

Go-Getters Training Manual



Created by: Patrick Thompson

HAVE YOU CAUGHT YOURSELF SKIPPING A WORKOUT BECAUSE YOU WERE TOO BUSY TO MAKE IT INTO THE GYM? MAYBE YOU HAVE SAID THIS ONCE OR TWICE, "OH I'LL WORKOUT AFTER WORK.. I'LL WORKOUT TOMORROW DURING LUNCH". BUT YOU ALWAYS FIND THAT AN EXCUSE TO MISS THAT WORKOUT. WHAT IS THE REAL REASON YOU ARE HOLDING YOURSELF BACK? IS IT BECAUSE THE RESULTS ARE NOT THERE. MAYBE YOU DON'T KNOW WHAT TO DO, OR IS IT BOTH? I AM HERE TO TELL YOU THAT YOU DON'T HAVE TO WORRY ABOUT THE RESULTS NOT HAPPENING. NOR DO YOU NEED TO WORRY ABOUT WHAT YOU WILL BE DOING FOR YOUR WORKOUT.

THIS PROGRAM IS FOR THE GO-GETTERS OUT THERE WHO DESERVE TO HAVE A HEALTHY AND HAPPY LIFE. PEOPLE SEEKING THIS PROGRAM ARE FOR INDIVIDUALS WHO IS LOOKING TO REAP THE BENEFITS OF EXERCISE AT A VERY MINIMAL COST. THIS WORRY FREE PROGRAM WILL GIVE YOU THE RESULTS YOU HAVE BEEN LOOKING FOR, FOR YEARS.

IT IS TIME TO STOP MAKING EXCUSES AND START MAKING EXECUTIONS ABOUT YOUR HEALTH AND FITNESS. THIS PROGRAM IS *SIMPLE*, THERE IS NO NEED TO MAKE IT MORE DIFFICULT THAN IT IS. YOU CAN GO AHEAD AND READ THIS DOCUMENT AND SET IT ASIDE IN YOUR DESK DRAWER OR YOU CAN OPEN YOUR SCHEDULE AND ENTER IN A TIME TO WORKOUT. I'LL MAKE IT EASY FOR YOU. PICK A TIME TO WORKOUT WHERE YOU KNOW NOTHING, *NOTHING* CAN GET IN THE WAY OF YOUR WORKOUT.

LET'S GET AFTER IT

EXERCISE

WITH THIS WORKOUT PROGRAM YOU WILL FIND YOURSELF DOING A FLUX OF EXERCISES AND WORKOUTS. YOU WILL PERFORM NEW EXERCISES AND HAVE A KILLER WORKOUT ALL IN ONE. QUESTIONING WHY YOU ARE DOING THE WORKOUT IS UNDOUBTEDLY GOING TO HAPPEN. AFTER YOU THINK THAT, I PROMISE THAT AFTER YOUR WORKOUT YOU WILL BE SAYING, WOW THAT WAS GOOD.

GO-GETTERS WORKOUT LIST

- SHAKE MY HEAD COMPLEXES
- SUPERSETS

WORKOUT NOTES:

- THESE WORKOUTS SHOULD NOT TAKE LONGER THAN 45 MINUTES
- THE SETS OF EACH COMPLEX OR SUPERSET SHOULD BE ANYWHERE FROM 3-5 SETS / ROUNDS.
- PERFORM EACH WORKOUT 1X PER WEEK FOR 4 WEEKS.
- AFTER 4 WEEKS, INCREASE THE LOADS OR REPS OF EACH EXERCISE. I RECOMMEND INCREASING THE LOADS FIRST. THIS WILL SAVE YOU MORE TIME!

SMH Workout 1

	<i>Exercise</i>	<i>Sets/Reps</i>	<i>Date</i>	<i>Date</i>	<i>Date</i>
A1	<i>Barbell Overhead Press</i>	<i>x 4 to 6</i>			
A2	<i>Barbell Clean</i>	<i>x 4 to 6</i>			
A3	<i>Barbell Front Squat</i>	<i>x 4 to 6</i>			
A4	<i>Barbell Row</i>	<i>x 4 to 6</i>			
A5	<i>Barbell Deadlift</i>	<i>x 4 to 6</i>			

Perform A1-A5 in a row. The load for the bar being used should be what you would use for your weakest exercises. Rest as little as possible between exercises. Do not set the bar down. At the end of A5, rest for 1 minute and then repeat.

After your last set of A5, Rest 3 Minutes and continue onto B1-B4

	<i>Exercise</i>	<i>Sets/Reps</i>	<i>Date</i>	<i>Date</i>	<i>Date</i>
B1	<i>Bent-over DB Reverse Flys</i>	<i>x 8 to 10</i>			
B2	<i>Front Overhead Raises</i>	<i>x 8 to 10</i>			
B3	<i>Front DB Squats</i>	<i>x 8 to 10</i>			
B4	<i>Alternating DB Curls</i>	<i>x 8 to 10</i>			

Perform B1-B4 in a row. The load should be for your weakest exercise (probably B1.) Rest as little as possible between exercises. Do not set the weight down. At the end of B4, rest for 90 seconds and then repeat

After your last set of A5, Rest 3 Minutes and continue onto B1-B4

	<i>Exercise</i>	<i>Time</i>	<i>Date</i>	<i>Date</i>	<i>Date</i>
C1	<i>Running</i>	<i>10-15 Minutes</i>			

Walk, jog, and sprint for a course of 10-15 minutes. Make sure you are doing intervals so you do not get bored and you actually complete the time. The intensity during the exercise should be moderate.

Supersets Workout 2

	Exercise	Sets/Reps	Date	Date	Date
A1	Alternating Step-ups	x 15			
A2	Overhead Press Variation	x 12			
A3	Dumbbell Row	x 10 per arm			
A4	Slow Mountain Climbers	x 8 per leg			
A5	Hand Walkout	x 6-8			

Perform A1-A5 in a row. Rest as little as possible between exercises. At the end of A5, rest for 1 minute and then repeat

After your last set of A5, Rest 3 Minutes and continue onto B1-B4

	Exercises	Sets/Reps	Date	Date	Date
B1	Dumbbell Swings	x 10			
B2	Incline Dumbbell Bench Press	x 6-8			
B3	Ball Floor to Overhead	x 10			
B4	Plank	x 60 sec			

Perform B1-B4 in a row. Rest as little as possible between exercises. At the end of B4, rest for 1 minute and then repeat.

After you last set of B4, rest 2 minutes and continue to C1-C3

	Exercises	Sets/Reps	Date	Date	Date
C1	Rear Delt DB Raise (bent over)	x 12-15			
C2	Knee Raises	x 8 per leg			
C3	Dumbbell Cleans	x 8 per side			

Perform C1-C3 in a row. Rest as little as possible between exercises. At the end of C3, rest for 1 minute and then repeat.

After you last set of C3, perform a plank until failure.

RECIPES

Mexican Wednesday

- *Choose meat of choice and cut any desired fat off (chicken & steak shown).*
- *In a pan, saute meat with the following:*
 - *chipotle peppers in adobo sauce*
 - *guajillo pepper*
 - *garlic powder*
 - *salt*
 - *cumin*
- *On the side, cook pinto beans*
- *Optional: microwave corn tortillas until warm. They can be used to make small chicken or steak tacos.*
- *Healthier Option: consume meat and beans from a bowl with some cheese.*
 - *Prep, Cook, & Clean Time ~ 20 Minutes*



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Hamburger & Veggies

- *Choose meat of choice and cut any desired fat off (Hamburger is shown here 90 % lean / 10% fat - drain out meat if you want less fat)*
- *In a pan, fry the meat until it becomes browned.*
- *Once the meat is brown, add the following vegetables:*
 - *Green Onions*
 - *Asparagus*
 - *Sweet Red Peppers*
 - *Sweet Yellow Peppers*
- *On the side? You really don't need a side but you can choose from:*
 - *Green Beans*
 - *Black Beans*
 - *Rice*
 - *Sweet Potato (plain)*



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Prep, Cook, & Clean Time ~ 25 Minutes

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Chipotle Pepper Stew caution: HOT!

- Meat of choice (pork shown)
- Kidney Beans (2 cans drained)
- Red Peppers
- Yellow Peppers
- Carrots
- Onion
- Chipotle Peppers (use a very small serving)

In a crockpot, throw all ingredients into the pot. Pour an amount of water in that will just cover all of the food.

Place the crock pot on High, until the meat is fully cooked.

Drain the food and water in a strainer

Place back into the crockpot and keep on warm, serve when ready.



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Peppered Turkey Burger

- *Cook lean turkey burger in pan until browned.*
- *Once turkey burger is browned, drain the fat in a strainer (optional)*
- *While turkey burger is cooking, slice up vegetables - green bell peppers, sweet yellow peppers, sweet red peppers.*
- *Chop green onions to desired size.*
- *Once meat is done, mix in the vegetables to create the main course.*
- *Add spices if desired (cumin & ginger shown - helps with reducing inflammation & muscle spasms)*
 - *Prep, Cook, & Clean Time ~ 25 Minutes*



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