

K A I G R E E N E ' S

# AT HOME WORKOUT



S T O R M I N G T H E C A S T L E

# THE ARMORY

**NOTE-** Fat loss requires a caloric deficit. Muscle gain requires a caloric surplus.

## **ACCELERATING FAT LOSS:**

Maximizing your fat loss means taking advantage of various intensity techniques to not only speed up your rate of fat loss but also the added benefits of improving your endurance and conditioning. You need not only do a straight forward attack on the invading masses. A wiley warrior must leverage all at his disposal if he is to claim victory.

## **REST-PAUSE:**

Simply put, a rest-pause is a whole set you break down into multiple sets with a tight window for rest periods. There are myriad of way this can be set up. An example is by doing the most reps you can on an exercise keeping your form intact going till technical failure stopping one rep short of having your form completely breaking down. This is followed by a 10 second rest period and then you repeat till you can no longer properly lift the weight.

## **CARDIO ACCELERATION:**

Another awesome intensity technique. Effectively, cardio takes the place of your rest periods. Instead of taking your normal rest periods, you opt out out for 30-45 seconds of something like burpees, jump rope, jump squats e.t.c. This is a powerful tool to increase caloric burn.



# THE ARMORY

## SUPERSET:

A simple yet effective approach. A super set is be completing one set of an exercise and moving on to the next exercise without resting in between them.



## DROP-SETS:

The idea with drop-sets is to perform an exercise and then lower the weights without rest and continue for more reps till failure. There are no rest periods in between reducing the weights other than the very short time it takes to stop and work with the lowered weights.



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STORMING THE CASTLE

# YOUR WEAPONS CACHE

You grab your torch and descend into the down a narrow, spiraling staircase into the ancient bellows of your castle. Here is where you will find your kingdom's salvation. Illuminate the darkness and find the below weapons in your war for the ideal physique.

- 1- Weight lifting bench
- 2- Dumbbells/Kettlebells
- 3- Pull-up bar
- 4- Resistance bands
- 5- Medicine ball
- 6- Ab Roller



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STORMING THE CASTLE

# TRAINING FOR BATTLE

## ▾ KETTLEBELL SWING ▸

### EXERCISE GUIDE:

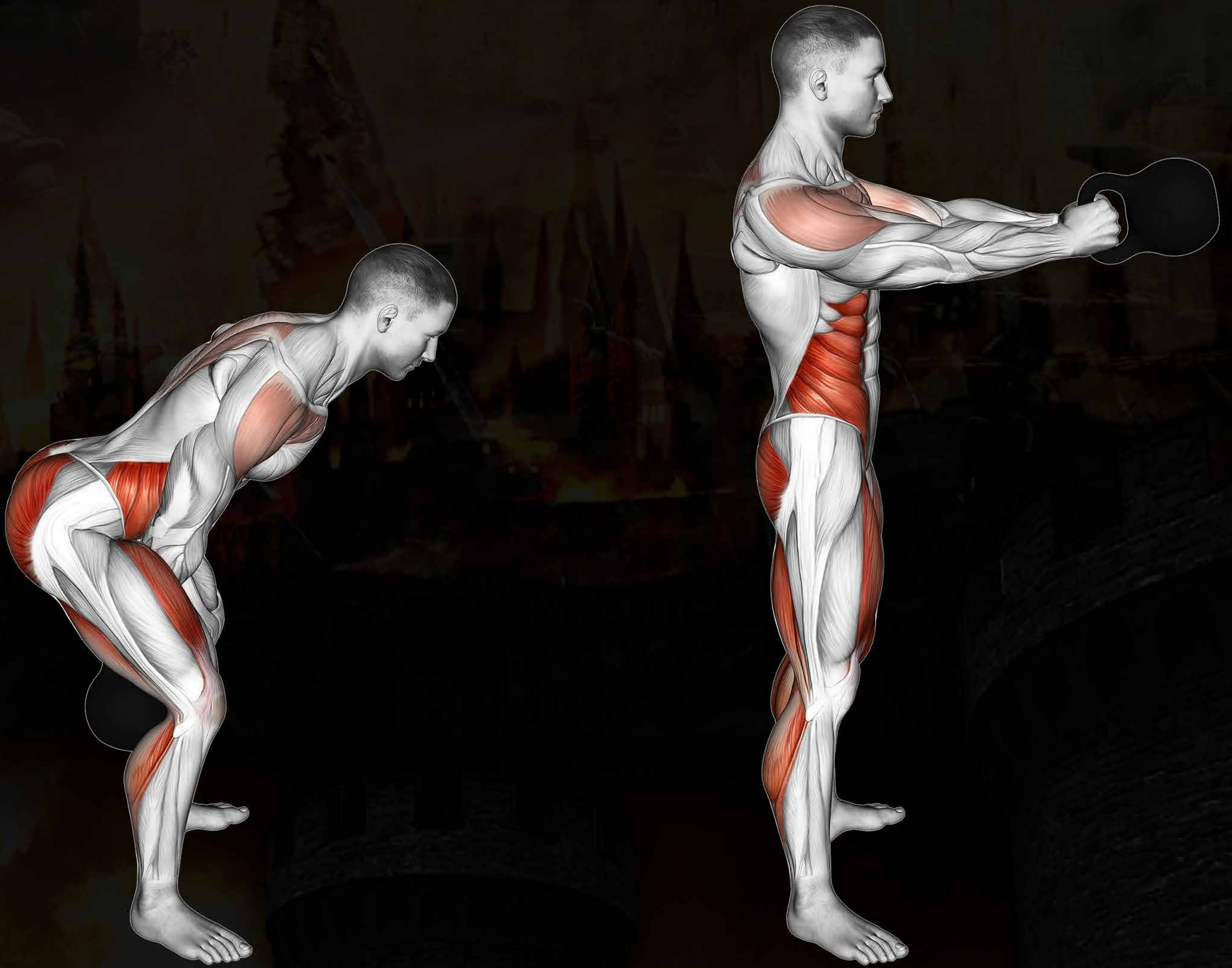
1. Get in a hip hinge position with your feet shoulder width apart. Slight bend in the knee without squatting. Kettlebell handle or dumbbell should be aligned with your eyes. Make sure your back is as flat as it could be with only your natural arch and grab the kettlebell.
2. Lock tension in your lats to stabilize your spine and lock your shoulder joints from being loose.
3. Hike the weights behind your body quickly and come up into a standing plank position. This should be fast and explosive.
4. Repeat for the desired amount of sets and reps.

### COMMON MISTAKES:

1. **NO SQUATTERS:** This is not a squatting exercise. You should always go from a hip hinge to a plank. A common mistake is to squat coming down which defeats the purpose of the exercise.
2. **CARRYING THE KINGDOM ON YOUR BACK:** Swinging the kettlebell with a rounded back. Always make sure your back is in a neutral position. Attempting to lift with your back will ensure your empire crumbles.
3. **SHOULDERING THIS BURDEN ALONE:** You have a round table of nobles ready to lay down their life for the Kingdom. Remember to use them and don't shoulder this alone! The only role the shoulder should play is to guide the direction the Kettlebell goes from the momentum we get from swinging the kettlebell behind our body. A constant fatigue shoulder should be a sign of incorrect form.

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STORMING THE CASTLE

# TRAINING FOR BATTLE

## ▾ DUMBBELL LUNGE ▾

### EXERCISE GUIDE:

1. Stand straight up gripping dumbbells in both hands with feet about shoulder width apart.
2. Take a step forward dropping your hips keeping your posture straight. The forward knee should always be behind your toes and never over them. Make sure your other knee does not touch the floor and stays right above the ankle. Your front and back line must always be in line with your hip.
3. Balance the weight on the heels of your forward leg as you get up and repeat step one and two with the other leg.
4. Repeat for the desired amount of sets and reps.

### COMMON MISTAKES:

1. **NOT TAKING THE APPROPRIATE STEPS:** You need to take far enough steps to save your kingdom and stimulate your muscles. Knees not far out enough would force your knees to go over your toes and too far out. Fix this by doing stationary non weighted lunges till you get the perfect step.

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## ▾ DUMBBELL LUNGE ▾



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# TRAINING FOR BATTLE

## ▾ PULL-UP ▴

### EXERCISE GUIDE:

1. Stand straight up gripping dumbbells in both hands with feet about shoulder width apart.
2. Take a step forward dropping your hips keeping your posture straight. The forward knee should always be behind your toes and never over them. Make sure your other knee does not touch the floor and stays right above the ankle. Your front and back line must always be in line with your hip.
3. Balance the weight on the heels of your forward leg as you get up and repeat step one and two with the other leg.
4. Repeat for the desired amount of sets and reps.

### COMMON MISTAKES:

**NOT COMING FROM A PLACE OF STRENGTH:** The battle is often over before the first sword is drawn. An enemy only attacks when they truly believe they can win. To win, you must always move from a strong place. Before doing a pull up, set your shoulders by pulling them back. This will take strain off of your shoulders and joints while optimizing the pull ups effectiveness.

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## ▾ PULL-UP ▾



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# TRAINING FOR BATTLE

## ▾ GOBLET SQUATS ▸

### EXERCISE GUIDE:

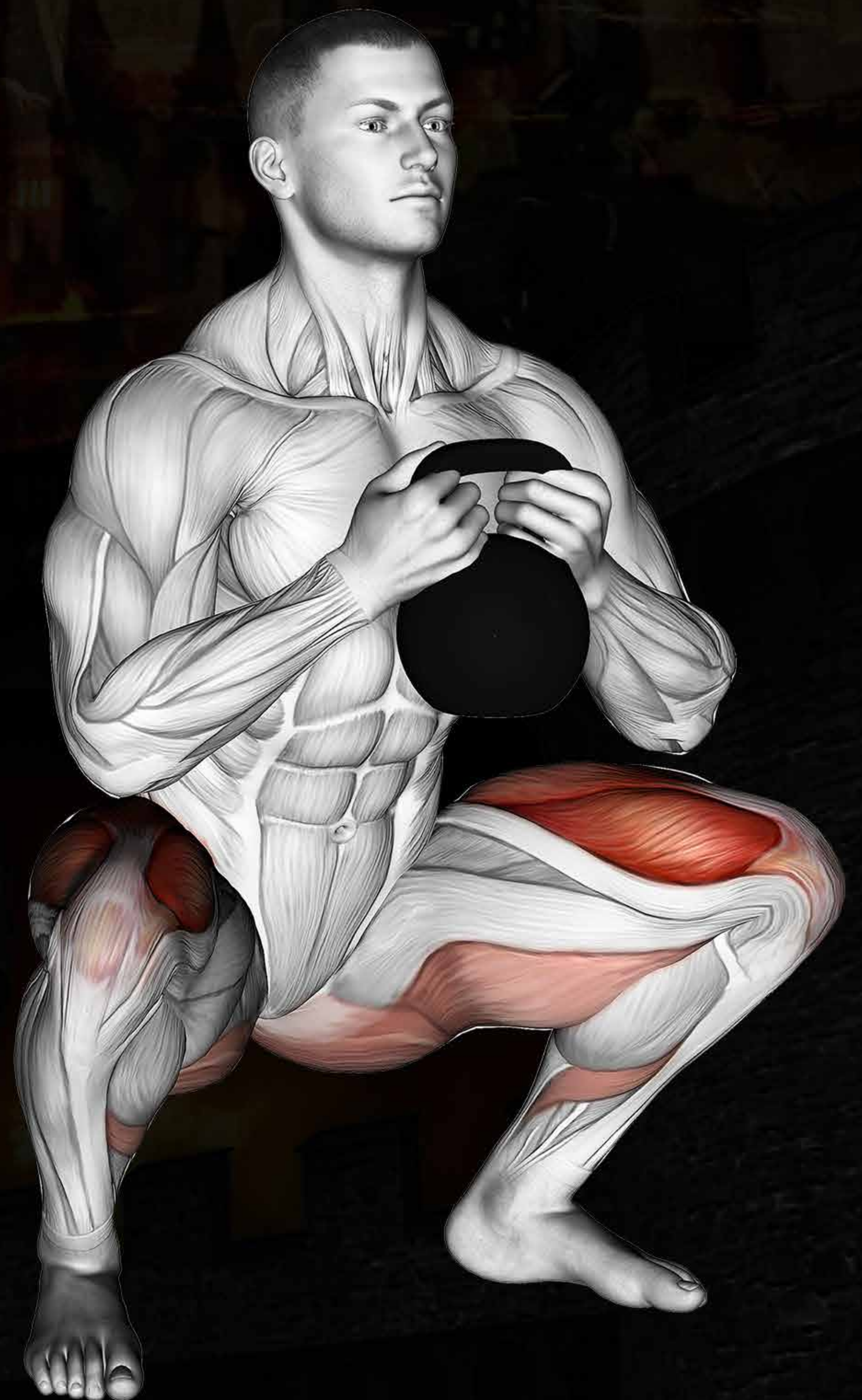
1. Standing slightly farther than shoulder width apart, hold the kettlebell or dumbbell close to your chest.
2. Bring your shoulder blades together to help keep your spine in a neutral position.
3. Sit back through your hip bending your knee and push back up through your heels.
4. Repeat for the desired amount of sets and reps.

### COMMON MISTAKES:

**ALLOWING YOUR BODY TO COLLAPSE:** Make sure your shoulders never collapse forward. This will have you end up with a rounded back and will put a lot of stress on your lower back. Keep your torso upright and stand strong in the face of adversity.

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## ▾ GOBLET SQUATS ▾



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# TRAINING FOR BATTLE

## ▾ LATERAL BAND WALK ▾

### EXERCISE GUIDE:

1. Place the band around your legs just below your knee or around your ankle if you want more of a challenge.
2. Squat into an athletic position. Chest and head up. Shoulder width stance with knees slightly bent.
3. The athletic stance should always be the starting and ending position. Take a lateral steps to the right and then repeat with the left.
4. Repeat for the desired amount of sets and reps.

### COMMON MISTAKES:

**TAKING THE KNEE:** Your enemies want nothing more than to see you kneel before them, accepting your defeat. If you stay upright and push your knees forward, you will not activate your desired muscles. Make sure to sit back in an athletic stance with your shins vertical to get the most out of this movement!

# THE WAR AT HOME

## DAY #1

### CARDIO ACCELERATION:

Exercise	Sets	Reps	Rest
Pull-up	3	10, 8, 8	Cardio Acceleration
Single Leg KB Deadlift	3	10, 8, 8	Cardio Acceleration
Band Rear Delt Fly	3	15	45 Seconds
Dumbbell Row	3	15, 12, 10	45 seconds
Band Face Pull	4	15,12, 10	Cardio Acceleration
KettleBell Swing	4	12	Cardio Acceleration

### CARDIO ACCELERATION EXERCISE - 30 SECONDS OF JUMP ROPES!



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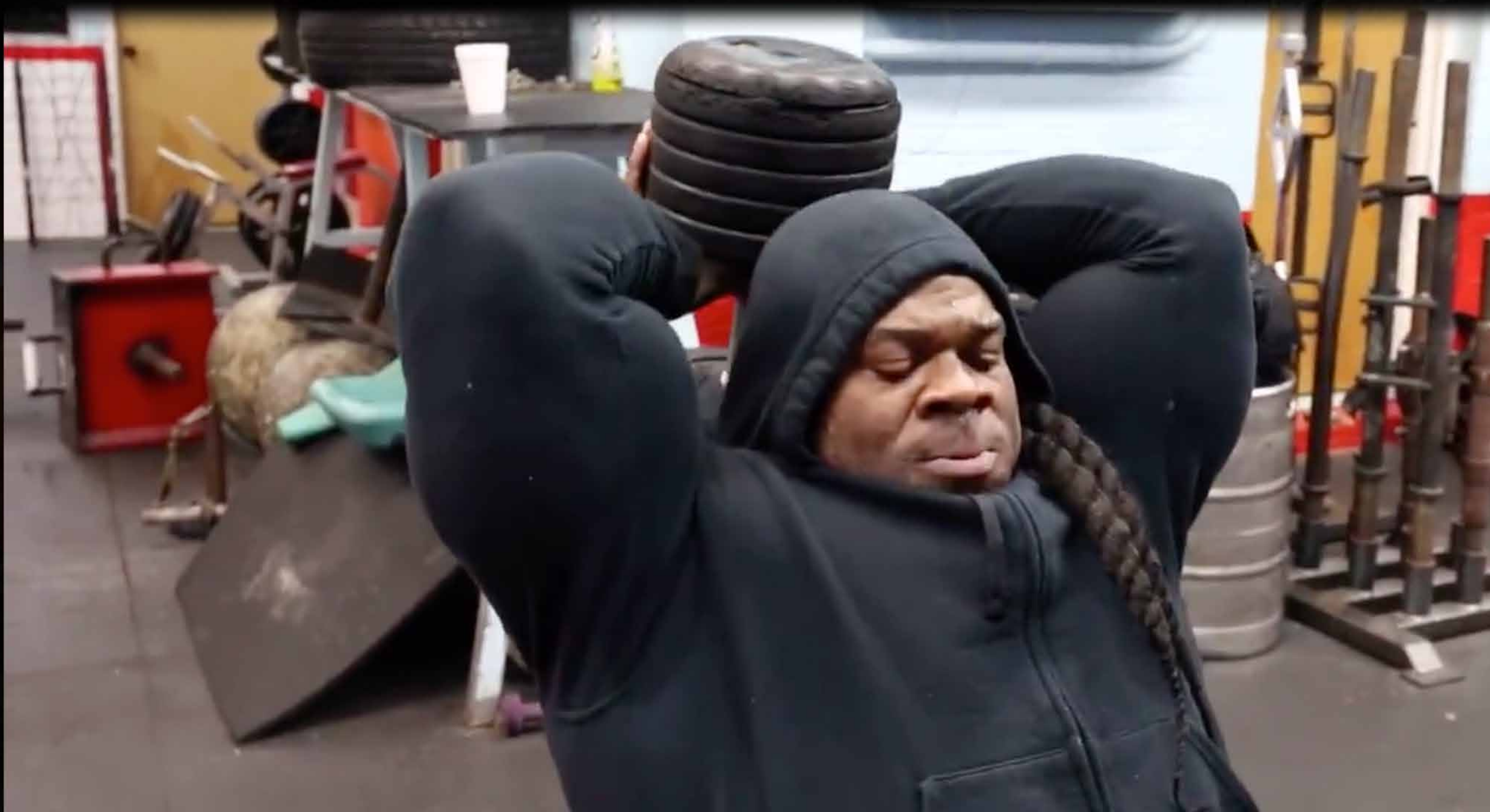
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# THE WAR AT HOME

## DAY #2

### SUPER SET:

Exercise	Sets	Reps	Rest
Medicine Ball Push Ups	3	12, 10, 8	0
Floor Dumbbell Flyes	3	12, 10, 8	45 Seconds
Dumbbell Pullovers	3	15, 12, 10	45 Seconds
Kettlebell Goblet Squat	4	15, 12, 10, 8	45 Seconds
DB Lunge	4	10	0
Kettlebell Romanian Deadlift	4	8	45 Seconds



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# THE WAR AT HOME

## DAY #3

### REST PAUSE:

Exercise	Sets	Reps	Rest
Lateral Band Walk	3	12, 10, 8	45 Seconds
Medicine Ball Slam	3	20	45 Seconds
Shoulder Press	3	15, 12, 10	45 Seconds
Dumbbell Shrugs	4	15, 12, 10, 8	45 Seconds
Dumbbell Lateral Raise	1	Failure	Rest Pause
Band Front Raise	1	Failure	Rest Pause

For the last two exercises, take the first set to 1 rep short of failure. Rest for 10 seconds and repeat till you can no longer perform the exercise. Rest for 1 minute then move on to the last exercises for the day and repeat.



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# THE WAR AT HOME

## DAY #4

### CARDIO ACCELERATION:

Exercise	Sets	Reps	Rest
Chin-Up	3	10, 8, 8	Cardio Acceleration
Goblet Squat	3	10, 8, 8	Cardio Acceleration
Band Curl	3	12, 10, 8	1 Minute
Band Lat Pulldown	2	25, 20, 15	1 Minute
Band Face Pull	4	15, 12, 10	Cardio Acceleration
Kettlebell Swing	4	10, 10, 10	Cardio Acceleration

### CARDIO ACCELERATION EXERCISE - 30 SECONDS BODY WEIGHT SQUAT!



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# THE WAR AT HOME

## DAY #5

### REST PAUSE:

Exercise	Sets	Reps	Rest
DB Reverse Lunge	3	10	45
Dumbbell Press	3	12, 10, 8	45 Seconds
Svend Press	3	15, 12, 10	45 Seconds
Medicine Ball Push Ups	3	12, 10, 8	45 Seconds
Dumbbell Tricep Kick Back	1	Failure	Rest Pause
Chair Dip	1	Failure	Rest Pause



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# THE WAR AT HOME

## DAY #1-3

**ABS- PERFORM THESE MOVEMENTS ON THE PRESCRIBED DAY BEFORE YOUR MAIN WORKOUT.**

Exercise	Sets	Rest
AB Roller	3 x 10 Reps	45 seconds
Flutter Kicks	3 x 20 Reps	45 seconds
Heel Tap	3 x 20 Reps	45 seconds

## DAY #4-5

Exercise	Sets	Reps
Lying Leg Lift	3 x 10 Reps	45 seconds
Plank	3 x 1 minute each	45 seconds
Russian Twist	3 x 20 Reps	45 seconds



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