



The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™

GETTING STARTED

See your doctor

- Now that you've decided to commit interested in pursuing a program of physical fitness, consult with your physician first for a complete physical examination. This physical should include, but is not limited to:
 1. blood pressure check
 2. heart rate check
 3. body composition analysis
 4. anthropometric measurements
 5. cholesterol test
 6. maximal or sub-maximal stress tests, particularly for men over 40 and women over 50.

Progression

Resistance Training

- Start with a weight that you can comfortably get to the upper range of the recommended repetitions.
- Perform just one set of resistance exercises the first week.
- If no soreness is experienced the next two days, go to two sets the second week.
- Progress to three sets the third week, if again, you experience no soreness.
- You can then raise the weight 5 pounds every time all of the sets can be performed at the upper range with good technique. If soreness is experienced, don't add sets until you can perform without soreness two days later.

The first few weeks

- Always start slow with any program. The first few weeks are not to make great strength or conditioning gains but to establish motor patterning (coordination) for the exercises.

Recovery

- Large muscle groups (Legs, Back, & Chest) require 48-96 hours to recover. Small muscle groups (Shoulders, Arms, Calves, Abdominals) require 24-48 hours to recover. On heavy days, large muscle groups should be worked for 6-9 sets. Small muscle groups should be worked for 3-6 sets. On light days, perform 1-3 sets per muscle group.
- Remember, these are only guidelines and may need to be adjusted daily. If you cannot perform within 3 repetitions of the previous set, stop for the day. You've done enough for that muscle group.

Volume and Overtraining

- Remember to keep the intensity high using the intensification techniques and track the total volume of your workouts. Too much volume is what will lead to overtraining.

Volume = sets x repetitions x weight

Example: *If you perform 3 sets of 15 repetitions using 50 pounds, your volume is:*

$3 \times 15 \times 50 = 2250$. If you decide to go lighter, doing 3 sets of 25 repetitions using 35 pounds, your volume is: $3 \times 25 \times 35 = 2625$. So instead of going lighter you've actually performed a higher volume. In this case, you should only perform 2 sets.



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ROUTINES

The following are general routines for differing goals.

Weight Loss

Leg Extension
Leg Curl
Standing Calf
Vertical Row Machine
Pec Deck Machine
Lateral Raise
Biceps Machine
Triceps Machine
Reverse Crunches
Crunches

Weight Gain

Squats
Stiff-leg Deadlifts
Donkey Calf
Barbell Rows
Bench Press
Behind the Neck Press
Barbell Curls
Lying Tricep Extension
Leg Raises
Rope Crunches

General Conditioning

Leg Press
Side Lunges
Calf Press (on leg press)
Vertical Press
Front Pulldowns
Shoulder Press Machine
Tricep Pressdowns
Dumbbell Curls
Incline Reverse Crunches
Twisting Crunches

Limited Time Frame

Deadlifts
Seated Calf
Bench Press
Barbell Rows
Abdominal Machine
30 seconds of cardiovascular activity between each set

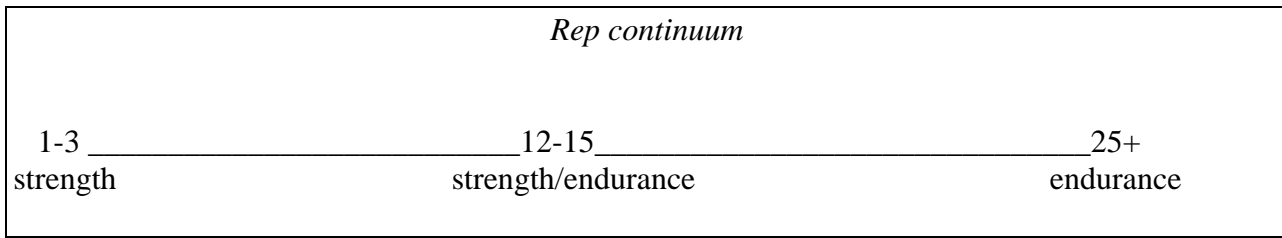


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DEPENDING ON YOUR GOALS

- 1) *Time constraints* - Pick exercises that work large areas of the body at the same time: squats or leg press, incline or decline bench, deadlifts or chins or rows or cleans. Pick one from each group and perform 3 sets of each exercise. To maximize benefits, add cardiovascular challenges between sets, such as: steps on a bench or the stationary bike.
- 2) *Bodybuilding* - Vary the routines more often, hit the muscle from all angles. Cycle with strength and endurance phases with 8-12 reps as the mainstay (you must constantly try to do more). Aim for medium volume at a high intensity.
- 3) *Power lifting* - Stick with the bench press, squat, and deadlift. Add accessory exercises to keep a strength balance around the joint; lift in the 3-5 rep range for the mainstay but do endurance cycles to give the joints recovery. Aim for higher volume and decreased intensity.
- 4) *Fat loss* - Medium intensity, fast pace, constant movement, no rest, more aerobics, stick with larger compound movements such as stair steppers or rowers to burn more calories.
- 5) *General fitness* - Medium intensity, vary the routines periodically, increase the intensity when you feel comfortable at a certain level, and concentrate on the cardiovascular system.
- 6) *Sports specific* - Concentrate on strength early in the off season, then switch to power. Use exercises that duplicate activity as closely as possible with the mainstay using the Olympic lifts and variations (i.e. clean & jerk and snatches). Move to a maintenance level during the season, then an active recovery post season.
- 7) *Women* - Can train the same as men except during their menstrual cycle; this may be lighter training *as the body dictates*. Increase water intake to help avoid water retention. When body fat levels get very low or intensity very high, women tend not to menstruate (amenorrhea) which shouldn't cause complications unless you are trying to get pregnant. If pregnancy is the goal, body fat should stay higher than about 18% and intensity should be decreased.
- 8) *Teens* - Incorporate a lot of variety. Stay away from heavy compound movements; stick with more isolation exercises and participate in various sports.
- 9) *Over 60* - Should progress slowly, stay with more isolation exercises, and emphasize a complete conditioning program and lower body strength.



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**At some point in training, you should hit all parts of the continuum.*

SAMPLE 4-DAY SPLIT

Day One: Heavy back & chest*

Day Two: Light legs, Heavy calves & shoulders *

REST

Day Three: Light back & chest, Heavy arms*

Day Four: Heavy legs, calves, & shoulders *

SAMPLE 3-DAY SPLIT

Day One: Heavy back & chest *

Day Two: Legs, calves, and shoulders*

Day Three: Light back & chest, Heavy arms*

SAMPLE 2-DAY SPLIT

Day One: Heavy back, chest & calves, light legs *

Day Two: Heavy legs, shoulders, & arms*

*Abdominals may be performed each day, provided no resistance is used and the exercises are not done to failure.



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INTENSIFICATION, REPETITIONS & SPLITS

Super sets: performing two exercises back to back without rest

Tri sets: performing three sets back to back without rest

Giant sets: performing four or more exercises back to back without rest

Descending sets: after reaching failure, dropping the weight slightly to keep going. No more than three drops are needed

Forced reps: having help to get past the sticking point and continue past failure. No more than 2-3 reps at the end of the set are ever needed

Cheating reps: using momentum to get past the sticking point and continue past failure

Staggered sets: performing an exercise in-between sets of the other exercises to increase volume for a muscle group

21's: perform the bottom half of a movement for 7 reps, the top half of the movement for 7 reps, then the full movement for 7 reps

Negatives: emphasizing the lowering of a movement

Manual: applying resistance to the movement to even out strength curves

Partial reps: limiting the range of motion to be able to handle a heavier weight or continue past failure

Pyramiding: starting with lighter warm up sets and increasing weight each set up to a peak, then working back down

Rest/Pause: using a weight that allows for about 3 reps, resting for 5-15 seconds, performing 1-2 more reps, resting 5-15 seconds, performing 1-2 more reps, etc.