

THE EVOLUTION

I have been in the fitness industry for more than 15 years and have constantly strived to find more efficient ways to achieve extreme results. I have surrounded myself with the best professionals in the industry, trained hundreds of clients and traveled the globe in search of the latest in fitness research and innovation. I have been on a constant quest for new ideas and techniques in the development of health and physical efficiency.

Through the implementation of Extreme Results the equation has been balanced, and things I never thought possible have become a reality. I found it possible to work out less and progress more. Combined exercises evolved into functional movements that yield aerobic and anaerobic exhaustion. Mastery of these movements recruited stabilizers that had never been activated. Everything became more efficient with this added strength, and a whole new level of fitness was being reached that subjects had never experienced. Physiques became leaner and stronger, traditional movements felt easier and even athletes were performing sports more fluidly. As a whole, injuries became almost nonexistent, and any fitness professional will tell you that the best way to see results is to stay injury-free.

The components of this efficiency have always been there, but the balance seemed impossible without an unrealistic allotment of time. This is why many neglect key aspects, particularly rest and recovery, of a sound program.

Years of work - training clients of all ages and fitness levels - have proven worthwhile. I have found a way to fuse all the variables and requirements into an hourly, daily workout that will yield extreme results. Clients of all ages and I have entered the highest level of fitness using the Extreme Results program. By using this manual, you can too.

ACHIEVING EXTREME RESULTS

VARIABLES AND REQUIREMENTS

With the excess of information available today, the field of fitness can be overwhelming. So, I will summarize the necessary variables and requirements for achieving Extreme Results.

Four variables of fitness:

- 1 Aerobic conditioning – Low-intensity activity, steady-state cardio and high-intensity interval training
- 2 Anaerobic conditioning – Dynamic (fast and slow), plyometric and isometric
- 3 Rest, recovery and flexibility
- 4 Stress management

Requirements for Extreme Results:

- 1 50 Minutes of cardiovascular training per day, seven days a week
- 2 Target muscle activation/stimulation; a minimum of twice per week
- 3 Central nervous system, aerobic/anaerobic exhaustion (muscle failure)
- 4 Maintaining a constant state of change (muscle confusion) through:
 - Exercises
 - Speed
 - Range of motion
 - Resistance
 - Repetition
 - Angles

Achieving Extreme Results requires a balance of the four variables of fitness while performing all requirements. They are 100% dependent upon each other at all times. Any imbalance will create a weakness within your fitness that, in time, will affect the other variables. Recovery patterns will directly affect aerobic and anaerobic performance; aerobic performance will directly affect anaerobic performance, etc.

THE PROGRAM

Fitness goals can be achieved using a near-unlimited amount of exercises and by changing angles, range of motion, resistance, load, speed and so forth.

Extreme Results is unique in that it focuses on a blend of 81 exercises that combine strength and power and are fused with a modern, functional approach. These anaerobic, strength elements are designed as compound movements for heart rate maintenance, functional strength and time efficiency. Strength circuits are linked with cardiovascular exercises to create a high-intensity interval training program three days a week. Strength days will target all body parts multiple times, with the muscle confusion principle being a constant, but will also maintain aerobic heart rate target zones.

The remaining days focus on low-impact cardiovascular and flexibility training. This creates a balance of high- and low-intensity days to allow your body to excel through stress and to recover properly – a requirement for Extreme Results.

Performing the workouts

Anaerobic/Strength days:

- Sessions provide a total body workout, but a specific body part will be emphasized each day
 - All workouts are designed to be an hour-long, high-intensity interval training session with an average heart rate between 75% and 85% of your maximum heart rate
- 1 Begin with 5 minutes of designated cardiovascular training; end the 5 minutes at 85% max heart rate.
 - 2 Perform the three exercises in consecutive order three times. Perform each exercise to failure within the designated repetition range. A break is factored in if your heart rate exceeds 85%; if your heart rate drops below 75%, get moving.

EXERCISE DEMOS:

1. STRAIGHT LEG PULL-UP: With overhand grip slightly wider than shoulder width, straighten legs to 90° angle to body. From full extension, pull chin over bar.



1A. JUMPING PULL-UP: With feet slightly wider than shoulder width, lower body until thighs are parallel to ground. Jump and pull chin over bar using underhand grip slightly wider than shoulder width.



2. PLATE SIDE STEP UP WITH FRONT DELT RAISE: Place one foot on knee-high step. Hold plate with elbows bent at 90° angle. Step up and straighten arms in front of body. Do not place opposite leg on step. Perform all reps per side before changing legs.

A



B



3. DUMBBELL FLAT FLY: Lie on flat bench with legs elevated and arms extended directly above chest. With slight bend in arms, lower dumbbells laterally until you feel a stretch. Contract dumbbells to upright position.

A



B



4. INVERTED ROW: Using parallel bars, straighten legs vertically to 90° angle to body. From full extension, pull hands towards obliques.



4A. ALTERNATE CABLE ROW: With feet slightly wider than shoulder width, lower body until thighs are parallel to ground and hold position. Using low cable attachment, pull hand and cable to oblique. Alternate sides quickly.

