

4 WEEK JUMP START COACHING PROGRAM



Week 4

Advanced Exercise Techniques for Fat Loss

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If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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Jump Start Coaching Week 4

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Resistance Training Basics

It's impossible to burn off all or most of your body fat without a well designed nutrition program to follow but you've already got that in place with this program. The last piece of the puzzle to strip away the rest of the fat is exercise.

In order to cut down your body fat levels and maintain your lean muscle mass you have to follow some form of resistance training program. Your specific goals will determine how much resistance training vs cardio style training you will need to do.

Resistance Training (also called, weight training and strength training)

The absolute minimum amount of weight training would be two workouts per week that cover the whole body. For more advanced lifters or anyone interested in gaining more muscle I would push this to three or even four workouts per week.

Competitive bodybuilders and strength athletes any many regular gym going folks will already be doing at least three or four weight workouts per week and may do as many as six.

Weight training is critical to effective and lasting weight loss because it stimulates muscle building and maintaining your muscles mass while you lose fat. Muscles contribute to your metabolic rate and a well trained muscle can also consume and burn lots of calories during your workout. Therefore regular weight training workouts help with calorie burning both during your workout as well as the rest of the time when you're not working out.

Advanced Resistance Training Techniques

Short Rest intervals

Keep your rest intervals between 1-2 minutes for all of your weight training workouts. Unless you are doing very heavy weights or training for a power lifting competition there is never really any reason to take more than 2 minutes rest between any weight training sets.

Shorter rest intervals will provide a cardiovascular benefit and will allow you to get more work done in less time.

Super Sets

A super set is combining two sets of different muscle groups back to back. For example bicep curls done immediate after tricep pushdowns. In this example the two muscle groups are antagonistic (perform the opposite motion).

You can superset any muscles you like. Super setting bigger the muscles that are farther apart on your body will cause you to burn more calories because it forces your body to move blood back and forth between both muscle groups.

For example a very intense super set would be standing military presses and squats.

Giant Sets

Giant sets are a grouping of four or five different sets for the same muscle group done back to back in a non-stop fashion.

Example of one giant set:

Bodyweight squats x 10 reps followed immediately by Walking Lunges x 10 reps followed immediately by Step Ups x 10 reps followed immediately by Reverse Lunges x 10 reps followed immediately by Stiff leg Deadlifts x 10 reps

This entire progression is considered one set. You will need to choose your weights according to the number of reps you want to on each exercise inside the giant set. You can do different rep ranges on each exercise inside the giant set if you like.

Do 3-4 giant sets spaced out by 90 seconds to two minutes rest between each.

You can incorporate giant sets into your workout routine twice per muscle group every 4 weeks to start with. Once you get used to them you can incorporate heavier weights into your giant sets and use them more often.

Marathon Sets

A marathon set is a grouping of different exercises done within the same set one rep at a time for each exercise. This requires some equipment set up and a thorough warm up of all muscle groups before you get going.

Example of a marathon set:

Bicep curl x 1 rep + Bench Press x 1 rep + Squat x 1 rep + Shoulder press x 1 rep + Tricep Extension x 1 rep = 1 marathon rep

Complete 10 marathon reps and you are done your first marathon set.

Do 3-4 total marathon sets.

Incorporate marathon sets once every 4 weeks to start with progressing to once every 2 weeks. The key to a marathon set is a full body warm up and warming up each individual muscle group with the exact exercise you will be using in the marathon set.

Split Workout Sessions

Most of us will combine weight training and cardio into one workout. But if you can split your workout into two sessions every now and then it will help burn a lot of extra calories for two reasons. First, you can push each workout slightly longer because you're going twice.

Second, by splitting up your workout into two parts you will be able to do both workouts with higher intensity compared to one bigger session.

Splitting workouts and going twice per day is obviously dependent on your schedule. You may never be able to do this, or perhaps you can only manage to do splits once per week, or once every couple of weeks.

Interval Training

Interval training can be any exercise that you do with periods of high intensity followed by periods of low intensity in an ongoing cycle back and forth between the two.

Interval training is commonly done on a stationary bike, or running/walking, however it is not confined to machines. Intervals are really just periods of exercise when you push very hard for a short burst and then back off with a period of lighter activity to recover.

Interval training can help burn more calories above and beyond the amount of calories you can burn doing steady state low intensity cardio for the same length of time.

You can incorporate interval training into your routine up to 4-5 times per week at varying lengths. If you are new to interval training you can start with 15-20 minutes of interval training 2-3 times per week for the first 3 weeks, progressing to 20-30 minutes of interval training 4-5 times per week. Example of a run/walk interval training workout – 1-to-1 Interval Ratio and Duration

8 intervals	Minutes
Warm Up - Walk	3
Interval 1 - Run	1
Rest - Walk	1
Interval 2 - Run	1
Rest - Walk	1
Interval 3 - Run	2
Rest - Walk	2
Interval 4 - Run	2
Rest - Walk	2
Interval 5 - Run	2
Rest - Walk	2
Interval 6 - Run	1
Rest - Walk	1
Interval 7 - Run	1
Rest - Walk	1
Interval 8 - Run	1
Cool Down - Walk	3
Total	27

In the previous interval example each high intensity interval is done for the same duration as the following rest period. This is called a 1-to-1 interval ratio.

You can do varying ratios of intervals like 1-to-2 or even 1-to-3. The higher the intensity of the interval the longer you will need to do the rest period.

In this case the interval duration goes from 1 minutes to 2 minutes half way through the workout and the rest period also increases from 1 minute to 2 minutes. Therefore the 1-to-1 ratio stays constant throughout the workout.

“Fat Burn Zone” vs “Cardio/Aerobic Fitness Zone”

Most ‘cardio’ machines such as treadmills, elliptical trainers, stair masters, step mills, stationary bikes etc will have some sort of chart or program settings that distinguish between ‘cardiovascular fitness/conditioning’ or ‘aerobic fitness/conditioning’ zone and a ‘fat burning’ zone.

This is a false distinction because you are always burning fat at all moments of the day, the only difference is the percentage of calories that are being burn from fat at that given moment.

Higher intensity exercise does burn a higher percentage of glycogen compared to fat. But this distinction is irrelevant because you are burning more total calories.

The bottom line to weight loss and fat loss is burning more TOTAL CALORIES every day than you consume. There is no need to distinguish your workouts as fat burning or cardiovascular fitness. All workouts have a cardiovascular benefit and will increase calorie burning. The only thing you should concern yourself with is weight training for muscle mass and burning more total calories during your workouts.

Non Exercise Activity

Non exercise activity is any movement you do throughout your day that isn’t purposeful exercise, for example walking to and from your car, walking up and down stairs, cleaning your house etc. This is basically any activity that isn’t a structured workout. You can easily add more of this kind of activity into your day without affecting your productivity.

There are always opportunities to increase non exercise activity throughout your day. Although it may not seem like much, these instances add up over the course of weeks and months.

There is even a growing body of research that indicates this may be one of the hidden contributors to weight gain and a lack of ability to lose weight. Finding ways to be more active even in very small doses will contribute to your weight loss in the long run.

In order to see how all of this can add up we’ve included an activity tracking log

Activity Tracking

The total amount of activity you do in a given week will have a big impact on both your ability to lose weight and your ability to stay focused on your meal plan and eating habits.

Many of my training clients see a direct correlation between the amount of activity they regularly partake in and their ability to stay focused on their meal plan and proper eating habits.

There seems to be a positive feedback loop between physical activity and good nutrition habits. Therefore you can stack the deck in your favor by being active on a regular basis.

This doesn’t mean you have to be doing intense 2 hour workouts every day, it simply means that

Activity Intensity Chart

Activity	Intensity
Walking	Low
Cycling - Speed and difficulty varies by terrain	Low-Medium-High
Running	Medium-High
Household chores/cooking/cleaning	Low
Errands like grocery shopping	Low
Circuit Training	Medium-High
Sprint Training	High
Steady State Cardio	Low-Medium
Interval Training	High
Weight Training	High

WEEKLY ACTIVITY LOG

Weekly Activity Log

Day	Activities	Intensity	Duration
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Roadblocks To Your Weight Loss Success

Biological	Lifestyle

DAILY COMPLIANCE TRACKING

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6
%	%	%	%	%	%	%

*- Meal 6 only appears in limited diet plans, most meal plans have 5 meals only in which case disregard meal 6 row and work with 5 meals = 100%.

WEEKLY COMPLIANCE

Week 1:	% and notes:
Week 2:	% and notes:
Week 3:	% and notes:
Week 4:	% and notes:
Week 5:	% and notes:
Week 6:	% and notes:
Week 7:	% and notes:
Week 8:	% and notes:
Week 9:	% and notes:
Week 10:	% and notes:
Week 11:	% and notes:
Week 12:	% and notes:

