

MODULE 3: WORKOUTS

THE BEST THINGS IN LIFE MAKE YOU SWEATY

NEWBIE FITNESS ACADEMY

THE BEST THINGS IN LIFE MAKE YOU SWEATY

- ▶ Demo videos
 - ▶ We're gonna hold your hand
- ▶ It's all about keeping things simple
- ▶ How do I get started?
- ▶ Little theory - how and why we do things
- ▶ Movement videos with progressions

GAME PLAN

- ▶ Workout smarter
- ▶ We're gonna workout together!
- ▶ Progression to free weights
- ▶ What to do next?

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QUICK RECAP:

- ▶ Intermittent Fasting = Awesome
- ▶ Benefits of taking small breaks from eating
- ▶ The Intermittent Fasting Lifestyle

CREATING A FRAMEWORK

- ▶ Pen to paper
 - ▶ It's gonna be super fun!
- ▶ The catch - you need to be in some form of resistance training
 - ▶ It can be very intimidating
- ▶ YOU CAN DO THIS!

WORKOUT SMARTER

- ▶ Long duration cardio is NOT good for you
- ▶ Treadmills and machines will NOT get you results
- ▶ The only concept that you need to know:
 - ▶ *If you want to improve your overall health, there is nothing better you can do than to become physically strong.*
- ▶ Building your overall functional strength has a lot of benefits!

NO CHRONIC CARDIO

- ▶ Have you ever done long duration cardio?
 - ▶ Did you get the results that you wanted?
- ▶ It's easy to do
 - ▶ Just press the start button!
- ▶ But it's a waste of time

WORKOUT SMARTER

- ▶ High Intensity Interval Training aka 'HIIT'
 - ▶ This is what we want
- ▶ Focus on power generated, not calories burned
- ▶ Awesome workout program

MODULE 3: WORKOUTS

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WORKOUTS MODULE – EXPLAINED

- ▶ Designed to appeal to people from every fitness background
- ▶ Getting fit doesn't have to be complicated
- ▶ You don't need fancy equipment or a gym membership right away
 - ▶ Just a little space, a water bottle and some motivation
- ▶ We start with bodyweight exercises
 - ▶ This is where everybody starts
- ▶ Great for gaining strength, building muscle, boosting cardiovascular fitness and losing weight

BODYWEIGHT EXERCISES – EXPLAINED

- ▶ You can do them anywhere!
- ▶ You should be able to dominate basic bodyweight movements first
- ▶ It's extremely joint friendly
- ▶ This isn't an option - it's a PREREQUISITE
- ▶ There are progressions for every movement - DON'T WORRY!
- ▶ We'll make it work for you!

BODYWEIGHT EXERCISES – EXPLAINED

- ▶ How to progressively overload:
 - ▶ More reps
 - ▶ More volume
 - ▶ More difficult variations
- ▶ We're just gonna focus on a few movements



BODYWEIGHT MOVEMENTS

- ▶ Pushups
- ▶ Situps
- ▶ Squats
- ▶ Lunges
- ▶ Jumping Squats
- ▶ Jumping Jacks
- ▶ Burpees
- ▶ Plank
- ▶ Mountain Climbers
- ▶ Hollow Rocks

BODYWEIGHT EXERCISES – EXPLAINED

- ▶ Make sure you have good mechanics first
- ▶ Then we challenge your competency
- ▶ Intensity comes last
 - ▶ Slow and steady wins the race
- ▶ Just start moving

WORKOUTS MODULE – EXPLAINED

- ▶ Do a workout every 48 hours to start
- ▶ Ramp it up to 4 to 5 times per week
- ▶ It actually takes 66 days to form a new habit
- ▶ **Spare Tire to Six Pack: How to Look Awesome Without a Shirt (Finally!)**
 - ▶ 30 super awesome workouts
- ▶ Keep the workouts constantly varied
- ▶ Do them at high intensity - relative to the person

SPARE TIRE TO SIX PACK: HOW TO LOOK AWESOME WITHOUT A SHIRT (FINALLY!)

- ▶ You gotta start somewhere
- ▶ You can do the workouts anywhere
- ▶ Demo videos included - You just have to show up!
- ▶ You can do most workouts in 15 minutes or less
- ▶ If you have to modify the workout - that's okay
 - ▶ Push your maximum power output

SPARE TIRE TO SIX PACK: HOW TO LOOK AWESOME WITHOUT A SHIRT (FINALLY!)

- ▶ The workouts are simple - and they work
- ▶ Once you complete all 30 workouts, go through the program again
 - ▶ This covers the 66 day magic number
- ▶ Start doing harder progressions for more advanced workouts
 - ▶ Start using Free Weights

TODAY'S HOMEWORK

- ▶ Familiarize yourself with all the bodyweight movements
 - ▶ Pick a progression
- ▶ Do your first workout!

MODULE 3: WORKOUTS

BENEFITS OF FREE WEIGHTS

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**CONGRATULATIONS ON
YOUR FIRST WORKOUT!!!**

MODULE 3: WORKOUTS

BENEFITS OF FREE WEIGHTS

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FREE WEIGHTS – THEY'RE FUNCTIONAL

- ▶ The best exercises are the ones that improve your performance outside of the gym
- ▶ “Functional” exercises require free weights
- ▶ Free weights allow your body to move like you would in normal life
- ▶ The deadlift carries over into daily activities

FREE WEIGHTS – THEY'RE SUPER EFFICIENT

- ▶ Free weights aren't fixed to a certain path
- ▶ Your body has to work to support the weight and control the movement
- ▶ Free weights strengthen way more than one muscle

FREE WEIGHTS – THEY IMPROVE YOUR BALANCE

- ▶ Free weights make your muscles work together
- ▶ Free-weight exercises improve balance almost twice as much as those who performed similar exercises on resistance-training machines

FREE WEIGHTS – MAKES YOUR STRONGER AND BURNS SERIOUS CALORIES

- ▶ The more muscles you work, the more muscles you burn
- ▶ Squat to overhead press - Thruster
- ▶ Those who performed free-weight squats activated their leg and core muscle 43 percent more than those who performed Smith machine squats



SPEAKING OF MACHINES...

- ▶ Commercial gyms are LOADED with treadmills, ellipticals, and resistance machines
- ▶ The gym can be a very intimidating place
- ▶ Machines are the easiest are things to get started with
 - ▶ NOTHING could be further away from the truth

MACHINES DON'T TRAIN COMPLETE HUMAN MOVEMENT PATTERNS

- ▶ Your body is forced to move weight on a single plane when you use a machine
 - ▶ Your body doesn't move that way!
- ▶ Machines do all the stabilization work for you - **NOT GOOD**



MACHINES DON'T TRAIN COMPLETE HUMAN MOVEMENT PATTERNS

- ▶ The WORST offender - Smith Machine
- ▶ It puts your body through an unnatural range of motion
- ▶ It's the perfect way to compromise your back
- ▶ NO to machines



FREE WEIGHTS – EXPLAINED

- ▶ Our specialty is to not specialize
- ▶ The goal is to be a fully functional human being
- ▶ Stop thinking in terms of individual body parts



FREE WEIGHTS – EXPLAINED

- ▶ Machines and isolation workouts are repetitive, inefficient, and just not fun
- ▶ **WHAT IS THAT????**



**THINK BIG, SIMPLE, AND EFFICIENT
EXERCISES**

ENTER COMPOUND EXERCISES

- ▶ All exercises should consist of natural, complex movements
- ▶ Compound movements are more efficient at training both major and minor muscles
- ▶ Exercises can either be classified as compound or isolation
 - ▶ We recommend compound exercises
- ▶ You shouldn't be isolating a muscle unless you're rehabbing an injury
- ▶ You can't just spot treat yourself
- ▶ No curls for the girls, no pecs for effects

THIS IS WHERE COMPOUND MOVEMENTS SHINES

- ▶ You allow your body to function more as a single unit
- ▶ Combine it with Intermittent Fasting

BASIC COMPOUND MOVEMENTS

- ▶ They closely resemble the actions of daily life
- ▶ This is the next step once your master bodyweight exercises
 - ▶ Back Squat
 - ▶ Deadlift
 - ▶ Bench Press
 - ▶ Dip
 - ▶ Strict Press
 - ▶ Pull up

IN THE NEXT VIDEO...

- ▶ We've talked about...
 - ▶ Bodyweight exercises and progressions
 - ▶ Spare Tire to Six Pack program
 - ▶ Free weights and compound exercises
- ▶ WHAT DO YOU DO NEXT??

MODULE 3: WORKOUTS

WHAT DO YOU DO NEXT?

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WHAT TO DO NEXT?

- ▶ Join a gym
 - ▶ NOT a commercial gym
- ▶ Who is the ideal commercial gym customer?
 - ▶ Someone who signs up for a year long contract
 - ▶ Pays the up front cost
 - ▶ Springs for all the options
 - ▶ They give you a FREE gym bag - WOOHOO!
 - ▶ Someone who NEVER returns

WHAT TO DO NEXT – JOIN A GYM (NOT A COMMERCIAL ONE)

- ▶ If you end up coming back, it'll cost them money. Here's why:
 - ▶ They have to staff and clean up after you
 - ▶ You cause wear and tear
 - ▶ Crowded gyms intimidate potential buyers
 - ▶ If everybody shows up, they'll get shut down!

WHAT TO DO NEXT – JOIN A GYM (NOT A COMMERCIAL ONE)

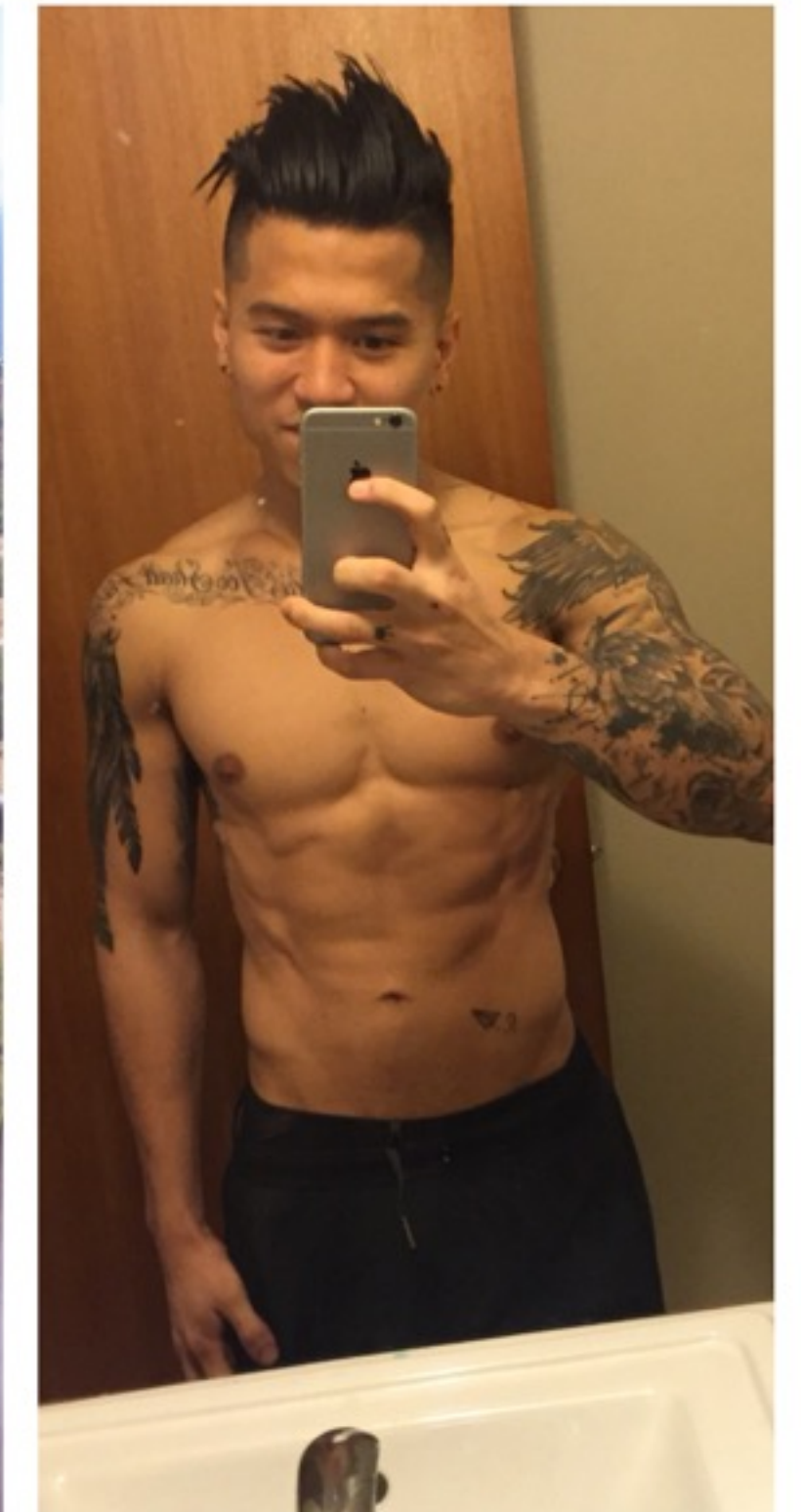
- ▶ They DON'T really want you there
 - ▶ They can't accommodate you
- ▶ Commercial gyms are set up to look intimidating
- ▶ You're automatically gravitated towards machines
 - ▶ Nobody wants to look like they don't know what they're doing
- ▶ Your monthly dues only cover your entrance to the building

OUR RECOMMENDATION

- ▶ Go somewhere that's fun and effective
 - ▶ Somewhere where you can get results
- ▶ Meet like-minded people with the same goals
- ▶ No machines. You are the machine.
 - ▶ **CROSSFIT!**

YOUR GUIDE TO STARTING CROSSFIT

- ▶ CrossFit is Intermittent Fasting's twin brother
 - ▶ They both go against what's considered "normal"
 - ▶ It goes against traditional and outdated programming
 - ▶ CrossFit and Intermittent Fasting both give you unreal results



YOUR GUIDE TO STARTING CROSSFIT

- ▶ There's more to it than wearing long socks and doing weird pull-ups
- ▶ I used to go to a commercial gym
 - ▶ Got mediocre results
- ▶ Then I tried CrossFit!
- ▶ The rest is history



WHAT IS CROSSFIT?

- ▶ Meant to help people develop an "increased work capacity across broad time and modal domains"
- ▶ It's engineered to help you develop multiple skills and strengths
- ▶ The workouts consists of cardio, gymnastics, and weightlifting
- ▶ It is designed to make you not specialize in anything



WHAT IS CROSSFIT?

- ▶ The skills that you learn through CrossFit transfers over to other sports
- ▶ You're better able to pick up new activities
- ▶ Functional fitness at its finest

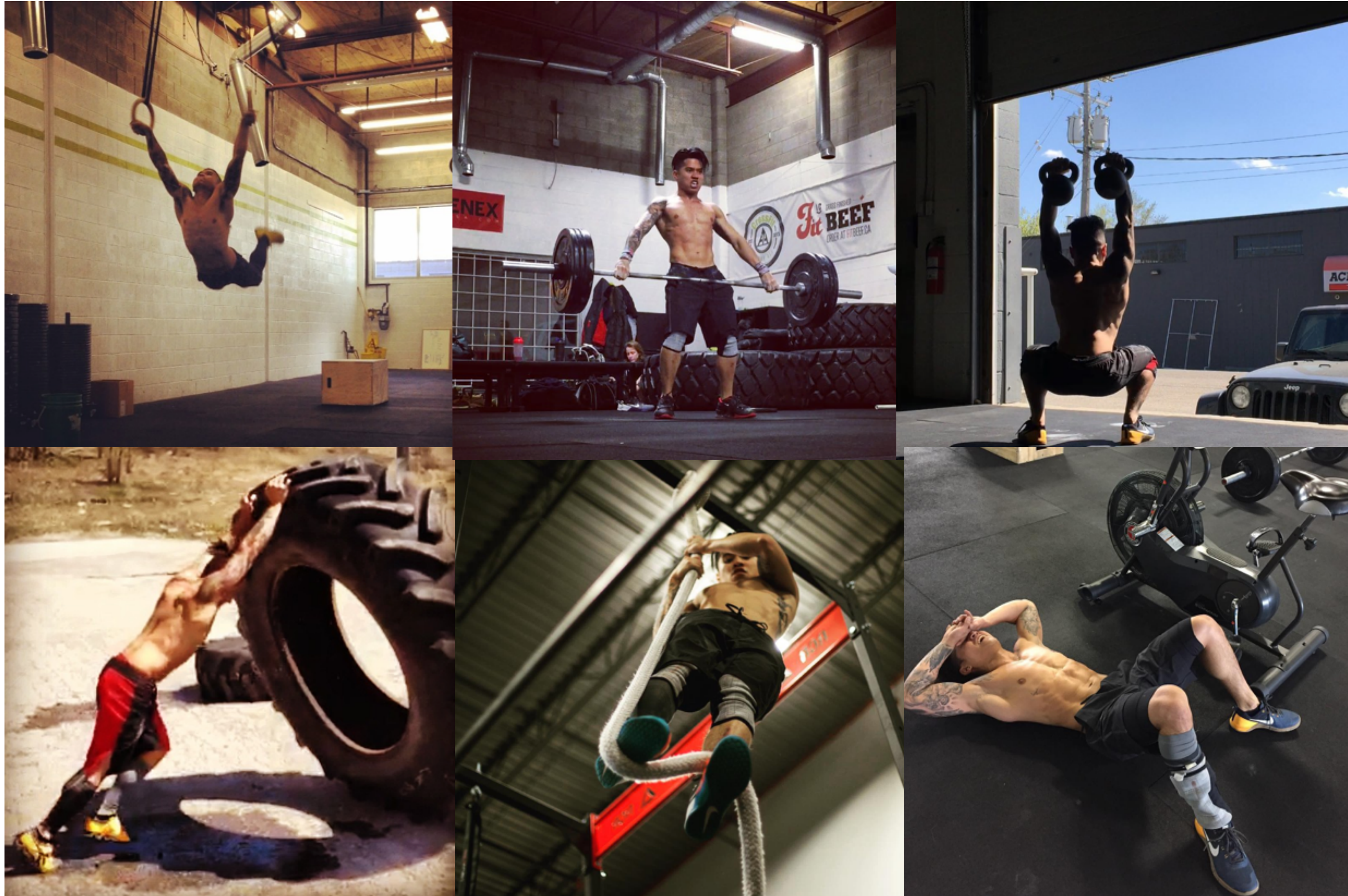


WHAT IS CROSSFIT?

- ▶ Classes are typically an hour long
- ▶ Starts with a warm up and mobility work
- ▶ All the programming is done for you
- ▶ Workout of the day (WOD)
- ▶ The movements, rounds, and reps always vary
- ▶ Good boxes will teach you how to do technical compound lifts and Olympic lifts



WHAT DOES A CROSSFIT BOX OFFER?



WHAT DOES A CROSSFIT BOX OFFER?

- ▶ You're not gonna be asked to do anything you can't do
 - ▶ You're gonna be working with progressions
- ▶ You don't have to worry about dropping weights

WILL CROSSFIT HELP ME ACHIEVE MY GOALS?

- ▶ CrossFit helps if you wanna be fitter, stronger, more athletic, and more functional
- ▶ The point is to become a “Jack of all trades”

WILL I BE ABLE TO ACTUALLY DO THE WORKOUTS

- ▶ One of the BIGGEST sticking point - People are scared
- ▶ It's almost infinitely scalable
 - ▶ It works for 50 year old Dads to former college athletes and everyone in between
 - ▶ They all show up and work really hard
- ▶ There are always scaling options available
- ▶ Movement progressions are always explained
- ▶ CrossFit challenges you to do more than you think you can

WILL I BE ABLE TO ACTUALLY DO THE WORKOUTS

- ▶ This is where the sport shines
- ▶ It's supposed to be HARD
- ▶ A good fitness program always pushes the boundaries
- ▶ The intensity is always relative to the person doing it
- ▶ If getting fit was easy, everyone would have to six pack
- ▶ You have to put in the work



WHAT SHOULD I EXPECT DURING MY FIRST FEW WEEKS?

- ▶ Expect to be challenged
- ▶ You're not gonna be asked to do something you're not ready to do
- ▶ There's a learning curve and that's OK
- ▶ Every expert was once a beginner
- ▶ Have fun with it!
- ▶ Come in with an open mind and be willing to learn something new

ARE THE COACHES GOOD?

- ▶ Some coaches are good, others aren't
- ▶ Try classes with different coaches and boxes
- ▶ Ask about their background

WILL I HURT MYSELF?

- ▶ HUGE misconception
- ▶ You can hurt yourself from doing anything
- ▶ All physical activity comes with risk
- ▶ What causes injuries?
 - ▶ Bad form and bad coaching

THE COMMUNITY IS THE BEST PART

- ▶ If you don't feel welcome, you're in the wrong place
- ▶ Most CrossFit gyms do a lot of activities outside of the normal workouts
- ▶ You're automatically part of a community
- ▶ You wanna feel like you belong somewhere
- ▶ You meet some pretty amazing people
- ▶ Your box becomes more than just a place to workout



WRAPPING IT UP

- ▶ Workout smarter - no chronic cardio
- ▶ Master your body - Bodyweight exercises
- ▶ Spare Tire to Six Pack Program
- ▶ Free weights and compound exercises
 - ▶ NO to exercise machines
- ▶ What to do next? Join a gym!
 - ▶ Try CrossFit!

JUST REMEMBER

- ▶ It doesn't have to be complicated
- ▶ Keep things simple
- ▶ Just have fun!



TODAY'S HOMEWORK

- ▶ Keep the positive momentum going!
- ▶ Head over to the Spare Tire to Six Pack section
 - ▶ Do Workout #2!

IN THE NEXT MODULE

- ▶ Designing your ideal lifestyle
- ▶ You have everything you need to know