

Worksheet Day 3

The 5 Day Challenge

Turning Exercise On Its Head

Action Points

1. Complete The Morning Stress Busting Routine from yesterdays training
2. Continue your Farmer Fitness Workout
3. Choose some more recipes from the NTX Recipes you downloaded yesterday, that's what you'll eat today.
4. Complete The BIG 5 Workout (below)

The BIG 5 Workout

Here are the fundamentals of the high intensity weight training model that McGuff and Little present. They differ from everything you've been told about weight training, I'll bet, so take a good look. If you want a deeper dive grab a copy of their book "**Body by Science.**"

The BIG idea of the workout is it has to be done to total failure, you are making slow movements with a heavy weight so that at some point between 45 and 90 seconds you absolutely cannot move that weight any more.

If you get to 90 seconds and you still have fuel in the tank, next time up the weight.

During your workout you should remember these points...

Form

- Move as slowly as possible without stuttering or pausing.
- Do not hold your breath (the valsalva maneuver).

Reps

- Measure your progress in terms of 'Time Under Load' (T.U.L.), not how many reps you perform. 'Time Under Load' simply refers to how long (in seconds) you're able to do exercise repetitions with the weight you're using.
- Work with a weight at 80% of your 1 Rep Max.

Sets

- Each set should be no longer than 90 seconds, no less than 45 seconds and...
- The last 30 seconds should be hell!
- Stay tense at the end of your set for 10 seconds when you can't move the bar anymore and are too fatigued to continue.

Sets, Number of Exercises, and Rests

- Do 1 set of each exercise, with 5 different exercises.

- Rest for 30 seconds to a minute between sets.

Frequency

- As it takes 5 to 7 days to grow muscle, most people should workout just once a week.
- No overtraining! Listen to your heart...seriously let your HRV tell you. Everyone will differ in this. But you can get this right by letting your HRV tell you when you're ready for your next session. For many people once a week to every 10 days will be enough...honestly!

Warm Up Well

- I recommend a minimum 10 mins of warming up before each session, I myself try and do 20 mins, most of this for me is simply waking to the gym.

So, you'll only spend 12 - 15 minutes in the gym per week.

Just a tiny bit of high intensity weight training each week and you can get much stronger. It's shocking, and a real change from the conventional 3 days a week, an hour each day, 6 to 8 lifts, and 2 to 4 sets per lift workout!

Listen to your body on this...especially the first few times as you get used to it.

The aim is to do this to failure. You want to have jelly legs and the knowledge that you absolutely couldn't do anymore or you would quite literally collapse. It is this which makes this form of exercise so effective.

Once you have finished follow a similar 10 - 15 min cool down.

With Machines

The first workout routine presented is for five different machine exercises. McGuff and Little call it simply '*The Body By Science Big 5 Workout*,' since it incorporates five big, full body lifts.

I'm normally more fond of free weights because they improve balance more. But machines are much safer and allow beginners to exert themselves fully without having to spend a lot of time focusing on proper form. If you're starting out try and use machines as they force you to keep good form which is essential when exercising to failure to help prevent injury.

Workout

Seated Row
Chest Press
Pulldown
Overhead Press
Leg Press

With Free Weights

This is the more traditional free weight version of the Body by Science Big 5 Workout. If you already work with free weights, prefer them, or don't have access to machines, use this one.

Workout

Bent over Barbell Row
Standing Overhead Press
Deadlift
Bench Press
Squat