

# File 10: program

This is the full program reprinted from the ebook for convenient access. Workouts are on separate pages to make printing simple.

## PROGRAM STRUCTURE

This program will be structured in levels. Readers should remain at each level for the recommended period of time OR until they reach certain mile stones (this will be explained at each level). Each level will also have an accompanying diet, as well as several types of “incidental exercise” that can be performed.

If you feel that level one is too basic for you, then of course you do have the option of skipping ahead. However, I highly recommend that if you should decide to do this, you skip immediately to the end. The reason for this, is that the previous levels are each designed to build on one another. I would also recommend thinking very carefully before skipping ahead, as if you have no experience with some of these training methods, you may risk causing injury.

That said, level 0 is an entirely optional starting point for those that are currently in sub-optimal health, or who wish to ease themselves into the program as gently as possible.

### LEVEL 0

*The purpose of this level is to ensure a good basic level of health. That means proper hydration, good sleep, and some basic mobility. The diet is kept extremely simple in a bid to reset the microbiome and to weed out any potential allergies or other issues. This simplicity also allows us to easily correct poor body composition and bulk or cut. If you are overweight, then you can use the reset diet in order to lose weight and get to a good starting point.*

*In a nutshell: adding intense training onto a poor foundation of basic health will be destructive rather than helpful. 10 minutes of meditation will help to improve focus and reduce stress, which may aid with adherence at later stages.*

*Perform this at your discretion if you are: completely inexperienced when it comes to exercise and training, over-or-under weight, unwell, or interested in easing yourself in as gently as possible.*

- **Reset Diet**
- O.N.E. Workout (4 x week)
  - Basic Mobility Routine (4 x week)
- 10 Minutes Meditation (3 x week)
- 20 Minutes Walking (2 x week)
- Lifestyle maintenance and health preparation

Duration: 2 months OR until you achieve your ideal bodyweight/composition

### LEVEL 1

*The purpose of this level is to build muscle size and work capacity. Pump training (volume training) serves to build strength in an injury-free manner (due to the lower complexity of the movements), as well as to improve blood supply to muscle, and to*

*strengthen tendons and ligaments to prevent future injury. It also helps to build the mind-body connection. The rapid increase in visible muscle and performance can also serve as great motivation to keep training.*

*Rests between sets are kept to a minimum. This provides a form of metabolic conditioning, and trains work capacity.*

*Steady state cardio is intended to increase the size of the left ventricle to lower heart rate and improve stroke volume. 60 or 30 Minutes of running is recommended, but you could also use cycling or similar. Aim to increase distance.*

*The Muscle Fuel diet is used in order to offer the necessary calories and protein to support the increased muscle size.*

- **Muscle Supply Diet**
- Steady-State Cardio (1 x week)
- Pump Training (4 x week)
  - Basic Mobility Routine (4 x week)
- Level 1 Brain Training (3 x week)
- Incidental Training

Duration: 3 months

**Note:** I recommend combining the brain training and stretching into a morning or evening routine. The mobility routine will immediately follow the pump/volume training.

## **LEVEL 2**

*The purpose of level 2 is to build power and max strength. This is achieved through lifting large weights, using overcoming isometrics, and training the grip, etc. This is combined with a highly nourishing/calorie rich diet and HIIT training. The former will support the nervous system during this more taxing form of training, the latter will further enhance mitochondrial density to increase work capacity.*

*The full body workout is included in order to help target specific smaller muscles that might otherwise have been overlooked by a routine focussing purely on the “big three” compound lifts.*

*Resistance-cardio is incorporated into the routine in order to avoid unnecessarily fatiguing the nervous system and to avoid losing the muscle mass built up during the previous level.*

- Power Training Routine (4 x week)
- Full Mobility Routine (4 x week)
- Level 2 Brain Training (3 x week)
- Incidental Training
- **Muscle Fuel Diet**

Duration: 3 months OR until you can bench 2x your own bodyweight

### LEVEL 3

*The purpose of this level is to “plug gaps” not covered by traditional training modalities. That means we are looking to drastically improve mobility, to strengthen lesser-trained muscles, and increase agility and performance.*

*This should involve a cautious approach that is completely “ego free.” This combined with a now solid foundation of strength, mobility, nutrition, and cardio, should help you to avoid injury or overtraining. We must continue consuming larger amounts of calories and protein for this same reason.*

*One day of steady state cardio is included to help maintain work capacity and cardio performance, and to keep us light for the complex movements. Combining HIIT with highly technical movements can potentially lead to nervous system burnout.*

- Powerful Movement Routine (4 x week)
  - Mobility Routine (4 x week)
- LISS (1 x week)
- Level 3 Brain Training
- Incidental Training
- **Muscle Fuel Diet**

Duration: 3 months

### Level 4

*Level 4 is the final expression of SuperFunctional Training. The objective is to perform a single routine that incorporates many of the elements of each prior stage. This should build muscle size and endurance, while simultaneously supporting and enhancing mobility, boosting max strength/explosive strength, and more.*

*Elements of brain training and mobility are now incorporated into the physical training itself. Likewise, the routine provides additional opportunity for meditative practice, and for developing such things as ambidexterity on top of the already established set routines.*

- SuperFunctional Training Routine (5x Week)
  - Mobility Training (5x Week)
- Level 4 Brain Training
- Incidental Training
- **SuperFunctional Diet**

Duration: Indefinite

Optional: At any point after 6 months of Level 4, you may choose to adopt the training program from levels 1-3 for 2-8 weeks. This can help you to improve areas that might be lagging behind, and to attack those older routines with greater strength and endurance. This also helps to prevent adaptation.

### REST

Incorporate a deload week every 5<sup>th</sup> week OR when transitioning to the next level.

During deload weeks, you can continue to use the mobility routine. However, all other training should stop – including brain training. This is important to help reboot motivation and inspiration, so that you feel ready to jump back in. It also helps to prevent adaptation.

## LIFESTYLE ADAPTATION

We have discussed many different methods for increasing energy and health by making changes to your lifestyle. It is recommended that you make these changes to support your performance during training, and to enhance the results.

Here are some highly recommended lifestyle adaptations to include:

Class: Ideally, supplement this training with dance class, or martial arts

Learning: Be constantly learning a new subject/skill

Time Outdoors: One of the easiest “hacks” to feel MUCH better, is to spend more time outdoors. Aim to get at least 10 minutes.

Process Fixes: Apply kaizen and process fixes to your home and lifestyle to gain more time and energy.

Wear minimal shoes, and try training barefoot on occasion

Sleep Hacks - Improve your sleep by:

- Opening a window to allow natural temperature change

- Taking a warm bath or shower before bed

- Blacking out the room

- Investing in a high quality mattress

- Using CBT techniques to get to sleep quickly

- Use a daylight lamp to slowly wake yourself as naturally as possible

- When showering in the morning, use cold showers.



## LIST OF INCIDENTAL TRAINING METHODS

The following are incidental training methods that you can incorporate throughout your day in order to gain additional benefit. Some are considered essential, and have been starred.

- \*Neck training with self-resistance – Ideal for bus commutes, or when waiting in queues etc.
- \*Big idea thinking - Useful for walks and other periods of waiting
- Passive stretching
- \*Grip trainer – Keep one by the kettle or toaster and practice
- \*Left handed tooth brushing
- Passive stretching – Try holding a stretch while working
- Left handed mouse
- \*Whenever you squat, it should be a full squat with heels on the ground
- \*Muscle control to be practiced – isolating and moving individual muscles
- “Grease the groove” by practicing technically complex movements regularly, stopping before fatigue
- Mentally rehearse technically complex movements
- Listen to audio books
- Focus intently on mundane tasks/perform them with the utmost speed and precision
- Purposefully subject yourself to “uncomfortable” situations – including social situations
- Practice box breathing and other breathing techniques
- When heading a short distance, try running
- When visiting somewhere you have been before, try to recall as many details about that place and then see which ones were correct
- Pick up items from the floor using feet to test/develop foot dexterity

## Diary

|                | Day 1  | Day 2  | Day 3  | Day 4   | Day 5  | Day 6  | Day 7   |
|----------------|--|--|--|---|--|--|---|
| <b>Level 0</b> | O.N.E.<br>Workout<br>10<br>Minutes<br>Meditation<br>Reset<br>Diet                                | O.N.E.<br>Workout<br>20<br>Minutes<br>Walking<br>Reset<br>Diet                             | Rest<br>10<br>Minutes<br>Meditation<br>Reset<br>Diet                       | O.N.E.<br>Workout<br>10<br>Minutes<br>Meditation<br>Reset<br>Diet                       | O.N.E.<br>Workout<br>20<br>Minutes<br>Walking<br>Reset<br>Diet                             | Rest<br>Reset<br>Diet                                      | Rest<br>Cheat<br>Day                              |
| <b>Level 1</b> | Pump<br>Pull Day<br>Level 1<br>Brain<br>Training<br>Muscle<br>Fuel Diet                          | 60 Min<br>Steady<br>State<br>Cardio<br>Level 1<br>Brain<br>Training<br>Muscle<br>Fuel Diet | Pump<br>Push<br>Day<br>Level 1<br>Brain<br>Training<br>Muscle<br>Fuel Diet | 30 Min<br>Steady<br>State<br>Cardio<br>Muscle<br>Fuel Diet                              | Pump<br>Pull Day<br>Level 1<br>Brain<br>Training<br>Muscle<br>Fuel Diet                    | Pump<br>Full Body<br>Day<br>Muscle<br>Fuel Diet            | Rest<br>Cheat<br>Day                              |
| <b>Level 2</b> | Full Body<br>Level 2<br>Brain<br>Training<br>Muscle<br>Fuel Diet                                 | Spot<br>Strength<br>Workout<br>Level 2<br>Brain<br>Training<br>Muscle<br>Fuel Diet         | Rest<br>Muscle<br>Fuel<br>Diet   | Overload<br>Workout<br>Muscle<br>Fuel Diet  | Rest<br>Level 2<br>Brain<br>Training   | Full Body<br>Muscle<br>Fuel Diet                           | Rest<br>Cheat<br>Day                              |
| <b>Level 3</b> | Movement Push<br>Day<br>Muscle<br>Fuel Diet<br>Level 3<br>Brain<br>Training                      | Movement Leg<br>Day<br>Muscle<br>Fuel Diet<br>Level 3<br>Brain<br>Training                 | Rest<br>Muscle<br>Fuel<br>Diet   | Movement Pull<br>Day<br>Level 3<br>Brain<br>Training<br>Muscle<br>Fuel Diet             | Movement Full<br>Body<br>Level 3<br>Brain<br>Training<br>Muscle<br>Fuel Diet               | 30 Min<br>Steady<br>State<br>Cardio<br>Muscle<br>Fuel Diet | Rest<br>Cheat<br>Day                              |
| <b>Level 4</b> | SuperFunctional<br>Push Day<br>Level 4<br>Brain<br>Training<br>SuperFunctional<br>Diet<br>(Fast) | SuperFunctional<br>Pull Day<br>Level 4<br>Brain<br>Training<br>SuperFunctional<br>Diet     | Rest<br>SuperFunctional<br>Diet<br>(Fast)                                  | SuperFunctional<br>Legs/Core<br>Level 4<br>Brain<br>Training<br>SuperFunctional<br>Diet | SuperFunctional<br>Full<br>Body<br>Level 4<br>Brain<br>Training<br>SuperFunctional<br>Diet | Rest<br>SuperFunctional<br>Diet                            | Threshold<br>Run  <br>LISS<br>Run<br>Cheat<br>Day |



## MOBILITY ROUTINES

Dynamic Stretches

*These are stretches that involve lightly swinging the body part outside of the usual range of motion. Use to limber up before a routine. Do not “bounce” into the movement.*

High Leg Swings \* 8 {Swing leg straight up}

Side Kicks \* 8

Arm Swings \* 8

Arm Swings Figure of Eight \* 8

Air Squats \* 8

Spinal Rotations \* 8

## Foam Rolling

*Repeat each for 15-30 seconds.*

Quads – Lie on your front and move forward and back across the quads

Hamstrings – Sit on the roller and roll forward and back

Hip flexors – Sitting down, work a roller into the area where the legs meet the hips

Glutes – Sit on the foam roller and move forward and back by using your feet

Feet – Work a tennis ball into the sole of each foot. Using a golf ball also works.

Upper back/shoulders – Using a roller or tennis ball



## Mobility Routine

*Use this either immediately following a workout, or to start your day in conjunction with meditation.*

Opener 1 \* 30 Seconds {Hold onto a doorway over your head and lean forward to open up shoulders bending arms behind}

Deep Air Squats 2 \* 30 Seconds {Lean forward to improve ankle mobility}

Wrist Flexion 1 \* 60 Seconds {Bend the hand gently back and forward 30 seconds each}

Touch Toes 2 \* 30 Seconds | Pancake 2 \* 30 Seconds {Pancake is touching toes on ground}

Downward Dog 1 \* 1 Minute {Classic yoga move}

Bridge 1 \* 1 Minute {Bend over backward and touch the floor}

Knees to Chest 2 \* 30 Seconds {Bilateral to save time}

Quad Stretch 2 \* 30 Seconds {Bilateral to save time – Add plantar flexion for jump height – Pull leg up behind holding by top of foot}

Side Split Progression 1 \* 1 Minute | Butterfly Stretch 1 \* 1 Minute {Sit cross legged and push knees to floor}

Cobra 1 \* 1 Minute {Lie on stomach, arch head upward}

(Total 9.5 minutes)



**Key**

1RM = 1 Rep Maximum

70%1RM = 70% of your one rep max

12 to failure = Means 12 (or however many) repetitions using a weight that will cause you to fail at this point.

AMRAP = As Many Reps As Possible – Perform as many reps as you can, minimizing rest time, in a set time period

Failure = The point at which form seriously deteriorates

80%F = Means that completing that many of that exercise with this weight should be 80% of what you are capable of.

\* = “times” or “multiplied”

3 \* 10 \* Failure = This is how a typical exercise is written. This means 3 sets of 10 reps, each one using enough weight that this is the failure point.

[] = Drop sets live inside square brackets. No rests between these exercises.

| = This denotes “Or”

> = Used to show drop sets. Press Up > Press Up On Knees means you drop straight to press ups on the knees with no rest in between. Bench press \* Failure > Failure > Failure means you lower the weight 3 times in order to keep going past failure.

< = Means “up to” as in “up to 1 minute”

{ } = Additional notes go inside curly brackets

## THE O.N.E. WORKOUT

O.N.E. stands for 'Only Necessary Exercise'. The idea is that if this is the *only* thing you can manage to do in the day, then it will be better than nothing.

Simply, the workout is:

1 bodyweight compound 'push' exercise (press ups, handstand push ups, ring dips, clapping push ups)

1 bodyweight compound 'pull' exercise (pull ups, chin ups, inverted push ups<sup>1</sup>)

1 bodyweight legs workout (jumping squats, 1 legged squats, jack in the box)

I simply take these and do 3 sets of each, for a high number of reps (100 fast push ups, 15 pull ups, 20 jumping squats). The whole thing should take about 10 minutes. If you prefer, you can perform it more like a circuit and do 30 seconds of each +30 second rest, 5 times round.

Point is: this routine means that every muscle group gets at least a *little* attention and you're also doing a lot of reps so you'll be getting some resistance cardio in there too. As the name suggests, this should essentially cover all the basics – all the "necessary" exercise.

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<sup>1</sup> An inverted push up means holding onto a bar that is suspended about waist height from the ground. You hold onto it with an overhand grip and pull your upper body upward, keeping your heels on the floor and body straight. It is so named because it looks like you're doing a press up upside down!

## PUMP/VOLUME ROUTINE

### Push Day – 30 second rests

Mechanical Drop Set: [Bench Press \* 10 to Failure > Failure > Press Ups \* Failure] \* 3

Military Press 3 \* 10 \* 80%F

Mechanical Drop Set: [Cable Flyes \* 12 to Failure > Cable Press \* Failure {Same weight}] \* 3

Drop Set: [Incline Chest Press \* 12 to Failure > Failure > Failure > Burns] \* 2

Tricep Push Downs 3 \* 15 \* 80%F

Mechanical Drop Set [Single Arm Tricep Dips \* Failure > Tricep Dip \* Failure] \* 3

Flush Set: Chest Press \* 100 | Push Ups on Knees \* 100

5 \* 1 Minutes Battle Ropes | 10 \* 1 Minutes Heavy Bag

### Pull Day - 30 second rests

Mechanical Drop Set: [Pull Ups \* Failure > Inverted Push Up \* Failure]

Cable Row 3 \* Failure

Mechanical Drop Set: [Bicep Curls \* 12 to Failure > Hammer Curls \* Failure > Cheat Curls \* Failure] \* 3

Chin Ups 2 \* Failure

Drop Set: [Cable Curl \* 10 to Failure > Failure > Failure > Burns] \* 2

Chin Ups 2 \* Failure

Flush Set: Lat Pull Down \* 50

10 Minutes Rowing Machine

### Legs/Core – 30 second rests

Squat 3 \* 10 \* 70%F | Leg Press 3 \* 10 \* 70%F

Squat Jump 3 \* Failure

Ab Crunch Machine 3 \* 12 to Failure

Lunge Walking 2 \* Failure

Mechanical Drop Set: [Hanging Leg Raises W/Weight \* Failure > Hanging Leg Raises \* Failure > Frog Kicks \* Failure]

Drop Set: [Leg Extension \* 12 to Failure > Failure > Failure] \* 2

Drop Set: [Hamstring Curl \* 12 to Failure > Failure > Failure] \* 2

Burpees 3 \* Failure

Bicycle Sit Ups 3 \* 25

### Full Body – 30 second rests

Press Ups \* 30 | Failure

Dumbbell Clean and Press \* 10

Burpees \* 10

Barbell Rows \* 10

Barbell Curls \* 10

Squat Jumps \* 10 | Failure

Pull Ups \* 10

Hanging Leg Raises \* 10

Tricep Dips \* 10

Plank 1 Minute

Rest 30 seconds and repeat entire program two more times

## POWER TRAINING ROUTINE

**Full Body** – 1-2 minute rests as needed

*Warm up sets help to prevent injury at extremely high loads by training the movement and increase potential max strength by providing post-activation potentiation.*

Foam Rolling

Trap Bar Deadlift Warm Up Set 1 \* 10 \* 10%1RM

Trap Bar Deadlift 4 \* 4 \* 90%1RM

Bench Press Warm Up Set 1 \* 10 \* 10%1RM

Bench Press 4 \* 4 \* 90%1RM

Squat Warm Up Set 1 \* 10 \* 10%1RM

Squat 4 \* 4 \* 90%1RM

Mobility Routine

**Spot Strength** (Performed Twice) – 1 minute rests

*This workout is designed to target the areas not specifically hit with a typical big lifts style routine.*

Foam Rolling

Cable Face Pulls 2 \* 10

Shrugs 2 \* 4 \* 90%1RM

Squatting Press 2 \* 4 \* 70%1RM

Bent Press 2 \* 4 \* 70%1RM

Incline Bench Press 2 \* 10 \* 70%1RM

Decline Bench Press 2 \* 10 \* 70%1RM

Trap Bar Farmer's Walks 5 \* 1 Minute (AMRAP)

Weighted Chin Ups 3 \* 5F

Mobility Routine

**Overload Workout** – 1.5 minute rests

*This workout is designed to increase the weight you are used to moving, and to strengthen tendons and bones. It also improves work capacity.*

Foam Rolling

Ballistic Isometric Bar Bend 1 Minute

Trap Bar Deadlift Warm Up Set 1 \* 10 \* 10%1RM

Rack Pulls 4 \* Failure \* 100%1RM

Bench Press Warm Up Set 1 \* 10 \* 10%1RM

Accommodating Resistance Bench Press 4 \* Failure \* 100%1RM

Suitcase Carries 5 \* 1 Minute (AMRAP) | Overhead Carries 4 \* 1 Minute (AMRAP)

Weighted Lunge Walking 5 \* 1 Minute (AMRAP) {Barbell across shoulders}

Kettlebell Swings 1 Minute \* 3 {Use roughly your barbell curl 5RM}

Clapping Push Ups 2 \* 10

Jump Squats 3 \* 10

Mobility Routine

## POWERFUL MOVEMENT ROUTINE

*Note that the expectation for these workouts is not that you are able to do full planche. Practicing planche progressions might mean holding pseudo planche or crow pose – easier versions to develop the necessary core and straight arm strength. Refer to the bodyweight training document for progressions.*

### Push Day – 1 minute rests

Foam Rolling | Dynamic Stretching

Handstand Push Ups 2 \* Failure | Handstand Push Ups Against Wall \* 2 \* Failure

Planche Progressions 1 minute \* 2

Straight Arm Press/Progressions 1 minute \* 2

Military Press 3 \* 8 {Weight such that you stop just short of failure}

Ring Dips<sup>2</sup> 2 \* 10 {Weight such that you stop just short of failure}

Drop Set [Explosive Dips \* Failure > Dips \* Failure]

Drop Set [Clapping Push Ups \* Failure > Archer Push Ups \* Failure > Push Ups \* Failure]

Drop Set [1 Arm Tricep Dip \* Failure > Tricep Dips \* Failure > L-Sit \* Failure]

Finger Push Ups 2 \* 8

Mobility Routine

### Leg Day – 1 minute rests

Foam Rolling

Dynamic Stretching

High knees 2 minutes warm up

Squat / Leg Press 3 \* 3 \* 90% 1RM

Air squats | Hindu Squats ATG 1 \* 10

Barbell Glute Bridges 2 \* 10 \* 30-40% 1RM

Pistol Squats 2 \* 10 (or failure)

Weighted Step-Ups<sup>3</sup> | Weighted Lunges 2 \* 8

Squat Tuck Jumps<sup>4</sup> 3 \* 10 {max height}

Sprints 3 \* 1 Minute

Kettlebell Swings 2 \* 30 \* 25%1RM

Mobility routine

### Pull Day – 1 minute rests

Foam Rolling | Dynamic Stretching

Front Lever Progressions 1 Minute \* 3

1 Armed Chin Ups | Progressions 2 \* 6

Rope Climbs 1 Minute \* 2 {AMRAP}

Bicep Curls 2 \* 8 \* 80F

Rows 2 \* 8 \* 80F

Rock Climbing 10 Minutes | Weighted Vest Pull Ups 3 \* Failure

Drop Set [Clapping Pull Ups \* Failure > Archer Pull Ups \* Failure > Pull Ups \* Failure > Pull Up Negatives \* Failure]

Wrist Curls 2 \* 10 \* 50%1RM

Pronated Wrist Curls 2 \* 10 \* 50%1RM

2 \* 1 Minute Hang

Mobility Routine

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<sup>2</sup> Perform dips using gymnastics rings

<sup>3</sup> Hold a weight across the shoulders and step up onto a raised platform

<sup>4</sup> Squat all the way down, then jump up and tuck

### **Core Day – 1 minute rests**

Foam Rolling | Dynamic Stretching  
Front Lever Pull Ups 2 \* Failure  
Hollow body hold 2 \* 1 Minute or Failure  
Weighted Frog Kicks 2 \* Failure  
Mechanical Drop Set [Leg raises \* Failure > Frog kicks \* Failure]  
V-Sit > 1 Minute  
Myotatic Crunch 2 \* 15  
Around the worlds 2 \* 10 {Hanging legs drawn in a circle}  
Side Plank Oblique Twist 2 \* 10  
Pike Pulses 2 \* 20  
Supermans 2 \* 10  
Bicycle Crunches \* Failure  
Heavy Bag 10 Minutes | Shadow Boxing 10 Minutes  
Mobility Routine

### **Full Body – 1 minute rests**

Muscle Ups / Progressions 2 \* Failure  
Straight Leg Deadlifts 2 \* 6 \* 70%1RM  
Bent Press 2 \* 6 {Stop Short of Failure}  
Squatting Press 2 \* 6 {Stop Short of Failure}  
Briefcase Carry 2 \* 1 Minute (AMRAP) {Hold a dumbbell in one hand and walk}  
Overhead Dumbbell Lunge Walk 2 \* 1 Minute (AMRAP)  
Pull Up Bar Face Pulls 2 \* 6  
Mobility Routine

# SUPERFUNCTIONAL ROUTINE

## Pull Day – 40 second rests

Dynamic Stretching

5 Minute Bodyscan Meditation

Cartwheels \* 10

Trap Bar Deadlift 2 \* 4 \* 90%1RM

Planche Progressions Holds 2 \* Failure | Front Level or Front Tuck Lever Holds 2 \* Failure

Weighted Rope Climb 2 \* Failure

Rope Climb 2 \* Failure

Pronated Grip Barbell Curls 2 \* Failure {Use a very slow eccentric – counting to 5}

Drop Set [Alternating Dumbbell Curls \* 10 to Failure > Hammer Curls<sup>5</sup> \* Failure > Cheat

Hammer Curls<sup>6</sup> \* Failure > Chin Ups \* Failure] \* 2 {Same weight for drop set}

Lat Pull Down 2 \* 4 to Failure

Drop Set [Pull Ups \* Failure > Inverted Push Ups \* Failure] \* 2

Quasi Isometric Pull Up 1 Minute

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

## Legs and Core Day – 40 second rests

Foam Rolling

5 Minute Bodyscan Meditation

Squat 2 \* 4R \* 90%1RM | Squat Press 2 \* 4 reps at 80%F

Pistol Squats \* Failure {Eyes Closed}

Overhead Weighted Lunge Walk 2 \* Failure

Depth Jumps 2 \* 15 | Jump Squats 2 \* 15 {Depth jump unless not available}

Calf Jumps 2 \* 15

Raised One-Legged Weighted Calf Raises 2 \* 15 to Failure

Pike Pulses 3 \* 10 | V-Sit 2 \* Failure

Drop Set [Hanging Leg Raises \* Failure > Frog Kicks \* Failure] \* 2

Bicycle Crunches \* 50

Plank 2 \* 1 Minute | Hollow Body Hold 2 \* 1 Minute

Quasi Isometric Air Squat 1 Minute {Eyes Closed}

10 Minute Heavy Bag

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

## Push Day – 40 second rests

Dynamic Stretching

5 Minute Bodyscan Meditation

Ballistic Isometric Bar Bend 3 \* 6 Seconds \* Three joint angles

Bench Press 3 \* 4 \* 90%1RM

Handstand Push Ups 2 \* Failure | Assisted Handstand Push Ups 2 \* Failure {Eyes Closed}

Bent Press 2 \* 6 to Failure

Drop Set [Weighted Dips \* Failure > Dips \* Failure > Press Ups \* Failure]

Drop Set [Clapping Press Ups \* Failure > Press Ups \* Failure]

Drop Set [One Arm Tricep Dips \* Failure > Tricep Dips] \* 2

Battle Ropes 3 \* 1 Minute at MHR | Press Ups 3 \* 100

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

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<sup>5</sup> Dumbbell curls but with a neutral grip (palms facing in). Curl across the body.

<sup>6</sup> Swing the body to lift the weights when you can no longer do so with isolation



## Full Body – 40 second rests

5 Minute Bodyscan Meditation

1 Minute Juggling

Muscle Ups / Progressions 2 \* Failure | Weight Vest Explosive Pull Ups 2 \* Failure

Straight Leg Deadlifts 2 \* 4 \* 70%1RM

Mechanical Drop Set: [Knuckle Push Ups \* Failure > Finger Push Ups \* Failure] \* 2

Squatting Press 2 \* 6 {Stop Short of Failure}

Briefcase Carry 2 \* 1 Minute (AMRAP) {Hold a dumbbell in one hand and walk}

RTO Support Hold<sup>7</sup> >1 Minute (support yourself on the rings for 1 minute)

Pull Up Bar Face Pulls 2 \* 6

### Metcon Circuit – 10 Second Rests:

Spider-Man Crawls 1 Minute (AMRAP)

Dumbbell Clean and Press 1 Minute (AMRAP)

1 Arm 1 Leg Push Ups | 1 Arm Push Ups

Bicycle Crunches 1 Minute (AMRAP)

Kettlebell Swing 1 Minute (AMRAP)

Hollow Body 1 Minute

**Rest 1 minute and repeat circuit once**

**Advanced:** Add training mask or breathe through straw

Mobility Routine {Eyes Closed and Combined With Kinaesthetic Meditation}



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<sup>7</sup> Support your weight on gymnastic rings with straight arms and palms facing forward

## THE DIETS

Remember:

Men:

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

Women:

$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

To turn this into your AMR, you then multiply that amount by:

- 1.2 if you're sedentary (little or no exercise)
- 1.375 if you're lightly active (you exercise 1-3 times a week)
- 1.55 if you're moderately active (you exercise or work about average)
- 1.725 if you're very active (you train hard for 6-7 days a week)
- 1.9 if you're highly active (you're a physical labourer or a professional athlete)

## THE RESET DIET (AUTOMATION DIET)

The aim is to maintain the precise same breakfast and lunch every day, to simplify your diet, and to lose fat weight.

Calculate your calories in, based on the AMR calculation above. Calculating precise amounts to meet calorie targets is time consuming, but by having consistent meals, you can solve this problem. Make a note of your quantities, then prepare the same amount of each day! Revisit monthly to adjust to your new metrics.

Suggested breakfast meal:

### Fruity Muesli Cereal

Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

This option makes the cut for the density of nutrients – and of course any time you eat a bowl of milk you'll be getting *some* beneficial protein.

To make this one, you are going to take a muesli cereal (no added sugar) and then add:

- Sliced grapes
- Sliced bananas
- Sunflower seeds

This also has the added bonus of being a good source of energy. Adjust quantity such that this makes up 10% of your AMR.

Suggested lunch meal:

### Greek Salad

Low Carb | Nutritious | Extremely Quick | Extremely Affordable | Low Calorie

This is very easy to make and is also extremely affordable. It is nutrient dense, simple, and low calorie.

To make a Greek salad, simply cut cucumber, red pepper, and cherry tomatoes into small cubes. Do the same with some feta cheese (just a small amount if you want to keep it low calorie).

Eat with one or two eggs. Prepare the night before and refrigerate.

Stir together and enjoy! Adjust the quantity such that this makes up 20% of your AMR.

Dinner guidance:

Dinner is an opportunity to enjoy what you eat. However, it should be fairly conservative so as to avoid providing the remaining 75% of your calorie intake. It should also still be relatively “simple.” The point is simply that you don’t need to “stress” about this decision.

Total calorie deficit should be around 200-300 calories. However, if it is occasionally over or under that number, this does not hugely matter. The aim is to maintain a calorie deficit over time, not get caught up in the minutiae.

Also: no snacking in between meals with additional calories. Even coffee should be black until evening.

It is always recommended to include one cheat day to improve adherence and prevent adaptation.

## THE MUSCLE FUEL DIET (AUTOMATION DIET)

The muscle fuel diet works similarly to the reset diet. The difference is that you are now placing greater emphasis on reaching protein targets, and on providing a calorie surplus. We don’t want to go “overboard,” so we are looking to add 200-300 calories to our AMR and *at least* 1 gram of protein per 1lb of bodyweight. Again, we do this with a consistent breakfast and lunch, then relax in the evening.

Adjust amounts and supplement with protein shake to reach calorie and protein goals.

Suggested breakfast meal:

### Scrambled Egg

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Simply take whole eggs and beat in a jug until mixed. Add butter to a pan and melt. Add eggs to pan and toss to keep them scrambled. Eggs provide the good types of fat that raise testosterone, as well as all the amino acids, choline, and much more.

Adjust quantities to provide 15% of your AMR.

Followed by:

### Cottage Cheese + Fruit

High Protein | Nutritious | Extremely Quick | High Calorie | Low Carb | Great Source of Energy

Exactly like it sounds. This is cottage cheese, with fruit in it. Recommended fruits include strawberry, blueberry, and banana.

The cottage cheese is again a fantastic source of protein (casein protein specifically, which is slow release). Adding fruit improves the flavour and provides more recovery-

boosting micronutrients.

Adjust quantities to provide 20% of your AMR.

Suggested lunch meal:

### **Chicken Caesar Salad**

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

An easy salad + protein meal that you can make is a chicken Caesar salad. To make this one, you just need a cooked chicken breast and a side salad. Make the side salad the same way as before, but now add to it some croutons, cheddar flakes, some avocado, and some olives cut in half.

You can add a Caesar dressing, or you can make your own. To make your own, use some vinegar, a little bit of lemon juice (squeezed from half a lemon), and a pinch of salt and/or olive oil.

Eat with an optional side of bread with butter. Follow with fruit (recommended: apple) and a piece of dark chocolate.

Adjust quantities to provide 35% of your AMR.

Dinner guidance:

Again, the aim is not to worry about dinner, but to aim to reach the goal of 200-300 calories over AMR as often as possible. Enjoy the meals and this time aim for a variety of different foods.

Note: Supplement with the necessary amount of protein shake/increase the amount of chicken and eggs to boost protein and calories.

## **THE SUPERFUNCTIONAL DIET**

The aim of the SuperFunctional diet is to select from a wide-variety of meals, each of which you will adjust to meet your calorie goals. These should provide your precise AMR unless you are actively still trying to lose or gain muscle. AMR should be calculated *prior* to your training however.

The full list of food options is included in the meal plan supplement (or you can make your own). Aim to consume 20% of your AMR for breakfast, 20% for lunch, and 15% on snacks throughout the day. Supplement with protein shake as needed.

The SuperFunctional Diet also recommends a 2X “fasting” day. Here, you will skip breakfast and lunch entirely, aiming for a 16-hour period of no eating. This includes supplements such as BCAAs and even milk in coffee.



## BRAIN TRAINING

### Level 1

Mindfulness Meditation 10 minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

### Level 2

Mindfulness Meditation 5 Minutes

Bodyscan Meditation 5 Minutes

Hakalau Meditation 5 Minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

### Level 3

Mindfulness Meditation 5 Minutes

Bodyscan Meditation 5 Minutes

Image Streaming 5 Minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

### Level 4

Mindfulness Meditation 5 Minutes

Hakalau Meditation 5 Minutes | Sense Meditation 5 Minutes {Alternate}

Image Streaming 5 Minutes

Breath Holding O<sub>2</sub> \* 3 | Breath Holding CO<sub>2</sub> \* 3 {Alternate}

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]