

BEYOND YOUR FIVE STEPS TO THE BODY OWN OF YOUR DREAMS COACH

DO YOU WANT TO LOOK GOOD NAKED? DO YOU WANT MORE POWER FOR THE SPORT YOU ALREADY PLAY? DO YOU WANT TO BE HEALTHIER, STRENGTHEN YOUR DESK-BENT SPINE, AND REDUCE PANDEMIC STRESS? THERE IS NO BAD REASON TO GET INTO SHAPE, ACCORDING TO THE SHANGHAI-BASED ARTIST, TRAINER, DESIGNER, AND ALL-ROUND RENAISSANCE HUMAN NIK KOSMAS. AFTER STEPPING BACK FROM THE CORPORATIZED ART MARKET, KOSMAS BEGAN TO LEARN ABOUT NUTRITION, FITNESS, BODIES, AND PERFORMANCE IN ORDER TO HAVE A MORE DIRECT INFLUENCE ON HIS OWN LIFE AND THE WORLD AROUND HIM. IN THIS SPECIAL SUPPLEMENT, HE SHARES A TOOL KIT TOWARD BEGINNING, OR ADVANCING, ANY FITNESS JOURNEY.

BY NIK KOSMAS



STEP ZERO: CONTEXT AND TOOLS

FITNESS IS A UNIVERSAL PROBLEM. TODAY WE ARE BOMBARDED WITH THOUSANDS OF OPTIONS FOR SPORT AND EXERCISE ROUTINES, MINDFULNESS, AND MOVEMENT PRACTICES. HOW MUCH TIME DOES A PERSON NEED TO TRAIN TO BE "BASICALLY FIT"? AT THE OTHER END OF THE SPECTRUM, HOW CAN WE SUPPLEMENT EXISTING ACTIVITIES WITH SPORTS DESIGNED TO BUILD UP OVERALL STRENGTH?

THE FOLLOWING GUIDE PROPOSES TWO DAYS PER WEEK FOR GENERAL TRAINING. IF YOU'RE SUPER BUSY, TWO DAYS IS THE MINIMUM THAT WILL GET YOU IN DECENT SHAPE SO LONG AS YOU STICK WITH IT. AT THE SAME TIME, IF YOU ALREADY LOVE BRAZILIAN JIU JITSU, RUNNING, AND TENNIS, AND HAVE A JOB AND FRIENDS, YOU CAN PROBABLY ONLY AFFORD TWO EXTRA TRAINING SESSIONS PER WEEK FOR GENERAL STRENGTH AND CONDITIONING.

AS WELL AS EVERYTHING YOU NEED TO KNOW TO MAKE THE BEST OF YOUR TWO SESSIONS, THIS GUIDE ALSO SUPPLIES THE TOOLS TO BECOME YOUR OWN COACH AND SOLVE THE SPECIFIC PROBLEMS OF YOUR OWN FITNESS. IT DOES THAT BY DEFINING THE NECESSARY TERMS YOU NEED TO SHARE KNOWLEDGE WITH OTHERS. IT WILL ALSO DESCRIBE HOW IT FEELS TO BE ON A PROGRAM, BECAUSE YOU ARE NOT A LIVING SPREADSHEET. WHEN LIFE HAPPENS, AS IT INEVITABLY WILL, YOU WILL NEED TO KNOW HOW TO REACT SUCCESSFULLY AND STAY FOCUSED ON YOUR OUTCOME.

BY DISCUSSING HOW TO WORK WITH BASIC TEMPLATES, YOU'LL SEE HOW DIFFERENT PHYSICAL ATTRIBUTES CAN BE DEVELOPED: FROM STRENGTH AND POWER TO ENDURANCE—OR BIGGER MUSCLES. DON'T WORRY IF YOU DON'T HAVE ACCESS TO A GYM AT THIS POINT—THERE WILL BE OPTIONS FOR TRAINING THAT DON'T REQUIRE EQUIPMENT. AT THE END, I HAVE ASSEMBLED A LIST OF IMPORTANT BOOKS FOR OPTIONAL FURTHER STUDY.

BODY IN WINTER MONITOR CRYSIS



REP

A repetition: doing an exercise once. For example, one rep of a bicep curl is the movement from arm straight to arm bent and back.

STEP ONE

WORKOUT

The structure of a workout consists of mental preparation before a session, physical preparation before the session begins (aka "the warm-up"), the main exercise or activity, sometimes a supplemental set of activities (often called "assistance work"), and, finally, a cool-down of some kind, which could be mental in addition to physical (stretches or a chat).

LOAD

A measure of the amount of work done. A load could be measured in pounds (or kilograms), time holding a weight, distance, or even effort. We can also discuss a "period of high loading," meaning a block of training that is hard on the body in some way. We can also discuss a "deload," which is a period of purposely lighter training designed to allow the body to recover.

ESSENTIAL TERMS

HYPERTROPHY

Gainz! Aka, getting bigger muscles. There are a few different types of hypertrophy, depending on which element of the muscle is increasing in size. Scientists don't entirely know exactly what's going on when muscles hypertrophy, but there are some tried-and-true methods. Not everyone wants it. Some are dying for it. The type of muscle gain you get can affect your results in other sports.

POWER

The maximum force in the shortest time possible — applicable to actions such as accelerating, jumping, or throwing implements.

DREAM

NOTATION

There are different ways to log reps and load for different exercises. In time you might develop your own notation, but keep in mind the basic formula is "load x sets x reps."

For example:
110x3x5 is 110 pounds for 3 sets of 5 reps.

When describing circuits (or "supersets"), a letter and number indicate the group and order of exercises. In this example, you would do all the sets and reps in group A, alternating between exercise 1 and 2, before moving to the supersets in B.

A1) Squat 132x3x15
A2) Bench 88x3x15
B1) Push-up 3x10
B2) Chin-up 3x10

Note: For bodyweight exercises with no extra weight, leave the first field blank.

VOLUME

The total amount of work done either in an exercise, a workout, or in a block of training. Volume is important because it's often total volume that decides how exhausting training will be. A high-volume workout in contrast to a low-volume workout could be:

High volume: Squat 220x5x10
(Total: 11,000 pounds)
Low volume: Squat 265x5x3
(Total: 3,975 pounds)

Here we can see that the athlete increased the intensity as they decreased the volume.

ACCESSORIES

These are less important and less difficult exercises in your training plan. For example, walking lunges are an accessory to heavy squats.

INTENSITY

The load percentage relative to your single rep maximum. For example, if the most weight I can squat is 220 pounds (100 kilograms), that is my one rep maximum. A high intensity would be 187 to 209 pounds (85 to 95 kilograms). Usually volume and intensity are inversely correlated, so a high-volume workout would usually be low intensity (I can't lift a very heavy weight many times), and a high-intensity workout is then usually low volume.

PROGRESSION

In a training context, progression simply means increasing the load on an exercise, or choosing a series of incrementally harder bodyweight exercises. In gymnastics or other bodyweight disciplines, a progression is a way of modifying an exercise to let a person build to something harder. If I can't do a push-up on the ground, I can follow a push-up progression that starts with push-ups against a wall, moving to a lower and lower step until I'm on the floor.

STRENGTH

Not as straightforward as you might think. I can have big muscles and not be strong if I can't recruit them to make a lot of force. I can have "slow" strength, pick up 265 pounds (120 kilograms) in a deadlift, however it takes me three seconds, which is a snail's pace compared to an athlete who can throw 265 pounds (120 kilograms) overhead in a weightlifting movement in a fraction of a second. There's also specific and general strength. A piano mover has a pretty high degree of general strength from wrestling awkward-shaped pianos all day, but they wouldn't have the right kind of strength to do a fingertip pull-up. There are some differences in training for men or women due to hormones and cultural preferences. I usually ignore it and recommend identical training plans for all genders.

ENDURANCE

Also known as conditioning. Endurance is training designed to address some part of your cardiovascular or metabolic system — basically, it's your ability to keep doing a specific task for a certain length of time.

SET

A set is a collection of reps. It could be a single sprint or multiple bouts of reps, as in three sets of 20 reps of squats with a period of rest in between each set.

Sculptures: Courtesy of BANK MABSOCIETY, Shanghai



STEP TWO! WHAT TO EXPECT



AS YOU GET MORE INTO TRAINING, IT BECOMES EASIER TO STAY "ON PROGRAM" TO THE EXTENT YOU MIGHT NOT NEED TO THINK ABOUT WHAT YOU'RE DOING. IF THAT DOESN'T SOUND LIKELY, WHAT ARE THE INDICATORS THAT YOU'RE ENGAGED IN MEANINGFUL TRAINING AND NOT JUST SPINNING YOUR WHEELS? FIRST OFF, DO YOU HAVE A PLAN? YOU CAN USE ONE OF THE STRATEGIES OUTLINED HERE, OR FOLLOW ALONG WITH A PRACTICAL APP LIKE NIKETRAINING CLUB, JUGGERNAUTAI, OR FREELETICS.

YOUR PLAN IS A LIVING THING. WRITTEN DOWN PLANS APPEAR LINEAR: YOU START HERE AND END THERE. BUT A GOOD PLAN MAKES ROOM FOR THE UPS AND DOWNS OF LIFE. PRACTICALLY SPEAKING, A TRAINING PLAN WILL SUPPLY YOU WITH A DAILY ROUTINE AND A WEEKLY SCHEDULE. THE WHOLE THING WILL USUALLY LAST FOR 8 TO 12 WEEKS. YOU SHOULD HAVE YOUR PLAN AND A TRAINING LOG WHERE YOU RECORD WHAT ACTUALLY HAPPENED AT EACH TRAINING SESSION. IT'S ALSO VERY GOOD TO WRITE DOWN YOUR SUBJECTIVE IMPRESSIONS AND MAKE NOTES IN THE TRAINING LOG. INFORMATION ABOUT AN ENERGIZING MEAL, A TIME YOU SUFFERED A LITTLE INJURY, OR A PATTERN OF "TIREDNESS" COULD BE HELPFUL LATER WHEN YOU ARE ANALYZING YOUR HISTORY IN THE FUTURE.

THE GOAL OF RECORDING YOUR TRAINING IS TO HELP ENSURE SMART RESULTS: SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, AND TIMELY. IF YOU TRY TO FREESTYLE WITHOUT ENOUGH EXPERIENCE, YOU WILL BE UNLIKELY TO MAKE THE LOGICAL ADJUSTMENTS REQUIRED TO PRODUCE GOOD RESULTS. HAVING A TRAINING PLAN REDUCES THE COGNITIVE LOAD OF ASKING YOURSELF QUESTIONS WHILE YOU ARE TRAINING. IT ALSO HELPS KEEP YOU FOCUSED ON THE MEDIUM TERM AND AVOID TRYING TO GET IT ALL IN ON A SINGLE SESSION.

HUMAN BEHAVIOR

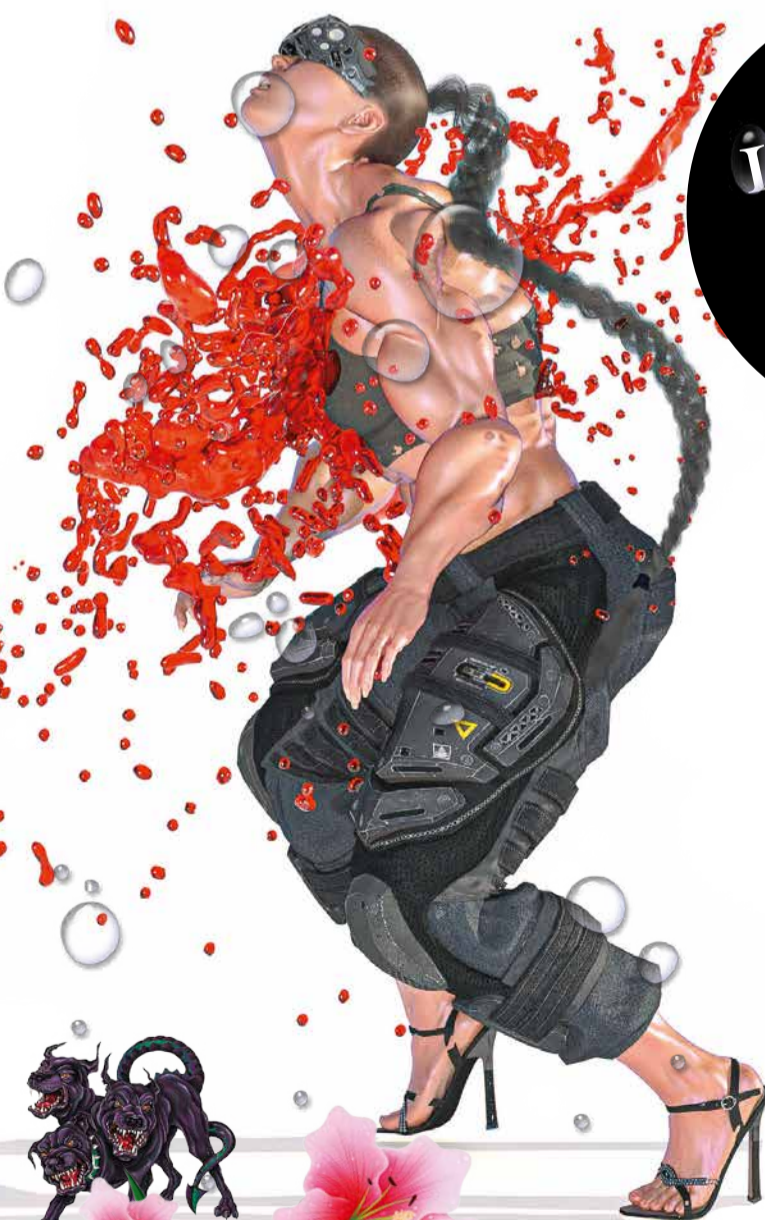
The **st**
Economi
NO BRAIN
NO PAIN
至高の支配があること

KNOW FEAR



A NOTE ON INJURIES

ANY EXERCISE PROGRAM THAT ASKS YOU TO PUSH YOUR LIMITS COMES WITH A REASONABLE CHANCE OF INJURY. IN MY EXPERIENCE, EACH INJURY HAS BEEN A LESSON. THE FIRST WAS THAT CERTAIN EXERCISES (SORRY, DEADLIFTS) OR HABITS (PARTYING AND TRAINING PLUS NOT SLEEPING AND BEING STRESSED OUT) LEAD ME TO GET HURT MORE OFTEN. SECONDLY, REHABILITATING AND TRYING TO PREVENT THE SAME INJURY FROM HAPPENING AGAIN IS ALWAYS AN INTERESTING JOURNEY. THE MORE I'VE LEARNED ABOUT HOW THE BODY WORKS, THE MORE I'M ABLE TO MAKE SMART DECISIONS REGARDING MY RECOVERY. SOME INJURIES CAN BE WORKED THROUGH: SMALL TWEAKS TO A MUSCLE OR CHRONIC STUFF LIKE MILD TENDINITIS. I DO SMALL PHYSIO MOVES, STRETCH, GET A MASSAGE, AND THEY ARE GONE IN A FEW DAYS OR WEEKS. OTHER INJURIES, LIKE A STRAINED OR TORN TENDON, MENISCUS, OR SPINAL INJURIES, REQUIRE REAL REST AND SOMETIMES IMMOBILIZING THE AFFECTED AREA. I HAVE WASTED A LOT OF TIME TRYING TO USE A FOAM ROLLER ON AN INJURY THAT JUST NEEDED TO BE LEFT ALONE. MOST OF THE TIME, SOME COMBINATION OF FOAM ROLLING, MASSAGE, BATHS, SAUNA, GUA SHA, ACUPUNCTURE, AND ARNICA DO THE JOB TO FIX ME UP.



A NOTE ON FOOD

Eat simple, whole food — cooked at home or from the right restaurants. Training requires energy. Foods like rice, oatmeal, and fruit are good things to eat before training. After training it's good to have protein-rich foods like soy, fish, or eggs. Always eat vegetables and don't go crazy with oils and salt. Avoid processed foods. I drink whey protein shakes now but didn't for years — it's not a dealbreaker. I almost never drink soda or other sweetened drinks. If you want to lose a noticeable amount of weight quickly, don't drink alcohol. There are three great books on nutrition among the recommendations at the end, though food is tricky — even veggies can fuck you up — and people are very emotional about food. Don't let it stop you from training.



STEP THREE! SELECTING EXERCISES BASED ON YOUR GOALS



PEOPLE OFTEN GET OBSESSED WITH A SPECIFIC EXERCISE OR TRAINING STYLE AND LOSE SIGHT OF THEIR GOALS. FOR EXAMPLE, PEOPLE GLORIFY BARBELL EXERCISES LIKE SQUATS AND BENCH PRESSES. THESE ARE GREAT EXERCISES, BUT THERE ARE COMPELLING REASONS NOT TO DO THEM, RANGING FROM A PERSON'S INJURY HISTORY TO INCOMPATIBILITY WITH SPECIFIC SPORTS OR EQUIPMENT ACCESS. MANY PEOPLE FETTERISH BODYWEIGHT TRAINING AS SOMEHOW MORE NATURAL OR HEALTHY IT CAN BE. BUT WEIGHT OR COORDINATION ISSUES CAN MAKE BODYWEIGHT TRAINING MORE DANGEROUS. BE REALISTIC ABOUT YOUR CONDITION, SKILLS, GOALS, AND, OF COURSE, YOUR PERSONAL PREFERENCE.



IF YOU'RE A BOULDERER, GETTING STRONG, THICK LEGS BY SQUATTING IS A COMPLETE WASTE OF TIME. ON THE OTHER HAND, SOMEONE WHO WANTS TO LOOK GOOD NAKED AND FEEL STRONG AND HEALTHY SHOULD PROBABLY HAVE SOME KIND OF SQUAT PATTERN IN THEIR TRAINING. ANOTHER USEFUL CONCEPT IS THE PROGRESSION FROM BIG TO SMALL AND FROM COMPLEX TO SIMPLE. IS IT BETTER TO DO LEG EXTENSIONS, LEG CURLS, AND CALF RAISES, OR JUST DO WEIGHTED LUNGES? THIS WAY YOU TRAIN MULTIPLE JOINTS AND MUSCLES IN A COORDINATED MOVEMENT BEFORE DOING EXERCISES THAT ISOLATE A SINGLE JOINT OR MUSCLE. YOU'RE GETTING MORE BANG FOR YOUR BUCK WITH BIGGER, COMPLEX EXERCISES. YOU'RE ALSO TRAINING YOUR COORDINATION SYSTEM.

OF COURSE, THERE'S A PLACE FOR TARGETING A SPECIFIC MUSCLE. FOR INSTANCE, THE BUTT. TO DO THIS, SIMPLY CHOOSE AN EXERCISE, SUCH AS A BARBELL HIP THRUST (CHECK OUT BOOTY-CRAFTING EXPERT @BRETCONTRERAS1 ON INSTAGRAM) THAT TARGETS THE DESIRED MUSCLE, THEN PUT IT IN THE CORRECT SLOT IN YOUR TRAINING TEMPLATE. JUST BE CAREFUL NOT TO DEVELOP DYSMORPHIA AND BUILD AN UNBALANCED PHYSIQUE.

HOW TO CHOOSE EXERCISES THAT ARE RIGHT FOR YOU

A GENERAL TRAINING PROGRAM SHOULD HAVE A BALANCE OF EXERCISES FROM THE BASIC CATEGORIES: PUSH, PULL, VERTICAL, AND HORIZONTAL MOVEMENTS FOR THE UPPER BODY; SQUAT, SINGLE LEG, DOUBLE LEG, SPLIT STANCE, ROTATIONAL, AND LOADED CARRIES FOR THE LOWER. ADDITIONALLY, THERE ARE ACCESSORIES AND PREHABILITATION. THESE DON'T ALL NEED TO BE IN THE PROGRAM AT A GIVEN TIME, AND CERTAINLY NOT ON THE SAME DAY, BUT OVER TIME YOUR PROGRAM SHOULD ADDRESS, IF ONLY SLIGHTLY, EACH OF THESE BASIC CATEGORIES. FOR GENERAL FITNESS, IT'S EASY: JUST DO THEM ALL.

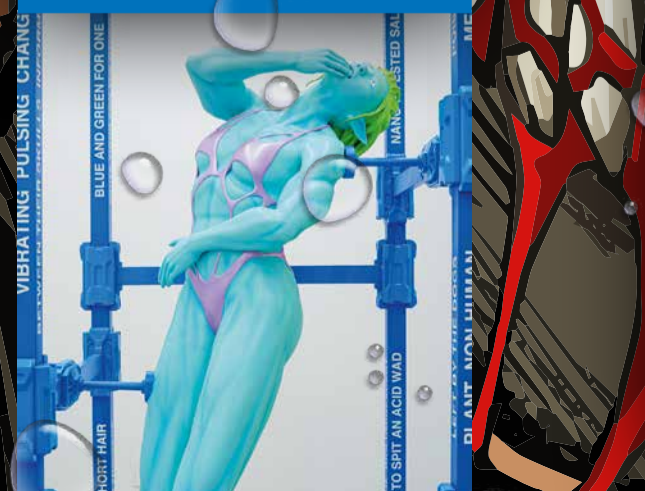
HOW MANY REPS?

THERE'S A LOT OF EMPHASIS ON BODY-BUILDING (8 TO 15 REPS) AND STRENGTH TRAINING (3 TO 6 REPS) SCHEMES. BUT THE RANGE OF REPS CAN VARY WIDELY, SOMETIMES UP TO 100 OR 200 REPS PER SET MAKES SENSE FOR CERTAIN TYPES OF ENDURANCE TRAINING. THERE'S ALSO SPEED OF EXECUTION AND REST TIME BETWEEN SETS TO CONSIDER. DIFFERENT SPEEDS AFFECT DIFFERENT MUSCLE FIBERS AND ABILITIES, AND REST TIMES CAN REALLY CHANGE WHICH ENERGY SYSTEMS IN YOUR BODY ARE BEING USED TO COMPLETE THE WORK. IF YOU'RE TRYING TO BUILD SPEED BY DOING SPRINTS, BUT ONLY RESTING FOR 30 SECONDS BETWEEN SETS, YOU'RE MAKING A MISTAKE. YOU WON'T ACHIEVE COMPLETE REST AND WILL BE TRAINING YOUR ENDURANCE INSTEAD OF MAXIMIZING YOUR SPEED AND POWER.



A NOTE ABOUT EQUIPMENT

TO BRIEFLY TOUCH ON EQUIPMENT — OR LACK THEREOF — THE BODY KNOWS TENSION. WHETHER IT'S HANGING FROM A ROPE OR DOING A BARBELL HIP THRUST, THERE'S NOT A HUGE DIFFERENCE IN WHAT TOOLS WE USE AS LONG AS WE APPLY THE RIGHT PRINCIPLES. I LIVE IN CHINA, WHERE GYM3 HAVE BEEN OPEN FOR THE PAST YEAR AND A HALF BUT MANY HAVE LACKED ACCESS TO THE TOOLS THEY WERE USED TO. AT MOST, I'D RECOMMEND GETTING A SET OF ELASTIC BANDS, A FEW KETTLEBELLS, AND MAYBE IF YOU'RE A REAL BEAST, A HEAVY SANDBAG. THE SANDBAG IS ONE OF MY FAVORITE TRAINING TOOLS BECAUSE IT'S SO AWKWARD. TRY ONE, YOU'LL FEEL IT. CERBERUS, ROGUE, AND STRENGTH SHOP ALL MAKE DECENT ONES. IT'S ALSO NOT TOO HARD TO DIY ONE FROM AN OLD DUFFEL BAG.



STEP FOUR!

BELOW ARE A SELECTION OF CIRCUITS TO BE PAIRED WITH A PROGRESSION STRATEGY TOGETHER THEY MAKE A PLAN. IN SOME CASES, MORE THAN ONE PROGRESSION STRATEGY CAN BE APPLIED INSIDE DIFFERENT PARTS OF A SINGLE CIRCUIT.

REMEMBER: THESE PROGRAMS ARE WRITTEN TO BE COMPLETED JUST TWO DAYS PER WEEK. NINETY PERCENT OF TRAINING PROGRAMS WILL HAVE YOU TRAIN 3 TO 5 TIMES PER WEEK IN THE GYM. THE HIGHER FREQUENCY CERTAINLY HAS ADVANTAGES AS YOU CAN DIVIDE WORK UP ACROSS MORE DAYS AND FOCUS MORE ON CERTAIN DETAILS. THE OBVIOUS DISADVANTAGE IS MUCH MORE TIME IN THE GYM.

CIRCUIT ONE: MEDIUM-EFFORT CONDITIONING CIRCUIT

GOAL: Get into shape, work the whole body, and try not to make any particular exercise too hard. For example, if you can only do 5 to 10 push-ups on the ground (or no push-ups on the ground), do them on an incline so you can easily do 15 reps.

NOTES: I recommend starting rep ranges around 15 to 20 reps, but it could be as high as 30 to 40, or working with a time range of around 30 to 60 seconds. Loads should be low enough that it's not a strain to complete your target, and you should not be holding your breath during the circuit. Instead, concentrate on steady "in through the nose and out through the mouth" diaphragm breathing. If you can, link your breathing and moving into a flow so that your breath guides your movement.

If the circuit, or part of it, is to be done with time, aim for around 15 to 60 seconds of work, and 0 to 45 seconds of rest between exercises and up to 2 minutes between rounds. The goal here is to practice some basic movements, get a little bit sweaty, and get used to training on a schedule. This is a great option if you don't have access to a gym.

SAMPLE EXERCISE SELECTION:

- A1) Lunge (Staggered Squat Pattern)
- A2) Incline Row (Horizontal Row)
- A3) Push-up (Horizontal Push)
- A4) Mountain Climber (Core)

CIRCUIT TWO: WEIGHTED STRENGTH AND CONDITIONING CIRCUIT

GOAL: Further develop your basic exercise-movement patterns and train the whole body without spending too long in the gym working out.

NOTES: The loads can be a little heavier and rest times a little longer: 15 to 30 seconds between exercises and 1 to 2.5 minutes between rounds. This is also a good choice if you are limited to home workouts using either dumbbells or kettlebells.

SAMPLE EXERCISE SELECTION:

- A1) DB Walking Lunge
- A2) DB Row
- A3) DB Press
- A4) KB Swing
- A5) Push-up

CIRCUIT THREE: STRENGTH

GOAL: Make sustainable and slow progress on the basic lifts, get stronger, and practice technique. It will depend how you're eating and recovering but you should add some muscle here.

NOTES: Rest longer between exercises: 1 to 3 minutes. As the program gets into the 5-rep zone, you should definitely be resting for more than 2 minutes between exercises.

SAMPLE EXERCISE SELECTION:

- A1) Barbell Back Squat
- A2) Barbell Yates Row
- A3) Incline DB Bench
- A4) Rollouts

PROGRESSION STRATEGIES

This could easily be a book in itself, so let's try to keep it simple. Apply a strategy to a method above to get a training plan.

STRATEGY ONE:

Decreasing reps, increasing weight. Each week do 1 to 3 less reps and add 4 to 11 pounds (2 to 5 kilograms).

FOR EXAMPLE:

Week 1) Squat 220x3x8
Week 2) Squat 231x3x6
Week 3) Squat 24

STRATEGY TWO:

Steps. Repeat the same load sets and reps for 3 workouts, then make an increase in load.

FOR EXAMPLE:

Workout 1-3) Push-ups 3x15
Workout 4-6) Push-ups 3x20
Workout 7-9) Push-ups 3x25

STRATEGY THREE:

High-Low. The same exercises done for two different set and rep schemes. One day focuses on heavier loads and lower reps, while the other is focused on high reps and moderate weight.

FOR EXAMPLE:

HEAVY DAY:
Squat 3x5
Bench 3x5
Row 3x5

VOLUME DAY:
Squat 3x15
Bench 3x15
Row 3x15

CIRCUIT FOUR: STRENGTH AND SIZE

GOAL: Time-efficient combos of big, compound exercises to build overall muscle and strength.

NOTES: You can substitute any particular lift you might want to train that is big and compound. For example, you could do fat-grip dumbbell incline bench instead of bench, or trap-bar deadlifts instead of regular deadlifts. Split your week up into two days. Each day should have one lower body and one upper body main movement. Choose accessories to complement your main movements.

SAMPLE EXERCISE SELECTION, DAY ONE:

- A1) Lunge (Staggered Squat Pattern)
- A2) Incline Row (Horizontal Row)
- A3) Push-up (Horizontal Push)
- A4) Mountain Climber (Core)

SAMPLE EXERCISE SELECTION, DAY TWO:

- A1) Deadlift
- A2) Press
- B1) Good Morning
- B2) Lat Pulldown
- C1) Lateral Raise
- C2) Bicep Curls
- C3) Tricep Extensions

ALTERNATIVE EXERCISES:

DAY ONE:

- A1) Handstand Push-up
- A2) Single-Leg Deadlift
- B1) One-Arm TRX Rows
- B2) Dips
- B3) Hanging Leg Raise

DAY TWO:

- A1) Rear-Foot Elevated Split Squats
- A2) One-Arm Push-ups
- B1) Chin-ups
- B2) Walking Lunges
- C1) DB Pull-Overs
- C2) Reverse Flys
- C3) Shrugs

THE WAY TO THE SELF BEGINS WITH CONFLICT
THE SELF IS MADE MANIFEST IN OPPOSITES

STEP FIVE!

To evaluate, synthesize, apply, and share new information about a specific topic, it's good to have some grasp on the history of the field. For the development of a personal training practice, we can select a few high-priority topics: anatomy, sport science, and nutrition. A little self-education allows us to make good decisions and sift through the many pseudo-truths and unreliable factoids in circulation in changing rooms and on the Internet.

THE WORKS OF DAN JOHN

John is a chiller. He's an intelligent coach who keeps it simple with a lot of useful books that break things down in a conversational style.

THE WORKS OF PAVEL TSATSOULINE

One of the most influential writers in the DIY training world. His works translate complicated ideas developed in the Soviet Union into vernacular English that requires no special education to understand.

THRIVE: THE PLANT-BASED WHOLE FOODS WAY TO STAYING HEALTHY FOR LIFE BY BRENDAN BRAZIER

This book offers a succinct definition of what macronutrients do for training, focused more on endurance sports. It also has a lot of good recipes. It's a vegan book. I'm not vegan, but I still found it very useful.

ADVANCED SPORTS NUTRITION BY DAN BENARDOT

A textbook on sports nutrition — long, dense, and packed with valuable information.

HEALING WITH WHOLE FOODS: ASIAN TRADITIONS AND MODERN NUTRITION BY PAUL PITCHFORD

This one is amazing — a life's work on holistic nutrition. It doesn't recommend one particular diet per se, but gives examples of how something can be good for one person and bad for another, encouraging the reader to diagnose their situation using its vast index.

GRAPPLE STRONG BY JOSH BRYANT

A nice, simple book on strength training for grappling athletes. Lots of fundamental information.

NEVER GYMLESS BY ROSS ENAMAIT

Ross is the boss. This was one of his early e-books. It covers heaps of basic information and has a lot of exercise programs and tutorials on how to build your own gear.

UNTAPPED STRENGTH: UNLOCKING THE TREASURE CHEST OF STRENGTH BELOW THE ELBOW BY ROSS ENAMAIT

Another book from Ross — this time all about grip training. Grip training is awesome. Strong hands never hurt anyone.

STRENGTH TRAINING MANUAL: THE AGILE PERIODIZATION APPROACH BY MLADEN JOVANOVIĆ

Quite a technical book, but I enjoyed it a lot. There's a lot of acronyms and tables, but the beginning features simple heuristics and general concepts that will be useful to anyone.

PERIODIZATION TRAINING FOR SPORTS BY TUDOR O. BOMPA

A mega textbook. If you want to learn how to build a strength training program for a competitive sailboat racer, for example, this is your book.

FACTS & FALLACIES OF FITNESS BY MEL C. SIFF

I wish I could've met Mel. This book sees him tearing apart the annoying fitness fallacies of the '80s and '90s while providing a ton of super-useful information.

SUPERTRAINING BY YURI V. VERKHOVANSKY AND MEL C. SIFF

This book is legendarily dense. Soviet coach Yuri V. has a ponderous way with words, but the content is grade A. He also invented plyometrics — which is pretty cool.

5/3/1: THE SIMPLEST AND MOST EFFECTIVE TRAINING SYSTEM FOR RAW STRENGTH BY JIM WENDLER

Jim Wendler is a heavy metal, meat and potatoes kinda guy. His book is short and raw. It's not really PC but 5-3-1 is an excellent system; anyone who lifts should try it.

APPLIED STRONGMAN TRAINING FOR SPORT — THE POLIQUIN WAY BY CHARLES POLIQUIN

More of a pamphlet than a book, Poliquin's work has influenced my training so much over the years. Sled, sandbag, and loaded carries training are mainstays of my programming and this book has a lot of great information on those things.

Additional 3D design and renders by Min Jie (@x1u.x1u) and Philip Liu (@pppphilipp)

FEAR AND PANIC HORMONES SEEP OUT UNCONTROLLABLY, A WARNING FROM A SUBSYSTEM, FELT AS A FLASH OF ANXIETY AND A PULSE OF GREEN LIGHT, WARNS THEM THAT ONE EXTRA LIVER HAS BEEN COMPROMISED.
SHE RODE HIM TO DEATH UPON A SPIKE AS HE INJECTED HER WITH FLOWING EMOTIONAL TORRENTS