

Honest word from the author

About Ego lifting and overtraining, about Modern world, social media pressure, and should you lift with music or not.

Opinion is like a butthole, everybody has it, so feel free to destroy this page, piece of paper, with a pair of scissors.

INTRODUCTION TO TRAINING SESSION

Start a workout with proper warmup divided in

- **Freestyle jump rope - 100reps x 3**
- **Static stretching**
- **Dynamic joint rotations**

Why jump rope? It is low impact cardio with low pressure on both knees/ankles, have fun with rhythm of music, jump your style

- **Difference between static/dynamic is that when your doing static there is no skipping in place**
 - **You just do basic stretching exercises 1-2 sets , hold 4-7 sec per movement, in every session, good habit is to stretch whole body due to functionality trough day**
 - **In dynamic rotations do like 15-25 rotations of each exercise, for example -> shoulder rotation: left arm 15, right arm 15**

Greatness is in having a routine of dynamic transitions between exercises for everything to go with the flow, and imagine. If someone is looking at you. Impress. It is great if you have experience in any sport, use your knowledge, warmup in diversity of exercises.

Overall strength through calisthenics

„If you are beginner, and you are weak, start with pushups on knees.

Get to know what strength of human body really is, activate that mechanism.
By time you will progress to regular pushups.

With your newly created strength You will be able to do chinups.

After chin ups, pull ups, progression goes on...wide grip pull ups, your first muscle up.
There will be more, and more tools in your arsenal as calisthenics athlete you can incorporate in

Streetworkout park or when in gym training, to combine it to your weightlifting sessions.

Core you can develop with crunches, planks, knee raises, leg raises, toes to bar, L sit, V sit,

all of the **tricks** You will be able to do but it takes time, discipline, and constant effort by showing
up to your personal, or group training activities/sessions.

“Your first 10 kipping pull ups will not be as effective, as those you will do after completing
1000 pull ups, progression goes on...after 10 000 pull ups, the quality of reps will be so good that you can do in o
ne set what beginner can do in 30minute training activity on the pull up bar.

Satisfy with small steps, and progressions.

Enjoy every session God has gifted You, everyday tasks will be more easier after your personal
transformation, as strength increases.

“If you maxout in your sessions, you will soon enough be able to do human flags, dragon flags, levers,
handstands, more complex elements.”

“Chose the right side of the streets, streetworkot”

Competition preparation

When you feel like there has come the time to display your capabilities in an open meet, do it.
It is even great to go at local competitions, also if you are not even in top shape, go for experience.

“The way you train is the way you will perform.”

- “How you act in workout sessions, you will display on competition day”
- Do not be afraid to take risks with elements or weights

CHEST & TRICEPS

Greatest pushes come from base preparation (repeating basics to perfection),

do it with passion, make those reps look good.

DO NOT stop at one more rep, I dare you for THREE more reps!

ROUTINE

Start with light weight exercises.

- I. Dumbell benchpress 3x 10
- II. BENCH PRESS

Warmup SET 1x 20 reps olympic bar

4 x 10 weight you can push

+ 1 RM maxout

- III. Incline dumbell press 4 x 10
- IV. Machine chest press + superset chest fly 3 x 10

/last set do a drop set

TRICEPS

- I. Narrow bench press a.k.a. close grip bench
4 x 10
- II. Skullcrushers
4 x 10
- III. Triceps cable extensions + dropsets of narrow pushups 4 x 10

/ stretch, cooldown, insulin spike+ 30 g protein

My personal method of BENCHPRESS training that took me to almost 200 kg bench press

Goes like this

- I. Dips 3 x 15
- II. CHIN UPS 3x 15

➤ Bench press with no weight / only Olympic bar x 20

➤ 20 20 ----- 20 20 x 15 to 20 reps

➤ 15 20 20 ----- 15 20 20 x 10 reps

➤ 130 Kg x 10 reps

➤ 150 kg x 4-5

➤ 160 x 1-3

➤ 170 x 1

+ drop set 100 kg + drop set 60kg maxout

“After completing 10 weeks, start SMOLOV principle”

“ 4 plates is a dream come true in bench press, gates as an athlete will open up to you. You will appreciate every effort you have made, Your homework has been done

in gym, now You are an A+ student in gym, and your lifting is more than good, close to perfect, CONGRADULATIONS.”

OTHER SIDE OF THE MEDAL

Your body becomes great, but so do risks.

If you do not take rest, and diet seriously

- It might get hard to do every day jobs, in worst case scenario
- you might even lose a 9/5 job, because of constant over training

- Pain is everyday thing

Waking up exhausted can be daily

- If you go on full structured diet plan, and supplementation it
- costs a lot of money, for somebody on “normal” income
- Again costs are big, so make sure not to buy expensive equipment in the beginning

- Better to spend money on quality meat, fish, fruits n veggies

➤ If you do make results, also you will be easily “caught by an eye” , it is the same as being obese.
people will stare at you, some people will put hate on your name, with all kinds of bad word. Do not get trapped by occasional “binge drinking” or partying, kills progress.

LEG DAY

Push legs as largest muscle group to maximise testosterone – bigger chest & proportional legs

- I. Start w mobility exercises for hips
- II. Leg extension
3 x 20 low weight
- III. Squat low to no weight, only bar x 20 reps
- IV. SQUAT
4 x 10 + 1RM max SET
- V. Leg press 3 x 10
- VI. Leg extensions 4 x 10
- VII. Leg curls 4 x 10 use tempo 1,2,3/3 . 3sec
down, explosive up
- VIII. Bulgarian deadlift for maximising hamstring growth
4x 10

“ Run after workout, not for cardio, run to be more overall functional in everyday life, destress the body, cooldown for 20 min, volume is maximum.”

BACK BICEPS

Pull ups 4 x 10

Chin ups 3 x 10 + maxout pullup set

- I. **DEADLIFT** > use same principle as in squat, bench press
4 x 10 + 1RM
- II. **Lat pulldowns**
4 x 10
- III. **Bent over rows**
4 x 10
- IV. **Machine row**
4 x 10

BICEPS

- **Olympic bar curls 4 x 10 + max out set**
/ do controlled reps, maintain your posture calm,
Execute to perfection.
- **Dumbell biceps curl**
4 x 10
- **Finisher ! hammer curl > 4x 10 superset with rope curl pull curl, maxout**
- **use low rest, squeeze isolated muscle, let it burn.**

“Finish the workout with moderate lat pulldowns to de stress. “

Also, run to connect upper/lower body, calm down, de stress your body,

enjoy working on lower intensity

Traps/Shoulders

- **Warmup routine with no weight**
Above head military 10 reps
Full ROM 10 reps
Lateral raise 10 reps
Lateral raise full ROM 10 reps
Bent over raise back deltoids 10 reps

+ if you can do with 2kg first, no weight drop set, you will feel great burn

- I. **Military press 4 x 10, do first set only olympic bar**
- II. **PYRAMID SET on machine, above head press**
- III. **Lateral raises 4 x 10**
- IV. **Front raise with plate 5/10/20 kg 4 x 10**
- V. **Arnold press 4 x 10**

Finish off with 4 x maxout set lateral raise

TRAPS / do shrugs 4 x 10

+ 4 x 15 low weight full concentration on squeeze / “ mind muscle connection “

ARM DAY

Triceps

Dips 3 x max

Diamond push ups 3 x max

CHIN UPS 3 x MAX

- I. Close grip bench press 4 x 13
- II. Skull crushers 4 x 12, last set drop set
- III. Triceps cable extensions 4 x 10 + dumbbell extensions above head in superset low weight

Biceps

Olympic bar curl 4 x 12 + drop set

Dumbbell curl 4 x 13

Hammer curl 4 x 13

- 2x max out on superset biceps curl+cable pull from bottom
- Stretch, relax, cooldown

“Always do some running after sessions to get your body to be functional after, more motoric, overall better connected for everyday life challenges.”

ABS

Tabata training principles are great for core development!

- Combine 5 exercises in circles
- in mid sets use mountain climbers in your own pace
- in the gym you can use weights

- the best ab exercise is windshield wipers or in street workout typewriter ab twists

“Always challenge yourself for a good personal best on plank.”

“Developing great abs is matter of fighting with pain/burn.”

- between exercises for 4-7sec stretch
- After routine 15-30 sec

Wanna go for 300/500 reps? good idea... GO

POWERLIFTING

Difference from bodybuilding is that there is no looking at yourself in the mirror, just pure strength display.

**After You work your body through Bodybuilding process + streetworkout, the weights you will lift can be really impressive, so called 1RM(one rep maxes)
It is so great process training as powerlifting, you prepare for months to lift weight in couple of seconds in competition.**

Now after couple years in gym, once you finished your transformation process, you can powerlift !

Another weapon to your arsenal of technical exercises processes inside workout plan.

Be diverse,

**Stay committed,
Stay humble,**

Be brave.

GOOD LUCK WITH YOUR LIFTS !

IMPORTANCE OF TRAINING PARTNER

/in between sets

- **In between exercises, you can motivate each other when rest is longer**
- **Also partner can correct you**
- **In the gym, also in park, there is no argue that it is necessary to have a workout partner**
- **When one does the work, other is resting**

You can push higher heights when going over boundaries, then when reaching them alone

- **In modern time you have somebody to film your materials for social media maybe**

"Also some exercises from karate/stretching, are in couple, you can also do boxing techniques, there is ocean of options of group training, where as with years more people will join you, you might build workout team, crew, organisation in your town, city, or village."

"Try finding some with similar capabilities as you do have, when two beginners start working out, the chemistry is also great!"

IMPORTANCE OF WORKOUT DIARY

“Tracking your progress is a must do.

In the gym with lifts, you will know when to put 0,5 / 1 / 2 / 10 / 20 kg on your lifts, from week or 2 weeks ago, where you can give your routines, and results to researches also, document your results for greater good.

Be unique in workouts, switches in exercises, even take notebook to park or in gym when training for performance.

With time by documenting workouts, you will have great database of things you have done, so than you can maybe print every workout, and if you do not know what to do on targeted day, just pick a workout from your database.

If you “come to the wall”, and there is no progress, you can give your diary to experienced coach, and make his job easier by looking at the history of your lifting development.

This year you might be last or one above last man on the table, but in years , everybody will see your progress, and it will be applaudable.

In sports of weightlifting, as the bench press, powerlifting, even performing extreme streetworkout freestyles, there is one big enemy.

It is your doubt, fear in the moment, and it comes from lack of preparation.

Competition preparation

When you feel like there has come the time to display your capabilities in an open meet, do it. It is even great to go at local competitions, also if you are not even in top shape, go for experience.

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ERGOGENIC AIDS

www.wada-ama.org

world doping organisation

- **Daily necessary dose of creatine is 2-3g , today it is the most popular supplement**
- **Amongst athletes its usage started since 1992. On Barcelona Olympics**

Caffeine

- **White powder without smell, bitter taste**
- **In many cultures it is used to reduce tiredness**
- **Still there is no restriction to caffeine usage**
- **Globally the intake is 75mg daily per individual**
- **Good versus headache**
- **Sport people use it to enhance their results**
- **ENHANCES SPORT PERFORMANCE IN MOST OF SPORTS**
- **7mg/kg increases strength**
- **3mg/kg caffeine enhances stamina**
- **Bad for sleep patterns in the other hand**
- **Causes a bit of addiction**
- **Caffeine intake enhances production of adrenaline.**

IMPORTANCE OF THE DAY ORGANISATION TO THE WORKOUT

"Gym costs money, diet is also tricky when it comes to costs, as athlete you have to take care on that.

Try planning your workout in 40min – 1h30min – 2h routine, depending on volume you are ready to take on that exact day.

You do have a solid plan now by reading this you can follow, and remake plan with exercises you know or have found on the internet. Always upgrade with knowledge, try to make your time working out really organised, so you do not lose time with your loved ones.

There are other things in life besides working out if you are not a pro, even if you are.

Enjoy little things, stay committed , results will come with time. More time you invest, better them results will be. "

Streetworkout is much cheaper than going to the gym, but combination is flawless, and dynamic.

TRAVEL

Train tickets, bus costs, gas for car, take that in consideration, use time, and expenses wisely.

Calculate even in start of your transformation process.

- Do not overbuy equipment in the beginning, keep it simple

NUTRITION CHAPTER
IT IS A 24/7 SPORT

“Macronutrients, and “manipulation” of them is the key to building your goal physique, as functional athlete, with good diet, and rest, a lot of unnecessary soreness can be avoided/reduced.”

- the intake of protein should not be higher than 2g/ kg bodyweight.
- Protein intake should be scheduled trough day in 3-5 meals
- Carbs
- Minimum daily intake should be 130g because of glucose brain depletes
- There is fructose, sucrose, and lactose
- Food products that have carbs are pasta, bread, vegetables, fruits
- Great type of diet is “CARB CYCLING”
- Fats
- Concentrated source of energy (9g kcal/g)

SAMPLE OF DAY OF DIETING

- I. Hydration upon waking up**
- II. Green tea, metabolism booster**
- III. 5 eggs (3 yolks 5 whites)**
- IV. Oatmeal of choice goes great with apple, berries, honey, cinnamon**
- V. Mid meal , hand of walnuts / almonds**
- VI. Lunch < quality protein, complex carbs> + lemonade**
- VII. Pre training meal, fruit salad**
- VIII. After training, same as lunch**
- IX. Dinner 500g cottage cheese**

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