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DUMBBELL WORKOUT HANDBOOK

WEIGHT LOSS

THE BEST WORKOUTS FOR TORCHING FAT
AND BURNING CALORIES LIKE NEVER BEFORE



MICHAEL VOLKMAR



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The Dumbbell Workout Handbook: Weight Loss

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THE HISTORY OF THE DUMBBELL

The history of fitness goes back to early man's need for physical strength and speed while hunting. This led to an interest in fitness as a necessity of survival. Fitness equipment has been key to this change, helping generations of people from around the world shape and condition their bodies for battle.

The history of resistance training goes back to the earliest civilizations. Jan Todd, PhD, author of *From Milo to Milo: A History of Barbells, Dumbbells, and Indian Clubs*, the form of the first dumbbells, states that “Milo of Crotona—the so-called father of progressive resistance exercise—had three weighted implements by the fifth century B.C. The diskos and javelin were thrown for distance while the hand-held alteres or halters (Dumbbells) were used as a jumping aide and for purposive drill.” The ancient Greeks used to practice with Halters (Dumbbells) made of stone (1.5–2.0 kg), as the first evidence of sport performance training.

The Greeks were increasing the length of the jump by holding the halters for the duration of the jump. They did this to improve acceleration and deceleration of their jumps. This is the precursor of today's dumbbells.

Todd continued to postulate that the origins of the term “dumbbell” or “dumb bell” are a bit murky. In 1711, the poet Joseph Addison mentioned exercising with a “dumb bell” in an essay published in *The Spectator*. Todd wrote, “Unfortunately, exactly what Addison meant by this quotation is no longer clear. Does he refer to the swinging or “ringing” of an implement similar in appearance and function to our modern dumbbell or does he refer to an implement that more closely resembled a hand-held bell?”

Flash-forward 300 years, and dumbbells are a staple of the fitness industry.

HOW DUMBBELLS CAN HELP YOUR WEIGHT LOSS JOURNEY

Dumbbells are among the most versatile and effective weight loss tools available, yet so few people take full advantage of their benefits, believing they're only good for building muscle. What they don't realize is that workouts designed to build muscle *also* result in burning fat.

Complete Adaptability

We mentioned the versatility of dumbbells, and we meant it. Here are just a few examples of the options using dumbbells in your training regimen affords you:

- » Calorie torching, full body routines
- » Useable anytime, anywhere
- » Provides a huge range of exercises
- » Cheaper startup cost than any barbell or weight plate set
- » Much cheaper startup cost than a treadmill or elliptical trainer

Building Muscle Burns Fat

It's true: muscle tissue burns more calories than fat tissue does. Therefore, developing muscle mass is a key factor in any weight loss journey—and dumbbells are perfect for people of all skill levels to get started building muscle.

Using This Book

The purpose of this book is to provide simple, easy-to-understand progressive dumbbell programming for optimal weight loss and fat burn. Throughout the book, we'll be referring to "body fat loss" and "weight loss," so it helps to define these terms.

Weight loss means making the number on the bathroom scale go down. This happens by losing fat, but also occurs when you lose muscle. **Body fat loss** refers to losing fat while trying to gain muscle in an effort to become more "toned," or "leaner." The number on the scale might not drop as much, but you'll look better, feel better, and be healthier as a result. With the workouts in this book, we'll be targeting overall body fat loss—using nothing but dumbbells.

ADVANTAGES OF DUMBBELL TRAINING

There are a number of advantages that come from incorporating dumbbells into your daily workouts, separate and distinct from other weight-based or resistance training:

- » Dumbbells require more balance than barbells or machines. This increased balance requirement builds athletic performance and can lead to greater muscle fiber recruitment.
- » Dumbbells require more muscular control than barbells, enhancing kinesthetic awareness (awareness of our bodies in space).
- » Dumbbells allow unilateral training (training one limb at a time), which increases core stability for athletes and can improve on any muscular imbalances created by the lifter.
- » Dumbbells allow for greater joint safety and stabilization. Through a greater recruitment of the stabilizing muscles, dumbbells allow the joints to move naturally within their range of motion, creating more joint stability. They also allow for internal or external rotation for less stress on your joints.
- » Dumbbells are safer than other weight tools. For example, you can simply drop a heavy set of dumbbells after a brutal set of bench presses, instead of having the barbell pin you to the bench.
- » Dumbbells afford a greater level of variety, which prevents physical and mental burnout, enhancing potential growth.
- » Intensity techniques are simpler and safer to execute, including Drop Sets, Elevator Sets, PSD Sets, etc.

- » Dumbbell variations of barbell exercises allow for a greater range of movement (ROM), which leads to an increased number of muscle fibers recruited. That means more muscle built, and more strength developed.
- » Dumbbells are perfect for the at-home exerciser with limited space. Do you have a small apartment? Do you not have a garage? A set of Power Block Dumbbells take up only 2 square feet of space and still allow for full body workouts.

TYPES OF DUMBBELLS

There are a number of different types of dumbbells to choose from, and which one you end up selecting will depend on your particular needs and fitness goals.

Fixed Dumbbells

The traditional fixed dumbbells are a fixed or set weight. You traditionally see them at the majority of big box, commercial gyms. If you were adding to an existing Garage Gym or Dumbbell rack, then you would typically purchase fixed pairs of dumbbells, as space and budget allow.

Advantages of fixed dumbbells include:

There's nothing more traditional than a fixed dumbbell. Most people grew up using them, so they have a comfortable level of knowledge.

They are super easy to use for drop sets (going to a lighter dumbbell after failure with a heavier dumbbell); just grab and go!

Easy to use for “goblet” style movements

- » “Goblet” means you are cupping a Rubber Hex Dumbbell under your chin

Disadvantages of fixed dumbbells include:

The price per dumbbell gets very expensive once you start accumulating multiple sets.

- » Average price is \$1.50 per pound
 - ♦ Equates to \$240 for a pair of 80-pound dumbbells
 - ♦ A 5–75-pound set is 1200 total pounds, which costs \$1800
 - ♦ It can get very expensive very quickly

They can double your moving costs due to the additional weight

They can take up a lot of room to store

- » A 3-tier dumbbell rack with weights up 100 pounds will take up 5 ½ to 6 feet of precious wall space.

Adjustable Dumbbells

Adjustable dumbbells, as the name implies, allow you to change the weight of the dumbbells on the fly. There are several types of adjustable dumbbells, with the most common being loadable and selector pin formats.

Loadable dumbbells have weight plates added to a dumbbell handle (essentially allowing you to build your dumbbell).

Selector pin models contain a set of weights and use a selector pin to adjust them.

If you are starting fresh and have the budget, the Power Block Adjustable Dumbbell is the only way to go. I picked up my first pair in 2004 when I was a Strength Coach in Minor League Baseball. They were so versatile and compact that we took them on the bus for road trips so the players could get workouts done in the locker room. For you, it saves much needed space. All your weights will be in a 2 foot square space! You can get lucky and find a used pair online, so it never hurts to check.

Advantages of adjustable dumbbells include:

Loadable

- » You're able to adjust the weight and save on space
- » Able to perform "goblet" style exercises

Selector Pin

- » Huge space saver
- » A potential for 5–90-pound dumbbells in a 2x2 foot

space

- » Quick and easy to change weights
- » Cheaper per pound over fixed dumbbells
 - ♦ With the price of steel rising very dramatically the last few years, the average price of steel hex head dumbbells are around \$1.29–\$1.49 per pound, while PowerBlocks have models **as low as \$0.17 per pound.**

Disadvantages of adjustable dumbbells include:

Loadable

- » Your max weight will be limited
 - ♦ Unless you go with Rogue's new Bumper Dumbbells
 - ♦ They go over 100 pounds, but are very pricey
- » The screw on cap could become loose during some dynamic exercises creating a potential safety issue

Selector Pin

- » Only one person can use the dumbbells at a time (though, with multiple pairs of fixed dumbbells, multiple exercisers can operate at once)
- » Expensive up front unless you can find a quality pair used
- » Hard to create the “goblet” position that is much simpler to achieve with the kettlebell or fixed dumbbell

Should You Buy New or Used?

Check websites like Craigslist before going out to the stores for a set of dumbbells. You can often find dumbbells for sale online because they are a very popular piece of fitness equipment. Sometimes you can find them

as cheap as 50 cents per pound. Therefore, a used pair of 25-pound dumbbells could be \$25. For comparison, a new pair of 25-pound dumbbells could be \$75 plus shipping. Buying local, used dumbbells can be a real budget saver.

NOTE: Bring your bathroom scale to the garage sale or Craigslist pickup so you can literally weigh your dumbbells. Older, used dumbbells are notorious for being off in weight. A 25-pound dumbbell could weigh 23–27 pounds.

PROGRAMMING PROGRESSION

The workouts in this book are programmed differently than your typical weight loss book. No more high rep counts and endless cardio—it's time to try something different, something that works consistently.

Most everyone in the gym is training to get leaner and stronger. That's why these workouts take basic movements and use the most effective and innovative intensity techniques to do just that!

Types of Exercises

After programming for the most common workout regimens and fitness goals, combined with the most effective types of movements, the result is five different types of exercises, arranged in such a way as to achieve maximum results.

These exercise types are:

1. Core Lifts
2. Assistance Exercises
3. Hybrid Exercises
4. Power Exercises
5. Core Stability and Strength Exercises

Core Lifts

Core lifts refer to the nine categories of movement that professional athletes and body builders have been using for years to get their perfect bodies. They are:

1. Squat
2. Deadlift

3. Push
4. Pull
5. Carry
6. Rotate
7. Jump
8. Throw
9. Sprint

Core lifts can be improved with years of consistent training and will be the backbone of your training. They are the big, compound, multi-joint movements that burn the most calories and build the most strength.

Assistance Exercises

These exercises are designed to support the core lifts and shore up your weaknesses. They are typically variations of the core lifts, as well as smaller, single joint exercises that cannot be overloaded but which are very effective for building muscle in places a core lift cannot.

Hybrid Exercises

A hybrid exercise combines two complimentary exercises to allow for a fluid transition from one to the next. It requires you to select exercises that require similar loads, but these exercise combos promote body fat loss, making them a common sight in your typical fat burn and/or endurance workouts.

Power Exercises

These exercises are primarily to improve your explosiveness and speed! For the advanced exerciser, they can be used in fat burn super sets and circuits. In this book, however, the only true power exercise to be found is the Squat Jump, which features in the Tabata Circuits.

Core Stability and Strength Exercises

The foundation to all weight loss programs is a properly designed core stability and strength program. Our focus in this book will be on the four core stability groups:

1. Anterior core stability (also called anti-extension)
2. Posterior core stability (also called anti-flexion)
3. Lateral core stability (also called anti-lateral flexion)
4. Rotary core stability (also called anti-rotation)

Body Fat Loss Protocols

All the exercises in this book can be enhanced using the following **Body Fat Loss Protocols**. As shown above, the basic core lifts are the foundations of any program—strength, power, body fat loss, you name it—but Squats are just squats unless you dress them up to encourage more body fat loss.

The following are my favorite—and the most effective—ways to drop body fat.

Short Rest Periods: Keeping your rest periods under 30 seconds (compared to the traditional strength building rest periods of 90 seconds to 2 minutes) will maximize your fat burn. This is the foundation for body fat loss—more work in less time.

Ladders: To perform a ladder, progressively add weight with each set you perform, taking only short rest periods until you reach your max weight for 8 reps. Then, go back down in weight each set until you reach the original weight.

Density Training: The goal with density training is to do as many reps of your chosen movement or movements as possible in a certain timeframe. These start easy with about 5 minutes and increase in difficulty as you work your way up to a 10–15 minute round.

Circuits: A series of exercises done in succession without rest, done for time or reps. This style of training has been

around for years and has recently taken on the name Metabolic Resistance Training (MRT).

Metabolic Resistance Training (MRT): A subset of circuit training with a greater emphasis on heavier weights.

Super Sets: This pairs two exercises with no rest. I program many variations of the super set in this book, including:

- » Within the same muscle: Back-to-back chest exercises
- » Opposing muscles: Hamstring and quad exercise
- » Opposing upper body/lower body exercises
- » Alternating cardio and strength exercises

Nutrition and Body Fat Loss

Proper nutrition can make or break the success of your fitness program. You cannot out-train a bad diet, which is to say that all the hardcore workouts in the world cannot make up for eating pizza and drinking soda pop every day. We all know this, but knowing doesn't necessarily make it easier; true, sustainable weight loss demands a combination of consistency, persistence, and knowledge.

While it is beyond the scope of this book to dive headfirst into the nutritional science of weight loss, I would be remiss if I did not give you a few tips about proper weight loss nutrition.

Calories in vs. calories out. No surprises here—creating a calorie deficit in order to lose weight is the first law of thermodynamics in practice. Energy can't be created or destroyed, only changed from one form to another. Fat is stored energy, so fat loss is achieved by burning more calories each day than you consume.

Macronutrients and food composition. By emphasizing fresh, local fruits and vegetables and lean meats, eggs, and fish, while limiting refined foods, simple sugars, hydrogenated oil, and alcohol (which is just empty

calories) you can achieve an overall nutritional balance that will promote weight loss and high energy, which you'll need to tackle a truly effective workout regimen.

Nutrient Timing. Plan your food around your workouts to maximize the effects of this program. Eat a balanced meal of lean protein and whole grains 1–3 hours before your workouts. Eat a high protein meal (skip the healthy fats to quicken digestion) within an hour of your workouts.

Supplements. As far as supplements go, they can take up their own book. As far as my personal supplement regimen is concerned, I use whey protein, fish oil, creatine, caffeine, and fiber as staples. Whey protein increases your daily protein intake; fish oil (Omega 3's) helps in heart health and muscle recovery; creatine pre- or post-workout builds muscle; caffeine pre-workout helps produce energy and burn fat; and fiber, which lets me stay fuller longer in order to eat less.

A note here: supplements can certainly help, but they are not magic. Focus on consistent healthy eating more than any diet plan or supplement.



THE **WORKOUTS**

FAT BURNER WORKOUTS

MOBILITY WARM-UPS AND RECOVERY

Most of the workouts in this book are intended as standalone workouts. To stay injury-free and moving forward on your weight loss journey, you *must* make the time for 2–3 mobility exercises before each workout, to warm up properly and activate the proper muscles.

The following routines are examples that can serve as targeted mobility warm-ups and can also work as recovery workouts between intense weeks of training.

Do 2–3 sets of 10–15 reps of each exercise, looking to do enough to loosen up your body. Pay attention to the messages your body is sending you.

Full Body Mobility Warm-up

Dumbbell “T” Raise

Lunge Stretch

Physioball Leg Curl

Full Body Mobility Warm-up

Dumbbell “T” Balance

Overhead Squat

Lunging Yoga Rotations

Full Body Mobility Warm-up

Active 90/90 Hamstring Stretch

Quad Thoracic Rotations

Overhead Walking Lunge

Lower Body Mobility Warm-up

Single Leg Glute Bridge

Active Kneeling Hip / Quad Stretch

Active Lateral Lunge Stretch

Upper Body Mobility Warm-up

Downward Dog Push-Ups

Band Pull-Aparts

Medicine Ball Thoracic Extension

For over 100 mobility exercises and descriptions, please check out *The Mobility Workout Handbook: Over 100 Sequences for Improved Performance, Reduced Injury, and Increased Flexibility*.

The Importance of Recovery Workouts

It is impossible to program recovery workouts and recovery weeks from a book. Everyone recovers differently; younger athletes and those new to fitness tend to need less recovery, while older athletes and those with years of fitness experience tend to need more recovery. Add in potential emotional stress from work, relationships, family, and life in general and you have a situation with far too many variables to accurately predict.

Instead, here are some signs to look for that may indicate your need for recovery time:

An elevated resting heart rate. Take your resting heart rate in the morning as a baseline. If you are 10 beats a minute higher than normal, it could be a good idea to take some time off.

You are not getting stronger. While your ultimate goal is to get leaner, you may need some time off if you're still

using the same weights from four weeks ago.

Irregular sleep patterns. Being overworked in the gym, at work and in life can lead to disturbed sleep. Try meditation to get back on track.

A shift in mindset. Do you wake up excited to tackle your tough workout or dread getting out of bed? The latter scenario should indicate a need for some time off.

FULL BODY BURNER WORKOUTS

Program Details

The programs in this section utilize multiple fat loss protocols:

- » Straight Sets. Complete all prescribed sets for the exercise before moving on the next in order.
- » Circuit Training. A series of exercises done in succession without rest, done for time or reps.
- » MRT (Metabolic Resistance Training). Circuit training with heavier weights.

The workouts are programmed in three cycles, with each cycle being 3–6 weeks long for a total of 16 weeks and 60 workouts. We've divided these into phases: Full Body Phase 1, Full Body Phase II, Functional Strength, and Upper and Lower Body Splits.

Long Term Body Fat Loss

To achieve long term body fat loss, focus on strength training (more sets, less reps, heavier weights, and more rest between sets) every 4–6 weeks to help maintain muscle while dieting. For more tips, check out two of my favorite strength books:

Strength Training Bible for Women: The Complete Guide to Lifting Weights for a Lean, Strong, Fit Body

Strength Training Bible for Men: The Complete Guide to Lifting Weights for Power, Strength & Performance

FULL BODY BURNER: PHASE 1

Phase Highlights

This 4 week, full body phase hits all the major muscles of the body with four core lifts.

The first two weeks use **Straight Sets** with the intensity technique **Short Rest Periods** (use a stop watch if necessary). Week 2 marks an increase in volume and a decrease in rest periods, and features a different exercise order for variety.

The second two weeks progress to **Circuit Training** using the same exercises. Week 4 increases volume with a decrease in reps per set.

As you progress through these workouts, try to add weight to each exercise from the previous week, if possible. Substitute a Chest Press for Push-Ups if you can complete 15 reps. Remember to set up your exercises and weights before each circuit set to make your workout as efficient as possible.

Schedule

Perform each workout three times per week on non-consecutive days for a total of 12 workouts in 4 weeks.

WEEK #1: STRAIGHT SETS

Perform 3 sets of 15 reps each

Goblet Squat

Push-Ups

RDL

Row

**Rest for 30 seconds
between sets.**

Program Notes: Complete 3 sets of Goblet Squats before moving on to the Push-Ups, etc. Be very strict with your rest periods. Use a stop watch if necessary.

WEEK #2: STRAIGHT SETS

Perform 3 sets of 20 reps each

RDL

Row

Goblet Squat

Push-Ups

**Rest for 20 seconds
between sets.**

Program Notes: This week marks an increase in volume and a decrease in rest periods, and features a different exercise order for variety.

WEEK #3: CIRCUIT TRAINING

Perform 3 sets of 20 reps each

Row

Goblet Squat

Push-Ups

RDL

**NO rest between exercises; 2 minutes rest
between circuits.**

**Program Notes: Perform all the exercises in a row with
as little rest as possible. Set up your exercises and
weights before each circuit set.**

WEEK #4: CIRCUIT TRAINING

Perform 4–5 sets of 15 reps each

Push-Ups

RDL

Row

Goblet Squat

NO rest between exercises; 2 minutes rest between circuits.

Program Notes: This week increases volume with a decrease in reps per set. Add weight to each exercise from the previous week, if possible. Substitute a Chest Press for Push-Ups if you can complete 15 reps.

FULL BODY BURNER: PHASE 2

Phase Highlights

What is NEW from the previous phase:

- » Four different Core Lifts comprise this 4-week, full body workout.
- » MRT (Metabolic Resistance Training) and circuit training with heavier weights have been added in Weeks 3 and 4 for additional challenge.

What is CONSISTENT with the previous phase:

- » The Straight Sets for Weeks 1 and 2 continue from the first phase, now with shorter rest periods. Use a stop watch if necessary.
- » The number of reps, sets, and rest periods each week are unchanged.
- » We are increasing our volume by the same amount in Weeks 2 and 4.

Perform each workout three times per week. Set up your exercises and weights before each circuit set to make the workout more effective.

Schedule

Perform each workout three times per week on non-consecutive days for a total of 12 workouts in 4 weeks.

WEEK #1: STRAIGHT SETS

Perform 3 sets of 15 reps each

Deadlift

Shoulder Press

Split Squat

Single Arm Row (Unsupported)

**Rest for 30 seconds
between sets.**

Program Notes: Complete 3 sets of Deadlifts before moving on to the Shoulder Press, etc. Be very strict with your rest periods. Use a stop watch if necessary. Start with a Body Weight Split Squat to build up strength.

WEEK #2: STRAIGHT SETS

Perform 3 sets of 20 reps each

Shoulder Press

Split Squat

Single Arm Row (Unsupported)

Deadlift

**Rest for 20 seconds
between sets.**

Program Notes: This week marks an increase in volume and a decrease in rest periods, and features a different exercise order for variety.

WEEK #3: MRT CIRCUIT TRAINING

Perform 3 sets of 20 reps each

Deadlift

Shoulder Press

Split Squat

Single Arm Row (Unsupported)

**NO rest between exercises; 2 minutes rest
between circuits.**

**Program Notes: Perform all the exercises in a row with
as little rest as possible. Set up your exercises and
weights before each circuit set. Add weight to your Split
Squats this week to create an MRT Circuit.**

WEEK #4: MRT CIRCUIT TRAINING

Perform 4–5 sets of 15 reps each

Single Arm Row (Unsupported)

Deadlift

Shoulder Press

Split Squat

**NO rest between exercises; 2 minutes rest
between circuits.**

Program Notes: This week increases volume with a decrease in reps per set (with an emphasis towards strength building, with a fat burning protocol). Add weight to each exercise from the previous week, if possible.

FUNCTIONAL STRENGTH: PHASE 3

Phase Highlights

What is NEW from the previous phase:

- » This phase utilizes a mix of two Core Lifts (Swing and Bench Glute Bridge) and two Core Stability exercises (Renegade Row and Single Arm Overhead Squat).
- » The number of reps, sets, and rest periods are adjusted for the Core Stability exercises.
- » Week 2 marks an increase in volume and a decrease in rest periods as compared to previous phases and features a different exercise order for variety.
- » Week 4 increases volume with a decrease in reps per set (with an emphasis towards strength building, with a fat burning protocol). Try to add weight to each exercise from the previous week, if possible.

What is CONSISTENT with the previous phase:

- » This phase is still composed of two weeks of Straight Sets and two weeks of MRT Circuit Training.

Try to start light with the Renegade Row and Overhead Squat to build up strength. Be very strict with your rest periods, using a stop watch if necessary.

Schedule

Perform each workout three times per week on non-consecutive days for a total of 12 workouts in 4 weeks.

WEEK #1: STRAIGHT SETS

Perform 3 sets of 20 reps each

Swing

Renegade Row

Bench Glute Bridge

Single Arm Overhead Squat

**Rest for 60 seconds
between sets.**

Program Notes: Complete 3 sets of Swings before moving on to the Renegade Row, etc. Be very strict with your rest periods. Use a stop watch if necessary. Start light with the Renegade Row and Overhead Squat to build up strength.

WEEK #2: STRAIGHT SETS

Perform 3 sets of 25 reps each

Renegade Row

Bench Glute Bridge

Single Arm Over Head Squat

Swing

**Rest for 45 seconds
between sets.**

Program Notes: This week marks an increase in volume and a decrease in rest periods, and features a different exercise order for variety.

WEEK #3: MRT CIRCUIT TRAINING

Perform 3 sets of 20 reps each

Swing

Renegade Row

Bench Glute Bridge

Single Arm Over Head Squat

**NO rest between exercises; 2 minutes rest
between circuits.**

**Program Notes: Perform all the exercises in a row with
as little rest as possible. Set up your exercises and
weights before each circuit set. Increase weights on the
Renegade Row and Overhead Squat.**

WEEK #4: MRT CIRCUIT TRAINING

Perform 4–5 sets of 15 reps each

Renegade Row

Bench Glute Bridge

Single Arm Over Head Squat

Swing

**NO rest between exercises; 2 minutes rest
between circuits.**

Program Notes: This week increases volume with a decrease in reps per set (with an emphasis towards strength building, with a fat burning protocol). Add weight to each exercise from the previous week, if possible.

UPPER AND LOWER BODY SPLIT: PHASE 4

Phase Highlights

What is NEW from the previous phase:

- » In this Phase, we transition to doing four workouts per week: two upper body workouts and two lower body workouts.

Reps and Set Schedule

Do Lower Body I and Upper Body I on consecutive days. Rest for 1–2 days, and then do Lower Body II and Upper Body II on consecutive days:

1. Week 1: Perform 2 sets of 10 reps each, for 20 total reps per exercise.
2. Week 2: Perform 2 sets of 15 reps each, for 25 total reps per exercise.
3. Week 3: Perform 4 sets of 5 reps each, for 20 total reps per exercise. In this week, we shift our focus to a more dedicated strength-building routine.
4. Week 4: Perform 3 sets of 10–15 reps each, for a total of 30–45 reps per exercise. This week features a rep range to afford self-regulation, letting your body properly respond to the previous brutal 3 weeks.

Lower Body Giant Sets can put even the most well-conditioned athletes on the floor, so be careful and start light. Complete all four exercises in each workout as a circuit, starting with body weight only for the Reverse Lunge and Bench Single Leg Glute Bridge.

WEEK #1: LOWER BODY I

Perform 2 sets of 10 reps each

Front Squat

Sumo Deadlift

Reverse Lunge

Bench Single Leg Glute Bridge

**NO rest between exercises; 2 minutes rest
between circuits.**

Program Notes: Lower Body Giant Sets will put the most well-conditioned athletes on the floor, so be careful and start light. Complete all four exercises as a circuit. Start with body weight only for the Reverse Lunge and Bench Single Leg Glute Bridge.

WEEK #1: UPPER BODY I

Perform 2 sets of 10 reps each

Incline Bench Press

Chest Supported Row

Arnold Press

Rear Delt Row

**NO rest between exercises; 2 minutes rest
between circuits.**

**Program Notes: Increase the volume of the optional
third set. Stick with body weight only for the Reverse
Lunge and Bench Single Leg Glute Bridge.**

WEEK #1: LOWER BODY II

Perform 2 sets of 10 reps each

Sumo Deadlift

Reverse Lunge

Bench Single Leg Glute Bridge

Front Squat

**NO rest between exercises; 2 minutes rest
between circuits.**

**Program Notes: This week marks an increase in volume,
with more reps and sets. Set up your exercises and
weights before each circuit set.**

WEEK #1: UPPER BODY II

Perform 2 sets of 10 reps each

Chest Supported Row

Arnold Press

Rear Delt Row

Incline Bench Press

**NO rest between exercises; 2 minutes rest
between circuits.**

Program Notes: Add weight to each exercise from the previous week, if possible. This week features a different exercise order—back-to-back push exercises, and back-to-back pull exercises.

WEEK #2: LOWER BODY I

Perform 2 sets of 15 reps each

Front Squat

Sumo Deadlift

Reverse Lunge

Bench Single Leg Glute Bridge

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #2: UPPER BODY I

Perform 2 sets of 15 reps each

Arnold Press

Rear Delt Row

Incline Bench Press

Chest Supported Row

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #2: LOWER BODY II

Perform 2 sets of 15 reps each

Front Squat

Reverse Lunge

Sumo Deadlift

Bench Single Leg Glute Bridge

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #2: UPPER BODY II

Perform 2 sets of 15 reps each

Incline Bench Press

Arnold Press

Chest Supported Row

Rear Delt Row

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #3: LOWER BODY I

Dedicated Strength Exercise: Front Squat

Set 1 x 3–5 reps =

Set 2 x 3–5 reps =

Set 3 x 3–5 reps =

Set 4 x 3–5 reps =

Perform 4 circuits of 5 reps for each exercise

Sumo Deadlift

Reverse Lunge

Bench Single Leg Glute Bridge

NO rest between exercises; 2 minutes rest between circuits.

Program Notes: For the dedicated strength exercise, work up to 85% of your best effort for 3–5 reps each set. Do 3-4 sets each workout, taking 90 seconds to 2 minutes rest between sets.

WEEK #3: UPPER BODY II

Dedicated Strength Exercise: Incline Bench Press

Set 1 x 3–5 reps =

Set 2 x 3–5 reps =

Set 3 x 3–5 reps =

Set 4 x 3–5 reps =

Perform 4 circuits of 5 reps each exercise

Chest Supported Row

Arnold Press

Rear Delt Row

NO rest between exercises; 2 minutes rest between circuits.

Program Notes: For the dedicated strength exercise, work up to 85% of your best effort for 3–5 reps each set. Do 3-4 sets each workout, taking 90 seconds to 2 minutes rest between sets.

WEEK #3: LOWER BODY II

Dedicated Strength Exercise: Sumo Deadlift

Set 1 x 3–5 reps =

Set 2 x 3–5 reps =

Set 3 x 3–5 reps =

Set 4 x 3–5 reps =

Perform 4 circuits of 5 reps each exercise

Reverse Lunge

Bench Single Leg Glute Bridge

Front Squat

NO rest between exercises; 2 minutes rest between circuits.

Program Notes: For the dedicated strength exercise, work up to 85% of your best effort for 3–5 reps each set. Do 3-4 sets each workout, taking 90 seconds to 2 minutes rest between sets.

WEEK #3: UPPER BODY II

Dedicated Strength Exercise: Arnold Press

Set 1 x 3–5 reps =

Set 2 x 3–5 reps =

Set 3 x 3–5 reps =

Set 4 x 3–5 reps =

Perform 4 circuits of 5 reps each exercise

Chest Supported Row

Rear Delt Row

Incline Bench Press

**NO rest between exercises;
2 minutes rest between circuits.**

Program Notes: For the dedicated strength exercise, work up to 85% of your best effort for 3–5 reps each set. Do 3-4 sets each workout, taking 90 seconds to 2 minutes rest between sets.

WEEK #4: LOWER BODY I

Perform 2 sets of 15 reps each

Front Squat

RDL

Walking Lunges

Bench Single Leg Glute Bridge

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #4: UPPER BODY I

Perform 2 sets of 15 reps each

Arnold Press

Pull-Ups

Floor Press

Chest Supported Row

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #4: LOWER BODY II

Perform 2 sets of 15 reps each

Goblet Squat

Reverse Lunge

Sumo Deadlift

Goblet Lateral Lunges

**NO rest between exercises; 2 minutes rest
between circuits.**

WEEK #4: UPPER BODY II

Perform 2 sets of 15 reps each

Incline Bench Press

Single Arm Shoulder Press

Single Arm Row (Supported)

Rear Delt Row

**NO rest between exercises; 2 minutes rest
between circuits.**

DENSITY TRAINING

TIMED SUPER SETS

Continuing the fat loss theme, Timed Super Sets are a form of density training. While maintaining time as our constant, we're adding in that Fat Loss Hall of Famer: Super Sets.

Program Highlights

What is NEW from the previous phases:

- » Each week, you'll start with 10 minutes of exercise, adding 3 minutes per week for 3 weeks.
- » These Super Sets alternate sets of **Lower Body** and **Upper Body** exercises.
- » Your goal is to complete as many 12-rep sets as possible during the time allotted. Record your finished sets and the weights used in order to chart your progress.
- » You may increase or decrease your weight used on each set, provided you stay in the 12-rep range as best you can.

Where Timed Super Sets fit best:

- » These workouts are best as “finishers,” best described as the final piece to a workout, something that challenges your physical and emotional limits.
- » These workouts fit best on days in your program that do not already feature Goblet Squats, Chest Presses, RDLs, or Shoulder Presses. Doubling up on these is asking for trouble and inviting potential overuse injury.

Schedule

Perform these workouts twice a week, with 2 full days of rest between workouts.

What is NEW from the previous phase:

- » Suggested weight used is equal to your 10-rep max (RM), but only do 5 reps.
- » Circuit all exercises until your time is over.
- » Record how many times you go through the circuit. Try to beat that number, without changing the weights, the next time you do that same workout.

WORKOUT #1

Goblet Squat	12 rep sets completed	Weight(s) used
Week 1 (10 min.)		
Week 2 (13 min.)		
Week 3 (16 min.)		
Week 4 (19 min.)		

Chest Press	12 rep sets completed	Weight(s) used
Week 1 (10 min.)		
Week 2 (13 min.)		
Week 3 (16 min.)		
Week 4 (19 min.)		

WORKOUT #2

RDL	12 rep sets completed	Weight(s) used
Week 1 (10 min.)		
Week 2 (13 min.)		
Week 3 (16 min.)		
Week 4 (19 min.)		

Shoulder Press	12 rep sets completed	Weight(s) used
Week 1 (10 min.)		
Week 2 (13 min.)		
Week 3 (16 min.)		
Week 4 (19 min.)		

**STRENGTH/
CARDIO
DENSITY
WORKOUTS**

STRENGTH/CARDIO DENSITY WORKOUTS

Staying in the Density family, we now combine moderately heavy strength training with high intensity and low intensity cardio.

Program Highlights

What is NEW from the previous phases:

- » Suggested weight used is equal to your 10-rep max (RM), but only do 5 reps.
- » Circuit all exercises until your time is over.
- » Record how many times you go through the circuit. Try to beat that number, without changing the weights, the next time you do that same workout.

Where these workouts fit best:

- » Because these are standalone workouts, combining moderately heavy strength training with high intensity and low intensity cardio 4 days a week, they need planned programming to allow for proper recovery and progress.
- » These workouts are programmed for one cycle of 4 weeks, with 4 workouts per week.

Schedule

These workouts are intended for use back-to-back, with at least 1 full day of rest afterwards.

WORKOUT #1

Weeks 1–2	Week 1 12 min	Week 1 12 min	Week 2 15 min	Week 2 15 min
	Weight Used	Weight Used	Weight Used	Weight Used
Walking Lunges – 5 reps per leg				
Incline Chest Press – 5 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

Weeks 3–4	Week 3 18 min	Week 3 18 min	Week 4 21 min	Week 4 21 min
	Weight Used	Weight Used	Weight Used	Weight Used
Walking Lunges – 5 reps per leg				
Incline Chest Press – 5 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

WORKOUT #2

Weeks 1–2	Week 1 12 min	Week 1 12 min	Week 2 15 min	Week 2 15 min
	Weight Used	Weight Used	Weight Used	Weight Used
Single Arm Snatch – 5 reps per arm				
Row – 10 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

Weeks 3–4	Week 3 18 min	Week 3 18 min	Week 4 21 min	Week 4 21 min
	Weight Used	Weight Used	Weight Used	Weight Used
Single Arm Snatch – 5 reps per arm				
Row – 10 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

WORKOUT #3

Weeks 1–2	Week 1 12 min	Week 1 12 min	Week 2 15 min	Week 2 15 min
	Weight Used	Weight Used	Weight Used	Weight Used
Reverse Lunges – 5 reps per leg				
Arnold Press – 5 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

Weeks 3–4	Week 3 18 min	Week 3 18 min	Week 4 21 min	Week 4 21 min
	Weight Used	Weight Used	Weight Used	Weight Used
Reverse Lunges – 5 reps per leg				
Arnold Press – 5 reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

WORKOUT #4

Weeks 1–2	Week 1 12 min	Week 1 12 min	Week 2 15 min	Week 2 15 min
	Weight Used	Weight Used	Weight Used	Weight Used
Sumo Deadlift – 5 reps				
Pull up – MAX reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

Weeks 3–4	Week 3 18 min	Week 3 18 min	Week 4 21 min	Week 4 21 min
	Weight Used	Weight Used	Weight Used	Weight Used
Sumo Deadlift – 5 reps				
Pull up – MAX reps				
High Intensity Cardio – 20 seconds				
Low Intensity Cardio – 2 minutes				
TOTAL ROUNDS COMPLETED				

HYBRID
SUPER SETS

HYBRID SUPER SETS

A hybrid exercise combines two complementary exercises that allow for a fluid transition from one to the next. In addition, you must pick exercises that require a similar load. Here, we superset two hybrid exercises, essentially getting four for the price of two.

Program Highlights

- » In this phase, try to maintain the same weight throughout. Adjust weight as needed to maintain safe technique.
- » This phase makes use of the Ladder method. This is an incredibly effective way to do a high volume of work in a short amount of time. If you completed all the reps in the prescribed rest intervals, you either need to add weight—or you cheated!
- » Start with light weight for hybrid exercises that combine an upper body and lower exercise. Start with only your body weight for hybrid exercises that combine two lower body exercises.

Where these workouts fit best:

- » These super sets are considered finishers because they are brief (less than 10 minutes), intense, full body workouts that use body weight and/or light dumbbells.

Schedule

Plan to complete two of these workouts per week, after you regular workouts.

Rep Ladder Method

The workouts in this section all make use of the Rep Ladder Method, which works as described below. This method progressively adds volume (in this case, reps) to each set.

1. Do 5 reps of each exercise. Rest 30 seconds.
2. Do 10 reps of each exercise. Rest 45 seconds.
3. Do 15 reps of each exercise. Rest 60 seconds.
4. Do 10 reps of each exercise. Rest 45 seconds.
5. Do 5 reps of each exercise. Rest 30 seconds.
= **45 reps total**

FULL BODY CHAOS #1

Squat to Press – 5

Lateral Lunge to Upright Row – 5 (left leg)

Rest 30 seconds

Squat to Press – 10

Lateral Lunge to Upright Row – 10 (right leg)

Rest 45 seconds

Squat to Press – 15

Lateral Lunge to Upright Row – 15 (left leg)

Rest 60 seconds

Squat to Press – 10

Lateral Lunge to Upright Row – 10 (right leg)

Rest 45 seconds

Squat to Press – 5

Lateral Lunge to Upright Row – 5 (left leg)

Rest 2 minutes

FULL BODY CHAOS #2

Single Leg RDL to Row – 5 (left leg)

Lunge to Single Arm Shoulder Press – 5 (left leg)

Rest 30 seconds

Single Leg RDL to Row – 10 (right leg)

Lunge to Single Arm Shoulder Press – 10 (right leg)

Rest 45 seconds

Single Leg RDL to Row – 15 (left leg)

Lunge to Single Arm Shoulder Press – 15 (left leg)

Rest 60 seconds

Single Leg RDL to Row – 10 (right leg)

Lunge to Single Arm Shoulder Press – 10 (right leg)

Rest 45 seconds

Single Leg RDL to Row – 5 (left leg)

Lunge to Single Arm Shoulder Press – 5 (left leg)

Rest 2 minutes

NOTE: Shoulder Press and Lunge on the same side to maximize lateral core stability.

FULL BODY CHAOS #3

T-Balance – 5 (left leg)

Lunge to Bicep Curl – 5 (left leg)

Rest 30 seconds

T-Balance – 10 (right leg)

Lunge to Bicep Curl – 10 (right leg)

Rest 45 seconds

T-Balance – 15 (left leg)

Lunge to Bicep Curl – 15 (left leg)

Rest 60 seconds

T-Balance – 10 (right leg)

Lunge to Bicep Curl – 10 (right leg)

Rest 45 seconds

T-Balance – 5 (left leg)

Lunge to Bicep Curl – 5 (left leg)

Rest 2 minutes

LEG BEATER

RDL to Lunge – 5

Step up to Reverse Lunge – 5

Rest 30 seconds

RDL to Lunge – 10

Step up to Reverse Lunge – 10

Rest 45 seconds

RDL to Lunge – 15

Step up to Reverse Lunge – 15

Rest 60 seconds

RDL to Lunge – 10

Step up to Reverse Lunge – 10

Rest 45 seconds

RDL to Lunge – 5

Step up to Reverse Lunge – 5

Rest 2 minutes

NOTES: Start with body weight only and alternate all reps. Add weight only if you can complete all body weight reps.

UPPER BODY #1

“T” Push-Ups – 5

Curl to Press – 5

Rest 30 seconds

“T” Push-Ups – 10

Curl to Press – 10

Rest 45 seconds

“T” Push-Ups – 15

Curl to Press – 15

Rest 60 seconds

“T” Push-Ups – 10

Curl to Press – 10

Rest 45 seconds

“T” Push-Ups – 5

Curl to Press – 5

Rest 2 minutes

NOTE: Alternate reps to each side of the T Push-up.

UPPER BODY #2

Lateral Raise to Bicep Curl – 5

Rear Delt Raise to Tricep Kickback – 5

Rest 30 seconds

Lateral Raise to Bicep Curl – 10

Rear Delt Raise to Tricep Kickback – 10

Rest 45 seconds

Lateral Raise to Bicep Curl – 15

Rear Delt Raise to Tricep Kickback – 15

Rest 60 seconds

Lateral Raise to Bicep Curl – 10

Rear Delt Raise to Tricep Kickback – 10

Rest 45 seconds

Lateral Raise to Bicep Curl – 5

Rear Delt Raise to Tricep Kickback – 5

Rest 2 minutes

UPPER BODY

Pull Finisher

RDL to Row – 5

RDL to Row – 10

Rest 30 seconds

RDL to Row – 15

RDL to Row – 10

Rest 45 seconds

RDL to Row – 5

Rest 2 minutes

UPPER BODY #3:

Wall Sit Series

You might remember (albeit not fondly) the wall sit from middle school gym class. Hold a squat with your back against the wall. Use the same weight for all sets or keep close additional weights for a quick change if needed

Wall Sit Shoulder Press – 5

Wall Sit Bicep Curls – 5

Wall Sit Lateral Raise – 5

Rest 15 seconds

Wall Sit Shoulder Press – 10

Wall Sit Bicep Curls – 10

Wall Sit Lateral Raise – 10

Rest 30 seconds

Wall Sit Shoulder Press – 15

Wall Sit Bicep Curls – 15

Wall Sit Lateral Raise – 15

Rest 2 minutes



TABATA **CIRCUITS**

TABATA CIRCUITS

When looking to integrate Tabata workouts into your current regimen, here are some general guidelines:

- » Stick to 3–4 sessions per week.
- » Start each session with a 10-minute warm-up at about 50 percent of max intensity.
- » Perform the workouts in the order listed.
- » Perform the first set at 50 percent effort to learn the movements and prepare your body for more intense work.
- » Pay attention to the Tabata Progressions chart on the next page.
- » Finish each session with 20–30 minutes of steady state cardio at 70 percent intensity, or do that cardio as a separate workout on off days. Think of your week in terms of “Tabata Days” and “Aerobic Days.”

A Tabata interval is constructed as:

- » 20 seconds of maximum intensity with proper technique.
- » Rest for 10 seconds, trying to control your breathing.
- » Repeat those 8 intervals of the **same exercise** for 4 minutes total of work.
- » 4 exercises per workout for a total of 16 minutes of work.

Those who are new to Tabata style workouts, but who still want the intensity of these programs, should start with a conservative approach. Work your way up to 20 seconds work and 10 seconds rest; in other words, you should be looking for “negative” rest periods—more work time than rest time.

Your workouts should follow these weekly progressions. After the eighth week, you should be ready for full intensity Tabata!

Week	Work (seconds)	Rest (seconds)
1	10	20
2	15	30
3	15	25
4	15	20
5	20	30
6	20	25
7	20	20
8	20	15

For over 200 additional Tabata workouts, please check out *Tabata Workout Handbook, Volumes 1 and 2*.

TABATA #1

Incline Bench Press

**Bulgarian Squat
(right leg)**

Chest Press

**Bulgarian Squat
(left leg)**

TABATA #2

Shoulder Press

**Reverse Lunge
(right leg)**

Lateral Raise

**Reverse Lunge
(left leg)**

TABATA #3

Goblet Squat

Row

Walking Lunge

High Row

TABATA #4

RDL

Single Arm Shoulder Press (right arm)

Squat Jump

**Single Arm Shoulder Press
(left arm)**

TABATA #5

Goblet Lateral Lunge

Goblet Squat

Arnold Press

Alternating Bench Press



**STRENGTH
CARDIO
FINISHERS**

STRENGTH CARDIO

Finishers

This set of workouts alternates Strength and Cardio exercises. I realize I am cheating a bit to include cardio machines, but this is one of my most effective body fat loss protocols, so I had to include it.

The most effective cardio machines are the Air Dyne or Assault Bike, Rower, StepMill, and the Treadmill. For those with no access, the most effective non-electric cardio is the old-school jump rope, pushing and pulling sleds, and battle ropes. You could easily substitute any of those in for a piece of electric cardio.

Program Highlights

What is NEW from the previous phases:

- » The previous Strength/Cardio Density workouts were standalone, focused on performing as much work as possible in a fixed amount of time, and included both high and low intensity cardio to achieve this goal. These circuits are intended as high intensity finishers, and as such are not standalone, and focus on high intensity movements only.

Schedule

Aim for two finisher workouts per week. Be sure to perform these only on days where you would not be repeating exercises between your regular workout and your finisher, to avoid overexertion or injury.

STRENGTH CARDIO CIRCUITS: BEGINNER

Phase Highlights

These workouts use *upper body movements* to complement cardio machines, especially the StepMill and Treadmill (due to the stress put on the legs).

WEEK #1

Repeat 5 times

Assault Bike – 45 seconds

Shoulder Press x 12 reps

WEEK #2

Repeat 5 times

Sled Push – 30 seconds or 40 yards

Floor Press x 12 reps

WEEK #3

Repeat 5 times

Step Mill – 45 seconds

Row x 12 reps

WEEK #4

Repeat 5 times

Rower – 250 meters

Chest Press x 12 reps

STRENGTH CARDIO CIRCUITS: ADVANCED

These workouts combine *lower body pulling exercises* (Deadlift, RDL, Swing, etc.) with short burst, high intensity cardio for maximum results.

WEEK #1

Repeat 4–6 times

Treadmill – 200 meters sprint

RDL x 12 reps

WEEK #2

Repeat 4–6 times

Rower – 250 meters

Swing x 15 reps

WEEK #3

Repeat 4–6 times

StepMill – 1 minute

Deadlift x 8 reps

WEEK #4

Repeat 4–6 times

Incline Treadmill Sprint – 30 seconds

Sumo Deadlift x 8



**CORE
STABILITY
AND
STRENGTH
WORKOUTS**

CORE STABILITY AND STRENGTH WORKOUTS

What's a body fat loss program without Core programs?

The primary function of your “core” is *not* all those crunches you have been doing, but the four core stability groups:

- » Anterior core stability
 - ◆ Also called anti-extension (arching)
 - ◆ Plank and TRX Rollouts
- » Posterior core stability
 - ◆ Also called anti-flexion (rounding)
 - ◆ Deadlift and RDL
- » Lateral core stability
 - ◆ Also called anti-lateral flexion
 - ◆ Side Plank and Single Arm Farmers Carry
- » Rotary core stability
 - ◆ Also called anti-rotation
 - ◆ Lifts and Chops

Leading low back researcher, Shirley Sahrmann, wrote: “During most daily activities, the primary role of the abdominal muscles is to provide isometric support and limit the degree of rotation of the trunk...A large percentage of low back problems occur because the abdominal muscles are not maintaining tight control over the rotation between the pelvis and the spine at the L5–S1 level.”

Further, physical therapists Porterfield and DeRosa stated, “Rather than considering the abdominals as flexors and

rotators of the trunk—for which they certainly have the capacity—their function might be better viewed as anti-rotators and anti-lateral flexors of the trunk.”

Core programs may not stand alone, but they should be a part of all athletes’ programs. The core exercises programmed into the Strength, Power, and Endurance workouts are not an exhaustive list. To use at your own discretion, I created 10 core programs that can render any workout plan or body *bulletproof*.

Nothing is more important than core movements. This may be a dumbbell-centric book, but I would be remiss if I did not provide a quick body weight program to prep the core muscle for proper movement and function.

Body Weight PREP Program

Exercise	Sets	Reps / Time	You Pass If...
Plank	4	60 seconds	Can hold a neutral spine and feel the core muscle fire for the entire 60 seconds
Side Plank	4	45 seconds per side	Can hold a neutral spine with your top shoulder back and hips up for the entire 45 seconds, each side
Alternate Leg Raise	4	12 each leg	Can heel tap the floor with one foot while creating a 90 degree angle between your legs and keeping your lower back FLAT to the floor
Back Extension ISO (holds)	4	60 seconds	Can hold a neutral spine and keep your glutes contracted with your hands on your head for the entire 60 seconds

Once you can accomplish the above at the prescribed volume, it is time to progress. The following is the progression for each of the foundation core movements. Please follow exercise progressions in order.

Please realize this list is not exhaustive, given the limitations of using only one piece of equipment. This does limit the rotational exercises (rotary core stability) due to the limitations of gravity. A dumbbell only effectively works up and down or linearly. Rotational work needs side-to-side or lateral resistance.

The workouts are programmed with progressions from LEVEL 1 (beginner) to LEVEL 4 (advanced).

Programming individual core workouts without knowledge of a client is very difficult. Therefore, I've provided four levels of core strength and stability workouts for you to decide how best to use.

Schedule

Perform any of these core program before OR after your current workouts. If done before your lift, these can be a part of your warm-up; if done afterwards, I suggest not planning too much, especially after a brutal finisher. These workouts should be a main focus during your recovery weeks.

CORE STRENGTH AND STABILITY: LEVEL 1

**Alternating Single Leg Raise Plank – 3 sets
of 12 reps each**

**Side Plank Top Leg Raise – 3 sets of 12 reps
each**

**Anchored Alternating Leg Raise – 3 sets of
10 reps each**

OR

Back Extension – 3 sets of 12 reps each

Sit-Ups – 3 sets of 12 reps each

Push-Up Walkouts – 3 sets of 10 reps each

CORE STRENGTH AND STABILITY: LEVEL 2

**Side Plank Inside Leg Raise – 3 sets of 8
reps each**

**Anchored Alternating Leg Circles – 3 sets of
8 reps each**

**Back Extension Single Arm Row – 3 sets of 8
reps each**

OR

**Single Arm Floor Crunch – 3 sets of 12 reps
each**

Renegade Row – 3 sets of 8 reps each

**Single Arm Side Bend – 3 sets of 12 reps
each**

CORE STRENGTH AND STABILITY: LEVEL 3

**Anchored Reverse Crunch – 3 sets of 12 reps
each**

**Back Extension Single Arm Rotational Row –
3 sets of 8 reps each**

Toe Touch Press – 3 sets of 12 reps each

OR

**Single Arm Over Head Squat – 3 sets of 12
reps each**

Over Head Side Bend – 3 sets of 8 reps each

Anchored Leg Raise – 3 sets of 15 reps each

CORE STRENGTH AND STABILITY: LEVEL 4

Turkish Get-Ups – 4 sets of 6 reps each

**Alternate Toe Touch Press – 4 sets of 8 reps
each**

Kneeling Rollouts* – 4 sets of 12 reps each

**Only perform with adjustable dumbbells to allow for
the rollout*

OR

**Single Arm Farmers Carry – 4 sets of 12
steps each**

**Anchored Leg Circles – 4 sets of 12 reps
each**

OR

Chops – 4 sets of 12 reps each

Hollow Rock – 4 sets of 10 reps each

**Physioball Single Arm Crunch – 4 sets of 12
reps each**

EXERCISE DATABASE

It is very difficult to learn a new exercise from reading a short description in a book. Your best bet is to find a qualified personal trainer (CPT) or strength and conditioning coach (CSCS) to teach you in person. You can also refer to our online exercise library at www.GetFitNow.com.

CORE LIFTS

Goblet Squat

Front Squat

Bulgarian Squat

Split Squat

Reverse Lunge

Walking Lunges

Deadlift

RDL

Swing

Bench Glute Bridge

Sumo Deadlift

Bench Press

Incline Bench Press

Floor Press

Row

Shoulder Press

Arnold Press

ASSISTANCE

Goblet Lateral Lunges

Bench Single Leg Glute Bridge

Alternating Bench Press

Single Arm Row (Unsupported)

Chest Supported Row

Rear Delt Row
Single Arm Shoulder Press
Lateral Raise
High Row

HYBRID

Curl to Press
Squat to Press
“T” Balance
Lunge to Single Arm Shoulder Press
RDL to Lunge
Lunge to Bicep Curl
Lateral Raise to Bicep Curl
Rear Delt Raise to Tricep
Kickback
Lateral Lunge to Upright
Row
Wall Sit Shoulder Press
Wall Sit Bicep Curls
RDL to Row
Step-up to Reverse Lunge
T-Balance
“T” Push-ups
Wall Sit Lateral Raise

POWER

Squat Jump

CORE STABILITY AND STRENGTH

Anterior Core Stability

Plank
Alternating Single Leg Raise Plank
Alternating Single Arm Raise Plank
Push-Up Walkouts
Renegade Row

Single Arm Overhead Squat

Kneeling Rollouts

Lateral Core Stability

Side Plank

Side Plank Top Leg Raise

Side Plank Inside Leg Raise

Single Arm Side Bend

Overhead Side Bend

Single Arm Farmers Carry

Hip Flexion/Lower Abs

Alternate Leg Raise

Anchored Alternating Leg Raise

Anchored Alternating Leg
Circles

Anchored Reverse Crunch

Anchored Leg Raise

Anchored Leg Circles

Hollow Rock

Posterior Core Stability

Back Extension ISO

Back Extension Row

Back Extension Single
Arm Row

Back Extension Single Arm
Rotational Row

Rotary Core Stability

Turkish Get-Ups

Chops

Spinal Flexion

Sit-ups

Single Arm Floor Crunch

Toe Touch Press

Alternate Toe Touch Press

Physioball Single Arm Crunch

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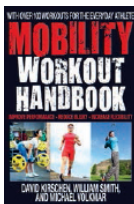


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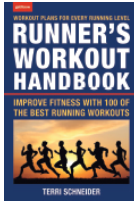


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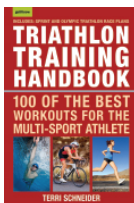


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