

Chad Howse's

FIX YOUR FAT LOSS

Hormones

TRAINING PHASE 1:
INTENSITY



FIX YOUR FAT LOSS HORMONES

TRAINING PHASE 1: INTENSITY

DARE MIGHTY THINGS INC.

© 2015

TABLE OF

CONTENTS

WARMING UP	4
Warm-up Steps.....	4
Warm-up Example.....	4
REP TEMPO	5
Understanding the Rep Tempo.....	5
TRAINING PRINCIPLES	6
PHASE I	7
A – Workout Index (Intensity).....	8
A – Workout Index (Speed)	9
A – Workout Index (Volume)	10
B – Workout Index (Intensity)	11
B – Workout Index (Speed).....	12
B – Workout Index (Volume).....	13

WARMING UP

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible and less susceptible to injury.

Another benefit of properly warming up is improved muscular contractile properties that allow you to practice the movement pattern that you are about to train.

Warm-up Steps

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or treadmill.
2. Go straight to the exercise you are starting off with. Perform this exercise for 3-5 sets with an empty bar using a full range of motion. 5-6 reps per set will suffice.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Warm-up Example

Bench Press

Empty Bar x 3 x 5 Warm-up Set
 135 lbs x 1 x 6 Warm-up Set
 145 x 1 x 4 Warm-up Set
 155 x 1 x 2 Warm-Up Set
 185 x 5 x 5 Working Sets

REP TEMPO

Rep Tempo: The speed with which you perform a repetition.

The rep tempo is specific to 3 types of contractions:

- ▶ Concentric: When you lift a weight against the force of gravity.
- ▶ Eccentric: When you lower the weight in the direction of gravity.
- ▶ Isometric: The portion of the lift at starting point or ending point where the weight is not moving.

For example, the concentric portion of the bench press happens when you are pushing the weight up and away from your chest. Lowering the bar back down towards your chest constitutes the eccentric. The isometric contraction happens at both the top and bottom of this movement when the weight is stationary.

Understanding the Rep Tempo

1:0:2:0 = Concentric: Isometric: Eccentric: Isometric

On the bench press, using this tempo would mean you're pressing the bar in 1 second, 0 pause at the top of the lift, lowering the bar under tension for 2 seconds, and 0 pause at the bottom of the lift.

TRAINING PRINCIPLES

Intensity

Outcome: Strength

Tempo: All reps must be controlled. The concentric should be explosive without momentum.

Rest: Take as long as you need in order to ensure performance.

Aim: Increase load progressively by adding 5-10lbs to each main lift, per session of the same.

Speed

Outcome: Power

Tempo: All reps must be controlled. Move the weight as fast as possible.

Rest: Rest as little as needed in accordance to prescribed rest time.

Aim: Increase density by aiming to perform the same workload in less time.

Volume

Outcome: Hypertrophy

Tempo: All reps must be slow and controlled with an emphasis on a strong contraction.

Rest: See prescribed rest times.

Aim: Increase tension by adding weight (5 lbs) to each lift without sacrificing tempo.

PHASE 1

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	Upper-Body (a) (Intensity)	Lower-Body (a) (Intensity)	HIIT (10 min.)	Upper-Body (b) (Speed)	Lower-Body (a) (Speed)	Recovery
Recovery	Upper-Body (b) (Intensity) HIIT (10 min.)	Lower-Body (b) (Intensity)	HIIT (10 min.)	Upper-Body (a) (Volume)	Lower-Body (a) (Volume)	Recovery
Recovery	Upper-Body (a) (Intensity) HIIT (10 min.)	Lower-Body (a) (Intensity)	HIIT (15 min.)	Upper-Body (a) (Speed)	Lower-Body (b) (Speed)	Recovery
Recovery	Upper-Body (b) (Intensity) HIIT (15 min.)	Lower-Body (b) (Intensity)	HIIT (15 min.)	Upper-Body (b) (Volume)	Lower-Body (b) (Volume)	Recovery

A – Workout Index (Intensity)

Upper-Body (a) – Intensity

Exercise	Sets	Reps	Rest	Tempo
Bench Press	5	5	3-5 Minutes	2:0:2:0
Overhead Press	3	5	3 Minutes	2:0:2:0
Incline DB Press	2	6	90 Seconds	1:0:2:0
Triceps Pushdown	2	8	90 Seconds	1:0:2:0
Lat Pulldown	2	6	90 Seconds	1:0:3:0
Seated Rows	2	6	90 Seconds	1:0:2:0
Barbell Shrugs	2	6	90 Seconds	1:0:2:0

RED = 85% 1RM

Lower-Body (a) – Intensity

Exercise	Sets	Reps	Rest	Tempo
Squat	5	5	3-5 Minutes	1:0:2:0
SLDL	3	6	90 Seconds	2:0:2:0
Hamstring Curls	4	8	60-90 Seconds	1:0:2:0
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 85% 1RM

A – Workout Index (Speed)

Upper-Body (a) – Speed

Exercise	Sets	Reps	Rest	Tempo
Bench Press	6	3	1-2 Minutes	1:0:1:0
Overhead Press	4	3	1-2 Minutes	1:0:1:0
Incline DB Press	2	6	60-90 Seconds	1:0:1:0
Triceps Pushdown	2	8	60-90 Seconds	1:0:2:0
Lat Pulldown	2	6	60-90 Seconds	1:0:3:0
Seated Rows	2	6	60-90 Seconds	1:0:2:0
Barbell Shrugs	2	6	60-90 Seconds	1:0:2:0

RED = 80% 1RM

Lower-Body (a) – Speed

Exercise	Sets	Reps	Rest	Tempo
Squat	6	3	1-2 Minutes	1:0:1:0
SLDL	4	3	60-90 Seconds	1:0:1:0
Hamstring Curls	4	8	60-90 Seconds	1:0:2:0
Standing Calf Raises	4	8	45-60 Seconds	2:1:3:1

RED = 80% 1RM

A - Workout Index (Volume)

Upper-Body (a) – Volume

Exercise	Sets	Reps	Rest	Tempo
Bench Press	3	12	1-2 Minutes	1:0:3:1
Overhead Press	3	10	1-2 Minutes	1:0:3:1
Incline DB Press	2	10	45-90 Seconds	2:0:2:0
Lateral Raises	2	12	45 Seconds	1:0:3:1
Triceps Pushdown	2	12	45-90 Seconds	2:1:2:0
Lat Pulldown	2	8	45-90 Seconds	1:0:3:1
Seated Rows	2	10	45-90 Seconds	1:0:3:1
DB Biceps Curls	2	10	45-90 Seconds	2:1:2:1
Barbell Shrugs	2	12	45-90 Seconds	1:1:3:1

RED = 70% 1RM

Lower-Body (a) – Volume

Exercise	Sets	Reps	Rest	Tempo
Squat	3	10	3 Minutes	1:0:3:0
SLDL	3	10	2 Minutes	2:0:3:0
Hip Thrusts	2	12	60 Seconds	2:1:2:1
Lying Ham Curls	2	10	60 Seconds	1:0:3:1
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 70% 1RM

B – Workout Index (Intensity)

Upper-Body (b) – Intensity

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	5	5	3 Minutes	1:0:2:0
Weighted Pull Ups	3	6	2 Minutes	1:0:2:0
Face Pulls	2	8	60 Seconds	2:0:2:0
Flat DB Chest Press	2	5	2 Minutes	2:0:2:0
DB Chest Fly	2	8	60 Seconds	1:0:3:0
DB Shoulder Press	3	5	90 Seconds	1:0:2:0
Rear Delt Raises	2	8	45-60 Seconds	1:0:2:0

RED = 85% 1RM

Lower-Body (b) – Intensity

Exercise	Sets	Reps	Rest	Tempo
Deadlift	3	5	3 Minutes	1:0:2:0
Hamstring Curls	2	6	60 Seconds	2:0:2:0
Front Squat	3	5	2-3 Minutes	1:0:2:0
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 85% 1RM

B – Workout Index (Speed)

Upper-Body (b) – Speed

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	6	3	1-2 Minutes	1:0:1:0
Weighted Pull Ups	4	3	1-2 Minutes	1:0:1:0
Face Pulls	3	8	45-60 Seconds	2:0:2:0
Flat DB Chest Press	3	5	1-2 Minutes	2:0:2:0
DB Chest Fly	2	8	45-60 Seconds	1:0:3:0
DB Shoulder Press	3	5	60-90 Seconds	1:0:2:0
Rear Delt Raises	2	8	45-60 Seconds	1:0:2:0

RED = 80% 1RM

Lower-Body (b) – Speed

Exercise	Sets	Reps	Rest	Tempo
Deadlift	6	3	1-2 Minutes	1:0:1:0
Hamstring Curls	2	6	45-60 Seconds	2:0:2:0
Front Squat	4	5	2-3 Minutes	1:0:2:0
Standing Calf Raises	4	8	45-60 Seconds	2:1:3:1

RED = 80% 1RM

B – Workout Index (Volume)

Upper-Body (b) – Volume

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	3	12	90 Seconds	1:0:3:1
Pull Ups	2	AMAP	45-60 Seconds	1:0:3:1
Barbell Curls	2	10	45-60 Seconds	2:0:2:0
Face Pulls	2	8	45-60 Seconds	1:0:3:1
Flat DB Chest Press	2	8	2 Minutes	2:1:2:0
DB Chest Fly	2	10	60 Seconds	1:0:3:1
DB Shoulder Press	2	8	60 Seconds	1:0:3:1
Rear Delt Raises	2	12	45-60 Seconds	2:1:2:1
OH Triceps Ext.	2	12	45-60 Seconds	1:1:3:1

RED = 70% 1RM

Lower-Body (b) – Volume

Exercise	Sets	Reps	Rest	Tempo
Deadlift	2	8	3 Minutes	1:0:2:0
Hamstring Curls	2	10	45-60 Seconds	2:0:3:0
Front Squat	3	8	60-90 Seconds	1:0:2:0
DB Lunges	2	12	45-60 Seconds	1:0:1:0
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 70% 1RM