



KAIZEN[®]

NATURALS

**INTEGRATED
WEIGHT
TRAINING
PROGRAM**

WITH KYLE ARDILL



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INTRODUCTION TO INTEGRATED WEIGHT TRAINING

Did you know that when it comes to weight training, there are many different options at your disposal? You definitely don't need to depend on the same-old staples of barbells, dumbbells and machines to get an effective workout. These might work well for traditionalists, but they're not very convenient when you need to train on-the-go. Plus, they leave very little to the imagination.

Recently, creative and interesting training options have exploded in popularity. The development of "functional" fitness led to the birth of the popular "crossfit" movement which has taken the fitness world by storm. This fun and challenging approach to weight training incorporates elements of sports within high-intensity workouts using a variety of compound exercises. This training method is highly effective for fat burning, endurance, and muscle definition.

When it comes to choosing your own fitness regimen, you need not subscribe to only one of these two methods. Integrated training incorporates both traditional, big box training that targets your muscles more specifically, plus functional training that uses your entire body to quickly improve your fitness level and motor skills.

DISCLAIMER: THIS WORKOUT MIGHT NOT BE RIGHT FOR YOU. ALWAYS CONSULT A PHYSICIAN BEFORE PERFORMING ANY OF THESE EXERCISES.



ABOUT KYLE ARDILL

Kyle Ardill is one of the most sought-after fitness coaches in the Greater Toronto Area. Kyle has been heavily involved in the fitness industry for the past decade, training professional athletes, Hollywood celebrities and Toronto's most prominent CEOs, in addition to everyday gym goers. He quickly made a name for himself in 2013 when he co-founded the overnight GTA sensation, SWAT Health. Kyle was one of the engineers of SWAT's all-encompassing health and fitness approach, pushing the envelope in the directions of functional training, movement as medicine, and healthy lifestyle balance.

Kyle is a body sculptor by trade and a devoted motivator to anyone seeking to improve themselves. His mandate is to inspire the world around him in order to live happier and healthier lives.

FOLLOW KYLE ARDILL ONLINE:

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Kyle Ardill



INTEGRATED WEIGHT TRAINING

INTRODUCTION: This weekly resistance training program integrates a blend of traditional weightlifting exercises with more modern, dynamic movements. This program helps you add muscle mass, gain strength, and may help to reduce fat mass.

THE 7-DAY SPLIT: During this program, you'll use a 7-day (weekly) split of working out on Days 1, 2 and 3, resting on Day 4, working out on Days 5 and 6, and resting on Day 7. Complete this split for six to eight weeks, then adjust your training protocol.

In following Kyle Ardill's training philosophy, your rest periods between sets are variable and should reflect your level of fatigue. When you feel sufficiently rested, begin your next set.

EXERCISES		SETS	REPS
DAY 1	TEMPO STEP DOWN	4	10
	BACK SQUAT	4	10
	DUMBBELL LUNGE	4	10
	SKATER STRIDE	4	10
DAY 2	SEMI-SUPINATED PULL-UP	4	AMRAP-1*
	RENEGADE ROW	4	10
	MEDICINE BALL ALTERNATING PUSH-UP	4	AMRAP-1*
	PARALLEL BAR DIP	4	AMRAP-1*
DAY 3	DUMBBELL SQUAT THRUSTER	4	10
	SPLIT JUMP	4	10
	MEDICINE BALL SLAM	4	10
	SWISS BALL ROLLOUT	4	10
DAY 4	REST		
DAY 5	DEAD LIFT	4	10
	EXPLOSIVE BROAD JUMP	4	10
	BRIEFCASE CARRY	8	30 METERS
	DUMBBELL ALTERNATING LATERAL LUNGE	4	10
DAY 6	BAND PULL-APART	4	10
	FLOOR BARBELL SKULL CRUSHER	4	10
	HANGING LEG RAISE	4	AMRAP-1*
	OVERHEAD TRICEPS EXTENSION	4	10
DAY 7	ACTIVE REST: PARTICIPATE IN A VERY LOW-INTENSITY ACTIVITY SUCH AS WALKING FOR 45 MINUTES.		

*AMRAP-1 MEANS AS MANY REPS AS POSSIBLE TO FAILURE, MINUS ONE. STOP THE SET WHEN YOU KNOW THE NEXT REP WOULD REACH FAILURE.

DAY 1



A **TEMPO STEP DOWN**

Stand tall on a box that has surface about a foot above the floor. Raise your left leg forward to a 90-degree bend at your knee and bring your hands in front of your chest. Using control, lower your left leg until it's supported by the floor. Pause and then reverse the motion. Complete one side then work the other.

Tip: Keep your chin up and head facing forward.



B **BACK SQUAT**

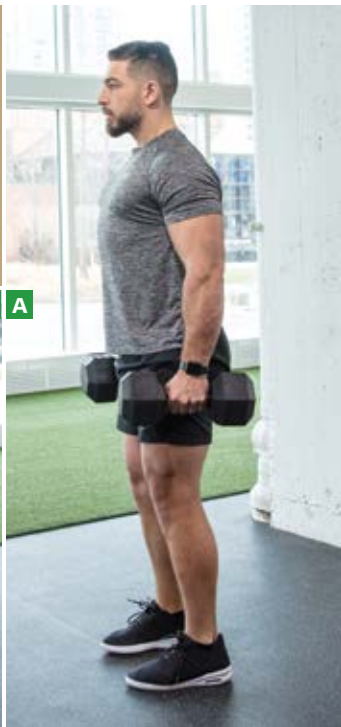
Set up with the barbell on your upper back and grasp the bar with an overhand grip at a wide distance. Spread your feet a little wider than your shoulders and point your toes outward slightly. From a secured position, flex through your legs to descend into a squat. Pause when your quads are parallel to the floor, then press upward by extending your legs.

Tip: Don't lean forward from the hips excessively; imagine you're sitting down in a chair.

DUMBBELL LUNGE

Grasp a dumbbell in each hand using a neutral grip and stall tall with feet together. Let the weights hang in your hands at your sides. Lunge forward with one leg until your quad is parallel to the floor and your back leg hovers just above the floor. Keep the weights in a fixed position relative to your sides. Reverse the motion to return to the top.

Tip: To develop feel for a comfortable lunge distance, practice the movement without weights at first.



A **SKATER STRIDE**

Stand with all your weight on your outside leg and bend your knee about 45 degrees. Kick your inside leg behind you, lean forward from your hips and swing your arms to the outside of your body. Explosively jump onto our inside leg by extending your outside leg as if you were skating on ice. Land softly and reverse the motion back and forth.

Tip: Make sure your landing knee is bent slightly to lessen the impact and avoid injury.



DAY 2

SEMI-SUPINATED PULL-UP

Approach a pull-up apparatus and grasp onto the top bar using a semi-supinated grip in both hands. Keep your body long and cross your ankles. Using force mainly from your lats and biceps, pull yourself vertically until your head is about the level of the top bar. Try to pause for a split-second then lower using control.

Tip: Beginners may find it very challenging to complete even one rep, but be patient and continue attempts; eventually you'll succeed.



MEDICINE BALL PUSH-UP

Place a medicine ball on the floor and assume a push-up position with your hands resting close together on the outer edges of the ball. Spread your feet wide for stability. Flex through your elbows to descend until your chest is just above the ball. Press hard by extending your elbows to ascend back to the top.

Tip: Keep your elbows tucked in close to your sides; don't let them flare out wide.



RENEGADE ROW

Place a pair of dumbbells on the floor about the width of your shoulders. Assume a push-up position with your hands on the weights using a neutral position and your feet spread wide apart. With your working arm, row the weight vertically until your elbow has crossed the plane of your back. Return along the same path back to the start.

Tip: Contract your core (squeeze your abs) before the action; this will assist with the ascent of the row.

KYLE RECOMMENDS

Kyle recommends Kaizen Naturals® Pre-Workout to help you make the most of your workouts. When choosing a pre-workout, look for an effective blend that contains high-quality ingredients which help perform these roles respectively: creatine helps improve your "contractile" strength (pushing or pulling against resistance); L-arginine and L-tyrosine are amino acids used in muscle protein synthesis; and caffeine helps provide energy by reducing your perception of fatigue.



HOW IT WORKS

When you consume a pre-workout drink before a resistance training workout, you may expect your strength amplified, your workout intensified, and your mental focus sharper. In all, both the quality and effectiveness of your workout should be improved. This product may not be right for you; always read and follow the label.

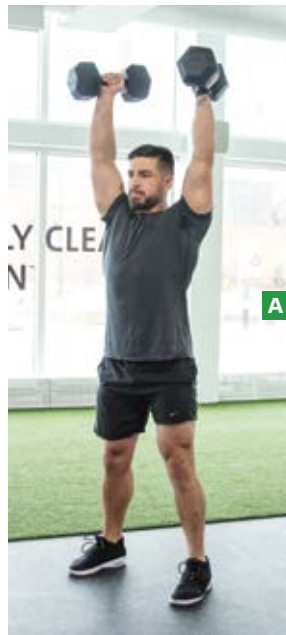
PARALLEL BAR DIP

Position yourself on top of the parallel bars supported by your hands using a neutral grip. Make sure your body is elongated, then cross your ankles for stability. Using control, allow your elbows to flex about 60 degrees so you descend toward the floor. Pause at the bottom for a split-second, then forcefully extend your arms to raise to the top.

Tip: A forward lean will promote chest involvement. Remaining more upright will target your triceps more.



DAY 3



DUMBBELL SQUAT THRUSTER

Pick up a dumbbell in each hand using a neutral grip. Bring them up to the level of your shoulders and stand tall with your feet split about shoulder width. Flex through your knees to descend into a squat and pause when your thighs are parallel to the floor. Forcefully spring upward and in a fluid motion, thrusting the weights overhead as shown.

Tip: Beginners may choose to develop feel for this athletic move without the use of dumbbells at first.



SPLIT JUMP

Stand tall to begin, then lunge forward with your right leg while raising your hands in front of your chin. Your back leg should be up on its toes. In an explosive motion, press forcefully into the floor and leap vertically, while you simultaneously swing your right leg backward and your left leg forward. Continue for reps, all the while alternating leg position.

Tip: Make sure you don't lunge too far forward during the setup, otherwise you simply won't be able to complete the leg swings.

MEDICINE BALL SLAM

Approach a medicine ball that's resting on the floor and squat down to pick it up with your arms extended. Make sure to keep your back straight, and then press into the floor to raise up to a tall position. Draw the ball overhead with your arms nearly locked out. Forcefully flex through your legs then slam the ball downward in front of you.

Tip: Your elbows should flex on the descent (during the slam); don't keep them extended.



SWISS BALL ROLLOUT

Set up on top of a Swiss ball using a variation of the push-up position, where you are supported on your forearms with your hands directly underneath your eyes. Contract your abs before you begin the motion, then using control, roll the ball forward as your torso descends slightly and your hands rise. Reverse this action to complete one rep.

Tip: Time under tension is an excellent method for stimulating your abs better; endeavour to use slow, deliberate reps.



DAY 5

DEADLIFT

Load a barbell and rest it on the floor. Approach from one side and position your shins as close to the bar as possible, with feet spread shoulder-width apart. Grasp the bar with an overhand grip just to the outside of your legs. Keep your back straight and head up. Press forcefully into the floor by extending your legs and continue the ascent until you're fully upright.

Tip: After you've developed enough strength to lift a substantial load, use an alternate grip to prevent the bar from slipping.



EXPLOSIVE BROAD JUMP

Stand tall with legs spread to about shoulder width. Squat down into an athletic position with your arms drawn back and tilt forward from your hips. Explosively press into the floor to spring forward into the air, using your arms to propel you. Make sure to land gently by preserving a bend in your legs.

Tip: Before you make the jump, remember to think "forward" rather than "high".



KYLE RECOMMENDS

Kyle recommends Kaizen Naturals® Whey Isolate to help you recover, build muscle and add strength. Kaizen Naturals® Whey Isolate is produced using cold-processed, cross-flow micro and ultra-filtered, non-denatured whey protein. It is sourced from grass-fed cows, is gluten-free, and is made in a peanut-free facility. The entire family of Kaizen Naturals® proteins are made with no artificial colours, flavours or sweeteners. They are non-GMO and third-party tested to ensure quality.



HOW IT WORKS

When you consume whey — one of the highest quality proteins available — you support the development of your muscle mass in conjunction with resistance training. Whey protein also helps with muscle repair and recovery. As a fitness expert, Kyle suggests that the ideal fitness equation consists of 30% training plus 70% diet, nutrition and supplementation, including protein.



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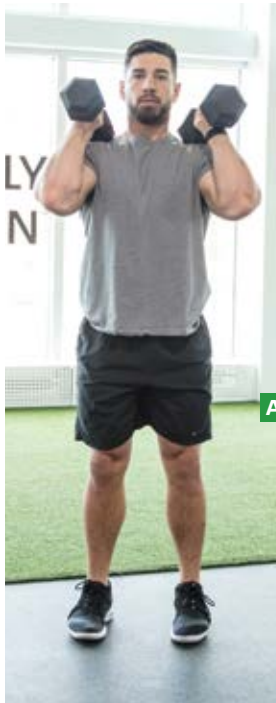
BRIEFCASE CARRY

Simply grasp a dumbbell in one hand and stand tall with feet separated a few inches. Keep your head up and retract your shoulder blades in order to pronounce your chest, then contract through your abs. Once you are in position, simply walk as if you were on the street carrying a briefcase.

Tip: Keep your torso upright. The heavier the weight, the more you'll have to resist the pull on that side.



B



A

B

DUMBBELL ALTERNATING LATERAL LUNGE

Pick up a dumbbell in each hand and stand tall, with feet separated to shoulder width. Raise the dumbbells up to the top of your shoulders. Lunge to the side with one leg, until that same-side quad is about parallel to the floor. Hold in the bottom position for a half-second, then press forcefully into the floor to raise up. Alternate the movement to each side throughout the set.

Tip: The best way to keep yourself balanced is to keep your head up and back straight.



DAY 6



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BAND PULL-APART

Pick up a resistance band with both hands using an overhand grip. Stand tall and separate your feet to shoulder width. Raise the band in front of you with no tension in it, to the level of your upper pecs. Simply pull the band apart by rotating your extended arms outward against the force of the resistance in the band. Return to the start.

Tip: After you've mastered this move, experiment with pausing the band in the finish position before the return.



A

FLOOR BARBELL SKULL CRUSHER

Grasp a loaded barbell using an overhand grip at shoulder width. Lie on the floor facing up and suspend the bar in your extended arms above your upper pecs. Draw your feet inward for stability until your legs are bent 90 degrees at your knees.

With your body secure, allow the weight to descend toward the top of your head. From the bottom, extend your arms to raise the bar back to the top.

B



Tip: Make sure your elbows remain square with your arms; don't let them flare outward.



HANGING LEG RAISE

Stand underneath a pull-up apparatus and leap upward to catch the overhead bar, then hang freely. With your body steady and feet together, contract through your core and raise your legs in an upward, arcing path in front of you until they're parallel to the floor. Pause here for half a second, then return along the same path.

Tip: Keep the length of your arms constant; don't assist the leg raise by pulling with your arms.



OVERHEAD TRICEPS EXTENSION

Hold a dumbbell with both hands together using a neutral grip. Standing upright with feet spread to shoulder width, draw the weight above and behind your head until your arms have flexed about 90 degrees at the elbows. When ready, extend your arms to raise the weight upward until just short of a lockout position. Repeat this action for reps.

Tip: During the movement, avoid any swaying of your body which is cheating and will reduce the effectiveness on your triceps.

A B



KYLE RECOMMENDS

Kyle recommends Kaizen Naturals® BCAA to take your recovery and development to an even higher level. Look for a BCAA that delivers just what you want: branched-chain amino acids in their purest form. Ideally, you'll benefit from a BCAA brand like Kaizen Naturals® that's fermented from plant sources, unflavoured, vegan and non-GMO.



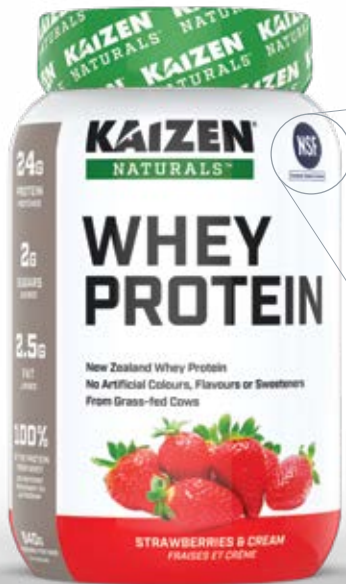
HOW IT WORKS

BCAAs have many benefits related to training and muscle growth. In simple terms, BCAAs assist in the building of lean muscle when combined with regular training and a healthy, balanced diet.

THIRD-PARTY CERTIFICATION

THIRD-PARTY CERTIFICATION IS ASSOCIATED WITH SUPERIOR BRANDS IN ORDER TO GIVE YOU PEACE OF MIND. THIS PROCESS ASSURES YOU THAT YOU'RE RECEIVING ALL THE QUANTITIES AND QUALITIES OF INGREDIENTS THAT YOU'RE PAYING FOR.

For a supplement manufacturer to achieve third-party certification, an independent organization has reviewed the manufacturing process of their products and has independently determined that the final product complies with specific standards for safety, quality and performance. Such a review typically includes formulation and material reviews, testing, and facility inspections. Most certified products bear the certifier's mark on their packaging in order to help consumers and other buyers make educated purchasing decisions.



ABOUT NSF

WHEN IT COMES TO QUALITY AND SAFETY CERTIFICATIONS FOR PUBLIC HEALTH PROTECTION, NSF INTERNATIONAL IS THE GOLD STANDARD. IN THE WORLD OF SPORTS NUTRITION, WHERE NOT ALL SUPPLEMENTS ARE CREATED EQUALLY, NOR ARE ALL MANUFACTURERS HELD TO THE SAME STANDARDS AS OTHER INDUSTRIES, KAIZEN NATURALS® VOLUNTARILY OPTED TO PURSUE NSF INTERNATIONAL'S CONTENTS TESTED & CERTIFIED PRODUCT CERTIFICATION.

Professional leagues such as the NHL, NFL, MLB and NBA only allow their athletes to take products that are certified by NSF. Professional strength coaches in the aforementioned leagues can only recommend NSF certified supplements as they have been third-party certified and only contain the ingredients and doses listed on the label and nothing else.

With today's focus on human health and well-being, NSF meets the needs of safety and quality for the dietary supplements industry. NSF ensures product and ingredient safety, giving both the industry and consumers peace of mind through GMP compliance, accredited certification programs, testing services and training capabilities.

Good Manufacturing Practices (GMP) are guidelines that provide a system of processes, procedures and documentation to assure a product has the identity, strength, composition, quality, and purity that appear on its label.

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KAIZEN NATURALS[®] PRE-WORKOUT

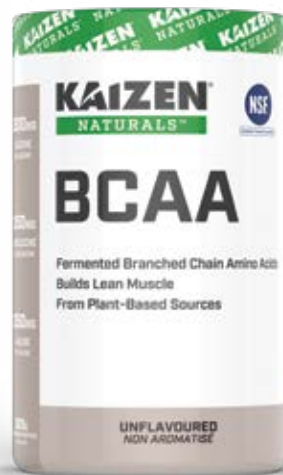
1,500 mg Beta-Alanine*

150 mg Caffeine*

1,000 mg Creatine*

1,000 mg Taurine*

Pink Lemonade



KAIZEN NATURALS[®] BCAA

2,500 mg L-Leucine*

1,250 mg L-Isoleucine*

1,250 mg L-Valine*

Vegan

Unflavoured



KAIZEN NATURALS[®] CREATINE

5,000 mg Micronized Creatine*

Builds Lean Muscle and Increases Strength

Improved Solubility and Absorption

Suitable for Vegans

No Fillers, Additives or Excipients



KAIZEN NATURALS[®] WHEY ISOLATE

25 g Protein*

5.7 g BCAAs*

0 g Sugars

110 Calories*

Vanilla Bean, Decadent Chocolate
and Strawberries & Cream



GLUTEN
FREE



NON
GMO



PEANUT
FREE
FACILITY



KAIZEN[®]
IS PROUDLY
CANADIAN

NATURALLY CLEAN NUTRITION[™]

*Per Serving

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