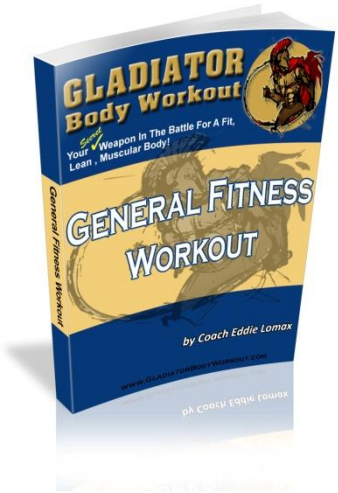

Gladiator Body Workout
General Fitness Workout

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Mantesh

General Fitness Workout

The **General Fitness Workout** improves physical abilities needed for a high-level of fitness WITHOUT NEGLECTING your fat loss, strength and muscle building goals. To insure we are all working from the same page, my definition of fitness is...

The degree of competence and skill to perform in ALL the physical abilities of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness.

By training all the physical abilities needed for a high-level of over-all fitness, your body will make the necessary physical adaptations... **not only improving your performance, but improving your physique as well!**

Improving General Fitness allows you to meet the challenges of sport, work and life head on… in a body that both looks and feels great.

In order to train as many aspects as possible while still keeping the workouts short and effective, we are going to use a wide variety of workouts…

- **Training Workouts:** There are three different Training Workouts (A,B and C). Use a different workout each training day. These workouts are a combination of Resistance Training and Energy System Training (Cardio).
- **Active Recovery Workouts:** An active recovery workout is to be performed in between your training days. These workouts are low intensity and low volume workouts designed to help you recover from training days… preparing you to give your all on your next workout.
- **GPP Workouts:** GPP or **General Physical Preparedness** Workouts are designed to improve the over-all physical condition and work capacity of the practitioner… compared with specific training methods which improve performance in a specific activity.

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Here is an outline of the 4 Week General Fitness Workout…

Week/ Day	*Mon*	*Tue*	*Wed*	*Thur*	*Fri*	*Sat*	*Sun*
Week 1	Training Workout A Aerobic 20 min.	Active Recovery Workout	Training Workout B (GPP #1) None	Active Recovery Workout	Training Workout C HIAI 15 min.	No-Training (Rest)	No-Training (Rest)
Week 2	Training Workout A Aerobic 25 min.	Active Recovery Workout	Training Workout B (GPP #2) None	Active Recovery Workout	Training Workout C HIAI 20 min.	No-Training (Rest)	No-Training (Rest)
Week 3	Training Workout A Aerobic 30 min.	Active Recovery Workout	Training Workout B (GPP #3) None	Active Recovery Workout	Training Workout C HIAI 25 min.	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout B (GPP #1) None	Active Recovery Workout	Training Workout B (GPP #2) None	Active Recovery Workout	Training Workout B (GPP #3) None	No-Training (Rest)	No-Training (Rest)

Training Notes:

Per Week:

- 3 Training Days – Top Priority – Do Not Miss
  - 2 Days Combination Resistance Training & Energy System Training.
  - 1 Day General Physical Preparedness.

- 2 Active Recovery Days – 2nd Priority - If You Have To Miss A Workout
- 2 Full Rest Days – You Deserve It!

Energy System Training: I've given my suggested "cardio" session for each workout, but feel free to substitute any of the workouts in ***Cardio Common Sense***.

Workout duration: 4 Weeks – Then switch to a different workout.

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Warm Up & Preparation Circuit

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Increase body temperature and heart rate in preparation for more strenuous activity to come.

5 Minutes Aerobic Activity

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Cobra Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head.* *Raise yourself from the floor by straightening your elbows while keeping your legs and pelvis on the ground... Keeping your elbows close to your body, arch your back and look upward.* *Pause at the top and lower yourself down... repeat.*	**5-10 repetitions**
Jiu Jitsu Sit Up	*Lie on your back with your knees bent and feet flat on the ground. Bend your elbows and rest your hands on your chest.* *Exhale and roll to the left while posting your left elbow on the ground, push off your elbow and continue to rise up while extending your right arm to the outside of your*	**5-10 repetitions (per side)**

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	left knee. *Inhale and return to the starting position before repeating on the right side.*	
Sumo Squat 	*Stand with your feet about 6 inches wider than shoulder width apart... turn your toes slightly outward.* *Keep your back straight and sit back until your thighs are 90 degrees... keeping your arms close to your body and lowering them toward the floor.* *Press back up to the starting position and repeat.*	**5-10 repetitions**

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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General Fitness Workout A

Exercise Blocks:

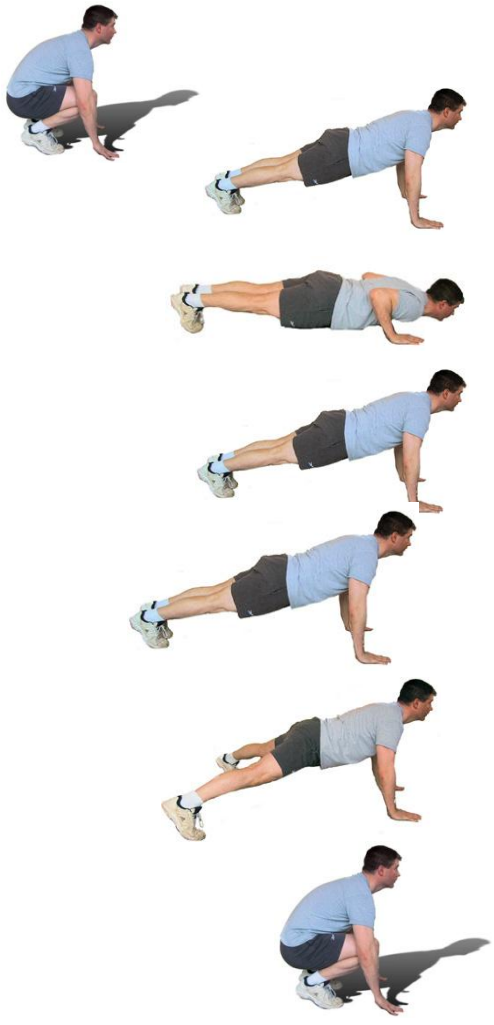
Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.

BW 8 Count Body Builders



Stand with feet close together and arms at sides.

1. Bend knees and squat down, placing hands shoulder-width apart on the ground.

2. Extend both legs backward while supporting weight on extended arms... Up push up position.

3. Bend elbows and lower body toward ground.

4. Extend arms to up push up position.

5. While keeping arms extended, separate legs.

6. Bring legs back together.

7. Jump legs under body into low squat position.

8. Stand up to starting position.

Repeat.

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Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.

DB Military Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.* *Press dumbbells until arms are extended overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Chin Up 	*Grasp the pull-up bar with a shoulder width underhand grip. Your palms should face you.* *Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.* *Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging.* *This exercise should be performed with controlled movement and through full range of motion.*

Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.

DB Golf Squat 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Explode up by extending your hips and knees as you rotate your upper body, lifting the weight towards the ceiling.* *Keep your arms straight as if you are swinging a golf club. Reverse directions and return to the Starting Position. Alternate sides each repetition.*

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	Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Lunge 	*Stand with your feet hip-width apart and your head in line with your spine.* *Step forward with your left foot and bend your knee so that your left thigh is parallel to the ground, your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor.* *Your right knee should lightly "kiss" the ground.* *Push off the left foot and return to the starting position.* *Keep your head up and your back straight.*
Block 4 ***Timed Super Set*** *Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes… only resting as necessary.*	
DB Crunch 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells below and extend the dumbbells at arms length perpendicular to the floor.* *Keep your chin tucked and contract your abdominal muscles to raise your shoulders and upper back off the floor a few inches while extending the dumbbells toward the ceiling.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling on the way down*

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BW Knee Hugs 	*Lie on your back with your legs straight and about 6 inches off the ground and your arms extended over your head.* *Exhale and contract your abdominals while you bring your knees toward your chest and arms up to hug your knees.* *Inhale as you return to the starting position. Do not let your feet touch the ground between repetitions. Works the abdominals and hip flexors.*
Block 5 ***Energy System Training***	
Steady-State Aerobic Activity	*Choose your favorite "cardio" activity and perform at a moderate pace you can maintain for the time prescribed. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Time Increases From Week 1 to Week 3*

General Fitness Workout B (GPP #1)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

BW Burpees Plus 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Do a push-up by bending elbows and lowering body toward the ground then pushing back up.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

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Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

DB Twisting Military Press

Stand with your feet about shoulders width apart and the dumbbells resting on your shoulders with your palms facing each other.

As you press the dumbbells overhead, twist your body to the left.

Lower the dumbbells as you return to the front and immediately turn to the right while pressing the dumbbells overhead.

The motion should be fluid... don't stop at the front position between repetitions.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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BW Split Squat & Trunk Rotations 	*Stand with feet hip width apart and the left foot a full stride ahead of the right foot... the right heel will be lifted.* *Contract your core and hold your arms in front of you at shoulder height.* *Bend both knees and lower hips until left knee is over left foot and the right knee points down.* *Straighten legs and bring right knee through and forward to hip height while simultaneously twisting arms and torso to the right.* *Return to starting position and repeat for desired repetitions.* *Repeat to the opposite side. Do not swing and twist forcibly... this should be a slow and controlled motion.*

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

DB Curls 	*Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other. Keep your chest out and head high.* *Curl the dumbbells upwards towards your shoulders as you twist your wrists inward so they end up facing the body at the top of the movement. Reverse the direction and control the movement to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Calf Raises 	*Stand with your feet together and lift up on your toes.* *You can perform this exercise with one leg at a time of with both legs.* *Get a greater range of motion my placing your toes on a raised surface.* *Vary the exercise by spreading your feet further apart or changing the angle of the feet.*

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DB Triceps Extensions	*Stand with your feet about shoulder width apart and the dumbbells held at arms length over your head with palms facing each other.* *Bend at the elbows and control the weight down behind your head.* *Pause briefly and extend the dumbbells to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

General Fitness Workout B (GPP #2)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

DB Clean & Press	*Clean the dumbbells to your shoulders and then press overhead.*

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Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Divebomber Push Up

Start in an up push up position with your feet spread wide.

Walk your hands back so your butt is in the air and you are looking back through your legs.

Your body will resemble and inverted "V"... This is just like the starting position of the Hindu Push-Up.

Flair your elbows out and drop your nose towards the floor between your hands.

Then, as if you were sliding underneath a bar, flatten your body out so that it is low and parallel to the floor.

Straighten your arms and push your head upwards while keeping your hips close to the ground.

Pause at the top and then flair your elbows out and return to the starting position by following the same path.

You want to do the exact same movements in reverse to return to the starting position.

DB Split Squat

Stand with one foot forward and the other foot behind, dumbbells held at your sides.

Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor.

Keep your body straight throughout the entire movement and only allow your rear knee to bend slightly. Pause briefly and return to the Starting Position.

Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Leg Scissors 	*Lay on your back with your legs straight.* *Tilt your pelvis up, press your lower back to the ground while raising you legs about 6 inches and tuck your chin to your chest... This will take quite a bit of strain off the lower back.* *Inhale as you open your legs wide... and then exhale as you reverse direction and cross your legs.* *Alternate the leg that goes under and over on each repetition.*
DB Jump Shrug 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.* *Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders.* *Return to Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW One Leg Push Up 	*Assume the up push up position. Bend the elbows and lower the body while simultaneously raising the left leg 8-10 inches off the ground.* *The leg should not be jerked upward, but rather raised up in line with the body and with the toe pointed toward the rear.* *Return to the starting position... Repeat, this time raising the right leg. Perform at a moderate to fast pace.*

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General Fitness Workout B (GPP #3)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

BW Squat Thrust

Stand with feet close together and arms at your sides.

Bend knees and squat down, placing hands shoulder-width apart on the ground.

Extend both legs backwards while supporting weight on extended arms.

Jump legs under body into a low squat and stand up to starting position.

Repeat.

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

DB Squat Clean

Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

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At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

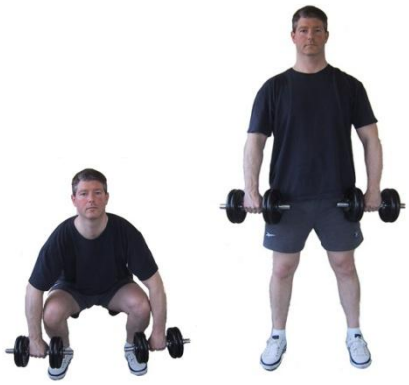
When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to "catch" the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.

Once you have "caught" the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand. Control the dumbbells back to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

DB Deadlift



Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips.

Keep your head up, eyes forward, feet flat on the ground and your back straight.

Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.

Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms.

Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body. Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
BW Boot Slappers 	*Stand with your feet shoulder width apart and your hands at your sides.* *Sit back and bend your knees until your thighs are at least parallel to the ground... when you are at the lowest point slap your ankles.* *Return to the starting position and repeat.*
BW Combination Crunch 	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.* *Works the abdominals and hip flexors.*

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General Fitness Workout C

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.

DB 1 Arm Hanging Snatch

Stand with a wide stance, chest out, head up and shoulders back while squatting and holding a dumbbell hanging with one hand down the center of your body. The non-working arm should be used for balance and the fist clenched for strength.

Explode upwards by extending your knees and hips and drive up on your toes. Then shrug your shoulder and flex the elbow out to keep the dumbbell traveling close to your body.

As the dumbbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to "catch" the dumbbell with extended arm over your head and stand up. The height of the dumbbell should be accomplished by the explosive movement, not arm strength.

Control the dumbbell back to the Starting Position. Half way through the time period, switch hands.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.

BW Incline Push Up

Position yourself with your hands resting on a steady raised surface, your legs straight and body ridged.

Your body should form one straight line from your feet to your head and your eyes should stay focused on the raised surface about 6 inches in front of you.

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	Lower yourself by bending your elbows... keeping your elbows close to your body. *Pause for 1 second and press yourself to the starting position.*
DB Hanging High Pull 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders, flex the elbows out and pull the dumbbells up to neck height. Keep the dumbbells as close to the body as possible. Return to Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
Block 3 ***Resting Super Set*** *Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.*	
BW Free Squat 	*Stand with feet hip-width apart.* *Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.* *Press off the ground and return to upright position.*

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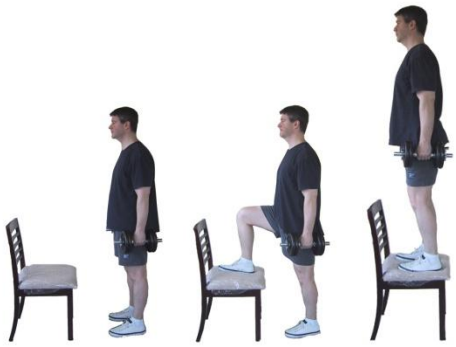
DB Step Ups 	*Stand with the dumbbells hanging at your sides in front of a bench, chair or other sturdy surface that allows your knee to form a 90 degree angle when one foot is placed on the surface.* *Step up with one leg and press hard into the surface, raising yourself up so that both feet are together on the surface. Reverse the motion and return to the Starting Position, and repeat with the opposite leg.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 4 ***Timed Super Set*** *Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2… repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes… only resting as necessary.*	
BW Good Morning 	*Stand with your feet hip width apart and your hands on your hips.* *Exhale as you bend at the waist until your body almost forms a 90 degree angle.* *Keep your head up, press your butt back and bend your legs slightly.* *Hold for 1 second and return to the starting position while inhaling.*
DB Roll Ups 	*Lie on your back with your legs bent and feet planted firmly on the floor. Hold two dumbbells at arms length over your chest perpendicular to the floor with palms facing each other.* *Let the dumbbells arch down toward your knees and to the outside of your hips with arms straight and roll your shoulders and upper back off the ground slightly. Do not move your arms, they are locked in place and the dumbbells arc downward due to the crunching of the abdominal muscles and raising of the shoulders.* *Stop before the dumbbells reach the floor, hold for 1 second and return in the reverse direction until you reach the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips during the crunching movement and inhaling through the nose as you return to the Starting Position.*

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Block 5 ***Energy System Training***	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*

Active Recovery Workout

Active Recovery Workout:

This workout should be done on days in-between regular workouts. It is designed to increase recovery from past workouts and prepare you to give maximum effort on future workouts. Keep the intensity low and focus on tight muscles during stretching.

Warm Up & Preparation Circuit:

*Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*

Stretching:

Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.

Stretch	Description	Duration
Lateral Neck 	In a standing position, clasp hands behind back, with left hand grasping right wrist. Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch. Stretch should be felt on the right side of the neck and shoulders. Reverse action to stretch the other side.	5-10 seconds. Repeat as necessary

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Forward Neck 	Flex head forward and down using one or both hands to hold the stretch. Return head to upright position and repeat.	5-10 seconds. Repeat as necessary
Forearm 	Extend your right arm straight out in front of you, palm down. With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm. Repeat with the left arm.	5-10 seconds. Repeat as necessary
Arm Across Shoulder 	Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder. Repeat with the other arm.	5-10 seconds. Repeat as necessary
Upper Back 	In a standing position, intertwine fingers with arms in front of your body. Press palms outward and press forward until shoulders and back are rounded. Now do the same motion with the arms overhead and the palms facing up.	5-10 seconds. Repeat as necessary

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Triceps 	In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades. Gently pull the arm with the right hand toward the midline behind head to stretch the triceps. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Overhead Side 	In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Sumo 	Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees. While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder. Repeat on the left side.	5-10 seconds. Repeat as necessary
Standing Quad 	In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch. Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips. Repeat on the opposite side.	5-10 seconds. Repeat as necessary

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Kneeling Lunge 	Kneel on the floor with toes pointed straight back. Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle. Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Calf 	Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended. Bend at the knee and lower your hips while pushing against the wall to stretch the calf. Repeat with the opposite leg.	5-10 seconds. Repeat as necessary
Three Way Hurdler's 	Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go. 1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh. 2) Bend torso towards the knee of the extended leg while keeping the back straight. 3) Keeping the back straight, bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and	5-10 seconds. Repeat as necessary

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	hamstrings. Repeat on the opposite side.	
Butterflies 	Begin by sitting with the legs bent and the bottoms of the feet together. Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat. Do not lean over by bending the back...Bend from the hips and keep the back straight.	5-10 seconds. Repeat as necessary
Lying Back 	While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1 minute. Repeat the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.	5-10 seconds. Repeat as necessary
Hip Cross Over 	Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle. While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor. Stretch should be felt in the lower back and side of hip. Repeat on the opposite side.	5-10 seconds. Repeat as necessary

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Lizard 	Begin by lying face down on the floor with the hands flat on the floor under the shoulders. Extend the arms so that the upper torso lifts off the floor. Relax and repeat.	5-10 seconds. Repeat as necessary
Cat & Dog 	Begin kneeling on the floor, toes curled under feet and palms flat on the floor. Sway the back and look upward as you inhale through the nose. Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat. Then keeping the back straight, twist your head to the right while rotating your hips to the right. Repeat on the left side...think of a dog trying to catch its own tail.	5-10 seconds. Repeat as necessary

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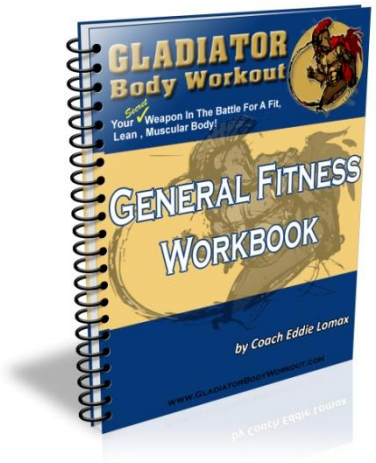

Gladiator Body Workout
General Fitness Workbook

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / General Fitness Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Warm Up & Preparation

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Aerobic Activity		5 minutes total

Go directly to Preparation Circuit without rest…

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Exercise	Sets	Repetitions
Cobra Push Up	3	5-10
Jui Jitsu Sit Up	3	5-10 per side
Sumo Squat	3	5-10

You're ready to start the workout.

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General Fitness Workout Week 1

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW 8 Count Body Builders	3	8	n/a	60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	3	8		60 seconds between exercises
BW Chin Up	3	5	n/a	60 seconds between exercises

Rest 90 seconds

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Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Golf Squat	3	8		60 seconds between exercises
BW Lunge	3	10 (each)	n/a	60 seconds between exercises

Rest 90 seconds

Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
DB Crunch		5		As little as possible during the 5 minutes
BW Knee Hugs		5	n/a	As little as possible during the 5 minutes

Rest 90 seconds

Block 5

Energy System Training

Steady-State Aerobic Activity		20 Minutes

*** End of Workout A***

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Workout B

Workout B (GPP #1)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Burpees Plus	2 minutes	n/a	

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Twisting Military Press	2 minutes total	10		
BW Split Squat & Trunk Rotations	2 minutes total	10	n/a	

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Curls	2 minutes total	5		
BW Calf Raises	2 minutes total	5	n/a	
DB Triceps Extrensions	2 minutes total	5		

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout B***

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB 1 Arm Hanging Snatch	3	8		60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Incline Push Up	3	10	n/a	60 seconds between exercises
DB Hanging High Pull	3	8		60 seconds between exercises

Rest 90 seconds

Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Free Squat	3	10	n/a	60 seconds between exercises
DB Step Ups	3	10 (each)		60 seconds between exercises

Rest 90 seconds

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Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
BW Good Morning		5	n/a	As little as possible during the 5 minutes
DB Roll Ups		5		As little as possible during the 5 minutes

Rest 90 seconds

Block 5

Energy System Training

High Intensity Aerobic Intervals		5low/5high/5low 15 minutes total

*** End of Workout C***

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General Fitness Workout Week 2

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW 8 Count Body Builders	3	10	n/a	60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	3	10		60 seconds between exercises
BW Chin Up	3	8	n/a	60 seconds between exercises

Rest 90 seconds

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Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Golf Squat	3	10		60 seconds between exercises
BW Lunge	3	15 (each)	n/a	60 seconds between exercises

Rest 90 seconds

Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
DB Crunch		5		As little as possible during the 5 minutes
BW Knee Hugs		5	n/a	As little as possible during the 5 minutes

Rest 90 seconds

Block 5

Energy System Training

Steady-State Aerobic Activity		25 Minutes

*** End of Workout A***

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Workout B

Workout B (GPP #2)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
DB Clean & Press	2 minutes		

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Divebomber Push Ups	2 minutes total	10	n/a	
DB Split Squat	2 minutes total	10		

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Leg Scissors	2 minutes total	5	n/a	
DB Jump Shrug	2 minutes total	5		
BW One Leg Push Up	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

***** End of Workout B*****

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB 1 Arm Hanging Snatch	3	10		60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Incline Push Up	3	12	n/a	60 seconds between exercises
DB Hanging High Pull	3	10		60 seconds between exercises

Rest 90 seconds

Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Free Squat	3	15	n/a	60 seconds between exercises
DB Step Ups	3	12 (each)		60 seconds between exercises

Rest 90 seconds

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Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
BW Good Morning		5	n/a	As little as possible during the 5 minutes
DB Roll Ups		5		As little as possible during the 5 minutes

Rest 90 seconds

Block 5 ***Energy System Training***		
High Intensity Aerobic Intervals		4low/4high/4low/4high/4low 20 minutes total

*** End of Workout C***

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General Fitness Workout Week 3

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW 8 Count Body Builders	4	8	n/a	60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	4	8		60 seconds between exercises
BW Chin Up	4	5	n/a	60 seconds between exercises

Rest 90 seconds

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Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Golf Squat	4	8		60 seconds between exercises
BW Lunge	4	10 (each)	n/a	60 seconds between exercises

Rest 90 seconds

Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
DB Crunch		5		As little as possible during the 5 minutes
BW Knee Hugs		5	n/a	As little as possible during the 5 minutes

Rest 90 seconds

Block 5

Energy System Training

Steady-State Aerobic Activity		30 Minutes

*** End of Workout A***

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Workout B

Workout B (GPP #3)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Squat Thrust	2 minutes	n/a	

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Squat Clean	2 minutes total	10		
DB Deadlift	2 minutes total	10		

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Classic Push Up	2 minutes total	5	n/a	
BW Boot Slappers	2 minutes total	5	n/a	
BW Combination Crunch	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout B***

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Single Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB 1 Arm Hanging Snatch	4	8		60 seconds between sets

Rest 90 seconds

Block 2

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Incline Push Up	4	10	n/a	60 seconds between exercises
DB Hanging High Pull	4	8		60 seconds between exercises

Rest 90 seconds

Block 3

Resting Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Free Squat	4	10	n/a	60 seconds between exercises
DB Step Ups	4	10 (each)		60 seconds between exercises

Rest 90 seconds

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Block 4

Timed Super Set

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2... repeating this back and forth process for a total of 5 minutes. Try to do as many sets of each exercise as possible in the 5 minutes... only resting as necessary.

Exercise	Sets	Reps	Load	Rest
BW Good Morning		5	n/a	As little as possible during the 5 minutes
DB Roll Ups		5		As little as possible during the 5 minutes

Rest 90 seconds

Block 5 ***Energy System Training***		
High Intensity Aerobic Intervals		5low/5high/5low/5high/5low 25 minutes total

*** End of Workout C***

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General Fitness Workout Week 4

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout B (1)

Workout B (GPP #1)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Burpees Plus	2 minutes	n/a	

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Twisting Military Press	2 minutes total	10		
BW Split Squat & Trunk Rotations	2 minutes total	10	n/a	

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Curls	2 minutes total	5		
BW Calf Raises	2 minutes total	5	n/a	
DB Triceps Extrensions	2 minutes total	5		

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout GPP #1***

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Workout B (2)

Workout B (GPP #2)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
DB Clean & Press	2 minutes		

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Divebomber Push Ups	2 minutes total	10	n/a	
DB Split Squat	2 minutes total	10		

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Leg Scissors	2 minutes total	5	n/a	
DB Jump Shrug	2 minutes total	5		
BW One Leg Push Up	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout GPP #2***

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Workout B (3)

Workout B (GPP #3)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Squat Thrust	2 minutes	n/a	

Rest 60 seconds

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Squat Clean	2 minutes total	10		
DB Deadlift	2 minutes total	10		

Rest 60 seconds

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Classic Push Up	2 minutes total	5	n/a	
BW Boot Slappers	2 minutes total	5	n/a	
BW Combination Crunch	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout GPP #3***

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Active Recovery Workout

This workout should be done on days in-between regular workouts. Keep the intensity low and stretch slowly to promote recovery and prepare for future workouts…

Warm Up & Preparation Circuit: *Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*		
Stretching: *Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.*		
1. Lateral Neck	2. Forward Neck	3. Forearm
4. Arm Across Shoulder	5. Upper Back	6. Triceps
7. Overhead Side	8. Sumo	9. Standing Quad
10. Kneeling Lunge	11. Calf	12. Three Way Hurdler's
13. Butterflies	14. Lying Back	15. Hip Cross Over
16. Lizard	17. Cat & Dog	

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 2		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 3		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 4		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

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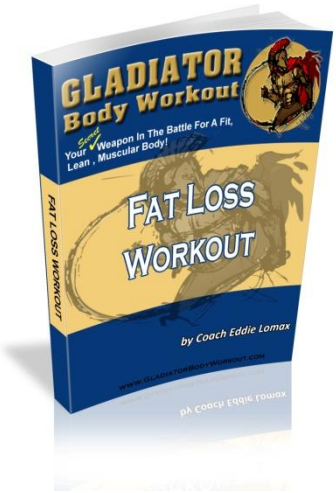

Gladiator Body Workout
Fat Loss Workout

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Fat Loss Workout

The **Fat Loss Workout** gets rid of performance robbing, physique destroying fat WITHOUT NEGLECTING your general fitness, strength and muscle building goals. So keep in mind...

Even if you are lucky enough to not have to worry about fat loss, this program should be a part of your overall workout scheme.

Everyone should rotate this workout into their program!

You will find the workouts challenging, both for muscular strength, power and endurance, as well as heart and lung power.

Not only do the challenging workouts **burn lots of calories during AND after the training session...** but your general fitness, muscular strength and size improves as well!

In order to burn as much fat as possible, in the shortest time possible, we are going to use a wide variety of workouts…

- **Training Workouts:** There are six different Training Workouts (A1, A2, A3, B1,B2 and B3). Use a different workout each training day. These workouts are a combination of Resistance Training and Energy System Training (Cardio). Besides changing workouts frequently, you change from resting between sets to not resting between sets from week to week. This progression is strenuous and burns fat during AND after the workout!
- **Active Recovery Workouts:** An active recovery workout is to be performed in between your training days. These workouts are low intensity and low volume workouts designed to help you recover from training days… preparing you to give your all on your next workout.

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Here is an outline of the 4 Week Fat Loss Workout…

Week/ Day	*Mon*	*Tue*	*Wed*	*Thur*	*Fri*	*Sat*	*Sun*
Week 1	Training Workout A1 (Rest) HIAI 15 min.	Active Recovery Workout	Training Workout A2 (Rest) HIIT 6 (30-30)	Active Recovery Workout	Training Workout A3 (Rest) HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 2	Training Workout A1 (No Rest) HIAI 20 min.	Active Recovery Workout	Training Workout A2 (No Rest) HIIT 6 (30-30)	Active Recovery Workout	Training Workout A3 (No Rest) HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 3	Training Workout B1 (Rest) HIAI 25 min.	Active Recovery Workout	Training Workout B2 (Rest) HIIT 6 (30-30)	Active Recovery Workout	Training Workout B3 (Rest) HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout B1 (No Rest) HIAI 30 min.	Active Recovery Workout	Training Workout B2 (No Rest) HIIT 6 (30-30)	Active Recovery Workout	Training Workout B3 (No Rest) HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)

Training Notes:

Per Week:

- 3 Training Days – Top Priority – Do Not Miss
  - 3 Days Combination Resistance Training & Energy System Training.
- 2 Active Recovery Days – 2nd Priority - If You Have To Miss A Workout
- 2 Full Rest Days – You Deserve It!

Energy System Training: I've given my suggested "cardio" session for each workout, but feel free to substitute any of the workouts in ***Cardio Common Sense***.

Workout duration: 4 Weeks – Then switch to a different workout.

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Warm Up & Preparation Circuit

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Increase body temperature and heart rate in preparation for more strenuous activity to come.

5 Minutes Aerobic Activity

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Jumping Jacks	*Begin standing with your feet together and arms at your sides. Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner. Continue in an alternating fashion.*	**10-15 repetitions**
Mountain Climbers	*Begin in the up push up position with your fingers pointing slightly outward. Tuck one leg under your body and keep the other extended.* *With your weight on the balls of your feet, alternate legs as quickly as possible.* *Head position is important... Your head should be up when the knee is fully tucked and down during the transition period.*	**10-15 repetitions (per side)**

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Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*	**10-15 repetitions**

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Fat Loss Workout A1

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

DB Clean-Front Squat-Thruster (No Photo)	*Clean the dumbbells to your shoulders, squat down, and then stand up while you push dumbbells overhead. Return the dumbbells to the starting position.*

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Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

BW Squat & Twisting Press

Stand with your feet shoulder width apart and your arms bent... fists held at jaw level.

Sit back and bend your knees until your thighs are 90 degrees to the ground... your fists still at jaw level.

Reverse the direction to the standing position while simultaneously pressing your hands straight over your head and twisting to the left.

Repeat the squat and repeat… this time pressing your hands overhead

DB 1 Arm Military Press

Stand with your feet about shoulder width apart and the dumbbell at your shoulder with elbows below wrists... palm facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back. Hold the non-working arm out to the side for balance and make a fist to increase strength. (Place your hand on your hip if necessary).

Press dumbbell until arm is extended overhead, with a slight bend in the elbow. The torso can lean away slightly for balance. Pause briefly, and return to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down. Complete between 5-20 reps with one arm and then switch to the opposite arm. When all repetitions are complete, IMMEDIATELY switch to the next exercise in the super-set.

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

BW One Legged Deadlifts

Stand on one foot with other foot slightly raise behind you.

Bend your knee and lower yourself towards the floor... Your elevated leg should stay parallel to the floor. Lean forward slightly to keep your balance but keep your back straight.

Return to the starting position. Complete all repetitions and repeat on opposite leg.

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DB Push Up Row 	*Get into push up position with your arms straight and your hands resting on the dumbbells.* *Spread your feet apart for balance.* *Perform a push up by lowering your body in between the dumbbells, pausing briefly and pressing back to the Stating Position.* *When you reach the top position, tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back.* *Pause briefly, and then slowly return the weight to the floor.* *Perform another push up and then row with the opposite arm.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 4 ***Core Strengthening Exercise*** *Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.*	
BW 6 Inch Crunch 	*Lay flat on your back with your legs straight. Press the small of your back toward the floor and raise both legs 6 inches.* *Exhale and contract your abdominals by trying to pull your bottom rib toward your hip while keeping your chin tucked close to your chest. Relax and repeat without dropping your feet to the ground. Works the abdominals and hip flexors.*
Block 5 ***Energy System Training***	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*

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Fat Loss Workout A2

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

BW Mountain Jumpers

Begin in the up push up position with your fingers pointing slightly outward.

Jump forward with both feet at the same time and plant your feet under your hips while keeping your hands on the ground.

Then quickly jump both feet back to the starting position and repeat.

Your head should follow your knees, head up when knees are tucked and head down when legs are extended.

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

DB Sumo Deadlift

Stand over two dumbbells facing each other with a wide stance. Sit back with butt and hips, bend at the knees and grasp the dumbbells with palms facing each other.

Keep your head up, eyes forward and back straight. Lift the dumbbells off the ground slightly.

Stand straight up and as you near the top; slightly flex your elbows, bringing the dumbbells to the front a little to keep them from hitting your body.

Pause briefly and return to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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BW Walk Out Push Up 	*Stand with your feet together and your arms at your sides.* *Sit back and bend your knees... placing your hands on the floor in front of you.* *Walk your hands out in front of you until you are in the up push up position... Perform a push up.* *Walk your hands back towards your feet until you are in the crouched position... stand and repeat.*
Block 3 ***Super Set*** *Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.* ***You either rest between exercises, or do exercises back to back depending on the week.***	
DB Split Squat 	*Stand with one foot forward and the other foot behind, dumbbells held at your sides.* *Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor.* *Keep your body straight throughout the entire movement and only allow your rear knee to bend slightly.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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BW Pull Up 	*Grasp a pull-up bar with a shoulder width overhand grip. Your palms should face away from you. Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.* *Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging.* *This exercise should be performed with controlled movement and through full range of motion.*
Block 4 ***Core Strengthening Exercise*** *Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.*	
DB Turkish Get Up 	*Lie on your back with your legs straight. Below and hold at shoulder level. Press the dumbbell towards the ceiling, post your foot near your butt on the same side as the working arm and roll yourself up onto your free arm.* *Keep your elbow locked, wrist straight and eyes on dumbbell. Post up onto your free hand and lock your elbow as you sit up.* *Now swing your other leg in between your posted arm and posted foot and plant the knee on the ground as you raise up. You can use your arm to help you get to the kneeling position. Push off with your planted foot and kneeling foot to a standing position, always looking at the dumbbell.* *Now, very carefully, reverse the direction until you are in the Starting Position.* *Complete all repetitions and repeat with the opposite side.* *This exercise should be performed in a slow, controlled fluid movement... not jerky.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips during exertion and inhaling shortly when possible.* ***Reminder:** With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat with your strong arm to ensure balanced training.*

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Block 5 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

Fat Loss Workout A3

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1 ***Single Exercise + Jogging*** *Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.*	
DB Front Squat – See Saw Press (No Photo)	*Perform a Front Squat and then press the dumbbells first to one side and then the other before returning to the starting position.*

Block 2 ***Super Set*** *Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.* ***You either rest between exercises, or do exercises back to back depending on the week.***	
BW Rear Lunge 	*Stand with feet hip-width apart. Step backward with one foot, bending knees so front knee aligns with ankle, thigh is parallel to the ground and back knee points down.* *Your knee should lightly "kiss" the ground. Push off back foot and return to starting position. Complete all repetitions to one side and then repeat on the opposite side, or do in an alternating fashion.*

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DB Bent Press

Stand with your feet about shoulder width apart, and the dumbbell at shoulder level, palm facing forward. The dumbbell should be angled slightly so that the post of the dumbbell points behind you.

*Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your forearm perpendicular to the ground, making a shelf with your body for the arm to rest upon. You will already start to feel a tightness in your side and upper back in this position. (This is just like the **DB Side Press** so far).*

Keep your eyes on the dumbbell at all times. Now bend at the hips down and forward and "screw" your body lower as you "twist" your arm upward. It helps to envision that you are screwing yourself away from the dumbbell, where the dumbbell stays in the same place as you twist your body and arm underneath it.

When your arm is in the extended position, tighten your core and butt and stand up so the dumbbell is overhead. Lower the dumbbell to shoulder level in a controlled fashion, and return to the Starting Position.

When all repetitions are complete, repeat with the opposite side. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

***Reminder:** With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat the same number of repetitions with your strong arm to ensure balanced training.*

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

BW Butt Lift Leg Raise

Lie flat on your back with knees bent and feet flat on the ground. With your arms at your sides, lift and extend your left leg while keeping your knees together.

Tilt your pelvis up and lift your butt 3-6 inches off the floor. Hold briefly, then release, keeping the leg extended. Complete all repetitions on one side and then repeat with the opposite leg extended.

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DB Alternating Hanging High Pull 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulder of side, flex the elbow out and pull the dumbbell up to neck height. Keep the dumbbell as close to the body as possible.* *The non-working arm remains at hip level. Return to Starting Position.* *Alternate sides with each repetition.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
Block 4 ***Core Strengthening Exercise*** *Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.*	
BW Plank 	*Begin by laying face down on the ground. Prop your elbows under your shoulders and rise up on your toes. Only your forearms and toes should be touching the ground.* *Keep your back straight and ridged while contracting your abdominals and breathing shallowly. Can also be done with arms straight as in the up position of a push up.*
Block 5 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

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Fat Loss Workout B1

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

BW Steam Engine 	*Stand with your hands lightly grasping your head.* *Twist the left elbow to the right knee and then the right elbow to the left knee.* *Continue this back and forth movement in an alternating fashion.*

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

DB Bulgarian Squat 	*Face away from a normal height bench and place your rear leg up on the bench. The shin of your lead leg should be relatively vertical. Hold the dumbbells down at your side.* *Lower the body down by bending the knee of the lead leg until the knee of the back leg is almost touches the ground.* *Pause briefly and reverse direction to the Starting Position. Complete all repetitions and then repeat with the opposite leg.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.* *With this and all one leg dumbbell exercises... start with the weak leg first, and then repeat for the same number of repetitions with your strong leg to ensure balanced training.*

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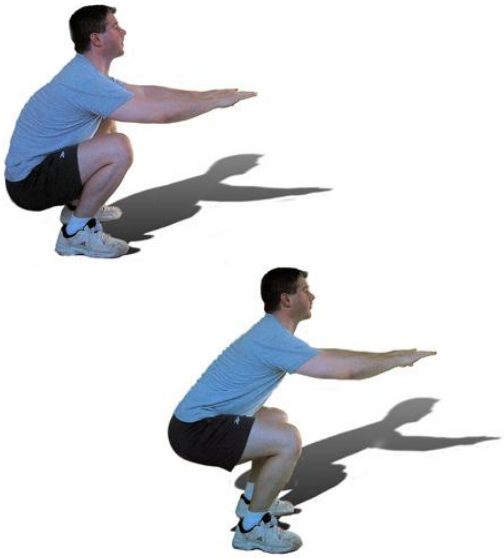
DB 1 Arm Floor Press 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbell on the weak side and position the dumbbell at your shoulder with your elbow on the ground and forearm perpendicular to the ground.* *Place your non-working arm on the ground beside your for balance. Press the dumbbell straight up and over the chest. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.* ***Reminder:** With this and all one arm dumbbell exercises... start with the weak arm first, and then repeat for the same number of repetitions with your strong arm to ensure balanced training.*
Block 3 ***Super Set*** *Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed.* ***You either rest between exercises, or do exercises back to back depending on the week.***	
BW Reverse Squat 	*With your feet around shoulder-width apart, drop your butt straight down and "sit" as low as possible.* *Keep your hands out for balance and make sure that your feet stay completely flat on the ground.* *Adjust your feet position until you are comfortable.* *Drive your body straight up until your thighs are parallel to the ground... Making sure that your knees do not extend beyond your toes.* *Drop back down to the starting position and repeat.*

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BW Over-Under 	*Grasp the pull up bar with a shoulder width alternating grip.* ***One palm should face away from you and the other towards you.*** *Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.* *Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar.* *Exhale on the way up and keep your body a straight as possible... no swinging.* *This exercise should be performed with controlled movement and through full range of motion.* *Remember to switch grips to work both sides equally.*
Block 4 ***Core Strengthening Exercise*** *Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.*	
DB Alternating Ab Swings 	*Stand with feet hip width apart and dumbbells at your sides.* *Swing one dumbbell to the front as you simultaneously swing the other dumbbell to the back.* *When you reach the highest point, quickly reverse directions and continue in an alternating manner.* *The power for this movement comes from the core, not the arms.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips with short breaths every time the dumbbell comes up and inhaling through the nose on the transition down.*

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Block 5 ***Energy System Training***	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*

Fat Loss Workout B2

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

DB Clean & Front Squat 	*Clean the dumbbells to your shoulders and then perform a Front Squat.*

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Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

BW Squat With Leg Lifts

Stand with feet hip-width apart and arms at your sides.

With body weight toward heels and back straight, lower into a squat position.

Straighten legs and when you reach the standing position raise your right leg parallel to the ground.

Return to the starting position and repeat with the opposite leg.

This exercise can be done lifting the leg straight out in front, to the side and/or to the back.

BW Knuckle Push Up

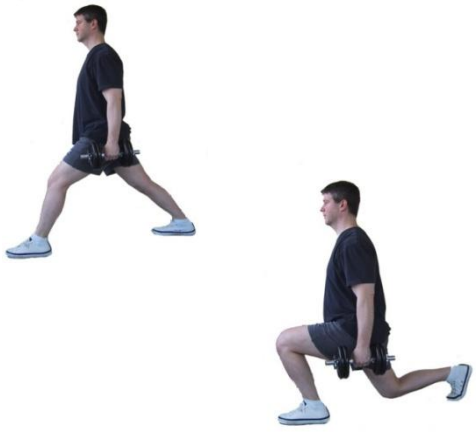
Perform a Classic Push Up balancing on your knuckles instead of your palms.

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

DB Split Squat



Stand with one foot forward and the other foot behind, dumbbells held at your sides.

Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor.

Keep your body straight throughout the entire movement and only allow your rear knee to bend slightly. Pause briefly and return to the Starting Position.

Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

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DB 1 Arm Hanging Snatch 	*Stand with a wide stance, chest out, head up and shoulders back while squatting and holding a dumbbell hanging with one hand down the center of your body. The non-working arm should be used for balance and the fist clenched for strength.* *Explode upwards by extending your knees and hips and drive up on your toes. Then shrug your shoulder and flex the elbow out to keep the dumbbell traveling close to your body.* *As the dumbbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to "catch" the dumbbell with extended arm over your head and stand up. The height of the dumbbell should be accomplished by the explosive movement, not arm strength.* *Control the dumbbell back to the Starting Position. Half way through the time period, switch hands. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 4 ***Core Strengthening Exercise*** *Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.*	
BW V-Ups 	*Lie on your back with legs straight and a few inches off the floor and your arms by your sides.* *Exhale and tighten your abdominals while raising your legs up about 45 degrees and reaching toward your toes with your arms.* *You should be balancing on your butt at this point.* *Do this in a controlled motion without swinging legs or jerking the upper body.* *Slowly return to starting position.* *Works the abdominals.*

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Block 5 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

Fat Loss Workout B3

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

BW Burpees 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

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Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight.* *Reverse direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
DB Hip Raise Alternating Floor Press 	*Lie on your back with your legs bent and feet planted firmly on the floor.* *Pick up the dumbbells and position them at your shoulders with your elbows on the ground and forearm perpendicular to the ground.* *Now press into the ground with your heels and raise your butt off the ground. Tighten your core and hold that position.* *Press one dumbbell and twist so your pressing shoulder leaves the ground. You will be supported only by your feet and opposite shoulder.* *Reverse direction and return to the Starting Position. Now repeat with the opposite arm. Your butt will not return to the ground during the entire set.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period… and repeat the process for the number of sets instructed. ***You either rest between exercises, or do exercises back to back depending on the week.***

BW Knee Tucks 	*Stand with feet shoulder-width apart and arms at your sides.* *Slightly bend your knees and bring your arms back.* *Explode up as high as possible while bringing your knees to your chest at the top of the jump.* *Use your arms for balance.* *Try to land as softly as possible and repeat.*
BW Chin Up 	*Grasp the pull-up bar with a shoulder width underhand grip.* *Your palms should face you. Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.* *Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging.* *This exercise should be performed with controlled movement and through full range of motion.*

Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period… and then repeat the process for the number of sets instructed.

DB Good Morning 	*Stand with your feet about shoulder width apart and one dumbbell behind your neck held with both hands.* *Keep your legs straight and bend at the hips and push your butt back. Keep your back straight, your head up and your eyes forward.* *Stop before your body reaches parallel and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling on the way down and exhaling through pursed lips on the way up.*

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Block 5 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

Active Recovery Workout

Active Recovery Workout:

This workout should be done on days in-between regular workouts. It is designed to increase recovery from past workouts and prepare you to give maximum effort on future workouts. Keep the intensity low and focus on tight muscles during stretching.

Warm Up & Preparation Circuit:

*Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*

Stretching:

Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.

Stretch	Description	Duration
Lateral Neck 	In a standing position, clasp hands behind back, with left hand grasping right wrist. Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch. Stretch should be felt on the right side of the neck and shoulders. Reverse action to stretch the other side.	5-10 seconds. Repeat as necessary

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Forward Neck 	Flex head forward and down using one or both hands to hold the stretch. Return head to upright position and repeat.	5-10 seconds. Repeat as necessary
Forearm 	Extend your right arm straight out in front of you, palm down. With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm. Repeat with the left arm.	5-10 seconds. Repeat as necessary
Arm Across Shoulder 	Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder. Repeat with the other arm.	5-10 seconds. Repeat as necessary
Upper Back 	In a standing position, intertwine fingers with arms in front of your body. Press palms outward and press forward until shoulders and back are rounded. Now do the same motion with the arms overhead and the palms facing up.	5-10 seconds. Repeat as necessary

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Triceps 	In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades. Gently pull the arm with the right hand toward the midline behind head to stretch the triceps. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Overhead Side 	In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Sumo 	Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees. While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder. Repeat on the left side.	5-10 seconds. Repeat as necessary

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Standing Quad 	In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch. Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Kneeling Lunge 	Kneel on the floor with toes pointed straight back. Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle. Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Calf 	Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended. Bend at the knee and lower your hips while pushing against the wall to stretch the calf. Repeat with the opposite leg.	5-10 seconds. Repeat as necessary

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Three Way Hurdler's 	Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go. 1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh. 2) Bend torso towards the knee of the extended leg while keeping the back straight. 3) Keeping the back straight, bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and hamstrings. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Butterflies 	Begin by sitting with the legs bent and the bottoms of the feet together. Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat. Do not lean over by bending the back...Bend from the hips and keep the back straight.	5-10 seconds. Repeat as necessary
Lying Back	While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1 minute. Repeat	5-10 seconds. Repeat as necessary

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	the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.	
Hip Cross Over 	Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle. While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor. Stretch should be felt in the lower back and side of hip. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Lizard 	Begin by lying face down on the floor with the hands flat on the floor under the shoulders. Extend the arms so that the upper torso lifts off the floor. Relax and repeat.	5-10 seconds. Repeat as necessary

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Cat & Dog		5-10 seconds. Repeat as necessary
 	Begin kneeling on the floor, toes curled under feet and palms flat on the floor. Sway the back and look upward as you inhale through the nose. Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat. Then keeping the back straight, twist your head to the right while rotating your hips to the right. Repeat on the left side...think of a dog trying to catch its own tail.	

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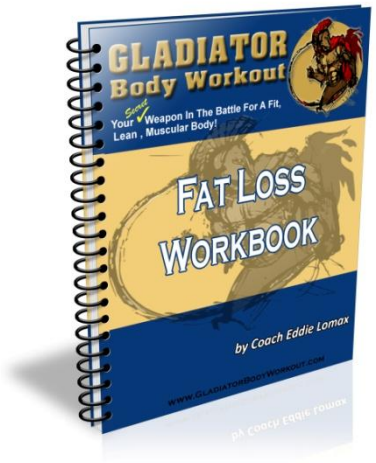

Gladiator Body Workout
Fat Loss Workbook

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / Fat Loss Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Warm Up & Preparation

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Aerobic Activity		5 minutes total

Go directly to Preparation Circuit without rest…

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Exercise	Sets	Repetitions
Jumping Jacks	3	10-15
Mountain Climbers	3	10-15 per side
Squat Thrust	3	10-15

You're ready to start the workout.

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Fat Loss Workout Week 1

Workout A1

Workout A1

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean-Front Squat-Thruster	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Squat & Twisting Press	3	15	n/a	30-45 seconds
DB 1 Arm Military Press	3	10 (each)		30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW One Legged Deadlifts	3	10 (each)	n/a	30-45 seconds
DB Push Up Row	3	10		30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW 6 Inch Crunch	3	10	n/a	30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Aerobic Intervals		5low/5high/5low 15 minutes total

*** End of Workout A1***

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Workout A2

Workout A2

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Mountain Jumpers	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Sumo Deadlift	3	10		30-45 seconds
BW Walk Out Push Up	3	5	n/a	30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Split Squat	3	10 (each)		30-45 seconds
BW Pull Up	3	5	n/a	30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Turkish Get Up	2	5 (each)		30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout A2***

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Workout A3

Workout A3

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat – See Saw Press	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Rear Lunge	3	10 (each)	n/a	30-45 seconds
DB Bent Press	3	5 (each)		30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Butt Lift Leg Raise	3	10 (each)	n/a	30-45 seconds
DB Alternating Hanging High Pull	3	5 (each)		30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout A3***

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Fat Loss Workout Week 2

Workout A1

Workout A1

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean-Front Squat-Thruster	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Squat & Twisting Press	3	15	n/a	0-15 seconds
DB 1 Arm Military Press	3	10 (each)		0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW One Legged Deadlifts	3	10 (each)	n/a	0-15 seconds
DB Push Up Row	3	10		0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW 6 Inch Crunch	3	10	n/a	0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Aerobic Intervals		5low/5high/5low 15 minutes total

*** End of Workout A1***

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Workout A2

Workout A2

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Mountain Jumpers	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Sumo Deadlift	3	10		0-15 seconds
BW Walk Out Push Up	3	5	n/a	0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Split Squat	3	10 (each)		0-15 seconds
BW Pull Up	3	5	n/a	0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Turkish Get Up	2	5 (each)		0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout A2***

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Workout A3

Workout A3

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat – See Saw Press	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Rear Lunge	3	10 (each)	n/a	0-15 seconds
DB Bent Press	3	5 (each)		0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Butt Lift Leg Raise	3	10 (each)	n/a	0-15 seconds
DB Alternating Hanging High Pull	3	5 (each)		0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout A3***

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Fat Loss Workout Week 3

Workout B1

Workout B1

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Steam Engine	10	5	n/a	Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	3	8 (each)		30-45 seconds
DB 1 Arm Floor Press	3	8 (each)		30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Reverse Squat	3	15	n/a	30-45 seconds
BW Over-Under	3	5 (each)	n/a	30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Alternating Ab Swings	2	15		30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Aerobic Intervals		5low/5high/5low/5high/5low 25 minutes total

*** End of Workout B1***

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Workout B2

Workout B2

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Front Squat	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Squat With Leg Lifts	3	10 (each)	n/a	30-45 seconds
BW Knuckle Push Up	3	10	n/a	30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Split Squat	3	10 (each)		30-45 seconds
DB 1 Arm Hanging Snatch	3	10 (each)		30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW V-Ups	2	10	n/a	30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout B2***

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Workout B3

Workout B3

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Burpees	10	5	n/a	Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	3	10		30-45 seconds
DB Hip Raise Alternating Floor Press	3	5 (each)		30-45 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Knee Tucks	3	15	n/a	30-45 seconds
BW Chin Up	3	5	n/a	30-45 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Good Morning	2	10		30-45 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout B3***

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Fat Loss Workout Week 4

Workout B1

Workout B1

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Steam Engine	10	5	n/a	Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	3	8 (each)		0-15 seconds
DB 1 Arm Floor Press	3	8 (each)		0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Reverse Squat	3	15	n/a	0-15 seconds
BW Over-Under	3	5 (each)	n/a	0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Alternating Ab Swings	2	15		0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Aerobic Intervals		5low/5high/5low/5high/5low 25 minutes total

*** End of Workout B1***

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Workout B2

Workout B2

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Front Squat	10	5		Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Squat With Leg Lifts	3	10 (each)	n/a	0-15 seconds
BW Knuckle Push Up	3	10	n/a	0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Split Squat	3	10 (each)		0-15 seconds
DB 1 Arm Hanging Snatch	3	10 (each)		0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW V-Ups	2	10	n/a	0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout B2***

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Workout B3

Workout B3

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 60-90 seconds between blocks.

Block 1

Single Exercise + Jogging

Perform 5 reps every 45 seconds, jogging in place for the rest of the 45 seconds. Continue this way until all 10 sets are completed.

Exercise	Sets	Reps	Load	Rest
BW Burpees	10	5	n/a	Jog the remainder of the 45 seconds

Rest 60-90 seconds

Block 2

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	3	10		0-15 seconds
DB Hip Raise Alternating Floor Press	3	5 (each)		0-15 seconds

Rest 60-90 seconds

Block 3

Super Set

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period... and repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
BW Knee Tucks	3	15	n/a	0-15 seconds
BW Chin Up	3	5	n/a	0-15 seconds

Rest 60-90 seconds

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Block 4

Core Strengthening Exercise

Perform the exercise for the directed number of repetitions, rest for the instructed rest period... and then repeat the process for the number of sets instructed.

Exercise	Sets	Reps	Load	Rest
DB Good Morning	2	10		0-15 seconds

Rest 60-90 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout B3***

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Active Recovery Workout

This workout should be done on days in-between regular workouts. Keep the intensity low and stretch slowly to promote recovery and prepare for future workouts…

Warm Up & Preparation Circuit: *Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*		
Stretching: *Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.*		
1. Lateral Neck	2. Forward Neck	3. Forearm
4. Arm Across Shoulder	5. Upper Back	6. Triceps
7. Overhead Side	8. Sumo	9. Standing Quad
10. Kneeling Lunge	11. Calf	12. Three Way Hurdler's
13. Butterflies	14. Lying Back	15. Hip Cross Over
16. Lizard	17. Cat & Dog	

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 2		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 3		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 4		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

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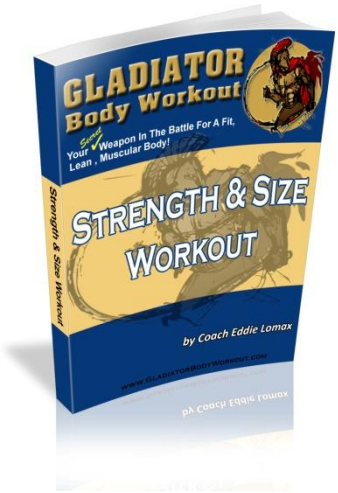

Gladiator Body Workout
Strength & Size Workout

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Strength & Size Workout

The **Strength & Size Workout** improves muscular strength and size WITHOUT NEGLECTING your general fitness and fat loss goals. So keep in mind…

Even if putting on muscle is not your main goal, everyone should perform this workout.

These workouts are designed to create functional strength and athletic muscle… not bulk you up or hinder performance.

You will find the workouts challenging, both for muscular strength, power and endurance, as well as heart and lung power. Not only do the challenging workouts build strong, functional muscle but your general fitness improves and fat melts away.

Don't be misled by the fact you are only performing a few exercises in each Resistance Training Session.

In order to build as much muscle as possible in all the right places, we are going to use a wide variety of workouts…

- **Training Workouts:** There are three different Training Workouts (A,B and C). Use a different workout each training day. These workouts are a combination of Resistance Training and Energy System Training (Cardio).
- **Active Recovery Workouts:** An active recovery workout is to be performed in between your training days. These workouts are low intensity and low volume workouts designed to help you recover from training days… preparing you to give your all on your next workout.
- **GPP Workouts:** GPP or **General Physical Preparedness** Workouts are designed to improve the over-all physical condition and work capacity of the practitioner… compared with specific training methods which improve performance in a specific activity.

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Here is an outline of the 4 Week Strength & Size Workout…

Week/ Day	*Mon*	*Tue*	*Wed*	*Thur*	*Fri*	*Sat*	*Sun*
Week 1	Training Workout A Core A HIIT 6 (30-30)	Active Recovery Workout	Training Workout B (GPP #1) None	Active Recovery Workout	Training Workout C Core B HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 2	Training Workout A Core C HIIT 6 (30-30)	Active Recovery Workout	Training Workout B (GPP #2) None	Active Recovery Workout	Training Workout C Core A HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 3	Training Workout A Core B HIIT 6 (30-30)	Active Recovery Workout	Training Workout B (GPP #3) None	Active Recovery Workout	Training Workout C Core C HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout A Core A HIIT 6 (30-30)	Active Recovery Workout	Training Workout B None	Active Recovery Workout	Training Workout C Core B HIIT 4 (1-1)	No-Training (Rest)	No-Training (Rest)

Training Notes:

Per Week:

- 3 Training Days – Top Priority – Do Not Miss
  - 3 Days Combination Resistance Training & Energy System Training including 1 General Physical Preparedness workout a week.
  - 2 Core Circuits a week to build a solid core and six-pack abs.

- 2 Active Recovery Days – 2nd Priority - If You Have To Miss A Workout
- 2 Full Rest Days – You Deserve It!

Energy System Training: I've given my suggested "cardio" session for each workout, but feel free to substitute any of the workouts in ***Cardio Common Sense***.

Workout duration: 4 Weeks – Then switch to a different workout.

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Warm Up & Preparation Circuit

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Increase body temperature and heart rate in preparation for more strenuous activity to come.

5 Minutes Aerobic Activity

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Hindu Push Up 	*Start in an up push up position with your feet spread wide. Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V".* *With your legs straight, lower your hips and bend your arms until you reach the down push up position. Continue to lower your hips while you straighten your arms, arch your back and look up with your head.* *Your hips should almost touch the floor.* *Keep your arms straight and push your butt back to the starting position.*	**5-10 repetitions**

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The Rower 	*Lay on the ground with your legs flat on the ground and your arms over your head.* *Tuck your chin to your chest so your head is 1-2 inches off the ground... tighten your abdominals and press your lower back into the ground.* *Sit up and swing your arms forward while simultaneously bending at the hip and knees... at the end of the movement your feet should be flat on the ground and pulled close to the butt and your arms should be parallel to the ground.* *Return to the starting position and repeat.*	**5-10 repetitions**
One Legged Deadlifts 	*Stand on one foot with other foot slightly raised behind you.* *Bend your knee and lower yourself towards the floor... Your elevated leg should stay parallel to the floor.* *Lean forward slightly to keep your balance but keep your back straight.* *Return to the starting position.* *Complete all repetitions and repeat on opposite leg.*	**5-10 repetitions (per side)**

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Strength & Size Workout A

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight.* *Reverse direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
DB Alternating Floor Press 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.* *Press one dumbbell straight up, keeping the other at the shoulder. Return to the Starting Position and repeat with the opposite arm.* *Continue in an alternating fashion.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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DB Hanging Jump Shrug 	*Stand with your feet hip width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders. Return to Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
Block 2 ***Core Circuit*** *Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing. There are three different Core Circuits A, B and C.* ***Exercises and descriptions are further down the page.***	
Core Circuit A, B or C	*Do between 1-3 circuits of these core exercises designed to strengthen and define your abdominal muscles.*
Block 3 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

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Strength & Size Workout B

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

DB 1 Leg Deadlift 	*Have two dumbbells on the ground in front of you with enough room for your foot to fit between them. Place one foot in between the dumbbells and lift your other foot slightly off the ground and behind you.* *Keep your chest and head up and your eyes straight as you hinge over at your hip and bend your knee to grab the dumbbells and lift to shin level.* *Tighten your core to stabilize you and push straight down with your leg and squeeze the dumbbells up until you are in a standing position.* *You do NOT pull with your arms. Reverse the movement and return to the Starting Position. Complete all repetitions and then repeat on the opposite side.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB 1 Arm Military Press 	*Stand with your feet about shoulder width apart and the dumbbell at your shoulder with elbows below wrists... palm facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back. Hold the non-working arm out to the side for balance and make a fist to increase strength. (Place your hand on your hip if necessary).* *Press dumbbell until arm is extended overhead, with a slight bend in the elbow. The torso can lean away slightly for balance. Pause briefly, and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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DB 1 Arm Row 	*Stagger your stance and bend your forward knee, placing your non-working hand on your bent knee for support. Reach down and grasp the dumbbell and pull it up slightly off the ground.* *While keeping the back flat and the head up, pull the dumbbell to the side until upper arm is just beyond horizontal or height of the back. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 2 ***Energy System Training***	
General Physical Preparedness (GPP)	*There are 3 different GPP workouts (#1, #2 and #3). These are designed to improve general fitness abilities and work capacity… while maintaining your hard earned muscle. Exercise and descriptions are further down the page.*

Strength & Size Workout C

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

DB Bulgarian Squat 	*Face away from a normal height bench and place your rear leg up on the bench. The shin of your lead leg should be relatively vertical. Hold the dumbbells down at your side.* *Lower the body down by bending the knee of the lead leg until the knee of the back leg is almost touches the ground.* *Pause briefly and reverse direction to the Starting Position. Complete all repetitions and then repeat with the opposite leg.*

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	Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.
DB Push Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.* *Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches. Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead.* *The movement comes from the explosive movement of the lower body, not the arms. Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB Hanging Power Clean 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground. At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.* *When the dumbbells reach about the height of your armpits,*

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	rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to "catch" the dumbbells at the shoulders. The elbows should be straight out in front of you. *Once you have "caught" the dumbbells, return to the standing position. Control the dumbbells back to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 2 ***Core Circuit*** *Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing. There are three different Core Circuits A, B and C.* ***Exercises and descriptions are further down the page.***	
Core Circuit A, B or C	*Do between 1-3 circuits of these core exercises designed to strengthen and define your abdominal muscles.*
Block 3 ***Energy System Training***	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

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Core Circuit A

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit Without Rest

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

BW Superman 	*Begin by lying face down on the ground with legs and straight and arms straight over your head.* *Lift your arms and legs off the ground at the same time, like Superman.* *Hold the up position for 2 seconds before returning to the ground... repeat.*
BW Ab Infinities 	*Lie on your back with your legs straight and your arms at your sides.* *Using your arms for balance, press your lower back to the floor and lift your legs about 6 inches... Your body should be ridged.* *Tighten your abdominals and draw the infinity symbol with your legs. Go first in one direction and then the other.* *Works the abdominals, oblique muscles and hip flexors.*
BW 10 Second Crunch 	*Lay on your back with your knees bend and your feet flat on the floor.* *Tuck your chin to your chest, contract your abdominals until your shoulder blades leave the floor and hold for 10 seconds.* *This can be done with your arms across your chest, lightly grasping your head or arms held over the head.*

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Core Circuit B

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit Without Rest

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

BW Side Plank Ups 	*Begin by laying on your side on the ground.* *Prop your right elbow under your right shoulder with your legs straight and your hip on the ground.* *Contract your core muscles and exhale as you raise up into the Plank position. Hold for 1 second and return your hip to the ground.* *If you find the feet positioning uncomfortable, try doing the exercise with the feet pushing against a wall. Complete all repetitions on the right side and then repeat on the left side.* *Can also be done with the arm straight.*
BW The Rower 	*Lay on the ground with your legs flat on the ground and your arms over your head.* *Tuck your chin to your chest so your head is 1-2 inches off the ground... tighten your abdominals and press your lower back into the ground.* *Sit up and swing your arms forward while simultaneously bending at the hip and knees... at the end of the movement your feet should be flat on the ground and pulled close to the butt and your arms should be parallel to the ground. Return to the starting position and repeat.*
BW Flying Acuaman 	*Perform a Plank with arms straight as in the up position of a push up.* *Lift one arm and the opposite leg.* *Keep the tension tight in your core to aid with your balance.* *Hold for time.*

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Core Circuit C

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Circuit Without Rest

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

BW Reverse Crunch	*Assume the crunch position but with your thighs parallel to the floor, knees bent and feet close to your butt... your feet will be off the ground.* *Exhale and tighten your abdominals while raising your hips off the floor and bring your knees toward your chest.* *This is done in a controlled, slow movement... Do not swing your hips up. Hold for one second at the top of the movement and return to the starting position while inhaling.* *Throughout the movement, your upper body should stay flat on the floor... You can have your hands on the floor for balance or raised for added difficulty. Works the abdominals and hip flexors.*
BW Side Plank	*Begin by laying on your side on the ground. Prop your right elbow under your right shoulder and raise your hips up until your body is straight and ridged.* *Keep your hips straight while contracting your abdominals and breathing shallowly.* *If you find the feet positioning uncomfortable, try doing the exercise with the feet pushing against a wall. Repeat on the left side. Can also be done with the arm straight.*
BW Bow Glute Hold	*Lie on your back with your legs straight and your arms folded across your chest.* *Squeeze your glutes and raise your butt in the air... your weight should be on your heels and shoulders.* *Hold for time.*

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General Physical Preparedness (GPP #1)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

BW Burpees Plus 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Do a push-up by bending elbows and lowering body toward the ground then pushing back up.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

DB Twisting Military Press	*Stand with your feet about shoulders width apart and the dumbbells resting on your shoulders with your palms facing each other.* *As you press the dumbbells overhead, twist your body to the*

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left.

Lower the dumbbells as you return to the front and immediately turn to the right while pressing the dumbbells overhead.

The motion should be fluid... don't stop at the front position between repetitions.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

BW Split Squat & Trunk Rotations

Stand with feet hip width apart and the left foot a full stride ahead of the right foot... the right heel will be lifted.

Contract your core and hold your arms in front of you at shoulder height.

Bend both knees and lower hips until left knee is over left foot and the right knee points down.

Straighten legs and bring right knee through and forward to hip height while simultaneously twisting arms and torso to the right.

Return to starting position and repeat for desired repetitions.

Repeat to the opposite side. Do not swing and twist forcibly... this should be a slow and controlled motion.

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Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

DB Curls 	*Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other.* *Keep your chest out and head high.* *Curl the dumbbells upwards towards your shoulders as you twist your wrists inward so they end up facing the body at the top of the movement.* *Reverse the direction and control the movement to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Calf Raises 	*Stand with your feet together and lift up on your toes.* *You can perform this exercise with one leg at a time of with both legs.* *Get a greater range of motion my placing your toes on a raised surface.* *Vary the exercise by spreading your feet further apart or changing the angle of the feet.*
DB Triceps Extensions 	*Stand with your feet about shoulder width apart and the dumbbells held at arms length over your head with palms facing each other.* *Bend at the elbows and control the weight down behind your head.* *Pause briefly and extend the dumbbells to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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General Physical Preparedness (GPP #2)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

DB Clean & Press	*Clean the dumbbells to your shoulders and then press overhead.*

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Divebomber Push Up	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V"... This is just like the starting position of the Hindu Push-Up.* *Flair your elbows out and drop your nose towards the floor between your hands.*

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Then, as if you were sliding underneath a bar, flatten your body out so that it is low and parallel to the floor.

Straighten your arms and push your head upwards while keeping your hips close to the ground.

Pause at the top and then flair your elbows out and return to the starting position by following the same path.

You want to do the exact same movements in reverse to return to the starting position.

DB Split Squat

Stand with one foot forward and the other foot behind, dumbbells held at your sides.

Bend the knee and hip of the front leg until the front thigh is parallel to the floor and the rear leg almost touches the floor.

Keep your body straight throughout the entire movement and only allow your rear knee to bend slightly. Pause briefly and return to the Starting Position.

Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Leg Scissors

Lay on your back with your legs straight.

Tilt your pelvis up, press your lower back to the ground while raising you legs about 6 inches and tuck your chin to your chest... This will take quite a bit of strain off the lower back.

Inhale as you open your legs wide... and then exhale as you reverse direction and cross your legs.

Alternate the leg that goes under and over on each repetition.

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DB Jump Shrug 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.* *Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders.* *Return to Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW One Leg Push Up 	*Assume the up push up position.* *Bend the elbows and lower the body while simultaneously raising the left leg 8-10 inches off the ground.* *The leg should not be jerked upward, but rather raised up in line with the body and with the toe pointed toward the rear.* *Return to the starting position... Repeat, this time raising the right leg.* *Perform at a moderate to fast pace.*

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General Physical Preparedness (GPP #3)

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

BW Squat Thrust

Stand with feet close together and arms at your sides.

Bend knees and squat down, placing hands shoulder-width apart on the ground.

Extend both legs backwards while supporting weight on extended arms.

Jump legs under body into a low squat and stand up to starting position.

Repeat.

Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

DB Squat Clean

Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so

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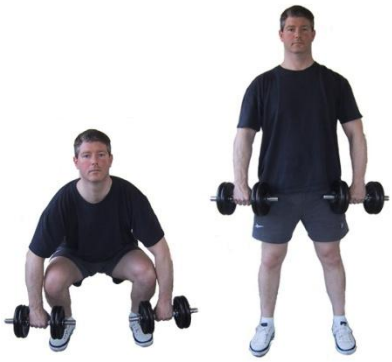
the dumbbells move up along your rib cage close to the body.

When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to "catch" the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down. Once you have "caught" the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand. Control the dumbbells back to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

DB Deadlift



Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight. Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.

Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms. Pause briefly and return to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3… repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes… only resting as necessary.

BW Classic Push Up

Start by laying face down on the ground with your legs straight and your hands by your shoulders. Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you. Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.

Pause at the top and lower yourself down... stopping before your chest hits the ground. This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.

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BW Boot Slappers 	*Stand with your feet shoulder width apart and your hands at your sides.* *Sit back and bend your knees until your thighs are at least parallel to the ground... when you are at the lowest point slap your ankles.* *Return to the starting position and repeat.*
BW Combination Crunch 	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.* *Works the abdominals and hip flexors.*

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Active Recovery Workout

Active Recovery Workout:

This workout should be done on days in-between regular workouts. It is designed to increase recovery from past workouts and prepare you to give maximum effort on future workouts. Keep the intensity low and focus on tight muscles during stretching.

Warm Up & Preparation Circuit:

*Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*

Stretching:

Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.

Stretch	Description	Duration
Lateral Neck	In a standing position, clasp hands behind back, with left hand grasping right wrist. Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch. Stretch should be felt on the right side of the neck and shoulders. Reverse action to stretch the other side.	5-10 seconds. Repeat as necessary
Forward Neck	Flex head forward and down using one or both hands to hold the stretch. Return head to upright position and repeat.	5-10 seconds. Repeat as necessary

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Forearm 	Extend your right arm straight out in front of you, palm down. With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm. Repeat with the left arm.	5-10 seconds. Repeat as necessary
Arm Across Shoulder 	Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder. Repeat with the other arm.	5-10 seconds. Repeat as necessary
Upper Back 	In a standing position, intertwine fingers with arms in front of your body. Press palms outward and press forward until shoulders and back are rounded. Now do the same motion with the arms overhead and the palms facing up.	5-10 seconds. Repeat as necessary
Triceps 	In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades. Gently pull the arm with the right hand toward the midline behind head to stretch the triceps. Repeat to the opposite side.	5-10 seconds. Repeat as necessary

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Overhead Side 	In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Sumo 	Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees. While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder. Repeat on the left side.	5-10 seconds. Repeat as necessary
Standing Quad 	In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch. Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips. Repeat on the opposite side.	5-10 seconds. Repeat as necessary

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Kneeling Lunge 	Kneel on the floor with toes pointed straight back. Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle. Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Calf 	Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended. Bend at the knee and lower your hips while pushing against the wall to stretch the calf. Repeat with the opposite leg.	5-10 seconds. Repeat as necessary
Three Way Hurdler's 	Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go. 1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh. 2) Bend torso towards the knee of the extended leg while keeping the back straight. 3) Keeping the back straight,	5-10 seconds. Repeat as necessary

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	bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and hamstrings. Repeat on the opposite side.	
Butterflies 	Begin by sitting with the legs bent and the bottoms of the feet together. Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat. Do not lean over by bending the back...Bend from the hips and keep the back straight.	5-10 seconds. Repeat as necessary
Lying Back 	While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1 minute. Repeat the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.	5-10 seconds. Repeat as necessary

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Hip Cross Over 	Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle. While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor. Stretch should be felt in the lower back and side of hip. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Lizard 	Begin by lying face down on the floor with the hands flat on the floor under the shoulders. Extend the arms so that the upper torso lifts off the floor. Relax and repeat.	5-10 seconds. Repeat as necessary
Cat & Dog 	Begin kneeling on the floor, toes curled under feet and palms flat on the floor. Sway the back and look upward as you inhale through the nose. Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat. Then keeping the back straight, twist your head to the right while rotating your hips to the right. Repeat on the left side...think of a dog trying to catch its own tail.	5-10 seconds. Repeat as necessary

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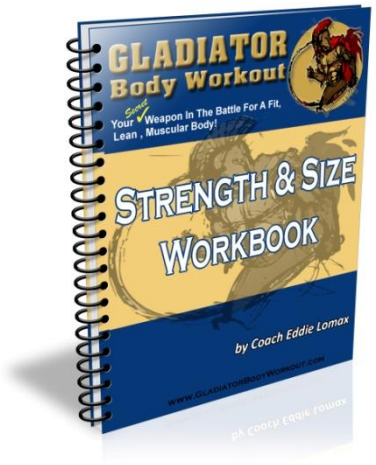

Gladiator Body Workout
Strength & Size Workbook

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / Strength & Size Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Warm Up & Preparation

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Aerobic Activity		5 minutes total

Go directly to Preparation Circuit without rest…

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Exercise	Sets	Repetitions
Hindu Push Up	3	5-10
The Rower	3	5-10 per side
One Legged Deadlifts	3	5-10

You're ready to start the workout.

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Strength & Size Workout Week 1

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	2	12		60 seconds between exercises
DB Alternating Floor Press	2	12		60 seconds between exercises
DB Hanging Jump Shrug	2	12		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit A

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Superman	10	1-3
BW Ab Infinities	10	1-3
BW 10 Second Crunch	5	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

***** End of Workout A*****

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Workout B

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB 1 Leg Deadlift	2	12		60 seconds between exercises
DB 1 Arm Military Press	2	12		60 seconds between exercises
DB 1 Arm Row	2	12		60 seconds between exercises

Rest 120 seconds

General Physical Preparedness (GPP #1)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Burpees Plus	2 minutes	n/a	

Rest 60 seconds

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Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Twisting Military Press	2 minutes total	10		
BW Split Squat & Trunk Rotations	2 minutes total	10	n/a	

Rest 60 seconds

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Curls	2 minutes total	5		
BW Calf Raises	2 minutes total	5	n/a	
DB Triceps Extrensions	2 minutes total	5		

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout B***

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	2	12		60 seconds between exercises
DB Push Press	2	12		60 seconds between exercises
DB Hanging Power Clean	2	12		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit B

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Side Plank Ups	5 (each)	1-3
BW The Rower	15	1-3
BW Flying Acuaman	5 (each)	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout C***

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Strength & Size Workout Week 2

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	3	8		60 seconds between exercises
DB Alternating Floor Press	3	8		60 seconds between exercises
DB Hanging Jump Shrug	3	8		60 seconds between exercises

Rest 120 seconds

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Block 2

Core Circuit C

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Reverse Crunch	20	1-3
BW Side Plank	30 seconds	1-3
BW Bow Glute Hold	30 seconds	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout A***

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Workout B

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB 1 Leg Deadlift	3	8		60 seconds between exercises
DB 1 Arm Military Press	3	8		60 seconds between exercises
DB 1 Arm Row	3	8		60 seconds between exercises

Rest 120 seconds

General Physical Preparedness (GPP #2)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
DB Clean & Press	2 minutes		

Rest 60 seconds

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Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Divebomber Push Ups	2 minutes total	10	n/a	
DB Split Squat	2 minutes total	10		

Rest 60 seconds

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Leg Scissors	2 minutes total	5	n/a	
DB Jump Shrug	2 minutes total	5		
BW One Leg Push Up	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout B***

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	3	8		60 seconds between exercises
DB Push Press	3	8		60 seconds between exercises
DB Hanging Power Clean	3	8		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit A

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Superman	10	1-3
BW Ab Infinities	10	1-3
BW 10 Second Crunch	5	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout C***

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Strength & Size Workout Week 3

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	4	6		60 seconds between exercises
DB Alternating Floor Press	4	6		60 seconds between exercises
DB Hanging Jump Shrug	4	6		60 seconds between exercises

Rest 120 seconds

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Block 2

Core Circuit B

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Side Plank Ups	5 (each)	1-3
BW The Rower	15	1-3
BW Flying Acuaman	5 (each)	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout A***

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Workout B

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB 1 Leg Deadlift	4	6		60 seconds between exercises
DB 1 Arm Military Press	4	6		60 seconds between exercises
DB 1 Arm Row	4	6		60 seconds between exercises

Rest 120 seconds

Workout B (GPP #3)

Exercises and groups of exercises are separated into BLOCKS. Complete Block 1, Block 2 and Block 3 as a Circuit. Rest 1 minute between Blocks and 2 minutes between circuits. Complete 3 circuits total.

Block 1

Single Exercise

Perform the exercise non-stop for 2 minutes. Do as many repetitions as you can!

Exercise	Duration	Load	Reps
BW Squat Thrust	2 minutes	n/a	

Rest 60 seconds

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Block 2

Super Set

Perform 10 reps of Exercise 1, then immediately do 10 reps of Exercise 2... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
DB Squat Clean	2 minutes total	10		
DB Deadlift	2 minutes total	10		

Rest 60 seconds

Block 3

Mini Circuit

Perform 5 reps of Exercise 1, then immediately do 5 reps of Exercise 2 and then 5 reps of Exercise 3... repeating this back and forth process for a total of 2 minutes. Try to do as many sets of each exercise as possible in the 2 minutes... only resting as necessary.

Exercise	Duration	Reps	Load	Sets
BW Classic Push Up	2 minutes total	5	n/a	
BW Boot Slappers	2 minutes total	5	n/a	
BW Combination Crunch	2 minutes total	5	n/a	

Rest 120 seconds, and repeat twice for a total of 3 circuits.

*** End of Workout B***

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	4	6		60 seconds between exercises
DB Push Press	4	6		60 seconds between exercises
DB Hanging Power Clean	4	6		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit C

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Reverse Crunch	20	1-3
BW Side Plank	30 seconds	1-3
BW Bow Glute Hold	30 seconds	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout C***

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Strength & Size Workout Week 4

Workout A

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Front Squat	5	5		60 seconds between exercises
DB Alternating Floor Press	5	5		60 seconds between exercises
DB Hanging Jump Shrug	5	5		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit A

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Superman	10	1-3
BW Ab Infinities	10	1-3
BW 10 Second Crunch	5	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

***** End of Workout A*****

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Workout B

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB 1 Leg Deadlift	5	5		60 seconds between exercises
DB 1 Arm Military Press	5	5		60 seconds between exercises
DB 1 Arm Row	5	5		60 seconds between exercises

***** End of Workout B*****

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Workout C

Workout C

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest 90 seconds between blocks.

Block 1

Circuit With Rest

Perform Exercise 1 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 2 for the directed number of repetitions, rest for the instructed rest period, perform Exercise 3 for the directed number or repetitions and rest for the instructed rest period. Repeat until all sets for all exercises are completed.

Exercise	Sets	Reps	Load	Rest
DB Bulgarian Squat	5	5		60 seconds between exercises
DB Push Press	5	5		60 seconds between exercises
DB Hanging Power Clean	5	5		60 seconds between exercises

Rest 120 seconds

Block 2

Core Circuit B

Perform the exercises in a circuit with no rest between exercises. Complete the desired number of circuits before continuing.

Exercise	Reps	Circuits
BW Side Plank Ups	5 (each)	1-3
BW The Rower	15	1-3
BW Flying Acuaman	5 (each)	1-3

Rest 120 seconds

Block 5

Energy System Training

High Intensity Interval Training		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

*** End of Workout C***

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Active Recovery Workout

This workout should be done on days in-between regular workouts. Keep the intensity low and stretch slowly to promote recovery and prepare for future workouts…

Warm Up & Preparation Circuit: *Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*		
Stretching: *Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.*		
1. Lateral Neck	2. Forward Neck	3. Forearm
4. Arm Across Shoulder	5. Upper Back	6. Triceps
7. Overhead Side	8. Sumo	9. Standing Quad
10. Kneeling Lunge	11. Calf	12. Three Way Hurdler's
13. Butterflies	14. Lying Back	15. Hip Cross Over
16. Lizard	17. Cat & Dog	

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 2		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 3		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 4		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

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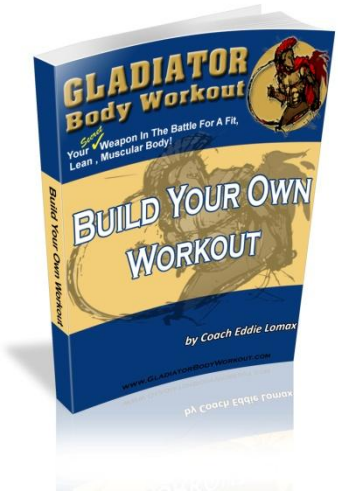

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The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

Build Your Own Workout

The **Build Your Own Workout** system allows you to quickly create highly effective workouts you can perform as independent workouts, or build into a full 4 week workout program. So, when you need an effective workout, just use this workout building system to piece a workout together… and then get to work.

There are Three BLOCKS to the Build Your Own Workout:

- **Power Circuits:** I give you 10 examples of Power Circuits to choose from. A Power Circuit is a group of 3 exercises you perform one after the other. I've also provided you with 3 different Rep/Set/Rest Schemes for Bodyweight exercises and 3 different Rep/Set/Rest Schemes for Dumbbell Exercises. Choose a rep scheme (Strength, Muscle or Endurance) according to your goals and do the appropriate Rep/Set/Rest for the bodyweight and dumbbell exercises.
- **Core Super Sets:** Since core strength is essential (and almost everyone I know wants rock-hard, six-pack abs), I give you 5 examples of Core Super Sets to choose from. A Core Super Set is 2 core exercises performed back to back. Again, there are 3 different Rep/Set/Rest Schemes for each type of exercise (bodyweight or dumbbell) to choose from.
- **Metabolism Boosting Intervals:** I provide 5 different Metabolism Boosting Intervals to choose from. A Metabolism Boosting Interval is a single exercise designed to challenge total body strength, cardiorespiratory endurance and mental toughness. There are 3 different Interval Schemes to choose from.

Building Your Own Workout is easy…

1. *Choose a Power Circuit and Rep/Set/Rest Scheme.*
2. *Choose a Core Super Set and Rep/Set/Rest Scheme.*
3. *Choose a Metabolism Boosting Interval and Interval Scheme.*

Fill in the workbook… then perform the workout!
Here is an example of a 4 Week Workout…

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Week/ Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Training Workout A Scheme 1	Cardio Common Sense	Training Workout B Scheme 2	Cardio Common Sense	Training Workout A Scheme 3	No-Training (Rest)	No-Training (Rest)
Week 2	Training Workout B Scheme 1	Cardio Common Sense	Training Workout A Scheme 2	Cardio Common Sense	Training Workout B Scheme 3	No-Training (Rest)	No-Training (Rest)
Week 3	Training Workout A Scheme 1	Cardio Common Sense	Training Workout B Scheme 2	Cardio Common Sense	Training Workout A Scheme 3	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout B Scheme 1	Cardio Common Sense	Training Workout A Scheme 2	Cardio Common Sense	Training Workout B Scheme 3	No-Training (Rest)	No-Training (Rest)

Training Notes:

Training Workouts:

- Create two different Training Workouts (A and B). Alternate between Workout A and Workout B three times a week. Each day you'll do a different Rep/Set/Rest and Interval Scheme. (You'll do Workouts A-B-A on week 1, Workouts B-A-B on week 2, etc.)

Energy System Training:

- Choose any type of "cardio" workout you want from ***Cardio Common Sense*** and perform on days in-between workouts.

Workout duration: 4 Weeks – Then switch to a different workout.

As you can see, the Build Your Own Workout system allows you to create an endless variety of combinations of exercises and workout schemes… only limited by your imagination.

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Build Your Own Workout

Pick a Power Circuit, a Core Super Set and a Metabolism Boosting Interval for a full-body, muscle-building, fat-blasting workout.

For the dumbbell exercises, choose a weight that is challenging, but still allows you to complete the workout as prescribed. The weight you use changes depending on the Rep/Set/Rest Scheme you choose… the lower the number of reps, the higher the weight. Add weight when necessary.*

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Power Circuits

Perform the Power Circuit as a circuit with no rest between exercises, then rest the prescribed time before starting the next circuit. For example, do Exercise 1, Exercise 2 and Exercise3… then rest. Repeat until all sets are complete.

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10 Power Circuits:

Choose a Power Circuit and perform with one of the following Rep/Set/Rest Schemes:

For Bodyweight Exercises	***For Dumbbell Exercises***
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Power Circuit 1

BW Decline Push Up 	Assume the push up position with your feet resting on a raised surface, like a chair. Keep your knees locked and your body ridged. Bend your elbows and lower your upper body toward the floor... pause 1 second and return to the starting position to complete the push-up movement.
DB Bent Over Row 	Stand with your feet about shoulder width apart and the dumbbells at your sides. Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now. Pull the dumbbells up toward your chest until your elbows extend pass your torso. Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Sumo Squats 	Stand with your feet about 6 inches wider than shoulder width apart... turn your toes slightly outward. Keep your back straight and sit back until your thighs are 90 degrees... keeping your arms close to your body and lowering them toward the floor. Press back up to the starting position and repeat.

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Power Circuit 2	
DB Floor Press 	Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground. Press the dumbbells straight up and over the chest until the dumbbells almost touch. Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Chin Up 	Grasp the pull-up bar with a shoulder width underhand grip. Your palms should face you. Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended. Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging. This exercise should be performed with controlled movement and through full range of motion.
DB Romanian Deadlift 	Stand with your feet about hip width apart and the dumbbells held in front of you at thigh level, palms facing your body. Bend your knees slightly, (they should not be locked), keep your chest out and your head up. While maintain the natural curvature of the spine throughout the entire movement, bend at the HIPS, (not your back), and stick your butt back slightly as you lower the dumbbells close to your body. You should feel a stretch in the hamstrings, and when you get to about knee level pause briefly and reverse the direction and return to the Starting Position. At the top, make it a point to squeeze your core and butt. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

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Power Circuit 3	
BW Pull Up 	Grasp a pull-up bar with a shoulder width overhand grip. Your palms should face away from you. Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended. Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging. This exercise should be performed with controlled movement and through full range of motion.
DB Push Press 	Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back. Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches. Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead. The movement comes from the explosive movement of the lower body, not the arms. Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Rear Lunge 	Stand with feet hip-width apart. Step backward with one foot, bending knees so front knee aligns with ankle, thigh is parallel to the ground and back knee points down. Your knee should lightly "kiss" the ground. Push off back foot and return to starting position.

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Power Circuit 4	
DB Hanging High Pull 	Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body. Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground. At the height of the movement, shrug the shoulders, flex the elbows out and pull the dumbbells up to neck height. Keep the dumbbells as close to the body as possible. Return to Starting Position. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.
BW Pike Push Up 	Walk your hands closer to your feet so that your body resembles and inverted "V". Holding your body and head steady, lower your body towards the floor and push back to the starting position.
DB 1 Leg Deadlift 	Have two dumbbells on the ground in front of you with enough room for your foot to fit between them. Place one foot in between the dumbbells and lift your other foot slightly off the ground and behind you. Keep your chest and head up and your eyes straight as you hinge over at your hip and bend your knee to grab the dumbbells and lift to shin level. Tighten your core to stabilize you and push straight down with your leg and squeeze the dumbbells up until you are in a standing position. You do NOT pull with your arms. Reverse the movement and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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Power Circuit 5	
BW Hindu Push Up 	Start in an up push up position with your feet spread wide. Walk your hands back so your butt is in the air and you are looking back through your legs. Your body will resemble and inverted "V". With your legs straight, lower your hips and bend your arms until you reach the down push up position. Continue to lower your hips while you straighten your arms, arch your back and look up with your head. Your hips should almost touch the floor. Keep your arms straight and push your butt back to the starting position.
BW Over Under 	Grasp the pull up bar with a shoulder width alternating grip. ***One palm should face away from you and the other towards you.*** Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended. Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging. This exercise should be performed with controlled movement and through full range of motion. Remember to switch grips to work both sides equally.
DB Front Squat 	Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body. Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight. Reverse direction and return to the Starting Position. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

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Power Circuit 6	
DB Split Jerk 	Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows facing forward and palms facing each other. (Can also be done with the shoulder press position where the elbows are below the wrists, but it is much harder with heavy dumbbells). Keep your chin tucked, your chest up and the natural arch in your lower back. Sit back with your butt and hips and bend at the knees slightly without letting your knees extend past your toes. Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position. Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place. Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height. When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg. Return the dumbbells to the Starting Position. Alternate the forward leg with each repetition. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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DB Renegade Row 	Get into pushup position with your arms straight and your hands resting on the dumbbells. Spread your feet apart for balance. Tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back. Pause, then slowly return the weight to the Starting Position and repeat with the other arm. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Bootstrappers 	To get into the starting position, squat down with knees together rising up on your toes. Slowly lean forward and place your hands on the ground just forward of your shoulders... Make sure your toes are pointed forward, your heels are off the ground and your knees are together. Your butt should be resting on your heels with 60% of your weight on your legs and 40% on your hands. From this position, straighten your legs and stop when your heels touch the ground. Return to the starting position and repeat. If you feel this exercise in your hamstrings, you are suffering from poor flexibility.
Power Circuit 7	
BW Dips 	You need two stable surfaces a little wider than shoulder width to perform this exercise... here I use sturdy chairs. Grasp the chairs and push yourself to the extended position. Lower yourself between two chairs and push yourself up until your arms are fully extended. **This is an excellent exercise to combine with the pull up... Giving you both a push and pull stimulus.**

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DB Hanging Power Clean 	Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body. Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back. Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground. At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body. When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to "catch" the dumbbells at the shoulders. The elbows should be straight out in front of you. Once you have "caught" the dumbbells, return to the standing position. Control the dumbbells back to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
DB Diagonal Squat 	Stand with your feet wider than shoulder width apart and hold one dumbbell by the handle with both hands close to your chest. Lean to one side and slightly bend the leg on the side you are bending. Lower down into a squat as you simultaneously move to the opposite side and come up on a diagonal on the opposite side. Envision you are ducking under a wire and popping up on the opposite side. Keep your chest high, head up and back straight. You are not bending at the waist.

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	Reverse direction and return to the Starting Position... this is 1 repetition. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.
Power Circuit 8	
DB See Saw Press 	Stand with feet about shoulder width apart and two dumbbells held at shoulder level, palm facing out. Press the left dumbbell overhead while slightly bending to the right. Hold briefly and then simultaneously lower the left dumbbell as you raise the right dumbbell overhead and bend slightly to the left. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Commando Pull Up 	Grab the bar with hands touching, one hand on one side of the bar and the other hand on the other side. You will be sideways under the bar. Pull yourself up so that your head goes to the right of the bar and touch your left shoulder. Lower yourself until arms are fully extended and repeat to the opposite side by pulling yourself up so your head goes to the left of the bar and you touch your right shoulder.

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BW Hindu Squats 	Stand with feet hip-width apart and arms pressed close to chest. Bring your hands down and lower your body by bending your knees. Keep your hands down and back for balance. At the bottom of the movement you should come up on your toes... Making sure to keep your back straight. Straighten legs by pushing off your toes and swinging your arms forward... As you rise, press your heels to the floor and rise your arms to chest level. When upright, pull arms to chest and repeat. Your arms will look like you are rowing a boat.
Power Circuit 9	
BW Pull Up 	Grasp a pull-up bar with a shoulder width overhand grip. Your palms should face away from you. Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended. Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar. Exhale on the way up and keep your body a straight as possible... no swinging. This exercise should be performed with controlled movement and through full range of motion.

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DB Side Press 	Stand with your feet about shoulder width apart, and one dumbbell at shoulder level, palm facing forward. The dumbbell should be angled slightly so that the post of the dumbbell points behind you. Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your forearm perpendicular to the ground, making a shelf with your body for the arm to rest upon. You will already start to feel a tightness in your side and upper back in this position. Simultaneously lean over and forward as you push the dumbbell straight up to arms length. Keep your eyes on the dumbbell at all times. It helps to envision that you are pushing yourself away from the dumbbell, where the dumbbell stays in the same place but your body lowers as the arm extends. Reverse the motion and slowly "pull" the dumbbell back to the Starting Position with your lat muscle as you raise your body up. The lowering motion is just as important as the pushing motion. Once all the repetitions are completed, repeat on the opposite side. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
DB 1 Arm Swing 	Grasp one dumbbell with one hand and squat down with a wide stance so the dumbbell hangs between your legs. Your non-working arm is held at the side for balance with fist clenched for strength. Keep your chest out, head up and the natural curve of your lower back. Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards. The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength. Your arm just guide the dumbbell in an arching motion. When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition. Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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Power Circuit 10	
DB 1 Arm Row 	Stagger your stance and bend your forward knee, placing your non-working hand on your bent knee for support. Reach down and grasp the dumbbell and pull it up slightly off the ground. While keeping the back flat and the head up, pull the dumbbell to the side until upper arm is just beyond horizontal or height of the back. Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
BW Rotating "T" Push Up 	Assume the up push up position. Lower your upper body to the floor and push back up... as you reach the top of the movement, tighten your abdominals and rotate your body to the left and extend your arm straight. Your body will be in a side plank position resembling a "T". Rotate your torso back down, place your hand on the floor and lower chest towards the ground. Push back up, this time rotating to the right side.
BW Jump Squats 	Stand with feet shoulder-width apart and arms at your sides. Sit back into the squat position with thighs parallel to the ground and knees behind your toes and bring your arms slightly back. Explode upwards while throwing your arms upward and jump up as high as possible. Land under control with your hips back and knees over top of your toes. Repeat.

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Core Super Sets

Perform the Core Super Set by doing the exercises back to back with no rest between exercises, then rest the prescribed time before starting the next Super Set. For example, do Exercise 1 then Exercise 2… then rest. Repeat until all sets are complete.

5 Core Super Sets:

Choose a Core Super Set and perform with one of the following Rep/Set/Rest Schemes:

For Bodyweight Exercises	For Dumbbell Exercises
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Super Set 1

BW Ankle Wiggles 	Lie on your back with your knees bent and feet flat on the floor. Assume a semi-crunch position and alternate touching your hands to the outside of your ankles. Keep your abdominals contracted throughout the entire exercise. Works the abdominals and oblique muscles.
DB Roll Ups 	Lie on your back with your legs bent and feet planted firmly on the floor. Hold two dumbbells at arms length over your chest perpendicular to the floor with palms facing each other. Let the dumbbells arch down toward your knees and to the outside of your hips with arms straight and roll your shoulders and upper back off the ground slightly. Do not move your arms, they are locked in place and the dumbbells arc downward due to the crunching of the abdominal muscles and raising of the shoulders. Stop before the dumbbells reach the floor, hold for 1 second and return in the reverse direction until you reach the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips during the crunching movement and inhaling through the nose as you return to the Starting Position.

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Super Set 2	
DB Windmill 	Stand with your feet about shoulder width apart, and one dumbbell held at arm length overhead with palm facing inward. Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your arm straight overhead. Keeping your eyes on the dumbbell, bend forward and down towards the ground. Bend your knee slightly and lower as far as you can. Reverse the direction and return to the Starting Position. Complete all repetitions and repeat on opposite side. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way DOWN and inhaling through the nose on the way UP.
BW Chinnies 	Lie on your back with your legs straight and your elbows bent, hands lightly grasping your head. Do not grab your head tightly and pull with your arms. Exhale and contract your abdominals while you bring your right elbow to left knee and then your left elbow to right knee. Continue alternating at a brisk pace. Your abdominals will stay contracted throughout the entire exercise, maintaining a semi-crunch position and your legs will not touch the ground until the repetitions are complete. Works the abdominals, hip flexors and oblique muscles.
Super Set 3	
BW Lying Hip Rollers 	Lie on your back with your legs bent at a 90° angle... outstretching your arms to the side for balance. Maintain the angle of the legs slowly bring both knees down together on one side until the lower back begins to lift off the floor. Return to the starting position and repeat to the opposite side. This exercise can also be performed with the legs with straight legs for added difficulty by beginning with your legs held together and perpendicular to the floor. Works the abdominals and oblique muscles.

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DB Good Morning 	Stand with your feet about shoulder width apart and one dumbbell behind your neck held with both hands. Keep your legs straight and bend at the hips and push your butt back. Keep your back straight, your head up and your eyes forward. Stop before your body reaches parallel and return to the Starting Position. Keep your core tight throughout the entire exercise, inhaling on the way down and exhaling through pursed lips on the way up.
Super Set 4	
DB Alternating Ab Swings 	Stand with feet hip width apart and dumbbells at your sides. Swing one dumbbell to the front as you simultaneously swing the other dumbbell to the back. When you reach the highest point, quickly reverse directions and continue in an alternating manner. The power for this movement comes from the core, not the arms. Keep your core tight throughout the entire exercise, exhaling through pursed lips with short breaths every time the dumbbell comes up and inhaling through the nose on the transition down.
BW Flutter Kicks 	Lay on your back with your legs straight. Tilt your pelvis up, press your lower back to the ground while raising you legs about 6 inches and tuck your chin to your chest... This will take quite a bit of strain off the lower back. Keep your legs slightly bent and bring your left leg up perpendicular to the ground so that your left heel is directly over your left hip. Lower your left leg while bringing your right leg up to the perpendicular position... and repeat. Works the abdominals and hip flexors.

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Super Set 5	
BW Seated Abdominal Tucks 	Sit on the ground with legs extended straight... Slightly lean back and rest your weight on your hands. Exhale and tighten your abdominals while bending your legs and bringing your knees towards your chest. Pause and tighten abdominals at the top before straightening legs. Repeat without resting your feet on the ground. This exercise can also be performed resting on the edge of a chair. Works abdominals and hip flexors.
DB Saxon Side Bend 	Stand with feet about shoulder width apart, knees slightly bent and the dumbbells held straight over your head with extended arms. Slowly lean directly to one side as far as comfortable, without bending forward or backward. Reverse direction and return to the Starting Position, then repeat to the opposite side. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.

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Metabolism Boosting Interval

Pick your Metabolism Boosting Interval and Interval Scheme to finish up the workout strong!

5 Metabolism Boosting Intervals:

Choose a Metabolism Boosting Interval and perform with one of the following Interval Schemes:

- ***1 minute one/1 minute off – Repeat For 10 Minutes***
- ***30 seconds on/30 seconds off – Repeat For 7 Minutes***
- ***45 seconds on/15 seconds off – Repeat For 5 Minutes***

MBI 1	
BW Squat Thrust 	Stand with feet close together and arms at your sides. Bend knees and squat down, placing hands shoulder-width apart on the ground. Extend both legs backwards while supporting weight on extended arms. Jump legs under body into a low squat and stand up to starting position.
MBI 2	
DB Two Handed Swing 	Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back. Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards. The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.

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	Your arms just guide the dumbbell in an arching motion. When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition. Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
MBI 3	
BW Burpees 	Bend knees and squat down, placing hands shoulder-width apart on the ground. Extend both legs backward while supporting weight on extended arms. Jump legs under body into low squat position. Push off the floor and jump into the air while you raise your hands overhead. Repeat.

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MBI 4	
DB Thrusters 	Stand with your feet about shoulders width apart and the dumbbells held at shoulder level with elbows below wrists and palms facing each other. Sit back with your butt and hips and bend at the knees until thighs are parallel to the ground. Reverse direction and stand up, pressing the dumbbells overhead with extended arms. Reverse the path and return to the Starting Position and immediately drop down for another repetition. This exercise should be done fluidly, without pausing or jerky motions. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
MBI 5	
BW Mountain Climbers 	Begin in the up push up position with your fingers pointing slightly outward. Tuck one leg under your body and keep the other extended. With your weight on the balls of your feet, alternate legs as quickly as possible. Head position is important... Your head should be up when the knee is fully tucked and down during the transition period.

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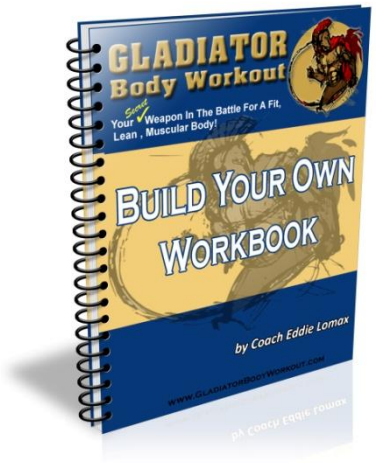

Gladiator Body Workout
B.Y.O.W. Workbook

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / Build Your Own Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Build Your Own Workout

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
				No Rest
				No Rest

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
				No Rest

Rest as little as possible

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Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Sets	Reps	Load	Rest

4 Week Template

Use this 4 week template to create your own month long workout.

You need to create 2 workouts (Workout A and Workout B). I've already created the template like the Example 4 Week workout in the in the Build Your Own Workout guide. As you can see, you'll use all the different Rep/Set/Rest Schemes and Interval Schemes… ***for some great variety!***

B.Y.O.W. Week 1

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
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2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			No rest
	5			2 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			2 minutes

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	1 on/1 off 10 minutes total

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Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			No rest
	3			1 minute

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
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2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			1 minute

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	30 sec on/30 sec off 7 minutes total

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Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

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10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

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Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	45 sec. on/ 15 sec. off 5 minutes total

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B.Y.O.W. Week 2

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			No rest
	5			2 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			2 minutes

Rest as little as possible

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Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	1 on/1 off 10 minutes total

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Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			No rest
	3			1 minute

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			1 minute

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	30 sec on/30 sec off 7 minutes total

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Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

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10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	45 sec. on/ 15 sec. off 5 minutes total

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B.Y.O.W. Week 3

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			No rest
	5			2 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			2 minutes

Rest as little as possible

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Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	1 on/1 off 10 minutes total

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Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			No rest
	3			1 minute

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			1 minute

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	30 sec on/30 sec off 7 minutes total

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Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
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20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

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Exercise	Sets	Reps	Load	Rest
	2			No rest
	2			1.5 minutes

Rest as little as possible

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Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	45 sec. on/ 15 sec. off 5 minutes total

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B.Y.O.W. Week 4

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			No rest
	5			2 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
2 Shy Of MAX/2 Sets/1.5 minutes	*15 reps/ 2 sets/ 1.5 minutes*

Exercise	Sets	Reps	Load	Rest
	5			No rest
	5			2 minutes

Rest as little as possible

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Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	1 on/1 off 10 minutes total

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Workout A

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
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Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			No rest
	3			1 minute

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
20 reps/3 Sets/1 minute	*8 reps/ 3 sets/ 1 minute*
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Exercise	Sets	Reps	Load	Rest
	3			No rest
	3			1 minute

Rest as little as possible

Metabolism Boosting Interval

Perform with one of the following Interval Schemes:

- *1 minute one/1 minute off – Repeat For 10 Minutes*
- *30 seconds on/30 seconds off – Repeat For 7 Minutes*
- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	30 sec on/30 sec off 7 minutes total

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Workout B

Power Circuit

Perform the exercises one after the other as a circuit. Only rest after the last exercise and repeat for the total number of sets. Follow one of the Rep/Set/Rest Schemes:

For Bodyweight Exercises	*For Dumbbell Exercises*
10 Reps/5 Sets/2 minutes	*5 reps/ 5 sets/ 2 minutes*
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Exercise	Sets	Reps	Load	Rest
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	2			No rest
	2			1.5 minutes

Rest as little as possible

Core Super Set

Perform the exercises one after the other. Follow one of the Rep/Set/Rest Schemes:

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- *45 seconds on/15 seconds off – Repeat For 5 Minutes*

Exercise	Interval
	45 sec. on/ 15 sec. off 5 minutes total

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Cardio Common Sense		
Training		
Cardio Common Sense		
Training		
Rest		
Rest		
Week 2		
Training		
Cardio Common Sense		
Training		
Cardio Common Sense		
Training		
Rest		
Rest		
Week 3		
Training		
Cardio Common Sense		
Training		
Cardio Common Sense		
Training		
Rest		
Rest		
Week 4		
Training		
Cardio Common Sense		
Training		
Cardio Common Sense		
Training		
Rest		
Rest		

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Recommended For Optimum Fitness, Fat Loss & Performance

Precision Nutrition by Dr. John Berardi

The best nutrition plan I've found so far for Performance, Health & Physique.

Order Now & Save $50
(Limited Offer)

PROGRADE
GET SERIOUS, GET RESULTS!

Sensible Supplements That Make The Difference…

- **EFA Icon** – Better Than Fish Oil
- **VGF Men** – Vegetable Vitamin
- **Workout** – Post Workout Drink

See Everything At:

Prograde

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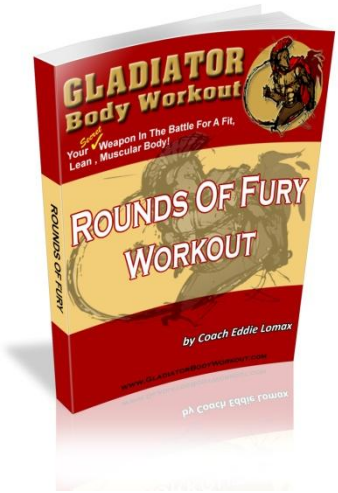

Gladiator Body Workout
R.O.F. Workout
(Rounds Of Fury Workout)

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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- **VGF Men** – Vegetable Vitamin
- **Workout** – Post Workout Drink

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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R.O.F. Workout (Rounds Of Fury)

The **Rounds Of Fury Workout** uses TIMED ROUNDS to build the combined strength endurance, cardiorespiratory endurance and mental toughness of elite fighters, martial artists and mixed martial artists. You either do the rounds for a specific time, or time yourself doing the rounds.

Ever wanted the strong, lean body of a fighter? The body built to take punishment as well as dish it out?

Then use "classic" fighter's rounds of intense exercise followed by rest.

Build the physical and mental fortitude to be as strong and powerful in the *last round* as you are in the first!

Every round pushes you to the edge and is a test of survival. **And that which does not kill you DOES make you stronger.** Your muscles become stronger, longer. Your heart and lungs withstand a barrage of strenuous activity. Performance robbing fat melts away. And your brain resists the urge to quit.

This is what physical and mental toughness is all about!

In order to give everyone an opportunity to use these highly effective, intense workouts, there are four different R.O.F. strategies, and I give 2 workouts (A and B) so you have a broad choice. (A total of 26 different R.O.F. workouts to choose from!)

Timed Sets: You do series of exercises for a predetermined amount of time EACH… adding up to the complete round time. Rest and repeat. Progress by performing more rounds than last time.

- **2 Minute Rounds:** 4 Exercises Done For 30 Seconds Each.
- **3 Minute Rounds:** 4 Exercises Done For 45 Seconds Each.
- **Tabata Rounds:** 20 Seconds Work, 10 Seconds Rest Done 8 Times.
- **5 Minute Rounds:** 5 Exercises Done For 1 Minute Each.
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Circuit Style: You do a predetermined number of repetitions for each exercise in the circuit. Repeat as many circuits as possible in the allotted Round time. Progress by performing more circuits in the time given than last time.

- **3 Exercises / 5 Reps Per Exercise / 10 Minutes Total**
- **4 Exercises / 10 Reps Per Exercise / 15 Minutes Total**
- **5 Exercises / 15 Reps Per Exercise / 20 Minutes Total**

Rounds For Time: You do the number of rounds indicated as fast as possible with as little rest as possible. Record total time to complete all rounds. Progress by completing all the rounds faster than the last time.

- **3 Rounds / 5 Exercises / 20 Reps (300 Total Repetitions)**
- **4 Rounds / 4 Exercises / 25 Reps (400 Total Repetitions)**
- **5 Rounds / 3 Exercises / 30 Reps (450 Total Repetitions)**

Race The Clock: You perform a predetermined number of reps for each exercise, then rest the remainder of the minute. Repeat every minute until you fall behind or reach the total target time.

- **3 Exercises / 5 Repetitions / 30 Minute Total Target Time (450 Total Reps)**
- **3 Exercises / 7 Repetitions / 20 Minutes Total Target Time (420 Total Reps)**
- **3 Exercises / 9 Repetitions / 15 Minute Total Target Time (405 Total Reps)**

All you need to do is pick one of the Rounds Of Fury workouts and record your performance in the ***R.O.F. Score Sheet***. Next time you do the same workout… try to beat your previous score!

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

******If you want to do these workouts as a 4 week program: Pick two workouts (from any of the sections), and label one Workout A and the other Workout B. Perform 3***

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times a week (A-B-A week 1, B-A-B week 2), and try to improve each time you repeat a workout! Perform Energy System Training in between workout (Cardio Common Sense)*

Warm Up

Complete the Warm Up before every workout…

Warm Up: *Increase body temperature and heart rate in preparation for more strenuous activity to come.*
5 Minutes Aerobic Activity *Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.* *If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.*

Timed Sets

2 Minute Rounds: Do each of the 4 exercises for 30 seconds each. Rest 1 minute and repeat for 2-10 total rounds.	
2 Minute Rounds Workout A	
DB Split Jerk 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows facing forward and palms facing each other. (Can also be done with the shoulder press position where the elbows are below the wrists, but it is much harder with heavy dumbbells). Keep your chin tucked, your chest up and the natural arch in your lower back.* *Sit back with your butt and hips and bend at the knees slightly without letting your knees extend past your toes. Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the*

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	lunge position. *Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place.* *Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.* *When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg. Return the dumbbells to the Starting Position.* *Alternate the forward leg with each repetition. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders. Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body. Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
DB Bent Over Row 	*Stand with your feet about shoulder width apart and the dumbbells at your sides.* *Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders.* *Palms should be facing behind you now. Pull the dumbbells up toward your chest until your elbows extend pass your torso. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Step Ups 	*Stand a comfortable distance away from a bench, sturdy chair or other elevated surface... facing the surface.* *Step up with your right foot and place the foot on the surface and then straighten the right leg until the left leg is on the surface as well.* *Lower your left foot to the ground and then return to the starting position.* *You can repeat all repetitions with the same leg and then switch legs... or perform the step ups in an alternating fashion.*
2 Minute Rounds Workout B	
BW Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*
BW Hindu Push Up 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs. Your body will resemble and inverted "V".* *With your legs straight, lower your hips and bend your arms until you reach the down push up position.* *Continue to lower your hips while you straighten your arms, arch your back and look up with your head. Your hips should almost touch the floor. Keep your arms straight and push your butt back to the starting position.*

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DB Two Handed Swing 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight.* *Reverse direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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3 Minute Rounds:

Do each of the 4 exercises for 45 seconds each. Rest 2 minutes and repeat for 2-6 total rounds.

3 Minute Rounds Workout A

DB Golf Squat 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.* *Keep your chest out, head up and the natural curve of your lower back.* *Explode up by extending your hips and knees as you rotate your upper body, lifting the weight towards the ceiling.* *Keep your arms straight as if you are swinging a golf club. Reverse directions and return to the Starting Position. Alternate sides each repetition.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Knee Raise To Side Push Up 	*Start in the up push up position.* *Lower yourself until your arms are parallel to the ground while raising the left knee up to the left elbow.* *Simultaneously press up and return your leg to the starting position. Repeat, bringing the right leg to the right elbow. Continue in an alternating fashion at a moderate pace.*
DB Alternating Hanging High Pull 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulder of side, flex the elbow out and pull the dumbbell up to neck height.*

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	Keep the dumbbell as close to the body as possible. *The non-working arm remains at hip level. Return to Starting Position.* *Alternate sides with each repetition.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
BW Butt Raises 	*Lay flat on your back with knees bent and feet flat on the ground.* *With your arms at your sides and your knees together, push your pelvis up and lift your butt 3-6 inches off the floor.* *Hold briefly and return to starting position.*
3 Minute Rounds Workout B	
BW Ice Skater Hops 	*Stand on your right foot with your left foot off the ground and behind you.* *Twist your arms to the right as you sit back into a semi-squat position with your left leg bent behind you and to the right. Push off your right foot and hop to the left... landing on your left foot with your arms and right leg twisting to the left.* *Tap your right foot on the ground behind you and immediately reverse direction.*
DB Twisting Military Press 	*Stand with your feet about shoulders width apart and the dumbbells resting on your shoulders with your palms facing each other.* *As you press the dumbbells overhead, twist your body to the left.* *Lower the dumbbells as you return to the front and immediately turn to the right while pressing the dumbbells overhead.* *The motion should be fluid... don't stop at the front position between repetitions.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Rest Pause Pull Ups 	*Push off the floor and jump into the air while you raise your hands overhead to grasp the pull up bar.* *Pull yourself up so your chin goes over the bar. Drop back down to the ground and repeat.* ***Do one repetition and drop off the bar and pause for a second**. Then return to the starting position for another repetition.* *Doing your pull ups in a Rest Pause fashion gives you a slight break between repetitions and helps you to perform each repetition with perfection*
DB Sumo Deadlift 	*Stand over two dumbbells facing each other with a wide stance. Sit back with butt and hips, bend at the knees and grasp the dumbbells with palms facing each other. Keep your head up, eyes forward and back straight. Lift the dumbbells off the ground slightly.* *Stand straight up and as you near the top, slightly flex your elbows, bringing the dumbbells to the front a little to keep them from hitting your body.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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Tabata Rounds:

Do each of the exercises for 20 seconds and rest 10 seconds before starting the next exercise. Repeat so you do a total of 8 work intervals (Doing each exercise twice = 1 Round). Rest 3 minutes and repeat for 2-4 total rounds.

Tabata Rounds Workout A

DB Two Handed Swing 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.* *Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*

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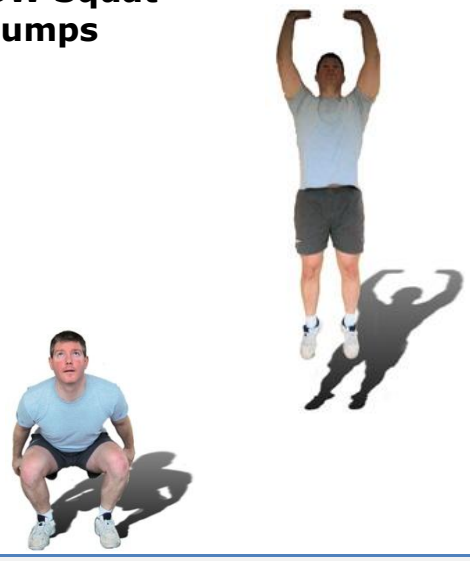
DB Renegade Row 	*Get into pushup position with your arms straight and your hands resting on the dumbbells. Spread your feet apart for balance.* *Tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back. Pause, then slowly return the weight to the Starting Position and repeat with the other arm.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Squat Jumps 	*Stand with feet shoulder-width apart and arms at your sides.* *Sit back into the squat position with thighs parallel to the ground and knees behind your toes and bring your arms slightly back.* *Explode upwards while throwing your arms upward and jump up as high as possible.* *Land under control with your hips back and knees over top of your toes.* *Repeat.*
Tabata Rounds Workout B	
BW Split Jump 	*Begin standing with your feet together and arms at your sides.* *Jump and swing your right foot and right arm forward while simultaneously swinging your left foot and left arm backward.* *Then jump and swing your right foot and right arm backward while simultaneously swinging your left foot and left arm forward.* *Continue in an alternating fashion.*

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DB Push Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.* *Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches. Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead.* *The movement comes from the explosive movement of the lower body, not the arms. Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB Bent Over Row 	*Stand with your feet about shoulder width apart and the dumbbells at your sides.* *Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.* *Pull the dumbbells up toward your chest until your elbows extend pass your torso.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Free Squat 	*Stand with feet hip-width apart.* *Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.* *Press off the ground and return to upright position.*

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5 Minute Rounds:

Do each of the 5 exercises for 1 minute each. Rest 2 minutes and repeat for 2-4 total rounds.

5 Minute Rounds Workout A

DB Jump Shrug 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.* *Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders. Return to Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Divebomber Push Up 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V"... This is just like the starting position of the Hindu Push-Up.* *Flair your elbows out and drop your nose towards the floor between your hands.* *Then, as if you were sliding underneath a bar, flatten your body out so that it is low and parallel to the floor.* *Straighten your arms and push your head upwards while keeping your hips close to the ground.* *Pause at the top and then flair your elbows out and return to the starting position by following the same path.* *You want to do the exact same movements in reverse to return to the starting position.*

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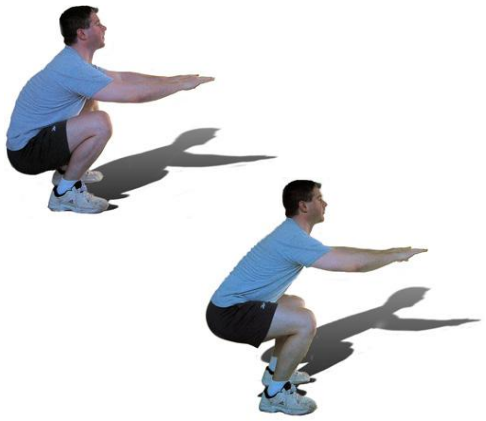
DB Squat Clean 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.* *When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to "catch" the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.* *Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.* *Once you have "caught" the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand. Control the dumbbells back to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Reverse Squat 	*With your feet around shoulder-width apart, drop your butt straight down and "sit" as low as possible.* *Keep your hands out for balance and make sure that your feet stay completely flat on the ground.* *Adjust your feet position until you are comfortable.* *Drive your body straight up until your thighs are parallel to the ground... Making sure that your knees do not extend beyond your toes.* *Drop back down to the starting position and repeat.*

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DB Roll Ups 	*Lie on your back with your legs bent and feet planted firmly on the floor. Hold two dumbbells at arms length over your chest perpendicular to the floor with palms facing each other.* *Let the dumbbells arch down toward your knees and to the outside of your hips with arms straight and roll your shoulders and upper back off the ground slightly. Do not move your arms, they are locked in place and the dumbbells arc downward due to the crunching of the abdominal muscles and raising of the shoulders.* *Stop before the dumbbells reach the floor, hold for 1 second and return in the reverse direction until you reach the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips during the crunching movement and inhaling through the nose as you return to the Starting Position.*
5 Minute Rounds Workout B	
BW Standing Twist 	*Stand with your feet together and your arms out to your sides.* *With the balls of your feet remaining in contact with the ground, perform a twisting motion.* *This should be a fluid motion and not a jumping motion.*
DB Military Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward.* *Keep your chin tucked, your chest up and the natural arch in your lower back.* *Press dumbbells until arms are extended overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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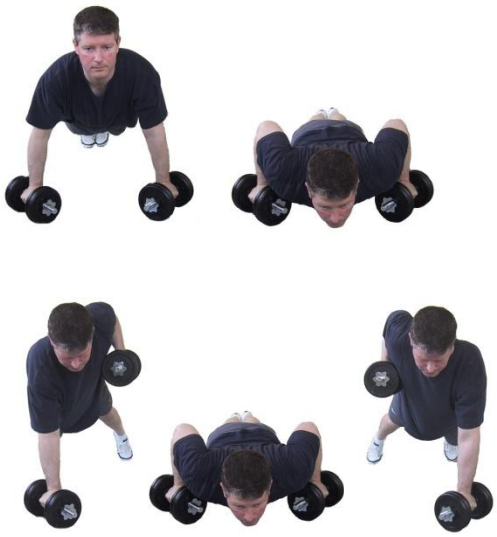
DB Push Up Row 	*Get into pushup position with your arms straight and your hands resting on the dumbbells.* *Spread your feet apart for balance.* *Perform a push up by lowering your body in between the dumbbells, pausing briefly and pressing back to the Stating Position.* *When you reach the top position, tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back.* *Pause briefly, then slowly return the weight to the floor.* *Perform another push up and then row with the opposite arm.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB Swings 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Combination Crunch 	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.* *Works the abdominals and hip flexors.*

Circuit Style

10 Minutes Total:

Do 5 repetitions of each of the 3 exercises in a circuit. Repeat as many circuits as possible in 10 minutes. Rest as little as possible.

10 Minute Circuit Workout A

DB Squats 	*Stand with feet about shoulder width apart and the dumbbells held at your sides with palms facing the body.* *Keep your head and chest up, eyes forward and shoulders back (pretend someone put ice down your back) and sit back with your butt and hips.* *Keep the weight on the heels as you bend at the knees and lower your body until your thighs are parallel to the ground. Reverse the direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
BW Pike Push Up 	*Assume the up push up position with your feet together.* *Walk your hands closer to your feet so that your body resembles and inverted "V".* *Holding your body and head steady, lower your body towards the floor and push back to the starting position*

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DB Crunch 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells below and extend the dumbbells at arms length perpendicular to the floor.* *Keep your chin tucked and contract your abdominal muscles to raise your shoulders and upper back off the floor a few inches while extending the dumbbells toward the ceiling.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling on the way down.*
10 Minute Circuit Workout B	
BW Burpees 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

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DB Floor Press 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.* *Press the dumbbells straight up and over the chest until the dumbbells almost touch. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.* *Complete between 5-20 reps and IMMEDIATELY switch to the next exercise in the super-set.*
BW V-Ups 	*Lie on your back with legs straight and a few inches off the floor and your arms by your sides.* *Exhale and tighten your abdominals while raising your legs up about 45 degrees and reaching toward your toes with your arms.* *You should be balancing on your butt at this point. Do this in a controlled motion without swinging legs or jerking the upper body. Slowly return to starting position. Works the abdominals.*

15 Minutes Total:

Do 10 repetitions of each of the 4 exercises in a circuit. Repeat as many circuits as possible in 15 minutes. Rest as little as possible.

15 Minute Circuit Workout A

DB Deadlift 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight. Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.* *Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms.* *Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Knuckle Push Up 	*Perform a Classic Push Up balancing on your knuckles instead of your palms.*
DB Squat Clean 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.* *When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to "catch" the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.* *Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.* *Once you have "caught" the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand. Control the dumbbells back to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Acuaman 	*Begin by laying face down on the ground with legs straight and arms straight over your head.* *Lift one arm and the opposite leg at the same time, for example the right arm and left leg.* *Hold the up position for 2 seconds before returning to the ground. Repeat on the opposite side.*
15 Minute Circuit Workout B	
BW Bootstrappers 	*To get into the starting position, squat down with knees together rising up on your toes.* *Slowly lean forward and place your hands on the ground just forward of your shoulders... Make sure your toes are pointed forward, your heels are off the ground and your knees are together.* *Your butt should be resting on your heels with 60% of your weight on your legs and 40% on your hands.* *From this position, straighten your legs and stop when your heels touch the ground. Return to the starting position and repeat. If you feel this exercise in your hamstrings, you are suffering from poor flexibility.*
DB Push Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.* *Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches.* *Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead.* *The movement comes from the explosive movement of the lower body, not the arms.* *Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Leg Raising Pull Up 	*Grab the bar at shoulder width with an overhand grip.* *Extend your feet slightly in front of your and tighten your abdominals.* *Bend your arms, bringing your upper body towards the bar while simultaneously bringing your legs to the L position.* *Once your chin crosses the bar, your legs should be straight out in front of you.* *Pause for one second and lower yourself to the starting position.*
DB Alternating Ab Swings 	*Stand with feet hip width apart and dumbbells at your sides.* *Swing one dumbbell to the front as you simultaneously swing the other dumbbell to the back.* *When you reach the highest point, quickly reverse directions and continue in an alternating manner. The power for this movement comes from the core, not the arms.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips with short breaths every time the dumbbell comes up and inhaling through the nose on the transition down.*

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20 Minutes Total:

Do 15 repetitions of each of the 5 exercises in a circuit. Repeat as many circuits as possible in 20 minutes. Rest as little as possible.

20 Minute Circuit Workout A

DB Golf Squat 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.* *Keep your chest out, head up and the natural curve of your lower back.* *Explode up by extending your hips and knees as you rotate your upper body, lifting the weight towards the ceiling.* *Keep your arms straight as if you are swinging a golf club. Reverse directions and return to the Starting Position. Alternate sides each repetition.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.* *Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time.* *Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*

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DB Bent Over Row 	*Stand with your feet about shoulder width apart and the dumbbells at your sides.* *Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.* *Pull the dumbbells up toward your chest until your elbows extend pass your torso.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Free Squat 	*Stand with feet hip-width apart.* *Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.* *Press off the ground and return to upright position.*
DB Roll Ups 	*Lie on your back with your legs bent and feet planted firmly on the floor. Hold two dumbbells at arms length over your chest perpendicular to the floor with palms facing each other.* *Let the dumbbells arch down toward your knees and to the outside of your hips with arms straight and roll your shoulders and upper back off the ground slightly. Do not move your arms, they are locked in place and the dumbbells arc downward due to the crunching of the abdominal muscles and raising of the shoulders.* *Stop before the dumbbells reach the floor, hold for 1 second and return in the reverse direction until you reach the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips during the crunching movement and inhaling through the nose as you return to the Starting Position.*

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20 Minute Circuit Workout B	
BW Jumping Jacks 	*Begin standing with your feet together and arms at your sides.* *Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner.* *Continue in an alternating fashion.*
DB See Saw Press 	*Stand with feet about shoulder width apart and two dumbbells held at shoulder level, palm facing out.* *Press the left dumbbell overhead while slightly bending to the right.* *Hold briefly and then simultaneously lower the left dumbbell as you raise the right dumbbell overhead and bend slightly to the left.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.* *Complete between 5-20 reps with EACH arm and then IMMEDIATELY switch to the next exercise in the super-set.*
DB Renegade Row 	*Get into pushup position with your arms straight and your hands resting on the dumbbells. Spread your feet apart for balance.* *Tighten your abs as you pull one dumbbell off the floor and draw it toward your chest until your elbow is above your back. Pause, then slowly return the weight to the Starting Position and repeat with the other arm.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Lunge 	*Stand with your feet hip-width apart and your head in line with your spine.* *Step forward with your left foot and bend your knee so that your left thigh is parallel to the ground, your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor.* *Your right knee should lightly "kiss" the ground. Push off the left foot and return to the starting position. Keep your head up and your back straight. Complete all repetitions and then repeat with the right leg, or do in an alternating fashion.*
DB Crunch 	*Lie on your back with your legs bent and feet planted firmly on the floor. Pick up the dumbbells below and extend the dumbbells at arms length perpendicular to the floor.* *Keep your chin tucked and contract your abdominal muscles to raise your shoulders and upper back off the floor a few inches while extending the dumbbells toward the ceiling. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling on the way down.* *Complete between 5-20 reps and rest 1 minute. If you are doing more than 1 set of this super-set, start this super-set over again after the minute break. Once you have completed all sets of the super-sets, go to the Finishers or Cardiorespiratory Section.*

Rounds For Time

3 Rounds:

Do 3 rounds of 20 repetitions of 5 exercises as fast as possible with good form. Record total time to complete all rounds. (300 Total Reps)

3 Round Workout A

DB Split Jerk	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows facing forward and palms facing each other. (Can also be done with the shoulder press position where the elbows are below the wrists, but it is much harder with heavy dumbbells). Keep your chin tucked, your chest up and the natural arch in your lower back.*

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	Sit back with your butt and hips and bend at the knees slightly without letting your knees extend past your toes. *Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position.* *Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place.* *Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.* *When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg.* *Return the dumbbells to the Starting Position. Alternate the forward leg with each repetition.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Push Up & Alternating Inverted Crunch 	*Assume the up push up position. Lower your body towards the floor and push back up.* *When you are at the top of the movement, keep your back straight and bring your left knee forward until it touches your left elbow.* *Return to the starting position, perform another push-up and repeat on the right side. Continue in an alternating fashion.*
DB Jump Shrug 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Sit back with your butt and hips and bend your knees while keeping your chest up, shoulders back and eyes looking forward. Pick up the dumbbells and hold them about shin height.* *Explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground. At the height of the movement, shrug the shoulders. Return to Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Divebomber Push Up 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V"... This is just like the starting position of the Hindu Push-Up.* *Flair your elbows out and drop your nose towards the floor between your hands.* *Then, as if you were sliding underneath a bar, flatten your body out so that it is low and parallel to the floor.* *Straighten your arms and push your head upwards while keeping your hips close to the ground.* *Pause at the top and then flair your elbows out and return to the starting position by following the same path.* *You want to do the exact same movements in reverse to return to the starting position.*
DB Side Bend 	*Stand with feet about shoulder width apart and a dumbbell held at your side with palms facing the body and the non-working hand on your hip.* *Keep the back straight and bend as far as you can in the direction of the hand holding the dumbbell, letting the dumbbell travel down your leg. Only bend at the waist.* *Pause briefly and return to the starting position by tightening your core and flexing your side muscle on the opposite side.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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3 Round Workout B	
BW Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*
DB Military Press 	Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back. Press dumbbells until arms are extended overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
DB Hanging Power Clean 	*Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.*

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	When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to "catch" the dumbbells at the shoulders. The elbows should be straight out in front of you. *Once you have "caught" the dumbbells, return to the standing position. Control the dumbbells back to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Free Squat 	*Stand with feet hip-width apart.* *Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.* *Press off the ground and return to upright position.*
DB Windmill 	*Stand with your feet about shoulder width apart, and one dumbbell held at arm length overhead with palm facing inward.* *Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your arm straight overhead.* *Keeping your eyes on the dumbbell, bend forward and down towards the ground. Bend your knee slightly and lower as far as you can.* *Reverse the direction and return to the Starting Position.* *Complete all repetitions and repeat on opposite side.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way DOWN and inhaling through the nose on the way UP.*

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4 Rounds:

Do 4 rounds of 25 repetitions of 4 exercises as fast as possible with good form. Record total time to complete all rounds. (400 Total Reps)

4 Round Workout A

DB Hip Raise Alternating Floor Press 	*Lie on your back with your legs bent and feet planted firmly on the floor.* *Pick up the dumbbells below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.* *Now press into the ground with your heels and raise your butt off the ground. Tighten your core and hold that position.* *Press one dumbbell and twist so your pressing shoulder leaves the ground. You will be supported only by your feet and opposite shoulder.* *Reverse direction and return to the Starting Position. Now repeat with the opposite arm. Your butt will not return to the ground during the entire set.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Hindu Push Up 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V".* *With your legs straight, lower your hips and bend your arms until you reach the down push up position.* *Continue to lower your hips while you straighten your arms, arch your back and look up with your head.* *Your hips should almost touch the floor.* *Keep your arms straight and push your butt back to the starting position.*

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DB Two Handed Swing 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Combination Crunch 	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.* *Works the abdominals and hip flexors.*
4 Round Workout B	
BW Rear Lunge 	*Stand with feet hip-width apart.* *Step backward with one foot, bending knees so front knee aligns with ankle, thigh is parallel to the ground and back knee points down.* *Your knee should lightly "kiss" the ground.* *Push off back foot and return to starting position.* *Complete all repetitions to one side and then repeat on the opposite side, or do in an alternating fashion.*

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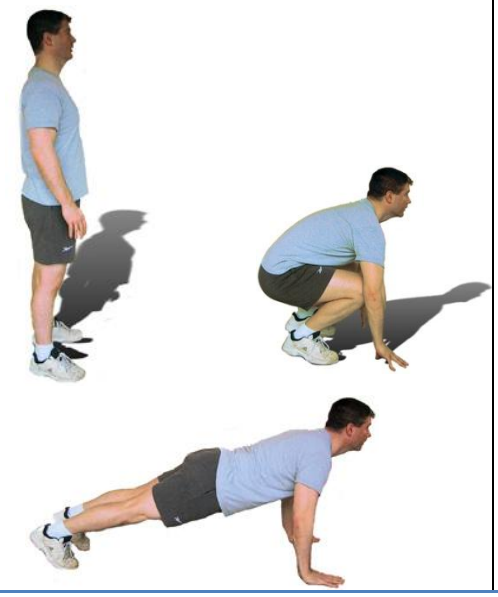
DB Push Up 	*Position two dumbbells on the ground a little wider than shoulder width. Grip the dumbbells and take an "up" push up position. Keep your abdominal muscles tight, your back flat and your eyes looking about 6 inches in front of you.* *Lower yourself while remaining ridged, getting full range of motion by allowing your chest to go in between the dumbbells.* *Pause briefly and return to the Starting Position, keeping your body ridged at all times.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
DB Bent Over Row 	*Stand with your feet about shoulder width apart and the dumbbells at your sides.* *Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders.* *Palms should be facing behind you now. Pull the dumbbells up toward your chest until your elbows extend pass your torso. Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*

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5 Rounds:

Do 5 rounds of 30 repetitions of 3 exercises as fast as possible with good form. Record total time to complete all rounds. (450 Total Reps)

5 Round Workout A

DB Push Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward.* *Keep your chin tucked, your chest up and the natural arch in your lower back. Sit your butt back and bend at the hips and knees slightly. You should only dip down a few inches.* *Explode up by extending your hips and knees and raise your heels off the floor as you simultaneously press the dumbbells overhead. The movement comes from the explosive movement of the lower body, not the arms. Control the dumbbells back to the Starting Position and IMMEDIATELY re-bend the knees and hips.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
DB Two Handed Swing 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Seated Abdominal Tucks 	*Sit on the ground with legs extended straight... Slightly lean back and rest your weight on your hands.* *Exhale and tighten your abdominals while bending your legs and bringing your knees towards your chest.* *Pause and tighten abdominals at the top before straightening legs.* *Repeat without resting your feet on the ground. This exercise can also be performed resting on the edge of a chair. Works abdominals and hip flexors.*
5 Round Workout B	
DB Clean & Press 	*Clean the dumbbells to your shoulders and then press overhead.*
BW Lunge 	*Stand with your feet hip-width apart and your head in line with your spine.* *Step forward with your left foot and bend your knee so that your left thigh is parallel to the ground, your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor.* *Your right knee should lightly "kiss" the ground. Push off the left foot and return to the starting position. Keep your head up and your back straight. Complete all repetitions and then repeat with the right leg, or do in an alternating fashion.*

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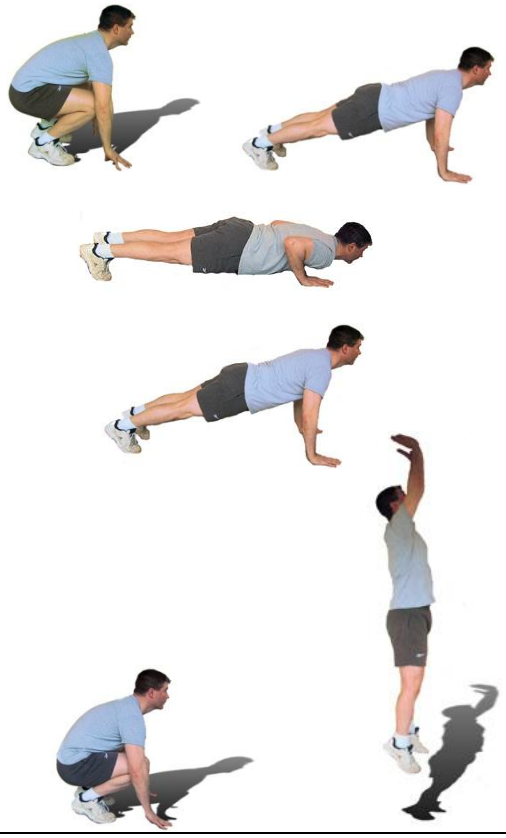
BW Jiu Jitsu Sit Up	*Lie on your back with your knees bent and feet flat on the ground. Bend your elbows and rest your hands on your chest. Exhale and roll to the left while posting your left elbow on the ground, push off your elbow and continue to rise up while extending your right arm to the outside of your left knee.* *Inhale and return to the starting position before repeating on the right side. Increase difficulty by placing your feet on a chair and bending your knees 90°. Works the abdominals and oblique muscles.*

Race The Clock

30 Minutes Total Time:

Do 5 repetitions of 3 exercises each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (450 Total Reps)

30 Minute Race Workout A

BW Burpees Plus 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Do a push-up by bending elbows and lowering body toward the ground then pushing back up.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

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DB Curls 	*Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other. Keep your chest out and head high.* *Curl the dumbbells upwards towards your shoulders as you twist your wrists inward so they end up facing the body at the top of the movement.* *Reverse the direction and control the movement to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
BW Dips 	*You need two stable surfaces a little wider than shoulder width to perform this exercise... here I use sturdy chairs.* *Grasp the chairs and push yourself to the extended position.* *Lower yourself between two chairs and push yourself up until your arms are fully extended.* *This is an excellent exercise to combine with the pull up... Giving you both a push and pull stimulus.*
30 Minute Race Workout B	
BW Jumping Jacks 	*Begin standing with your feet together and arms at your sides.* *Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner.* *Continue in an alternating fashion.*

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BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.* *Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time.* *Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
DB Clean & Press 	*Clean the dumbbells to your shoulders and then press overhead.*

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20 Minutes Total Time:

Do 7 repetitions of 3 exercises each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (420 Total Reps)

20 Minute Race Workout A

DB Hanging Jump Shrug	*Stand with your feet hip width apart, chest and head up, and shoulders back with dumbbells held at your thighs, palms facing your body.* *Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs.* *Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.* *At the height of the movement, shrug the shoulders. Return to Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
BW Combination Crunch	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.* *Works the abdominals and hip flexors.*
DB Alternating Floor Press	*Lie on your back with your legs bent and feet planted firmly on the floor.* *Pick up the dumbbells below and position the dumbbells at your shoulders with your elbows on the ground and forearm perpendicular to the ground.* *Press one dumbbell straight up, keeping the other at the shoulder. Return to the Starting Position and repeat with the opposite arm. Continue in an alternating fashion.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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20 Minute Race Workout B	
DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight.* *Reverse direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*
BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders. Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body. Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
BW Reverse Crunch 	*Assume the position for the Crunch but with your thighs parallel to the floor, knees bent and feet close to your butt... your feet will be off the ground.* *Exhale and tighten your abdominals while raising your hips off the floor and bring your knees toward your chest. This is done in a controlled, slow movement... Do not swing your hips up. Hold for one second at the top of the movement and return to the starting position while inhaling.* *Throughout the movement, your upper body should stay flat on the floor... You can have your hands on the floor for balance or raised for added difficulty.* *Works the abdominals and hip flexors.*

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15 Minutes Total Time:

Do 9 repetitions of 3 exercises each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (405 Total Reps)

15 Minute Race Workout A

BW Split Jumps 	*Begin standing with your feet together and arms at your sides.* *Jump and swing your right foot and right arm forward while simultaneously swinging your left foot and left arm backward.* *Then jump and swing your right foot and right arm backward while simultaneously swinging your left foot and left arm forward.* *Continue in an alternating fashion.*
DB Two Handed Swing 	*Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs. Keep your chest out, head up and the natural curve of your lower back.* *Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.* *The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength.* *Your arms just guide the dumbbell in an arching motion.* *When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.* *Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders. Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body. Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time. Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
15 Minute Race Workout B	
BW Jumping Jacks 	*Begin standing with your feet together and arms at your sides.* *Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner.* *Continue in an alternating fashion.*
BW Free Squats 	*Stand with feet hip-width apart.* *Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance. Press off the ground and return to upright position.*
DB Push Ups 	*Position two dumbbells on the ground a little wider than shoulder width. Grip the dumbbells and take an "up" push up position. Keep your abdominal muscles tight, your back flat and your eyes looking about 6 inches in front of you.* *Lower yourself while remaining ridged, getting full range of motion by allowing your chest to go in between the dumbbells. Pause briefly and return to the Starting Position, keeping your body ridged at all times. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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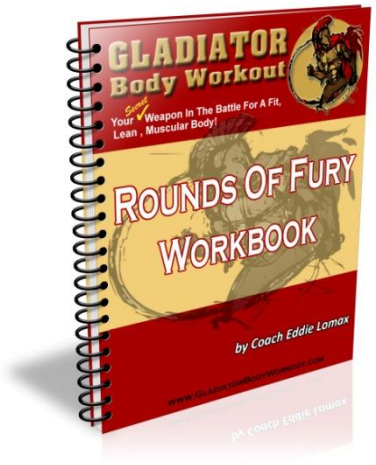

Gladiator Body Workout R.O.F. Workbook

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / Rounds Of Fury Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Score Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Score Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

5. Go to the next workout!

******If you want to do these workouts as a 4 week program: Pick two workouts (from any of the sections), and label one Workout A and the other Workout B. Perform 3 times a week (A-B-A week 1, B-A-B week 2), and try to improve each time you repeat a workout! Perform Energy System Training in between workout (Cardio Common Sense)******

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R.O.F. Workout Warm Up

Complete the Warm Up before every workout…

Warm Up: *Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.* *If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.*		
Aerobic Activity		5 minutes total

You're ready to start the workout.

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Timed Sets – 2 Minute Rounds

Simply do the exercises for the time period prescribed for all exercises. Rest as instructed and repeat as many rounds as your fitness level permits. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

2 Minute Rounds:

Do each of the 4 exercises for 30 seconds each. Rest 1 minute and repeat for 2-10 total rounds. Try to do more rounds the next time you do this workout.

Exercise	Load	Time
DB Split Jerk		30 seconds
BW Classic Push Up	n/a	30 seconds
DB Bent Over Row		30 seconds
BW Step Ups	n/a	30 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

Workout B

2 Minute Rounds:

Do each of the 4 exercises for 30 seconds each. Rest 1 minute and repeat for 2-10 total rounds. Try to do more rounds the next time you do this workout.

Exercise	Load	Time
BW Squat Thrust	n/a	30 seconds
BW Hindu Push Up	n/a	30 seconds
DB Two Handed Swing		30 seconds
DB Front Squat		30 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Timed Sets – 3 Minute Rounds

Simply do the exercises for the time period prescribed for all exercises. Rest as instructed and repeat as many rounds as your fitness level permits. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

3 Minute Rounds:

Do each of the 4 exercises for 45 seconds each. Rest 2 minutes and repeat for 2-6 total rounds. Try to do more rounds the next time you do this workout.

Exercise	Load	Time
DB Golf Squat		45 seconds
BW Knee Raise To Side Push Up	n/a	45 seconds
DB Alternating Hanging High Pull		45 seconds
BW Butt Raises	n/a	45 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

Workout B

3 Minute Rounds:

Do each of the 4 exercises for 45 seconds each. Rest 2 minutes and repeat for 2-6 total rounds. Try to do more rounds the next time you do this workout.

Exercise	Load	Time
BW Ice Skater Hops	n/a	45 seconds
DB Twisting Military Press		45 seconds
BW Rest-Pause Pull Ups	n/a	45 seconds
DB Sumo Deadlift		45 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Timed Sets – Tabata Rounds

The Tabata Protocol is 20 seconds of intense effort, followed by 10 seconds of rest… repeated 8 times. To get the most benefit, make sure your 20 seconds of work are as intense as possible. ***Since there are only 4 exercises listed, you need to go through the exercises twice to complete one round****. Rest and repeat as your fitness level allows. Try to do more the next time you repeat the workout.*

Workout A

Tabata Rounds:

Do each of the exercises for 20 seconds and rest 10 seconds before starting the next exercise. Repeat so you do a total of 8 work intervals. Rest 3 minutes and repeat for 2-4 total rounds.

Exercise	Load	Time
DB Two Handed Swing		20 sec. on / 10 sec. off
BW Classic Push Up	n/a	20 sec. on / 10 sec. off
DB Renegade Row		20 sec. on / 10 sec. off
BW Squat Jumps	n/a	20 sec. on / 10 sec. off
Repeat circuit to complete 1 round. (8 work intervals total per Round)		

Workout	**# Rounds Performed**
1	
2	
3	
4	
5	

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Workout B

Tabata Rounds:

Do each of the exercises for 20 seconds and rest 10 seconds before starting the next exercise. Repeat so you do a total of 8 work intervals. Rest 3 minutes and repeat for 2-4 total rounds.

Exercise	Load	Time
BW Split Jump	n/a	20 sec. on / 10 sec. off
DB Push Press		20 sec. on / 10 sec. off
DB Bent Over Row		20 sec. on / 10 sec. off
BW Free Squat	n/a	20 sec. on / 10 sec. off
Repeat circuit to complete 1 round. (8 work intervals total per Round)		

Workout	**# Rounds Performed**
1	
2	
3	
4	
5	

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Timed Sets – 5 Minute Rounds

Simply do the exercises for the time period prescribed for all exercises. Rest as instructed and repeat as many rounds as your fitness level permits. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

5 Minute Rounds:

Do each of the 5 exercises for 1 minute each. Rest 2 minutes and repeat for 2-4 total rounds... Try to do more rounds the next time you do this workout.

Exercise	Load	Time
DB Jump Shrugs		60 seconds
BW Divebomber Push Ups	n/a	60 seconds
DB Squat Clean		60 seconds
BW Reverse Squat	n/a	60 seconds
DB Roll Ups		60 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

Workout B

5 Minute Rounds:

Do each of the 5 exercises for 1 minute each. Rest 2 minutes and repeat for 2-4 total rounds.. Try to do more rounds the next time you do this workout.

Exercise	Load	Time
BW Standing Twist	n/a	60 seconds
DB Military Press		60 seconds
DB Push Up Row		60 seconds
DB Swings		60 seconds
BW Combination Crunch	n/a	60 seconds

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Circuit Style – 10 Minutes Total

Do 5 repetitions of each of the 3 exercises in a circuit… this is 1 round. Do as many rounds as your fitness level permits in a total of 10 minutes. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

10 Minutes Total:

Do 5 repetitions of each of the 3 exercises in a circuit. Repeat as many circuits as possible in 10 minutes. Rest as little as possible.

Exercise	Load	Repetitions
DB Squats		5
BW Pike Push Up	n/a	5
DB Crunch		5
Rest as little as possible and do as many rounds as you can in 10 minutes!		

Workout	**# Rounds Performed**
1	
2	
3	
4	
5	

Workout B

10 Minutes Total:

Do 5 repetitions of each of the 3 exercises in a circuit. Repeat as many circuits as possible in 10 minutes. Rest as little as possible.

Exercise	Load	Repetitions
BW Burpees	n/a	5
DB Floor Press		5
BW V-Ups	n/a	5
Rest as little as possible and do as many rounds as you can in 10 minutes!		

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Circuit Style – 15 Minutes Total

Do 10 repetitions of each of the 4 exercises in a circuit… this is 1 round. Do as many rounds as your fitness level permits in a total of 15 minutes. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

15 Minutes Total:

Do 10 repetitions of each of the 4 exercises in a circuit. Repeat as many circuits as possible in 15 minutes. Rest as little as possible.

Exercise	Load	Repetitions
DB Deadlifts		10
BW Knuckle Push Ups	n/a	10
DB Squat Clean		10
BW Acuaman	n/a	10
Rest as little as possible and do as many rounds as you can in 15 minutes!		

Workout	# Rounds Performed
1	
2	
3	
4	
5	

Workout B

15 Minutes Total:

Do 10 repetitions of each of the 4 exercises in a circuit. Repeat as many circuits as possible in 15 minutes. Rest as little as possible.

Exercise	Load	Repetitions
BW Bootstrappers	n/a	10
DB Push Press		10
BW Leg Raising Pull Up	n/a	10
DB Alternating Ab Swings		10
Rest as little as possible and do as many rounds as you can in 15 minutes!		

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Circuit Style – 20 Minutes Total

Do 15 repetitions of each of the 5 exercises in a circuit… this is 1 round. Do as many rounds as your fitness level permits in a total of 20 minutes. Record the number of rounds completed and try to do more rounds the next time you do the workout.

Workout A

20 Minutes Total:

Do 15 repetitions of each of the 5 exercises in a circuit. Repeat as many circuits as possible in 20 minutes. Rest as little as possible.

Exercise	Load	Repetitions
DB Golf Squat		15
BW Classic Push Up	n/a	15
DB Bent Over Row		15
BW Free Squat	n/a	15
DB Roll Ups		15
Rest as little as possible and do as many rounds as you can in 20 minutes!		

Workout	# Rounds Performed
1	
2	
3	
4	
5	

Workout B

20 Minutes Total:

Do 15 repetitions of each of the 5 exercises in a circuit. Repeat as many circuits as possible in 20 minutes. Rest as little as possible.

Exercise	Load	Repetitions
BW Jumping Jacks	n/a	15
DB See Saw Press		15
DB Renegade Row		15
BW Lunge	n/a	15
DB Crunch		15
Rest as little as possible and do as many rounds as you can in 20 minutes!		

Workout	# Rounds Performed
1	
2	
3	
4	
5	

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Rounds For Time – 3 Rounds

Do 20 repetitions for each of the 5 exercises as a circuit… this is one round. Complete 3 full rounds with good form, resting as little as possible. Record total time to complete all rounds. (300 Total Reps)

Workout A

3 Rounds:

Do 3 rounds of 20 repetitions of 5 exercises as fast as possible with good form. Record total time to complete all rounds. (300 Total Reps)

Exercise	Load	Repetitions
DB Split Jerk		20
BW Push Up & Alternating Inverted Crunch	n/a	20
DB Jump Shrug		20
BW Step Ups	n/a	20
DB Side Bend		20
Repeat for a total of 3 Rounds!		

Workout	Time
1	
2	
3	
4	
5	

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Workout B

3 Rounds:

Do 3 rounds of 20 repetitions of 5 exercises as fast as possible with good form. Record total time to complete all rounds. (300 Total Reps)

Exercise	Load	Repetitions
BW Squat Thrust	n/a	20
DB Military Press		20
DB Hanging Power Clean		20
BW Free Squat	n/a	20
DB Windmill		20
Repeat for a total of 3 Rounds!		

Workout	Time
1	
2	
3	
4	
5	

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Rounds For Time – 4 Rounds

Do 25 repetitions for each of the 4 exercises as a circuit… this is one round. Complete 4 full rounds with good form, resting as little as possible. Record total time to complete all rounds. (400 Total Reps)

Workout A

4 Rounds:

Do 4 rounds of 25 repetitions of 4 exercises as fast as possible with good form. Record total time to complete all rounds. (400 Total Reps)

Exercise	Load	Repetitions
DB Hip Raise Alternating Floor Press		25
BW Hindu Push Up	n/a	25
DB Two Handed Swing		25
BW Combination Crunch	n/a	25
Repeat for a total of 4 Rounds!		

Workout	Time
1	
2	
3	
4	
5	

Workout B

4 Rounds:

Do 4 rounds of 25 repetitions of 4 exercises as fast as possible with good form. Record total time to complete all rounds. (400 Total Reps)

Exercise	Load	Repetitions
BW Rear Lunge	n/a	25
DB Push Up		25
DB Bent Over Row		25
BW Squat Thrusts	n/a	25
Repeat for a total of 4 Rounds!		

Workout	**Time**
1	
2	
3	
4	
5	

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Rounds For Time – 5 Rounds

Do 30 repetitions for each of the 3 exercises as a circuit… this is one round. Complete 5 full rounds with good form, resting as little as possible. Record total time to complete all rounds. (450 Total Reps)

Workout A

5 Rounds:

Do 5 rounds of 30 repetitions of 3 exercises as fast as possible with good form. Record total time to complete all rounds. (450 Total Reps)

Exercise	Load	Repetitions
DB Push Press		30
DB Two Handed Swing		30
BW Seated Abdominal Tucks	n/a	30
Repeat for a total of 5 Rounds!		

Workout	Time
1	
2	
3	
4	
5	

Workout B

5 Rounds:

Do 5 rounds of 30 repetitions of 3 exercises as fast as possible with good form. Record total time to complete all rounds. (450 Total Reps)

Exercise	Load	Repetitions
DB Clean & Press		30
BW Lunge	n/a	30
BW Jiu Jitsu Sit Up	n/a	30
Repeat for a total of 5 Rounds!		

Workout	Time
1	
2	
3	
4	
5	

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Race The Clock – 30 Minutes

Do 5 repetitions for each of the 3 exercises as a circuit each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat the circuit at the beginning of each new minute. Record how many minutes you can go without falling behind. (450 Total Reps)

Workout A

30 Minutes Total Time:

Do 5 repetitions of 3 exercises each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (450 Total Reps)

Exercise	Load	Repetitions
BW Burpees Plus	n/a	5
DB Curls		5
BW Dips	n/a	5
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 30)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

Workout B

30 Minutes Total Time:

Do 5 repetitions of 3 exercises each minute for a total of 30 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (450 Total Reps)

Exercise	Load	Repetitions
BW Jumping Jacks	n/a	5
BW Classic Push Up	n/a	5
DB Clean & Press		5
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 30)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

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Race The Clock – 20 Minutes

Do 7 repetitions for each of the 3 exercises as a circuit each minute for a total of 20 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat the circuit at the beginning of each new minute. Record how many minutes you can go without falling behind. (420 Total Reps)

Workout A

20 Minutes Total Time:

Do 7 repetitions of 3 exercises each minute for a total of 20 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (420 Total Reps)

Exercise	Load	Repetitions
DB Hanging Jump Shrug		7
BW Combination Crunch	n/a	7
DB Alternating Floor Press		7
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 20)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

Workout B

20 Minutes Total Time:

Do 7 repetitions of 3 exercises each minute for a total of 20 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (420 Total Reps)

Exercise	Load	Repetitions
DB Front Squat		7
BW Classic Push Up	n/a	7
BW Reverse Crunch	n/a	7
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 20)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

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Race The Clock – 15 Minutes

Do 9 repetitions for each of the 3 exercises as a circuit each minute for a total of 15 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat the circuit at the beginning of each new minute. Record how many minutes you can go without falling behind. (405 Total Reps)

Workout A

15 Minutes Total Time:

Do 9 repetitions of 3 exercises each minute for a total of 15 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (405 Total Reps)

Exercise	Load	Repetitions
BW Split Jumps	n/a	9
DB Two Handed Swing		9
BW Classic Push Up	n/a	9
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 15)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

Workout B

15 Minutes Total Time:

Do 9 repetitions of 3 exercises each minute for a total of 15 minutes. EX. Perform all reps for all exercises and then rest the remainder of the minute. Repeat at the start of each new minute. (405 Total Reps)

Exercise	Load	Repetitions
BW Jumping Jacks	n/a	9
BW Free Squats	n/a	9
DB Push Ups		9
Rest for the remainder of the minute. Repeat as many minutes as possible (Up to 15)		

Workout	# Of Minutes Completed
1	
2	
3	
4	
5	

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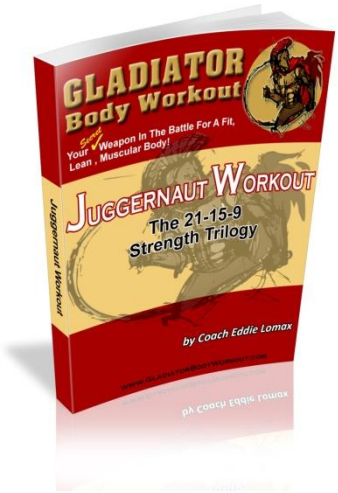

Gladiator Body Workout

Juggernaut Workout

The 21-15-9 Strength Trilogy

By

Eddie Lomax
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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Juggernaut Workout
The 21-15-9 Trilogy

The **Juggernaut Workout** is designed to turn you into an ***"unstoppable crushing force"***.

The improvement of total body strength, cardio conditioning, overall work capacity and mental toughness make this perfect training for Military, Law Enforcement, Firefighters, Fighters or anyone who need incredible power under the most challenging of circumstances.

It is a combination of Resistance Exercise and Energy System Training that improves every type of strength (maximum strength, explosive strength and strength endurance) and every energy system (aerobic, anaerobic and anaerobic lactate).

These workouts are very demanding. You are asked to perform strength moves while under cardiorespiratory stress, and cardiorespiratory moves while under muscular stress. This not only challenges your muscular strength and cardiorespiratory conditioning… but your mental toughness as well.

We are going to use a wide variety of workouts, all different variations of the 21-15-9 Trilogy. (You'll understand why it's called this later).

- **Training Workouts:** There are three different Training Workouts (A,B and C). Each one uses different 21-15-9 rep schemes. These workouts are a combination of Resistance Training and Energy System Training (Cardio).
- **Active Recovery Workouts:** An active recovery workout is to be performed in between your training days. These workouts are low intensity and low volume workouts designed to help you recover from training days… preparing you to give your all on your next workout.

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Here is an outline of the 4 Week Juggernaut Workout…

Week/ Day	*Mon*	*Tue*	*Wed*	*Thur*	*Fri*	*Sat*	*Sun*
Week 1	Training Workout A Endurance Aerobic	Active Recovery Workout	Training Workout B Explosive HIAI	Active Recovery Workout	Training Workout C Maximum HIIT	No-Training (Rest)	No-Training (Rest)
Week 2	Training Workout A Endurance Aerobic	Active Recovery Workout	Training Workout B Explosive HIAI	Active Recovery Workout	Training Workout C Maximum HIIT	No-Training (Rest)	No-Training (Rest)
Week 3	Training Workout A Endurance Aerobic	Active Recovery Workout	Training Workout B Explosive HIAI	Active Recovery Workout	Training Workout C Maximum HIIT	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout A Endurance Aerobic	Active Recovery Workout	Training Workout B Explosive HIAI	Active Recovery Workout	Training Workout C Maximum HIIT	No-Training (Rest)	No-Training (Rest)

Training Notes:

Per Week:

- 3 Training Days – Top Priority – Do Not Miss
  - 3 Days Combination Resistance Training & Energy System Training.

- 2 Active Recovery Days – 2nd Priority - If You Have To Miss A Workout
- 2 Full Rest Days – You Deserve It!

Explanation: The goal of the **Juggernaut Workout** is to complete the workout as fast as possible. There are no rest periods prescribed. Rest as much as you need, but always try to go as fast as possible, while maintaining good form. **When you repeat a workout, try to beat your last time**. That is how you measure your progress.

Workout duration: 4 Weeks – Then switch to a different workout.

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Warm Up & Preparation Circuit

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Increase body temperature and heart rate in preparation for more strenuous activity to come.

5 Minutes Aerobic Activity

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Cobra Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head.* *Raise yourself from the floor by straightening your elbows while keeping your legs and pelvis on the ground... Keeping your elbows close to your body, arch your back and look upward.* *Pause at the top and lower yourself down... repeat.*	**5-10 repetitions**
Jiu Jitsu Sit Up	*Lie on your back with your knees bent and feet flat on the ground. Bend your elbows and rest your hands on your chest.* *Exhale and roll to the left while posting your left elbow on the ground, push off your elbow and continue to rise*	**5-10 repetitions (per side)**

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	up while extending your right arm to the outside of your left knee. *Inhale and return to the starting position before repeating on the right side.*	
Sumo Squat 	*Stand with your feet about 6 inches wider than shoulder width apart... turn your toes slightly outward.* *Keep your back straight and sit back until your thighs are 90 degrees... keeping your arms close to your body and lowering them toward the floor.* *Press back up to the starting position and repeat.*	**5-10 repetitions**

Juggernaut Workout A

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Cardio Interval

Perform the cardio activity for the time instructed and then immediately move on to the next block.

Steady-State Aerobic Activity	*Choose your favorite "cardio" activity and perform at a moderate pace you can maintain for the time prescribed. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.*

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Block 2

Circuit

Perform 21 reps of each exercise in a circuit and then move on to the next block.

Classic Push Up

Start by laying face down on the ground with your legs straight and your hands by your shoulders.

Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you. Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.

Pause at the top and lower yourself down... stopping before your chest hits the ground. This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time.

Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.

DB Hanging Power Clean

Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously dip in the knees to "catch" the dumbbells at the shoulders. The elbows should be straight out in front of you.

Once you have "caught" the dumbbells, return to the standing position.

Control the dumbbells back to the Starting Position.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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BW Ankle Grabbers 	*Stand with your feet shoulder width apart... and then bend over and grab your ankles while keeping your legs straight.* *While holding your ankles, lower your butt until it almost touches your calves, pause 1 second and return to the starting position.* *Watch your balance.*
Block 3 ***Cardio Interval*** *Perform the cardio activity for the time instructed and then immediately move on to the next block.*	
Steady-State Aerobic Activity	*Choose your favorite "cardio" activity and perform at a moderate pace you can maintain for the time prescribed. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.*
Block 4 ***Circuit*** *Perform 15 reps of each exercise in a circuit and then move on to the next block.*	
BW Decline Push Up 	*Assume the push up position with your feet resting on a raised surface, like a chair.* *Keep your knees locked and your body ridged.* *Bend your elbows and lower your upper body toward the floor... pause 1 second and return to the starting position to complete the push-up movement.*
DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight.* *Reverse direction and return to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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BW Twisters 	*Lay on your back with your knees bend and feet flat on the ground... keep your elbows close to the body and your hands in a "praying position" in front of your chest.* *Perform a crunch by exhaling and contracting the abdominals... but while in the top position, twist back and forth, touching hands to each side of your body before returning to the down position.* *This is one repetition. Alternate which side you twist to first with each repetition. Works the abdominals and oblique muscles.*
Block 5 ***Cardio Interval*** *Perform the cardio activity for the time instructed and then immediately move on to the next block.*	
Steady-State Aerobic Activity	*Choose your favorite "cardio" activity and perform at a moderate pace you can maintain for the time prescribed. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.*
Block 6 ***Circuit*** *Perform 9 reps of each exercise in a circuit and then move on to the next block.*	
DB Thruster 	*Stand with your feet about shoulders width apart and the dumbbells held at shoulder level with elbows below wrists and palms facing each other.* *Sit back with your butt and hips and bend at the knees until thighs are parallel to the ground.* *Reverse direction and stand up, pressing the dumbbells overhead with extended arms.* *Reverse the path and return to the Starting Position and immediately drop down for another repetition.* *This exercise should be done fluidly, without pausing or jerky motions.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*
DB Clean & Front Squat 	*Clean the dumbbells to your shoulders and then perform a Front Squat.*

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Juggernaut Workout B

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Cardio Interval

Perform the cardio activity for the time instructed and then immediately move on to the next block.

High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows: #low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*

Block 2

Super Set

Perform 3 sets of 7 reps of each exercise in a circuit and then move on to the next block. Do 7 reps of Exercise 1, then 7 reps of Exercise 2… and repeat for a total of 3 circuits.

BW Hindu Push Ups 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V".* *With your legs straight, lower your hips and bend your arms until you reach the down push up position.* *Continue to lower your hips while you straighten your arms, arch your back and look up with your head.* *Your hips should almost touch the floor.* *Keep your arms straight and push your butt back to the starting position.*

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DB Sumo Deadlift 	*Stand over two dumbbells facing each other with a wide stance. Sit back with butt and hips, bend at the knees and grasp the dumbbells with palms facing each other.* *Keep your head up, eyes forward and back straight. Lift the dumbbells off the ground slightly.* *Stand straight up and as you near the top, slightly flex your elbows, bringing the dumbbells to the front a little to keep them from hitting your body.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*
Block 3 ***Cardio Interval*** *Perform the cardio activity for the time instructed and then immediately move on to the next block.*	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*
Block 4 ***Super Set*** *Perform 3 sets of 5 reps of each exercise in a circuit and then move on to the next block. Do 5 reps of Exercise 1, then 5 reps of Exercise 2… and repeat for a total of 3 circuits.*	
DB Clean & Press 	*Clean the dumbbells to your shoulders and then press overhead.*

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BW Rear Lunge & Reach 	*Start with your feet shoulder width apart and your hands on your hips.* *Take a large step back with your left leg, landing on the ball of your foot, while simultaneously raising both arms overhead... palms facing each other.* *Keep your back straight and your abdominals tight.* *The rear leg should be straight but not locked... and the bent leg should have the knee over the foot.* *Return to the starting position and repeat with the right leg.* *This should be done in a slow, controlled manner, 1-2 seconds down, 1-2 seconds up.*
Block 5 ***Cardio Interval*** *Perform the cardio activity for the time instructed and then immediately move on to the next block.*	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.*

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Block 6

Super Set

Perform 3 sets of 3 reps of each exercise in a circuit and then move on to the next block. Do 3 reps of Exercise 1, then 3 reps of Exercise 2… and repeat for a total of 3 circuits.

BW Burpees Plus 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Do a push-up by bending elbows and lowering body toward the ground then pushing back up.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*
DB Front Squat – See Saw Press (No photo)	*Perform a Front Squat and then press the dumbbells first to one side and then the other before returning to the starting position.*

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Juggernaut Workout C

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

Exercise Blocks:

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one.

Block 1

Cardio Interval

Perform the cardio activity for the time instructed and then immediately move on to the next block.

High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

Block 2

Single Exercise

Perform 7 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 7 times.

BW Chin Up 	*Grasp the pull-up bar with a shoulder width underhand grip.* *Your palms should face you.* *Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.* *Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar.* *Exhale on the way up and keep your body a straight as possible... no swinging.* *This exercise should be performed with controlled movement and through full range of motion.*

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Block 3
Cardio Interval
Perform the cardio activity for the time instructed and then immediately move on to the next block.

High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*

Block 4
Single Exercise
Perform 5 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 5 times.

DB Side Press

Stand with your feet about shoulder width apart, and one dumbbell at shoulder level, palm facing forward. The dumbbell should be angled slightly so that the post of the dumbbell points behind you.

Step forward slightly with the leg of the non-working side and lean your weight on that leg. Stick your hip out underneath the dumbbell and keep your forearm perpendicular to the ground, making a shelf with your body for the arm to rest upon.

You will already start to feel a tightness in your side and upper back in this position.

Simultaneously lean over and forward as you push the dumbbell straight up to arms length. Keep your eyes on the dumbbell at all times.

It helps to envision that you are pushing yourself away from the dumbbell, where the dumbbell stays in the same place but your body lowers as the arm extends.

Reverse the motion and slowly "pull" the dumbbell back to the Starting Position with your lat muscle as you raise your body up.

The lowering motion is just as important as the pushing motion. Once all the repetitions are completed, repeat on the opposite side.

Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

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Block 5 ***Cardio Interval*** *Perform the cardio activity for the time instructed and then immediately move on to the next block.*	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.*
Block 6 ***Single Exercise*** *Perform 3 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 3 times.*	
DB Deadlift 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight. Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.* *Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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Active Recovery Workout

Active Recovery Workout:

This workout should be done on days in-between regular workouts. It is designed to increase recovery from past workouts and prepare you to give maximum effort on future workouts. Keep the intensity low and focus on tight muscles during stretching.

Warm Up & Preparation Circuit:

*Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*

Stretching:

Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.

Stretch	Description	Duration
Lateral Neck	In a standing position, clasp hands behind back, with left hand grasping right wrist. Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch. Stretch should be felt on the right side of the neck and shoulders. Reverse action to stretch the other side.	5-10 seconds. Repeat as necessary
Forward Neck	Flex head forward and down using one or both hands to hold the stretch. Return head to upright position and repeat.	5-10 seconds. Repeat as necessary

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Forearm 	Extend your right arm straight out in front of you, palm down. With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm. Repeat with the left arm.	5-10 seconds. Repeat as necessary
Arm Across Shoulder 	Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder. Repeat with the other arm.	5-10 seconds. Repeat as necessary
Upper Back 	In a standing position, intertwine fingers with arms in front of your body. Press palms outward and press forward until shoulders and back are rounded. Now do the same motion with the arms overhead and the palms facing up.	5-10 seconds. Repeat as necessary
Triceps 	In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades. Gently pull the arm with the right hand toward the midline behind head to stretch the triceps. Repeat to the opposite side.	5-10 seconds. Repeat as necessary

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Overhead Side 	In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Sumo 	Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees. While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder. Repeat on the left side.	5-10 seconds. Repeat as necessary
Standing Quad 	In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch. Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips. Repeat on the opposite side.	5-10 seconds. Repeat as necessary

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Kneeling Lunge 	Kneel on the floor with toes pointed straight back. Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle. Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Calf 	Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended. Bend at the knee and lower your hips while pushing against the wall to stretch the calf. Repeat with the opposite leg.	5-10 seconds. Repeat as necessary
Three Way Hurdler's 	Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go. 1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh. 2) Bend torso towards the knee of the extended leg while keeping the back straight. 3) Keeping the back straight,	5-10 seconds. Repeat as necessary

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	bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and hamstrings. Repeat on the opposite side.	
Butterflies 	Begin by sitting with the legs bent and the bottoms of the feet together. Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat. Do not lean over by bending the back...Bend from the hips and keep the back straight.	5-10 seconds. Repeat as necessary
Lying Back 	While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1 minute. Repeat the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.	5-10 seconds. Repeat as necessary

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Hip Cross Over 	Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle. While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor. Stretch should be felt in the lower back and side of hip. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Lizard 	Begin by lying face down on the floor with the hands flat on the floor under the shoulders. Extend the arms so that the upper torso lifts off the floor. Relax and repeat.	5-10 seconds. Repeat as necessary
Cat & Dog 	Begin kneeling on the floor, toes curled under feet and palms flat on the floor. Sway the back and look upward as you inhale through the nose. Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat. Then keeping the back straight, twist your head to the right while rotating your hips to the right. Repeat on the left side...think of a dog trying to catch its own tail.	5-10 seconds. Repeat as necessary

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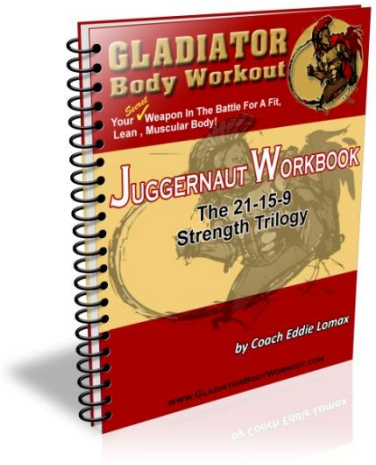

Gladiator Body Workout
Juggernaut Workbook
The 21-15-9 Strength Trilogy

By

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http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / Juggernaut Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Warm Up & Preparation

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Aerobic Activity		5 minutes total

Go directly to Preparation Circuit without rest…

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Exercise	Sets	Repetitions
Cobra Push Up	3	5-10
Jui Jitsu Sit Up	3	5-10 per side
Sumo Squat	3	5-10

You're ready to start the workout.

For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.

If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.

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Juggernaut Workout Week 1

Workout A

Workout A *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 2
Circuit
Perform 21 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Classic Push Up	1	21	n/a	As little as possible
DB Hanging Power Clean	1	21		As little as possible
BW Ankle Grabbers	1	21	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 4
Circuit
Perform 15 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Decline Push Up	1	15	n/a	As little as possible
DB Front Squat	1	15		As little as possible
BW Twisters	1	15	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 6

Circuit

Perform 9 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
DB Thruster	1	9		As little as possible
BW Squat Thrust	1	9	n/a	As little as possible
DB Clean & Front Squat	1	9		As little as possible

Total Time:	

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Workout B

Workout B *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 2

Super Set

Perform 3 sets of 7 reps of each exercise in a circuit and then move on to the next block. Do 7 reps of Exercise 1, then 7 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Hindu Push Ups	3	7	n/a	As little as possible
DB Sumo Squat	3	7		As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Aerobic Intervals		2 high/2low 4 minutes total

Rest as little as possible

Block 4

Super Set

Perform 3 sets of 5 reps of each exercise in a circuit and then move on to the next block. Do 5 reps of Exercise 1, then 5 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	3	5		As little as possible
BW Rear Lunge & Reach	3	5 (each)	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 6

Super Set

Perform 3 sets of 3 reps of each exercise in a circuit and then move on to the next block. Do 3 reps of Exercise 1, then 3 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Burpees Plus	3	3	n/a	As little as possible
DB Front Squat –See Saw Press	3	3		As little as possible

Total Time:	

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Workout C

Workout C *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 2

Single Exercise

Perform 7 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 7 times.

Exercise	Sets	Reps	Load	Rest
BW Chin Up	7	3	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 4

Single Exercise

Perform 5 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 5 times.

Exercise	Sets	Reps	Load	Rest
DB Side Press	5	3 (each)		As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 6

Single Exercise

Perform 3 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 3 times.

Exercise	Sets	Reps	Load	Rest
DB Deadlift	3	3		As little as possible

Total Time:	

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Juggernaut Workout Week 2

Workout A

Workout A		
Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.		
Block 1		
Cardio Interval		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 2

Circuit

Perform 21 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Classic Push Up	1	21	n/a	As little as possible
DB Hanging Power Clean	1	21		As little as possible
BW Ankle Grabbers	1	21	n/a	As little as possible

Rest as little as possible

Block 3		
Cardio Interval		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 4

Circuit

Perform 15 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Decline Push Up	1	15	n/a	As little as possible
DB Front Squat	1	15		As little as possible
BW Twisters	1	15	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 6

Circuit

Perform 9 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
DB Thruster	1	9		As little as possible
BW Squat Thrust	1	9	n/a	As little as possible
DB Clean & Front Squat	1	9		As little as possible

Total Time:	

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Workout B

Workout B *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 2

Super Set

Perform 3 sets of 7 reps of each exercise in a circuit and then move on to the next block. Do 7 reps of Exercise 1, then 7 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Hindu Push Ups	3	7	n/a	As little as possible
DB Sumo Squat	3	7		As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 4

Super Set

Perform 3 sets of 5 reps of each exercise in a circuit and then move on to the next block. Do 5 reps of Exercise 1, then 5 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	3	5		As little as possible
BW Rear Lunge & Reach	3	5 (each)	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 6

Super Set

Perform 3 sets of 3 reps of each exercise in a circuit and then move on to the next block. Do 3 reps of Exercise 1, then 3 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Burpees Plus	3	3	n/a	As little as possible
DB Front Squat –See Saw Press	3	3		As little as possible

Total Time:	

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Workout C

Workout C *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 2

Single Exercise

Perform 7 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 7 times.

Exercise	Sets	Reps	Load	Rest
BW Chin Up	7	3	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 4

Single Exercise

Perform 5 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 5 times.

Exercise	Sets	Reps	Load	Rest
DB Side Press	5	3 (each)		As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 6

Single Exercise

Perform 3 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 3 times.

Exercise	Sets	Reps	Load	Rest
DB Deadlift	3	3		As little as possible

Total Time:	

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Juggernaut Workout Week 3

Workout A

Workout A *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 2
Circuit
Perform 21 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Classic Push Up	1	21	n/a	As little as possible
DB Hanging Power Clean	1	21		As little as possible
BW Ankle Grabbers	1	21	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 4
Circuit
Perform 15 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Decline Push Up	1	15	n/a	As little as possible
DB Front Squat	1	15		As little as possible
BW Twisters	1	15	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 6

Circuit

Perform 9 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
DB Thruster	1	9		As little as possible
BW Squat Thrust	1	9	n/a	As little as possible
DB Clean & Front Squat	1	9		As little as possible

Total Time:	

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Workout B

Workout B *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 2

Super Set

Perform 3 sets of 7 reps of each exercise in a circuit and then move on to the next block. Do 7 reps of Exercise 1, then 7 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Hindu Push Ups	3	7	n/a	As little as possible
DB Sumo Squat	3	7		As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 4

Super Set

Perform 3 sets of 5 reps of each exercise in a circuit and then move on to the next block. Do 5 reps of Exercise 1, then 5 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	3	5		As little as possible
BW Rear Lunge & Reach	3	5 (each)	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 6

Super Set

Perform 3 sets of 3 reps of each exercise in a circuit and then move on to the next block. Do 3 reps of Exercise 1, then 3 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Burpees Plus	3	3	n/a	As little as possible
DB Front Squat –See Saw Press	3	3		As little as possible

Total Time:	

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Workout C

Workout C *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 2

Single Exercise

Perform 7 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 7 times.

Exercise	Sets	Reps	Load	Rest
BW Chin Up	7	3	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 4

Single Exercise

Perform 5 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 5 times.

Exercise	Sets	Reps	Load	Rest
DB Side Press	5	3 (each)		As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 6

Single Exercise

Perform 3 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 3 times.

Exercise	Sets	Reps	Load	Rest
DB Deadlift	3	3		As little as possible

Total Time:	

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Juggernaut Workout Week 4

Workout A

Workout A *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 2
Circuit
Perform 21 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Classic Push Up	1	21	n/a	As little as possible
DB Hanging Power Clean	1	21		As little as possible
BW Ankle Grabbers	1	21	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 4
Circuit
Perform 15 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
BW Decline Push Up	1	15	n/a	As little as possible
DB Front Squat	1	15		As little as possible
BW Twisters	1	15	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
Steady-State Aerobic Activity		5 Minutes

Rest as little as possible

Block 6

Circuit

Perform 9 reps of each exercise in a circuit and then move on to the next block.

Exercise	Sets	Reps	Load	Rest
DB Thruster	1	9		As little as possible
BW Squat Thrust	1	9	n/a	As little as possible
DB Clean & Front Squat	1	9		As little as possible

Total Time:	

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Workout B

Workout B		
Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.		
Block 1		
Cardio Interval		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 2

Super Set

Perform 3 sets of 7 reps of each exercise in a circuit and then move on to the next block. Do 7 reps of Exercise 1, then 7 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Hindu Push Ups	3	7	n/a	As little as possible
DB Sumo Squat	3	7		As little as possible

Rest as little as possible

Block 3		
Cardio Interval		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 4

Super Set

Perform 3 sets of 5 reps of each exercise in a circuit and then move on to the next block. Do 5 reps of Exercise 1, then 5 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	3	5		As little as possible
BW Rear Lunge & Reach	3	5 (each)	n/a	As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Aerobic Intervals		2high/2low 4 minutes total

Rest as little as possible

Block 6

Super Set

Perform 3 sets of 3 reps of each exercise in a circuit and then move on to the next block. Do 3 reps of Exercise 1, then 3 reps of Exercise 2… and repeat for a total of 3 circuits.

Exercise	Sets	Reps	Load	Rest
BW Burpees Plus	3	3	n/a	As little as possible
DB Front Squat –See Saw Press	3	3		As little as possible

Total Time:	

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Workout C

Workout C *Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.*		
Block 1 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 2

Single Exercise

Perform 7 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 7 times.

Exercise	Sets	Reps	Load	Rest
BW Chin Up	7	3	n/a	As little as possible

Rest as little as possible

Block 3 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 4

Single Exercise

Perform 5 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 5 times.

Exercise	Sets	Reps	Load	Rest
DB Side Press	5	3 (each)		As little as possible

Rest as little as possible

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Block 5 ***Cardio Interval***		
High Intensity Interval Training		1high/1low/1high 3 minutes total

Rest as little as possible

Block 6

Single Exercise

Perform 3 sets of 3 reps of the exercise and then move on to the next block. Do 3 reps, rest as needed and repeat a total of 3 times.

Exercise	Sets	Reps	Load	Rest
DB Deadlift	3	3		As little as possible

Total Time:	

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Active Recovery Workout

This workout should be done on days in-between regular workouts. Keep the intensity low and stretch slowly to promote recovery and prepare for future workouts…

Warm Up & Preparation Circuit: *Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*		
Stretching: *Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.*		
1. Lateral Neck	2. Forward Neck	3. Forearm
4. Arm Across Shoulder	5. Upper Back	6. Triceps
7. Overhead Side	8. Sumo	9. Standing Quad
10. Kneeling Lunge	11. Calf	12. Three Way Hurdler's
13. Butterflies	14. Lying Back	15. Hip Cross Over
16. Lizard	17. Cat & Dog	

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 2		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 3		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 4		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

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Recommended For Optimum Fitness, Fat Loss & Performance

Precision Nutrition by Dr. John Berardi

The best nutrition plan I've found so far for Performance, Health & Physique.

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PROGRADE
GET SERIOUS, GET RESULTS!

Sensible Supplements That Make The Difference…

- **EFA Icon** – Better Than Fish Oil
- **VGF Men** – Vegetable Vitamin
- **Workout** – Post Workout Drink

See Everything At:

Prograde

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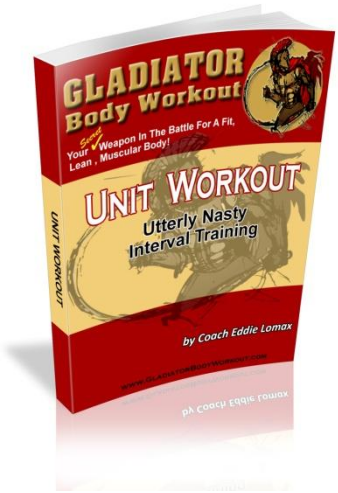

Gladiator Body Workout
U.N.I.T. Workout
(Utterly Nasty Interval Training)

By

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Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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U.N.I.T. Workout

The **U.N.I.T. Workout (Utterly Nasty Interval Training)** takes advantage of the incredible power of Interval Training… but not in the way you might think.

Lately, Interval Training has been given a lot of press. Basically, Interval Training is when you rotate between bouts of high intensity exercise and low intensity exercise or complete rest. Interval Training is excellent because it allows you to work at a high intensity level… **which brings about great muscular, cardiorespiratory and performance improvements.** (It also is responsible for burning tons of fat during the workout, but most importantly, for HOURS after the workout).

Normally, Interval Training is used with cardio exercises… think sprinting. But if you think about it, most resistance exercise programs are a form of Interval Training. You do a set of weighted exercise… rest and repeat for a certain number of sets.

But in the U.N.I.T. Workout we are going to do things a little differently…

- There are two different workouts (**Workout A** and **Workout B**)
- Each Workout has two different BLOCKS of training… the **Mini Cyclone Block** and **The Eye Of The Storm Block**.
- **Mini Cyclone Blocks** are circuits of resistance exercise done with no rest designed to stress muscular and cardiorespiratory endurance.
- **The Eye Of The Storm Blocks** are resistance exercises done with rest designed to stress maximum strength, cardiorespiratory recovery under stress and mental toughness.
- You'll perform these blocks in a different order depending on the workout you are performing.
- There is also an **Energy System Training Block** of either **High Intensity Aerobic Intervals** or **High Intensity Interval Training**. These workouts will rotate being BEFORE or AFTER the Resistance Training.

The **U.N.I.T. Workouts** simulate extreme situations where every aspect of your fitness, strength, endurance, grace under pressure and mental toughness come into play.

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- Think of a fireman who has to run up 7 flights of stairs carrying his gear, and then having to break down a door with an ax and give CPR to a victim.
- Think about a law enforcement officer who has to chase down a criminal, and then wrestle him/her down to the ground, cuff them and read them their rights.
- Think about the soldier who must cross enemy territory carrying 60 pounds of gear and then composing themselves enough to fire their weapon with accuracy.

Yes, these are extreme situations that most of use (thankfully) won't have to face. **But training for the extreme prepares you for any challenge life decides to throw at you.** This kind of training not only builds functional muscle in all the right places, improves heart and lung power and burns tons of performance destroying fat… **but creates an unbreakable bond between muscular strength, cardiorespiratory endurance and mental toughness.** And you are not going to get this kind of extreme fitness by doing machine circuits in your air conditioned gym while worrying about which exercise "hits my traps".

THIS kind of Interval Training is UTTERLY NASTY… but its nastiness is the source of its effectiveness.

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Here is an example of a 4 Week Workout…

Week/ Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Training Workout A High Intensity Aerobic Intervals	Active Recovery	Training Workout B High Intensity Interval Training	Active Recovery	High Intensity Aerobic Intervals Training Workout A	No-Training (Rest)	No-Training (Rest)
Week 2	High Intensity Interval Training Training Workout B	Active Recovery	Training Workout A High Intensity Aerobic Intervals	Active Recovery	Training Workout B High Intensity Interval Training	No-Training (Rest)	No-Training (Rest)
Week 3	High Intensity Aerobic Intervals Training Workout A	Active Recovery	High Intensity Interval Training Training Workout B	Active Recovery	Training Workout A High Intensity Aerobic Intervals	No-Training (Rest)	No-Training (Rest)
Week 4	Training Workout B High Intensity Interval Training	Active Recovery	High Intensity Aerobic Intervals Training Workout A	Active Recovery	High Intensity Interval Training Training Workout B	No-Training (Rest)	No-Training (Rest)

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Training Notes:

Training Workouts:

- There are two different Training Workouts (A and B). Alternate between Workout A and Workout B three times a week. (You'll do Workouts A-B-A on week 1, Workouts B-A-B on week 2, etc.)

Energy System Training:

- Either BEFORE or AFTER each training workout you do an Energy System Training (Cardio) workout. You use **High Intensity Aerobic Intervals** and **High Intensity Interval Training**.

Active Recovery:

- The training workouts are strenuous on your muscles, cardiorespiratory system and nervous system, so you need to recovery fast and fully to be ready for the next workout. Therefore, you need to do an **Active Recovery** workout twice a week (between workouts).

Workout duration: 4 Weeks – Then switch to a different workout.

These workouts are tough, so recovery is very important. Make sure you are drinking plenty of water, getting plenty of sleep and eating a healthy diet. If you are not already doing so, this is a great time to start drinking a Post Workout Drink. This will give your body the nutrients it needs most at the most important time so you can kick start the recovery and muscle building processes.

*****For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.*****

*****If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.*****

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U.N.I.T. Workout

Alternate between Blocks (Mini Cyclones and Eye Of The Storm) as instructed. In the Mini Cyclone Blocks you have a choice of how many circuits you want to perform before moving on. Progress by doing more circuits in the Mini Cyclone Blocks the next time your repeat the workout.

For weighted exercises… Choose a weight that is challenging, but still allows you to complete the workout as prescribed.*

Warm Up & Preparation Circuit

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up: *Increase body temperature and heart rate in preparation for more strenuous activity to come.*
5 Minutes Aerobic Activity *Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.* *If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.*

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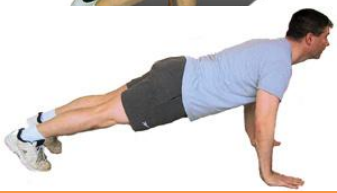
Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Jumping Jacks 	*Begin standing with your feet together and arms at your sides.* *Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner.* *Continue in an alternating fashion.*	**10-15 repetitions**
Mountain Climbers 	*Begin in the up push up position with your fingers pointing slightly outward.* *Tuck one leg under your body and keep the other extended.* *With your weight on the balls of your feet, alternate legs as quickly as possible.* *Head position is important... Your head should be up when the knee is fully tucked and down during the transition period.*	**10-15 repetitions (per side)**
Squat Thrust 	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position. Repeat.*	**10-15 repetitions**

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Workout A

Eye Of The Storm Block 1:

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Single Exercise

DB Clean & Press	*Clean the dumbbells to your shoulders and then press overhead.*

Mini Cyclone Block 2:

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

3 Exercise Circuit

BW Free Squat	*Stand with feet hip-width apart. Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.* *Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.* *Press off the ground and return to upright position.*

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BW Classic Push Up 	*Start by laying face down on the ground with your legs straight and your hands by your shoulders.* *Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.* *Raise yourself from the floor by straightening your elbows... Keep your elbows close to your body.* *Pause at the top and lower yourself down... stopping before your chest hits the ground.* *This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time.* *Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.*
BW Combination Crunch 	*Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.* *Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward. Works the abdominals and hip flexors.*

Mini Cyclone Block 3:

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

3 Exercise Circuit

BW Jumping Lunges 	*Stand with feet shoulder-width apart and arms at your sides. Keep body upright and head in line with your spine.* *Step forward with your right foot into a lunge position... Your right thigh should be parallel to the ground and your knee should not extend over your foot.* *Your left leg will be extended behind you with your knee slightly bent and your heel raised.* *Explode off your right foot as you jump and bring your left foot into the forward position.* *Make sure you land in the correct lunge position.* *Continue in an alternating fashion.*

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BW Pike Push Up 	*Assume the up push up position with your feet together.* *Walk your hands closer to your feet so that your body resembles and inverted "V".* *Holding your body and head steady, lower your body towards the floor and push back to the starting position.*
BW Burpees 	*Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backward while supporting weight on extended arms.* *Jump legs under body into low squat position.* *Push off the floor and jump into the air while you raise your hands overhead.* *Repeat.*

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Eye Of The Storm Block 4:

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

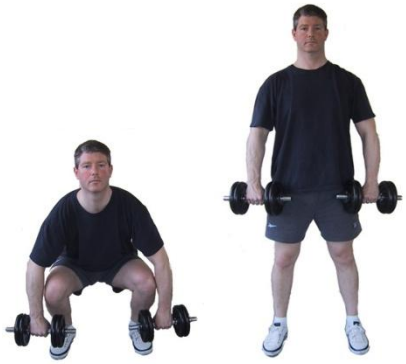
Single Exercise

BW Plank 	*Begin by laying face down on the ground.* *Prop your elbows under your shoulders and rise up on your toes.* *Only your forearms and toes should be touching the ground.* *Keep your back straight and ridged while contracting your abdominals and breathing shallowly.* *Can also be done with arms straight as in the up position of a push up.*

Mini Cyclone Block 5:

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

3 Exercise Circuit

BW Superman 	*Begin by lying face down on the ground with legs and straight and arms straight over your head.* *Lift your arms and legs off the ground at the same time, like Superman.* *Hold the up position for 2 seconds before returning to the ground... repeat.*
DB Deadlift 	*Stand with feet about shoulder width apart in front of a pair of dumbbells. Squat back by bending your knees and lowering your butt and hips. Keep your head up, eyes forward, feet flat on the ground and your back straight. Grasp the dumbbells with overhand grip... palms facing your body and straighten up slightly so dumbbells are held off the ground about shin level.* *Extend the knees and hips and stand straight up with arms locked. The dumbbells should travel up your body and don't pull with the arms.* *Pause briefly and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Knee Hugs 	*Lie on your back with your legs straight and about 6 inches off the ground and your arms extended over your head.* *Exhale and contract your abdominals while you bring your knees toward your chest and arms up to hug your knees.* *Inhale as you return to the starting position. Do not let your feet touch the ground between repetitions.* *Works the abdominals and hip flexors.*
Energy System Training Block 6 *High Intensity Aerobic Intervals*	
High Intensity Aerobic Intervals	*Choose your favorite "cardio" activity and alternate intervals of low aerobic activity with intervals of high aerobic activity. Keep the intensity at an effort level of between 2-7 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *#low/#high/#low… where # is the amount of minutes you perform the activity at that effort level.* *You'll either do this training before or after the Resistance Workout depending on the schedule.*

Workout B

After the Warm Up & Preparation Circuit…

Mini Cyclone Block 1: *Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.*	
3 Exercise Circuit	
DB Front Squat 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with palms facing each other. The dumbbells will be resting on your shoulders with the elbows up in front of your body.* *Sit back with your butt and hips as you bend your knees and squat so you thighs are parallel to the ground. Keep your head up, eyes forward and back straight. Reverse direction and return to the Starting Position. Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

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BW Hindu Push Ups 	*Start in an up push up position with your feet spread wide.* *Walk your hands back so your butt is in the air and you are looking back through your legs.* *Your body will resemble and inverted "V".* *With your legs straight, lower your hips and bend your arms until you reach the down push up position.* *Continue to lower your hips while you straighten your arms, arch your back and look up with your head.* *Your hips should almost touch the floor.* *Keep your arms straight and push your butt back to the starting position.*
BW V-Ups 	*Lie on your back with legs straight and a few inches off the floor and your arms by your sides.* *Exhale and tighten your abdominals while raising your legs up about 45 degrees and reaching toward your toes with your arms. You should be balancing on your butt at this point.* *Do this in a controlled motion without swinging legs or jerking the upper body. Slowly return to starting position. Works the abdominals.*

Eye Of The Storm Block 2:

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Single Exercise

DB Military Press 	*Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows below wrists... palms facing forward. Keep your chin tucked, your chest up and the natural arch in your lower back.* *Press dumbbells until arms are extended overhead, with a slight bend in the elbow. Pause briefly, and return to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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Eye Of The Storm Block 3:

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times.

Single Exercise

BW Bow Glute Hold 	*Lie on your back with your legs straight and your arms folded across your chest.* *Squeeze your glutes and raise your butt in the air... your weight should be on your heels and shoulders.* *Hold for time.*

Mini Cyclone Block 4:

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

3 Exercise Circuit

BW Jumping Jacks 	*Begin standing with your feet together and arms at your sides.* *Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.* *Then jump back to the starting position in the same manner.* *Continue in an alternating fashion.*
DB Bent Over Row 	*Stand with your feet about shoulder width apart and the dumbbells at your sides.* *Sit back with your butt and hips and bend over with shoulders back and natural arch in back until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders. Palms should be facing behind you now.* *Pull the dumbbells up toward your chest until your elbows extend pass your torso. Pause briefly and return to the Starting Position. Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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BW Squat Thrust	*Stand with feet close together and arms at your sides.* *Bend knees and squat down, placing hands shoulder-width apart on the ground.* *Extend both legs backwards while supporting weight on extended arms.* *Jump legs under body into a low squat and stand up to starting position.* *Repeat.*

Eye Of The Storm Block 5:

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times.

Super Set

DB Curl	*Stand with your feet about shoulder width apart, knees slightly bent and the dumbbells at your sides with palms facing each other.* *Keep your chest out and head high.* *Curl the dumbbells upwards towards your shoulders as you twist your wrists inward so they end up facing the body at the top of the movement.* *Reverse the direction and control the movement to the Starting Position.* *Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.*

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DB Triceps Extensions	*Stand with your feet about shoulder width apart and the dumbbells held at arms length over your head with palms facing each other.* *Bend at the elbows and control the weight down behind your head.* *Pause briefly and extend the dumbbells to the Starting Position.* *Keep your core tight throughout the entire exercise, inhaling through the nose on the way down and exhaling through pursed lips on the way up.*

Energy System Training Block 6 *High Intensity Interval Training*	
High Intensity Interval Training	*Choose your favorite "cardio" activity and alternate intervals of intense exercise with periods of recovery. The high intensity interval should be at an effort level of 9 out of 10. You can use the same activity every workout (jog, bike, row, elliptical, shadowbox, etc.), or use a different exercise every workout.* *Intervals are prescribed as follows:* *Warm up period, intervals of high intensity alternated with intervals of lower intensity and a cool down period.* *You'll either do this training before or after the Resistance Workout depending on the schedule.*

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Active Recovery Workout

Active Recovery Workout:

This workout should be done on days in-between regular workouts. It is designed to increase recovery from past workouts and prepare you to give maximum effort on future workouts. Keep the intensity low and focus on tight muscles during stretching.

Warm Up & Preparation Circuit:

*Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*

Stretching:

Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.

Stretch	Description	Duration
Lateral Neck	In a standing position, clasp hands behind back, with left hand grasping right wrist. Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch. Stretch should be felt on the right side of the neck and shoulders. Reverse action to stretch the other side.	5-10 seconds. Repeat as necessary
Forward Neck	Flex head forward and down using one or both hands to hold the stretch. Return head to upright position and repeat.	5-10 seconds. Repeat as necessary

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Forearm 	Extend your right arm straight out in front of you, palm down. With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm. Repeat with the left arm.	5-10 seconds. Repeat as necessary
Arm Across Shoulder 	Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder. Repeat with the other arm.	5-10 seconds. Repeat as necessary
Upper Back 	In a standing position, intertwine fingers with arms in front of your body. Press palms outward and press forward until shoulders and back are rounded. Now do the same motion with the arms overhead and the palms facing up.	5-10 seconds. Repeat as necessary
Triceps 	In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades. Gently pull the arm with the right hand toward the midline behind head to stretch the triceps. Repeat to the opposite side.	5-10 seconds. Repeat as necessary

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Overhead Side 	In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side. Repeat to the opposite side.	5-10 seconds. Repeat as necessary
Sumo 	Stand with feet wider than your shoulders. Lower your butt while keeping your back straight and place your hands on your knees. While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder. Repeat on the left side.	5-10 seconds. Repeat as necessary
Standing Quad 	In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch. Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips. Repeat on the opposite side.	5-10 seconds. Repeat as necessary

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Kneeling Lunge 	Kneel on the floor with toes pointed straight back. Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle. Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Calf 	Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended. Bend at the knee and lower your hips while pushing against the wall to stretch the calf. Repeat with the opposite leg.	5-10 seconds. Repeat as necessary
Three Way Hurdler's 	Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go. 1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh. 2) Bend torso towards the knee of the extended leg while keeping the back straight. 3) Keeping the back straight,	5-10 seconds. Repeat as necessary

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	bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and hamstrings. Repeat on the opposite side.	
Butterflies 	Begin by sitting with the legs bent and the bottoms of the feet together. Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat. Do not lean over by bending the back...Bend from the hips and keep the back straight.	5-10 seconds. Repeat as necessary
Lying Back 	While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands. You may hold this stretch for as long as 1 minute. Repeat the entire stretch bringing one knee toward the chest at a time. This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.	5-10 seconds. Repeat as necessary

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Hip Cross Over 	Begin by lying on your back with the legs extended. Bring the right knee toward your chest at a 90° angle. While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor. Stretch should be felt in the lower back and side of hip. Repeat on the opposite side.	5-10 seconds. Repeat as necessary
Lizard 	Begin by lying face down on the floor with the hands flat on the floor under the shoulders. Extend the arms so that the upper torso lifts off the floor. Relax and repeat.	5-10 seconds. Repeat as necessary
Cat & Dog 	Begin kneeling on the floor, toes curled under feet and palms flat on the floor. Sway the back and look upward as you inhale through the nose. Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat. Then keeping the back straight, twist your head to the right while rotating your hips to the right. Repeat on the left side...think of a dog trying to catch its own tail.	5-10 seconds. Repeat as necessary

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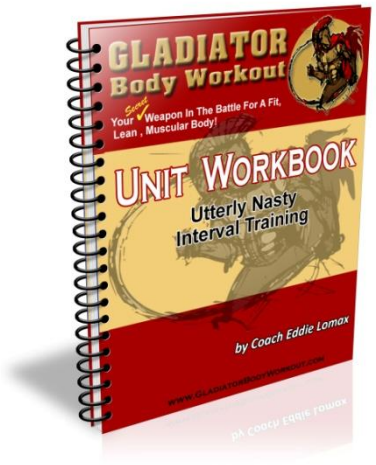

Gladiator Body Workout
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(Utterly Nasty Interval Training)

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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He currently lives with his wife in Vina Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Instructions

1. Read the **Gladiator Body Workout / U.N.I.T. Workout** to become familiar with the exercises and workout structure. You want to be able to move through the workout as quickly and fluidly as possible, so acquaint yourself with the workout and exercises before attempting the workout.

2. I suggest you print off this Workbook and put it in a 3-ring-binder. I have purposely kept the **Workout Journal Sheets** simple and in black and white for this purpose.

3. Work through the workouts, filling in the **Workout Journal Sheets** as you go. There have been spaces left blank for information you need to fill in during the workout. Keeping track of your workouts is a great way to track progress, identify weak areas and document your success.

4. Fill in the **Compliance Chart**. This chart allows you to see at a glance how diligently you stuck to the program. Compliance is the first and most important aspect of succeeding with this (or any) workout program. **If you see a lot of missed workouts, this is the first thing you need to work on!**

5. Determine where you can make improvements in the future. Read ***The Fitness Trilogy*** and ask yourself these question:

    - **Is my diet and nutrition in line with my fitness, fat loss and physique goals?** *If not… consider Precision Nutrition.*

    - **Can my diet and nutrition be aided by Sensible Supplementation?** *If yes… go to Prograde for my recommendations.*

    - **Is my lifestyle in line with my fitness, fat loss and physique goals?** *If not… identify your problem areas and eliminate them.*

6. Go to the next workout!

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Warm Up & Preparation

Complete the Warm Up and Preparation Circuit before every workout…

Warm Up:

Choose any aerobic machine like bike, treadmill, elliptical or rower and perform 2 minutes at an effort level of 3 out of 10, 1 minute at effort level 6 and 2 minutes at effort level 3.

If you don't have access to a machine, do the same effort levels while jogging in place, jumping rope or shadow boxing.

Aerobic Activity		5 minutes total

Go directly to Preparation Circuit without rest…

Preparation Circuit:

Get your joints, tendons and muscles ready for the workout. Complete 3 circuits as fast as possible but with good form.

Exercise	Sets	Repetitions
Jumping Jacks	3	10-15
Mountain Climbers	3	10-15 per side
Squat Thrust	3	10-15

You're ready to start the workout.

*****For exercises requiring "Load", choose a weight that is challenging but allows you to complete the workout as prescribed. Add weight when necessary.*****

*****If at any time you can't do the number of repetitions prescribed… do as many as you can and try to increase the amount every time you do the workout again.*****

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U.N.I.T. Workout Week 1

Workout 1

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Eye Of The Storm Block 1

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Energy System Training Block 6

High Intensity Aerobic Intervals

HIAI		5low/5high/5low 15 minutes total

*** End of Workout 1***

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Workout 2

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Mini Cyclone Block 1

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible

Do 2-5 complete circuits before moving on to the next BLOCK!

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 seconds	n/a	30 seconds

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

Rest as little as possible

Energy System Training Block 6

High Intensity Interval Training

HIIT		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout 2***

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Workout 3

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Aerobic Intervals

HIAI		4low/4high/4low/4high/4low 20 minutes total

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 6

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

*** End of Workout 3***

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U.N.I.T. Workout Week 2

Workout 1

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Interval Training

HIIT		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible

Do 2-5 complete circuits before moving on to the next BLOCK!

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 6

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

*** End of Workout 1***

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Workout 2

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Eye Of The Storm Block 1

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Energy System Training Block 6

High Intensity Aerobic Intervals

HIAI		5low/5high/5low 15 minutes total

*** End of Workout 2***

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Workout 3

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Mini Cyclone Block 1

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible

Do 2-5 complete circuits before moving on to the next BLOCK!

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 seconds	n/a	30 seconds

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

Rest as little as possible

Energy System Training Block 6

High Intensity Interval Training

HIIT		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout 3***

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U.N.I.T. Workout Week 3

Workout 1

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Aerobic Intervals

HIAI		4low/4high/4low/4high/4low 20 minutes total

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 6

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

*** End of Workout 1***

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Workout 2

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Interval Training

HIIT		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible

Do 2-5 complete circuits before moving on to the next BLOCK!

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 6

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

*** End of Workout 2***

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Workout 3

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Eye Of The Storm Block 1

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Energy System Training Block 6

High Intensity Aerobic Intervals

HIAI		5low/5high/5low 15 minutes total

*** End of Workout 3***

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U.N.I.T. Workout Week 4

Workout 1

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Mini Cyclone Block 1

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible

Do 2-5 complete circuits before moving on to the next BLOCK!

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 sec.	n/a	30 seconds

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

Rest as little as possible

Energy System Training Block 6

High Intensity Interval Training

HIIT		2 minute warm up / 6 Intervals of 30 sec. high, 30 sec. low / 2 minute cool down (10 minutes total)

*** End of Workout 2***

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Workout 2

Workout A

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Aerobic Intervals

HIAI		4low/4high/4low/4high/4low 20 minutes total

Rest as little as possible

Eye Of The Storm Block 2

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Clean & Press	1	10		30 seconds between reps

Rest as little as possible

Mini Cyclone Block 3

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Free Squat		10	n/a	No Rest
BW Classic Push Up		10	n/a	No Rest
BW Combination Crunch		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

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Mini Cyclone Block 4

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Lunges		5	n/a	No Rest
BW Pike Push Up		5	n/a	No Rest
BW Burpees		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 5

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Plank	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 6

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Superman		5	n/a	No Rest
DB Deadlift		5		No Rest
BW Knee Hugs		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

*** End of Workout 2***

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Workout 3

Workout B

Exercises and groups of exercises are separated into BLOCKS. Complete each BLOCK before moving on to the next one. Rest as little as possible between blocks.

Energy System Training Block 1

High Intensity Interval Training

HIIT		2 minute warm up / 4 Intervals of 1 minute high, 1 minute low / 2 minute cool down (12 minutes total)

Rest as little as possible

Mini Cyclone Block 2

3 Exercise Circuit

Perform 5 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
DB Front Squat		5		No Rest
BW Hindu Push Ups		5	n/a	No Rest
BW V-Ups		5	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 3

Single Exercise

Perform 10 Reps of the exercise in Rest-Pause Fashion with 30 seconds rest between reps. Perform 1 rep, rest for 30 seconds, perform rep 2, rest 30 seconds, etc. until all reps are completed.

Exercise	Sets	Reps	Load	Rest
DB Military Press	1	10		30 seconds between reps

Rest as little as possible

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Eye Of The Storm Block 4

Single Exercise

Perform 30 seconds of this exercise with 30 seconds rest for 3 sets. 30 seconds of the static hold, 30 seconds rest, and repeat for a total of 3 times. (Catch your breath).

Exercise	Sets	Reps	Load	Rest
BW Bow Glute Hold	3	30 seconds	n/a	30 seconds

Rest as little as possible

Mini Cyclone Block 5

3 Exercise Circuit

Perform 10 reps of each exercise in circuit fashion without rest. Complete 2-5 complete circuits, resting as little as possible between circuits.

Exercise	Sets	Reps	Load	Rest
BW Jumping Jacks		10	n/a	No Rest
DB Bent Over Row		10		No Rest
BW Squat Thrust		10	n/a	As little as possible
Do 2-5 complete circuits before moving on to the next BLOCK!				

Rest as little as possible

Eye Of The Storm Block 6

Single Exercise

Perform 5 Super Sets of 5 reps per exercise… resting 2 minutes after each Super Set. Do 5 reps of Exercise 1, 5 reps of Exercise 2 and rest 2 minutes. Repeat for a total of 5 times

Exercise	Sets	Reps	Load	Rest
DB Curl	5	5		No Rest
DB Triceps Extensions	5	5		2 Minutes
Do Exercise 1 and 2 back to back, rest 2 minutes and repeat a total of 5 times.				

*** End of Workout 3***

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Active Recovery Workout

This workout should be done on days in-between regular workouts. Keep the intensity low and stretch slowly to promote recovery and prepare for future workouts…

Warm Up & Preparation Circuit: *Perform the **Warm Up & Preparation Circuit** just like before a regular workout, then move right into **Stretching**.*		
Stretching: *Hold the stretch for 5-10 seconds while breathing normally… relaxing and repeating as necessary. Remember, stretching is not supposed to be painful.*		
1. Lateral Neck	2. Forward Neck	3. Forearm
4. Arm Across Shoulder	5. Upper Back	6. Triceps
7. Overhead Side	8. Sumo	9. Standing Quad
10. Kneeling Lunge	11. Calf	12. Three Way Hurdler's
13. Butterflies	14. Lying Back	15. Hip Cross Over
16. Lizard	17. Cat & Dog	

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Compliance Chart

Use this chart to record your progress. If you are not getting the results you want and see a lot of gaps in your compliance to the program… THIS IS THE FIRST THING YOU MUST IMPROVE!

Program	Performed?	As Instructed?
Week 1		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 2		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 3		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		
Week 4		
Training		
Active Recovery		
Training		
Active Recovery		
Training		
Rest		
Rest		

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Recommended For Optimum Fitness, Fat Loss & Performance

Precision Nutrition by Dr. John Berardi

The best nutrition plan I've found so far for Performance, Health & Physique.

Order Now & Save $50
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GET SERIOUS, GET RESULTS!

Sensible Supplements That Make The Difference…

- **EFA Icon** – Better Than Fish Oil
- **VGF Men** – Vegetable Vitamin
- **Workout** – Post Workout Drink

See Everything At:

Prograde

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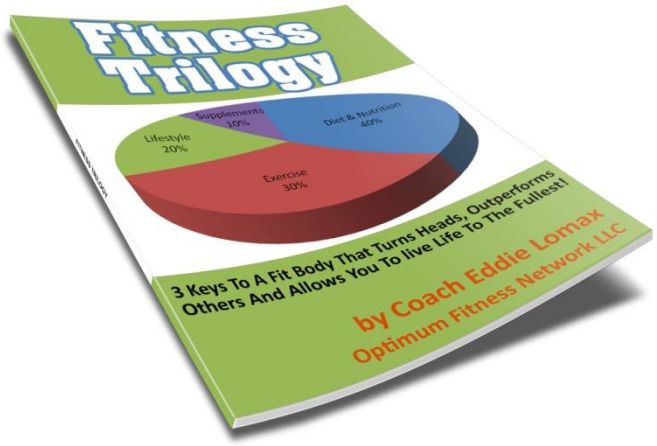

The Fitness Trilogy

3 Keys To A Fit Body That Turns Heads, Outperforms Others And Allows You To Live Life To The Fullest!

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Vina Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Introduction

Wouldn't it be great if we could just go about our daily business and naturally created the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets us live life to the fullest?

I'm talking about having fitness you can see, feel and use every day of your lives… **but without having to think about it.** Just imagine not having to struggle with what you eat, what workout to do, what bad habits to break or what supplements to take.

I for one would love to…

- *be thoroughly pleased with what I see when I strip down in front of the mirror,*
- *have the ability to meet the challenges of sport, work and life with excellence,*
- *and walk unflinching into the doctor's office the picture of perfect health…*

… without having to think about my diet, exercise program and lifestyle!

Wouldn't you? (By the end of this small report, that is exactly what you'll know how to do).

But the sad fact is…

Most of us don't live in an environment that naturally produces the muscular, high-performance, healthy body we want and need.

As a matter of fact, the environment in which we live often produces just the opposite. Just going about our daily business without watching what we eat, performing the right workout, living healthy or even taking the right supplements leave us fat, unconditioned and headed for an early grave.

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And the fact that our daily routine is destroying our appearance, performance and health is PREDICTABLE! You see, there is something called the **S.A.I.D. Principle** (*Specific Adaptations to Imposed Demands*) that rules our bodies.

In simple terms the S.A.I.D. Principle means…

> *A specific stimulus results in a specific adaptation. So, our bodies adapt to whatever it is exposed to over time.*

So right now (right this moment reading this), your body is perfectly adapted to the environment you are living in! (See what going about your daily business without thinking got you?)

But here's the good news…

Your environment is made up by what you eat, what you do and how you live. I call this ***The Fitness Trilogy***. So, if you don't like the RESULT of the environment you are living in… **change your environment by changing each part of *The Fitness Trilogy*!**

- If you are too fat… change your environment.
- If you are too weak… change your environment.
- If you are too unhealthy… change your environment.
- If you are too (*add problem here*)… **change your environment!**

There is no "quick fix" diet to go on, no "magic" workout to do and no "secret" lifestyle change to make. To create the fit body that looks great, performs better and lets you live a long, happy life… change your environment by changing what you eat, what you do and how you live so that your body naturally results in the fit body you want. I call this ***The Ultimate Fitness Environment***.

And no… **you can't just change one and get ALL the benefits.** If you want to make the biggest impact on how your body looks, performs and feels… you must change all three.

Let's take a look at ***The Ultimate Fitness Environment*** and each part of ***The Fitness Trilogy*** in more detail…

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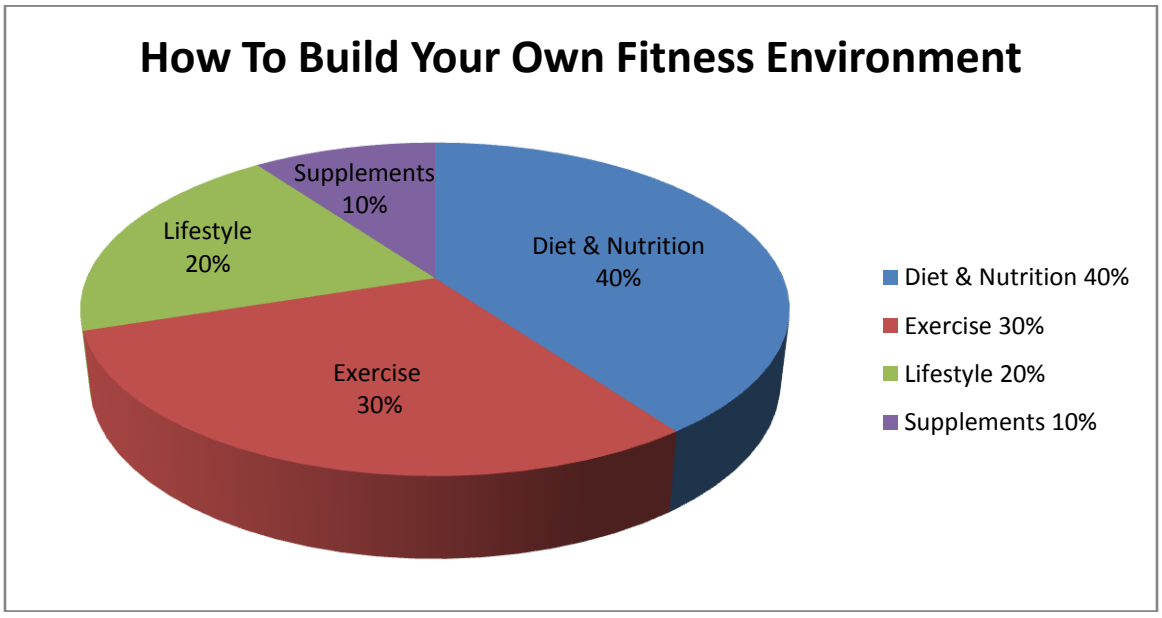
The Ultimate Fitness Environment

When you **combine** what you eat, what you do and how you live into a COLLECTIVE EFFORT to build a fit, muscular body, improve everyday performance and promote health, you are actually creating ***The Ultimate Fitness Environment***.

As we stated earlier, the natural environment you live in is most likely leading to an over-fat, under-conditioned, unhealthy body. If left unchecked, what you are eating, what you are doing (or NOT doing like proper exercise), and how you are living is probably never going to result in the body you want, the physical abilities you desire or the health you deserve.

As a matter of fact, if you are not happy with the way you look, perform and feel right now… **then you are walking proof that I'm right!**

So what do you say we fix this problem by creating *The Ultimate Fitness Environment* that naturally results in the body you've always wanted?



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As you can see, the above chart is made up of ***The Fitness Trilogy***:

- **What You Eat** – Diet & Nutrition + Supplements
- **What You Do** – Exercise
- **And How You Live** – Lifestyle

I've given percentages for each of the sections based on what I believe should be the priorities of each section.

> *****SIDE BAR*****
> The percentages given are not exact calculations, but a representation of what I believe to be the importance of each section. I encourage you to look at the ***Fitness Trilogy*** for your particular circumstances and decide which section is of highest priority, second highest, etc. However, for most individuals this representation is correct.
> ****************

So basically, in order to build ***The Ultimate Fitness Environment*** you need to focus on Diet & Nutrition first, then your Exercise Program, followed by your Lifestyle and lastly by Supplementation. **TOGETHER, you create an environment that forces your body to adapt (*S.A.I.D. Principle*) and build the strong, fit, healthy body you've always wanted!**

For some of you, focusing on Diet & Nutrition first might come as a surprise coming from me. After all, I am a strength and conditioning coach who makes a living creating Exercise Programs! **But the fact is, even the most well designed and executed exercise program can't make up for terrible eating habits and poor nutrition.**

On the same note, no amount of "healthy living" can make up for a poor diet and lack of exercise. And just as importantly, supplementing your diet (which I'll discuss later), only helps if you get your diet, exercise and lifestyle in order FIRST.

So as you can see, each of the three sections of the ***Fitness Trilogy*** builds upon and is reliant on the others. **You MUST focus on all three to get MAXIMUM RESULTS!**

Let's look at each section a little closer…

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Diet & Nutrition

I'm willing to bet most of your ALREADY know how to eat healthy. Let's see if I'm right…

- *What is healthier, a doughnut or an apple?*
- *Should you eat tons of sugar or limit your sugar intake?*
- *What's better for you, natural foods or processed foods with chemicals?*

See, I bet you knew the answer to each of those questions. (If you didn't, you should be ashamed of yourselves!)

You see, making healthy eating choices is not that difficult. **The difficulty is ACTUALLY eating the healthy choice on a regular basis!**

If you "clean up" your diet by making the healthy eating choices you ALREADY know (and actually EAT those healthy choices), I have no doubt your physique, performance and health will improve.

Here are a couple of other things about diet and nutrition that you may or may not know:

- *Eat 5-6 small meals a day*
- *Eat a combination of lean protein and vegetables at each meal*
- *Limit processed carbohydrates*
- *Drink plenty of water*
- *Drink Green Tea*

But as simple as all this seems, most of you need added help. And this is even truer if your want to MAXIMIZE fat loss, build strong muscle, peak performance and promote health. As you can see, Diet & Nutrition is about more than just shedding pounds of fat.

An excellent nutrition plan focuses on three areas for optimum fitness…

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- **Appearance**
- **Performance**
- **Health**

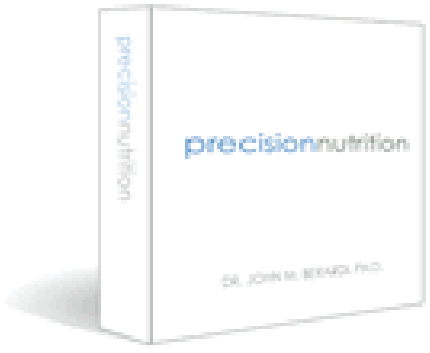
Unfortunately, most "diets" are just limited calorie eating. And to promote the kind of fitness you can see, feel and use… **you need the RIGHT nutrition, NOT limited nutrition.** This is why most diets you may be familiar with are worthless when building your own ***Ultimate Fitness Environment***.

As a matter of fact, most "diets" focus so strongly on **short-term weight loss** that they are DETRIMENTAL to performance and health. And the sad part is, losing weight is not the key to getting the body you want. Looking fit and attractive is determined by your percentage of fat in comparison to muscle… **not what any scale says!**

So do yourselves a favor and stop thinking about your diet in terms of how many calories you eat… and start thinking about getting the right nutrients from your diet to compliment your exercise and lifestyle to build the body you want. Your diet is not about losing weight. **It IS about improving your appearance (percentage of fat to lean muscle), performance and health!**

This is why I recommend Precision Nutrition by Dr. John Berardi.

Precision Nutrition is not limited calorie eating. It is not about weight loss (although you'll most likely lose fat). **It is a nutrition plan for active people (like us) designed to improve appearance, performance and health SIMULTANEOUSLTY!**



In my experience, ***Precision Nutrition*** is the perfect nutrition plan to accompany your exercise and lifestyle changes. It is not a short-term "diet", but rather a long-term solution for healthy eating and getting the physique you want.

Get $50 Off For A Limited Time

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Sensible Supplementation

Since we are talking about Diet & Nutrition, I wanted to say a few words about supplements. And independent of what your preconceived notion is about supplements, I want you to read this section… **it is very important.** I hope by the end, you'll see some common sense in supplementing your diet.

When a lot of people think about supplements they think of the ads they see in the magazines, fake "before and after" pictures and wild claims. And it is unfortunate that the supplement industry resorts to such methods to sell their products. It takes away from the true value of supplements.

But before we get started I want to make one thing absolutely clear:

There is NO magic pill or secret formula that miraculously transforms your physique into the muscular, lean, athletic body of your dreams.

Sorry to be the one to tell you this. (But I think most of you knew this already).

Then why talk about supplementation at all?

Because there ARE supplements you can take that help improve appearance, upgrade performance and promote health.

If you remember, I gave supplementation a 10% on the **"How To Build Your Fitness Environment"** chart. What this means is: Once you get your diet, exercise and lifestyle in order, taking the right supplements can give you an added boost to reaching your physique, performance and health goals.

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Taking supplements does not make up for a poor diet, missing workouts and only getting 2 hours of sleep at night. But when you are doing everything else right, **that 10% boost you get from supplements can really make the difference.**

Let's look at this sensibly…

In the Introduction I stated that your environment isn't naturally creating the muscular, lean, athletic body you want. As a result, you need to "supplement" your daily activities with exercise. **See, you are ALREADY using supplementation!**

And just as you must supplement your physical activity with exercise because you aren't getting the right kind of physical stimulus naturally… you must supplement your diet because you aren't getting the nutrients you need naturally. And here's the scary part… **Even if you are eating a healthy diet!**

The sad truth is…

The food we eat is not as nutritious as the food people ate 50 years ago. Fruits and vegetables have less vitamins and minerals than they used to. Meat and chicken are fed diets that reduce the amount of essential nutrients. So, even if you eat plenty of lean protein, vegetables and fruit… you still might be missing the nutrition you need to build the body you want, perform your best and live life to the fullest.

So your first priority for Diet & Nutrition should be to follow a long-term eating plan that improves your appearance, performance and health (like Precision Nutrition). But you can also benefit from some sensible supplementation.

Before I give you my recommendations, I want to be completely honest…

I struggled to find a supplement company I could recommend. I, like most of you, are sick of the hyped-up ads and outrageous claims. And while I feel sensible supplementation is worth serious consideration, I felt I would be putting my reputation on the line if I recommended anything but the most professional company.

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Luckily, there was a group of fitness professionals that shared my concerns. So, what did they do… **they created their own supplement company!**

Prograde is a nutrition company created BY fitness professionals FOR fitness professionals. **As a matter of fact, their products are ONLY available through expert fitness and wellness professionals (like me).** And their research-based, nutritional products are designed to fill-in the common nutrition gaps personal trainers most frequently find with their clients.

Why is this important for you?

Because fitness professionals know the key to optimum fitness starts with proper eating habits, exercise and lifestyle. So, ***Prograde*** products were designed to COMPLIMENT your diet, exercise and lifestyle changes… **not make empty promises.** They create only what is necessary and proven to work, eliminating endless choices and all the hype.

And more importantly, these are the products the pros use themselves AND with their clients. **They have to look the clients in the face and produce real RESULTS, or fear ruining their reputation and business!** If that isn't a powerful endorsement, I don't know what is. Here is what I recommend…

EFA Icon – Powerful Antioxidants & Omega 3 Oils from Neptune Krill

Antioxidants are your body's number 1 defense against free radicals… the harmful metabolic byproducts that damage cells and tissues. Omega 3 oils are high in two essential fats (DHA and EPA) that are crucial to your health.

See Full Details At Prograde

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VGF25+ For Men

Nature's most powerful Vegetables, Fruits and Greens found in ultra-convenient VGF 25+ caplets. Especially for men!

Full Details

VGF25+ For Women

Nature's most powerful Vegetables, Fruits and Greens found in ultra-convenient VGF 25+ caplets. Especially for women!

Full Details

It is recommended that you eat 5-6 small meals a day (about one every three hours you are awake). This keeps your metabolism stoked, burning fat and keeping fat from being formed.

This ***Complete Meal Replacement*** comes in handy when you need the nutrients, but don't have the time to make and eat a nutritious meal.

Click Here To Learn More

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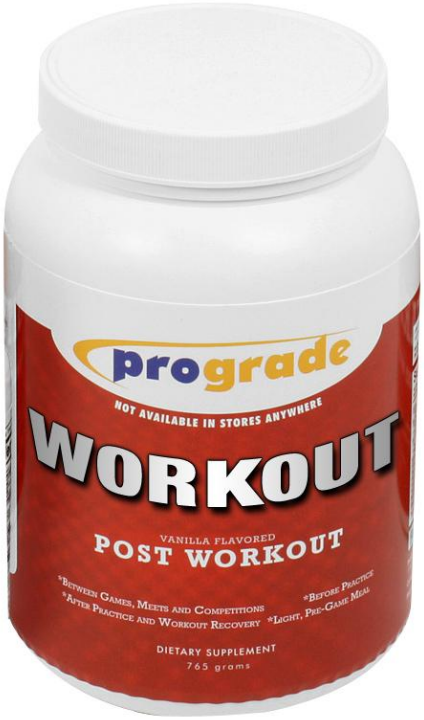
Don't waste the most important 60 minutes of your workout!



The hour AFTER your workout is the most important because your body is depleted of vital nutrients. **And the faster you replace the nutrients your body lacks the faster the recovery can begin.**

Recovering from your workout is when the positive adaptation takes place (there's that *S.A.I.D. Principle* again)… and drinking a ***Post Workout Shake*** with a blend of carbohydrates and protein primes your body to keep burning fat and building rock-solid muscle!

Giving your body what it needs, when it needs it, is a piece of the puzzle most people get wrong. This is called ***Nutrient Timing***. So, it is not only important to provide your body with the nutritional building blocks to recover from your workout, burn fat and build muscle… but you must provide those nutrients AT THE RIGHT TIME. **And right after workout is that time!**

Get The Most From Your Workouts

As you can see, the products from **Prograde** are not designed to REPLACE a healthy diet, proper exercise and a healthy lifestyle… but COMPLIMENT your physique, fitness and heath improving efforts. **And they may be the added boost you need to meet your goals!**

Now that Diet & Nutrition is out of the way, let's talk about my favorite topic… **Exercise!**

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Exercise

If you are reading this, you most likely purchased one of my workout programs. **And I truly thank you for your business.** But getting the right workout program is only part of the solution. You actually have to DO the workouts to get the RESULTS!

I know a lot of you are looking to build muscle in all the right places and lose fat, since those are the most frequent reasons for starting an exercise program. And don't worry, all my workouts are designed to build an athletically muscular body and burn unwanted fat! **But there is more to optimum fitness than just building muscle and burning fat.**

To make sure we are all on the same page, I want to share with you my ***Universal Definition of Fitness***.

Believe me, most people get tongue tied when trying to "define" fitness (even fitness professionals). ***"UHHH… fitness is being fit"*** **is just not going to cut it!** So, armed with a universal definition of fitness you'll be well ahead of the learning curve.

I personally believe that training for *Optimum Fitness* is the KEY to attaining your appearance, performance and health goals. When you train for ***Optimum Fitness***, your body adapts (*S.A.I.D. Principle again*), and gives you the RESULTS you want. So don't train to burn fat or build muscle… train for Optimum Fitness and your body naturally burns fat and builds muscle!

The Universal Definition of Fitness... The acceptable and deliberate compromise of competence and ability to perform in ALL the areas of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness to produce optimum appearance, performance and health results under the greatest amount of circumstances.

In simple terms…

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Your fitness is made up of many different physical abilities. So, you must train ALL the different physical abilities to workout seamlessly with one another in order to be fit. As a RESULT of this kind of training… **your body looks great, performance is increased and you are healthier!**

Now that sounds likes benefits worth training hard for!

Here is a recap of my physical training programs…

Workout Without Weights *Use the gym you were born with to build the body you've always wanted!*	**Ultimate Gymless Workout** *Take your bodyweight only training to the next level!*
Superior Dumbbell Workout *The power to build muscle, burn fat and skyrocket fitness… in the palms of your hands!*	**Extreme Dumbbell Fitness** *Use dumbbells to their full potential to build an athletically strong and fit body… and exceed your expectations!*
Athletic Body Workout *Build the athletic body that performs as good as it looks with bodyweight, dumbbells and barbells!*	**Gladiator Body Workout** *Combine bodyweight exercise and dumbbells to create the body of a 20th century gladiator!*

Now let's talk about the last section of *The Fitness Trilogy*… **Lifestyle!**

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Lifestyle

Don't sabotage your diet and workout program with a lifestyle full of bad habits.

- You've changed your diet to improve your appearance, performance and health.
- You've suffered through grueling workouts to burn fat, build muscle, improve all your athletic abilities and promote good health.

The last thing you want to do is destroy all your hard work and sacrifice by living poorly!

Now, I know "lifestyle" is a broad term. **What exactly does it mean?**

Here are some pointers…

- *Getting plenty of sleep*
- *Drinking plenty of water (There's that water again!)*
- *Avoiding drugs and alcohol*
- *Avoiding stress*
- *Doing anything that hinders proper nutrition and exercise*

Here is an easy trick to figure out if your lifestyle activities are OK.

Remember when I said we are creating the ***Ultimate Fitness Environment*** by changing what we eat, what we do and how we live? Well as you can see, the environment is made up of a COMBINATION of things. And each one is important.

So, you've already cleaned up your diet (or you should have). And you are using an effective workout program (or you should be). **Congratulations!** <u>You already have two out of three taken care of.</u>

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So to figure out if your lifestyle activities are OK, just ask yourself, ***"Does doing X conflict with my nutrition and exercise goals?"*** If the answer is "YES", then you probably shouldn't be doing it!

Simple right?

- ***Does getting only 2 hours of sleep conflict with my nutrition and exercise goals?*** YES… get more sleep!
- ***Does drinking 12 beers a night conflict with my nutrition and exercise goals****?* YES… not only does it hinder my nutrition, but my ability to work out as well!
- ***Does doing drugs conflict with my nutrition and exercise goals?*** YES… just say no!

You get the picture.

Once you get your diet and exercise under control, figuring out your lifestyle is easy. If whatever it is you decide to do keeps you from getting the nutrition you need, prevents you from working out, hurts preparation for a workout or hinders recovery after your workout… **you probably shouldn't be doing it!**

I know this might sound a little obsessive, but every part of ***The Fitness Trilogy*** must work together seamlessly to bring about the adaptations you want.

Look…

- *Just changing your diet can be very beneficial.*
- *Just starting a workout program can bring about positive change.*
- *Just living healthy can produce positive results.*

But if you want the fit, high-performance, healthy body I think you want… **you need to do all three!** But don't fret… once the process of building your ***Ultimate Fitness Environment*** is over, you'll do everything to maintain your fitness, physique and health without even thinking about it.

Let me show you…

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The Path To Optimum Fitness

There are 4 stages to building your ***Ultimate Fitness Environment***. Everyone must go through the same process on the road to creating the fit, high-performance, attractive body of their dreams. **There are no shortcuts!** Let's take a look at the 4 stages…

Stage 1

In this stage you are unfit, over-fat and unhealthy and you know it. You know you have to make a change. The environment in which you live leads you away from fitness, health and an attractive physique. While you may have the desire to change, you don't know what to do. As a result, what you need to learn is completely foreign to you at the moment. At this stage, when you think of yourself… **you think unfit, unattractive and unhealthy.**

Stage 2

In this stage you have decided to improve yourself by changing what you eat, what you do and how you live (*The Fitness Trilogy*). However, you still lack the mastery of nutrition, exercise and lifestyle to do it 100% correctly. There are still elements of your environment leading you away from fitness, health and an attractive physique. And while you may see some positive changes, **you still think of yourself as unfit, unattractive and unhealthy.**

Stage 3

In this stage you are skilled at creating *The Ultimate Fitness Environment*, but only with conscious effort. You still need to follow instructions and concentrate on every aspect of *The Fitness Trilogy* in order to stay on track. Failure to make a conscious effort results in returning to pervious bad habits that lead you away from fitness, health and an attractive physique. You still doubt your fitness, attractiveness and healthiness… **but see reaching your goals as a real possibility!**

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Stage 4

> In the final stage you create your *Ultimate Fitness Environment* automatically and naturally without any conscious effort. You've mastered every element of the *Fitness Trilogy* and automatically make choices which lead to fitness, health and an attractive physique. You now think of yourself as fit, attractive and healthy… **and unconsciously maintain the diet, exercise and lifestyle to maintain that self-image.**

It is very important to note that in stages 1, 2 and 3 you will still think of yourself as unfit, unattractive and unhealthy. This self-image is the result of living in your previous environment, and is hard to break. These are the most important and fragile stages... because it is easy to fall back on the bad habits of your unfit self image.

However, if you keep at it, your self-image WILL change!

Conclusion

Remember in the first sentence of this report I asked you a question?

"Wouldn't it be great if we could just go about our daily business and naturally created the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets us live life to the fullest?"

Well, if you get to Stage 4, THAT IS EXACTLY WHAT YOU'LL DO!

Once you create your own ***Ultimate Fitness Environment*** by changing every aspect of the ***Fitness Trilogy,*** going about your "daily business" DOES create the rock-hard, athletically muscular body that turns heads, performs exceptionally and lets you live life to the fullest!

Your dream has just come true!

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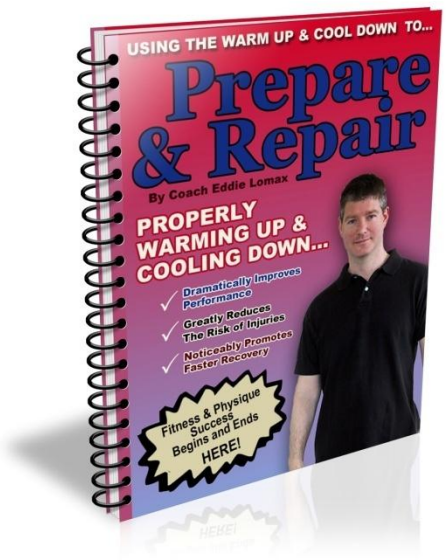

Using The Warm-Up & Cool-Down To...

Prepare & Repair

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material.
Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?

Do you know of **any other** reason you should not engage in a physical exercise program?
Answered "no" to all the questions... Great!

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Table of Contents

1 **Introduction**
Fitness Excellence Begins and Ends Here!

2 **Warm Up**
Prepare for physical activity, reduce the risk of injury and improve performance.

3 **Official All Purpose Warm Up**
A detailed example of a highly effective warm up.

4 **Cool Down**
An important component of any physical training program.

5 **Official All Purpose Cool Down**
A detailed example of a highly effective cool down.

6 **Additional Thoughts**
Make a proper warm up and cool down a part of your physical training program.

7 **What to Do BETWEEN the Warm Up and Cool Down**
Effective, interesting, modifiable and sustainable physical training.

8 **Index**
Click on the name of the exercise to go directly to the page.

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"Properly Warm Up And Cool Down... And Safely Get the Most Out Of Your Time Spent Training"

Most people train as if the actual workout is the **only thing** that matters.

The truth is, **everything** plays a role in achieving your fitness goals and meeting your physique expectations... Diet, water intake, proper sleep and stress all affect your physical training efforts.

However, there are two things directly related to physical training that are essential for success... **the warm up and cool down.**

Unfortunately, the warm up and cool down are insufficiently emphasized in the vast majority of physical training programs... or completely ignored all together.

Let's face it... **the warm up and cool down are the ugly ducklings of the fitness family.**

I cannot emphasize this enough, a proper warm up will **prepare** you for the upcoming physical activity allowing you to perform better... and a proper cool down will **repair** you after strenuous physical activity allowing you recover faster.

Preparation and **reparation** are **absolutely necessary** to optimize your physical training and ensure safe, continuous improvement.

Make Your Workouts More Productive

A proper warm up and cool down will...

- **Prepare** You For Physical Activity
- **Dramatically** Improve Performance
- Greatly **Reduce** The Risk Of Injury
- Noticeably Promote **Faster** Recovery
- **Repair** You From Physical Activity

Allowing you to...

- Have More **Effective** Workouts
- **Optimize** Your Time Spent Training
- See Results For All Your Hard Work **Sooner**
- **Safely** Pursue Your Fitness and Physique Goals

Every type of physical training can be improved by **beginning** with a proper warm up and **ending** with a proper cool down.

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If you don't warm up and cool down properly you are **decreasing** your workouts productivity, **prolonging** recovery time from one workout to the next and exposing yourself to **painful injuries** with **lengthy recovery** periods.

So ugly duckling or not... **incorporate a proper warm up and cool down into your physical training program** if you are serious about reaching your potential and exceeding your expectations.

Your body will thank you with **fitness performance improvements you can use**... and **physique improvements you can see.**

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Use This Three Part Process For A Quick, Effective Warm Up!

"A **proper warm up** will not only prepare you for the activity ahead... but it can reduce the risk of injury **significantly** and improve performance **dramatically**."

Traditionally, the warm up consists of little more than 10-15 minutes on a stationary bike, treadmill or stair climber, then some stretching and... **bam**, your ready to go!

Well, hold on... **not so fast.**

I agree that doing this type of warm up is **better than nothing**, but if you are going to spend any time on preparing for physical activity... why not make it **time-well-spent?**

Warming up should prepare you for physical activity, help reduce the risk of injury and improve performance... and should be completed in **10-15** minutes.

A proper warm up should...

- **Raise body temperature**
- **Raise heart and respiratory rates**
- **Loosen joints and muscles**
- **Prepare the whole body for the rigors of physical activity**

You should be able to give your best effort **immediately** following a proper warm up.

There are **three phases** to a proper warm up...

Aerobic Activity to Get The Blood and Air Flowing

Your warm up should start off with some **light to medium** aerobic activity.

Aerobic Activity is any activity performed at a pace that allows the cardiovascular and respiratory systems to provide oxygen for the production of energy.

The objective is to raise your body temperature and increase the heart and respiratory rates.

Dynamic Stretching To Loosen Joints and Muscles

Once you are warm and your heart and respiratory rates have risen you should perform some **joint and muscle loosening exercises**.

Dynamic stretching involves moving the joints and muscles through their **full and natural** range of motion.

This should be performed in a **controlled and fluid** movement...

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without any jerky or bouncing movements.

You are not attempting to "force" the body beyond its natural range of motion and limits.

The objective is to loosen all the **joints** and get the **muscles** ready for more strenuous activity.

It is **not** recommended that these exercises be performed when the muscles are fatigued... **so these exercises should be performed in the warm up session only!**

Note that **static stretching** is not done at this time**.**

Remember, warm up to stretch... don't stretch to warm up.

Whole Body Specific Activity

Movements for Ultimate Preparation

Practice movements that will prepare the entire body for the **specific activity** you are about to train.

To be as effective as possible, the movement should **closely relate** to the specific activity to be performed.

For example, jogging is good for preparing to sprint... but **not** for preparing to lift weights.

Now... You're ready to get the most out of your physical training!

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The All Purpose Warm Up For Physical Activity Preparation

"The following is a **highly effective warm up** that will prepare the body for the rigors of most physical training."

Aerobic Activity

Alternate jogging in place and doing jumping jacks for 2-5 minutes.

You can **substitute** just about any activity for the jogging and jumping jacks... like cycling, jumping rope, light shadowboxing, etc.

Just make sure to raise body temperature and get the heart and respiratory rates up!

Dynamic Stretching

Perform the following series of movements **in the order indicated** to lubricate all the joints and make the muscles elastic.

Do **5-10 repetitions** in the directions indicated.

Hand Flex

Open, close and roll fingers loosely.

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Wrist Rotation

Roll wrists clockwise and counterclockwise.

Wrist Flex

Bend elbows and hold palms parallel to the ground. Flex hands up to the ceiling and down to the floor.

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Elbow Circles

Keeping the shoulder as steady as possible, rotate the arm at the elbows in a clockwise and counterclockwise fashion.

Shoulder Roll

With your arms at your sides, roll your shoulders together forward and then backward.

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Alternating Arm Circles

With arms at your sides, pass the right arm in front of the body in a large clockwise circle and back to the starting position.

Then pass the left arm in front of the body in a large counterclockwise circle and back to the starting position.

Then do the entire series again, reversing directions of the arm movements.

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Hello, Goodbye

Begin from a standing position with one arm elevated above the head and the other arm down and slightly away from the body.

a) Pull both arms back, stretching the chest muscles and release.

b) Repeat movement.

c) Then switch arm positions, pull both arms back and release.

d) Repeat movement.

The movement should be performed:
Stretch, stretch, switch…
stretch, stretch, switch, etc.

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Press-Press-Fling

Begin from a standing position with arms bent, fists midline at chest level and elbows out to the side.

a) Pull elbows back to midline of the back, stretching the chest muscles and release.

b) Repeat movement.

c) Then extend the arms out and backward, stretching the chest muscles.

d) Repeat.

Press, Press

Fling

The movement should be performed...
stretch, stretch, extend...
stretch, stretch, extend...
etc.

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Neck Turn

Look left and then right.

Look up and then down.

Do not roll the neck.

Side Bends

Stand with arms at the sides, palms facing the body.

Bend to the left while sliding the left hand down the leg and the right hand up along the ribs.

Reverse the movement for the right side.

Try to extend a little more each time without jerking or overextending.

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Torso Rotation

With arms raised to shoulder height and out to the side, turn first to the left and then to the right.

With each rotation keep the knees slightly bent and lift the opposite heel off the floor as you turn.

Hip Rotation

Raise left leg with knee bent to waist height and make a circular movement to the left as far as possible and return the foot to the starting position.

Complete all repetitions with the left leg before repeating with the right leg.

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Good Mornings

Begin from a standing position with your arms at your sides.

a) Inhale deeply, simultaneously raising your arms up and out while raising on your toes and looking toward the ceiling.

b) Hold for 1 count at the top and exhale while returning to starting position.

c) Repeat.

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Stomping Grapes

Begin from a standing position.

a) Bend the right leg and bring the knee up to the chest and return to starting position.

b) Do the same with the left leg.

c) Then bend the leg and bring the right knee up to the side, under the armpit and return to starting position.

d) Do the same with the left leg.

This is done in a marching fashion... alternating legs each movement.

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Four-Way Leg Swings

Begin from a standing position with arms out for balance.

a) Slowly swing one leg to the front and then to the back... increasing range of motion slightly with each swing.

b) Then swing the same leg to the side and across the front of the body... increasing range of motion slightly with each swing.

Repeat on the opposite side.

The swinging should be a slow and controlled movement...

Pointing the toes up or forward will stretch different muscles in the legs.

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Knee Circles

Stand with your feet together and your hands on your knees.

Gently roll your knees in a circle clockwise... and then counterclockwise.

The knees should bend as deeply as possible without the heels lifting off the floor.

Ankle Rotation

Stand on one foot and raise the other foot about 6 inches off the floor.

Rotate the foot to the left and to the right in a circular motion.

Repeat with the other foot.

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Walking Lunge

Position you hands behind your head and focus your eyes forward.

Step out with a long stride, striking the heel of the forward foot and extending on the toes of the back foot.

Flex the front knee to 90° and keep the back knee from striking the ground.

Complete the cycle by bringing your back foot through into a standing position.

Keep moving forward by extending the opposite foot... advancing about 10 meters.

Walking Side Lunge

Focus your eyes forward and arms hanging down in front of your body.

Keep your torso upright and take a long stride out about 45° to the side.

Bend the forward knee 90° and keep the back leg straight.

Press off your forward foot and return to a standing position.

Keep moving forward by extending the opposite foot.... advancing about 10 meters.

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Lying Scorpion

Lie face down on the ground.

Keep your chest on the ground while you cross one leg over the other to the opposite side of the body, touching the ground with your toe.

Switch directions and repeat to the opposite side.

This should be done in a continuous manner, 5-10 times each side.

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Whole Body Specific Activity Movements

Now it is time to specifically target the muscles and movement patterns that you will be training.

I will give you two examples here... but feel free to substitute other exercises that best suit your purposes.

This Circuit Will Prepare You
For A Wide Variety Of
Physical Activities

Perform 2 or 3 circuits of...

Air Squats	**10 reps**
Push Ups	**5 reps**
Combination Crunches	**10 reps**
Pull Ups	**1-5 reps**

Once you perform the 2 or 3 circuits you are ready to perform more strenuous exercises.

Or...

This Descending Ladder
Is A Quick Way to Prepare

Perform the exercises as a descending ladder circuit of 5 to 1 without rest...

Squat Thrusts	**5,4,3,2,1**
Knee Hugs	**5,4,3,2,1**
Push Ups	**5,4,3,2,1**

For example...do 5 squat thrusts, 5 knee hugs, 5 push ups, 4 squat thrusts, 4 knee hugs, 4 push ups, etc.

This warm up will prepare you for just about any workout, however... If you are going to be doing any **heavy lifting at near maximum weight** you should perform a few sets at a lower weight of the same exercise first.

I think you will agree... **a warm up like the one described above will have benefits that greatly outweigh riding a stationary bike for 10 minutes.**

Warming up in this manner will significantly reduce the risk of injury and prepare you to perform your best **from start to finish of the workout**... enabling you to get the most out of your training time and dramatically increase performance improvement.

Now you are ready for some serious physical training!

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What Happens If The Warm Up Is Too Hard

As with any physical training... **common sense is always the determining factor for what YOU should do.**

Some people will go through the **All Purpose Warm Up** and feel as if the warm up **was** the workout.

If that is you, don't worry about it... **we all have to start somewhere.**

Just **move directly** from the end of the Warm Up to the Cool Down session.

Continue to use the warm up as your primary workout **for as long as you need**.

The point is this... **move ahead when YOU are ready.**

Modify the All Purpose Warm Up
For a Full Workout

The **All Purpose Official Warm Up** can easily be modified to be a workout all its own... no matter what your strength, conditioning and fitness level.

Increase intensity by all or any combination of the following...

- Increase the number of circuits
- Increase the number of repetitions per exercise
- Increase the number of exercises performed
- Shorten rest periods
- Use more strenuous exercises

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Use This Three Part Process For A Quick, Effective Cool Down!

"The cool down is one of the **most important** components of your workout... so don't neglect it!"

Taking a shower is **not** a proper cool down.

After strenuous activity most people just **STOP**... wipe their faces... drink some water... hit the showers... and go home.

However, after any strenuous activity, you should bring your body down to a resting state **slowly** to start the **repairing** process.

Cooling down should bring your heart and respiratory rates down to a resting rate gradually, reduce the risk of injury and promote recovery... and should be able to be completed in **10-15** minutes.

A proper cool-down should...

- **Lower Body Temperature**
- **Reduce Heart and Respiratory Rates**
- **Increase Flexibility**
- **Prepare the Whole Body for the Recuperation from Physical Activity**

After a proper cool down, you should be able to **resume everyday activities** while recuperating from the physical activity performed.

There are **two phases** for a proper

cool down...

Light Aerobic Activity to Bring The Heart and Breathing Rates Down

Start off with some medium to light aerobic activity.

Opposite of the warm up aerobic activity... the objective is to **lower** your body temperature and **decrease** the heart and respiratory rates.

You need to bring your heart and respiratory rates down **gradually** by continuing to do some light activity... **and not completely stopping**.

Static Stretching For Flexibility and Repair

After strenuous physical activity, your muscles are warm and loose... **Now** is the time to work on your flexibility through static stretching.
Static stretching is a controlled stretch that does not involve motion.

You stretch to the farthest point and hold for 15-30 seconds **without bouncing**.
Concentrate on **relaxing** the target muscles and breathing deeply.... exhaling as you go down and

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breathing normally once in the stretched position.

Do not hold your breath and do not bounce.

Flexibility training will allow you to continue to train injury free, develop functional, usable muscle and recover faster from the demands of physical activity.

If you are not properly cooling down... you will **limit** flexibility and the ability to be stronger over a greater range of motion, **increase** the likelihood of post-workout soreness and **increase** recovery time.

So... Cool Down!

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The All Purpose Cool Down For Repair after Physical Activity

"The following is an example of a **highly effective cool down** that will prepare you to resume everyday activities and recuperate from physical training."

Aerobic Activity

Lightly jog in place or ride a stationary bike for 5-10 minutes.

Make sure to get the heart and respiratory rates **down**!

Static Stretching

Proper stretching will not only make you more flexible, but also enable you to be stronger over a greater range of motion, promote muscle development, decrease post-workout soreness and decrease recovery time.

Perform the following series of movements **in the order indicated**.

Hold the stretch for **5-10 seconds** while breathing normally... relaxing and repeating as necessary.

Remember, stretching is not supposed to be painful.

Lateral Neck Stretch

In a standing position, clasp hands behind back, with left hand grasping right wrist.

Bend head to the left, bringing left ear toward left shoulder, while slowly pulling down on right arm with left hand for added stretch.

Stretch should be felt on the right side of the neck and shoulders.

Reverse action to stretch the other side.

Do not shrug shoulder to ear.

Forward Neck Stretch

Flex head forward and down using one or both hands to hold the stretch.

Return head to upright position and repeat.

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Forearm Stretch

Extend your right arm straight out in front of you, palm down.

With the left hand, grasp the fingers of the right hand and pull back gently... stretching the wrist and forearm.

Repeat with the left arm.

Arm Cross Shoulder Stretch

Bring arm that is to be stretched across chest.

Use opposite arm to pull arm being stretched toward chest until stretch is felt in the shoulder.

Repeat with the other arm.

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Forward and Overhead Upper Back Stretch

In a standing position, intertwine fingers with arms in front of the body.

Press palms outward and press forward until shoulders and back are rounded.

Now do the same motion with the arms overhead and the palms facing up.

Triceps Stretch

In a standing position, bring the left arm up and back so the elbow is pointing upward and the hand rests between the shoulder blades.

Gently pull the arm with the right hand toward the midline behind head to stretch the triceps.

Repeat to the opposite side.

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Overhead Side Stretch

In a standing position with arms above head, grasp right wrist with left hand and slowly pull the torso to the left, stretching the right side.

Repeat to the opposite side.

Sumo Stretch

Stand with feet wider than your shoulders.

Lower your butt while keeping your back straight and place your hands on your knees.

While pushing out on your knees, slowly turn your head and upper body to look over your right shoulder.

Repeat on the left side.

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Standing Quad Stretch

In a standing position, bend one leg back towards buttocks and use the hand on the same side to hold the stretch.

Stretch should be felt in the front of the bent leg... while keeping your knees parallel and in line with the hips.

Repeat on the opposite side.

Kneeling Lunge with Pelvic Tilt

Kneel on the floor with toes pointed straight back.

Move one leg forward until the knee of the forward leg is directly above the ankle of the forward foot, forming a 90° angle.

Without changing position of either leg, lower the front of the hip downward until a stretch is felt in the front of the back leg.

Repeat on the opposite side.

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Calf Stretch

Stand in front of a wall and lean against the wall so that one leg is bent and the other is fully extended.

Bend at the knee and lower your hips while pushing against the wall to stretch the calf.

Repeat with the opposite leg.

3 Way Hurdler's Stretch

Sit with the right leg straight and in front of the body and place the sole of the left foot against the inside of the right thigh as high on the leg as it will go.

1) Bend torso toward the floor while keeping the back straight, stretching the muscles of the inner thigh.

2) Bend torso towards the knee of the extended leg while keeping the back straight.

3) Keeping the back straight, bring the right shoulder toward the knee while reaching with the right arm toward the foot of the extended leg while simultaneously reaching up and over with the left arm. Stretch should be felt on the side of the torso and hamstrings. Repeat on the opposite side.

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Butterflies

Begin by sitting with the legs bent and the bottoms of the feet together.

Grasp ankles and push legs toward the floor using the elbows and bending the upper torso toward the feet while keeping the back flat.

Do not lean over by bending the back... Bend from the hips and keep the back straight.

Lying Back Stretch

While lying on your back, bring both knees up and toward the chest. Gently pull both knees toward the chest with your hands.

You may hold this stretch for as long as 1 minute.

Repeat the entire stretch bringing one knee toward the chest at a time.

This is an excellent stretch for the lower back and can relieve muscle spasms and prevent back injury.

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Hip Cross-Over

Begin by lying on your back with the legs extended.

Bring the right knee toward your chest at a 90° angle.

While keeping your back as flat on the floor as possible, use your left hand to pull the leg over the extended leg and toward the floor.

Stretch should be felt in the lower back and side of hip.

Repeat on the opposite side.

Lizard Stretch

Begin by lying face down on the floor with the hands flat on the floor under the shoulders.

Extend the arms so that the upper torso lifts off the floor.

Relax and repeat.

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Cat and Dog Stretch

Begin kneeling on the floor, toes curled under feet and palms flat on the floor.

Sway the back and look upward as you inhale through the nose.

Exhaling through the mouth, arch the back and tuck the chin towards the chest...think of a cat.

Then keeping the back straight, twist your head to the right while rotating your hips to the right.

Repeat on the left side... think of a dog trying to catch its own tail.

OK... Now you are ready to hit the showers.

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Index

Click on the name of the exercise to go directly to the page.

Warm Up Exercises

Hand Flex	**Page 10**
Wrist Rotation	**page 11**
Wrist Flex	**page 11**
Elbow Circles	**page 12**
Shoulder Roll	**page 12**
Alternating Arm Circles	**page 13**
Hello, Goodbye	**page 14**
Press-Press-Fling	**page 15**
Neck Turn	**page 16**
Side Bends	**page 16**
Torso Rotation	**page 17**
Hip Rotation	**page 17**
Good Mornings	**page 18**
Stomping Grapes	**page 19**
Four-Way Leg Swings	**page 20**
Knee Circles	**page 21**
Ankle Rotation	**page 21**
Walking Lunge	**page 22**
Walking Side Lunge	**page 22**
Lying Scorpion	**page 23**

Cool Down Exercises

Lateral Neck Stretch	**Page 29**
Forward Neck Stretch	**page 29**
Forearm Stretch	**page 30**
Arm Cross Shoulder Stretch	**page 30**
Forward and Overhead Upper Back Stretch	**page 31**
Tricep Stretch	**page 31**
Overhead Side Stretch	**page 32**
Sumo Stretch	**page 32**
Standing Quad Stretch	**page 33**
Knee Lunge with Pelvic Tilt	**page 33**
Calf Stretch	**page 34**
3 Way Hurdler's Stretch	**page 34**
Butterflies	**page 35**
Lying Back Stretch	**page 35**
Hip Cross-Over	**page 36**
Lizard Stretch	**page 36**
Cat and Dog Stretch	**page 37**

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Additional Elements Of Preparation & Recovery

There is no doubt about it, a proper warm-up can prepare you for giving your all during your workout, and a proper cool-down can help you recover after one. But there are some OTHER things you should take into consideration for excellent preparation and recovery. And really, this has nothing to do with physical training at all… **but rather NUTRITION!**

Without proper nutrition, your body won't have the nutrients and energy necessary to give your all during the workout… or quickly recover after one. Your body needs a lot of energy for both the physical activity you perform and the recovery process that starts the second you stop exercising. I don't mean to be dramatic here… **but without proper nutrition and timing, YOU WON'T GET THE MOST FOR ALL YOUR HARD WORK DURING THE WORKOUT!**

Here are two things you should consider…

In my experience, ***Precision Nutrition*** is the perfect nutrition plan to accompany your exercise and lifestyle changes. It is not a short-term "diet", but rather a long-term solution for healthy eating and getting the physique you want.

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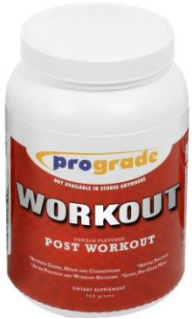

Don't waste the most important 60 minutes of your workout!

The hour AFTER your workout is the most important because your body is depleted of vital nutrients. **And the faster you replace the nutrients your body lacks the faster the recovery can begin.**

Get The Most From Your Workouts

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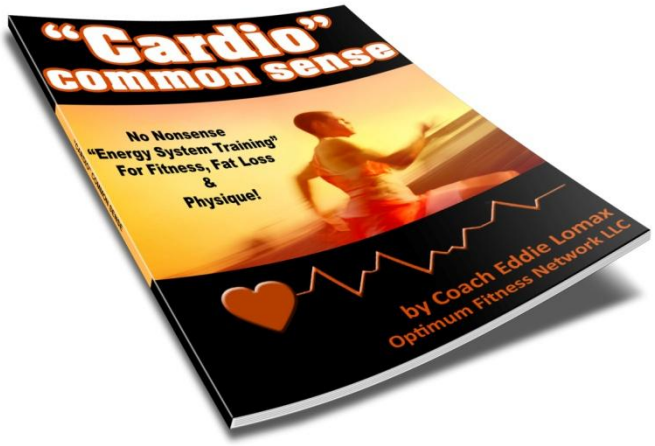

Cardio Common Sense

No Nonsense "Energy System Training" For Fitness, Fat Loss & Physique!

By

Eddie Lomax
Optimum Fitness Network LLC.

http://www.BestAtHomeWorkouts.com

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About The Author

Eddie Lomax *is the Founder & President of the* ***Optimum Fitness Network LLC****.*

His philosophy of fitness is called ***OptiFitness...*** *The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

Workout Without Weights

Superior Dumbbell Workout

Athletic Body Workout

Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Vina Del Mar, Chile.

Disclaimer
For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are NOT liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, **or any exercise program**, I recommend you **consult with your doctor for authorization and clearance.**

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer **"no"** to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

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Introduction

The term **"cardio"** traditionally refers to some type of physical activity (running, biking, rowing, swimming, etc.), performed at a steady pace (aerobic) for a determined length of time (more than 20 minutes). The contention is that by increasing the duration of the activity greater cardiorespiratory benefits are realized, the more fit you are and the more fat is burned.

As a consequence, the vast majority of people participating in fitness programs use some kind of traditional "cardio" either before or after other types of physical training. Some people even base their entire fitness program on traditional "cardio" methods. Anyone who refers to themselves as a "jogger", "biker" or "swimmer" instantly comes to mind.

But is *Steady-State Aerobic Exercise* and the "more is better" philosophy really the best way to realize your fitness, health and physique goals?

I would argue that it is not. As a matter of fact, I don't even like the term "cardio". I prefer ***Energy System Training***. And for me, the path to an attractive physique, improved performance and stellar health lies in the combination of *Resistance Exercise* and *Energy System Training*.

Recently, ***Steady-State Aerobic Exercise*** has been under attack and most trainers and coaches prefer ***High Intensity Interval Training*** (think sprinting). This form of intense training is faster, more effective, preserves more muscle and burns more fat than traditional "cardio". But is aerobic exercise a complete waste of time?

It has come to my attention that some exercisers might be confused with all the conflicting reports. I mean, who wouldn't be? So, in this short report I aim to bring some common sense to the "cardio" question.

Let's start by talking about ***Energy System Training***. (Don't worry, I'm going to keep it simple).

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Energy System Training

No matter what activity you are involved in, your body needs energy in order to perform. This energy is distributed to your muscles through three main energy systems... **the aerobic, anaerobic and anaerobic lactate energy pathways.** The energy pathway used is determined by the intensity and duration of the activity.

It makes sense that you must train all the energy pathways. You should not just train one energy pathway at the expense of the others. After all… work, sport and life are made up of a large variety of activities at various intensities and durations, right?

So, why are most people only training the aerobic pathway? **Good question!**

Let's look more closely at the different pathways…

The Aerobic Pathway

Aerobic activity is performed in the presence of oxygen. Activities performed at a low to moderate intensity for more than 90 seconds, allowing oxygen to release energy through metabolism are aerobic. Any activity, such as walking, jogging, biking, rowing, etc., that is done at a pace where oxygen can be successfully gathered, processed and delivered for use as energy is aerobic.

The benefits of aerobic activity are...

- **Increased** Heart and Lung Function
- **Decrease** in Body Fat

Aerobic activity is necessary for building up a heart and lung base from which more strenuous activity can be performed. Unfortunately, most exercisers try to maximize the benefits of aerobic training by constantly increasing duration. This leads to negatives that can override the benefits.

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The negatives of prolonged aerobic activity...

- **Decreased** Muscle Mass
- **Decreased** Strength
- **Decreased** Power
- **Decreased** Speed
- **Decreased** Anaerobic Capacity

Therefore, in my opinion, aerobic training should not be used as the only form of cardiorespiratory training. While aerobic activity should have a place in your overall *Energy System Training*, doing longer and longer aerobic sessions should not. Besides being time inefficient and all the negatives I just mentioned, **doing longer and longer aerobic sessions is just plain BORING!**

This brings us to the second type of energy pathway… Anaerobic.

The Anaerobic Pathway

Anaerobic activity is performed in the absence of oxygen. Activities performed at a medium to high intensity for less than 2 minutes, where energy is derived without oxygen are anaerobic. Any activity, such as weight lifting, sprinting, etc., that is done at a pace where oxygen cannot be successfully gathered, processed and delivered for use as energy, and some other form of energy must be used, is anaerobic.

There are two anaerobic energy pathways...

The Anaerobic System (ATP-CP) is where energy is derived from the re-synthesis of Adenosine Tri-Phosphate (ATP) from Creatine/Phosphate (CP) until the stores are depleted... about 5-7 seconds.

The Anaerobic Lactate System (Glycolytic) happens after the (CP) stores have been depleted, where the body resorts to the breakdown of glucose for energy. This results in the production of lactate and hydrogen ions... ultimately leading to fatigue. (*That is why you can't work at high intensity for very long*).

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The benefits of anaerobic activity are...

- **Increased** Heart and Lung Function
- **Decrease** in Body Fat
- **Increased** Muscle Mass
- **Improved** Strength
- **Improved** Power
- **Improved** Speed
- **Increased** Aerobic Capacity

As you can see, the benefits of anaerobic activity greatly surpass the benefits of aerobic activity.

The negatives of anaerobic activity...

- Need strong aerobic base
- It is hard

So, let's look at this sensibly…

As I stated earlier, you should train all energy pathways. You need a strong aerobic base before you can reap the benefits of more intense exercise. So, that is where you should start. But instead of constantly increasing duration to improve… **you should increase INTENSITY.**

For example, once you work up to being able to do 30 full minutes of an aerobic activity (jogging, biking, rowing, etc.), you should not try to improve cardiorespiratory performance by increasing the duration of your training to 35, 40, 45, 50 and more minutes. At that point, you have the aerobic base sufficient for increasing the intensity (how close to maximum output) of the activity.

So, let's look at how you should progress for the greatest benefits from your *Energy System Training*…

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Intensity Progression

There are basically ***3 Types of Energy System Training*** you should perform…

- **Steady-State Aerobic Activity**
- **High Intensity Aerobic Intervals**
- **High Intensity Interval Training**

Each kind of training increases in intensity. **"Intensity" here means how close to maximum output you are working.** For example, sprinting is more intense than jogging.

As I stated earlier, there are more benefits from performing more intense exercise than increasing the duration of the exercise at a lower intensity. Plus, when you increase the intensity you train the Anaerobic Pathways that would be ignored if you only training in the Aerobic zone.

But that doesn't mean you can just start out sprinting at full speed!

This is where some common sense is needed. I, like most other trainers, prefer anaerobic exercise. And I prescribe it in my workouts. **BUT, I insist you build up your aerobic ability first!** *Steady-State Aerobic Activity* still has a place in your overall workout program.

If when doing one of my workouts you are not ready for the kind of Energy System Training I prescribe, use a less intense version until you are capable!

Since these protocols are based in intensity… let's look at an easy way to measure intensity before we get into each type of Energy System Training.

This is called the R.P.E. Scale…

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Rate Of Perceived Exertion

The R.P.E Scale, (*Rate of Perceived Exertion*), is a simple way to determine how hard you are working. This is a subjective way to measure exertion... so you must be as honest as possible. **The RPE Scale runs from 0 to 10**. Zero being no exertion at all, and ten being very, very hard, maximum, exertion.

For example...

0	**No exertion**
1	
2	**Light**
3	
4	**Moderate**
5	
6	**Heavy**
7	
8	**Very Heavy**
9	
10	**Maximum**

While training, you determine the intensity of the activity by pinpointing where you are on the scale. Obviously, this is not an exact science. It is just a simple way to measure how intense you are working.

When you are performing an activity in the aerobic zone, your breathing may be heavier, but you should still be able to hold a conversation. **However, when you are working with high intensity, the rate of exercise should EXCEED the ability of your heart and lungs to provide oxygen for fuel.** (This is why high intensity intervals are done for short periods of time, and alternated with periods of less intense exercise or complete rest).

Now let's look at 3 different kinds of ***Energy System Training*** in more detail…

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Steady-State Aerobic Activity

Exercise at a low to moderate pace for a specific time period. Just keep the intensity in the low to moderately heavy range... **2-7 on the R.P.E. Scale.** You should be able to hold a conversation during the workout.

The most common method is to start out slow for the first few minutes, increase tempo in the middle of the workout and then go slow for the last few minutes. **However, at no time during the session should you go at a higher pace than you would be able to maintain during the entire training session.**

To get positive benefits from aerobic exercise, you should keep a steady pace for 20 minutes or longer.

High Intensity Aerobic Intervals (HIAI)

This is interval training which stays in the aerobic zone... exercising at a pace that can be maintained for longer periods of time.

Alternate intervals of low aerobic intensity with intervals of high aerobic intensity. Just keep the intensity in the low to moderately heavy range... **2-7 on the R.P.E. Scale**.

The most common method is to start out slow for the first few minutes, increase tempo in the middle of the workout and then go slow for the last few minutes. **The intensive portion of the exercise should be hard to continue for the duration of the workout.**

The difference between High Intensity Aerobic Intervals and High Intensity Interval Training is the intensity and duration of the intervals. **You must not exceed a pace that would stop you from completing an interval of 2 minutes or longer.**

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High Intensity Interval Training (HIIT)

Interval Training is a series, or repeated segments, of intensive exercise, alternated with periods of recovery. You can reduce activity level or use complete inactivity for the rest interval. **The interval should be about a 9 on the R.P.E scale.**

For example... you could sprint a short distance and then rest for a certain time period before repeating, or you could sprint a short distance and then reduce the intensity to a jog for a certain time period before repeating.

Dividing your workout into short, intensive efforts lets you to perform a greater volume of work at high intensity. Interval training allows you to reach and keep a high-level of intensity repeatedly, for a cumulative time that is greater than you could achieve during continuous training with the same intensity.

This training is effective at improving heart and lung function as well as calling into play all the energy pathways at a fraction of the time spent performing aerobic exercise alone. **It also burns calories both during and after the training session.**

Conclusion

In each of the workouts I recommend the type of Energy System Training you should do to MAXIMIZE the effectiveness of the workout. If at all possible, you should try to perform the workout as written.

However…

Your ability to complete the workout as prescribed relies on your fitness level. So, if the protocol recommended is too hard for you… use one you are more comfortable with.

Just make sure your training progresses by moving from low intensity exercise to a higher intensity exercise.

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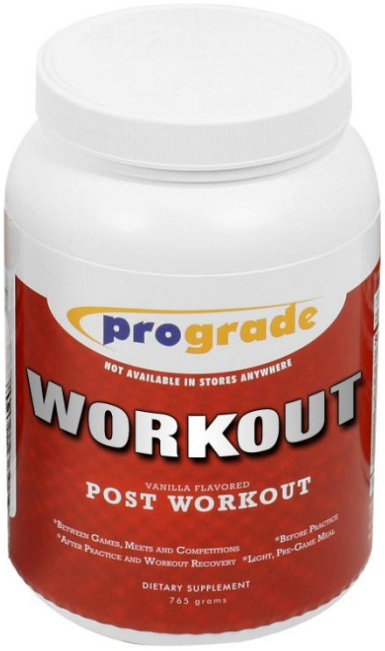
Don't waste the most important 60 minutes of your workout!



The hour AFTER your workout is the most important because your body is depleted of vital nutrients. **And the faster you replace the nutrients your body lacks the faster the recovery can begin.**

Recovering from your workout is when the positive adaptation takes place… and drinking a ***Post Workout Shake*** with a blend of carbohydrates and protein primes your body to keep burning fat and building rock-solid muscle!

Giving your body what it needs, when it needs it, is a piece of the puzzle most people get wrong. This is called ***Nutrient Timing***. So, it is not only important to provide your body with the nutritional building blocks to recover from your workout, burn fat and build muscle… but you must provide those nutrients AT THE RIGHT TIME. **And right after workout is that time!**

Get The Most From Your Workouts

In my experience, ***Precision Nutrition*** is the perfect nutrition plan to accompany your workout. It is not a short-term "diet", but rather a long-term solution for healthy eating and getting the physique you want.

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