

ONE LIFE, TWO CHOICES.

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SIMPLE WORKOUT PRINCIPLES

A Guide To Starting Right So You Finish Stronger

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I want to go over some simple principles covering strength training and cardio workouts that you can implement yourself.

Before you attempt any exercise or changes to your diet you should consult your doctor before doing so. The following article is for educational purposes and is not to take place of professional advice from a qualified physician.

Take Care & Train Safe!

STRENGTH TRAINING

I am going to start with my favorite which is strength training. This is what sparked off my educational journey back in January (2008) when I read that **one pound of muscle can help you burn 50 calories**. Then I thought what would happen if I added 10 pounds of muscle to my body; that would be a fat burner of **500 CALORIES PER DAY!** And most of this calorie burning takes place when I am resting and sleeping, that’s awesome!

Muscles are all connected and the way they get toned/grow bigger is when you put them under pressure by heavy lifting you make tiny microscopic tears in the muscle fibers. When you rest and get enough sleep they will heal back toned/ bigger.

This is why if you strength train everyday you **will not** get the muscle gains that you are looking for because training everyday will interfere with the muscle healing process. Also if you are not getting enough rest and sleep this will also interfere with the process as these are key times your muscle works on healing themselves.

So with that said (or written) you first need to establish which days that you are going to dedicate as workout days.

Have a look at table one (below) which gives you three workout days within one week with a day in between and a full day off for muscle recovery.

table one

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----------|-----|-----------|-----|-----------|
| WORKOUT A | | WORKOUT B | | WORKOUT A | | FULL REST |

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----------|-----|-----------|-----|-----------|-----------|
| | WORKOUT A | | WORKOUT B | | WORKOUT A | FULL REST |

If you are just starting out and want to get fit or you have a whale and a half to lose (like me) you don’t need to spend a penny/dime to start. Your body is all that you need; that and a few things from your kitchen can also help.

Body-Weight Workouts

It doesn't matter if you weigh as much as a bag of sugar or the truck it came in you can use your body to start off your strength training workouts.

If you have never been active or you have been inactive for a while then your body will be more than enough to give you a good workout.

Like I mentioned before muscles are all connected and that means good news regarding workout time that you have available; and if you are like me you have a family, a job, friends, a blog, a pimple on your butt (I'm joking, seriously!) then time saving will be a priority for you too.

Three 30 to 45 minute sessions is what you should be aiming for to invest into your strength training & cardio workouts. Put them in the morning, afternoon or evening it's up to you.

For your workouts aim to focus on the big muscle groups;

- Chest
- Lats (back)
- Your core; abs & obliques
- Legs; quads, gluts & hamstrings

As you focus on these muscles that doesn't mean that the smaller muscles (biceps, triceps, calves, etc) won't receive any attention, they will receive attention by default; remember muscles are all connected!

For example: when you do a bench press for your chest, your triceps will also get worked on.

 When you do one-armed row for your lats your biceps will also get worked on.

Why I have been targeting, focusing on the big muscle groups is because they bring me the fat loss results that I am looking for. The bigger the muscle the bigger the fat burn! So what should a workout look like?

If you look back at **table one** you will notice that there is a WORKOUT A and a WORKOUT B this is for the sake of variations which will keep your muscles guessing and growing. If you keep changing your workouts every three to four weeks then you should be able to avoid a muscle gains/fat loss plateau.

Putting Your Workout Together

Now I am not going to spell it out word-for-word for you, my hope is that if you have a frame then you will be able to fill it yourself. As a teacher I find this principle works, when learners take control and get involved in what goes into their learning then they become more connected and enthusiastic and will then develop a strong sense of ownership.

If you are just starting out then you can start using your body and some hi-tech equipment that you'll have in your kitchen; cans of beans and 1.5 liter bottles filled with water.

I am hoping that you will do some digging around online to find exercises for the big muscle groups but let me also give you some to get your on your way;

CHEST

- Push-ups
- Stacked-Feet Push-ups
- Elevated-Feet Push-ups
- Towel Fly

UPPER BACK

- One-Arm Row (elbow out) – use your bottle filled with water for these.
- One-Arm Row (elbow in) – again with a bottle of water.
- Bent-Over Row – can use a cement block, small travel suitcase
- Seated Reverse Fly – using cans of beans

YOUR CORE; ABS & OBLIQUES

- Crunch
- Reverse Crunch
- Pulse-Up
- Situps
- Oblique Crunch
- Oblique V-Up

LEGS; QUADS, GLUTS & HAMSTRINGS

- Squats (can use your cans and water bottles for these)
- Sumo Squats (same, use your cans or water bottles)
- Lunge

Ok that's enough to get you started and I hope you get curious so you'll start searching online, in books, magazines, etc for more exercises. Remember own it!

Muscles need to keep challenged to keep them changing so eventually you will need to make some purchases of equipment for your workouts. You can start with adding a Swiss ball, some dumbbells, a workout bench, etc.

So now you need to put together a workout that will cover all the big muscles and contain about 7-8 exercises.

Example:

WORKOUT A

- Push-ups
- Towel Fly
- One-Arm Row (elbow in)
- Crunch
- Reverse Crunch
- Oblique Crunch
- Squats
- Sumo Squats

Table two (below) is a simple workout planner for four weeks. You can make this your WORKOUT A and then make your own WORKOUT B for more variations which will give you better results.

table two

WORKOUT A

| EXERCISE | REPS | WEEK 1 | WEEK 2 | REPS | WEEK 3 | WEEK 4 |
|--------------------------|------|--------|--------|-------|--------|--------|
| Push-ups | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Towel Fly | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| One-Arm Row (both sides) | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Crunch | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Reverse Crunch | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Oblique Crunch | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Squats | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |
| Sumo Squats | 8-10 | 2 sets | 2 sets | 12-15 | 3 sets | 3 sets |

This is for beginners have a look at more developed, intense workouts at these links within disciplineorregret.com

- [October Workout Update](#)
- [Gym Workouts Vs Home Workouts](#)
- [Why My Workouts Give Me Results](#)
- [I'm No Lone Ranger: Introducing My Support Team](#)
- [Core Conditioning: It's Not Just a Six-Pack Thing!](#)

DON'T SPOT REDUCE!

This is an easy mistake to make, it sounds logical that if you do situps then your body will remove the fat from your stomach, right? WRONG! It doesn't work this way.

You body doesn't remove the fat from the part that you workout. You workout your muscles and you body will remove the fat from where it chooses to.

CARDIO WORKOUTS

Now apart from cycling cardio is not my thing, but its got to be done. Now one amazing thing that I learnt about my body is that it can sabotage your fat loss results.

Back in the days I wasn't losing the blubber but I was hammering away on the bike, running, skipping made me give up and have yo-yo exercise habits.

Here is what your body does to you. After about 2-5 minutes of a **steady paced** cardiovascular exercise your body begins to conserve calories.

This is especially so if you are (or have been) using machines as your exercise equipment choice.

So to stop your body from conserving calories then what you can do is just simply keep changing your pace; this is known as **interval training**. See table three.

table three

5 minutes

| Pace | Duration (seconds) |
|-----------|--------------------|
| Slow | Sixty |
| Fast | Thirty |
| Slow | Sixty |
| Very Fast | Twenty |
| Slow | Thirty |
| Very Fast | Sixty |
| Slow | Twenty |
| Fast | Twenty |

Now lets combine interval training with strength training to achieve maximum fat loss and muscle gains!

You can do your interval training on the other days from your strength training days (still keeping one full day free for recovery purposes) or you can do your intervals on the same day as your strength training if you don't have any more time to spare. Take a look at table four to see an illustration of this.

table four

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------------|-----|------------------------|-----|------------------------|-----|-----------|
| WORKOUT A INTERVALS | | WORKOUT B INTERVALS | | WORKOUT A INTERVALS | | FULL REST |

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| INTERVALS | WORKOUT A | INTERVALS | WORKOUT B | INTERVALS | WORKOUT A | FULL REST |

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|------------------------|-----|------------------------|-----|------------------------|-----------|
| | WORKOUT A INTERVALS | | WORKOUT B INTERVALS | | WORKOUT A INTERVALS | FULL REST |

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| WORKOUT A | INTERVALS | WORKOUT B | INTERVALS | WORKOUT A | INTERVALS | FULL REST |

Make sure you have a FULL day off because if not you could over train and you will not see the results that you are looking for.

Now all that’s left is choosing what cardio you are going to do, here’s a list to get you started;

- Join a club; badminton, football, tennis, chasing cats with paint guns, etc
- Cycling; road/off road
- Running
- Jogging
- Walking (Chicken-walking)
- Rowing a boat
- Skipping

I am sure that you can select something else that you like to do that gives you a good cardiovascular workout.

Not only will cardiovascular workouts help you if your goal is to blast fat but it will also help you getting or keeping your heart and lungs in tip-top shape.

If your heart is happy and your lungs are drawing in enough rich oxygen into your blood then this will positively affect all body functions.

BE SMART, HAVE GOALS!

Now you are almost ready to start, now all you need to do is collect everything together and write down some goals that you want to achieve.

I am a big fan of the [SMARTER principle](#) to establish solid goals.

- **S**pecific
- **M**easurable
- **A**chievable
- **R**esponsible
- **T**argeted
- **E**mpowering
- **R**evisable

Check out this post '[Goal Setting: The SMARTER Principle](#)' a look at each of the letters of this principle and how you can achieve your goals with it.

If your goal is not written then it doesn't exist!

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CHOOSE WISELY.