



**THE CROSS TRAINER  
BY KEVIN LO**

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# INTRODUCTION

Thank you for purchasing my eBook! I believe that we are all writing our own life story and this eBook is a glimpse into the chapters of my story that pertain to health and fitness. If I could go back in time to when I was a teenager and tell myself the lessons I would learn and the knowledge I would gain due to working out, then younger me would probably treat older me like I was a crazy person. We are all probably a little bit crazy, so with that being said, I'm excited to share my workout perspectives and philosophies with you.

**“YOU'RE CRAZY BRO!”** Is probably the response that younger me would yell at older me after the first few sentences of telling him about the future. Younger me wouldn't understand the things I would tell him about the gym, and he definitely wouldn't understand social media's impact on fitness and society as a whole. Perhaps you purchased this eBook because you know about me from social media. Instagram and other forms of social media have made a lot of people believe that they are experts in a variety of fields. I'm not sharing this information with you believing that I am an expert. In truth, I have been an athlete my whole life. I played college football, and I've acquired much experience and knowledge throughout my time in the gym. Not only have I gained knowledge from actively seeking information regarding fitness and exercise philosophies, but I have also met some of the brightest minds in the fitness industry. I strive to remain humble and in a constant state of learning. That said, I feel that I am finally at the point where the information I've obtained can benefit anyone who wants to listen!

My vision with this eBook is to reflect on personal experiences and my own theories relating to fitness, wellness, and health. In doing so, I have adopted tools to improve my life and overall happiness. I have seen great results over the years and it is my goal to share this with you to try for yourself! I do not consider myself an expert, but I believe that I have something to offer and that is something that can help improve the quality of life for many of you. I believe that everything needs to be looked at as one. We are one whole person with many parts comprising us. Improving our health and fitness is not worth it if we are not also focused on improving our mental state. If you look good then you feel good and if you feel good then you can, in turn, perform better. I'm excited to share this workout and information with you to help you feel better physically, mentally, emotionally, and have you feeling like you can go out and get the most out of your life! Thank you for purchasing this eBook and choosing to support me. I hope that you enjoy learning and following my workout. Let's get to it!

# GOALS OF THIS BOOK

I previously mentioned that I want to share my philosophies towards health and fitness to help you improve your quality of life, which is my main goal of this eBook. If I were going to break it down into smaller sections then the goals of this eBook are as follows:

- Have fun while learning my health and fitness philosophies.
- The importance of enjoying your workout.
- How to increase your overall health, performance, and athleticism.
- Give you a workout plan to follow that helps with all of the above!

I've noticed that we struggle to learn and retain information when we aren't enjoying what we're doing. I always try to find a way to make something fun before I attempt it. For example, if I were studying a boring topic in school then I would find a way to make studying fun. If I'm at work and struggling then I will find a way to make work fun. If I'm building a couch from IKEA then I'll find a way to make it fun! You get the point... When we enjoy something we absorb the information better, and as a result, perform better. If we don't find enjoyment in something, then we simply do the bare minimum required, and regardless of what it is it is usually not our best work in the end.

If you understand the importance of having fun then you'll see that making something fun will lead to better results! If we take this philosophy and apply it towards working out then you can imagine the possibilities. You'll get better bro!

(I sometimes call girls bro too... I'm not just talking to the guys lol).

I've had the pleasure of meeting many of the top fitness men and women currently in the industry. What I've learned from them is that those who have the most enjoyment working out usually find the most success as well. I have always had fun working out and I saw results, but everything clicked when I had knowledge to go with it.

The body is one complete entity, and this philosophy is something that translates to my whole approach to fitness. Your physical health is just as important as your mental health—they go hand in hand. As I applied this knowledge to my life, I learned that my state of mind had a dramatic effect on my performance and reciprocally my performance impacted my mind! I learned to put my mind in the correct condition prior to training, but I also realized that if I trained a certain way then I could use that momentum to keep my state of mind in the right place. Having a bad attitude leads to a bad workout which cycles back to a bad attitude.

# GOALS OF THIS BOOK

**You will stay in a cycle of a poor mental state. Now, imagine the opposite. If we feel good then we perform well and if we perform well then we feel good! That's the positive cycle I remain in. I use my mind and body together as one to keep myself in a positive and happy state of mind. By doing this, I found that it was even easier to change my body. If you have a healthy mind then getting a healthy body comes naturally. If either the mind or body is unhealthy then it negatively affects the other. The mind and body are connected as one, so we train them as one!**

**There were periods of my life when my focus was on getting bigger. There were other times when I specified my training and lifestyle toward getting shredded and lean. I've concentrated only on strength with weights and I've had phases where I just focused on calisthenics and body weight movements. Exercising in a variety of ways has taught me that I could manipulate my training style towards one specific goal, but that my foundation needed to be constant for every workout. My unchanging factor is that I am continuously training my body and mind as one. I like to train my body to be athletic and high performing so that my mind will also be high performing. I don't really focus on many small specific goals anymore and I don't play competitive sports anymore either. I choose to make this a lifestyle in that I am endlessly working towards to improve and maintain my health, athleticism, and comprehensive performance in an effort to ensure my general happiness and quality of life.**

**The objective of this eBook is to adequately explain to you how I incorporate these philosophies into my training and life. I hope that you improve your athleticism and physique so that you are in a better place mentally. If I can successfully achieve that then you will not only be a better athlete, but your outlook and perspective on life will improve as well.**



# WHAT IT MEANS TO BE AN ATHLETE

When many people hear the word “athlete” they imagine a sports superstar on an unattainable level of fitness. I want to redefine this idea and propose that anybody who is focused on improving their physical performance can be an athlete. You technically don’t have to play any sports to be an athlete. You are an athlete if you are trying to change your physical abilities even if you are not currently athletic. If you purchased this eBook, I’m going to assume that you are already an athlete, or want to be an athlete. The fact you are reading this sentence means you are an athlete! So whether you’re just getting started or you’re advanced, you made the decision that you want to improve your physical performance when you purchased this eBook. Congratulations, you’re an athlete!

I believe there are three key parts to focus on as an athlete. They are:

- ATHLETIC STRENGTH
- ATHLETIC CONDITIONING
- ATHLETIC PERFORMANCE

These factors vary depending on what your specific athletic goals are. If we look at people who play sports we can safely conclude that golfers’ athleticism is much different than football players’ athleticism. That being said, both the golfer and football player will still focus on their own strength, conditioning, and performance in relation to their specific sport.

Athletic strength typically coincides with weight training and explosive training. When it comes down to it, strength is strength. Strength can be viewed in terms of explosiveness, balance, speed, grip, etc. Strength is the physical nature of an athlete.

Athletic conditioning typically occurs with cardiovascular endurance and stamina. For example, how well can you maintain your athletic strength over a certain period of time? This can be cardiovascular shape from running and sprinting or a muscle’s ability to hold an isometric contraction. We need to work to build up our athletic strength, but also build our athletic conditioning so that we can utilize that strength over a duration of time.

Athletic performance is how well you combine athletic strength and athletic conditioning. Athletic performance is mostly affected by agility, coordination, etc. If you have the strength and stamina then you need to hone your craft to be agile and coordinated. Strength and stamina will not do an athlete any good if you cannot apply it!

# WHAT IT MEANS TO BE AN ATHLETE

My workouts focus on these three keys of being an athlete. If we train all three parts of athleticism, then our health will improve as result. If our health improves then our mind improves as well. Again, we are training the body and mind as one! I like to break down what it means to be an athlete and incorporate exercises into my workout to focus on those three parts. This is the best way to improve my physical and mental performance. I like to walk around 24/7 365 days a year in a great athletic state so that my mind is performing at its best, too! It is not enough to simply maintain. We are only able to maintain this by constantly focusing on athletic development!



# BODYWEIGHT MOVEMENTS, CALISTHENICS, AND WEIGHT TRAINING

Now that you know what it takes to improve your athleticism, I want to talk about the different methods that I incorporate to achieve this.

I've become a big fan of body weight movements and calisthenics. I think that these are great for improving athleticism as they help with athletic conditioning and performance. These movements require conditioning because they are typically high volume or involve isometric holds. These movements can only be completed if you have good conditioning. If I told somebody to do 50 muscle ups then they would need the coordination and conditioning to be able to do it. I don't think that these movements are strength focused because they don't work as well for strength as weight training does. That said, I have found an increase in strength with weight training after doing body weight focused workouts for some time. As an athlete, these types of movements are great because they hit all three parts that comprise an athlete. Lastly, these are great because they can be done anywhere with minimal to no equipment!

It's no surprise that weight training makes my list. Weight training is the best form of exercise that an athlete can do to increase strength and muscle mass. Weight training can help with conditioning, however, it is a poor choice compared with our other options. Weight training doesn't require a lot of coordination so it doesn't do much for athletic performance. All that said, nothing is better at building strength and muscle mass than weight training. So this is high on my list of what I focus on to improve athleticism!

If you are training with weights or concentrating on body weight and calisthenics then you need to be familiar with terms like "Time Under Tension (TUT)" and "Isometric Holds". Concepts such as these can be applied towards weight training or body weight/calisthenics movements. I like to incorporate these tactics into my workouts because they help improve my strength and conditioning at the same time. These techniques can also help increase muscle mass as well. Manipulating TUT and implementing isometric holds with either type of exercise is a great, advanced way to increase the challenge of a workout and build strength and conditioning.

Lastly, there are times when I will focus on explosive movements to help improve athletic performance and there are times where I like to implement very controlled reps to slow things down. Some exercises are best performed one way or another but it is also a good idea to perform some explosive movements with TUT in a controlled manner. Manipulating the tempo of your reps for specific exercises can help improve all three of the core parts of athleticism! I use all of these tools in my workout plan, but it is how they correlate with one another that makes the program work. I structure my workouts so that I have time during each session where I'm focusing on all these different ways to improve my athleticism. I'll go into more detail later in this eBook.



# DIFFERENT FUELS FOR PERFORMANCE

In order to function optimally as an athlete we need to understand how the muscle receives fuel in order to function. Without trying to sound too smart and get too deep into physiology, let's just say the muscle cells need "ATP" to function. ATP, adenosine triphosphate, ultimately is "fuel". The muscle gets fuel (ATP) in 3 ways:

- Creatine phosphate stores
- Glucose
- Aerobic respiration

The body can produce fuel (ATP) through these three processes and it does so in the order listed above. We store creatine phosphate in the muscle and we can get creatine from the food we eat as well as in any supplementation. This is why creatine is one of the most proven supplements to help increase performance. We store glucose in the form of "glycogen" in the muscles and liver. The body can produce ATP using glucose from stored glycogen as well as glucose that is in your small intestine and blood stream. Lastly the body can add oxygen to the mix to produce ATP when the first two systems are running low. The body produces ATP easiest from creatine phosphate, followed by glucose, followed by utilizing oxygen, which is the least efficient.

The body stores a little fuel that burns off very fast when you start exercising. In fact, it is burnt off in a matter of seconds. The body then uses creatine stores, which again, only lasts a few more seconds. So the first 15-20 seconds of exercise depletes your stored ATP and ATP you get from stored creatine. The body relies on the glycogen system to get energy from glucose and ultimately ends up using the aerobic respiration (oxygen) system to continue producing fuel for energy.

I'm going to slow down now. I could try and make sense of all of the chemical processes that are going on at the cellular level during exercise, but the truth is I'm not an expert in that! What I got from the knowledge I do know about this is that different types of exercise tend to rely on these different pathways to produce energy. A lot of cardio, for example, ultimately relies on the aerobic (oxygen) system. Powerlifting, on the other hand, relies heavily on the creatine and glucose systems and may not use the aerobic system much at all. Hmm... this is what got me thinking.

# DIFFERENT FUELS FOR PERFORMANCE

I recognize that athletes will use all three systems, and depending on their sport, they may use one more than the other. I am constantly working towards being a well-rounded athlete so I believe that we should train in a state that uses all three systems. If I am not training my body to improve these systems then I am not truly improving my athletic ability. I started structuring my workouts so that I could spend time training my body in each of these different energy processes. I believe that if we do this then the body becomes more efficient at producing energy and this leads to becoming a better athlete!

Lastly, I want to quickly point out the importance of hydration. Our body will literally die without water, and to no surprise, it actually performs best when properly hydrated. I am a big believer in alkaline water (hit me up if you want information on how to get it), but alkaline or not...I just want to make a point that you should be focusing on your hydration at all points in the day, but especially during your workout.

We will train to improve all of our body's energy producing systems and improve hydration. If we can do this then we will see increases in all 3 of the key parts of being an athlete. This will improve athleticism and improve your mental state as well! If I could put my workout theory into a short snippet of information then this paragraph would be it!



# WORKOUT THEORIES

I incorporate several different workout philosophies into one training session. This started because I wanted to work on more than one goal at a time. I realized that I had to find a way to make all of these philosophies connect. The structure of my workouts is important because your workout can be hindered if it's not designed properly. My workouts are not easy by any means, so knowing when to rest and conserve energy and when to go all out is very important. For example, going all out with cardio movements prior to strength training would leave me with a bad strength session. If I train strength first, then I can safely go all out with a cardio session afterwards and get the most results from both types of training. Structure is everything and this is how I build my workout plans.

The intensity of the workout is the same regardless of which “section” of the workout you are in. That said, the type of intensity changes. The intensity with heavy weight lifting is much different than the intensity with very high volume training. I want to point out that focusing on pushing yourself in the proper way, per each training philosophy, will guarantee that you have a good workout every time.

I always start each workout with a series of stretching and dynamic warm ups. This a great time to get my heart rate increased and my body primed and ready for the next section of the workout. I take my time with warming up and I never rush this phase. My body will let me know when I am ready to move on. Otherwise, I will continue warming up and stretching until I am mentally and physically prepared for the rest of the workout.

Once I am warmed up and ready to go I jump right into my strength-training phase of the workout. Strength training takes a lot of physical and mental energy so it's important to do it earlier in the workout when you are completely fresh. This section usually involves heavy compound movements performed in lower reps with a strength/performance focus. I am not trying to build muscle here or increase my cardio; I am trying to get stronger. This section of the workout will have longer rest and recovery periods in between sets compared to the rest of the workout.

As soon as I finish my strength phase, I like to move into my hypertrophy phase. This is a section that more closely resembles bodybuilding exercises and training, except I prefer to speed it up a little bit. I will incorporate a lot of super sets, drop sets, and short rest periods. The weight that I use is now lighter, but is by no means “light.” I am still pushing myself with the weight that I use, but I am more focused on getting in more reps with less rest. This is like cardio with weights while trying to get the biggest pump possible.

# WORKOUT THEORIES

Strength training followed by hypertrophy training is exhausting. My muscles are now fatigued and mentally I may be starting to drain as well. The hardest physical part of the workout is now over when it comes to weight lifting. The last section is a combination of very little rest with dynamic bodyweight movements and cardio. I do this in order to tax my cardiovascular system to effectively finish the workout. This is also another great way to increase mobility, so I essentially start and finish my day with mobility work.

If I were to put this as simply as possible then I would say this: I like to begin and end my workouts with mobility type movements. I have strength training and bodybuilding training in the middle, and I always end with taxing my cardiovascular system. This allows me to build strength, to increase muscle mass, and to improve my cardiovascular shape and overall mobility. It also enables me to hit every physical athletic goal that I am working towards. To make things better, the level of exhaustion I feel from these workouts gives me a sense of accomplishment and relaxation when I'm finished. I am able to work through my physical and mental stress as I focus on self-improvement. I always leave the gym physically feeling exhausted but mentally feeling refreshed. I definitely believe that this style of training is best for both body and mind.

# WORKOUT PLAN

Now that you understand my philosophy for each workout, I want to share the workout split with you. I really want to emphasize the importance of the squat. I believe that squatting is single-handedly the best exercise that anyone can do. It is also an exercise with several variants that can help with hip and lower extremity mobility. This movement is not only great for lower body strength but it also strengthens the core, back, and posterior chain as well. Name me one exercise that has the effect on athleticism that the squat does. You'll get improvements in speed, jumping ability, balance, core and back strength, leg drive, mobility (when done properly) and the list goes on and on. I squat three days a week. This isn't three full "leg days" because I don't structure my workouts that way. That said, your legs will get work three days per week with this exercise split.

I start with a performance-focused squat day. Later in the week I have recovery and volume-focused squat days as well. The days in between are focused on upper body movements to allow the legs a chance to recover. I have broken these down into two different upper body focuses. One day is focused on horizontal pressing movements like the bench press. The other day is focused on vertical pressing movements like the overhead press. You will get back training done almost every day so I don't see a point in making a "pull" specific day. This workout split focuses primarily on full body days with an emphasis on leg/core performance as well as pressing both horizontally and vertically. Back/pull strength is hit throughout the week. I am able to address every aspect of athleticism with this workout split. See workout split below:

- DAY 1: SQUAT - PERFORMED FOCUSED
- DAY 2: UPPER #1 - HORIZONTAL PRESS
- DAY 3: SQUAT - RECOVERED FOCUSED
- DAY 4: UPPER #2 - VERTICAL PRESS
- DAY 5: SQUAT - VOLUME FOCUSED

Now that you understand my training philosophy and understand the workout split lets get to fun part of this eBook... the workout!

# DAY 1:

## SQUAT - PERFORMANCE FOCUSED

**ANKLE MOBILITY DRILL: 2 sets of 30 seconds per ankle with zero rest in between ankles.**

This is a fairly simple drill that will help stretch your calves and increase ankle mobility. Poor ankle mobility dramatically affects your squat and can lead to a variety of knee and lower back issues. This quick and simple drill is a great way to improve ankle mobility while also assisting your squat.

**LEG SWINGS: 2 sets of 30 seconds per leg with zero rest in between legs.**

This movement is one of the best that you can perform to help warm up the hips. The hips play a huge role in the squat and this is one of my favorite movements to help stretch and warm them up prior to squatting.

**BUTT KICKS: 2 sets of 25 kicks per leg with 30 seconds of rest in between sets.**

But kicks help stretch and warm up the quads along with other muscles in the hips and hamstrings. You will notice a trend here that each mobility exercise targets a separate muscle in the leg to get ready for the day's heavy squat session.

**WALKING LUNGES WITH TWIST: 3 sets of 15 lunges per leg with a twist at each lunge. 30 seconds rest in between sets.**

This exercise works the muscles isolaterally. This means that each leg will now have to work independently from the other. This is not only a great way to ensure that each leg is warmed up, but it improves the "mind muscle" connection to both sides of your body. This warm up should help you use both legs equally considering that many of us have a dominant leg that we use while squatting. The twist is thrown in to help warm up the core and lower back.

**ZERCHER SQUAT: 2 sets of 10 reps per leg with 30 seconds rest in between sets.**

Lastly, the Zercher squat is a great mobility exercise to improve hip mobility and quad mobility by warming up and stretching the muscles of the inner thigh. I feel that this exercise also helps with glute warm up and activation as you have to use your glutes to maintain an upright posture with such a deep movement of the exercise. If you are not completely mobile to do these yet, then work on improving your flexibility each time you come across this exercise. With time this exercise will not only be a great warm up, but will also allow you to perform the back squat with excellent form and posture throughout the rep range.

# DAY 1:

## SQUAT - PERFORMANCE FOCUSED

**BARBELL BACK SQUAT OR DEADLIFT: 5 sets of 5 reps with 3-5 minutes rest in between sets.**

This is the strength focal point for the day's workout. Focus on the strength aspect of this exercise and take any extra time you may need. I want you to increase the weight used until you reach your 3rd set. Your 3rd, 4th, and 5th sets should be performed with maximal weight in the 5 rep range. You will not have just one heavy set with this movement; you will have 3. Don't hesitate to perform more warm up sets if necessary. I believe the back squat is the king of all exercises so I would give it the priority over deadlifts. That said, the deadlift is important for posterior strength so I encourage you to mix it up. You can alternate between these exercises weekly or you can deadlift less frequently than that. The choice will be yours to make.

**STIFF LEG DEADLIFT: 3 sets of 10 reps with 1-2 minutes rest in between sets.**

I want you to focus more on the tempo with this exercise than the amount of weight used. I often like to perform these with a 5 second or more concentric (negative) part of the lift. I like to feel my hamstrings stretch on the concentric as well as focus on using my glutes to stabilize and help lift the weight on the contraction.

**SISSY SQUAT SUPERSET WITH LEG CURL: 3 sets of 10 reps with 30 seconds rest in between sets.**

This is a hypertrophy point in the workout and a true superset as the sissy squat is quad focused and the leg curl is hamstring focused. Feel free to use a lying, seated, or kneeling leg curl machine. We have trained for strength and are now focusing on a maximal pump—hypertrophy—and using a faster pace with super sets and less rest. You should notice an increase in heart rate and probably sweat for this part of today's workout.

**BOX JUMPS SUPERSET WITH BURPEES: 3 sets of 10 jumps followed by 10 burpees with 30 seconds rest in between sets.**

Each set should gradually become more difficult. 30 seconds rest is not that long of a break, so you will likely not fully catch your breath in between each set. If you are in great condition then feel free to increase the number of jumps and burpees or eliminate the rest periods all together to make this one short and quick exercise that will dramatically target your heart rate. Keep in mind your legs will be pumped and fatigued at this point in the workout. We are now transitioning to more cardiovascular work compared to strength or hypertrophy.

# DAY 1:

## SQUAT - PERFORMANCE FOCUSED

**PULL UPS/MUSCLE UPS SUPERSET WITH DIPS: 3 sets of bodyweight til muscle failure with 30 seconds to 1 minute rest in between sets.**

I like to make each day a full body movement by utilizing body weight movements. I believe that this philosophy of working the entire body each workout via body weight movements and weightlifting movements is the best way to ensure the full body is growing athletically without one part of the body becoming overshadowed by another. If you are capable, feel free to incorporate muscle ups as you see fit.

**L-SIT SUPERSET WITH HANGING LEG RAISE: 3 sets of bodyweight to failure with 30 seconds to 1 minute rest in between sets.**

Feel free to set a determined amount of time for the L-sit. Some of you may be able to do this for minutes at a time. I encourage you to add the isometric hold of the L-Sit every couple reps of the hanging leg raise. Those of you that cannot hold the L-Sit for that long may want to try to perform as many hanging leg raise reps as possible. Push yourself until you can no longer complete a rep. With time your core strength and endurance will increase dramatically.

**SPRINTS OR SLED PUSH: 10 total minutes with the least amount of rest as possible.**

The rest period is your call. This is the end of a strenuous workout and some of you may need more rest than others. Keep in mind that this is placed at the end so that we can take full advantage of your heart rate already being elevated. I highly encourage you to push yourself here and to use the least amount of rest as possible. I know that it is harder that way, but the more you push yourself then the faster you'll see improvements with cardiovascular shape and overall endurance. The pain you feel here now will pay off and make all of the workout days easier with time.



# DAY 2:

## UPPER #1 - HORIZONTAL PRESS/PULL

**WALL SLIDE:** 3 sets of 10 reps with 10-15 seconds rest in between sets.

This is a great exercise to help improve shoulder mobility and help correct posture throughout the scapula area of the upper back. You may feel tightness and your muscles might have a sore/painful feeling initially, but you will see progress quickly by implementing this warm up on today's workout or implemented periodically throughout your week. It doesn't take long but its effects will go far!

**BROOMSTICK STRECH:** 3 sets of 10 reps with 15-20 seconds rest in between sets.

This is another great shoulder mobility tool and it will help stretch your pecs simultaneously. There is a reason that every serious Crossfit, olympic weightlifting facility, and major gym has PVC pipes laying around.

**CAT COW:** 3 sets of 10 complete reps with 10-15 seconds rest in between sets.

This is great yoga move that doubles as a warm up for weight lifters. This movement will help you warm up all of the posterior muscles along your spine as well as the muscles of the shoulder. We are focusing on the upper body today and this single movement accomplishes so much for upper body warm up and mobility.

**ARM CIRCLES:** 3 sets of 30 seconds of arm circles performed both clockwise and counter clockwise with 10-15 seconds in between sets.

This is a very simple exercise to help warm up all of the smaller muscles within the shoulder. The other shoulder mobility warm ups that we completed earlier were more focused on the scapula and stretching of the pecs. This exercise is focused more on the rotation of the shoulder compared to the movement of the scapula. I also like to incorporate this as the final movement before getting into the heavy pressing on the day because it actually requires very little stretching and can help increase the heart rate. It's a great last warm up movement for any of your pressing days.

## DAY 2: UPPER #1 - HORIZONTAL PRESS/PULL

**FLAT BARBELL BENCH PRESS: 5 sets of 5 reps with 5 minutes rest in between sets.**

You will treat this exercise much like you did the squat from yesterday's workout. This is the heavy strength focus movement on the day. You should increase the weight that you use with each set until you reach your 3rd set. Your 3rd, 4th, and 5th sets will all be working sets with the heaviest possible weight you can use within the 5 rep range. Again, don't hesitate to take longer rest periods or add extra warm up sets. Focus on the strength aspect of this movement above all else.

**FLOOR PRESS SUPERSET WITH BARBELL ROW: 3 sets of 8-12 reps with 1 minute rest in between sets.**

This is one of the hypertrophy movements for today's workout. We are using this true superset that works opposing muscle groups to get the biggest pump possible in your upper torso. The floor press can be dangerous so make sure to be reasonable with the weight that you use. Remember, we are no longer focused on strength here. You will perform both exercises and then rest in between sets. I like to do these together because you can use the same barbell, same weight, and same rack for both movements. This makes the superset take up less time in your workout and less overall space in the gym.

**DBELL INCLINE PRESS SUPERSET WITH PUSH-UPS: 3 sets of 8-12 reps press with bodyweight push-ups to failure. Rest only 1 minute in between sets.**

This is not a true superset as it works the same muscles. This is the last chest movement of today so I want to go out with a bang! The push-up is one of the greatest bodyweight movements and is an effective bodybuilding movement for chest development. Focus on the incline press and then do a burnout with the push-ups. Do as many push-ups as you possibly can before resting in between sets.

**NEUTRAL GRIP CABLE ROW SUPERSET WITH PULL UPS: 3 sets of 8-12 reps row with bodyweight pull ups to failure.**

I like to incorporate a rowing movement on any horizontal pressing day. This is a great way to ensure proper posture by maintaining strength in the upper back and preventing the chest from getting overpowered and "tight". This can pull the shoulder forward and can cause injury. The row on a pressing day is a simple way to help prevent that. You'll probably notice that I like to do a lot of pull-ups. This is the only back exercise today so we hit a row and a pull-up to make sure that all of the muscles in the back are targeted.

# DAY 2: UPPER #1 - HORIZONTAL PRESS/PULL

**ARM GIANT SET:** 3 sets of 8-12 reps with 30 seconds rest in between sets.

- CABLE BARBELL CURL
- REVERSE GRIP BARBELL TRICEP PRESSDOWN
- 2 ARM DBELL HAMMER CURL
- 2 ARM DBELL KICKBACK
- 2 ARM DBELL WRIST CURL

I know that this may sound simple to you and your first set might feel easy. Trust me when I say that it will get more difficult as the sets progress. You will do 8-12 reps per exercise listed with ZERO rest in between exercise. You will rest after you do 8-12 reps for each of the 5 exercises. Even then, the rest is only for 30 seconds before starting the next set. This giant set will leave you out of breath, but with an incredible pump. This is literally combining weights and cardio for an awesome arm workout.

**PLANK WITH TWIST SUPERSET WITH JUMP ROPE:** 3 sets of 3-5 minutes jump rope and rest for 1-2 minutes while planking with a twist.

This combination will target your core while also working the muscles in your chest and shoulders while they are fatigued. The jump rope (one of my favorite exercises ever) is added to cover our cardio for today's workout. Feel free to increase the amount of time you plank only if you increase the amount of time you jump rope as well. This combination gives you zero rest. We rest from the plank while jumping rope and we rest from the cardio of jumping rope while performing the plank. It's a brutal win win!

# DAY 3: SQUAT - RECOVERY FOCUSED

**ANKLE MOBILITY DRILL: 2 sets of 30 seconds per ankle with zero rest in between ankles.**

This is a fairly simple drill that will help stretch your calves and increase ankle mobility. Poor ankle mobility dramatically affects your squat and can lead to a variety of knee and lower back issues. This quick and simple drill is a great way to improve ankle mobility while also assisting with your squat.

**FRANKENSTEIN WALKS: 3 sets of 10 reps per leg with 30 seconds rest in between sets.**

Frankenstein walks are a great dynamic warm up for the hips, but they also require core stability. This gives you a 2 for 1 as you warm up the hips and improve your balance at the same time. Remember to slowly bring your leg back to the starting position. You should be in control of your leg the entire time as it returns. Do not let your leg just fall to the ground; if you do this then you are defeating the purpose of the exercise.

**SPIDERMAN LUNGE WITH REACH: 3 sets of 5 reps per leg with 15-20 seconds rest in between sets.**

This is another great mobility exercise that will primarily help the hips and lumbar spine. This movement will also help with overall leg warm up and mobility. As you can see, there are many different movements you can do to warm up the hips and lower body on the squat days of this plan. I don't necessarily have any preferences. They are all great, but I am trying to show you new movements for each day. The more mobility exercises you know and use, the better!

**SQUAT WITH REACH: 3 sets of 1 minute holds with 30 seconds rest.**

This is a great movement to help with hips, legs, and lumbar spine mobility. It is also a good workout as it involves an isometric hold in the squat position. Exercises such as these are good for more than warming up and mobility, they are also great for recovery as well. Considering this is a recovery day we will utilize these movements for every benefit we can find.

# DAY 3: SQUAT - RECOVERY FOCUSED

**FRONT SQUAT: 5 sets of 6-8 reps with 2-3 minutes rest in between sets.**

This is our strength exercise for the day even though I don't want you to treat it as a strength focused exercise like we did with the Back Squat and Bench Press earlier in the week. This is a recovery day so I want you to use a lighter than usual weight and focus on form. The front squat is a great accessory exercise for improving the back squat and olympic lifting movements, but it only works if you perform it with strict form. We will use a slightly higher rep range since we will be using a lighter to moderate weight. I still want you to increase the weight with each set until you reach your 3rd set. You will perform sets 3, 4, and 5 with the heaviest weight that you will use today.

**GOBLET SQUAT SUPERSET WITH STANDING LONG JUMP: 3 sets of 8-12 reps with 1 minute rest in between sets.**

I want you to perform the goblet squat first and then immediately work on your standing long jump. The goblet squat should be performed with a slow and controlled tempo. You can even implement time under tension techniques at the bottom of the movement to increase difficulty. You will then work on explosiveness with the standing long jump. These exercises will not only help you develop your legs and improve cardio, but they can help with your vertical jump as well.

**PISTOL SQUAT SUPERSET WITH STIFF SINGLE LEG DBELL DEADLIFT: 3 sets of 8-12 reps with 1 minute rest in between sets.**

The pistol squat is great at isolating each leg. This will make sure that you give both legs equal work. The same can be said with the stiff single leg dumbbell deadlift. Both of these exercises will help you work on balance and stability. I encourage you to use light to moderate weight (if any) and focus on performing both of these with a slower tempo. If you can perform these flawlessly with a very slow tempo then your strength and balance will improve.

# DAY 3: SQUAT - RECOVERY FOCUSED

**GIANT SET: 3-5 sets with 30 seconds -1 minute rest in between sets. (See reps/times below)**

- MOUNTAIN CLIMBERS -30 seconds aggressive
- PULL-UPS - bodyweight to failure
- PUSH-UPS - bodyweight to failure
- INCLINE SIT UPS WITH TWIST: 25-50 Complete reps (don't cheat them!)
- TIRE FLIPS OR SLEDGE HAMMER SWINGS  
(HIT JUMP ROPE IF YOU DON'T HAVE A TIRE) - 1 minute aggressive

This giant set is more focused on cardio than anything else. You will not use any weights with these exercises so keep your tempo as high as possible. I estimate each set will take you anywhere from 3-5 minutes to complete with only 1 minute of rest in between sets. You will perform all exercises back-to-back before taking your rest in between sets. I encourage you to progress with this giant set by increasing the amount of reps you can and increase the time while simultaneously decreasing the rest period. You can also increase the total number of sets that you perform as well. For example, as you advance you can increase the time on the mountain climbers and tire flips, and you can increase the reps on the pull-ups, push-ups, and sit-ups. You can also decrease your rest period between sets to 30 seconds or less. Lastly, you can increase difficulty by simply completing more sets.

# DAY 4:

## UPPER #2 - VERTICAL PRESS/PULL

**WALL SLIDE:** 3 sets of 10 reps with 10-15 seconds rest in between sets.

This is a great exercise to help improve shoulder mobility and help correct posture throughout the scapula area of the upper back. You may feel tightness and your muscles might have a sore/painful feeling initially, but you will see progress quickly by implementing this warm up on today's workout or implemented periodically throughout your week. It doesn't take long but its effects will go far!

**BROOMSTICK STRECH:** 3 sets of 10 reps with 15-20 seconds rest in between sets.

This is another great shoulder mobility tool and it will help stretch your pecs simultaneously. There is a reason that every serious Crossfit, olympic weightlifting facility, and major gym has PVC pipes laying around.

**X-BAND WALKS:** 4 sets of 10 steps in one direction with 15 seconds rest in between sets.

I want you to perform all reps per set headed in one direction. Your next set will have you performing these headed in the opposite direction. This should give you 2 sets headed in both directions. This is a great full body warm up that helps with coordination and balance.

**ARM CIRCLES:** 3 sets of 30 seconds of arm circles performed both clockwise and counter clockwise with 10-15 seconds in between sets.

This is a very simple exercise to help warm up all of the smaller muscles within the shoulder. The other shoulder mobility warm ups that we completed earlier were more focused on the scapula and stretching of the pecs. This exercise is focused more on the rotation of the shoulder compared to the movement of the scapula. I also like to incorporate this as the final movement before getting into the heavy pressing on the day because it actually requires very little stretching and can help increase the heart rate. It's a great last warm up movement for any of your pressing days.

# DAY 4:

## UPPER #2 - VERTICAL PRESS/PULL

**INCHWORMS TO BIRD DOGS:** 3 sets of 10 reps inchworm and 5 reps per side bird dogs with a 5 second hold. 30 seconds rest in between sets.

I want you to start with the inchworm exercise and perform this for 10 reps. You will then immediately perform the bird dog exercises for 5 reps each side in an alternating fashion. I want you to hold the bird dog position for 5 seconds on each rep. You will then get a quick rest and start your next set.

**STANDING OVERHEAD PRESS OR CLEAN AND JERK:** 5 sets of 5 reps with 2-3 minutes rest in between sets.

I want to give you the option of performing a more bodybuilding/powerlifting oriented exercise with the standing overhead press or an olympic lifting exercise with the clean and jerk. If you choose the standing overhead press then I encourage you to do these strict without a lot of leg drive. An overhead press with leg drive is otherwise known as a push press. I only want you to do the clean and jerk if you can correctly execute this movement with proper form. If you do not have much experience with the clean and jerk then I encourage you to do the standing overhead press followed by extremely light weight (possibly even a PVC pipe) clean and jerk to learn the movement. If you know the clean and jerk then you can alternate these movements weekly.

**CLOSE, NEUTRAL, AND WIDE LAT PULLDOWN DROP SETS:** 3 sets of 8-12 reps with 1 minute rest in between sets.

You will need 3 different attachments to complete this. You will do the first set with the close grip attachment, the second set with the neutral grip attachment, and your final set with a wide grip on the traditional attachment. I encourage you to perform each set as a drop set to failure. You will choose a weight that should reach muscle failure in the 8-12 rep range. You will then drop the weight by roughly 30% and continue to muscle failure. Your first set is a drop set to failure so don't hesitate to take a warm up set or two prior to getting into your 3 working sets.



# DAY 4:

## UPPER #2 - VERTICAL PRESS/PULL

**KETTLEBELL CLEAN AND JERK SUPERSET WITH KETTLEBELL SWINGS:** 3 sets of 8-12 reps with 1 minute rest in between sets.

If you do not have access to kettlebells then you can perform these with dumbbells as well. I want you to start with the clean and jerk followed immediately with kettlebell swings. Feel free to perform these as a hang clean and jerk if you do not want to start from the floor with each rep. I placed the clean and jerk ahead of the kettlebell swing as the “swing” aspect of the movement is very similar to part of the clean and jerk movement. I did not want to fatigue the working muscles prior to putting weight over your head with the clean and jerk. Instead, we will perform the clean and jerk and then safely push ourselves further with the kettlebell swings.

**SHOULDER GIANT SET:** 3 sets of 8-12 reps with 1 minute rest in between sets.

- 2 ARM DBELL LATERAL RAISE:
- 2 ARM DBELL FRONT RAISE:
- 2 ARM DBELL REVERSE FLY:
- SEATED 2 ARMDBELL REVERSE RAISE
- DIPS

This giant set will target all 3 heads of the delts, the middle back, and the triceps. You will perform each exercise back-to-back and then rest in between sets like the other giant sets previously mentioned in this eBook. Your shoulders should be fatigued at this point so we want to use a light to moderate weight, focus on strict form, and get as big of a pump in the shoulders as possible. Feel free to make your dips a bodyweight set to failure if 8-12 reps is easy for you.

**PULL UPS SUPERSET WITH HANGING LEG RAISE:** 3 sets of bodyweight to failure with 1 minute rest in between sets.

I want you to do as many pull-ups as possible to failure followed by as many leg raises as possible to failure. If you have bad grip troubles then you can use weightlifting straps to assist. That said, I would like you to work on grip strength during this exercise as well, so only use straps as a last resort. The difficulty with this superset is not only in the training to failure, but having to maintain your grip the whole time. Focus on that as much as you focus on core strength and back strength.

## DAY 4: UPPER #2 - VERTICAL PRESS/PULL

**PLANK WITH TWIST SUPERSET WITH JUMP ROPE: 3 sets of 3-5 minutes jump rope and rest for 1-2 minutes while planking with a twist.**

This combination will target your core while also working the muscles in your chest and shoulders while they are fatigued. The jump rope (one of my favorite exercises ever) is added to cover our cardio for today's workout as well. Feel free to increase the amount of time you plank only if you increase the amount of time you jump rope as well. This combination gives you zero rest. We rest from the plank while jumping rope and we rest from the cardio of jumping rope while performing the plank. It's a brutal win win!



# DAY 5:

## SQUAT - VOLUME FOCUSED

**ANKLE MOBILITY DRILL:** 2 sets of 30 seconds per ankle with zero rest in between ankles.

This is a fairly simple drill that will help stretch your calves and increase ankle mobility. Poor ankle mobility dramatically affects your squat and can lead to a variety of knee and lower back issues. This quick and simple drill is a great way to improve ankle mobility while also assisting with your squat.

**WALKING LUNGES:** 3 sets of 10 reps per leg in an alternating fashion followed by 1 minute rest in between sets.

This doubles as a great warm up exercise while also giving each leg its own work. I like to incorporate unilateral training when I can, especially with the legs. It's very common for people to have a dominant leg that can become overdeveloped and overused to the point of injury. Doing exercises that force you to use your legs separately is always a win!

**SIDE LUNGES:** 3 sets of 10 reps per leg in an alternating fashion followed by 1 minute rest in between sets.

This is a variation of the lunge much like our previous exercise. I like that we are now basically performing the same movement except we are stationary and hitting a different angle. Athletes move from a variety of angles and we should train no differently.

**DUCK WALKS:** 3 sets of 10-15 steps with 30 seconds rest in between sets.

Your legs should be good and warm by the time you get to this exercise. I am including this exercise just in case they aren't. This movement is one of the best exercises you can do for entire lower body mobility. Many of you may not be able to do these properly at first or it will feel very uncomfortable and awkward. You want to work these frequently and once they become easier then you will know that you have improved your mobility.

# DAY 5: SQUAT - VOLUME FOCUSED

**HACK SQUAT: 3 sets of 10 reps with 1-2 minutes rest in between sets.**

You can perform these traditionally with a barbell or you can use a hack squat machine. If you have a training partner then you can perform these as drop sets to failure as well. This is an awesome movement to target the quads. It may be one of the few compound movements that's close to an isolation exercise. I prefer to do this with a narrower (hip width) stance. I encourage you to perform a slow 2-3 second eccentric followed by a controlled explosive concentric for each rep.

**LEG PRESS: 5 sets of 12-15 reps with 1-2 minutes rest in between sets.**

I want you to toss out the idea of using heavy weight for the leg press. I see far too many people overloading the leg press and performing partial reps. I want to see you using a full range of motion and a moderate weight to perform all 12-15 reps with the best form possible. I suggest that you perform at least 2 of the sets with a higher and wider stance to again hit the legs from a different angle. Remember, athletes work from many angles and so do we. Make sure that you keep your butt firmly planted on the seat. If you allow your butt to come off the seat then your back can round and you can seriously damage your lower back. Use caution with strict form so this machine doesn't hurt you!

**SISSY SQUATS SUPERSET WITH YOGA BALL LEG CURLS: 4 sets of 12-15 reps each with 30 seconds rest in between sets.**

This is the finishing superset for leg specific work for today's workout. The Hack Squat should have taken a lot out of your quads, and the leg press should have hit the adductors and glutes as well as the quads. We didn't have a lot of hamstring work today so I wanted to include the yoga ball leg curl. I chose to superset that with sissy squats to make sure that our quads got a lot of volume with today's workout.

**PUSH UPS SUPERSET WITH PULL UPS: 3 sets of bodyweight to failure with 30 seconds - 1 minute rest in between sets.**

We are now moving to the cardio part of the workout. I love these two bodyweight movements. They are the bread and butter of bodyweight exercises. It only makes sense to combine them when you can. I want you to do as many reps as you can of each before resting for 30 seconds to 1 minute.

# DAY 5: SQUAT - VOLUME FOCUSED

**BOX JUMPS WITH BURPEES:** 3 sets of 10 reps with 30 seconds rest in between sets.

I want you to perform the box jump, get down on the other side, perform a burpee, turn around, box jump, get down on the other side, perform a burpee, and repeat. It should look like you are jumping from the side while landing on the box and doing a burpee on each side. 1 rep is 1 box jump + 1 burpee. If this is easy for you then increase the total number of reps that you do with each set.

**CORE/CARDIO TRI SET:** 3-5 sets with 30 seconds to 1 minute rest in between sets.  
(Reps and Times below)

- L-SIT - 30seconds L-Sit
- HANGING LEG RAISE - Bodyweight to failure
- JUMP ROPE - 3-5 minutes HIIT Jump Rope

You will start by holding an L-Sit position for 30 seconds. You will immediately perform as many leg raises as possible before finishing with 3-5 minutes of jump rope before resting. If you want to increase the difficulty then add sets and shorten the rest period. You're now done with today's workout and the workout week so make sure that you push yourself hard here and end the week feeling accomplished.

# RECOVERY TIPS

You cannot find a workout program that works without proper recovery. Most people simply choose to “rest” for their recovery, but there is so much more that you can do! Obviously rest is the key component to recovery. Taking days off and getting plenty of sleep will be crucial to any plan, but I like to take more of an active approach to my recovery. Most people don’t do enough recovery because they don’t correctly integrate recovery tools into their program. I believe that recovery tools should be just as fun and just as important as the actual workout plan itself! Remember, these techniques are great for helping your body to recover, but they also recharge the mind and maintain overall mental and physical health.

## LISTENING TO YOUR BODY

The single most important thing you can do for recovery is to learn how to listen to your body. Unfortunately this is a very difficult thing to teach. The first step is learning the difference between a good amount of soreness and a potential injury. You will definitely be sore after these workouts, but it shouldn’t be a crippling soreness that lasts for an extended period of time. The first couple weeks will be very challenging, but it’s extremely difficult to over train or get an injury from over training during this time. Put it this way, if you get an injury during this time then you’ll know without question! If you find that you have a constant nagging pain in any muscle or joint that lasts for more than a week then you may have a potential injury. This is when it’s best to rest that area of your body and see if it starts to heal.

The second thing that you can pay attention to is how you are feeling mentally. Are you feeling exhausted and tired all of the time? Do you lack motivation to do anything? I know these may be things you feel now without working out, but if you’ve been training hard and you feel this way then you could benefit from taking an extra day or two off here and there.

The last thing you need to do to listen to your body is to know when your body is telling you something or if it’s your mind creating excuses. It’s very easy to talk yourself out of training hard, so make sure that it’s your body sending you a signal and it’s not your mind just simply being lazy. If you “think” you need to take an extra rest day (or more time off) then you probably don’t, and you should keep training hard. You should know when you need the extra rest. Your body will be pretty clear about that. My point here is that you should not let your mind convince your body to be inactive. If you can be aware of that and pay attention to how you are feeling physically and mentally throughout the day, then you can gauge how much rest and extra recovery you might need.

# RECOVERY TIPS

## ACTIVE REST VS REST

There are multiple ways to rest and recover. I'm a big fan of active rest. This means that I like to stay active on a daily basis and have the least amount of days of inactivity as possible. Active rest days are pretty much any activity that does not involve heavy lifting or your gym movements. Basically if you can do the workout in the gym then it's not rest; it's just another workout. Some examples of active rest could be playing a sport, going for a run, riding a bicycle, going on a hike, taking your dog for a long walk, etc. Active rest is any activity that is more than just laying around, but it's not as strenuous as a full on weightlifting routine.

You will be able to build up your body's ability to handle more workouts and active rest days, but rest is still crucial. I view rest as complete days off from working out, but I also view rest in the quality of sleep that you get. It's very important to try and sleep for a minimum of eight hours each night on a good bed with minimal light or electronics in your room. This is not only crucial for physical recovery but for mental health and recovery, too. I also like to incorporate meditation, naps, and even light yoga and stretching into my rest time. Scheduling a 20-minute daily nap can be very beneficial. If you have the time, try to incorporate another 20 minutes of light stretching/yoga and meditation. I understand that it's difficult for some people to place this extra effort into resting, as we all have busy schedules. If you can integrate these methods into your daily schedule, then I guarantee that you will see an increase in your recovery and mental state.

It is essential to build in active rest and daily rest habits into your lifestyle. If you can do this then you will improve your body's recovery and you will be able to safely and effectively continue training hard to see progress.

As you can see in my workout plan, I like to add a lot of dynamic bodyweight movements into my workout. This is the best thing that you can do for mobility. That said, I still like to use other mobility tools to help with recovery, mobility, and the ability to push myself to new limits. Some of those mobility tools are as follows:

### YOGA

Yoga is a great workout for the body and mind. I attribute yoga to improving core strength and flexibility while also being a great way to de-stress. I believe that yoga's mental effects are possibly greater than its physical effects. This is a great way to meditate for mental health while working on your physical health at the same time.

# RECOVERY TIPS

## BAND STRETCHES

Band stretching is a very vague term, but it's something that you should look into. I could give you a long list of band stretches but then this eBook would become incredibly long (and boring). The best part about bands is that they are usually cheap and compact. This means that you can use bands and perform these types of movements anywhere you go. They don't require a lot of time either. If you travel and don't have access to a full gym, then band stretches and movements are something you can do in your hotel room. This is a cheap and effective way to continue working on your mobility.

## STATIC AND DYNAMIC STRETCHING

This section was covered in my workout plan, but these movements (like band stretches) can be done anywhere. It's important for you to build up a database of movements in this area. It's very easy to get a full hour workout in performing nothing but static and dynamic stretching.

## FOAM ROLLING

Foam rolling is something that I feel is still very underrated. It's a great method to promote elasticity of muscles that may be difficult to stretch and can help with dynamic and static movements alone. This is also another great way to warm up prior to exercise. Foam rolling is a cheap investment that can really pay off for a long time.

## TENNIS BALL / LACROSSE BALL ROLLING

This goes along the same lines of the foam roller except for two things. It's cheaper for one and it's a more accurate method for accomplishing the same goal. The foam roller targets a broad section of muscle. The tennis/lacrosse ball pinpoints specific areas within the muscle. This is great for getting hard to reach areas of the hip and back. If you can't get a "knot" out with a foam roller then a tennis or lacrosse ball will likely do the trick!



# RECOVERY TIPS

## BROOMSTICK STRETCHES

These stretches are very popular amongst Crossfitters and Olympic lifters. This is because they are one of the best movements that you can do for shoulder mobility. The other benefit is that a broomstick or piece of PVC pipe is incredibly cheap. It may be hard to travel with something like this. You might get arrested if you try and take it on the plane with you, and it would look funny being stored in your car, but it's something to have and use frequently. Shoulder mobility is crucial for a lot of movements and this is the best shoulder mobility tool that I've found.

## MASSAGE / TISSUE WORK

Cheap massage places are OK at this, but professionals are much better. Professional tissue work can get expensive so I understand why people often avoid it. That said, if you can afford it then this is a great chance for you to relax while a professional works on tight and immobile muscles to help with your mobility and recovery. Make sure that you hydrate properly before and after each massage session. This helps with the pain of the session and the soreness that will follow.

## CHIROPRACTIC WORK

Chiropractic work is often scrutinized, but that may be due to bad chiropractors. A good chiropractor is a crucial component for being a better athlete. They can help tell you when something is not right. Maintaining good posture and mobility is one of the most crucial components for athleticism and it's a field that chiropractors specialize in. You may not always need chiropractic work, but don't only turn to them when you've been injured. Think of a good chiropractor as a good mechanic—sure they can fix you when you break, but they are also good with maintenance so that you don't break as often.

If there is one thing I can stress about in this section it is the following: Learn to listen to your body, apply rest as a strategy for recovery, and utilize any tool you can to improve mobility and posture. These three things are as important, if not more important, than the workout itself! Everybody says it's 80% nutrition and 20% recovery (or whatever % people use), but nobody gives a percentage to rest, recovery, and mobility. If anything, I would say that nutrition, training, and recovery are all equal. You need all three to make progress!

# CONCLUSION

I hope that you enjoyed this eBook! I had a lot of fun writing it and I am very excited that I got the opportunity to share my information with you. I want to remind you that you can use YouTube if you struggle to understand some of these exercises and concepts. I know that my style of training is not as common as most, and that some of these exercises and techniques may be unfamiliar to you. YouTube has a wealth of information with technique videos explaining how to do each and every one of the movements listed in this plan, and if that doesn't work for you, you can always reach out to me and I will do what I can to help!

Thank you once again for choosing to support me in purchasing this eBook. I hope that you enjoyed the workouts and that you were able to learn something new. I hope that you have a greater understanding of how I train and can now use some of my philosophies as you progress with your own health and fitness into the future. I am very grateful for the life that I live and I attribute a lot of my own personal success and happiness to this style of training. I wholeheartedly believe that exercise is one of the most powerful tools that we can use to improve our state of mind and happiness. Anything is possible with the right perspective!

I encourage you to keep the athlete state of mind. I want you to continue striving to improve your health, your athletic ability, your physique, and your mind state. I believe that a life dedicated to those things is a happy life and one that is well-lived. I wish you all a happy and healthy journey as you continue to pursue your own health and fitness goals and strive to make your minds, bodies, and your lives better in the process.

