



The RESULTS 101 Training Manual

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The RESULTS 101 training manual reflects the authors experience and is provided for educational purposes and general reference. It is not be a substitute for medical advice or counseling.

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ENDURANCE WITHIN





First of all I'd like to take the time to welcome **AND** thank you for taking part in the most instructive, informative, and comprehensive research that **YOU** will find regarding the implementation of resistance exercising. Without confusing or complicating the work that will need to be done; I will break down the root of two Latin derived words. **Anaerobic** and **Aerobic**. **Aerobic** exercise is that which causes the body to *utilize* oxygen to create energy. **Anaerobic** exercise causes the body to create energy *without* oxygen because demands for energy are so fast and large that the body must create it from numerous natural body chemicals.

Don't be fooled as many of the following "*familiar methods*" will deem effective; it is the opposite of which you want to focus on, which is resistance training.

For example **aerobic** exercise is generally associated with non-resistance exercises such as jogging, treadmills, ski machines, air gliders, elliptical, aerobic classes, exercise bikes, and various sports such as racquetball.

Anaerobic exercise is associated with high intensity, short duration, forms of exercise such as sprinting, interval +/- or agility work, and resistance training (i.e. weightlifting) which consumes many calories and builds muscle and bones, and in the process also rejuvenates organs. The main take away here is: *that the person who wants to lose weight, must understand the imperativeness of **anaerobic** exercise giving the most for fat burn for every minute of exercise versus **aerobic** exercise.*

RESULTS

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_____ Take a before picture; front, side, back, flexed – definitely a front and side – for **RESULTS**

_____ Record your weight, body fat%, and (inches - optional but highly recommended)

_____ Do you have all the proper foods needed /listed in the outline it will be recommended for you to do your best nutrition wise.

-keep a journal of training during the week

-if you don't know what your daily caloric intake is create a profile on myfitnesspal.com

-hold yourself accountable at the end of the week on Sunday night as to email me with any questions as to why these things are not happening.

_____ Write down your outcome posted on a wall, where you have to pass by it every day. I have mine by my bedside. What do you want to conquer in six weeks?

Set your mind on the **outcome**; goals are too easy to neglect. *Success is the on going pursuit of unattained goals.*~ Stephen Covey #**GOMODE**

To accelerate your results in fat loss, cardio will be necessary in addition to your workouts. Before recommending cardiovascular exercise, proper nutrition must be in place. If you are advanced contact me through email me for accelerated endurance training.

However, if you are a beginner I will recommend starting at your house and walk, jog, or run to a landmark. Every time you make this bout record the time it takes to get from point A to point B. Of course the **outcome** is to always beat that time.

If you're more advanced and can do sets/ rounds of point A to point B. This time record your *rest time* as well as *work time*. If you are walking, eventually you want to be speed walking/jogging. Then you can get into accelerated endurance i.e. running/sprinting.



- Warmup up - This is the act of preparing your body for the stress of exercise. The body can be warmed up with light intensity aerobic movements like walking slowly. These movements increase blood flow, which in turn heats up muscles and joints. Think of it as a lube for your body. At the end of your warm-up, it's a good idea to do a little light stretching.
- Flexibility training or stretching - This type of workout enhances the range of motion of joints. Age and inactivity tend to cause muscles, tendons, and ligaments to shorten over time. Contrary to popular belief, however, stretching and warming up are not synonymous. In fact, stretching cold muscles and joints can make them prone to injury.
- Strength, weight, or resistance training - This type of exercise is aimed at improving the strength and function of muscles. Specific exercises are done to strengthen each muscle group. Weight lifting and exercising with stretchy resistance bands are examples of resistance training activities, as are exercises like pushups in which you work against the weight of your own body.
- Cool down - This is the less-strenuous exercise you do to cool your body down after the more intense part of your workout. For example, after a walk on a treadmill, you might walk at a reduced speed and incline for several minutes until your breathing and heart rate slow down. Stretching is often part of a cool down.

Quick Warmup

15 seconds of side to side brisk jumps

15 seconds of jumping jacks

15 seconds high knees

15 seconds of fake "jump-rope" (act like Rocky)

10 arm circles to the front

10 arm circles to the back

10 leg swings each leg (forward and backward and side to side)

***Go through warmup 2X ALWAYS before workout

Monday Wednesday Friday~ Yes this is your Monday Wednesday Friday workout; simple? Hardly, keep reading. . . .

https://youtu.be/vmq_vrhKbTg

Workout #1

- 5 Burpees
- 10 Mountain Climbers (per side)
- 15 Close Grip Push Ups
- 20 Plank + Knee Tuck (10 per side)
- 25 Squats
- 30 Plank + Renegade Row (15 / Arm)
- 35 Squat Thrust
- 40 Alt Prisoner Lunge (20 each side)

*****Once You Conquer the FULL Ladder, go right back down the ladder in reverse order starting with the Prisoner Lunge @40 - 35,30,25 etc. This is 1 set.**

*****Rest 60 - 90 seconds when you have gone up and down the ladder, then go through it one more time. Just like the accelerated endurance explained earlier; once you have built up your strength and endurance, the outcome is to go up and down the ladder three sets for time.**

*****Do this for 4wks and I guarantee you will see results. I would love to hear how you do or any questions you may have for YOUR setting up. You can reach me at therstgym@gmail.com**