

Weight is important to control and diet is an important factor in it, but it is very hard to lose weight under any circumstances with diet alone. It has to be accompanied by exercise.

You know, if I could put a sign outside my office, it would read, it's never too late.

~Isadore Rosenfeld, MD



From left to right-✓

- 1** (2 stalks) celery,
- 2** (stuff half the blender) kale,
- 3** two 🍋 wedges,
- 4** tbsp coconut oil,
- 5** 2 tbsps omega three seeds



*****Liquefy with either:**

- 1/2 Zico coconut water and 1/2 purified water.
- Keifer (plain)
- Almond milk

****** I highly recommend you get a Costco card. Not only will ingredients be healthy but it will take the time out of guessing which ingredients are right for you at H-E-B Kroger and Walmart. Time is money. For example...Notice I put as the fifth **5** element 2 tbsps of omega three seeds! I didn't say Chia, flax, or hemp. The truth is the bag you see in the picture has many different types of omega-3 seeds. Chia, Golden flax, Hemp, Sprouted Red quinoa, Pumpkin, Sprouted Buckwheat, Sacha Inchi seeds, Sprouted amaranth.

Wayyy More potent and bang for your buck. The work outs below are set up to give more bang for your buck. 🏋️

A great way to enhance your training and make it more advanced is to make it explosive by increasing the speed of the movement.

While this won't work strength directly, it will help the body move with more force and speed which will ultimately crossover into helping you increase in overall strength. The faster you can move, the better.

I want the people I workout with to always be as explosive as possible with their movements during the concentric phase. I want my people to be thinking about lifting fast, never slow.

Obviously, I want people to be under control during the eccentric portion of the movement, but when it's time to contract, you must contract with speed!

An example of this would be the push-up. Imagine yourself at the top of the movement; as you descend down into the push-up, you want to keep your whole body tight from head to toe (core especially).

A key point is that your whole body should work as one solid unit, AKA an [explosive kinetic chain] never in parts, so keep your whole body engaged throughout the movement. As you come down you want to be in control.

Once you start to really slow down with your movement and you can't move as fast as you know you can, (i.e. you start to grind out your reps), that's a good point to stop your set.

This is known as "submax" training and this is a very important key to focus on to help increase bodyweight strength overtime. I refer to this point a lot when training push ups, pull ups, and rows.

To make a long story short, it takes your central nervous system a lot longer to recover than it does for your muscles, so whenever you train to failure, it's going to take your body a lot longer to recover from your workout.

Getting stronger requires your body to recover, and if you're always cashed out from taking all of your movements to clear failure, you'll be struggling at getting stronger, faster.

The overall point of this is to focus on being FAST with your movements and avoiding taking your sets to failure most of the time. Be efficient and crisp with your movements and you'll continue to progress. Just think: quality over quantity.

Let's get it!!

The workouts are set up in such a way that you'll first hit an explosive/ plyo-type movement to get the body moving fast, hyping it up for the rest of the workout.

From there, you'll hit a few non-combative supersets using a mixture of upper and lower body strength movements, then you'll end your sessions off with some core work. The advanced version of these workouts end off with a short conditioning interval via a Tabata set.

If you wanted to use these workouts as a whole program, spend four weeks on each level like this:

Week 1 – A, B, A

Week 2 – B, A, B

Week 3 – A, B, A

Week 4 – B, A, B

With this, you would hit each workout six times, giving you plenty of time to increase efficiency on the different movements contained in each workout. After the fourth week, I would take an off-week to allow the body to recover, then come back with the next set of workouts at the next level.

Workout A

1A) Power Skips (For Height) 4 sets x 8 reps / Leg

2A) Sumo Squat 3 x 15

2B) Push Ups 3 x submax

***avoid failure -- leave a few reps in the tank

3A) Drop Lunge 3 x 10 / Leg

3B) Recline Rows w/ Jungle Gym 3 x submax

4A) Plank Build Ups 3 x 30-60 secs

4B) Hollow Rocks 3 x 15

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Workout B

1A) Lateral Side Hops 4 x 15 secs (SPEED)

2A) HSPU Holds 3 x 20-40 secs

2B) Single Leg RDL 3 x 10 / Leg

3A) Lateral Lunge 3 x 10 Leg

3B) Assisted Pull Ups w/ Jungle Gym 3 x submax

4A) Side Plank Holds 3 x 30-60 secs / Side

4B) Russian Twists + Reach (SLOW) 3 x 30-60 secs