

BECAUSE YOUR TIME IS PRECIOUS!



A COLLECTION OF INTENSE WORKOUTS TO  
BUILD THE *STRONGEST, SEXIEST* YOU. AT THE  
GYM, OR AT HOME, IN MUCH LESS TIME.

GLENN VICKERMAN

# Table of Contents

Introduction

Part I:

High Intensity Principles

Part II:

Exercise Routines and Protocols

- The BIG 5
- Spartan 300
- Spartacus Workout
- Tabata Method (3 Exercises)
- The Pyramid
- Fast Twitch Blaster (Variations of Max T3 Principles)
- T.U.T. (Time Under Tension)
- 100 Workout
- Isometrics
- Super Human Strength
- Static Contraction
- Strip Sets
- 30s
- Real Deal Cardio With or Without Machines
- Circuit Training
- Intervals, meet Weights

Recommended Readings

# Introduction:

**The reason why I'm writing this** short e-book is to share what I have learned, as well as some of my favourite workouts that I have found to be highly effective, while not wasting my time in the gym. My resume includes being a Personal Trainer, middle school P.E. teacher, and high school Rugby and Football coach as well as still playing rugby myself. I am a weekend warrior. But, I used to be that high school athlete and scholarship college athlete that would spend hours training, believing that I had to work harder (and longer) than the next guy if I wanted to truly be successful. And I was! Sort of.... **I also spent a lot of time feeling run down**, sore and definitely not seeing the results I thought I should be seeing following all of those protocols you see in the stereotypical muscle magazines. What I did not know, is that it is not about working harder and longer than the competition, but working smarter than the competition. Then something, by quite a series of coincidences, occurred. I started to think that there had to be a better way, a faster way, a way where I did not need to be in the gym 4 or 5 times a week. Then I found it. **This is what I've** learned, used, and found really effective. I also include the list of the most influential books and studies, which I highly recommend you also read, that have helped change the way I train and how I train my clients for a more productive work out and life.

Sincerely,

Glenn Vickerman

“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

– Ralph Waldo Emerson



# Part I

## High Intensity Principles

# Crucial Principle of Training...

- True EFFORT is what really matters in any training regiment; not specific repetition and set protocols.
- The body has to be given a reason to change!
- Does jogging for an hour give that reason?
- Wear-and-tear injuries from overtraining (doing as much as possible) is just as damaging as not doing anything (If you don't use it... you lose it.)

# Solution

- Do what is needed, not more.
- This is the “prescription dosage” or “Sun-tan” philosophy of exercise.
- In the same way prescription drug dosages are managed, so must be exercise programs.
- Where too little drug will not create a response and too much can kill... So it is true with exercise.



# People and Holidays

- People are notorious for travelling south in winter to warmer climates. We want to come back with a nice healthy tan. What happens???
- They lie in the sun for three hours, get badly burned, and then have to stay out of the sun for the rest of the trip feeling terrible, returning “whiter” than when they left.
- They overdosed on the sun. You can overdose on exercise, which leads to over-training, which undermines recovery, which leads to not attaining desired results. Thus burn-out for athletes and a meager 30% (average) retention rate for new gym members. How about a different New Year’s resolution? One you can stick to.

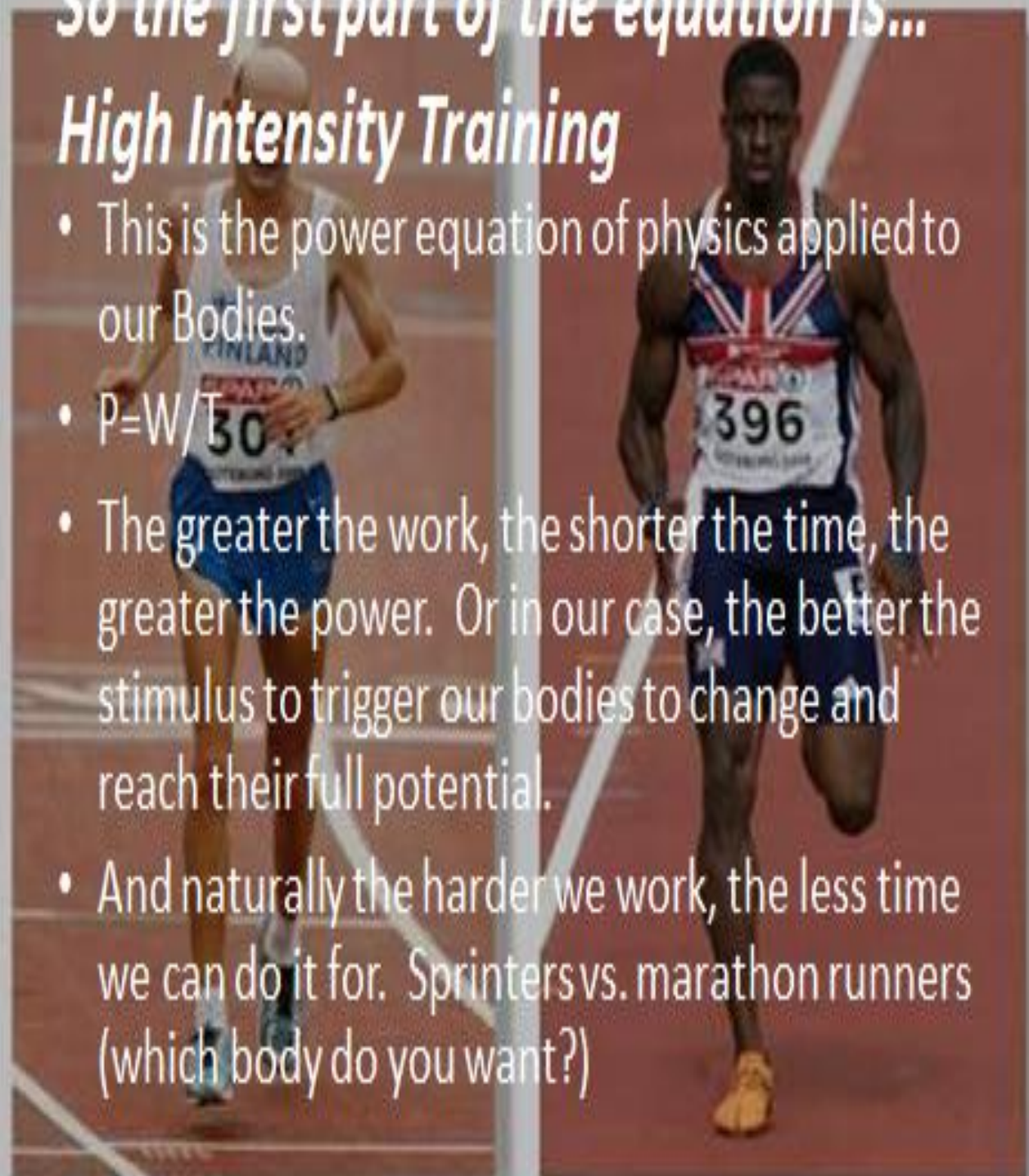


Which body is best for health and performance?

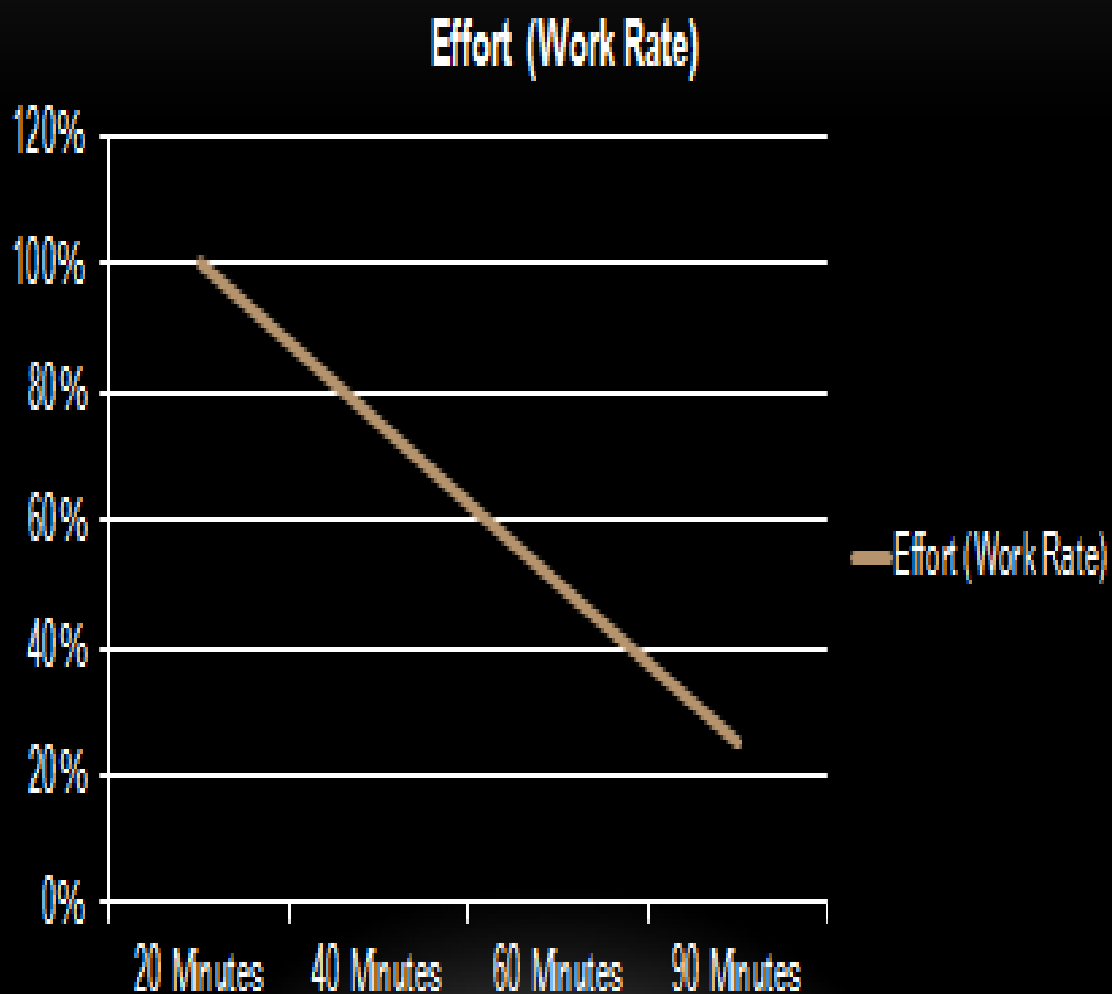
*So the first part of the equation is...*

## *High Intensity Training*

- This is the power equation of physics applied to our Bodies.
- $P=W/T$
- The greater the work, the shorter the time, the greater the power. Or in our case, the better the stimulus to trigger our bodies to change and reach their full potential.
- And naturally the harder we work, the less time we can do it for. Sprinters vs. marathon runners (which body do you want?)

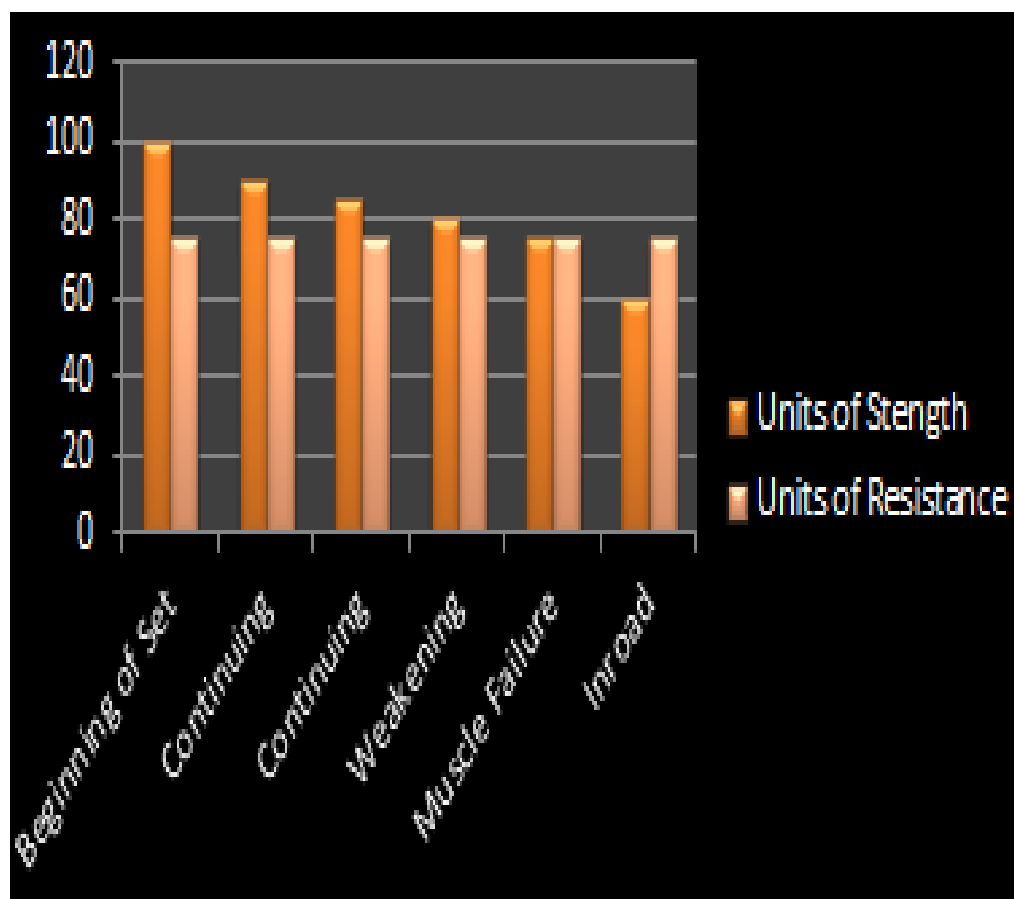


# THE INVERSE RELATIONSHIP BETWEEN EFFORT AND TIME.



# The Inroad Theory

The Inroad theory is simply the point when we sufficiently weaken the muscle, through resistance training, to stimulate/trigger an adaptation (strength increase)



So if we can successfully inroad, and thus trigger the adaptation, does it make sense to do multiple sets and multiple exercises that work the same muscle?



The second half of the equation...

## Recovery

- The first part of strength training is having the *stimulus* sufficiently applied.
- The second part to the equation, and where most trainers/athletes/ and beginners err is RECOVERY!!!
- After training, it is crucial to allow the body not only to heal, but to adapt. This takes longer than most trainers want to admit.



# Paper cuts and sprained ankles

- The last time you had a small cut on your finger, or scrape on the knee... How long did it take to heal? A few days, right?
- When you sprained your ankle or wrist... how long did the doctor say to stay off it? 4-6 weeks
- Training is like a mild paper cut applied to a layer in the body that takes much longer than your skin to heal. So does it makes sense to cause micro-damage to your muscle fibers and expect to be able to do it again the next day, and then the next day, and then the next day without letting it heal?
- Of course not.

Semitenidinosus

Biceps femoris  
long head

Biceps femoris  
short head

Semimembranosus



# Recovery

- Recovery is just as, if not more, important to the training equation than the training itself.
- Thus this negates the need to train every day (who really has the time?) and allows one to recover and enjoy living life! Wife/Husband, kids, other sports, hobbies, etc.



# Warm Up

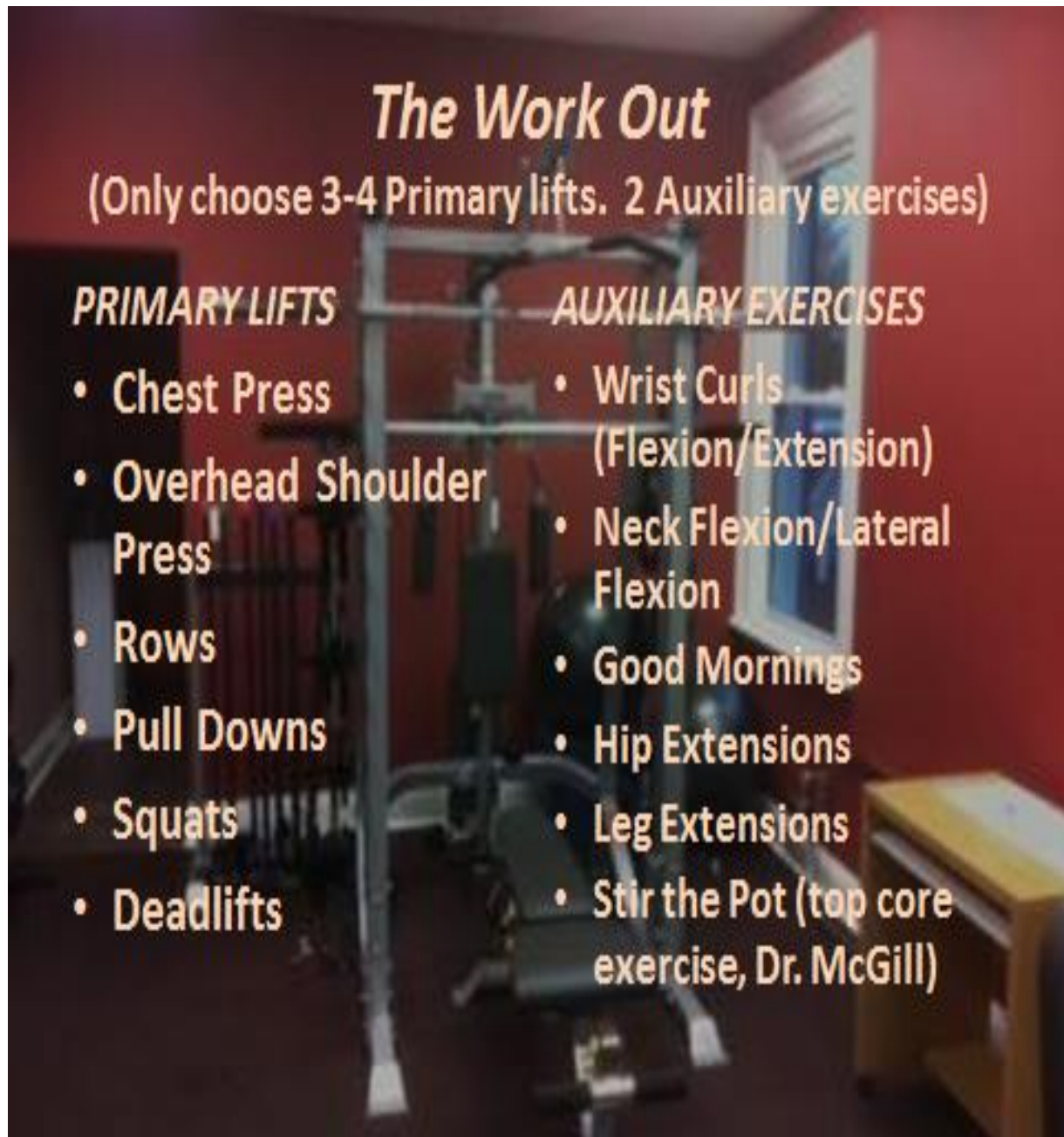
- Neck ½ rolls
- Shoulder rolls
- Elbow rolls
- Wrists
- Trunk Twists
- Hip Rotations
- Knee Rotations
- Ankle rotations
- 5 curl and presses with 5 lbs
- 5 Bent over rows with 5 lbs
- 10 Behind the Head Triceps Extensions with 5 lbs
- 5 Squat and Presses with 5 lbs

# Part II

Exercise Routines and Protocols:  
A Collection of Really Tough,  
Efficient Workouts

# The BIG 5

The BIG 5 comes to us from Dr. McGuff and John Little and their book **“Body by Science.”** It consists of the major push and pull compound exercises: the Chest Press, Pull-downs, Rows, Shoulder Presses, and Squats.



***The Work Out***

**(Only choose 3-4 Primary lifts. 2 Auxiliary exercises)**

<b><i>PRIMARY LIFTS</i></b>	<b><i>AUXILIARY EXERCISES</i></b>
<ul style="list-style-type: none"><li>• Chest Press</li><li>• Overhead Shoulder Press</li><li>• Rows</li><li>• Pull Downs</li><li>• Squats</li><li>• Deadlifts</li></ul>	<ul style="list-style-type: none"><li>• Wrist Curls (Flexion/Extension)</li><li>• Neck Flexion/Lateral Flexion</li><li>• Good Mornings</li><li>• Hip Extensions</li><li>• Leg Extensions</li><li>• Stir the Pot (top core exercise, Dr. McGill)</li></ul>

The BIG 5 also includes auxiliary lifts that can be alternated from one workout to the next. This works well for athletes in contact sports where a strong neck and forearms are vital for both injury prevention as well as overall success.

The key here is to understand that you only do ONE SET to FAILURE. (The point at which the resistance overcomes your ability to move it in the positive direction.) There are several different lifting speeds/techniques one can use to achieve failure, but there are two I like. The first is using Standard reps speeds, but using weight that allows me to at least reach 15- 20 reps before failure **sets in. The second is a “Time Under Tension”** approach where I go with a 12 second rep cadence and shoot for only doing 5 reps before failure sets in.

In starting out it is recommended to begin with the BIG 5; however, over time, as strength gains become slower and the intensity of the lifting increases, it is recommended to break the **“5” into “3”**. Now the workout will include a push, pull, and legs as well as now being able to include two of the auxiliary lifts. At this point then, you can alternate the workouts from one session to the next. Now you can create 2, 3, or even 4 different workouts to alternate through with a frequency of one workout every 4-7 days.



## Example 1

[illegible]

### Example 2 (Alternating Workout A and B)

## Workout A

[illegible]

## Workout B

[illegible]

# *Spartan 300*



This **one** is courtesy of Men's Health when the movie "300" came out.

**6 exercises... 50 reps of each exercise... Rest only when you have to for as little as you need. Time how long it takes to complete. Work for improving the time it takes to complete every time you do it.**

25 Pull-ups

50 Deadlifts (135lbs)

50 Pushups

50 Leg Raises (Holding 135lbs over chest)

50 Box Jumps

50 Shoulder Presses (70 lbs.)

25 Pull-ups

Weight can be varied to accommodate strength and training levels.

# The Spartacus Workout



**Another Men's Health gem, this one consists of** 10 exercises performed for a minute straight with 15 seconds recovery between exercises. Repeat 2-3 times resting 2 minutes between circuits for a 25- to 40-minute workout. Choose resistance that is challenging to do for the full minute and do as many repetitions as you can.

## List of possible exercises:

Push-ups

Burpies

Frog Jumps

Shoulder Presses

Lemon Squeezes

Leg Extensions

Squats

Rows

Shin Slaps

Shoulder Flies

Box Jumps

Bicep Curls

Lunges

Pull-downs

Stir the Pot

Deadlifts

Leg Curls

Triceps Exten.

# The Tabata Method



Select 1-3 exercises. Perform exercises selected as fast as you can for 20 seconds, rest 10, and then repeat for a total of 4 minutes (totaling 8 sets). If you choose to do more than one exercise, rest 1-2 minutes before moving on.

Example workout is as follows:

- a. Frog Jumps
- b. Push-ups
- c. Half Crunches

Note that there are numerous exercises that can be chosen. So, it is recommended to select one for the legs, one for the arms, and one for the core.

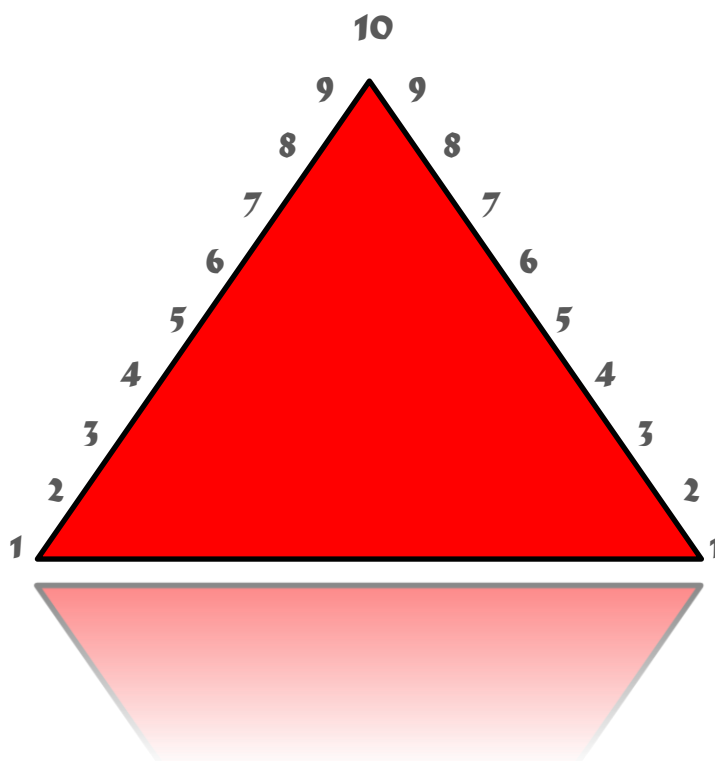
# The Pyramid



Choose three exercises varying in degree of difficulty. For example: Pull-ups, Squats, and Push-ups. Then, go in the order of the most difficult to the easiest. Pull-ups - Push-ups – Squats. You will perform 1 Pull-up, then 2 Push-ups, then 3 Squats.

**The pyramid operates on repeating these exercises going up “the pyramid” and then coming back down.**

Round two is 2 Pull-ups, 4 Push-ups, and 6 Squats. Round three you do 3 Pull-ups, 6 Push-ups, and 9 Squats. So, the base numbers of one, two, three for the Pull-up, Push-up, and Squat, respectively, become the base multiple as you go up the pyramid. Perform up to 10 and then go back down to 1.





# Fast Twitch Blaster



This protocol is similar to the Tabata Method and Max T3 videos. Every exercise you select you will perform as fast as you can for 20 seconds, but this time you get to rest for 20 seconds. Select 10-12 exercises and perform each one only once, and then move on to the next exercise for the next burst of 20 seconds. Cycle through the exercises 1-3 times depending on your fitness level.

- This workout is best done with body weight exercises, sprinting on the spot, and jumping exercises.

Push-ups

Burpies

Frog Jumps

Jumping Jacks

Lemon Squeezes

Leg Raises (partials)

Squats

Crunches

Mountain Climbers

Shoulder Push-ups

Box Jumps

Tuck Jumps

Lunges

Shin Slaps

Plank

Good Mornings

Side Hops

Prone Paddle

# T. U. T. (Time Under Tension)



This routine is the exact opposite to the Fast Twitch Blaster. With this protocol you can select 5-10 exercises, and instead of doing them as fast as possible, you perform them as slow as possible. As a result, you will only be able to complete 1-3 reps before moving on to the next exercise. Ideally, one rep should take approximately 20-30 seconds to complete. This can be done with any resistance exercise, whether you use weights, or just your body weight.

# 100 Workout



100 High Knees

90 Reverse Lunges

80 Jumping Jacks

70 Sumo Squats

60 Mountain Climbers

50 Tuck Jumps

40 Spiderman Push-ups

30 Leg Raises

20 Single Leg Squats

10 Diamond Push-ups

Complete for time with the goal of getting faster every time you do this work out. You can also substitute and swap any exercise for another in this program. What you see here is not etched in stone.

# Isometrics



Isometrics are great for improving strength. In fact, using isometrics has been proven to be the fastest way to increase strength. There are several ways to do them and you can do them anywhere and anytime.

The key is to hold a maximum contraction for 7-15 seconds and work as many muscles as you can.

Start with your neck and hit all four directions.

Then progress to shoulders, chest, back, abdominals, glutes, quadriceps and hamstrings, calves, biceps and triceps.

This workout should take less than 10 minutes and there is a wealth of information on the web demonstrating exercises to hit the different muscle groups.

# Super Human Strength



This protocol is courtesy of Barry Ross, a track coach in **California, most famous for being Allison Felix's** high school coach. This definitely follows the philosophy of doing as little as needed and it is fantastically effective.

One hint: stick with it! Do it 2-3 times per week and follow a progression of only 2 ½ - 5 pounds increase every week for the Bench Press, and 5- 10 pounds for Deadlifts.

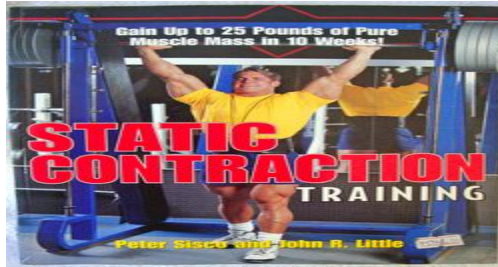
1 Set x 2 reps @ 95% maximum

1 Set x 5 reps @ 85% maximum

Do this for the Bench Press and Sumo Deadlift, resting 5 minutes between sets. Also, 1 minute after each set, do a small set (5 reps) of a plyometric exercise (Jump Push-ups, Box Jumps).



# Static Contraction



This protocol was originally designed by Pete Sisco. It is essentially an isometric program; however, it gives you the ability to measure the weight being used. This way, you can accurately measure the fantastic strength gains this program can yield.

I recommend only doing 5 of the major lifts: Bench Press, Pull-down, Squat, Deadlift, and Shoulder Press.

Each exercise is done in the strongest range of movement. Press the bar up, (or pull down, respectively), only an inch, and hold it until you fail. DO NOT LOCK OUT!

Ideal time under tension is 5-10 seconds. This means you can really load up the bar with a lot of weight! Only do the workout every 5-7 days and over time, like the BIG 5, you will have to gradually increase the number of days between workouts to allow for proper recovery. Be sure to record the weight lifted every time.

# Strip Sets!!!



Strip Sets are the Crème de la Crème pour le BIG 5. Remember the inroad effect that we are creating? This takes that concept to the extreme. I recommend using machines that have weight stacks with easy-to-adjust pins. Take the BIG 5 and once you reach failure with the first weight you select (15-20 rep range), immediately reduce the weight by a third and continue cranking out more reps until you reach failure again, then reduce the weight by another third. Go to failure again. What you have done is severely weaken the muscles, and you have a really good idea by how much.

The example would be using the Leg Press, and you press 300 pounds. You do it, say, 16 times when you reach failure. So, as quickly as you can, drop the weight to 200 pounds and continue. This time you might get to 11 reps before failure. Then, drop to 100 pounds. At 100 pounds, **you're** able to crank out another 8 before you collapse. With this advanced method, you have greatly increased work output and have dramatically weakened yourself by over 200 pounds.

Now, that is an INROAD!!! Because of this level of intensity, it is recommended that it is done sparingly and that lots of recovery (I recommend as much as 2 weeks be given) to adequately heal and super compensate. This is a fantastic method to bust through plateaus.

# 30s



**This could be called “The Spartan 30,”** because the concept is very similar. Instead of doing the exercise for 50 reps, we greatly increase the weight and try and force out 30 reps for each exercise. We also do not have to do all 6, but rather only need to do 5 exercises. **With this protocol we’ll do:**

30 Deadlifts @ 225 lbs.

30 Bench Presses @ 150 lbs.

30 Bent-over Rows @ 135 lbs.

30 Shoulder Presses @ 115 lbs.

30 Hip Thrusts @ 135lbs.

Work to improve time, gradually increasing the weight being used.

# Real Deal Cardio With or Without Machines



When it comes to cardio, studies show time and time again that interval training is the most effective and most efficient way to improve VO2 Max and endurance characteristics. Therefore, the days of having to be on a treadmill for an hour are long over. Rather, 15-20 minutes is all you need.

Whether you use the Bike, Elliptical, Stair Master, or the Treadmill, the concept is the same. Maximal sustained effort for 30 seconds – 1 minute followed by 1-2 minutes of recovery done for 3-5 sets is the greatest way to boost cardiovascular performance.

To increase intensity, look to gradually increase the time of maximal effort, while gradually reducing recovery until you are at a 1:1 ratio of work to rest. You can also increase sets, but you really need not go past 5 or 6 repeats.

Now that your time on the machines, or at the track, or in the pool, has been cut by 2/3<sup>rd</sup>s... **You can go home and relax and spend** time with those you love and do the things you love to do.

# Circuit Training



This book would not be complete without a circuit training protocol **in here somewhere. I won't go into great detail because of the** popularity of this form of training and the wide range of variations that are out there (Spartacus Workout). However, the basic template follows 10 exercises where you complete 20 reps before immediately moving on to the next exercise in the circuit. You can also, instead of reps, go for 30 second intervals, or longer, before moving to the next exercise in the circuit.

Go through the circuit 2-4 times depending on fitness level and time available.

# Intervals... Meet Weights!



This one is simple, but tough!

Pick 4 or 5 exercises, similar to the Big 5. Then select a weight roughly 60% of your one rep max.

Now do speed repetitions for 20 seconds, then rest for 20 seconds and repeat for 3 sets. You might need a minute or two between exercises. 2 minutes per exercise X 4/5 exercises means 8 -10 minutes of **work and you'll feel it!**



## Recommended Readings:

Anderson, Owen. Recovery training: too much hard training can devastate your muscles and implode your immune system. Retrieved from <http://www.pponline.co.uk/encyc/recovery-training-too-much-hard-training-can-devastate-your-muscles-and-implode-your-immune-system-510>

Bass, Clarence. Intensity, What Is It? Intensity, Failure, Rep Range, Muscular Endurance, Specificity (web log article). Retrieved from <http://www.cbass.com/IntensityResistanceTraining.htm>

Bass, Clarence. Light Weights Build Muscle—Study Provides Proof Complex Study, Simple Training (web log article). Retrieved from <http://www.cbass.com/LightWeights.htm>

Bass, Clarence. More Support for Effort-Based Training Even Light Resistance Builds Muscle—If Lifted to Failure (web log article). Retrieved from <http://www.cbass.com/Effortbasedtraining.htm>

Christopher G.R. Perry, George J.F. Heigenhauser, Arend Bowen, and Lawrence L. Spriet. (2008). High intensity aerobic interval training increases fat and carbohydrate metabolic capacities in human skeletal muscle [Abstract]. *Applied Physiology, Nutrition, and Metabolism*, 33(6), 1112-23.

Francis, Charlie. (1997). *Training for Speed*. Canberra: Faccioni Speed & Conditioning Consultants.

Jason L. Talanian, Stuart D. R. Galloway, George J. F. Heigenhauser, Arend Bonen and Lawrence L. Spriet. (2007). *Journal of Applied Physiology*, 102:1439-1447. doi: 10.1152/jappphysiol.01098.2006

Ferris, Tim. (2010). *The 4-Hour Body*. New York: Crown Archetype.

McGuff, Doug and John Little. (2009). *Body by Science*. New York: McGraw-Hill.

Phillips, Stuart M., Richard A. Winett. (2010). Uncomplicated resistance training and health-related outcomes: evidence for a public health mandate [Abstract]. *Current Sports Medicine Reports*, 9(4), 208-13.

Ross, Barry. *Underground Secrets to Faster Running*. Retrieved from <http://www.bearpowered.com/Book/USTFR excerpts.pdf>

Sears, Al. (2010). *Pace: The 12-Minute Fitness Revolution*. Royal Palm Beach: Wellness Research and Consulting.

Sisco, Pete. (2012). *Train Smart!* Available from [www.PrecisionTraining.com](http://www.PrecisionTraining.com)

Tsatsouline, Pavel. (2011). *Power to the People!* Retrieved from <http://ebookbrowse.com/pavel-tsatsouline-power-to-the-people-pdf-d127132337>