



GET YOU IN SHAPE

GAME PLAN



BRAD LINDER

Table of Contents

Table of Contents.....2

A Personal Welcome From Brad Linder.....3

Exercise Tips..... 4

Fitness Test..... 5

Abdomnial Exercises (Core)..... 6

Chest Exercises7

Back Exercises.....8

Shoulder Exercises.....9

Arm Exercises.....10

Leg Exercises.....11

Simple Workout Plan.....12

Cardio Bluepint..... 13-14

Putting It All Together.....15

Success Stories.....16

As Featured in:



Real People, Real Results



See more at Stories at www.GetYouInShape.com

“Follow The Darn Instructions” Fitness Introduction

With Your Goal Setting, So That and Nutrition down, the next sure-fire way to a skinnier waistline is good old-fashioned exercise.

Our approach to exercise is to get you started getting in the habit of doing both resistance training along with some cardio workouts. In most circumstances, most of the people starting our program do not have a consistent exercise routine. In the end, though, exercise is something that we all need to do and have as part of a healthy lifestyle. That is why we have you start at your own fitness level, wherever that may be.

I always tell people that we will need to still be exercising when we are 80 so you might as well start today.

Having helped hundreds of people over the years get started, I have come to realize that most people are very intimidated by the thought of going to the gym to workout. This is our typical client, which is why we made the fitness programming in The GYIS “Follow The Darn Instructions” program to where you can do it at your house or any place.

The other key point I like to make about the fitness section is to make it a journey. I want you to think of your exercise program as a marathon and not just a 28 Day TRANSFORMATION. That being said, we want you to make a point to start doing something on a consistent basis.

So no matter what fitness level you are at, exercising is something you will need to get started with in order for you to achieve both short term and long term success in your health and fitness.

As with starting any new exercise and nutrition program, we recommend you consult your doctor before starting.

I wish you the best of success and the best of health,

Brad Linder, M.S., CPT
Fitness and Nutrition Expert
Co-Author, 3 Steps To Your Best Body

Exercise Tips *The “Other” part of Weight Loss*

First... ***Always, Always, Always Start With A Warm-Up***

Before going “*at it*” whether it’s resistance (strength) or cardio (aerobic) training you’re doing, you must always warm up first. Tearing a muscle or stretching something further than it’s meant to go can have you sidelined for at least a few weeks and that only slows down your progress. It’s just crazy to leave this crucial step out.

The goal of a warm-up is to get your body ready for a workout, I’ll typically start mine by getting the heart beating and the blood pumping with a quick, light jog (no more than 5 minutes). Afterwards I stretch, starting from the upper body and working my way down. Paying more attention to the muscles I am going to be using the most as I train.

The Two Categories Of Exercise You’ll Want To Focus On

After warming up, you’ll start with one of two types of exercise – cardio (aerobic) or resistance (strength) training - you’ll need to prioritize depending on what your goals are. Assuming it’s weight loss, a mixture of the two works best. I’ll give you an example workout plan at the end of this section so you can see what I mean.

The goal of **Resistance (strength) training** is to build lean muscle for a toned, lean look on the outside and the more lean muscle you have, the more calories your body burns (on the inside) on a daily basis. This means that while you’re watching T.V. or even sleeping, you’re burning calories faster than you normally would.

Cardio (aerobic) exercise is any exercise that gets your heart pumping. This is excellent for your heart and circulatory system. Cardio is also a big calorie burner... Walking, running, jump-rope, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

It’s important to focus on getting a blend of both resistance training and cardio workouts into your weekly exercise routine.

Tip: It may benefit you to find a local personal trainer to help you get started or even a group personal training program. It may be more beneficial to have a professional help you get started at your own fitness level. Learning how to properly do exercises will help get the most out of each repetition and will help to minimize the risk of getting injured.

Want some off-day cardio programming? **Go to <http://goo.gl/KKDId9> to read** about Interval Training for cardio, why science recommends it and get a list of programmed workouts you can use to help with your workouts.

Fitness Test

As with getting weighed and measured frequently as you start, we are also going to track your fitness results as you start on The 28 Day “Follow The Darn Instructions”. No matter what fitness level you are at right now, this will help by giving you a starting point, along with added motivation as you progress because you can see some tangible results.

There are many types of testing to measure fitness levels. We have just picked four to begin with. You will need a stopwatch and will need to measure out a mile for the fitness test.

Fitness Test

- 1. Pillar Bridge** – Hold for time. See the Core page or go to <https://goo.gl/0f6zus> for how to perform this exercise. Start the timer when you start and when you can't hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.
- 2. Air Squats** – How many repetitions you perform in 90 seconds. See the Leg Page or go to <https://goo.gl/1SG45F> to learn how to perform Air Squats. As you see in the video link, your goal is to go as far down as you can with your hips. It's fine if you are not at the fitness level that you can bring your hips below your knees. Just go as low as you can. Start the timer for 90 seconds and count your reps. When 90 seconds is over, record the total number of reps completed.
- 3. Pushups** - How many repetitions you perform in 90 seconds. See the Chest Page or go to <https://goo.gl/oJkrHW> to perform a pushup. Start the timer when you start and when you can't hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.
- 4. Mile** – You will walk, jog or run at your own fitness level for a mile. The key is that you get a baseline time for your mile so you can track your progress over time. You will also need to measure out a mile with an app on your phone or go to a local track and complete four laps. Start your stopwatch when you start and stop it when you complete the mile. Record it by putting your mile time on the sheet below. You can also use an App to track it.

Example Fitness Test

Date	Day #1 Jan 1	Day #14 Jan 14	Day #28 Jan 28
Pillar Bridge (time)	30 Sec	60 Sec	90 Sec
AirSquats (reps)	15	28	39
Pushups (reps)	8	14	25
Mile (time)	16:24	14:15	13:45

Date	Day #1	Day #14	Day #28
Pillar Bridge (time)			
AirSquats (reps)			
Pushups (reps)			
Mile (time)			

Abdominal

Strength Training Area #1

It’s hard to find trainers that agree on the best way to get tight, toned abs (or a ripped six-pack). I definitely think there is more than one right way, but it makes sense for me to just share with you what has worked for our other boot camp and personal training clients.

Two crucial, yet almost always neglected areas with abdominal workouts are the lower abdominal muscles and your lateral abdominals (flanks – the fleshy bit in-between your last rib and hips). Fear not, these areas are covered in the exercises below . . .

Pillar Bridges – Focus on keeping shoulders down your back and abs pulled in.



Side Pillar Bridges – Focus on your body being in a straight line drawing in abs throughout the exercise.



Ab Side Reaches – Press lower back into ground each time you reach behind you. Focus on abs lifting you off the ground each time you reach forward.



Bicycle – Make sure you keep back pressed into the ground throughout this exercise. Keep legs straight when extending them and use ABS to twist (not neck).



Chest

Strength Training Area #2

It is important to always focus on your form when performing any exercise. Having nice posture, pulling your shoulders down your back/spine, engaging your abs and keeping your body in the right position, should be something that you are focusing on during each exercise.

Although the focus with these exercises is the chest, you will still feel your shoulders, arms and other parts of the upper body benefitting too.

Level 1: Planks/ Push Ups – Hold at top pulling your shoulders down your back and pulling abs in. When ready, control yourself going down and up.



Level 2: Planks/ Push Ups – Hold at top and control yourself going down and up.



Chest Press – You can also perform this in a Glute Bridge.



Back

Strength Training Area #3

I’ve never figured out why, but no one ever really thinks to work on their back when exercising. Your spine is pretty important and you absolutely MUST do back exercises with any training program.

Get You In Shape focuses on doing each exercise so that you are also working your core and increasing your bodies stability. Focus on good posture on each exercise. Keeping your shoulders pulled down your back and your abs pulled in.

Standing 2 Arm Row –

Bend in hips with weight in hips and heels. Make sure your shoulders are pulled down your back and abs are pulled in. Using your back muscles, pull weights up at a controlled pace.



One-Arm Row – Pull shoulders down and back while pulling your abs in. Focus on the back muscle pulling weight up.



Standing L Row – Same the row except you will pull your arms out like an L concentrating on the muscle in the middle of the back. Focus on keeping your back straight and abs pulled in the entire exercise while keeping your weight in your hips and heels.



Shoulders

Strength Training Area #4

Over the next pages I will show you some simple exercises you can do to build muscle. Again, if your goal is to look muscular, then you want to build upon the resistance by adding weights after a few days to a week.

However, for a lean look, light weights (5 lbs) will work just fine. Make sure to vary your exercises for maximum results. If you do shoulder press in week 1, so a dumbbell raise in week 2. This prevents your body from getting used to your exercise regime and slowing your progress.

1 Leg Shoulder Press –

Bring one leg off the ground as you bring the weights up past your shoulders. Focus on balancing, controlling the weights and keeping your abs tight (as if you are about to get hit in the stomach).



Standing Y – Pull hips back moving arms down and up forming a Y at the top. Keep weight in heels, back straight and abs pulled in the entire exercise.



Standing T – Same as Y except bring thumbs up to sky/ceiling forming a T. Squeeze shoulders.



Standing A – Same as others except you are pulling your arms back keeping palms facing the ground. Make sure you keep your shoulders pulled down your back.



Shoulder Y, T and A's – Keep shoulders pulled down your back and back straight. Bring arms down in front of your body on each movement. Keep your weight back in your heels/hips while drawing in your abs throughout the exercise. Bring up one leg to work more of the hips and glutes.

Arms

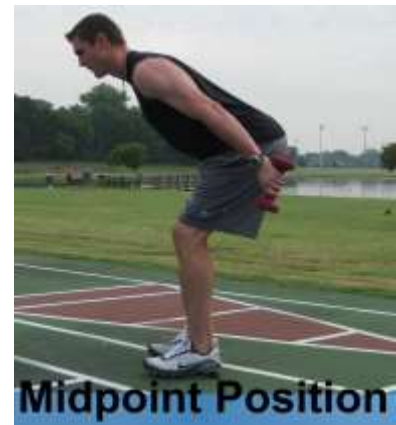
Strength Training Area #5

If you are wondering about repetition for these exercises, there is no exact answer. Everyone is different. For an exact answer, you can call 214-603-8287 and arrange a FREE, no strings attached consultation where we can work on an exercise plan, specific for you.

A good rule of thumb however, is to go until you can't go any longer (not pass out can't), but can't lift the dumbbell or whatever with the same vigor as when you started.

Standing Tricep Extensions –

Pull hips back, pull shoulders down your back, draw in stomach. Bring elbows to your ribcage. Extend forearms back focusing on the back of your arms. Keys: Keep shoulders pulled down your back, draw in abs, keep elbows on ribs.



1 Leg Dumbbell Curl – On one leg, bring weights up and control weights coming down, Keys: Keep good posture, abs tight, control the weights with your arms and keep your body still (only move forearms up and down).



Lying Tricep Extensions –

Lying on back with legs in the air, press lower back into ground. Bring arms up with weight in the back of arms (triceps) and extend up to the sky/ceiling. Come down keeping point of elbows pointing at sky/ceiling.



Legs

Strength Training Area #6

Last but not least . . . If you would like to expand your exercise arsenal for faster results, please call 214-603-8287 for a free consult or take a look at our many training options on www.GetYouInShape.com

Remember, before any workout always warm-up. AND, don't forget to warm-down too!

Air Squats – You can also add weights and perform w/ weight by sides. Make sure weight stays in your hips and heels throughout the exercise.



Lunges – Focus on keeping your weight in your front hip (not your knee).



Bridges – You can also perform this exercise with one leg pointing up to the sky.



Simple Workout Plan *Let's Put Everything Together*

I do not give you exact weights and repetition, so it's up to you to get to know your body and your limitations. What I will stress is to start off on the easy side and work your way up.

	Sample Circuit		Sample Exercises
Monday - 45 minute, upper body strength training	Planks/ Push Ups	Friday - 45 minute upper body strength-training workout	Planks/ Push Ups
	1 Leg Shoulder Press		Stability Ball Push Ups
	Standing 2 Arm Row		Standing 2 Arm Row
	1 Leg Biceps Curls		1 Leg Bicep Curls
	Pillar Bridges		Shoulders Y,T, A
Tuesday - 20-60 minute high-intensity aerobic/ cardio session	Running intervals	Saturday - 20-60 minute high-intensity aerobic/ cardio session	Pillar Bridges
	Side Reaches		Running intervals
	Cycling		Cycling
	Jump Rope	Bicycles	Jump Rope
Wednesday - 45 minute lower body strength-training workout	Bridges	Side Pillar Bridges	Side Reaches
	Side Pillar Bridges	Sunday - Rest!	Stay in bed
	Squats		
	Bicycles		
	Lunges		
Thursday - 20-60 minute high-intensity aerobic/cardio session	Running intervals		
	Side Pillar		
	Side Reaches		

REMEMBER!

Allow an extra 10-15 minutes on top of these times for warming up, cooling down and stretching.



Cardio Blueprint

A Comprehensive Guide to Getting the Most From Your Cardio Program Success Tips

Get You In Shape has put the Cardio Blue Print together to help with some basic cardio workouts. **You can go here <http://goo.gl/2V21qV> to read** about Interval Training for cardio and get a list of programmed workouts you can use to help with your cardio workouts.

Tip 1 The nutrition and resistance training workouts will take priority over cardio sessions. The cardio sessions are meant to supplement a good nutrition and resistance training program.

Tip 2 Beginners should initially begin these sessions on a stationary bike, elliptical or rower.

Tip 3 Show me some intensity! For an intensity wake up call, use the “Tiger” analogy, If you were to look over your shoulder and see a tiger running straight at you, how fast would you run? Give me that!

Tip 4 You should progress from workout to workout by increasing your intensity. This means to increase your speed, increase resistance or decline your rest each session to some degree even if it’s a small amount. For example, if you are running at 9 mph for 60 seconds, then on your next 60-second interval day, you need to be pushing at 9.1 or more.

Tip 5 Your recovery should be just that. Keep your recovery to a walk pace so that you may recover and give MAX intensity during your next interval.

Tip 6 If you are pushing yourself, then you will only need 20-30 minutes. That includes a 5 minute warm-up and 5 minute cool down. Warm-up consists of mobility exercises or a low intensity of your cardio activity. Cool down consists of stretching or a low intensity of your cardio activity.

The following is only a recommendation based off your current fitness level. Please look for different ways to challenge your body so that you continuously improve. The key here is to use your imagination when it comes to choosing what type of equipment or activity to do.

THE MOST IMPORTANT FACTORS ARE THAT IT IS TOTAL BODY AND YOU ARE PUSHING YOUR RELATIVE MAX INTENSITY AND THAT YOU ARE WORKING AND RESTING AT THE APPROPRIATE TIMED INTERVALS.

If you feel comfortable with the same equipment it’s ok not to change as long as you are progressively challenging yourself. If you like to avoid boredom and want to always keep the program fun and new, then be sure to alternate between as many options as possible.

Remember, this should be fun!

	30lbs. or more overweight	10-25lbs. overweight	Less than 10lbs. overweight
Option #1	Stationary Bike or Elliptical	Treadmill	Treadmill or Track
Option #2	Run-in-place/ March in Place	Stationary Bike or Rower	Stationary Bike or Rower
Option #3	Rower or Step Machine	Kickboxing or Boxing	Kickboxing or Plyometrics

Cardio Blueprint

Alternate between Workouts A, B, and C within your specific Level. This means you will cycle through them continuously until you are ready to progress to the next level. Progress by increasing your speed, incline, resistance or decrease your rest interval by 5 second intervals.

Level 1: Beginner			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:90	10
Workout B	:60	:180	5
Workout C	:20	:60	15
Level 2: Novice			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:60	13
Workout B	:60	:120	7
Workout C	:20	:40	20
Level 3: Intermediate			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:30	20
Workout B	:60	:60	10
Workout C	:20	:20	30
Level 4: Advanced			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:15	22*
Workout B	:60	:30	12*
Workout C	:20	:10	32*
Bonus Workout Intervals (for a change of pace)			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:180	:30	6
Workout B	:8	:12	40*
Workout C	:20	:10	32*
*Perform 4 rounds followed by 60 seconds of rest until completing all prescribed rounds.			
** Perform Workout C in a: 60:10, :50:10, :40:10, :30:10, :20:10, :10:10 fashion, resting 60 seconds after completion. Repeat this cycle 7 times to equal 32 total intervals.			

-For those who enjoy endurance running or are already at very low body fat levels looking to burn STUBBORN areas: Based on Lyle McDonald’s book, The Stubborn Fat Solution. Perform 10 min of Workout B from your appropriate Interval Level, followed by 20–40 minutes of steady-steady low intensity cardio and finishing with another 10 min of Workout A from your appropriate Interval Level. So it’s Workout B for 10 min, Steady-Steady for 20-40 min, and Workout A for 10 min. If you are not already at a low level of body fat then spend your time on eating better, performing resistance training & implement our standard interval protocol.

Putting It All Together

We know there are a lot of great programs out there. The key is to start moving and be consistent!

As mentioned in the opening, it may benefit you to find a local fitness gym or program to help you learn HOW TO MOVE so that you get the most out of the exercises and also to help minimize any injuries.

Some of these options would be; personal trainer, group personal training program, group fitness, yoga, and Barre. The 28 Days will not be too hard to do but the goal is that you are still exercising and moving consistently a year from now.

Below is an example of what to do for workouts for 6 weeks. We encourage you to do resistance training three days a week and cardio three days a week to get in six workouts for the week. You can change the days but we have had success with getting in the resistance workouts in Monday, Wednesday and Friday and your cardio sessions on Tuesday, Thursday and Saturday.

Shoot for at least 30 minutes each workout if you are just starting out. Based on how fast you want to achieve your goals; you may want to go for 45-60 minutes each workout.

These recommendations are based off of the best possible scenario for maximum fat loss and keeping your metabolism elevated. It will also aid in faster recovery from your resistance training workouts and will help you avoid overtraining as long as you are eating, sleeping, drinking enough water, etc. along with following other recovery recommendations.

Sample Program #1 below has the resistance training workouts on Monday, Wednesday and Friday with the cardio workouts on Tuesday, Thursday and Saturday. Know that you can swap resistance training days and cardio training days if you prefer.

Remember that the Cardio Blueprint is just another tool.

Sample Program #1: Three workouts/week with cardio in between

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 2	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 3	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 4	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 5	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 6	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF

Success Stories

"My clothes fit better and I feel stronger– I am actually pinning up about an inch in my work slacks until I can get them altered. I do sleep better and my energy levels are now pretty constant throughout the day."

Karen H.
Market President at Frost Bank, Volunter and Mayor of Coppell, TX.



"I'm down 35 pounds and over 30 inches from when I started. I've gone from a size 14 to a size 6-8- even in jeans!"

Pam M.