

BODY BASIC FITNESS
TRAINING MANUAL
THE HOME EDITION



Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including BodyBasic Home Fitness Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight ie. Have a large gut or other body part, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use BODY BASIC FITNESS TRAINING, please do not use this program.

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BODY BASIC FITNESS TRAINING FOR BUSY MEN AND WOMEN

This is the first ever fitness program designed for busy men and women that can be performed anywhere with little equipment. This program can be used by the high performing business man or women, the everyday hardworking stay at home parent, and even a high performing athlete that is looking for that little edge to their training and performance.

This program is guaranteed to deliver the fitness results you desire and the method to this program is based on the scientifically validated philosophy of the IRON GUARD FITNESS team. By completing less than 3 hours per week of total fitness training time, yes that is just 3 hours or less per week, you will achieve the following highly sought after results: You will be stronger, faster, have greater endurance, become leaner, harder and create an attitude towards health, fitness and performance that is relentless and uncompromising.

We wish you only the best in your health and fitness endeavors.

David SMIT, M.Sc., CSCS and the team at IRON GUARD FITNESS

BODY BASIC FITNESS TRAINING EQUIPMENT REQUIREMENTS

Training at home or training in the comfort of a personal studio has its advantages. These include quick and easy access, relaxed environment, and one that requires limited space and equipment.

We have designed this program so that limited equipment is one of those key advantages to becoming successful in the Body Basic Fitness Training Program. What's required are the following pieces of equipment:

- several dumbbells
- skipping rope
- band to assist in pull-ups
- pullup bar (door or wall mounted)
- steel or aluminum pipe to sit on two chairs (for inverted rows exercise).

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 1

Workout # 1

Warm-up:

- 5 pushups
- 5 sit-ups
- 5 air squats
- 15 jumping jacks
- Continue the sequence for 7 minutes.

Circuit:

- 10 push-ups
- 10 inverted rows
- 15 air squats
- 12 burpees
- Complete 12 minutes of this session, resting 30 seconds between each exercise.

Workout # 2

Warm-up:

- 15 split jumps
- 15 calf raises
- 15 situps
- Repeat for 8 minutes.

- | | | |
|-------------------------|---|-------------------------------------|
| 1. Raised feet push-ups | } | - perform 12 reps of each exercise |
| 2. Bulgarian lunges | | - rest 1 minute after each round |
| 3. Running DB press | | - rest 30 seconds between exercises |
| 4. Bench dips | | - perform 4 rounds |

Workout # 3

Warm-up: bike, jog, or row for 8 mins.

Set 1:

- jumping jacks
- burpees
- perform each exercise 30 seconds each and repeat for 6 rounds

Set 2:

- Mountain climbers
- Bootstrappers
- Perform each exercise 30 seconds each and repeat for 4 rounds

Set 3:

- Push-ups
- Dumbbell (DB) squat push press
- Perform each exercise 30 seconds each and repeat for 3 rounds.

BODY BASIC INTERVAL WORKOUTS - WEEK 1

Workout # 1

10 minute warmup on a bike, rower, or running

Perform 8x 30 second hill sprints (find a hill close to your house), jogging down the hill easily to recover

3 - 4 minute cooldown + stretching

Workout # 2

10 minute warm-up on a bike, rower or running

Perform 2 sets of (4 x 45 seconds hard 30 seconds easy effort)
You should be moving on the easy efforts but they should be light.
Rest 2 minutes between sets

3-4 minute cool-down + stretching.

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 2

Workout # 1

Warm-up: 5 minutes of rope skipping

Set 1

- jumping jacks
- split jumps
- star jumps
- burpees
- perform 30 seconds of each exercise and complete 4 rounds

1. Diamond push-ups

- 5 halfers
- 5 full
- 7 halfers
- 7 full

Rest 90 seconds after completing the 7 full pushups and then complete the same sequence for regular pushups, rest 90 seconds and then complete a set of wide push-ups.

2. Pull-ups

- Perform a total of 20 pullups broken into sets of 3-5 repetitions.
- Rest as much as needed between sets.

Workout # 2

Warm-up: Rope skipping 5 minutes (40 seconds on and 20 seconds off repeat 5 x)

1. $\frac{1}{4}$ push-ups: 4 x 30 seconds on 30 seconds off
2. Mountain climbers: 4 x 30 seconds on 30 seconds off
3. Walking lunges: 4 x 60 seconds on 30 seconds off (add weights for more challenge.)
4. Pull-up ladder: Perform a 5 minute ladder in singles. Ie. Do 1 rep, rest 10 seconds, do 2 reps, rest 20 seconds, do 3 reps, rest 30 seconds and continue until your form deteriorates. Perform ladders up to at least 3 reps. If you

cannot perform 3 reps with bodyweight, utilize a band to assist (view video for assistance.)

Workout # 3

Warm-up:

- 15 air squats
 - 15 sit-ups
 - 15 regular pushups
 - 10 lying reach overs per side
 - Perform the above for a total of 6 minutes.
1. Pull-up ladder - perform ladders for a total of 6 minutes, count the total number of reps completed.
 2. Lunges + Squat: 5 x (30 seconds lunges + 30 seconds squats), resting for 1 minute between sets.
 3. Push-ups + Dips: 4 x (10 Push-ups + 10 Dips), resting for 30 seconds between sets.

BODY BASIC INTERVAL WORKOUTS - WEEK 2

Workout # 1

10 minute jog warm-up

15 minutes of the following

- 10 second sprint/50 second jog

Repeat for 15 minutes

Workout # 2

10 minute jog warm-up

8 x 1 min hard run/bike/row, followed by 30 seconds walking.

3-4 minute cooldown.

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 3

Workout # 1

Warm-up: 5 minute jog/bike or rope skip

Scrapper's Medley

1. 5 x 8 count Bodybuilders
2. 15 seconds walking lunges
3. 10 second sprint
4. 5 x 8 count bodybuilders
5. 15 seconds bunny hops
6. 20 seconds sprint
7. 5 x 8 count bodybuilders
8. 15 seconds duckwalk
9. 30 seconds sprint
10. 5 x 8 count bodybuilders

Rest for 2 minutes following this medly and repeat 3 more times.

80 situps timed.

Workout # 2

Warm-up: 5 minutes of rope skipping

1. Alternate toe touches - touch each toe 20 times
 2. 6 inch crunches (legs off ground and straight) - 40 times
 - a. Repeat this sequence 3 times.
- Jumping jacks
 - Split jumps
 - Burpees
 - Mountain climbers
 - Perform each exercise for 30 seconds and complete 5 rounds

Finish workout with a 2 minute plank hold

Workout # 3

Warm-up: 5 minutes of any aerobic activity(cardio)

ABS:

1 x 20 chinnees

1 x 20 right side crunches

1 x 20 left side crunches

1 x 20 feet held situps

1 x 20 chinnees

Total 100 reps, repeat the circuit twice

Pushup Sequence

1. Diamond Push-ups
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full

Perform the next two types of push-ups using the same rep scheme as above, rest for 90 seconds between each sequence.

2. Regular push-ups (finger tips beneath top of shoulders)
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full

3. Wide Push-ups
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full

Inverted Row sequence

1. Narrow Grip
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers

- d. 7 full
- 2. Regular grip
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full
- 3. Wide grip
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full

Finish the workout with 6 minutes of fast skipping alternated with box jumps

- 30 seconds skipping
- 30 seconds box jumping
- 30 seconds rest
- Repeat.

BODY BASIC INTERVAL WORKOUTS - WEEK 3

Workout # 1

25 minutes of cardio/aerobic activity at your own pace, through the woods or on a treadmill. A really neat way to do this workout is to warmup for 5 minutes and then if you are running on the road sprint between 2 telephone poles and recover as needed, then sprint for two telephone poles, recover again, and then up to 3 telephone poles, recovering. Once you have reached 3 telephone poles, you can pyramid down to 1 again. Before you know it, 25 minutes has elapsed and you have had a great productive workout.

Workout #2

Steep Hill Sprints

This is a great workout for building leg muscular endurance and getting really defined calves. If you have ever looked at the calves of runners of any distance they all have great calves.

Warmup for 8 minutes and then do 15 second sprints up a 15-20 degree hill incline, walking and jogging back down the hill.

Cool-down for 5 minutes.

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 4

Workout # 1

Warm-up

- 15 air squats
- 15 sit-ups
- 15 push-ups
- 1 min rope skip
- 10 lying reach overs per side
- Repeat above again

Circuit 1:

- Bootstrappers x 30 reps
 - Squats x 20 reps
 - Lunges x 10 reps per side
 - Rest 1 minute
- } repeat 4 rounds

Circuit 2:

- Dips 3 x30 reps
 - Push-ups x 20 reps
 - DB.Shoulder press x 10 reps
 - Rest 1 minute
- } repeat 4 rounds

ABS:

- Leg flutters x 45 seconds
- Rest 15 seconds
- Chinnees x 45 seconds

Workout # 2

Warm-up: 5 minute jog/bike or rope skip

Scrapper's Medley

1. 5 x 8 count Bodybuilders
2. 15 seconds walking lunges
3. 10 second sprint
4. 5 x 8 count bodybuilders
5. 15 seconds bunny hops
6. 20 seconds sprint
7. 5 x 8 count bodybuilders
8. 15 seconds duck walk
9. 30 seconds sprint
10. 5 x 8 count bodybuilders

Rest for 2 minutes following this medley and repeat 3 more times.

3 minutes front plank + 1 min side plank right and 1 min side plank left.

Workout # 3

Warm-up: 5 minutes rope skip

1. Set 1: Running in place Band -Pulls
 - 10 x 20 seconds running in place with band, then drop down for 20 pushups and then into 20 mountain climbers
 - Rest 1 minute.
2. Set 2: Running in place band- Pulls
 - 10 x (20 sec band pull, 20 reps alternating toe touches, 20 squats)
 - Rest for 1 minute and repeat

Finish workout with a 2 minute plank hold

BODY BASIC INTERVAL WORKOUTS - WEEK 4

Workout # 1

Warm-up: 3 min rope skip/3 min bike or jog/3 min rope skip

12 x 100m hard, 200 m easy running

Cooldown 5 min

Or if you are doing this on a bike, do 12 x 20 seconds hard, 60 seconds easy and cooldown.

Workout # 2

Warm-up: Dynamic warm-up regimen (see IRON GUARD Videos)

2 x 7 minutes at a hard sustained effort. Your heart rate should be at least 80% or greater than your predicted maximum. To determine your max heart rate, $220 - \text{age} \times .80 = 80\%$ of your predicted maximum. These values may vary slightly. Or if you want a truly accurate value, go as hard as you can run for 6 minutes and sprint the final 30 seconds. Measure the highest observed value. That is your maximum heart rate. I also find that running hills will create the necessary stimulus for determining your max heart rate.

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 5

Workout # 1

5 sets of (8 x 8 count bodybuilders), increasing the speed of each set during the warmup.

1. 8 x 30 second running high knees with dumbbells (10-20 lbs per hand)
 - i. rest 60 seconds between sets

- Burpees x 10
 - Mtn climbers x 40
 - Wide push-ups x 15
 - Rest 90 seconds
- } repeat 3 x

Workout # 2

Warm-up: 5 mins of your choice.

1. DB Squat Push Press: 21, 18, 15 reps - 60 seconds rest between sets
2. Leg Flutter: 45 seconds on 30 seconds rest - repeat for 3 sets
3. Swimmers: 45 seconds on 30 seconds rest - repeat for 3 sets
4. Pull-up Ladder: Perform 6 pull-up ladders. If you require assistance, use bands . Attempt to reach a maximum of 3 reps without use of bands, however use bands if this is not attainable. Total the number of reps performed. You should rest approximately 10 seconds for each rep performed. i.e. do 1 rep, rest 10 seconds, 2 reps, rest 20 seconds.....etc.

5. Diamond Push-ups
 - a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full
 - e. 5 halfers
 - f. 5 full

} rest 90 seconds then into regular pushups

6. Regular Push-ups
- } www.MMAFitnessTraining.com

- a. 5 halfers
 - b. 5 full
 - c. 7 halfers
 - d. 7 full
 - e. 5 halfers
 - f. 5 full
- rest 90 seconds then into wide pushups

7. Wide Pushups

- a. 5 halfers
- b. 5 full
- c. 7 halfers
- d. 7 full
- e. 5 halfers
- f. 5 full

Workout # 3

Warm-up: 30 sit-ups/20 push-ups/ 10 jumping jacks and a 3 minute rope skip

2 minute plank sequence

- 30 seconds leg levers
 - 30 seconds air squats
 - 30 seconds leg flutters
 - 30 seconds air squats
 - 30 seconds swimmers
 - 30 seconds air squats
- } repeat 4 x
rest 90 seconds between circuits.

BODY BASIC INTERVAL WORKOUTS - WEEK 5

Workout #1

Dynamic Warm-up

Pyramid Workout

100m hard/100m easy/150m hard/100m easy/200m hard/100m easy/150m hard
100m easy/100m hard 100m easy

Repeat the pyramid one more time and then cooldown.

Workout # 2

Dynamic Warm-up

20 mins of the following on a bike/stepper/elliptical
- 30 seconds very hard, followed by 90 seconds at a relaxed pace.

5 minutes cooldown and stretch.

BODY BASIC STRENGTH AND FITNESS WORKOUTS - WEEK 6

Workout # 1

Warm-up: 5 min jog/bike/run/row/ or skip

Circuit 1

1. DB Squat push press x 8
2. Feet elevated pushups x max reps
3. Bench dips x max reps (challenge by placing db on your lap)

repeat circuit 4x, rest 90 seconds between circuits.

Circuit 2

1. Bootstrappers x 1 minute
2. Mountain climbers x 30 seconds
3. Push-ups x 15 seconds

repeat circuit 4x , rest 90 seconds between circuits.

Workout # 2

Warm-up with 8 mins of jogging, skipping or any movement to get your core heart rate and sweat rate up.

Circuit:

- jumping jacks
- split jumps
- burpees
- mountain climbers
- sit-ups
- push-ups

perform each exercise for 30 seconds with 1 round equaling 4 minutes. Complete 4 non stop rounds for a 16 minute total.
*15 s instead of 30s

- Lunges
- *Left side crunches 15s
- *Right side crunches 15s

Once the circuit has been completed, finish the workout with 3 pull-up ladders.

Workout # 3

Warm-up:

- 2 min rope skip
- 2 min high knee skips
- 2 min walking lunges

1. DB Squat Push Press: 4 x 15 reps @ 45 sec rest
2. DB $\frac{1}{4}$ squat+ calf raise + full squat: 4 x 12 reps @ 45 sec rest
3. Glute ham raises: 3 x 12 reps @ 45 sec rest
4. Inverted rows: 3 x 12 reps max (legs straight or bent depending on your ability.)

Finish workout with 6 mins of the following:

- 45 sec jumping jacks
- 15 sec burpees
- 45 sec split jumps
- 15 sec x over mountain climbers

BODY BASIC INTERVAL WORKOUTS - WEEK 6

Workout # 1

30 min steady state run, including 4 x 15 second bursts up steep hills. Pick a hilly route that allows this. Coast on the way down the hill. Then perform 4 x 30 second bursts along a flat section, coasting easily for 60 seconds in between each rep, and finish with a 2 minute interval flat out.

Cooldown with 5 minutes of easy activity.

Workout # 2

10 min warmup

5 x 1 min hard 1 min easy

10 x 15 seconds hard 15 seconds easy

3 x 1 min hard 1 min easy

5 x 30 seconds hard 30 seconds easy.

5 minute cooldown.

About David SMIT, M.Sc.,CSCS

Former Gold Medal Winning Triathlete

Trained numerous Olympic Gold Medal Athletes

Strength and Conditioning Coach - 2003 Rugby World Cup - Team Canada.

Trained ERT/SWAT, SPEC Ops

Trained Corporate Executives

Trained and written programs for Pacific Sport Canadian Sport Centre (RUGBY, CYCLING, TRIATHLON, MARATHON)

Consulted with Corporations: RBC, ICBC, WCB, CANADA LIFE

BodyPrint Nutrition Coach

Developed Iron Guard Fitness MMA Pro XTREME Training Program.