

## Build Your Own Workout: Beginners Edition

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**KAITLIN**

Hey, everyone, and welcome to "Build Your Own Workout: Beginner's Edition." My name is

**HENNESSY:**

Kaitlin Hennessy, and I'm the program coordinator at Global Connections. Thank you all so much for coming this evening. And This is an interactive webinar, so please feel free to use the chatbox at any point if you have questions for the presenter. Any technical difficulties, I'll do my best to help you. Or if you have anything to add to the conversation, the presenter will mostly be answering the questions at the end of the presentation. However, you can put them in the chabox at any time and we'll make sure they get answered. I'm going to turn it over to Ramon Sodano, and we'll see you soon.

**RAMON SODANO:** Hi, everyone. Like Kaitlin said, my name's Ramon Sodano. I am the Coordinator for Fitness Services at Washington State University's Student Recreation Center. So what that means, is I oversee the personal training and weight room departments. And I also oversee Well Being Online, which many of you Global Campus students have been able to come into contact with through a bunch of the resources that we offer.

Today, we're going to be presenting a workshop or webinar called "Build Your Own Workout: Beginner Edition." And this is something that's really asked of me a lot. I've been a personal trainer and strength coach for the last 10 years. Friends, family clients, just people I meet that find out what I do always ask me, what's the easiest way to build your own workout? And these things can be very complex and all over the place with all the bells and whistles, and they really don't need to be. And when we get into this we're not going to go super crazy and everything, but we're going to get some good idea of some basic terminology, some basic concepts that definitely need to be understood to be able to help you develop your own program. We're going to be doing a little bit of a paradigm shift. And I believe it's more important to discuss certain aspects when building your program, that are definitely more applicable to training in a safe and productive manner that will be sustainable in the long run. It's something that's very simple that many coaches don't talk about that often, but it's going to be one of the main backbones to our program development.

Within this webinar too, I have provided each one of you with a very, very versatile template that I have developed. It's a four-day split that you'll be able to build your own program from very, very, very easily. And we will utilize that together, and I'll show you how to use it. And we'll get to that here towards the end of our webinar. And that's something that you all will be

able to have. There is a large exercise bank in it. And I have been in the process of hyperlinking every single exercise in that exercise bank to a video of quality exercises. I am about 2/3 of the way done. And we will be able to upload this webinar along with documents that are pertinent to our Global Connections website where you'll be able to access it at that time. Regardless, with how it is, you'd still be able to use it. You just might not know what some of the exercises are. But for the most part, all of them are in there. And we'll get to that in a little bit.

So again, I'm Ramon, been doing this for a long time. My life has been developed around strength and conditioning and personal training and now I get to oversee all those individuals and help develop them. And honestly, building programs and building workouts is like-- that's where us coaches nerd out. Like, I talked about the bells and whistles and all the crazy nuances that you can do with it. That's where I'm at right now, and it's very fun to do. But honestly, what you get today is literally all you will ever, ever need.

So with that, what we'll be doing-- we have a little bit of an agenda. We'll first go over basic terminology, because to understand anything with building a program, or what to do, or what means what, you need understand some basic lingo of strength and conditioning, and just fitness in general. A lot of the terms you probably have already heard, but we'll just go over them again.

Then, we'll go over types of resistance training exercises. This is just for the fact that there's a lot of interchangeable words that people will say that mean two different things. And I'll be able to kind of settle those away, so it's not too confusing, and you understand what I mean when I say certain things. And then, it'll also help you when you're in a different context and they say a certain word for something. You'll know that it means this and not that, because you're in that context.

We'll go over general training principles. We'll go over some of the very basic ones, and especially one that's called progressive overload, or overload in general. That's going to be an important one to you for the development of programs after we put one together today, and for you to be able to continue to get results from whatever it is that you're seeking. Overload is honestly just-- we'll get into it in a little bit, actually.

Then we'll talk about load protocols. That deals with how much weight and reps and rest one should be utilizing with a certain rep scheme or whatever that may be. And then we'll get into

key concepts to building a program. Those are kind of where I was talking about where I want some of this paradigm to shift to. And what I find is very simple, but very important to incorporate into your programs. Then, I'll pull up that template that I've created for you all, and you can watch me work on it. I'm going to explain how it works, what this means here, how this is sequenced, what's the timing like, so you all have a good understanding of that.

And again, this video will be recorded and put up to our Global Connections website. So you'll be able to get this information again, if you forget something. After that, we'll have a chance for questions. And yeah, again, like Kaitlin said if you need to put your questions in the chatbox we'll definitely get to those at the end.

All right, so let's-- I'm so used to asking if there's any questions, but nobody's here in the room with me. So let's just move on. So we're going to start with basic terminology. And I apologize, it's going to be a little bit of death by PowerPoint for a little bit, but we'll be all right. So the first thing that we all need to understand, is what reps are. So reps, as it says, they're short for repetitions. Repetitions define the number of times you perform a certain exercise.

So an example would be, if I was doing a barbell back squat and I did it 12 times, I would have done it 12 reps. So however many times I do that given exercise, is the amount of reps that I do. Now, sets refers to how many times you repeat a given exercise for a set number of times, or a set number of repetitions. So if I did 12 back squats, and I rested. I did 12 back squats and I rested, and I did 12 back squats again, I have now done 3 sets of 12. So each one of those 12 exercises is encompassed in my one set. So it's very important to understand what sets and reps are. So sets are the overall-- encompasses all the reps, essentially.

Rest and active rest-- so rest is pretty simple. Right This is the amount of time that you're resting in between an exercise. Say, if you're doing a bench press and you wanted to rest for 60 seconds in between, because you were doing some sort of strength training style that calls for 60-second rest. Your rest is just what's in between. Again, there's different ways you can do this. You can have a superset, which we'll talk about here in a little bit, which is two exercises together. So you do exercise one and exercise two, and then you rest. So that's what your rest is.

We need to talk about active rest, because the program that we're going to be able to develop utilizes active rest. Active rest is a way to make your program the most bang for your buck. It's a way for you to be able to keep moving in a small amount of time and get more done than

what usually happens in a small amount of time. Not only that, active rest can be utilized for multiple different things. So usually when you're doing active rest, it's going to be a certain activity that is not stressing the same movement or the same muscles that being used in the main workout. So if my workout was a superset of bench and bent-over rows, I could possibly do a plank for a minute for my active rest. And your active rest doesn't need to be the entire duration of your rest. Say I have a two-minute rest. I could do a 45-second plank and then still rest and do nothing for a minute and 15 seconds.

Active rest is also good for implementing certain mobility, or flexibility, or stability exercises, that maybe you're a little bit deficient in. If you know that you are deficient in a certain movement pattern or something like that, this is a great time to implement some sort of corrective exercise to help reestablish a certain movement pattern. So it can be used to get the heart rate up a little bit more. Or it can just be used to-- you know that need to fix your shoulder mobility, so while you're in between your bench press or whatever that you're doing, you're doing some of [? PVC pipe ?] type lat stretch or a bandage stretch. Or you're doing some sort of exercise like that.

A lot of other active rest exercises that we use are going to be like your rotary stability exercises, or what we call today's core. I will say, when you hear core exercise, everyone thinks of abs and stuff like that. Well, when we get to our types of exercises, you'll see that when strength coaches say core exercise they mean something else. But again, like I said at the beginning, that's going to be within the context of where we're at. But yes, very often active rest exercise is going to be like your rotary stability anti-extension, anti-rotation exercises.

Moving on to load and intensity. So load usually refers to the weight on the bar, and intensity is interchangeable with that. So a high-intense weight-training workout would be someone that's doing a very heavy weight for a limited amount of reps. So that's a highly-intense workout. Intensity also refers to heart rate. For instance, if I was doing interval training, or I was really peaking my heart rate at a very high period of time, and then I was resting for a little period of time and I was peaking my heart rate up again, that would be a very high-intense exercise-- very high-intense cardiovascular, honestly anaerobic exercise.

And then if I wanted to have a lower intensity, that's your typical steady-state cardio, where I went on a 30 minute jog. I wasn't going at high intensity, so my heart rate was lower. So know that intensity can also be utilized within your weight-training workouts. And when it's high intensity, that means we have a very heavy amount of weight. So volume-- the simple

definition of volume is, how much work you do, such as the number of reps you perform an exercise.

So these are two good examples. So if you were doing five reps of a dead lift, and then you increased it to 10 reps, this will mean that you've increased the volume of your workout. However, if you did five reps of deadlift and then increased the weight, and then did five more reps, you did not increase the volume, but rather the intensity. So the overall volume is not increased, but the intensity was increased. And that would also then correlate-- we're not going to talk about work and stuff, but that would increase the overall work. But your volume is the total amount of movements that you have done throughout a workout.

Cool, moving on, we've got some more basic terminology. So we're going to talk about just a couple types of exercise schemes that we have out there, that are very popular, and that people use a lot. And the reason I want to talk about them, is they're going to be used in the program that I'm going to bring up later, when we get into that.

So a very common phrase that you'll hear here, is people doing a superset. So a superset involves two exercises that are opposing one another. You have an agonist to an antagonist muscle. So it'd be like me doing a bench press, and then a bent-over row. So a push and a pull. So it's two exercises that are done sequentially, that are opposing muscle groups. So I do bench, I do row, and now I rest. Or I do bench, I do row, and I do an active recovery, or active rest, that isn't either one of those muscle groups and/or movements.

So a compound set-- this is it when two exercises are done in a row that are stressing the same muscle, or the same movements. So it's like me doing a bench press and a cable fly. Or me doing a bench press and then a push up. So it's two exercises in a row that's stressing the same movement or the muscle.

So the strength pair thing that I have here, I'm really more looking for just a pair. And the reason that I talk about this, is in my programs I pair exercises all the time that aren't necessarily a superset or a compound set. It's just two exercises back to back to get the most bang for my buck. You'll hear me say that a lot. So I'm going to be able to get the most I can within a workout. And it can be something like a bench press and a squat, or something like that. Or a squat and a pull-up, which really aren't two opposing muscle groups. And I call it a strength pair, because typically I'll do an exercise that's focused on a rep scheme of muscular strength with another exercise that's focused on the training muscular hypertrophy. We'll get

those terms here in a little bit-- what's the difference between strength, power, hypertrophy and endurance-- before we get into the program. But we'll talk about what those are, and it will make more sense at that time. But again, this strength pair is two exercises that aren't necessarily the same movement or stressing the same muscle or that are opposing movements that are done back to back.

A tri-set-- this is three exercises performed one right after another. So I go bench, lunge, pull-up, or something like that. It's just three exercises in a row. A lot of time when you see my strength pair in my program you'll see that there's an active rest with it. I don't consider the active rest part of the pair or the tri-sets. If I did a tri-set and I had an active rest I wouldn't consider it a circuit because you see circuits are more than three exercises. I consider my active rest part of my rest period. So yeah, tri-sets are three exercises performed in a row. Circuits is just more than three exercises performed in a row.

Finally, so this 1RM. This is an important concept to understand, just because if you ever start dabbling with other programs, or you start learning about percentages, you need to understand what the one-rep max is. So 1RM stands for one-rep max, and this is the most amount of weight that an individual can perform for a given movement. A one-rep max can be done for power and explosive exercises, as well as done for strength exercises. So that's pretty much the ones that you're really doing it for. You're not going to be doing it for assistance-based exercises. You don't need to know the one-rep max for those.

And again, we'll see the difference between power and strength here in a little bit. But one-rep max is used to identify the amount of weight you want to use for a desired outcome. So certain ways to train the body like we talked about training muscular strength and muscle hypertrophy. They call for a different percentage of one-rep max.

So if I wanted to train in a muscular strength foundation, I want to be using 85% or more of my one-rep max, and usually 6 reps or less. And we'll see a graphic of that here in a little bit. So there's certain percentages that come with a certain rep scheme that come also with a certain rest scheme, for the body to be able to produce the most optimal output from that. And this is dealing with certain energy systems that are being taxed when doing these exercises.

We don't need to get into the depth of these energy systems. A lot of times when people create these how to build your own program workouts, they really, really stress these energy systems. For you to get a quality program and get results that you want, you don't necessarily

need to know all that. It's very interesting, but you don't need to know all those nuances.

So this is one of the areas that's very important to me. If you came to our very first-- well, not our, but my very first webinar as the coordinator here. I did a thing called the [INAUDIBLE] seven principles of movement. So when I'm talking about basic movement terminology, I'm talking about the six dominant movements that the body goes through. And then we'll talk about rotary stability at the end. So these are the movements that the body is dominantly going to go through when you were doing some sort of workout, or doing everyday tasks.

So we have vertical pressing. So this is where I am pressing something up and over my head, like a dumbbell shoulder press, a push press, a push jerk, or a military press. This is where I literally have some sort of resistance in my hands, and I push it up over my head and away from myself. Vertical pull is where I'm pulling myself up to something, or even pulling something down to me like a lap pull, or a pull-up, or a neutral grip pull-up, or a muscle up. These things are considered vertical pulls.

Horizontal pressing-- this is when you are pushing weight away from your body, or pushing your body away from something. It's like a bench press, or a push-up. It's any type of horizontal press where the resistance is caused in a horizontal fashion. So again, your dumbbell chest presses, push-ups, bench presses, all those kinds of things. And now we have, also, our horizontal pulls. Horizontal pulls are going to be things again that you're pulling to the back of your cable row, your dumbbell row, your barbell row, those kinds of things. So we also need to talk about hip dominant and knee dominant exercises. So hip dominant exercises are hip hinging exercises. Examples of these are like your deadlift, your kettlebell, Romanian dead lift, good mornings, glute bridges. What's happening in a hip hinge, is that we're causing flexion at the hips, and minimal flexion at the knees. So a hip hinge and a squat are different. A dead lift should not look like a squat. Most of the movement should be rotation at the hips, and not flexion or bending of the knees.

And then, it's vice versa with your knee dominant exercises. We're getting a lot of flexion at the knees and minimal flexion at the hips. But in each one of those exercises you get a little bit of a hip hinge in the knee dominant, and you get a little bit of a knee flex in the hip dominant. So there's a little bit both, but one is dominant over the other.

So rotary stability, this is what is today's core. People talk about abs and doing core exercises. Again, us strength coaches refer to different exercises that we'll see on the next slide to core

exercises. When we think of training the abs and the stability of the spine, we think of rotary stability. And we think of these in the designs of anti-extension and anti-rotation. And the fact of the matter, where this has come from, is in recent years we have identified that all this rotation, inflection, and extension that's happening at the lumbar spine-- L1 to L5, so your lower back-- though that's not meant to twist and flex and bend, that's a stability unit, that's a stability joint. And we want that to stay as stable as possible. And we want to train the musculature around it, to keep that as sturdy as possible, that low back. We want it to be able to maintain that neutral position that's it's in, or that slightly lordotic curve that it's in. We want to protect it.

And when we do all these things like the de-ups and sit-ups, and like these hyper-extended sit-ups that are going from our lumbar spine, going into flexion, and then to extension, it's really bad for our lumbar spine. So we are able to figure out ways to still-- and granted, those exercises are going to get you great abs. I did it for years, but I used to get back humps from making my bed. I tell the story all the time. I would literally throw the sheets and the blankets on my bed, and my entire low back would just lock up, and would just be bad. Because I was training and such-- not just around my core, other things were going on too, but this was a huge deal with it. But instead of putting our body into rotation or into extension, we're able to resist against it.

So an example of an anti-extension exercise is planks. Where we have our elbows on the ground, we have a nice straight spine, and we're resisting for our back to extend. Like, you know when you see someone really push their chest up we're resisting against that extension, and we're doing anti-rotation. It's like where we have bands against the wall, and we push the bands-- or lateral to us. They're to the side of us. And I stand, and I push the band out in front of me. And the band's trying to turn it to the right, but I resist against it. So I'm doing anti-rotation. Those are very, very, very applicable ways to properly train your core. And that's because your core muscles are not just superficial ones that create the abs. It's not just your rectus abdominis and all those beautiful musculature. It's your multifidus, it's your psoas, it's all the things of the inner trunk. Even in your pelvis, it's going to help stabilize all that.

And then, I didn't put it on here, but you'll see when we get to the practice section that other ways that we train your rotary stability is to through crawling and carrying exercises. And these are really just dynamic versions of anti-extension and anti-rotation. So it's like if I'm doing a bear crawl, and I'm doing a bear crawl correctly, it's a very, very dynamic anti-extension and

anti-rotation exercise for the spine. Because a good, proper bear crawl, your butt's not wide up in the air. You're literally in a quadruped position with your knees about an inch from the ground, and you slowly move across. You're dynamically moving while also working in the anti-extension, anti-rotation way.

That's just a big, kind of like soapbox that we have in the business here. And I'm not saying give up all your ab exercises that you've been doing. If you do them here and there it's not going to kill you. But if you're completely killing your abs over and over again with a bunch of flexion and extension, it may lead to back problems down the road.

So now I've been talking about this whole what we call core exercises in the business. In all honesty, I'm not going to lie, I use both terms interchangeably. And when I talk about core exercises, I'm maybe talking about the rotary stability exercises. When I'm talking core exercises, I may be talking about these. For the most part, I actually-- well, I'll tell you in a second. So all resistance exercise can be classified as either core or assistance exercises, based on the extent of joint involvement in the exercise, and the size of the muscles recruited.

So when strength coaches talk about core exercises, we're talking core exercises that meet two criteria. One, they have to involve movement at two or more primary joints. So, for instance, a squat is a core exercise. I'm getting joint movement at my knees, and at my hips. It's a multi-joint exercise.

In the second criteria, is they need to recruit one or more large muscle groups. So it needs to recruit the glutes, the quads, the pecs the back-- the big, big muscle groups. So assistance exercises, these are used to maintain muscular balance across joints, help prevent injury, rehabilitate a previous injury, and isolate specific muscle groups. Before going on, just know that core exercises can be used to rehabilitate previous injuries, as well. A push-up is a great rehabilitation exercise. And that's a core exercise. It's multi-joint and stressing a big muscle. But assistance exercises have to meet two criteria. They're single joint. They only involve movement at one joint, and they recruit smaller groups, like the biceps or the triceps. If you think of like a bicep curls, or a tricep extension, that's a single-joint assistance exercise.

How you will hear me talk about these things, is when I refer to core exercises, I call them multi-joint exercises. That's usually when I'm talking about core exercises. But I break them down into an explosive or power multi-joint exercise, or a strength-based multi-joint exercise. And I know I've been harping on it a little bit. And again, we'll talk about the differences in

power and strength in a second. And it's important to know that, because when you structure your program, which we will talk about structure here in a second, it needs to be in a certain way, that definitely starts with the core exercises and ends with the assistance exercises. But within that, it needs to start with the multi-joint explosive power exercises, then go to strength exercises, then go to your assistance exercises, which would then focus on hypertrophy.

And then, endurance at the end. But we'll get more on into the nuances of how you would organize those things. But just understand that when most coaches talk about core exercises, we're talking about big multi-joint exercises, and not your abs.

So some general training principles. There's tons of training principals, but these are some of the main ones to get across. Specificity-- I don't know if you've ever heard the set principle. The set principle is specific adaptations to impose demands. This means that if I want to get better at something I need to train in a way that's going to enhance the muscles the movements the mechanics the mobility the stability of set performance The simplest way to put it, is if I want to get bigger chest muscles, I got to work my chest muscles. However, if I want to be a really good track sprinter I need to work not only my quads my glutes my calves my legs, but I need to do the movement, too. I need to sprint. I need to hit hill sprints. I need to do strides. I need to create proper arm strides, and things like that.

So specificity is training in a way that is going to enhance the performance that you are trying to enhance. And a lot of you, if your idea of enhance is aesthetics. So it's also enhancing the aesthetics of what you want to do. Like, if you want to get bigger arms, you've got to work your arms. All specificity says is specific adaptations happen to the demands that we impose on it. So if I work my biceps. I'm going to get big biceps. But if I want a big chest and I only work my biceps I'm not going to get a big chest. So specificity-- train in a way that's going to pertain to your end goal.

Overload-- there's many ways to do overload, and we're going to talk essentially about progressive overload in a little bit. So overload is a training stress or intensity greater than what the person or the body is used to. So all training programs will yield benefits for a little while, but you will hit plateaus, is what it's called, if you do not experience overload. So overload can be experienced by changing the weight lifted. You could increase it, decrease it. You could do more workouts in a week. You do less workouts in a week. You could increase or decrease sets of reps. You could increase or decrease the rest periods. You increase the complexity of exercise, and so on and so forth.

And these things change throughout a cycle of a workout, depending on what you're trying to do. There's multiple times like, well, I'm doing moderate weight, and I have a moderate rest period, and I have moderate sets. But now I do heavier weight, more sets, less reps, and a longer rest period. So I want to get stronger, and not, now I want to get more powerful. So I'm even doing the same thing there. So there's different ways that you can overload yourself.

And in the program that I'm going to give you, there's multiple ways to do this. And a great way to do it for beginners is just going from less complex exercises to more complex exercises. And in the document that I'm going to provide with you, each exercise area has a dropdown list of a ton of exercises. If you have the whole sheet in front of you, at the top of it is going to let the least complex of those exercises. And at the very bottom is going to be the most complex. And again, still working on getting that completely done for you all. We'll talk about overload more when we're in the program itself. So choice and type are essentially the same thing. So exercise selection is influenced by specificity. So type, equipment and experience.

So the most important factor here, is doing the exercises correctly when you perform them. So a lot of the exercise I have in this program, you will never have heard of. That's why I'm hyperlinking all them, because they're quality exercises. The typical things that people are doing at gyms is usually counter-intuitive to how the body moves, and how the body actually works. So I created an exercise bank that utilize exercises that are much more functionally based. And they still get you strong, and fast, and mobile, but they make you feel good. And there's easy checks that you can have with them to make sure that you're doing them right.

Regardless, seeing these videos-- with some of them, I put longer videos in that really give tutorials. But for the most part, I try to give you short little clips that you just see the exercise. Make sure if you're uncomfortable with it to find a trainer or find somebody that knows what they're talking about to be able to help guide you through that. Because there's usually some little idiosyncrasies to certain exercises that make them as good as they are, and as safe as they can be.

So exercise order-- this one we kind of talked about a little bit ago. Exercise order refers to placing the exercises in a specific sequence within a resistance training program. One guideline for exercise arrangement, is to start with power/explosive exercises, which are followed then by strength-based multi-joint exercises and ends with assistance and single-joint exercises. This is effective because power exercises require more effort skill and focus and

strength-based single-joint exercises. And they stress the central nervous system a little bit more. Another way to think about this-- and this will make more sense when we get into this terminology a little bit more-- is that we start with exercises that focus on power followed by strength followed then by hypertrophy and then ending with endurance. And you'll see-- I believe this is in next slide that we're going to talk about-- load protocols. Which I'm right, cool.

So, load and intensity protocols. But we'll first kind of go over these concepts, and then I'll talk about what you see down here in the table. So load and intensity protocols, especially when you're making your own program, is determined based upon what your goals are. Do you want to get stronger, more powerful? Do I want to get bigger and more muscles and cut. Or do I want to be able to have really high endurance. In all honesty the program that I give you guys encompasses all of these. You don't just need to focus on one, especially if you're going to build a program that's going to be sustainable and you consistently change up. You do progressive overload, and change different aspects of it. You can have all three of these things in your program and increase each one of them incrementally and small over time.

If you are a strength and power-focused athlete, then you should change up your program and have it be much more focused that way. And then, just do a little bit of stuff at the end, of like hypertrophy and endurance stuff. But you should definitely focus on what your sport is. But for most of us, and especially for beginner's addition to building a program, we can do all these within a workout. And don't think that power workouts have to be like a snatch or a clean. You can get it done with medicine balls, or with kettle bells and stuff as well. And even just your own body.

You can increase power, because power has to deal with the speed of the movement-- the speed and the force to cause it. And again, we'll talk about that here in a second. So often a goal of athletes interested is so muscular strength and power is often a goal of athletes interested in improving performance strength and power loads are much heavier and should be reserved for those with resistance training experience. Power exercises are particularly complex and focus more on the speed and explosiveness and strength. Strength is absolute strength. You've seen people deadlift as much as they can. It takes them like 10 seconds to get up and down. However, when you see somebody snatch or clean the maximum amount of weight that they utilize, that beam's up and above their head really quick. And we have examples of that coming up.

Muscular hypertrophy-- this is when the individual comes up to you and is like, I want to be

yoked. I want to be cut. The body builder-- that's hypertrophy. Hypertrophy is increasing the cross-sectional area of the muscle, which then makes it bigger and more sculpted, if you will.

Muscular endurance-- the outcome of this style of training is greater muscular endurance and an enhanced ability of targeted muscles at sub-maximal loads. So doing things for a high repetition, and training that muscle to be able to take a lot of repetitions. So now if we go look at this graphic that we have at the bottom we have the modalities and then we muscular strength. We have power, we have hypertrophy, and we have endurance.

Across the top, we have the load percentage that pertains to each one of these goals. The goal repetition that pertains to each one of these goals the sets and the reps that pertains to each one. And you'll see as we go through these, they are different to be able to enhance or elicit the best outcome for trying to develop that goal, whether it be strength, hypertrophy, power, or muscular endurance. So that's why it's good to understand this whole this one-rep max percentage. And again, with our programs, you don't necessarily need to know it, but you start to figure it out over time. Anyway, if one is trying to train muscular strength, NSCA is going to tell you that you need to be training with weights that are equal to or above 85% of your one-rep max for that exercise. So if my max on back squat is 315, to get the best possible outcomes to develop my strength I should use loads no less than 85%, with at most 6 reps.

So when I go down to 5 reps, maybe I get to 87%. When I go down to 4 reps, I'm up to 88%, whatever it is. I mean, there's lists out there that show exactly how many reps should be at what percentage. Again, it's impossible-- just like nutrition, guidelines aren't for everyone. You find where you're at. But 85% of your one-rep max at no more than 6 repetitions is good for muscular strength development. And then, we see that we have 2 to 6 reps that can be done for. If I'm doing 2 to 3 sets, I'm usually looking at that 6 rep period. If I get to like 5 reps, I'm going down 5 [INAUDIBLE] 5 by 3s, things like that. And you see that you have the rest period of 2 to 5 minutes.

Again, so you have the span of time. So usually when you just get started, you'll probably rest that 5 minutes and then bring it down to 4 minutes. And so on and so forth, the better and better that you get. In our power section you see that there is a single-effort event, and a multiple-effort event. It's because when we talk about power, we typically think of athletes. And the easiest way to explain how to-- and don't think that only athletes should be doing power exercises. Everyone should be, because everyone decreases their power over time. And this

limits the speed that we're able to react to certain things. It's why so many older individuals get broken hips and things like, because they fall. And they're not able to catch themselves. They lose that speed and explosiveness. So it's something that we still need to train. And older populations can do it with different exercises. Again, it does not have to be a snatch, or a clean, or a push jerk.

But to think about the differences of how you develop a power exercise-- a single-effort event, we think of the shot putter. The individual has one big, heaving throw that they do. And anybody can train power like this, but still, that individual is going to be using 80% to 90% of their max for only 1 to 2 repetitions. And they're going to be doing 3 to 5 sets. If you're usually doing 2 repetitions or 3 repetitions, you're doing around 5 sets. And this person's going to have 2 to 5 minutes rest. And they're going to take a good amount of that rest, because they need to make sure that they have some good technique coming in. A multiple-effort event for a power athlete would be like a 100-meter sprinter, or even a 400-meter sprinter. They are a powerful athlete, and they're doing a repetitive-- they're doing multiple-effort-- multiple things in a row at max effort, especially a 100-meter sprinter. So they utilize 75% to 85% of the one-rep max.

And again, that's because when they do these exercises they create the same amount of force by moving the bar faster. And we're really looking for that speed and that explosiveness with these exercises. They're going to be utilizing 3 to 5 reps more 3 to 5 sets and a 2 to 5 minute rest period. Once we get down to hypertrophy, this is when we're going to be doing much more moderate reps. In all honesty, I always tell people if they're going to do hypertrophy. they can get 8 to 12. And even 15 gets up there. It just depends on how long you've been training for.

So again, to each his own. But for these exercises to increase that cross-sectional area, you really want to break down the muscle, and help build it back up. So we want to really damage it at first. And again, this is just like anything, you break it a little bit it comes back stronger. You don't want to overtrain, though. That's when it doesn't come back as strong. But these individuals are using 67% to about 85% of their one-rep max of 6 to 12 repetition range, sets of 3 to 6. I'm a big fan of the 3 by 8 to 12, and 30 to 90 seconds rest. So you can be getting huffing and puffing when you're doing these things.

Muscular endurance-- we're less than 67% at least 12 reps and usually a little bit more. 2 to 3 sets with less than 30 seconds rest. So this is a good graphic to have, and a good thing to

remember if you ever do build your own program from scratch. This is important to take into consideration. In the problem that I've developed for you guys, I have not put set and rep schemes in there, but I've put notes in there for what the rep schemes should be if you're trying to work x, y, or z. And in certain sections-- like, in the power section you're allowed to go up to 5 reps. But in the strength and hypertrophy and endurance sections, you're only allowed to go up to 3 sets. And that's just so it can all fit on one sheet of paper and stuff like that.

So this is the videos I wanted to show you all, to explain the difference between power and strength. So power is defined as the ability to generate as much force as fast as possible. Power requires strength and speed to develop force quickly. The load or resistance must be heavy enough to allow for maximal force to be applied, but not so heavy that exercise is performed too slowly. The exercise that this individual going to be doing, she would not be able to do if she was doing it slowly. All power and explosive exercises are multi-joint exercises.

Now, when we come over here to strength, strength is the amount of force a muscle or a group of muscles can exert against an external load. Speed of the movement is not important when testing strength. All strength exercises will be formed using multi-joint exercises.

So let's first take a look at this. f going to be performing a snatch. What I really want you to look at, is look at the speed of her feet. Like, she's going to go from-- there's 3 pulls in this snatch. The first pull is from the ground to the mid thigh, and going to be a little bit slower. The second pull, is from the mid thigh up to her hips, where she's going to aggressively throw the bar forward into her hips and up vertically over her head. And the third pull, is actually when she's accelerating the body downward underneath the bar. So not only does this person have to extend the hips as fast as possible, but they immediately have to retract and come underneath the bars. And she's got three beautiful snatches in her. And we'll even watch it in super-slow motion.

So we see that she gets under that bar, and she's throwing some weight around. She's getting there quick. So she's kind of slow-- quick. And under that bar fast. She is explosive, she is powerful. And here she comes again. I legitimately can't do it this weight. So now it's going to show you each three of these in slow motion. So we see her going from the first pull . So that's from the ground to mid-thigh. And you'll see that she gets to a certain position called the scoop when she's in her second pull.

So we're still in first the first pull. She's going to start standing at the waist. Now we're getting right to about that second pull. Now comes, makes contact with the hips. You'll see her feet actually come off the ground. She's not jumping. She's just lifting her feet and repositioning herself underneath the bar, as possible. And, boom, she comes underneath-- snaps right underneath. So a lot going on in a very, very fast motion.

And again, this is an extreme example of a power exercise. Again, a kettle bell snatch a kettle bell swing, a kettle bell clean like a tall, kneeling medicine ball passed against the wall could be an explosive exercise. Because again, it's focusing on that speed.

So now we'll watch some exercises that are focused on strength. So this individual is a power lifter, and he's going to be maxed. We'll just watch his squat. The first one, he's just getting ready to go. So the speed is a little bit faster than, you know, do we max strength. But he's getting ready. So it's pretty funny, because he wants 738 pounds. So you'll see he moves a little bit slower. But the second attempt that he does, is definitely much more indicative of what strength is. But we'll still watch both. It's just crazy to believe that 738 pounds is that easy for somebody. Still a little bit slow-- he's not aggressively throwing the hips forward to get underneath the bar or anything like that. But here comes damn near 800 pounds. And we'll see that to be able to recruit that entire-- because he's recruiting multiple muscle groups right now.

In the other one, she's using body mechanics. She's using physics to her advantage. This is brute strength right here. Pushes through it-- so much slower than what we're seeing Mattie Rogers doing. And he's going to hit that 825. I'm not sure if he hits it, I can't remember. The guy's an animal, though. Right So much slower.

So these kind of illustrate the difference between power and strength. And it's just something that a lot of people don't understand. They ask me, why doesn't strength come before power. Why doesn't power-- what is it? Why are they even different for multi-joint exercises. If those are both multi-joint exercises, but they're calling on different mechanics to work, essentially. That girl, Mattie Rogers is using physics. She's using the physics of the bar and her body to be able to throw that weight around. So I thought that was a good visual representation of what I talk about between power and strength. And my first time ever embedding videos into a PowerPoint program. I'm pretty proud of myself.

So now we're onto key concepts to building a program. So first things first, warm up. Later on

in the school year, I'm going to be giving another webinar on an all encompassing warm up. Warm ups, essentially, at the barest level are just meant to increase your core temperature, and to get the body warm. If you don't know a lot of crazy things about warm up, then just go on a bike. Do whatever you need to do for like 10 to 15 minutes. Get on the versa climber, get on the rower, get on the assault bike. Do something like that to warm your body up before you go into it.

You'll see over here, I have a section for foam rolling, and dynamic mobility, and dynamic [INAUDIBLE] to band activation. If you know these kinds of things, definitely do those, especially if you know how to foam roll a little bit, and do some walking knee tucks, and quad reaches and single-leg RDLs, and things like that. And then, if you're doing your high knees, and your skips, and stuff like that. There's multiple different ways that you can do warm ups. And again, I'll be teaching a lesson on that.

And this is a different version of the thing that I'm going to be giving you guys here in a little bit. I changed up what we do it a little bit. In the finished version what I'll do is I have a colleague who actually has some videos of warm ups that he does at his gym. And I'll just put them in there, because it's nicer than most videos that you'll see. Because each video I uploaded is just like one exercise. But he'll have like a whole sequence of things. And I'll put those in there, so you can utilize those if you want to. And then, definitely come to our webinar later on in the semester about how to complete an all encompassing warm up.

So exercise order-- warm up first, definitely. Then, we're going to go to our power exercises. We see that I have an explosive list located right here. And it's paired with a corrective, or an active rest. But we do the power exercises first, the core multi-joint complex exercises. Again, these are the most CNS-fatiguing, demands the most techniques. This includes plyometrics like depth jumps, box jumps, and things like that, and true agility stuff.

So if you are an athlete and you like to do L drills, or other cone drills like your 5-10-5 shuttle, any other drills like that-- W drills. Those things can actually be incorporated as explosive exercises. If you are an athlete and you are doing some sort of speed and agility, that stuff should come before the explosive list. But don't do too many of them, or else you're going to get way too fatigued. You wouldn't do gassers and stuff before it, though. You wouldn't be doing like your 60-yard shuttle. No, no, no, you'd be doing that down here.

Then, we go into our strength-based section. I'll actually change this to a strength and

hypertrophy-based section. And you see that I have the need dominant double leg exercises and the vertical pulling exercises in there. And again, with an active rest. But when we're building them, we'll probably do this first one as a strength-based exercise. And this one as a hypertrophy-based exercise. Or you could flop it, or you can do them both hypertrophy. Or you could do them-- I wouldn't do them both strength. If you were going to do one strength, I would just focus on one being strength. And I would usually have to be the first one.

And again, in this section-- especially in the explosive section, you want the least amount of reps and longest rest, and usually even more sets. And you'll see that you have the ability to do 5 sets here. But you only have the ability to do 3 sets here. And this will all make a lot more sense when we're actually playing with the template itself.

So then, we move on to the strength/hypertrophy pair. So this will be just a pair of exercises right here. It means you'll go, exercise one, exercise two, active rest, and then rest. And I changed your guys' rest to 90 seconds, to kind of refer back to what we were talking a little bit more. I put this together for my personal trainers, to be able to get done in an hour period of time. So literally, if you do all this and you do it perfectly in time, you'll be done in an hour, which is crazy. It's a good amount of work that you can get done in an hour.

And again, these can be strength pairs-- can be paired at times, or a strength exercise can be paired at times. Again, I probably do a strength. That's why I changed it to strength and hypertrophy. Do a strength exercise or the hypertrophy exercise. Moderate reps and moderate rest for this section. Again, if you see that you have 60 seconds of rest here and then 60 seconds of rest here. Then, we go to this hypertrophy and endurance section.

So this is dominantly-assisted exercises, but it still can be some multi-joint exercises. You could throw some push-ups in there. You could throw some pull-ups in there. You do other exercises that are a little multi-joint. But they're going to be much higher reps, and it's going to be much less weight. These can be circuit focused, and this can be higher reps.

So in this action, you go exercise one, two, three, rest. One, two, three, rest. One, two, three, rest. Here it'd be one, two, three-- so the superset, or the pair. And then active rest, rest. The pair, the active rest, and the rest. The pair, the active rest, and the rest. And an explosive exercise, is exercise paired with an active recovery, and then rest. Explosive exercise, paired with back to recovery, and rest. And again, we'll get back this-- when we're actually on the sheet, it will make a lot sense.

This little bottom part is called a finisher. I've left that open for you guys to do whatever you want. Typically, you do some sort of interval training set, or some sort of metabolic conditioning. Like an AMRAP an EMOM or something right there. We've had previous webinars on take your workout anywhere, or workouts on the go. And we talked about EMOMs and AMRAPs if you're interested in learning about those. But an interval you could do down here. Say, you get on the erg rower. You could go 30 seconds on as hard as you could, 30 seconds off for 5 to 8 minutes. You get on a versa climber and do versa climber 30 seconds on to a minute off. You could sprint for 30 seconds, and then rest for nine seconds. That's a 1 to 3 ratio.

So when I use those finishers, it's usually some sort of interval exercise, or some sort of Tabata, or metabolic conditioning. If you are trying to do some bodybuilding or get big, get yoked, you could do bunch of curl drop sets, or something like that there as well. But I prefer to do some anaerobic threshold training. But again, this is build your own program, and it's very versatile.

So this is where I'm trying to change the paradigm. So a lot of people, when they think about building the programs, they're like, I need to get stronger. I need to put them in this fashion. I need to make sure to go from power to endurance, and x, y, and z. So those are things that people always focus on. I need to know the percentages. I need to know undulating periodization. I need to know linear periodization. You don't need to know all that crap. If you are able to balance your program so you do not build yourself the asymmetrically, you are doing better than 90% of the people in the weight room. Because they're just throwing weight around, because they think if they just move stuff it's OK.

What happens, typically, is when somebody goes to the gym, is they're what we call anterior sagittal man. So they look in the mirror and they work all the muscles that they see in the mirror. They were nothing in the back. And they do everything in the sagittal plane. They're doing curls, they're doing presses, they're doing front raises. They're doing everything in the sagittal plane, and they're doing everything on the front side of the body. And they do not balance anything. So that's when you see people get big chest.

And you'll see people who have big rounded shoulders. They'll be hip dominant, where they have a big button, a big arch in their back. They are not building their selves symmetrically, and you want to do that. It's been shown that if the is functioning symmetrically, that we're a lot less apt to occur an injury, whether that's in training or just in life. You don't want to be

compensating with certain muscles that are compensating for underdeveloped muscles. It's something that happens all the time. There's this term that we call building strength on top of dysfunction. We do not want to build strength on the top of dysfunction, so there's a very easy algorithm to make sure that that doesn't happen. And that's called programming for imbalances, and programming symmetrically.

So what that means, is we talked about the vertical pull and the vertical push. The horizontal pull, the horizontal push. The hip down and the knee down. We talked about that stuff earlier. All this means, is that I have an equal amount. So a week period of time-- see, we have day one, day two, day three, day four. For a week period of time, I have an equal amount of vertical-pulling exercises to vertical-pressing exercises. So much as much dumbbell presses as pull-ups. As much horizontal-pulling exercises to horizontal-pressing exercises. As much dumbbell rows to as much dumbbell press. We want an equal amount of those. And I want as much hip-dominant exercises as much deadlifts to knee-dominant exercises, to my squats. Those things should be paired.

So lucky for you in the program that I've developed for you, the whole week long is going to be balanced. Because if you see-- in these sections it says, knee-dominant double leg, vertical pull. So these will all be dropdown lists of certain exercises that fit that pair, that fit that modality. And they're equaled out across the week. And some might be 4 to 3, or 5 to 4. That's not that big of a deal. It's ideal to have 1 to 1, but if it's a little bit off, then it's not huge. At least you're still doing both sides. When you think about it, it would be better to have 5 pull to 4 press because everyone presses nonstop. It's usually like 8 press to like 2 pull, or something that. But 1 to 1 is great. If it's 4 to 5, you're going to do all right. But just be conscious of this-- program yourself symmetrically. And the program I'm giving you is going to do it for you.

Then, I also take into account the rotary stability and/or today's core. So equal amount of anti-extension to anti-rotation, and an equal amount of crawl to carry. I said this is less important the first 6, because I just don't care. Just get any rotary stability in. And again, the program I developed for you gives you certain notes to do certain things. Be conscious of it, but if you just do rotary stability exercises, you should be OK. We've talked about what active rest is. I don't need to hammer it away again. And I've even shown you already where it is in these workouts.

But again, active rest-- it needs to not stress what is currently being worked, whether it's that movement or that muscle or whatever it is. That just needs not to stress that, and it's doing

something else. It can be rotary stability or core focused. It could be mobility focused corrective focused you'll see that in these dropdown lists, I have this set to SM Corrective. That stands for Shoulder Mobility Corrective.

There is a thing out there called the functional movement screen, which takes into account certain movement patterns that can get deficient in human beings. And they have certain exercise that help reestablish those movement patterns. And throughout the week I had four different correctives for FMS strategies in there. And use those. There's not videos for those ones yet, but I will put videos for those in there. Make sure to do those correctives and those active rests in there. Because even if you don't know what it's doing, everybody needs to work on their shoulder mobility. Everybody needs to work on their active straight leg raised up. It wouldn't be too bad if people started focusing on some trunk stability-- push-up stuff. And it wouldn't be very bad if people focused on some rotary stability stuff as well.

And those are the four in each one of the explosive sections. I put a corrective for one of those movements in there. If you were an individual that did understand where your deficient patterns were at, that's where you would throw correctives into your active recovery section to help re-establish that pattern. Or say, if you were contraindicated to do vertical pressing you would take a vertical-pressing exercise out, and then put a corrective in there for it. But we don't need to get into that now. Just know that when you see these in your dropdown list, do them. They're definitely good for you. Again, bang for your buck. You'll hear me say it all the time.

So this is our last slide before we're going to practice on our Excel sheet. So if you want to get that up real quick, I'll be bringing it up here too. You can probably just watch me for a little bit as we're doing with stuff.

So getting started, it's very important to identify what your goal is. Do you want to gain weight? Do you want to lose weight? Do you want to increase performance for a sport. Are you trying to get stronger, faster, meaner? Are you trying to increase general fitness? Are you just trying to learn certain exercises? Are you trying to learn how to do them a little bit? Identify what your goal is, because that's what's going to help you structure your program. And then, identify where your training status lies.

We have this little thing down here. So how long have you trained for it? This helps you identify how many days a week you should be training. If you're a beginner, and you've never trained

at all, probably for you a frequency of 2 to 3 times per week is OK. if you've been training for about 2 to 6 months, 3 to 4 times a week is all right. And then, advanced, you know, you've been training for longer than a year, 4 to 7 times I would say 4 or 5 was maybe active recovery would be just OK. So, again, if you're a complete beginner in this, and you see that the program I'm about to bring up is a 4-day split I will give you a little trick of how you can utilize a four-day program to be able to be a two-day a week program, so you don't overstep your boundaries right away. But this is a good little figure to have, to understand where you lie, so you don't overdo yourself.

It's important to get rest, everyone. It is extremely important to get rest. And then finally, what's your weekly schedule like? How many days per week can you commit to training? How much time per session can you commit. Is it an hour? Is it an hour and 15? Is it two hours? What is it? And I didn't write this stuff down, but just developing little tricks for yourself to make sure that you get to the gym. So you're going to have this problem that you created. Then, is the gym out of the way on the way home? Can you get a gym membership where you have to pass your gym? Or can you get your gym bag in your car before you go to work, so you don't go home and then sit down and have some food and go, well, I'm not going to go now. Have that bag in the car to make sure that you're ready to go.

So let us practice. Here's our four-day week program. We have day one, day two, day three, day four. So a four-day-a-week program. We have the warm-up section. And again, you see that I have two different warm ups I'd go on each one of these days. What I'll do, like I said, when we upload it, I'll put some of my colleagues warm ups in there so it makes sense. Again, if you can use the bike for 10 minutes, get on a versa climber, or an erg rower, those are great ways to warm up too. But if you know some of this mobility stuff, it's very important to incorporate it.

So again, day one, day two, day three, day four. We'll just focus on day one right now to be able to explain how to put this together. So if I was going to do a workout, and I wanted to develop all this together, I have my phase one, which is my power section. Phase two, which is my [INAUDIBLE] hypertrophy section. And phase three, this should be called a hypertrophy endurance section, I apologize. What I will do is, OK, I don't know any exercises, but I really want to train. So we have a cool little dropdown list for you guys. So here is a bunch of explosive exercises. You can implement any of those exercises.

And just I said earlier, the ones that are at the very top are the least complex. And the ones at

the very bottom, like your snatch and stuff like that, are going to be even more complex. Let's do, I wanted to do a kettle bell snatch. So I have been taught that working in power, I need to do a certain amount of rest, but I can't remember what it is. Well, if you go to this little section, you'll see, oh, Ramon said to train in power, he does 1 to 5 reps. So I included the multiple-event athlete, and the single event. So I would honestly say 3 to 5 for the most of you in here would be good.

And you see that the most amount of sets I could have is 5. Because I only have 5 little areas where I can write my weight. When you print this out, this is where you write your weight of what you're doing. So, OK, I want to do 3 sets of 5. So that's what I'm going to do. I'm doing with 3 sets of 5 kettle bell snatches.

Now, my active rest is going to pair it with some shoulder mobility corrective. And I'll get these videos and stuff in there, and I'll show you how you can access the videos and stuff too. So I want to pair with you shoulder mobility corrective. I'm going to come down here, and I'm just going to do scap slides. So I'm going to do a set of 5 followed by 60 seconds as scap slides, then 3 minutes of rest-- post-active rest. That's what that AR stands for. And you can even bring this down to like 2 minutes, if he wanted to, just depending where you're at. I wouldn't go below 2 minutes, though.

So again, this is the exercise. Here's the huge list. I'm going to put the exercise in there, put a proper rep range in there. And then, again, no more than 5 sets, because that's what you're allowed to do in this program. Again, when you build your own, you can do it however you want. But you don't want to be doing more than 6 sets for power exercises. I wouldn't go more than 5 sets of 3, honestly. Or five, yeah. 5 by 5 is actually one of my favorites, but that's getting a little closer strength. So exercise, active rest, rest, post-active rest. If I was doing a 45-pound kettle bell-- and again, you can print these out. It actually prints out on one of paper, all 4 days of it. And I write down 45, then I do 50, and then I jumped up to 60. But the 60 was real hard. So in my notes section I'll write, 60 pounds was really hard, go down next week. And again, I'm not going to be typing this, because I'm going to have this on the floor. So I probably handwrite that in there. Again, if you have a tablet or an iPad, you can take this out on the floor with you and do it like that as well.

So there's a note section. There's a set section. There's a rep section. There's a place to put your weight, and you've got rests. It's all right there for you.

So then, after I complete the 3 sets of 5 kettle bell snatches from my power phase, I'm going to go down to phase two. So again, I've got to do these three sets before moving onto this section. So now I have a strength hypertrophy pair, along with an active rest. Just to clear things up for all you guys. This type section is something I used before, where I had a dumbbell, kettle bell, barbell, hex bar, TRX. What I'm doing for you guys, is in your entire list I'm just saying if it's a kettle bell, or a dumbbell, or something that. So just make sure that-- you don't have to use that section, because the exercises themselves will be in here. So just ignore it.

Then again I go down to my hypertrophies, or my [INAUDIBLE] hypertrophy set. Again, this is a knee-dominant exercise. So we want to balance out. So I have knee-dominant here and then I have some hip-dominant here. I even devise it into hip-dominant single-a, hip-dominant double-a knee-dominant double-a, knee-dominant single-a. So it's even broken down like that. But just knee-dominant, hip-dominant is equal across the board.

So I'm going to do back squats. And I'm going to go down, and I find back squat. And I'm going to do it with some sort vertical pull. You know what, I'm just going to do it with a lap pull. And then, you see here in this core section, I'm paired with 60 seconds of a core exercise. And I even put in this little note, that's going to be crawl focus. So we'll scroll down, and we'll find something like bear crawls or something like that. So we're going to do some sort of crawl.

So we go exercise one, exercise two 60 seconds of the core exercise, which is going to be bear crawls. And then, 90 seconds of rest post exercise. So our sets in this section, is going to be we can't go more than 3. And our reps, we see that for rep range 3 to 6 for strength, and 6 to 12 for hypertrophy. And so let's say we want to do three sets. So it's all encompassing, they're back to back. So three sets of the pair. And then, I'm going to do 6 reps of back squat, and I'm going to do 10 reps of lap pull. Again, I put the weight in here, and then my notes in here. And again, so one-- exercise one, exercise two, active recovery, rest act after active recovery.

Same thing goes for this triceps section. Again, we got knee-dominant at single-a now. So I want to go in there and do the dropdown list. I'm going to do goblet split squats. And then horizontal press, I'm going to do push-ups. And then horizontal pull, I'm going to do TRX [INAUDIBLE] elevated row. Same thing, I'm going to do either 1, 2, or 3 sets. And then I add the rep range in here, so 8 to 15. And yeah, it's just like that. That's what you do, and boom, you literally do this for each day, and your program is built symmetrically. And it is going to

work well. And if you do this stuff with the proper frames-- and again, remember, you can adjust the rest periods at certain times. You will be getting a workout. This is literally how I train, and I change it up all the time. But this is how I do my program. And I am sweating, and I'm getting benefits. I'm getting stronger, and getting faster, and all those things.

And it's easy for you, because it's already balanced symmetrically. And again, you put in your finishers here. So now since we're not going to know what a lot of these exercises are, if you want to find the videos to them you just scroll down to the exercise list. And you see that I have explosive list, knee-dominant list. All these exercises are hyperlinked to a certain exercise.

So for instance, if I wanted to come here and do to like two med ball push-ups, it goes to my boy John-- this is my colleague here doing two medicine ball push-ups. So if you want to find what the exercises look like, you just go to that exercise list, and you look at the zen runner here doing his thing.

So as you can see, I have been hammering away at these. But over at this section, I need to hyperlink these ones. And I will. It will all be done for you guys once we upload this. But this from here to here, was from 9 AM to today-- to right before this.

Another cool thing I put in this program, is I provide you guys with a blank workout card of the exact same thing. Because a lot of you maybe don't want to do power exercises. You are a strength-based athlete, so you want to just go in here and put certain things in there, and manipulate it the way that you want to. So it's the exact same template. And you can build your own program however you want. Again, this is nice because it's balanced and symmetrical. But if you're a strength-based athlete and you want to do back squats and stuff first for the heavy reps, then you're completely fine. This is going to be very beneficial for you too.

And again, if you want to use it to build your thing, you can still go back to this exercise list and then pick and prod those things in here. Again, the reason I'm doing this-- that's not supposed to be there, but that will be fixed at the uploaded version. So I hope that all makes sense.

Again, I can't underestimate how powerful this is for you guys. I've never given this thing away for free. I've sold this for a very expensive amount of money, because you can always progressively overload and change with this. You can change the complexity of the exercises, from going from that top to bottom. You could literally do the same rep-set scheme each week, and then every three weeks change up the exercise to be a more complex one.

And then, if you want you can change the set-rep scheme. You have the ability to do it. And if you wanted to manipulate it and make it your own somehow, you have the ability to do that too. Also, if you want to add exercises in here-- if I'm here and I know of another exercise, boom, that's literally added in my list now, . If I come back here, [INAUDIBLE] whatever it is called will be all the way at the bottom. So you can literally add exercises in there as you go. So it's awesome, and trainers would kill for this.

If you do a program like this, you are doing a program better than 99% of people at your gym, I promise you that. This is a mixture of Mike Boyle, Greg Cook, Lee [? Daft, ?] and your boy, Ramon Sodano. I just want to put myself in the same category as those guys.

All right, so coming back to our slideshow-- and we've got one more slide before questions. What I want to talk about real quickly-- and again, this is one of those nuances that a lot of people don't necessarily need to know. But there's different things called macro-cycles, meso-cycles, and micro-cycles.

A macro-cycle engulfs your entire program. It's usually thought about a year in length. This is difficult to establish with any of my personal training clients, but it's typical for athletes. But if you have a year-long goal, then you're going to have a macro cycle that is a year long. And then, within that macro-cycle you'll have three to four main chunks, which are your three to four main meso-cycles. And maybe one's focused on strength, one's focused on hypertrophy, one's focused on power, and one's focused on endurance. You can break them up like that. They could be focused on mobility, stability-- however you want to break those up.

And then, within each one of those meso-cycles is a micro-cycle, which is a three to four week chunk of time. So when you are doing a micro-cycle, that's typically what is happening on that template that I gave you. And when you make that template, you could literally have it go for three to four weeks before you change something up. Or you could even go by six weeks depending where you're at. But then, you are going to want to change it up.

So what I would suggest that you do, is you get a good idea of what you want to do in a year, then just put concepts on your meso-cycles. And then every four to six weeks, or three to six weeks, change up what's in that four-day split. And make it a little bit harder for you, and then continue to go on with that. Or have it pertain more to whatever meso-cycle that you're in.