

The Reset

This program is designed to help you improve your overall health through body composition and training adaptations. The main outcome of this is that you should be able to notice that you have lost body fat and have improved your fitness levels. If you are currently a client, please stick to what your programming is but implement any of the necessary tasks in this document. If there are any questions, please just reach out to me.

Nutrition Macronutrient Rules

1. Carbs must come from whole foods such as fruits, vegetables, or whole grains
 - a. Fruits and Vegetables can be any.
 - b. Whole Grains List
 - i. Barley
 - ii. Brown rice (white rice is okay)
 - iii. Buckwheat
 - iv. Bulgur (cracked wheat)
 - v. Millet
 - vi. Oatmeal
 - vii. Popcorn
 - viii. Whole-wheat bread, pasta or crackers
2. Aim to get in .75 to 1 gram per Lb of body weight in Protein.
 - a. So if someone weighs 200 Lb, he/she needs 150-200 grams of protein per day.
3. Dietary Fats: These will come from general cooking of foods or from the foods themselves.
 - a. Recommended foods that have high levels of fats:
 - i. Avocados (also high in fiber)
 - ii. Cashews, Almonds, Walnuts; 1 handful is enough; (salted is okay).
 - iii. Egg yolks
 - iv. Fish (salmon ideally)
 - v. Avocado or Olive Oils (for cooking, nothing else).
 - b. Your fat intake should not be super high. If you can keep your fat intake at moderate levels, you are going to burn more body fat.

Here is going to be a daily view of my nutrition for the next few weeks. I am not counting calories, rather I am simply going to eat until I feel satisfied. I won't leave full or feeling hungry. These amounts below may differ depending on your workload and exercise. Again, this is my nutrition, if you need to change it up, you can.

Prior to the first meal: Only water, coffee, or tea. This must be zero calories. If you have amino acids/electrolyte supplements, you can drink those too but they need to be no calories.

Morning ~ 9:30-10:30 AM: This time can be flexible. I would just ask that you fast for 4-5 hours prior to eating.

- 4 scrambled eggs, 1 LaraBar, 1 protein shake, and one choice of fruit.

Lunch ~ 12-1PM

- Source of protein (likely any meat/eggs/etc.), 1-2 cups of a whole grain source of carbs, 1 fruit source, and likely one serving of an avocado or Cashews, Almonds, or Walnuts.

Dinner ~ 4:30-5:30PM

- This will be where most of the veggies will come from. Then the other foods will be protein and MAYBE some source of whole grains. I am trying to load up on Protein and Veggies primarily here.

Snacks: You are allowed to have small snacks in between meals if you need. This needs to have at least 20 grams of protein in it however if you do eat a snack.

Tips

- Drink at least *half* your body weight in ounces of water. So if someone weighs 200 Lb, he/she will need to drink 100 ounces of water. This will change depending on how much you exercise. The more you exercise, the more water you will need to drink.
- Sodium Intake: If you typically eat out or eat processed foods, you are going to have much lower sodium intake than before. I would recommend putting sea salt on some of your meals or consume an electrolyte drink.
- If you can exercise *daily*, do so. It doesn't need to be crazy challenging workouts, just move.
- Fiber Intake: Men need to aim for 40 grams per day while women need to aim for 30 grams per day.
- Don't be a bitch.

Alcohol Intake

This is one of the hardest things for most people but typically scaling back, this gives the best results when it comes to exercise performance and body composition changes.

- This can only be consumed on a Friday or Saturday or Sunday.
- If you know that one day is going to have higher consumption than the others, make that your only day of alcohol consumption.
- If you only have a few drinks (3ish) you are allowed to consume 2 of the 3 days.

Sleep

- Aim to get at least 7.5 hours of sleep each night.

MY Workout Schedule: Goal is 5x per week minimum.

* This definitely can change depending on my week but I am getting five solid days in.

- Monday: Back / Bicep / Core with Cardio at the end.
- Tuesday: Leg Day or Heavy Deadlifts
- Wednesday: Aim to get in 10,000 steps. - Likely will require walking on the treadmill or outside.
- Thursday: Aim to get in 10,000 steps. - Likely will require walking on the treadmill or outside.
- Friday: Heavy Chest / Tricep / Core w/ Cardio at the end.
- Saturday & Sunday: Heavy Squat / Bench Day w/ Accessory Work OR Full Body Light HIIT Workout

Example Workout Schedule Based on SAMPLE Workouts Below

* This definitely can change depending on your week but get four solid days in.

- Monday: Density Workout (see below)
- Tuesday: Cardio Day - you can follow what is below or do something else.
- Wednesday: Lactic Acid Workout (see below)
- Thursday: Cardio Day - you can follow what is below or do something else.
- Friday: Dynamic Workout (see below)
- Saturday: Aim to get in 10,000 steps or do a Cardio Only Workout (see below)
- Sunday: Aim to get in 10,000 steps or do a Cardio Only Workout (see below)

Density Workout 1

Workout Set A

Set-up: Perform A1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform A2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration. After your second circuit, rest 120s and proceed to circuit B.

Exercise	Duration	Rest
A1) Single Dumbbell (Goblet) Squat	35 seconds	10 seconds
A2) Lumber Jack Press	30 seconds	20 seconds
A3) Dumbbell Pullover	45 seconds	30 seconds
A4) Abdominal Rollout on Swiss Ball	60 seconds	Rest 90 seconds and repeat circuit

After your last circuit, rest 120 seconds and proceed to...

Workout Set B

Set-up: Perform B1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform B2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration. After your second circuit, rest 120s and proceed to circuit C

Exercise	Duration	Rest
B1) Alternating Reverse Overhead Lunges (with plate)	45 seconds	30 seconds
B2) Lying Garhammer Raise	40 seconds	25 seconds
B3) Single Arm Dumbbell Row	20 seconds per arm	5 seconds between arms, 15 seconds after set
B4) Side-to-Side Push-Up	40 seconds	Rest 90 seconds and repeat.

After your last circuit, rest 120 seconds and proceed to...

Workout Set C

Set-up: Perform C1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform C2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 60s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration.

Exercise	Duration	Rest
C1) Alternating Jump Lunges	45 seconds	20 seconds
C2) Dumbbell Push Press	30 seconds	25 seconds
C3) Dumbbell Top-Squat to Toe Raise	35 seconds	25 seconds
C4) Dumbbell Bicep Curl (simultaneous)	30 seconds	Rest 60 seconds and repeat.

Lactic Acid Workout 1

Workout Set A

Set-up: Perform A1, A2, A3 in order, resting 10 seconds between exercises and 45 seconds between circuits. Perform this circuit 3 times After your last circuit, rest 30 seconds and proceed to workout set B.

Exercise	Sets	Reps	Tempo
A1) Push Press	3	10	Explode up, 4 seconds down
A2) Dumbbell Squat	3	15	3 seconds up, 1 second down
A3) Bent Over Barbell Row	3	12	3 seconds up, 1 second down

After your last circuit, rest 90 seconds and proceed to...

Dynamic Interrupt

Exercise	Reps
1) Jumping Jacks	100
2) Plank	30 second

Workout Set B

Set-up: Perform B1, B2, B3 in order, resting 20 seconds between exercises and 75 seconds between circuits. After your last circuit, rest 30 seconds and proceed to workout C

Exercise	Sets	Reps	Tempo
B1) Romanian Deadlift	3	15	3 seconds up, 1 second down
B2) Negative Only Chin-Up	3	10	Jump up, 6 seconds down
B3) Lateral Raise	3	15	3 seconds up, 1 second down

After your last circuit, rest 60 seconds and proceed to...

Dynamic Interrupt

Exercise	Reps
1) Pushups	As many reps as possible
2) Squat Thrusts	25

Workout Set C

Set-up: Perform C1 and C2 alternately, with no rest in between.

Exercise	Sets	Reps	Tempo
C1) Twisting Crunch on Swiss Ball	2	8 each side (alternate)	2 seconds up, 1 second down
C2) Bodyweight Squat	2	10	Drop down, 4 seconds up

Dynamic Workout 1

Workout Set A

Set-up: Perform A1, A2, A3 and A4 sequentially, resting 10 seconds between exercises and 30 seconds between circuits. Perform this circuit twice. After your second circuit, rest 60 seconds and proceed to Workout Set B

Exercise	Sets	Reps/Time
A1) Y-Press	2	12 reps
A2) Alternating Forward Lunges	2	15 each leg
A3) Side Plank	2	25 Seconds each side
A4) Swiss Ball Crunch	2	15 reps

After your last circuit, rest 60 seconds and proceed to...

Workout Set B

Set-up: Perform B1, B2, B3 and B4 sequentially, resting 20 seconds between exercises and 60 seconds between circuits. Perform this circuit twice. After your second circuit, rest 90 seconds, and proceed to Workout Set C.

Exercise	Sets	Reps/Time
B1) Bent-over Barbell Row	2	8-10 reps
B2) Stiff Legged Deadlift	2	12-15 reps
B3) Jumping Lunges	2	20 reps
B4) Bulgarian Split Squat	2	6-8 each leg

After your last circuit, rest 60 seconds and proceed to...

Workout Set C

Set-up: Perform C1, C2, C3, C4 and C5 sequentially, with 20 seconds rest between exercises and 45 seconds rest between circuits. Perform this circuit 3 times.

Exercise	Sets	Reps/Time
C1) Step-Up onto Bench	3	12 each leg
C2) Dips on Bench	3	10-15 reps
C3) Jumping Jacks	3	25 reps
B4) Bent Over Later Raises	3	10-12 reps
B5) Superman Hold	3	20-30 seconds

Density Workout 2

Workout Set A

Set-up: Perform A1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform A2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration. After your second circuit, rest 120s and proceed to circuit B.

Exercise	Duration	Rest
A1) Single Leg Squat to Bench	20 seconds per leg	5 seconds between legs, 10 after set
A2) Barbell Upright Row	35 seconds	20 seconds
A3) Pike Push Up (increase difficulty by elevating feet)	40 seconds	25 seconds
A4) Hand Walk-Outs	50 seconds	Rest 90 seconds and repeat.

After your last circuit, rest 120 seconds and proceed to...

Workout Set B

Set-up: Perform B1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform B2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration. After your second circuit, rest 120s and proceed to circuit C.

Exercise	Duration	Rest
B1) Pendulum Step Over	45 seconds	15 seconds between legs, 30 seconds after set
B2) Single Arm Dumbbell Row	20 seconds per arm	5 seconds between arms, 15 seconds after set
B3) Y-Press	40 seconds	25 seconds
B4) Bent-Over Lateral Raise	40 seconds	Rest 90 seconds and repeat.

After your last circuit, rest 120 seconds and proceed to...

Workout Set C

Set-up: Perform C1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform C2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 60s and repeat. For your SECOND circuit, INCREASE the weight by 10%-20% and REPEAT the exercises, trying to match or exceed the number of reps in that same allotted work duration.

Exercise	Duration	Rest
C1) Alternating Jump Lunges (add weight by holding DBs or a plate)	45 seconds	20 seconds
C2) Dumbbell Incline Press	30 seconds	25 seconds
C3) Barbell Stiff Legged Deadlift	45 seconds	25 seconds
C4) Dumbbell Bicep Curl (alternating)	45 seconds	Rest 60 seconds and repeat.

Lactic Acid Workout 2

Workout Set A

Set-up: Perform A1, A2, A3, sequentially, resting 10 seconds between exercises, and 45-60 seconds between circuits. Perform this circuit twice.

Exercise	Sets	Reps	Tempo
A1) Barbell Back Squat	2	8-10	3 seconds up, 1 second down
A2) Single Leg Deadlift	2	10 each leg	4 seconds up, 1 second down
A3) Inverted Row in Smith Machine or Power Cage, High Incline	2	12-15	3 seconds up, 1 second down

After your last circuit, rest 60 seconds and proceed to...

Dynamic Interrupt

Exercise	Reps
1) Jump rope	2 minutes of rope work, or 200 jumps, whichever comes first.
2) Bodyweight Jump Squats	25 seconds

Workout Set B

Set-up: Perform B1, B2, B3 sequentially, resting 15-30 seconds between exercises, & 90 seconds between circuits. Perform this circuit 3 times.

Exercise	Sets	Reps	Tempo
B1) Alternating Overhead Press	3	10 per arm	3 seconds up, 1 second down
B2) Walking Lunges	3	12 steps per leg	1 second down, 3 seconds up
B3) Laying Hip Raise	3	15	3 seconds up, 1 second down

After your last circuit, rest 30 seconds and proceed to...

Dynamic Interrupt

Exercise	Reps
1) Squat Thrusts	45 Seconds
2) Plank	30 Seconds

Workout Set C

Set-up: Perform C1 and C2 Sequentially, with NO rest in between exercises and 15 seconds of rest between circuits. Perform this circuit 3 times.

Exercise	Sets	Reps	Tempo
C1) Hanging Leg Raise	3	10	1 second down, 5 seconds up
C2) Push Ups	3	10	4 seconds up, 1 second down

Cardio Only Workouts

Stationary Bike HIIT Workout	
Work (sec)	Rest(sec)
60	20
60	20
60	20
90	30
30	30
30	30
120	45
90	15
60	60
30	10
'Failure'	

HIIT Sprint Workout	
Work(sec)	Rest(sec)
30	10
30	10
15	15
30	30
20	20
20	10
10	10
10	40
15	15
15	45
'Failure'	

'Failure'

Pick a level of speed or intensity that is HARD and do it until you need to stop or slow down.

On the WORK portion. Your Heart Rate needs to be 80% or higher by time you are done.

If you want to do other forms of cardio, that is okay.

Disclaimer: This program is not intended to prevent or treat any known or unknown injuries or illnesses. People are allowed to participate at their own discretion and are liable for their own injuries or ailments that may occur.