

MAXWORKOUTS

The 90-Day Ultimate Lean Body Fitness Program

By: Shin Ohtake

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LEGAL STUFF

Thank you for noting these important points prior to continuing on.

Disclaimer

The advice and information contained in this document may not be appropriate for all individuals. Therefore, I cannot be responsible for any injuries or health conditions that may result from my advice, opinions, and programs represented in this document. The information expressed in this document are my opinions and are not a replacement for medical advice. You should consult a physician before starting any diet or exercise program.

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About The Author



Born in Tokyo, Shin was raised in diverse cities across the globe, including London, New York City, Toronto, and various places in California. Growing up in an extremely athletic family, he was always passionate about fitness and competitive sports. When he was a young child, he ran track and field, and swam competitively, at a national and international level, for more than a decade.

Shin attended McMaster University in Hamilton, Ontario, Canada where he received his Bachelor's of Science degree in Biochemistry. After graduating, Shin was a varsity swim coach and stayed active in swimming and various other sports. He wanted to continue learning about the effects of sports and athleticism on the body, so he attended Palmer Chiropractic College West to become a licensed chiropractor. He specializes in soft tissue chiropractic medicine, specifically focusing on Active Release Technique (ART), an integral method in the athletic world.

After spending seven years focused on chiropractic medicine, Shin also became a sports conditioning coach. He's been training clients, including local athletes and triathletes in the Los Angeles area ever since. "I love interacting with people and helping them achieve what they never thought they could," he says. "No matter how big or small the goal, whether it's helping a client lose those last 10 pounds or improving their time in a triathlon, it's incredibly fulfilling to be a catalyst in helping them reach it."

Shin also feels compelled to educate the public on proper training and workout techniques. "Practicing as a chiropractor made me realize that there's a lot of misinformation in the public realm," he says. "I feel obligated to show people the right way to train and get measurable results."



Shin is an athletic-style trainer, with a friendly demeanor that is inspiring to be around. "Shin is extremely knowledgeable and challenging, yet his workouts are really fun," says Level 10 Owner Meredith Miller. "I love working out with him because he's calm, cool and collected, yet pushes you to reach your fitness goals and gives you an amazing, memorable workout."

Shin lives in San Francisco, California with his wife, Susan, and their dog, Peanut.

What Others Are Saying...

“Lost 57 Pounds in 88 days”

I decided to make the transformation from a father who watches his kids play, to a father who chases and swings with his kids all day. I was 136 kg when I started MAX Workouts on April 20th. I am now 110 kg (July 17th) and falling...Your teachings have given me the strength, speed, skill and courage to do things that 88 days ago I would not have dreamed of attempting.

- Duane Wilson, age 33, Christchurch City, New Zealand

“At 50 I’ve never been more ripped”

...Talk about burning calories. At 22 the US Navy recognized me for Superior Performance in Physical Fitness. At 50 I’ve never been more ripped.

- John M. Hanscom - Certified Personal Trainer, age 50, West Palm Beach, Florida

"My whole body has absolutely transformed itself!"

Having been a pseudo-athlete all of my life, the knowledge of these workouts involving all these muscle systems, has been absolutely tremendous...My whole body has absolutely transformed itself! I’m a humble guy, but I’m not embarrassed to take my shirt off (due to the fact that I have a serious set of abs!) and I attribute it to [MAX Workouts].

- Max StClaire, age 62, Miami Beach, FL

"I decided to give MAX Workouts a shot and within days I felt a difference"

I wanted to change my shape and within 3-4 weeks I started seeing a change. I had plateaued at a nice weight, but there a few extra pounds that I wanted to lose...I decided to give MAX Workouts a shot and within days I felt a difference. My metabolism was higher, I could eat more foods that I couldn’t eat before...I had a great experience in the way that I felt and the changes I started seeing. I now incorporate the short intense workouts in everything I do...And I’ve introduced it to my family members. Go for MAX Workouts...you will not be disappointed!

- Jana Hogan, St. Michael, MN

"I lost 15 pounds, got the tightest abs I have ever had"

I was delighted to do the MAX Workouts because they were short and efficient AND I was able to drop my membership at the gym and get rid of this large weight machine that sat on our back porch. Now I have a simple rack for my dumbbells and a pull-up bar. My results with the MAX Workouts were stellar. I lost 15 pounds, got the tightest abs I have ever had and amazing looking arms, back and butt.

- Sarah McMullen, age 57, Los Angeles, CA

"It has been on a daily basis that I am getting compliments on how “fit” I look"

I just wanted to drop you a line and let you know I am 9 months into your program and am loving it! I am so grateful to have found a time efficient, effective workout that yields such great results. It has been on a daily basis that I am getting compliments on how "fit" I look. I keep giving your website address out...So, thank you so much for your dedication to fitness and helping others achieve their fitness goals.

- Suttan Stephan, WI

"I have been lifting for the last 14 years and have never found something that has made me so fit"

I do want to tell you that this is the first workout program that has really fit me! I have been lifting for the last 14 years and have never found something that has made me so fit in a whole body sense. I am now able to do any sport with ease because your workouts have trained all of my muscles to work together. Even though I have been working at it for the last 7 months, the workouts still continue to kick my butt if I push it hard - and they seem so adaptable to my body. Anyway, thanks for designing them! I plan to continue these workouts for many years to come!

- Jon Jore, MN

"3 months ago I weighed 315lbs and today I am 230lbs and it is thanks to this program"

MAX Workouts has changed my life drastically. Three months ago I weighed 315lbs and today I am 230lbs and it is thanks to this program. I am in the best shape of my life and have never felt better. I am confident that by the end of the program I will have reached my goal weight of 199lbs. Thanks for everything and I will be back at the end of my program so I can get in on the daily workouts. Thanks for helping me be healthy again.

- Steve Bentley, Canada

"I am no longer taking any creatine"

I love the workouts, I have been working out along time, and for the first time I feel like I am actually getting the most out of my workouts. I am no longer taking any creatine, or Nitric oxide boosters. In a way I felt like I was addicted to the products, because I felt I would not be strong without taking them. I feel better, and my body is transforming the way I envisioned. I can't wait to start the next level. Once again thanks for everything Shin.

- Michael Aughinbaugh, Ohio

"My body is getting back in shape at shocking speed doing your workouts..."

...As an ex pro rugby player my body is getting back in shape at shocking speed doing your workouts, in fact I have lost 20 kg and I am going to give it another month before i go out a buy a whole new range of clothes as everything is too big now. I can't believe I let myself go the way I did but hey I'm on the right path now. Thanks for your work it really is as we say in the UK, "the dogs bollocks"

- Andy Kershaw, London, UK

"I have never looked and felt better with myself then I do now"

I have now tried the MAX Workout program for only about a month, and even though I have been a very active and healthy person all my life - I have never been able to see such amazing results in such a short time! Time spent in the Gym has gone from at least 90 minutes per day down to just half an hour (sometimes even less). Yet, I have never looked and felt better with myself then I do now.

- Niki Krechnek, Sweden

"Lost 5 Pounds, 2 Inches, and Cut Cholesterol"

Shin, I can't say enough about your program. In five weeks I have lost 5lbs, and 2" on my waist. I just received my lipid panel back from my physician, and after just 5 weeks on the program and adhering to a lean protein, balanced diet I have cut my total cholesterol from 204 to 149 and dropped my LDL by 25%. If you are on the fence about this program, pull the trigger and try it, IT WORKS!!!

- Todd Lueke, Pennsylvania

"My strength and fitness have increased and my body fat percentage is way down"

I purchased your Max Workouts a few months ago and have been SO pleased with it! It's really become my "bible" and I find everything in there is practical and functional - my strength and fitness have increased and my body fat percentage is way down - after having 2 babies I was finding it tough to shed the last few kgs, - interestingly I haven't lost weight but am in better shape and have lower body fat than in a very long time! Another thing is that I have always been a sugar freak and thought I couldn't live without it but since cutting it out of my diet altogether I feel amazing - no more energy dips and mood swings. Thank you so much!

- Karen from Zimbabwe

"Your program has rocked my world!!"

I love the intensity and short workouts. Everyone in the gym thinks I am a "bad ass" seeing some of the stuff in your workouts. Your philosophy on training are spot on and I truly believe you have THE BEST program out there and I have read many! I had to take a day off today as I am THAT sore. Your videos and website are simply awesome and I look forward to seeing a new workout every day!

- Sue Wells

"Shin's approach is like no other and it gets the results you want quickly"

MAX Workouts is a MUST-HAVE book for anyone interested in getting in incredible shape and feeling great!!! Shin's approach is like no other and it gets the results you want quickly. The issue is not quantity, but quality and for less than half the time of most workouts, you will see results immediately. I have had many personal trainers in the past, but nothing came close to the simple but highly effective programs and exercises found in this amazing book. It will totally change the way you have exercised in the past and show you the right way to get in shape now!!!

- Christine Adzich, Redondo Beach, CA

INTRODUCTION

It's all about achieving your goals when it comes to fitness. Whether your trying to lose that last bit of stubborn fat, build lean muscle, or just break through that fitness plateau you've been stuck on for the last 6 months, each goal is very different but equally important. In order to help my clients achieve their goals, I've found that implementing measurable standards is incredibly helpful because it holds us both accountable.

How many times can you lift a certain weight? How long can you sustain a certain speed for a given exercise? How many times are you able to do a round of exercises in a given time period? How much weight can you lift? These are just some of the ways you can measure and view your progression.

For some, this may seem foreign and too athletically inclined. My response to that has always been the same. I look at all my clients as athletes and I encourage them to see themselves as athletes as well. Athletes are judged only on results and they'll put in as much work as needed to attain their performance goals. And it's really no different from anyone else pursuing their own goals whether it's based on performance or physical appearance.

To me, fitness is a sport. In any sport there are challenges that must be overcome in order to get to your ultimate goals. Challenges come in all shapes and sizes, but overcoming each challenge empowers you and makes you stronger -- enabling you to reach your ultimate goals. Results are earned, never given. Challenges are also great motivators that bring out the best in people. It helps fuel your desire to improve and encourages you to push your boundaries and achieve goals you might not normally think you had a chance at. The end result is a shift in the way you view yourself, fitness, and working out. It becomes about you striving for excellence.

My clients are constantly amazed at what they've been able to do and even more amazed that they were not only able to reach their individual goals, but often times easily surpass them. The most exciting part for me as a trainer and coach, is seeing people's attitudes change towards fitness. It's not just about coming in and hittin' the treadmill and counting the calories anymore. Fitness has become part of who they are. They want to put the extra effort into reaching their goals. Now, I want to give YOU what my clients have gotten, because I strongly believe that anyone can reach their goals if provided with the right tools and information. This is why I've designed MAX Workouts as a training program that is measurable, challenging, and results producing.

There are 3 key factors that must be clearly understood before taking on MAX Workouts. Even though it may seem trivial, these factors can be the difference between you achieving or not achieving your ultimate goals. The key factors are QUALITY, INTENSITY and POWER.

The importance of quality can not be overstated. In the time-crunched world we live in, quality becomes the only variable that we can control. Think about that for a moment. We can't change time. There are only 24 hours in a day. So what determines whether you have a productive day or not?

Quality. Quality is not time dependent. This is an important point to understand because it relates to your life and your fitness. Fitness doesn't have to fit cleanly into one hour blocks like all the scheduled classes at the gym. In fact, you'd be hard pressed to find anyone (even at Olympic levels) that can perform one hour of quality work during a one hour training session. In a typical one hour workout session, the QUALITY training only last 20 minutes or less, with 5 to 10 minutes of warmup and 30 to 40 minutes of fluff.

What if you cut out the fluff and only performed the the core of the training? If someone told you that during an hour training session that you were only truly benefitting for about 20 minutes, would you rethink your fitness routine? If you can get the same results or better and spend less than half the time doing it, would you do it? If you're like most people whose time is the most valuable commodity in life -- *it's time to cut out the fluff.*

Think about the times either at school or work where you were given a task with a time limit. Have you ever noticed that the shorter the time, the more productive you are and the longer the time limit, the less productive you are? Think back to your school days...How many of us utilized all 2 weeks given for a project instead of burning the midnight fuel trying to finish the night before the deadline. If you were given 24 hours to finish the same project, would you have been able to finish it in time? Probably, and likely with a better outcome.

It's no secret that we are able to perform better and more efficiently under time constraints. Working in a shorter time period often enables one to focus and concentrate better and produce better results. The same can be said for fitness. A short workout session allows you to focus and give it your all. The results are far more beneficial than dilly-dallying around the gym for an hour. **It all comes back to quality over quantity.**

Fitness Is Intensity Dependent, Not Time Dependent

Intensity is another very important factor often missing or ignored in most fitness regimens. I am not going to sugar coat it. Performing any exercises or workout at a high intensity is HARD and requires focus, which is why most people simply don't do it. However, the benefits of working out at a high intensity are far superior to that of longer, more moderate workouts. **Fitness is intensity dependent not time dependent.** For that reason, workout sessions are kept short so you can "give it your all" for each workout.

There are several variables that can increase the intensity of a workout: load (amount of weight used), rest intervals, and speed. Any one of these variables can be changed to increase the intensity for an exercise or workout. That being said, if you're not used to working out at a higher intensity, make sure you slowly (but progressively) work your way up to the desired intensity. This does not apply for anyone that has any medical conditions or injuries that may be contraindicated to perform high intensity exercises.

Power & Work Capacity

Power and work capacity are one in the same and are often used interchangeably. Work capacity is the amount of work that can be performed in a given period of time. The more work that can be done, the greater the work capacity (i.e. more power). Power provides the foundation for any type of fitness or sport. There are many factors involved in improving “power”, but the primary ones are strength, speed, and endurance. The idea of fitness is to improve at least one (if not all) of those factors, no matter what your goals may be. Whether you’re trying to lose weight, beat your personal best for a 5K run, or trying to make your varsity football team -- improving power is the single most important component of fitness. The more power you can elicit, the more fit you will become, and the better you’ll look.

Tabata, The 4-Minute Fat Incinerator

There are many studies that show the positive effects that performing exercise at a higher intensity for shorter duration has on our bodies, both for physical appearance and performance. Two of the most profound studies are that of Dr. Tabata and a research study on EPOC (Excess Post Exercise Oxygen Consumption).

One such study was conducted on a group of elite athletes by a Japanese scientist named Dr. Tabata. The purpose of the study was to compare the effects that short duration high intensity interval training vs. long steady moderate cardio have on the anaerobic threshold and VO2MAX of the athletes. If you’re not familiar with VO2MAX, it’s a scientific measurement that reflects your cardiovascular fitness level.

One group of athletes trained everyday for 6 weeks, performing very short and very high intensity interval training at 170% VO2MAX for a total of only *four* minutes. The other group of athletes performed steady, moderate cardio for a one hour duration, everyday for 6 weeks. The results were astounding. The group performing short high intensity interval training showed huge improvements in both their anaerobic threshold *and* VO2MAX. Meanwhile, the other group only showed improvements in their VO2MAX, which was still less than the improvements seen in the first group.

Dr. Tabata’s study proves that utilizing short duration high intensity interval training can significantly improve both your anaerobic threshold *and* your VO2MAX simultaneously. That means you can improve your physical appearance and your performance with shorter, more intense workouts. In fact, this study has become so popular with fitness and health professionals, that 4 minute interval training (with 20 seconds on, 10 seconds off) is commonly referred to as “Tabata”.

The “After Burn” Effect

The “After Burn” refers to the period of time that your body continues to burn calories **after** your workout is over, which can last up to 48 hours! The scientific term for this phenomenon is EPOC, which stands for Excess Post Exercise Oxygen Consumption.

So how can you get the benefits of EPOC? The answer is simple. The effects of EPOC are directly correlated with the intensity of your workout. Therefore, the more intense your workout is, the greater the effects of EPOC.

There are a number of variables which can increase the intensity of a workout. They are load (amount of weight used), rest intervals, and speed. Several studies on EPOC have concluded that weight lifting has the greatest effect -- while interval training has the next best result. Long, steady-state cardio has the *least* effect. I've taken these facts and formulated the most effective combination of high intensity interval training, strength training, and circuit training. This mash-up exponentially maximizes results by producing the greatest power and eliciting the greatest EPOC effect.

Why Less Is More

Cramming in a dozen different exercises does not mean you're getting a superior workout (quite the opposite in my opinion). I believe it's the overuse and improper use of isolated exercises (one muscle at a time movements) that has promoted this behavior. The truth is, if you are only familiar with isolated exercises, of course you're going to have to do a dozen of them in order to work your full body!

Fitness should be simple. Basic dumbbells, barbells, and a place where you can do pull-ups are everything you need. I emphasize simple compound movements that recruit as many muscles as possible in the most functional manner. These foundation of these movements include squats, deadlifts, press-ups and pull-ups, and many variations of these movements. These simple, yet highly effective exercises, were chosen for many reasons. However, most notably because they cause the greatest effect on our bodies when performed correctly. They stimulate a flood of good neuroendocrine responses, which enable you to build lean muscle and lose fat faster.

My Philosophy

My philosophy is quality over quantity, intensity over moderation, variety over stagnancy, compound exercises over isolation exercises. These are basic concepts that are most often diluted, forgotten, or not even considered. Apply my concepts with MAX Workouts and you'll see your body change in a very short time. *I can't wait to hear about your results!*

TRACKING YOUR RESULTS

Take Your “Before” Photo (You Could Win \$1,000!)

A few times a year I hold a Transformation Contest for anyone who has completed the MAX Workouts 90 day program. That means *you* get a chance to compete for the top prize of \$1,000 (the 2nd and 3rd place winners make out pretty good too!).

Entry is free, so there’s nothing to lose. Don’t put this off. Take your before photo TODAY. If you actually do the program and follow my workouts and advice, you’re going to be amazed at how you look and feel at the end of the 12 weeks. I’ll send you an email with all the details when the next contest starts.

All the contest details and rules are here: <http://maxworkouts.com/index.php/contest>

...Now go take that photo and start thinking about how you’re going to spend the money!

Example photos are shown below. A newspaper is required for both your before and after photos. This serves as evidence of your start and end dates, which is how I make sure the contest is fair and that each contestant actually completed the program in 12 weeks.



Set Goals

It's important to be very specific about your goals. Take some time, sit down, and really think about what it is you want to improve about your overall fitness level or your body. Be sure to review your goals often and adjust them as necessary.

List 3 things you would like to improve regarding your fitness.

(Anything! Stronger, faster, increased energy, more stamina, improve sports performance...etc.)

1. _____

2. _____

3. _____

List 3 things you'd like to improve about your body

1. _____

2. _____

3. _____

Now, write down how your life will change once you achieve these goals:

Commitment Contract

I _____ have made the decision that I am ready to get fit and *stay* fit. I am committed to staying on the MAX Workouts program in order to reach my fitness goals. As I work harder at reaching these goals, I will remain patient with myself and my progress.

In addition:

- I will not let negative thoughts or people prevent me from achieving my goals
- If I am feeling unmotivated, I will sit down and re-read my goals and this contract

(Add your own rules in the space below)

Signed

Date

GETTING STARTED

Program Overview

MAX Workouts is a 90 day program designed to take you step-by-step and help you achieve your ultimate fitness goals. The program requires only 20-30 minutes of intense, *quality* workouts. There are three high-intensity strength training workouts per week (on Monday, Wednesday and Friday), interval cardio workouts on the alternating days and one rest day per week (Sunday).

The MAX Workouts program is divided into four levels:

- Level I
- Level II
- Level III
- Level IV

Each level is three weeks in duration. Three weeks is the minimum time it takes for the body to adapt to any routine. Once you adapt to a routine, your progression stops. To ensure that you keep building lean muscles and losing body fat, you want to minimize adaptation, which is why the three week cycle was chosen.

Each level has a mixture of strength training, circuit training and interval training. The workouts at each level have specific progression goals. For instance, the goal may be to increase the amount of weight lifted, decrease the rest interval, or to increase the number of reps performed. It's important to have measurable progress every week, this way you know objectively what gains you are making in terms of your fitness. Keep in mind that your fitness level is directly correlated to your physical appearance. The more fit you become the better you're going to look.

It's important at all levels to always emphasize good technique and form. This way you'll get the most out of each exercise and help prevent any unnecessary injuries.

I recommend that you start the MAX Workouts program at Level I and work your way up to Level IV. If an exercise has suggested weights that are either too light or too heavy for you, adjust the weights according to your fitness level. Remember, all the workouts are scalable to your fitness level. This applies to the suggested rest intervals as well. Start out at a pace that you feel comfortable at and slowly try to improve each week. The most important thing is to progress in some form or another no matter how small it may seem. Small progressions add up to a big improvement in 90 days -- you'll be amazed at what you can accomplish in such a short amount of time.

Equipment: The Gym vs. Home

Although a gym membership is beneficial when doing MAX Workouts, you can do the workouts from the comfort of your own home with the same effect. At a minimum, you need only a set of dumbbells. I

recommend that you also have a pull-up bar, however, if you cannot yet perform pull-ups, substitute exercises are given in each workout that do not require a pull-up bar. Every barbell exercise can be substituted with dumbbells as described in each workout. In some cases, an exercise may require a box, which you can substitute with a chair or virtually any stable flat surface. The exercise descriptions provide further detail on those and other equipment substitutions. If you have a garage gym and want to use barbells, all you need are a squat rack with a basic barbell set, a pull-up bar and dumbbells.

Rest Intervals, Weight & Speed

The MAX Workouts program is based on short, high intensity workouts that are dependent on three key variables: time (rest intervals), weight (load), and speed. By changing any one of the three variables, the intensity of the workout can be varied greatly. This is important because the same workout can be performed at varying intensities depending on your individual fitness level.

Rest intervals are normally between rounds. Although, on occasion rest intervals can be between exercises. Each workout will indicate how long and where (either between exercises or rounds) your rest intervals will occur.

Timing Your Intervals

With interval training, you'll need a stopwatch so you can time alternating periods of effort and recovery during your workouts. However, when the intervals are short, it becomes a hassle to have to keep looking down at your stopwatch (especially in situations where you only have a 10 second rest period!). Thankfully, there's an easy to use timer designed specifically for interval training that I use myself and also recommend to all of my clients. It's called the [Gymboss Interval Timer](#) (see photo below). It allows you to accurately time your effort and recovery periods so you don't have worry about missing your next interval.



For example, let's say you're doing a "Tabata" workout (20 seconds effort, 10 seconds rest). Using a Gymboss, you can simply set the timer to a work interval of 20 seconds followed by a rest interval of 10 seconds alarming with your choice of beep, vibrate or both. You can't do that with a regular stop watch! Save yourself the hassle of having to manually check your stopwatch. You'll get more out of your workouts using the Gymboss.

[Click here to get the Gymboss Interval Timer.](#)

Active Recovery Workouts

There is a time and a place for continuous exercise performed at moderate levels of intensity, often referred to as "cardio". The MAX Workouts program includes "Active Recovery" days designed to keep you active and help your body recover faster. For example, going for a light jog, easy bike ride, or a brisk walk for 40-60 minutes would be considered Active Recovery. It's great for muscular and neurological recovery. The MAX Workouts program does not emphasize traditional cardio performed at moderate

intensities for prolonged periods. However, the importance of it should not be neglected from a recovery stand point, which is why it's been incorporated minimally into the MAX Workouts program.

Producing Power

As mentioned in the introduction, power is the core of true fitness. The term "fitness" can be a pretty broad in nature. In fact, that's a good thing because by training with MAX Workouts, you'll increase **work capacity**, which will enable you to better perform at pretty much anything. Without getting into the scientific jargon, improving your power will improve your strength, speed, and endurance. Ultimately this equals more muscles built, more calories used and more fat burned, helping you sculpt the a lean, well-defined physique.

How To Follow the Workouts

In each workout, the exercises and the number of repetitions to be performed for each exercise is given. The rest time is also indicated. Usually, all the exercises should be done in a row -- one after the other without rest, until all the exercises have been performed for a given repetition.

For some workouts, the exercises are timed instead of performing a given number of reps. This means you continuously perform the exercise(s) until the time is up...at which point you'll either rest or move on to the next exercise. Rest intervals must be carefully followed to get the most out of each workout, so **it is vital that you have a stop watch to time your workouts.**

Choosing Your Weights

The weight (load) you choose will depend on your current ability and level of conditioning. The majority of the workouts do not require super heavy weights, but it's *vital* that you pick a weight that will challenge you. That being said, if you're not used to lifting heavier weights, challenge yourself and increase the load as much as your ability **safely** allows.

Progressive Loading

Weight lifting is essential for your strength and muscular development as well as fat loss. Some MAX Workouts require progressive loading. Progressive loading is when you start an exercise with little to no weight, and gradually work your way up to a higher weight. If you are not experienced in weight lifting, progressive loading is a must. By slowly increasing the load, you can ensure safe and effective progression.

What Is High-Intensity?

As I mentioned earlier, quality and intensity are two of the most important factors when undertaking MAX Workouts. When starting the program, you might feel like you're not working out long enough. Mainstream media has done a good job of making people think they need to workout at a moderate pace

for an hour or more. *Wrong!* You don't need to workout for more than 20 to 30 minutes (not including your warm up) as long as you are working at a high-intensity. This is one of the most important concepts to grasp.

Let me define exactly what "high-intensity" means because this is a critical part of the program that you absolutely *must* get right. I can't emphasize this enough. If you currently workout, you might be thinking, "I'm already working out at a high intensity with my current routine." I hear you, but I'm not buying it. Not because I think you're dishonest, but because I'm not so sure you truly know what high-intensity is. I'm not just talking heavy breathing here. High-intensity involves an incredible amount of energy on your part -- more than what you're used to.

While performing exercises, you should not be able to chat with the person next to you. You should be breathing heavy and in most cases you'll be sweating quite a bit. You should workout hard enough that dilly-dallying around or reading a magazine article between sets is **not** an option. If you have the time or energy for these things, you are not working at a high enough intensity. Let me put it this way: when my clients or myself workout we're working at such a high-intensity that talking is usually not even an option. Heck, I don't even listen to my iPod (because I don't have time to waste shuffling through songs) and I usually can't even share equipment (i.e. letting someone "work in") because I am going too fast and the rest intervals are too short. During the rest intervals I am trying to catch my breath and it always seems like the next round has come too soon. Now THAT is high-intensity.

When you are just beginning it's recommended that you progressively work up to high-intensity. I don't want you working overly hard until you have the fundamentals down. Workout at a high-intensity once you are able to perform the fundamental exercises with proper form. Workout a little harder each time you exercise. You can do that by increasing the amount of weight you're using, shortening your rest intervals, or increasing your speed. Play around with it until you get the idea. When you're *truly* working out at a high-intensity, you'll know it.

Think of MAX Workouts as concentrated training at high-intensity -- without any fluff. Remember: quality over quantity! If you train at high-intensity you *will* get a great workout and all the benefits in a fraction of the time.

Cardio Intervals

Interval cardio training is programmed into the weekly workouts to further enhance your metabolic and anaerobic threshold as well as providing constant change so that your body doesn't adapt. All interval training is programmed according to time as opposed to distance, since most people will be using various cardio machines such as a treadmill, bike, elliptical, versa climber, rowing machine, etc.. instead of being outside. However, if you have access to a track (check your local parks and schools), this should be your first choice for interval cardio training. Sprinting outside is arguably one of the most effective methods of interval training. If you're are a runner, I highly recommend doing sprint interval training. If you're not yet at that level of running, progress slowly to avoid injury.

Maximum Heart Rate

Unfortunately, maximum heart rate is one of the most misunderstood ideas in the fitness world. Determining your maximum heart rate can't be calculated by plugging your age into an equation like the popular "220 - Age" formula. Therefore, you cannot simply evaluate your fitness level accordingly. Heart rates vary greatly with each person - everyone has a very different maximum heart rate, no matter what age you are. In fact, even the doctors that came up with the equation for calculating max heart rate admit that it's not accurate and it was never meant to be used as a general rule for gauging an individual's fitness level. The New York Times even wrote an article on it back in 2001.

A much more accurate way to measure what kind of shape you're in is to take your heart rate immediately after finishing a bout of exercise, then take it again one minute later. An average person's heart rate should drop about 20 BPM (Beats Per Minute) every minute. It's not the maximum heart rate that matters, but how quickly your heart rate falls when you stop exercising. For some athletes, their heart rate can drop by as much as 50 beats in a minute. In a nutshell, the fitter you are the faster your heart rate goes down.

Although I think it's human nature to want to have order and simplicity in an otherwise chaotic world, our bodies are innately complicated and unique. Therefore, no general formula will fit the needs of everyone. We all have a built in barometer that has the ability to gauge our own level of intensity and exertion. So instead of relying on your heart rate to gauge your effort level, use your own senses and learn to listen to your body to figure out how hard you're pushing yourself. If you're a beginner and have never worked out with much intensity before, it's always best to start out easy and see how your body does. Even if you think it's easy, your body may tell you a different story the following day. Progress slowly and only increase your intensity as you feel more comfortable.

Compound Movements vs. Isolated Movements

The MAX Workouts program concentrates on *functional* compound exercises that give you the most "bang for your buck" in terms of functionality, lean muscle development and calorie burning. *Functional* exercises are movements that mimic the way your body works in your everyday life (i.e. squatting, pushing, pressing, pulling, bending, lifting, etc...). By performing functional exercises, you promote muscular balance (reducing your risk of injury) and perform these everyday tasks with greater ease.

Compound exercises refer to multi-joint exercises as opposed to isolated exercises, which only require you use one muscle at a time. These types of exercises tend to work your body in ways it doesn't work naturally and can also create muscular imbalances, leading to injury. For example, there are no isolated movements such as bicep curls in MAX Workouts...and for good reason. Bicep curls are not functional, not compound and there are much better alternatives. Instead, you'll perform pull-ups (or assisted pull-ups), which stimulate not only the biceps for muscle development, but also work the Latissimus Dorsi (i.e. your lats), one of the largest muscles in your back -- and everyone's favorite body part, your abs.

Since functional, compound movements work with so many other muscles, they produce greater overall muscular involvement causing greater energy expenditure, which equals more calories burned in less time.

The Truth About “Core” Training

I do not emphasize traditional “core” exercises. You might be thinking, “But how am I going to get my 6-pack abs?”. There are several reasons, so let me explain: First, the term “core” is often misunderstood. The core includes all of your abdominal muscles, lower back muscles, and all the muscles, ligaments and tendons surrounding the pelvic girdle. Someone with a six pack does not mean he or she has a strong core. It means they have very little belly fat!

The core should be viewed more as your mid-torso region. It should be trained as one unit and not separately. This means bending and twisting of your mid-torso should be done as a unit. What does that mean? When twisting your body, the majority of the rotation should come from your hips -- not your torso. Of course your torso will twist to some degree, but the emphasis of all rotational movement comes from the hips -- not the torso. The torso should main as rigid as possible. It’s the same for flexion and extension. When bending forward, movement should occur from the hips, while keeping the back and mid-torso rigid.

Although full body functional exercises efficiently stimulate the core, you may still want additional “core” intensive exercises. This is why I have an optional set of abdominal / core exercises for each workout. While I don’t advocate crunches or sit-ups, I have included many highly effective abdominal exercises for you to choose from.

How To Get 6-Pack Abs

How do you develop our abdominal muscles? I’ll give you a hint: It’s not from do crunches! If you perform all the fundamental exercises in the MAX Workouts program correctly, you will be training your abs plenty. Remember, your abdominal muscles are there for bracing and supporting the rigidity of the mid-torso.

More than anything, to get your six-pack, you have to lose the fat and you’ll see the abs. By doing the MAX Workouts (short but intense calorie and fat burning workouts), you’ll melt the fat, allowing your abdominal muscles to show.

4 Must-Do Exercises For a Strong & Balanced Body

The 4 key exercises that are foundational to a strong and balanced body are: squat, deadlift, press up, pull-up. They are the most fundamental and basic exercises that all other, more complex exercises are based on. Considering how important these exercises are, why is it so rare to see anyone in the gym doing them? It turns out that many find these fundamental exercises intimidating and don’t know where or even how to start. Others find them too difficult and tend to go straight for the machines to do “isolated” exercises (big mistake!). Once you perfect these fundamental exercise, you’ll be well on your way to achieving a lean, well defined, muscularly balanced body. Lay a strong foundation and you’ll be amazed at how easy seemingly complex exercises become.

Why Women Need To Lift Weights

Let's set the record straight, Ladies -- lifting weights will not make you "big". First of all, women lack the necessary testosterone levels in their bodies required to develop large muscles like men. Second, women that want a "toned", lean body need to understand that you *must* have muscles to get toned. The only way to get lean toned muscle is by lifting weights. And I'm not talking pink dumbbells. Women need to lift heavier weights in order to stimulate lean muscle development. Remember, the more lean muscle you have, the higher your metabolism -- and the more calories you burn a day. The more calories burned means less fat. Less fat means more "toned" muscles! Here's the bottom line: if you want to change your physique in a dramatic fashion, you've got to start lifting.

Stretching & Muscle Recovery

Static stretching is not heavily emphasized in the MAX Workouts program. I believe in *functional lengthening*, which is incorporated in the Dynamic Warm-Ups found in the MAX Workouts program. Some static stretching is recommended for muscles that feel unusually tight *after* your workout, but static stretching beforehand doesn't necessarily help increase your range of motion. In fact, static stretching prior to working out can hinder your performance by deactivating muscle fibers.

Deep tissue massage and foam-rolling are excellent ways to accelerate your muscular recovery, reduce soreness and get you back to your workouts faster. Be sure to go through the recovery exercises in my *Muscle Recovery Guide* book that you received as a bonus with MAX Workouts. If you have especially sensitive areas or nagging pain from old injuries, this book will be highly beneficial to you.

Nutrition

Good nutrition is key to accelerating your fat-loss. There are many factors and it can be quite overwhelming, but there are two main variables that ultimately control how much weight you lose: 1) calories in vs. calories out and 2) eating the right types of foods.

Calories in vs. Calories Out

The math behind weight loss is and will always been the same -- the balance between your calorie input (what you eat) and calorie output (calories burned). If you have a greater calorie input than output, no matter how healthy you're eating or how much you're exercising, you're going to gain weight. **You can't out-exercise a bad diet.**

Eating the Right Foods

Food has the ability to communicate with your body and by consuming the *right* types of food, you'll promote favorable conditions in your body to help you lose weight, burn fat and build lean muscle more easily. Make the wrong food choices and losing weight will be difficult and frustrating. I've laid out all the best fat-burning foods and a guide to rapid weight-loss while you're on the MAX Workouts program in my book, *The Lean Body Diet: How To Eat For Maximum Fat-Loss*, which you received with MAX Workouts.

In this practical guide, I'll show you which foods to avoid and how to make better choices so losing weight doesn't have to be such an uphill battle. Once you learn this information and apply these proven strategies, you'll be able reprogram your body into becoming a much more efficient calorie burner. In addition to losing fat faster, you'll feel more energetic, clear-minded and improve your overall health.

THE MAX WORKOUTS PROGRAM

How To Do The Exercises

Detailed descriptions along with step-by-step photos for each exercise are located in the “Exercise Descriptions” chapter of this book. Refer to that section for complete instructions on how to perform each movement with proper technique. It may be helpful for you to print out that chapter for easy reference.

The number of rounds suggested for a workout should be your goal. However, if a workout is taking you more than **30 minutes**, stop there. If you are working out at a high-intensity and using challenging weights as I’ve suggested, that will be more than enough exercise for one session.

Dynamic Warm-Ups

A Dynamic Warm-Up is different from a “regular” warm-up in that it includes several mobility exercises. It’s almost like performing your workout, but at a lighter, slower pace, with more basic, fundamental exercises.

If you’re used to walking or jogging for 5-10 minutes to warm up, this might seem almost like you’re jumping right into a workout. However, a *dynamic* warm-up will increase your heart rate while stimulating and preparing the *right* muscles and joints for the exercises to follow. These warm-ups will enhance coordination, motor ability and flexibility all while increasing the body’s core temperature enough to enhance the elasticity of muscles, tendons, ligaments, and overall joint structures.

I’ve given you several Dynamic Warm-Ups below, but you can always customize and create your own. All you have to do is take a look at the workout you’ll be doing for a particular day. For example, if the workout includes Front Squats and Deadlift High-Pulls, you should incorporate light (15-25% of the weight you plan to use for the workout) Front squats, Deadlifts and Deadlift High-Pulls into your Dynamic Warm-Up. Depending on the complexity of the workout, your warm-up should last between 5-10 minutes.

Dynamic Warm-Up (1)

Complete 2-3 rounds of the following exercises by doing 6-8 reps per exercise:

- Squats (Bodyweight)
- Push-Ups or Knee Push-Ups (Bodyweight)
- Lunge with Reach & Twist
- Pull-Ups or Inverted Rows
- Lateral Lunges with Reach

Dynamic Warm-Up (2)

Complete 2-3 rounds by doing 6-8 reps for each exercise. Use a stick (you can substitute with a body bar or a broom stick) for all the exercises.

- Romanian Deadlift
- Push-Ups with Twist (No stick necessary)
- High Pull to Snatch Pull Through
- Overhead Lateral Lunges
- Push Press
- Overhead Reverse Lunges with Twist

Dynamic Warm-Up (3)

Complete 2-3 rounds of the following exercises by doing 6-8 reps per exercise. Use a stick (you can substitute with a body bar or a broom stick) for all the exercises.

- Overhead Squats
- Overhead Reverse Lunges with Twist
- Squat Cleans
- Sots Press
- Over Unders (4-6 per side) (No stick necessary)

Level I Workouts

Workout Schedule

The weekly schedule for each level is repeated for 3 consecutive weeks. Each week you should progress by increasing your intensity as described in each workout (on pages to follow). For full details on the 3 week cycle and why it was chosen, please refer to the Program Overview section in the Getting Started chapter.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1-A	Cardio AA	1-B	Cardio BB	1-C	Active Recovery	Rest
2	1-A	Cardio CC	1-B	Cardio AA	1-C	Active Recovery	Rest
3	1-A	Cardio BB	1-B	Cardio CC	1-C	Active Recovery	Rest

- On Active Recovery days, choose an activity to do continuously for 40-60 minutes at a moderate (4/10 - 6/10) intensity level (e.g. light jogging, easy bike ride, brisk walking, etc...).
- Cardio AA, BB, and CC are cardio interval sessions described in the Interval Cardio Training chapter.
- Rest days are those with no scheduled workout.

WORKOUT 1-A

Instructions

Perform all 3 exercises in a row (this counts as a “round”). Rest 1 minute between rounds and repeat for 5-6 rounds.

Weekly Progression

Aim to gradually increase the load and/or decrease rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Back Squats (See substitute exercises)	8-10	(none)	Men: 75-115 Women: 35-75
Dumbbell Push Presses	8-10	(none)	Men: 15-35 (per dumbbell) Women: 7.5-15 (per dumbbell)
Jumping Pull-Ups (See substitute exercises)	12-20	(none)	-

Substitute Exercises

Back Squats: If you cannot do Back Squats, perform Dumbbell Front Squats or Goblet Squats as follows:
Reps: 10-15 / Rest: none / Load (per dumbbell): Men: 15-55, Women: 5-25

Jumping Pull-Ups: If you cannot do Jumping Pull-Ups, perform Dumbbell High Pulls as follows:
Reps: 12-20 / Rest: none / Load (per dumbbell): Men: 15-55, Women: 5-25

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Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

WORKOUT 1-B

Instructions

Using the same dumbbell weights, perform all 4 exercises in a row without putting the dumbbells down (this counts as a “round”). Rest 1 minute between rounds and repeat for 5-6 rounds.

Weekly Progression

Aim to gradually increase the load and/or decrease rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell Push-Up Rows (See substitute exercises)	8 per arm	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Dumbbell Hang Power Cleans	8	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Dumbbell Front Squats (If you did this exercise as a substitute in Workout 1-A, see note below)	8	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Backward Lunges with Alternating Dumbbell Press Ups	8 (4 per leg)	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)

Substitute Exercises

Dumbbell Push-Up Rows : If you cannot do Dumbbell Push-Up Rows, perform Dumbbell Knee Push-Up Rows as follows: Reps: 8 / Rest: none / Load (per dumbbell): Men: 25-45, Women: 10-25

Note: If you did Dumbbell Front Squats in Workout 1-A, perform Dumbbell Lunges as follows:
Reps: 8 (4 per leg) / Rest: none / Load (per dumbbell): Men: 25-45, Women: 10-25

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

WORKOUT 1-C

Instructions

Perform all 3 exercises in a row (this counts as a “round”). Complete as many rounds as possible in 20 minutes. Burpees in this workout are modified and are to be performed without Push-Ups.

Weekly Progression

In Week 1, record how many rounds you completed in 20 minutes. In Week 2, try to beat the number of completed rounds from Week 1. In Week 3, try to beat the number of completed rounds from Week 2.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Inverted Rows (See substitute exercises)	8	(none)	-
Push-Ups (See substitute exercises)	10	(none)	-
Burpees (No Push-Ups) (See substitute exercises)	12	(none)	-

Substitute Exercises

Inverted Rows: If you cannot do Inverted Rows, perform either One Arm Dumbbell Rows, Dumbbell Rows, or Dumbbell Rows (Lunge Position) as follows:

Reps: 10-12 (per arm) / Rest: none / Load: Men: 15-55, Women: 5-25

Push-Ups: If you cannot do Push-Ups, perform Knee Push-Ups as follows:

Reps: 10-15 / Rest: none / Load: none

Burpees (No Push-Ups): If you cannot do Burpees (No Push-Ups), perform Squat Jumps as follows:

Reps: 12-20 / Rest: none / Load: none

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

Level II Workouts

Workout Schedule

The weekly schedule for each level is repeated for 3 consecutive weeks. Each week you should progress by increasing your intensity as described in each workout (on pages to follow). For full details on the 3 week cycle and why it was chosen, please refer to the Program Overview section in the Getting Started chapter.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	2-A	Cardio DD	2-B	Cardio EE	2-C	Cardio FF <i>or</i> Active Recovery	Rest
2	2-A	Cardio DD	2-B	Cardio EE	2-C	Cardio FF <i>or</i> Active Recovery	Rest
3	2-A	Cardio DD	2-B	Cardio EE	2-C	Cardio FF <i>or</i> Active Recovery	Rest

- On Active Recovery days, choose an activity to do continuously for 40-60 minutes at a moderate (4/10 - 6/10) intensity level (e.g. light jogging, easy bike ride, brisk walking, etc...).
- Cardio DD, EE, and FF are cardio interval workouts described in the Interval Cardio Training chapter.
- Rest days are those with no scheduled workout.
- On Saturday, you have the option of doing either Interval Cardio or Active Recovery.

WORKOUT 2-A

Instructions

Choose a challenging weight in which you can do the exercises with good form for 8-10 reps. Perform all 3 exercises in a row (this counts as a “round”). Rest 1 minute between rounds and repeat for 5-6 rounds.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Deadlifts (Barbell) (See substitute exercises)	8-10	(none)	Men: 75-115 Women: 35-75
Lunges w/Dumbbell Press Ups	8-10 (4-5 per leg)	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Dumbbell Plank Rows (See substitute exercises)	8-10 (per arm)	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)

Substitute Exercises:

Deadlift: If you cannot do Deadlift (w/Barbell), perform Dumbbell Deadlifts as follows:

Reps: 10-15 / Rest: none / Load (per dumbbell): Men: 25-65, Women: 10-35

Dumbbell Plank Rows: If you cannot do regular Dumbbell Plank Rows, perform them on your knees as follows: Reps: 10-12 (per arm) / Rest: none / Load (per dumbbell): Men: 25-45, Women: 10-25

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

WORKOUT 2-B

Instructions

Choose a light to moderate weight in which you can do the exercises with good form. Perform both exercises in a row (this counts as a “round”). Rest 20 seconds between rounds and repeat for 8-10 rounds. Perform each exercise as *fast* as possible. Keep good form for all the exercises throughout the workout. This is an interval workout, so be strict with your rest periods.

Weekly Progression

Aim to gradually increase the load and/or decrease rest between rounds by 5 seconds (or as much as you can) each week. For instance, take 20 seconds of rest between rounds in Week 1, 15 seconds in Week 2, and 10 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell Squat Press Ups	8-10	(none)	Men: 15-35 (per dumbbell) Women: 7.5-20 (per dumbbell)
Dumbbell Sumo Deadlift High Pulls	8-10	(none)	Men: 45-75 (per dumbbell) Women: 20-45 (per dumbbell)

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

WORKOUT 2-C

Instructions

Perform all 4 exercises in a row without rest (this counts as a “round”). Complete as many rounds as possible in 20 minutes.

Weekly Progression

In Week 1, record how many rounds you completed in 20 minutes. In Week 2, try to beat the number of completed rounds from Week 1. In Week 3, try to beat the number of completed rounds from Week 2.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Pull-Ups (See substitute exercises)	6	(none)	-
One Legged Squats with or without a box (See substitute exercises)	8 per leg	(none)	-
Pike Push-Ups (See substitute exercises)	10	(none)	-
Split Squat Jumps (See substitute exercises)	12 (switch legs after 6 reps)	(none)	-

Substitute Exercises

Pull-Ups: If you cannot do Pull-Ups, perform Dumbbell Pullovers as follows:
Reps: 12-15 / Rest: none / Load (per dumbbell): Men: 25-65, Women: 10-35

One Legged Squats: If you cannot do One Legged Squats, perform Box Step Ups as follows:
Reps: 8 (per leg) / Rest: none / Load: none

Pike Push-Ups: If you cannot do Pike Push-Ups, perform Dumbbell Push Presses as follows:
Reps: 10 / Rest: none / Load (per dumbbell): Men: 15-45, Women: 5-20

Split Squat Jumps: If you cannot do Split Squat Jumps, perform Split Squats as follows:
Reps: 12 (switch legs after 6 reps) / Rest: none / Load: none

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

Level III Workouts

Workout Schedule

The weekly schedule for each level is repeated for 3 consecutive weeks. Each week you should progress by increasing your intensity as described in each workout (on pages to follow). For full details on the 3 week cycle and why it was chosen, please refer to the Program Overview section in the Getting Started chapter.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	3-A	Cardio AA	3-B	Cardio DD	3-C	Cardio BB <i>or</i> Active Recovery	Rest
2	3-A	Cardio CC	3-B	Cardio EE	3-C	Cardio AA <i>or</i> Active Recovery	Rest
3	3-A	Cardio BB	3-B	Cardio FF	3-C	Cardio CC <i>or</i> Active Recovery	Rest

- On Active Recovery days, choose an activity to do continuously for 40-60 minutes at a moderate (4/10 - 6/10) intensity level (e.g. light jogging, easy bike ride, brisk walking, etc...).
- Cardio AA, BB, and CC are cardio interval workouts described in the Interval Cardio Training chapter.
- Rest days are those with no scheduled workout.
- On Saturday, you have the option of doing either Interval Cardio or Active Recovery.

WORKOUT 3-A

Instructions

Choose a challenging weight in which you can do the exercises with good form for 8-10 reps. Perform all 3 exercises in a row (this counts as a “round”). Rest 1 minute between rounds and repeat for 5-6 rounds.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Back Squats (See substitute exercises)	8-10	(none)	Men: 115-155 Women: 55-115
Hang Power Clean & Press Ups (Dumbbells)	8-10	(none)	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Burpees (See substitute exercises)	10-12	(none)	-

Substitute Exercises

Back Squats: If you cannot do Back Squats, perform Dumbbell Front Squats or Goblet Squats as follows:
Reps: 10-15 / Rest: none / Load (per dumbbell): Men: 15-55, Women: 5-25

Burpees: If you cannot do Burpees, perform 10-12 Push-Ups (or Knee Push-Ups) followed immediately by 10-12 Squat Jumps

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

WORKOUT 3-B

Instructions

Perform all three exercises in a row (this counts as a “round”), then rest for 1 minute. Repeat for 6-8 rounds. Use the same dumbbell weight for the One Arm Power Snatches/Split Snatches and One Arm Push Jerks/Split Jerks. When performing the One Arm exercises, emphasize the speed of each rep. Use your legs and hips to create power and momentum to drive the dumbbell overhead. Be sure to step down from the box every time when doing Box Jumps.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell One Arm Power Snatches or Split Snatches	6-8 per arm	(none)	Men: 15-35 (per dumbbell) Women: 5-15 (per dumbbell)
Dumbbell One Arm Push Jerks or Split Jerks	6-8 per arm	(none)	Men: 15-35 (per dumbbell) Women: 5-15 (per dumbbell)
Box Jumps (See substitute exercises)	10	(none)	Men: 24-30" box Women: 12-24" box

Substitute Exercises

Box Jumps: If you don't have a box you can do Squat Jumps as follows:

Reps: 12 / Rest: none / Load: none

If you cannot do Box Jumps or Squat Jumps, perform Air Squats as follows:

Reps: 15-20 / Rest: none / Load: none

.....

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

WORKOUT 3-C

Instructions

Perform all 4 exercises in a row without putting the weight down. Completing all 4 exercises counts as a “round”. Rest for 1 minute between rounds. Repeat for 6-8 rounds. Use the same dumbbell weight(s) for all the exercises.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell Romanian Deadlifts (AKA Hanging Straight Leg Deadlifts)	6-8	(none)	Men: 20-40 (per dumbbell) Women: 10-20 (per dumbbell)
Dumbbell High Pulls	6-8	(none)	Men: 20-40 (per dumbbell) Women: 10-20 (per dumbbell)
Dumbbell Squat Cleans / Hang Cleans	6-8	(none)	Men: 20-40 (per dumbbell) Women: 10-20 (per dumbbell)
Lunges with Alternating Dumbbell Press Ups	3-4 lunges per leg / 3-4 press ups per arm	(none)	Men: 20-40 (per dumbbell) Women: 10-20 (per dumbbell)

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank to Reach & Twist	20 (10 per side)	(none)	-
Side Planks	20 (20 per side)	(none)	-
Medicine Ball Chops	20	(none)	-

Level IV Workouts

Workout Schedule

The weekly schedule for each level is repeated for 3 consecutive weeks. Each week you should progress by increasing your intensity as described in each workout (on pages to follow). For full details on the 3 week cycle and why it was chosen, please refer to the Program Overview section in the Getting Started chapter.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	4-A	Cardio DD	4-B	Cardio GG	4-C	Cardio EE <i>or</i> Active Recovery	Rest
2	4-A	Cardio GG	4-B	Cardio BB	4-C	Cardio FF <i>or</i> Active Recovery	Rest
3	4-A	Cardio AA	4-B	Cardio HH	4-C	Cardio EE <i>or</i> Active Recovery	Rest

- On Active Recovery days, choose an activity to do continuously for 40-60 minutes at a moderate (4/10 - 6/10) intensity level (e.g. light jogging, easy bike ride, brisk walking, etc...).
- Cardio AA, BB, DD, EE, FF and GG are cardio interval workouts described in the Interval Cardio Training chapter.
- Rest days are those with no scheduled workout.
- On Saturday, you have the option of doing either Interval Cardio or Active Recovery.

WORKOUT 4-A

Instructions

Perform all 4 exercises in a row without rest (this counts as a “round”). Rest 1 minute between rounds. Repeat for 5-6 rounds.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between rounds by 15 seconds (or as much as you can) from week to week. For instance, take 1 minute of rest between rounds in Week 1, 45 seconds in Week 2, and 30 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Deadlifts (Barbell) (See substitute exercises)	8	(none)	Men: 95-145 Women: 55-105
Plyo Push-Ups (See substitute exercises)	8	(none)	-
Inverted Rows (See substitute exercises)	10	(none)	-
Burpees (No Push-Ups) (See substitute exercises)	12	(none)	-

Substitute Exercises:

Deadlifts: If you cannot do Deadlift (w/Barbell), perform Dumbbell Deadlifts as follows:

Reps: 10-15 / Rest: none / Load (per dumbbell): Men: 25-65, Women: 10-35

Plyo Push-Ups: If you cannot do Plyo Push-Ups, perform Plyo Knee Push-Ups as follows:

Reps: 8 / Rest: none / Load: none

Inverted Rows: If you cannot do Inverted Rows, perform either One Arm Dumbbell Rows, Dumbbell Rows, or Dumbbell Rows (Lunge Position) as follows:

Reps: 10-12 (per arm) / Rest: none / Load (per dumbbell): Men: 15-55, Women: 5-25

Burpees (No Push-Ups): If you cannot do Burpees (No Push-Ups), perform Squat Jumps as follows:

Reps: 12-20 / Rest: none / Load: none

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

WORKOUT 4-B

Instructions

Choose a challenging weight in which you can do the exercises with good form for the duration of the workout. See chart for number of rounds and rest intervals.

Weekly Progression

Aim to gradually increase the load and/or decrease the rest between exercises by 10 seconds (or as much as you can) from week to week. For instance, take 40 seconds of rest between exercises in Week 1, 30 seconds in Week 2, and 20 seconds in Week 3.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell or Barbell Squat Press Ups	As Many As Possible in 20 seconds	40 seconds	Men: 25-45 (per dumbbell) or 55-95 (barbell) Women: 10-25 (per dumbbell) or 25-55 (barbell)
repeat for 10 rounds, then rest for 2-3 minutes and continue with:			
Dumbbell or Barbell Sumo Deadlift High Pulls	As Many As Possible in 20 seconds	40 seconds	Men: 35-65 (per dumbbell) or 55-95 (barbell) Women: 15-30 (per dumbbell) or 25-55 (barbell)
repeat for 10 rounds to finish			

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

WORKOUT 4-C

Instructions

This is a weightlifting interval workout, so choose a light to moderate weight and be strict on the rest intervals. Use the same dumbbell weight(s) for all exercises that require weights. The exercises get increasingly more difficult as time goes on, but it's important to keep good form even as you start to fatigue. If the weight becomes too heavy, decrease it and continue until you finish the set.

Weekly Progression

If you feel you can increase the weight, gradually increase it each week. Each week, increase the exercise duration by 5 seconds and decrease rest by 5 seconds (or as much as you can). For example:

Week 1: 40 seconds on / 20 seconds rest (between exercises)

Week 2: 45 seconds on / 15 seconds rest (between exercises)

Week 3: 50 seconds on / 10 seconds rest (between exercises)

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Dumbbell Plank Rows (See substitute exercises)	As Many As Possible in 40 seconds	20 seconds	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Burpees (See substitute exercises)	As Many As Possible in 40 seconds	20 seconds	-
Dumbbell Push Presses	As Many As Possible in 40 seconds	20 seconds	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
Alternating Split Squat Jumps (See substitute exercises)	As Many As Possible in 40 seconds	20 seconds	-
Dumbbell Hang Cleans / Squat Cleans	As Many As Possible in 40 seconds	20 seconds	Men: 25-45 (per dumbbell) Women: 10-25 (per dumbbell)
rest 1-2 minutes, then repeat the set for 4-5 rounds			

Substitute Exercises:

Dumbbell Plank Rows: If you cannot do regular Plank Rows, perform them on your knees as follows:

Reps: As many as possible in 40 sec / Rest: 20 sec / Load (per dumbbell): Men: 25-45, Women: 10-25

Burpees: If you cannot do Burpees, perform Squat Jumps as follows:

Reps: 12-20 / Rest: none / Load: none

Alternating Split Squat Jumps: If you cannot do Alternating Split Squat Jumps, perform Split Squats as follows:

Reps: As many as possible in 40 sec (switch legs each round) / Rest: 20 sec / Load: none

Ab/Core Conditioning (Optional)

Perform all exercises in a row with no rest between rounds. Repeat for 2-3 rounds.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plank on Swiss Ball with Toe Reach Downs	20	(none)	-
Swiss Ball Plank Hold	(hold 30-60 sec)	(none)	-
Plank with Contralateral Hand to Toe Touches	20 (10 per side)	(none)	-

INTERVAL CARDIO TRAINING

Overview

The interval cardio sessions are programmed into the week, usually between the high intensity weight lifting sessions. “Interval Cardio” is very different from regular (normally long, moderate-paced, *boring* cardio). Like all the other MAX Workouts, the cardio intervals are brief in length but high in intensity. The intensity is based on a 1 to 10 scale: 1 being very easy and 10 being the hardest. Most of the interval work ranges between 3 to 9. The lower numbers are utilized for the recovery period and the higher numbers for the work period.

Cardio Activities

You may use the cardio machine of your choice. However, stationary bikes are probably the safest and most effective for these interval workouts. The treadmill is also good, but be careful getting on and off. Some of the interval workouts are very short in duration, making it difficult to use the manual speed controls. That said, you can stand along the side rails during the rest period. Running outside is also highly effective and recommended, especially if you have an access to a track. Check nearby schools or colleges as many of them have tracks that are open to the public.

How To Determine Your Intensity Level

The fractions represent your effort (intensity) level. On a scale from 1 to 10, 10 would be your highest level of effort, meaning 100% all-out effort (a sprint, for example). So, when the workout calls for a 6/10, that would mean an effort level of about 60% (a moderate pace, like jogging). A 9/10 would be a sprint, and a 3/10 would be more of a recovery effort level, like walking.

Interval Cardio Warm-Up

I've found that a 5 minute warm-up is adequate when using a cardio machine. However, if you're running outside, you should warm up a minimum of 10 minutes. Be sure to throw in a few short moderate intensity sprints to allow the muscles to fully warm-up before starting the set. Here is a typical warm-up, which you can repeat a number of times before beginning your main workout:

* See "How To Determine Your Intensity Level" above

* There is no rest between intervals

DURATION	INTENSITY LEVEL
30 seconds	3/10
30 seconds	4/10
30 seconds	5/10
30 seconds	7/10
30 seconds	8/10
30 seconds	4/10

Interval Cardio Workouts

The main sets for the cardio interval workouts are listed below. These are only the main sets and do not include warm-up or warm down. You should always do a warm-up before starting your main set (see above for warm-up).

* See "How To Determine Your Intensity Level" above

	MAIN SET	NUMBER OF ROUNDS	TOTAL WORKOUT TIME
CARDIO AA	Perform 30 seconds of cardio @ 8/10 intensity level followed immediately by 30 seconds of cardio @ 3/10 intensity level This is considered one round.	20-24 rounds (no rest between rounds)	20-24 minutes
CARDIO BB	Perform 40 seconds of cardio @ 8/10 intensity level followed immediately by 40 seconds of cardio @ 3/10 intensity level (this is considered one round).	15-18 rounds (no rest between rounds)	20-24 minutes
CARDIO CC	Perform 60 seconds of cardio @ 8/10 intensity level followed immediately by 60 seconds of cardio @ 3/10 intensity level This is considered one round.	10-12 rounds (no rest between rounds)	20-24 minutes
CARDIO DD	Perform 40 seconds of cardio @ 8/10 intensity level followed immediately by 20 seconds of cardio @ 3/10 intensity level. 4 sets of this is considered one round.	4-5 rounds (1 min. rest between rounds)	20-25 minutes (including 1 min. rest)
CARDIO EE	Perform 30 seconds of cardio @ 9/10 intensity level followed immediately by 15 seconds of cardio @ 3/10 intensity level. 4 sets of this is considered one round.	5-6 rounds (1 min. rest between rounds)	20-24 minutes (including 1 min. rest)
CARDIO FF	Perform 20 seconds of cardio @ 9/10 intensity level followed immediately by 10 seconds of cardio @ 1/10 intensity level 8 sets of this is considered one round.	4-5 rounds (1 min. rest between rounds)	20-25 minutes (including 1 min. rest)
CARDIO GG	Perform 20 seconds of cardio @ 10/10 intensity level followed immediately by 40 seconds of cardio @ 1/10 intensity level 4 sets of this is considered one round.	4-5 rounds (1 min. rest between rounds)	20-25 minutes (including 1 min. rest)
CARDIO HH	Perform 30 seconds of cardio @ 9/10 intensity level followed immediately by 60 seconds of cardio @ 3/10 intensity level 6 sets of this is considered one round.	2 rounds (1 min. rest between rounds)	20 minutes (including 1 min. rest)

EXERCISE DESCRIPTIONS

The following exercise descriptions are for you to learn how to perform each movement with proper technique. As with any exercise, learn the movements without weights to start. As you become comfortable with the exercises, you can start adding weight.

To enlarge the photos, simply use your PDF readers' "zoom" feature. This will allow you to increase the size as needed. It's also helpful to print this section for easy reference.

Squats/Air Squats

- Start in standing position with feet approximately shoulder width apart
- The feet are in natural position, slightly flared out
- Squat down keeping the chest up, low back straight, and glutes back
- The knees should track over the toes of the feet to ensure proper tracking of the knees
- Imagine standing on a piece of towel and spread the towel apart as you squat down - this will help the knees track properly over the feet instead of buckling inwards
- Squat down as low as you can go while keeping the low back as straight as possible
- The thighs should be parallel to the floor at a minimum, if possible go below parallel
- The weight distribution along the feet should be even through out the squat
- As you squat, make sure you shift your weight back towards the glutes and heels - this will take the pressure off the knees and enable you to squat deep
- After reaching the lowest position of the squat come on up to the starting position



Back Squats

- Start in standing position with feet approximately shoulder width apart
- The feet are in natural position, slightly flared out
- Place the barbell on your upper back groove created by squeezing your shoulder blades together (just below the neck on the upper back)
- Once the barbell is securely in place, lift the barbell off the rack and step back
- Squat down keeping the chest up, low back straight, and glutes back
- The knees should track over the toes of the feet in order to ensure proper tracking of the knees
- Imagine standing on a piece of towel and spread the towel apart as you squat down - this will help the knees track properly over the feet instead of buckling inwards
- Squat down as low as you can go while keeping the low back as straight as possible
- The thighs should be parallel to the floor at a minimum, if possible go below parallel
- The weight distribution along the feet should be even through out the squat
- As you squat, make sure you shift your weight back towards the glutes and heels - this will take the pressure off the knees and enable you to squat deep
- After reaching the lowest position of the squat come on up
- Keep the chest up while lifting the hip/pelvis up from the squat position



Overhead Squats

- Start in the back squat starting position with the barbell placed securely on the upper back
- Change the hand positions to a wider grip and push press the barbell overhead
- Stand with feet approximately shoulder width apart and slightly flared out
- The shoulder blades should be elevated and elbows locked out
- Once stable, slowly squat down into a deep squat position while keeping the barbell overhead
- The barbell will slightly shift backwards behind the head as you squat and the chest comes forward
- Squat down as low as possible keeping the chest up, the shoulders elevated, and elbows locked
- Keep the torso as rigid as possible throughout the entire movement
- Once you reach the bottom squat position slowly come up into the starting position

** This is very challenging, but excellent “core” exercise when done properly*



Dumbbell Front Squats

Note: This exercise can be used as a substitute for Back Squats.

- Start in standing position with feet approximately shoulder width apart
- The feet are in natural position, slightly flared out
- Place the dumbbells on front of the shoulders
- Squat down keeping the chest up, low back straight, and glutes back
- The knees should track over the toes of the feet in order to ensure proper tracking of the knees
- Imagine standing on a piece of towel and spread the towel apart as you squat down - this will help the knees track properly over the feet instead of buckling inwards
- Squat down as low as you can go while keeping the low back as straight as possible
- The thighs should be parallel to the floor at a minimum, if possible go below parallel
- The weight distribution along the feet should be even through out the squat
- As you squat make sure you shift the weight back towards the glutes and heels (this will take the pressure off the knees and enable you to squat deep)
- After reaching the lowest position of the squat come on up
- Keep the chest up while lifting the hip/pelvis up from the squat position



Goblet Squats

Note: This exercise can be used as a substitute for Back Squats.

- Start in standing position with feet approximately shoulder width apart
- The feet are in natural position, slightly flared out
- Grasp one end of the dumbbell (let it rest on your palms) and hold it close to your chest
- Squat down keeping the chest up, low back straight, and glutes back
- The knees should track over the toes of the feet in order to ensure proper tracking of the knees
- Imagine standing on a piece of towel and spread the towel apart as you squat down - this will help the knees track properly over the feet instead of buckling inwards
- Squat down as low as you can go while keeping the low back as straight as possible
- The thighs should be parallel to the floor at a minimum, if possible go below parallel
- The weight distribution along the feet should be even through out the squat
- As you squat make sure you shift the weight back towards the glutes and heels (this will take the pressure off the knees and enable you to squat deep)
- After reaching the lowest position of the squat come on up
- Keep the chest up while lifting the hip/pelvis up from the squat position



(side view)

One Legged Squats (with Box)

Note: The box can be substituted with a chair, bench, or any stable flat surface.

- Start in a standing position balanced on one foot
- Slowly descend down by bending the knee of the balanced leg and slightly flexing forward from the hips (you should feel like you're pushing your butt back)
- Bring your arms forward to maintain your balance
- Keep your upper torso rigid and low back straight
- Come down until you touch the box and immediately push back up into the standing position



One Legged Squats (without Box)

- Start in a standing position balanced on one foot
- Slowly descend down by bending the knee of the balanced leg and slightly flexing forward from the hips (you should feel like you're pushing your butt back)
- Bring your arms forward to maintain your balance
- Keep your upper torso rigid and low back straight
- Come down until your knee is approximately 90 degrees (or until you feel you can not go down any further)
- Push back up into standing position



Box Step-Ups

Note: This exercise can be used as a substitute for One Legged Squats. You can use a chair, box, or any stable flat surface.

- Start by standing in front of an elevated surface (i.e. chair)
- The elevated surface should be high enough that when your foot is on top of it your knee should be bent 90 degrees and your thigh parallel to the floor
- Lift one foot up and place it on top of the elevated surface and then step up onto it
- Step down with the same foot and keep your other foot up on the elevated surface
- Repeat for the required number of reps then switch legs and repeat



Lunges with Reach & Twist

Note: This is a dynamic warm-up exercise.

- Lunge and reach down to the floor with both hands
- Bring the elbow down into the in-step of the foot
- Open up to the same side by twisting and reaching up with the same arm
- Bring the hand back down onto the floor and bring your hips up as high as possible to get a hamstring stretch
- Bring the hips down and come up into a lunge position to stretch the hip flexor
- Come up into a standing position and repeat with the opposite leg



Overhead Reverse Lunge & Twist

Note: This is a dynamic warm-up exercise. The stick can be substituted with a body bar or even a broom.

- Start by holding a stick overhead
- Lunge backward and twist your body to same side as the lunging leg
- Come back up to the starting position and repeat with the opposite leg



Overhead Lateral Lunges

Note: This is a dynamic warm-up exercise. The stick can be substituted with a body bar or even a broom.

- Start by holding a stick overhead
- Lunge to one side while keeping the stick overhead
- Keep your feet slightly flared outwards to take any strain off the knees
- Come back up to a standing position and lunge to the other side with the other leg
- Keep the stick overhead throughout the exercise



Lateral Lunge & Reach

Note: This is a dynamic warm-up exercise.

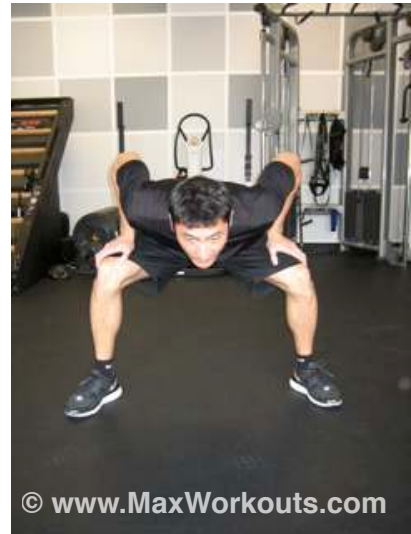
- Lunge to one side and reach down towards the floor with the opposite arm
- Come back up and repeat on the other side



Over Unders

Note: This is a dynamic warm-up exercise.

- Pretend that there is a hurdle about knee high next to you
- Start by stepping over the “hurdle” with both legs (one at a time)
- Once over on the other side, come back under the “hurdle”
- Make sure that you bend forward from the hip, keeping you low back straight
- Repeat this a few times going one way and then repeat going the other way



Backward Lunges with Alternating Dumbbell Press Ups

- Start with dumbbells on shoulders
- Lunge **backwards** and in the lunge position press one dumbbell overhead
- Bring the dumbbell back down onto the shoulder before coming back up into standing position
- Repeat with the other leg and other arm



Lunges with Alternating Dumbbell Press Ups

- Start with dumbbells on shoulders
- Lunge **forward** and in the lunge position press one dumbbell overhead
- Bring the dumbbell back down onto the shoulder before coming back up into standing position
- Repeat with the other leg and other arm



Lunges with Dumbbell Press Ups

- Start in standing position with dumbbells on shoulders (just like the start of a dumbbell front squat)
- Lunge forward with dumbbells on shoulders
- At the bottom of the lunge position, press the dumbbells overhead into full extension
- Bring the dumbbells back down to the shoulders before pushing back up into starting position
- Repeat on each leg as necessary



Push-Ups

Note: To decrease difficulty, do knee push-ups. To increase difficulty, use resistance bands.

- Start in plank position with arms fully extended
- Your head, chest, back and legs should be in alignment (i.e. don't let your body sag)
- Lower your body until your chest is about 1" off the floor
- Push your body back up into starting plank position



Knee Push-Ups



Plyo Push-Ups

- Start in plank position with arms fully extended
- Your head, chest, back and legs should be in alignment
- Lower your body down to the floor until the chest is about 1" off the floor
- Explode up off the floor and bring your hands up off the floor
- Bring your hands back down onto the floor and continue into the next push-up



Plyo Knee Push-Ups

- Start in a plank position on your knees with arms fully extended
- Your head, chest, back and legs should be in alignment
- Lower your body down to the floor until the chest is about 1" off the floor
- Explode up off the floor and bring your hands up off the floor
- Bring your hands back down onto the floor and continue into the next push-up



Push-Ups with Twist

- Start in plank position with arms fully extended
- Your head, chest, back and legs should be in alignment
- Lower your body down to the floor until the chest is about 1” off the floor
- Push your body back up into the plank position
- From that position, bring one arm up off the floor towards the ceiling
- Twist your entire torso to the side so as to resemble a “T” shape
- Bring the hand back down as you move into a plank position and repeat
- Alternate arms every push-up



Pike Push-Ups

Note: The stairs can be substituted with a chair, bench, or any stable flat surface.

- Start with your hands on the floor shoulder width apart
- Put your feet up onto an elevated surface (high enough so that your body is in vertical position)
- You should be flexed at the hip
- Try to keep your low back as straight as possible
- Slowly descend by bending your elbows until the top of your head touches the floor
- Push back up until your elbows are fully extended
- Keep your torso rigid throughout the movement



Pike Push-Ups (Modified)

Note: The box can be substituted with a chair, bench, or any stable flat surface.

- Same as the Pike Push-Ups
- Instead of placing you feet on an elevated surface, place your knees on an elevated surface
- This is slightly easier than the regular Pike Push-Ups



Deadlift

- Start with feet flat beneath the bar and parallel - slightly narrower than shoulder width apart
- Bend down by flexing forward from the hip, keeping the low back straight, bending the knees
- Grasp the bar approximately shoulder width apart using an overhand grip or mixed grip (one overhand and one underhand)
- Keep the hips high, low back straight, chest slightly forward, and shoulders back
- The bar should be just over the mid-foot and the angle of the shin should be no more than 20 degrees
- Lift the barbell off the floor by extending the knees, hip, and low back at the same time
- As the weight increases, the tendency is to extend the legs first and then the low back - this type of movement can cause the glutes to lift up causing the chest to drop and low back to flex further...a recipe for injury that can and should be avoided
- Pull the shoulders back at the top of the movement in standing position
- When lowering the weight back down, flex forward at the hip by pushing the glutes back and keeping the low back straight
- Continue descending by bending the knees and bringing the chest forward at the same time
- Keep the hips high (unlike the squat) and the low back straight
- The arms should be hanging down straight and the barbell should just pass the knees as you descend back down to the floor
- Keep the barbell as close to the body as possible during the entire movement



Dumbbell Deadlifts

- Start in a standing position with the dumbbells in front (touching the thighs) with feet flat and parallel, slightly narrower than shoulder width apart
- Bend down by flexing forward from the hip, keeping the low back straight, bending the knees
- Lower the dumbbells along your leg (touching, or as close to touching your body as possible)
- Keep the hips high, low back straight, chest slightly forward, and shoulders back
- The dumbbells should be just over the mid-foot and the angle of the shin should be no more than 20 degrees
- Come back up by extending the knees, hip, and low back at the same time
- As the weight increases, the tendency is to extend the legs first and then the low back - this type of movement can cause the glutes to lift up causing the chest to drop and low back to flex further...a recipe for injury that can and should be avoided
- Pull the shoulders back at the top of the movement in standing position



(side view)

Dumbbell Sumo Deadlift High Pulls

- Start in a Sumo Deadlift position, with feet wide apart
- Grab the weight with both hands and lower yourself down until the weight hits the floor
- Vigorously pull the weight off the floor
- Keep your elbows high as you pull the weight up to chest height
- Keep the low back straight all the time
- Bring the weight down along the same path until it touches the floor and repeat



Sumo Deadlift High Pulls (Barbell)

- Follow the instructions above for the Sumo Deadlift High Pull with Dumbbell
- Make sure that your feet are positioned wide enough with your toes flared out so that the barbell doesn't hit you knees



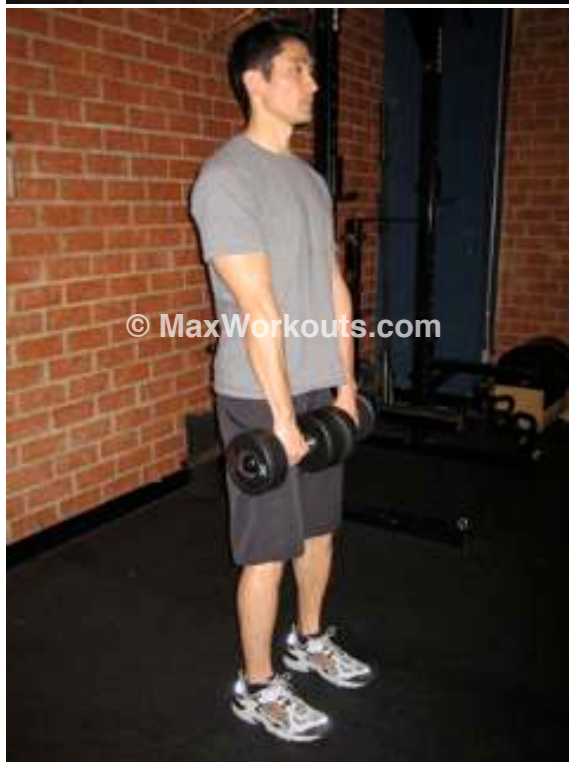
Romanian Deadlift / Dumbbell Romanian Deadlift

(Shown with Barbell, Stick & Dumbbells)

- Start in a starting position just like the regular Hanging Deadlift
- Lower the weight by flexing forward from the hips, pushing the glutes back, and keeping the legs fairly straight. Knees can be bent up to 15 degrees
- Majority of the weight should be on the heels of the feet as you lower the weight
- Keep the low back straight and push the glutes back. This should put most of the tension on the glutes and hamstrings
- Descend until the weight reaches mid shin level
- Slowly rise up into the starting position



Note: The stick can be substituted with a body bar or even a broom.



Inverted Rows

- Start by hanging from a bar
- The body should be straight with hips in alignment with the chest
- The hands should be about shoulder width apart
- Pull the chest up towards the bar while keeping the body as straight as possible
- Keep your hips up high as you perform this exercise
- Bring your body down until arms full extended



One Arm Dumbbell Rows (Supported)

Note: This exercise can be used as a substitute for Inverted Rows. You can also use a chair, just place your back foot on the floor behind you (instead of putting your knee up as shown), using only your arm as support. Remember to keep your back straight, do not round.

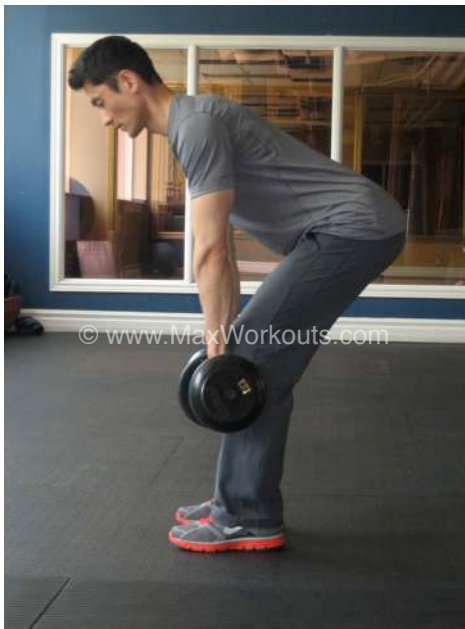
- Start with one arm placed on a bench and the other arm holding a dumbbell
- You can place your knee on the bench if you'd like, but it's not necessary as long as you keep your low back straight
- The arm holding the dumbbell should be fully extended, then pull the dumbbell up towards your rib cage until the weight touches your body
- Keep your elbow in close to your body as you pull the weight up
- Bring the dumbbell down until your arm is fully extended



Dumbbell Rows

Note: This exercise can be used as a substitute for Inverted Rows.

- Start in a standing position with dumbbell in your hands
- Bend over from your hips, push your glutes back while keeping your low back straight
- Lower the dumbbells down along your legs until your arms are fully extended
- Keeping your torso in the same position, pull both dumbbells towards your rib cage, while keeping your elbows in and squeezing your shoulder blades together
- Bring the dumbbells all the way up until it touches your rib cage, then lower the dumbbells back down
- Bring the dumbbells all the way down until your arms are fully extended



Dumbbell Rows (Lunge Position)

Note: This exercise can be used as a substitute for Inverted Rows.

- Start in a standing position with dumbbell in your hands
- Get into a lunge position and bring your chest over your knees
- Bring the dumbbells all the way down until your arms are fully extended
- Keeping your torso in the same position, pull both dumbbells towards your rib cage, while keeping your elbows in and squeezing your shoulder blades together
- Bring the dumbbells up until it touches your rib cage, then lower the dumbbells all the way down
- Stay in the lunge position until all of the reps are completed
- Switch legs each round



Pull-Ups

- Start from a dead hanging position
- Grasp the bar approximately shoulder width apart with an overhand grip
- Pull the body up until the chin clears the bar
- Descend until the elbows are fully extended



Assisted Pull-Ups

Note: This exercise can be used as a substitute for Pull-Ups. Requires a resistance band.

- Hook one foot into the band and straighten out your leg
- Grasp the bar with your hands about shoulder width apart using the overhand grip
- Start from a dead hanging position
- Pull the body up until the chin clears the bar
- Descend until the elbows are fully extended



Dumbbell Pullovers

Note: This exercise can be used as a substitute for Pull-Ups.

- Start on your back with your upper back on a bench
- Make sure that your hips are extended and parallel with your chest - knees should be bent 90 degrees
- Grab a dumbbell, bring it up and hold the weight above your face, arms extended
- Slowly bring the dumbbell down below your head while keeping your arms fully extended
- Lower the dumbbell as much as you can, and feel a stretch along your arms and lats
- Bring the dumbbell back up until it reaches the starting position (above you face)



Jumping Pull-Ups

- Start by standing on a box high enough that when you grab onto the pull-up bar, your arms are slightly bent
- Slightly bend the knees and bring the body down until your arms are fully extended
- Jump up and pull up at the same time, making sure your chin clears the bar
- Come back down into the starting position, with your knees slightly bent and arms fully extended
- Repeat and keep a quick pace
- This exercise is generally done fast and performed for a high number of reps



Dumbbell Push-Up Rows

Note: If the plank position is too difficult, perform this exercise on your knees.

- Start in a push-up position with dumbbells in both hands
- Make sure the body is in plank position with arms fully extended
- Perform a push-up and at the end of the push-up (when the arms reach full extension), bring one dumbbell pull in a rowing motion
- Bring the dumbbell back down and repeat the dumbbell rowing motion with the other arm
- Each rep includes one push-up and one dumbbell row per arm



Dumbbell Plank Rows

Note: If the plank position is too difficult, perform this exercise on your knees.

- Start in a push-up position with dumbbells in both hands
- Make sure the body is in plank position with arms fully extended
- Perform a row by bringing one dumbbell to your side
- Bring the dumbbell back down and repeat the dumbbell rowing motion with the other arm
- Perform a dumbbell row for each arm for one rep



Push Press / Dumbbell Push Press

(Shown below with a stick, dumbbells and a barbell)

- Start in standing position with weight on front of the shoulders
- Dip down slightly by bending the knees and slightly flexing the hips, but keep the torso upright
- Use the legs to push the weight up overhead
- Make sure to keep the chin tucked in when pushing the weight up
- Use the hips and legs to initiate momentum and drive the weight overhead

Note: The stick can be substituted with a body bar or even a broom.





Sots Press

Note: This is a dynamic warm-up exercise. The bar can be substituted with a stick, body bar or even a broom.

- Start in standing position with barbell behind neck
- Squat down as you push the barbell overhead into an overhead squat position
- Squat down as low as possible with arms in full extension
- Come up from the squat into standing position with barbell overhead
- Lower the barbell back down behind the neck and repeat



Dumbbell Squat Press Up

- Start in a standing position with the weight on the shoulders
- Squat down until the thighs become parallel to floor
- Come up from the squat position and push the weights up off the shoulders overhead
- Finish the movement with arms fully extended overhead
- Bring the weights back down to the shoulders and repeat



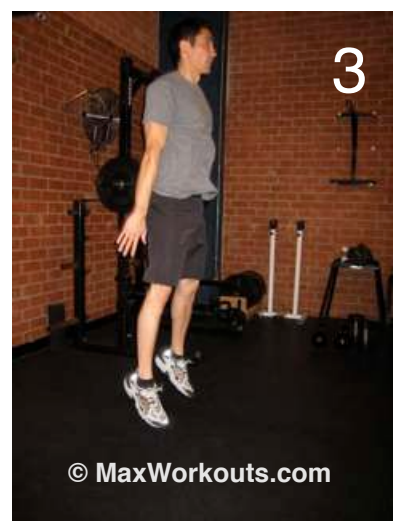
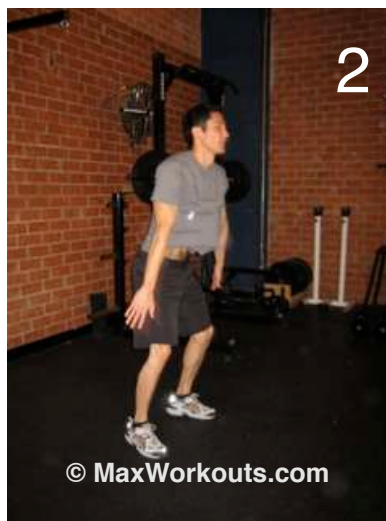
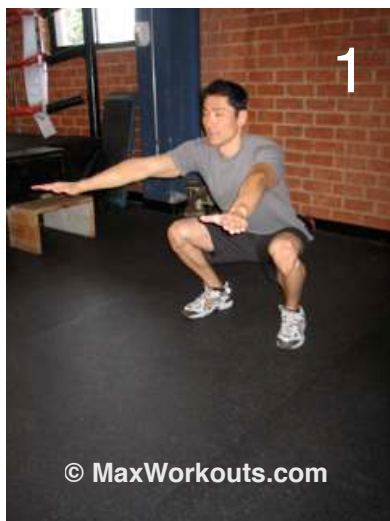
Squat Press Up (Barbell)

- Follow the instructions above



Squat Jumps

- Start from a standing position
- Squat down as low as possible
- Keep your chest up and low back straight
- After reaching the bottom position of the squat, jump up as high as possible and land back down into a squat position again
- Repeat as prescribed
- Make sure when you land that the weight is shifted back towards the glutes to take as much pressure off the knees as possible



Alternating Split Squat Jumps

- Start in a split stance
- Descend down to a lunge position until the thigh comes parallel to the floor
- Explosively jump up as high as possible and switch legs at peak height
- Land softly in the lunge position with switched leg position
- Repeat consecutively as prescribed



Split Squat Jumps

- Start in a split stance
- Descend down to a lunge position until the thigh comes parallel to the floor
- Explosively jump up as high as possible
- Land softly in the same lunge position
- Repeat consecutively as prescribed



Split Squats

Note: This exercise can be used as a substitute for Split Squat Jumps.

- Start in a split stance
- Descend down to a lunge position until the thigh comes parallel to the floor
- Rise back up the starting position
- Repeat consecutively as prescribed



Box Jumps

Note: The box can be substituted with a chair, bench, or any stable flat surface.

- Start in a standing position
- Slightly dip down bringing your arms back, then jump up using your legs and arms to create as much upward force as possible
- Land on the box in a squat position, stand up, then step down



Burpees

Note: This can be done with or without the push-up.

- Start from a standing position, jump up and land in a squat position
- Bend forward and put both hands down on the floor, then extend the legs out into a plank position
- For Regular Burpees perform a push-up
- For Modified Burpees do not perform a push-up (skip #6)
- Get back into squat position by tucking both legs in through you arms
- Jump up as high as possible from the deep squat position into full extension

(Continued on next page)



Hang Snatch Pull Through

Note: This is a dynamic warm-up exercise (you can use either a barbell or a stick). The stick can be substituted with a body bar or even a broom.

- Start in standing position holding the barbell / stick with a wide snatch grip
- Dip down by slightly flexing forward and slightly bending the knees bringing the barbell / stick to mid thigh
- Extend the hip and knees at the same time
- Simultaneously pull up the barbell / stick by shrugging the shoulders and pulling it up with high elbows
- At the highest point, flip the bar and drop under the barbell / stick and catch the bar with arms fully extended



Dumbbell High Pulls

Note: This exercise can be used as a substitute for Jumping Pull-Ups.

- Start in standing position with dumbbells in hands
- Slightly flex forward from the hips and slightly bend the knees bringing the dumbbells down to mid thigh level
- Quickly extend the hips and knees, then vigorously shrug the shoulders up to propel the dumbbells upwards
- Use your arms to guide the dumbbells to chest height
- Bring the dumbbells back down to your hips at the starting position
- Repeat as prescribed



Dumbbell Squat Cleans / Hang Cleans

- Start in a standing position with dumbbell by the waist
- Slightly dip down by bending the knees and hip, bringing the dumbbells down to the top of the knees
- Come out of the dip by exploding into full extension of the hips and knees
- At the same time, vigorously shrug the shoulders up and pull the weight up as fast as possible with elbows high
- Dip down to get under the weight as quickly as possible and catch the weights on the front part shoulders in a full squat position



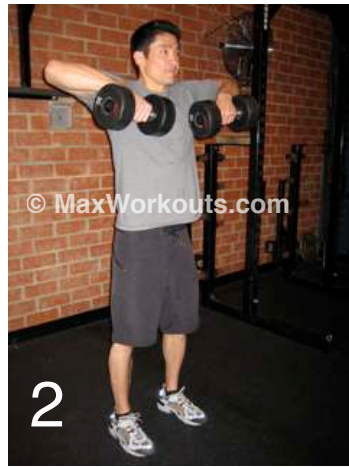
Squat Cleans / Hang Cleans (Barbell)

- Follow the instructions above



Hang Power Cleans (Dumbbell, Barbell)

- Start in a standing position with dumbbell / barbell by the waist
- Slightly dip down by bending the knees and hip, bringing the dumbbells / barbell down to the top of the knees
- Come out of the dip by exploding into full extension of the hips and knees
- At the same time, vigorously shrug the shoulders up and pull the weight up as fast as possible with elbows high
- Dip down to get under the weight as quickly as possible and catch the weights on the front part shoulders by bringing the elbows around to the front
- Dip down into a partial squat to catch the weights



Hang Power Clean & Press Ups (Dumbbells, Barbell)

- Follow the instructions above for the Hang Power Cleans
- After the Hang Power Cleans perform a Push Press
- With the weight on your shoulders, dip down and push the weight overhead
- Finish the movement with arms fully extended overhead
- Bring the weight down to the shoulders first and down to the hanging position



Dumbbell One Arm Push Jerk / Split Jerk

- Start in standing position with one dumbbell on your shoulder
- Slightly dip down by bending the knees and hips, then drive the weight up overhead as fast as possible
- Dip down slightly again to catch the weight at full arm extension overhead with feet in alignment
- You can also catch the weight at full arm extension with feet in split stance (photo 3)
- Finally, stand up straight in to full extension to finish movement



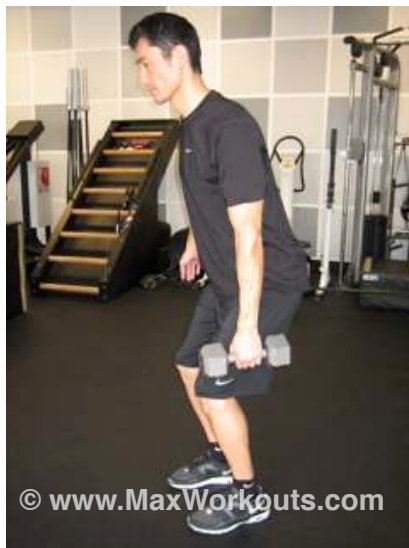
Dumbbell One Arm Power Snatch

- Start in a standing position holding the dumbbell in midline of the body (at waist height) with a straight arm
- Dip down slightly by flexing the hips and knees while keeping the back straight and chest up
- Explode out of the dip by fully extending the hips, and knees
- At the same time vigorously shrug the shoulder up and pull the weight up as fast as possible with high elbow
- Dip down into a semi squat to get under the dumbbell as quickly as possible and catch the dumbbell overhead with arm in full extension



Dumbbell One Arm Power Split Snatch

- Start in a standing position with the dumbbell in one hand by your side
- Dip down slightly by flexing the hips and knees while keeping the back straight and chest up
- Explode out of the dip by fully extending the hips and knees
- At the same time, vigorously shrug the shoulder up and pull the dumbbell up as fast as possible
- Dip down to a split stance to get under the weight as quickly as possible and catch the weight overhead with your arm in full extension
- Stand up in full extension to finish the movement before bringing the dumbbell down to shoulder level, then back down to your side



Swiss Ball Pikes

Note: This is an ab/core exercise.

- Start in a plank position with both shins on the ball
- Bring your hips up as high as possible while keeping your legs straight
- Bring your hips down and back into a plank position



Swiss Ball Plank (Hold & Push-Ups)

Note: This is an ab/core exercise.

- Place your hands on the swiss ball
- Position your body in a plank position
- Hold this position for the prescribed length of time
- You can also perform push-ups on the swiss ball
- Be sure to bring your chest all the way down to the swiss ball and then push back up into a plank position



Side Planks

Note: This is an ab/core exercise.

- Start on your side with one elbow on the floor, arms bent 90 degrees
- Bring your hips off the floor until your body is in complete alignment
- Bring your hips back down and repeat
- To increase difficulty you can raise your top leg at the top of the side plank, bring the other leg down before bringing your hips down



Medicine Ball Chops

Note: This is an ab/core exercise.

- Start in a standing position holding onto a medicine ball (4 - 8 lb in weight)
- Hold the medicine ball with both hands in the middle of the body as shown
- Bend your knees and squat down into a partial squat, brace your abs and bring the medicine ball up over your head quick
- As quickly as the ball reaches overhead, change directions and bring it back down quick
- Repeat this at a fast pace for as many reps as prescribed
- Keep your abs braced at all times and keep your arms as straight as possible



Plank on a Swiss Ball (with Foot Reach Downs)

Note: This is an ab/core exercise.

- Make sure you find the right swiss ball height before starting this exercise
- Start in a plank position with both shins / feet on the swiss ball
- Keep your body rigid and in alignment and take one foot off the ball and touch the floor
- Bring the foot back up onto the ball and repeat with the opposite foot
- It's important to brace you abs and keep a rigid body position throughout the exercise



Plank Reach Under & Twist

Note: This is an ab/core exercise.

- Start in a plank position with both elbows on the floor directly under your shoulders
- Bring one elbow off the floor and reach under the body as far as possible towards the other side
- Bring the same arm back and reach up while rotating the body completely onto the side
- Alternate arms and repeat



Plank with Opposite Hand to Toe Reach

Note: This is an ab/core exercise.

- Start in a plank position
- Pick one foot off the floor and swing the leg underneath the body
- Bring the leg up towards the other side and reach up and touch the toes
- Bring the leg back down across the body and alternate legs and arms
- Repeat at a quick pace



WHAT TO DO AFTER THE 90-DAY PROGRAM

The MAX Workout Club

“What should I do after I complete the 90-day MAX Workouts program?” I get this question a lot and so I’ve created a special members-only website for customers just like you who want to continue with the MAX Workouts high-intensity program. Inside the club, you get:

- A new workout cycle every 3 weeks (I post the workouts, which include a video of me demonstrating each one!). I’ll show you each exercise, what weights to use, demonstrate the tempo, and show you substitute exercises from beginner to advanced. There’s even a printer friendly version available.
- A video library chock-full of over 120 exercise video demonstrations (and growing!). I walk you through each exercise step by step and explain each movement from start to finish. The library also includes videos on muscle recovery techniques, stretching, rehab exercises for old injuries, and loads more.
- A discussion forum where you can connect with other members (including me). It’s a very active forum with *thousands* of members - a great place to get solid advice, support and motivation.
- A nutrition facts lookup tool so you can lookup any nutrition label on the planet.
- A fitness diary so you can log your progress and keep track of how you’re doing.
- Cutting edge fitness & nutrition articles and reports to help you separate fact from fiction.

To learn more or sign-up, visit www.maxworkoutclub.com

* Here’s a snapshot of the monthly calendar (viewing each workout is as easy as clicking on the day):

The screenshot displays the MAXWORKOUTCLUB website interface. On the left, there's a navigation menu with options like HOME, DAILY WORKOUTS, MY FITLOG, VIDEO LIBRARY, FORUMS, BLOG, FAQ, and ABOUT. Below this is a 'TOOLS' section with links for WORKOUT SCHEDULE, DYNAMIC WARM UPS, SCALING A WORKOUT, MUSCLE RECOVERY, and CALCULATE 1RPM. A 'GYMBOSS' logo is also visible. The main content area features a 'WORKOUT SCHEDULE' section with a calendar for December 2010. A yellow banner above the calendar reads: "Not seeing the right date for today's workout? All workouts are posted according to your local time zone, so check your local time zone settings on your profile page." The calendar shows workouts for various days, with 'Workout 34-C' highlighted on Thursday, December 2nd. An arrow points from this date to a detailed view of 'WORKOUT 34-C' on the right. This view includes a 'Remember to: warm up, cool down, & roll out.' banner, instructions to perform each exercise for 45 seconds followed by 15 seconds rest, and a list of three exercises with suggested weights for men and women. Below the text is a video player showing a person performing a workout in a gym setting, with a 'PLAY' button and 'MAXWORKOUTS powered by vidler' branding.

What Members Say...

"Hi Shin, I just wanted to drop you a line and let you know I am 9 months into your program and am loving it! I am so grateful to have found a time efficient, effective workout that yields such great results. It has been on a daily basis that I am getting compliments on how "fit" I look. I keep giving your website address out...So, thank you so much for your dedication to fitness and helping others achieve their fitness goals. Sincerely, "

-- Suttan Stephan, WI

"This program has been so effective - I'm hooked! I'll never go back to the way I was working out before."

-- Kyle Levitz

"What a great idea by putting the video in for the daily workout. Thank you and I want to let you know that I have been doing the workout for almost two weeks.. I have lost 3lbs and look forward to going into the gym, I use to pay \$800 dollars a month for [a personal trainer].. thank you and keep up the great work."

-- Brian Frank, Bartlett, IL

"This site has changed the way I think about health and fitness. You guys rock!"

-- Mel

"I had to write to tell you how much I love, love, love, the online workouts. No more excuses of being bored doing the same workouts. The exercise videos that go with the workouts are the best thing on the internet. I've never seen another program like this."

-- Marlene Williams

"The MAX Workout Club website is like having a personal trainer, but better."

-- Charlie Smith

"Shin, you are going to put personal trainers out of business with this site! Thanks for raising the bar and providing really useful information and as always, great workouts."

-- Tracy Lawson

"I think you all are awesome. I especially love that I ask questions, and I get a response right away. Love it."

-- Terese