds rest
or 60 seconds hard, 60 seconds rest.

Vary the intervals, rest periods and activity for the best results.

Review **Better Than Traditional "Cardio"** for more information.

Fourth Choice...

Perform 10-30 minutes of Fartlek activity.

Perform an activity like biking, running, jumping rope, rowing etc. for a specific length of time, increasing and decreasing the intensity at random intervals.

Vary the intervals, rest periods and activity for the best results.

Review **Better Than Traditional "Cardio"** for more information.

Fifth Choice...

Choose an activity like biking, running, jumping rope, rowing etc. and perform it for 20-30 minutes at a moderate pace.

Vary the activity for the best results... and don't get in the habit of picking this choice all the time.

Better and faster results will be seen with the previous selections.

Vary the activity and duration for the best results.

Review **Better Than Traditional "Cardio"** for more information.

Sixth Choice...

Nothing.

Sometimes the dumbbell workout is of such a difficulty, intensity and duration that further "cardio" work is not necessary.

You will see fantastic results just by performing the dumbbell workouts as prescribed... you will build wanted muscle, improve cardiorespiratory endurance and burn off fat without any added "cardio".

If you are extremely tired after your dumbbell workout, it might be better to take a break on the extra "cardio"... especially after the Timed Circuits, Peripheral Heart Action and Combo Matrixes.

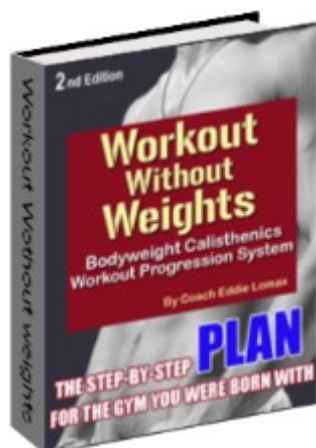
However, more and faster results will be accomplished if you choose one of the methods above.

Section 4

Links and Other Products

Announcing...

WORKOUT WITHOUT WEIGHTS Bodyweight Calisthenics Workout Progression System!



Workout Without Weights utilizes one of the most effective, versatile and beneficial training methods available to both the serious athlete and non-professional fitness enthusiast... **your own body!**

And the **Bodyweight Calisthenics Workout Progression System** is a comprehensive, progressive plan to **SIMULTANEOUSLY IMPROVE STRENGTH AND CONDITIONING WHILE BURNING FAT...** using **only** bodyweight exercises and calisthenics.

This 289 page book is **not** just a bunch of exercises and workouts!

It is a **step-by step plan** allowing you to **systematically** take your fitness, health and physique to new heights... often exceeding your expectations!

This is **not** a generic program that works for a while and then becomes useless... but a **progressive program** changing as your needs and desires change!

You will discover what works **best** for you... making your training time more effective and allowing you to reach your strength, conditioning and physique goals in the **shortest time possible**.

And by taking an active role in designing a unique program to meet your goals, needs, abilities and limitations... **you can stop struggling through workout programs you hate!**

"I did some of the drills this morning. I am impressed with the broad range of bodyweight drills and the varying levels you included in the book. I am now a huge fan of the book. The book is so good in that it has something to offer fighters and the general workout population. For someone teaching class's your book would be a goldmine of information."

Unsolicited Feedback

[Click Here To Find Out How To Use The Gym You Were Born With!](#)

Join My Team By Becoming A Optimum Fitness Network Affiliate!

**Earn Money Helping People Find
Coach Lomax Authored Fitness Products...
And Get The Marketing Tools & Guidance Necessary
To Succeed Online!**

Dear Future Team Member,

Hello, my name is **Coach Eddie Lomax**, president and founder of the **Optimum Fitness Network LLC**... and accomplished author of fitness related products.

Do you have a website, e-zine, blog or online newsletter?

Would your visitors be interested in top quality, effective, immediately downloadable fitness products guaranteed to improve fitness, health and physique?

Are you an online marketer thinking of starting a fitness related website or a pay per click campaign, but you need high quality products to promote?

Even if your not on the web, do you want to help family, friends and co-workers finally succeed in performing, feeling and looking better... while earning some extra money for yourself?

If you answered YES to **any** of these questions, you should join my team and start recommending **Optimum Fitness Network** products right now... and create a passive, *performance based* income stream at the same time.

**The Sooner You Get Started...
The Sooner You Can Start Earning!**

My affiliate programs are offered through www.clickbank.com, a trusted leader in affiliate marketing. Not a Clickbank member?... no problem. [Click here to find out how to become a Clickbank member... it's Free!](#)

If you are already a Clickbank affiliate, you can begin promoting **Optimum Fitness Network** products immediately, using your existing affiliate account name (nickname). [Click here for hoplink instructions.](#)

For those of you who don't know, an affiliate program is a web-based referral system where you can recommend my e-books to other people, send them to my product websites <http://www.workout-without-weights.com> through a specially coded affiliate link and get paid commissions for your referrals when someone makes a purchase.

Here's the best part... you earn a **51% commission** on every e-book sale made coming through your affiliate link.

That's right... *you get more than half the profit!*

Although I can't guarantee how much money you will earn (please read the earnings disclaimer in the [Affiliate Agreement](#)), I can tell you the earning potential is virtually unlimited... the better you promote my e-books, the more money you make!

You can check your affiliate commissions 24/7, in REAL TIME, when you log in at www.clickbank.com, and they will send you a check every two weeks with your earnings!

Sounds great, doesn't it?

But I'll make it even better...

I'll Help You Earn More Money!

One concern many people have is that they don't know how to successfully promote or advertise an e-book on the Internet.

But by joining my **Affiliate Team**, you don't have to worry about lack of internet marketing experience because I will personally provide you with the resources you need to be successful.

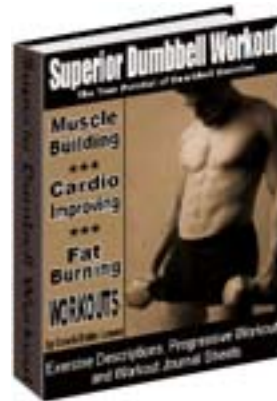
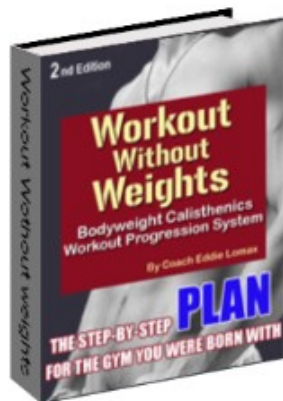
Unlike other affiliate programs, I am personally in charge of affiliate marketing and will give you guidance, tips, graphics, ad copy, articles, book covers, etc., ... everything you need to conduct a successful marketing campaign.

I believe each of you has unique strengths and talents that can make you a SUPER-Affiliate, and it's my job to help you maximize those abilities and reach your potential... after all, isn't that what a coach is supposed to do?

Bottom line, I want you to succeed... so you will never be left wondering what to do next. (Please do not be tempted to use "get-rich-quick" or illegal marketing tactics, please read the ANTI-SPAM Policy in the [Affiliate Agreement](#))

Becoming a **OFN Affiliate Team Member** is absolutely FREE, so let's get started immediately.

Products Currently Available For Affiliate Promotion



IMPORTANT

There are more great products coming soon! Great news for you, because you can be the **FIRST** to promote new products... greatly improving your earning potential. Make sure to sign up for the **OFN Team Newsletter** in the **Affiliate Resource Center** to stay informed of new releases.

Don't Leave Anything To Chance...

If you have created your Clickbank account and hoplinks for each of the products you plan to promote... Click on the link below and go to the **OFN Affiliate Resource Center** and follow the step-by-step instructions you find there.

Failure to follow the instructions will seriously reduce your chances of reaching your earning potential... so read, learn and above all else, **APPLY** what you learn.

I'm looking forward to working with you,

[Click Here To Go To The Affiliate Resource Center Now!](#)

Eddie Lomax,
President & Founder **Optimum Fitness Network LLC**
Affiliate Program Manager
[Click Here To Contact Me](#)