



PHASE 1- Conditioning

Before You Start

I want to define a few important fitness terms so you are aware of the meaning as you go along...

- **Repetition (Rep)-** the number of times you complete a specific exercise. Ie: 12 curls= 12 reps
- **Set-** a group of reps you complete. Can be just one exercise to a group of different exercises. Ie: 12 curls, 12 squats, 12 rows = 1 set
- **Rep range-** the number of reps you should aim for during a specific set. Ie: 10-12 reps
- **Weight range-** the range of weight you should be using for a specific exercise
- **Super set-** doing two different exercises, back to back; usually target opposing muscle groups
- **Movement prep-** warm up exercises used to get your muscles and nervous system ready for the work out. Typically done with little or no weight. Ie: walking lunges, push ups, planks, air squats
- **EPOC (Excess post oxygen consumption)-** the metabolic state your body is in after a super high intensity exercise which creates such an oxygen debt that your body takes up to 36 hours to fully recover. Ideal for optimal fat loss physiology.

A few things I recommend to help you get the best results possible.

- A polar FT4 hart rate monitor/ calorie counter
 - ✓ Track your calories for an entire week from waking until bed. This helps to better gauge your meal plans
- Ankle weights
 - ✓ 5 lbs a good place to start. You can usually find at target or sporting goods stores
- If You're doing home workouts you will need to have minimal equipment
 - ✓ Physio ball
 - ✓ 3 sets of dumbbells ranging from 5 lbs up. Ie: 8lbs, 12lbs, 15lbs
 - ✓ A set of resistance bands

The Workout

The phase 1 conditioning plan is designed for two reasons. First so we can make sure your body will be ready for the more intense exercise to come. Secondly, we want to kick start your metabolism and this type of exercise is the most genetically congruent to do that. You will be in a 5 day workout plan, doing the same workout days 1 and 3, days 2 and 4 and a different day 5. Cardio is listed on your plan.

You'll notice the conditioning workout is designed in minute rounds. This is what we called a rest based workout, meaning you need to push yourself as much as you can the entire minute- only taking rests when absolutely necessary- and keeping them very short. We want to keep the intensity up. You can take a 30-60 second rest max between sets and then keep moving. Start at the top of the column (Set)and move down vertically until all exercises completed before moving to the next set.

This is NOT a heavy lifting plan. You will be getting a lifting plan as you progress when your body has gone through the correct phases to get you the best muscular recruitment possible. For the conditioning plan, you should be picking a lighter weight that's easy in the beginning and gets challenging at the end. PUSH YOURSELF. We want you to burn some serious fat in this phase! If you find the bands are too easy, switch to dumbbells. Keep in mind, **you should always be improving form the week before in the amount of reps or weight.** We recommend printing out your plans and writing down your reps and weights to keep track and reference.

Now get going!