

# 15 MINUTE CORPORATE WARRIOR

THE STRENGTH WORKOUT PROGRAM FOR PROFESSIONALS WHO HAVE  
NO TIME BUT LOTS OF HEART.



REACH YOUR GENETIC POTENTIAL  
IN 15 MINUTES A WEEK

15MINUTECORPORATEWARRIOR.COM

# Disclaimer

Legal Disclaimer: Results will vary, and are largely dictated by one's genetic pre-disposition.

In addition, you assume certain risks inherent in this health and fitness program. Whilst high intensity strength training is a very safe way to train, injuries can occur from misuse of machines and/or equipment.

You should not begin this program if you are severely obese, or if you have a physical condition, which makes intense exercise dangerous.

The author of this book is not a doctor, and his advice is not a substitute for medical advice. Consult your physician and doctor before beginning any exercise or nutrition program.

## **Captain Corporate Warrior Popups (see bottom of this page)**

His comments are purely for fun and should not be taken seriously!



Read the disclaimer? Right, let's get started!

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The new interns in the office are really useful, they make good weights for my squats!

# Introduction

Thank you for buying this eBook.

I am confident that this will prove to be one of the best investments you have ever made in your training and long-term health.

Living in London, UK for the last 4 years has made me realize how precious time really is. If you're a busy person like me, you will know how challenging it can be trying to fit an exercise regime into your life.

When I realized that I wanted to find time to excel in my profession, build a business, socialize, relax, and build a strong and healthy body, I knew it was going to be a challenge. Trying to do all these things and workout 4 to 5 times a week became enormously stressful and draining.

I would sit down on a Sunday evening to plan my week, and the first thing that went in the diary was the workouts. Everything else in my life was secondary and planned around training. Needless to say, this didn't work, and things had to change.

I started reading more and watching YouTube videos of people talking about productive training. I came across gurus like Drew Baye, and Doug McGuff, and overnight my perspective changed.

When I had the realization that training less but more efficiently and intensely would not only improve my results but also free up huge amounts of my time, it was like a huge weight had been taken off my shoulders.

That Sunday, I opened the diary to plan my week. What was previously a week cluttered with multiple 5k runs and strength training sessions was now a blank canvas with just the one training session scheduled for Tuesday evening. I grinned at the number of white spaces available. I could finally find time to see my friends and family, focus more on my career, and work on my business aspirations.



Bad weather is not an excuse not to exercise. Less excuses, more grind!

## Introduction Phase 2

This book is designed to teach you the truth about strength training, and how to build strength, muscle mass and complete fitness in just 15 minutes a week.

I will teach you about the principles, and benefits of high intensity strength training. To avoid repetition, I will often abbreviate with HIST (high intensity strength training).

### **This is not a fad.**

Everything in this book is backed up by scientific research. This book is a how to, not a scientific journal, but I will, on occasion, provide explanations.

I am not a personal trainer, nutritionist, professional body builder, or scientist. I am just a very busy guy, just like you, who took the time to research and practice the training habits required to build a strong and healthy body.

It just so happened that during this journey, I came to understand that training regularly is not productive or healthy in the long term. This was hard for me to accept, as I'm sure it is for you. I used to think that lots of hours in the gym were equal to the best results.



It's tough being me, I can never find suits to fit my massive biceps!

There will be a lot of things in this book that might sound counter intuitive and unconventional. Whilst you read, let go of all your preconceived ideas about health, strength training, nutrition, and fitness. A lot of these will be challenged.

It pains me to hear about people who leave their exercise and sporting pursuits behind as life becomes chaotic with family responsibilities and career goals. With the mindset that one must train 3 to 4 times a week to stay fit, its no wonder why most people abandon the exercise regime they once practiced in their youth.

I think that, deep down, you and every other time poor professional, wishes they had a body like Gerard Butler in 300, and the strength and fitness to enjoy life to its fullest.

This book will show you how.

I will teach you the fundamental principles to building an impressive Spartan-esk body in just 15 minutes a week.



Office circuits are great! Press ups on your own desk and sit ups on your colleagues desk!

# Dispelling myths and industry bullshit

For decades, people have believed that multiple isolated exercises, and many reps and sets, repeated three to four times a week is the most effective way to get results in the gym.

Similarly, for a long time, people feel that the best way to build cardiovascular fitness and lose body fat is to run many miles many times a week. In contrast, recent evidence has proved that this volume and type of exercise causes significant wear and tear on the body, and is not very effective in reducing body fat. Check out [The Truth about Exercise](#). This will blow your mind.

The media, doctors, and personal trainers have reinforced traditional training methods over many years. The same incorrect principles are tweaked and recycled to remain appealing and generate revenue for various organizations.

It has since been scientifically proven that there are healthier, and more effective ways to build muscle, strength and complete fitness.

Due to its authority, the media has an enormous influence on how people view health and fitness. Sport stars and professional body builders become health and fitness gurus and release a host of products and workouts to help people “achieve” the same results they have. In all honesty, very few people will ever achieve similar results and that is because they do not share the same genetic advantages as these athletes.

Now that we live in a multi platform society, people are being bombarded with data. This over exposure to information has cultivated shorter attention spans, and increased confusion as to what information is correct and what is bullshit.

Unfortunately, most of this data is unreliable, and it takes critical thinking skills and exposure to better quality sources to spot the lies.

For example how many editors and writers do you know that do in-depth research on health and fitness or that have the relevant degrees and letters at the end of their name?

These people are the phony thought leaders behind the health and fitness media. For the most part, they have no idea what they're talking about.

The reality is that the “perfect” looking models in the media are not only edited to death but are blessed with advantageous muscle building genetics from the start.

What this means is that whilst the workout routines in the magazines work for the fitness models, the absence of sufficient recovery and sequential muscular fatigue means that people with “regular” genetics will not get the same results.

I don't need to tell you that the recycled training routines and dietary advice in the media is solely used to make huge profits and nothing more.

The media bombards us with new routines and nutrition plans on a daily basis providing the latest “magic bullet” to getting perfect abs and huge biceps. Ironically, training the body to achieve your genetic potential couldn’t be simpler.

It’s about time you stopped being confused by all the new routines and mixed messages and started learning the truth about how to build strength, muscular size, and complete fitness that is sustainable over the long term.



I was told off at work this week, apparently it's not acceptable to bench press your boss!

# Black Swan

The “black swan” is a random variation in a set of data and coined by Nassim Nicholas Taleb. In the image below there are a couple of trees much taller than the rest. These tall trees represent the “black swans” or freak abnormalities within the sample.



These variations in nature are seized upon by the masses that then attempt to build a rational explanation for their existence.

This concept of statistical variation applies to building muscle mass, strength and fitness.

Successful body builders and athletes naturally believe at some level that they have the mechanism for achieving their physical accomplishments and try to teach this to others.

The truth is that, for the most part, their results are based on huge statistical variation that has very little, or nothing to do with a direct cause and effect.

People are fooled to think that if they follow the steps outlined by these so called “authorities” than they will obtain the same results.

Professional body builders and athletes are naturally predisposed to have success in this realm. Unfortunately, many make the mistake of thinking “what I did caused this to happen”.

If the study includes one or more “black swans” it can be misleading, as the results of the data are skewed by those anomalies. Therefore be careful and critical of scientific data on any subject.



Worked my traps today, they're now so big I can't see behind me anymore!

# Genetics

Not many people realize that genetics play a huge part in one's muscle, strength and fitness potential. If you select two people at random and put them through exactly the same workout, you would likely see very different results. This is due to the vast number of genetic differences between the two subjects.

There are three main body types: ectomorph, mesomorph, and endomorph. Ectomorph's are skinny, with small muscle mass and have low body fat. These guys find it difficult to increase muscle mass over the short term.

Mesomorphs are generally well muscled with broad shoulders and low body fat. These are the likely candidates for professional body builders and athletes. They build muscle mass very easily.

Endomorphs hold the most body fat of the three due to their high volume of fat cells. These guys, whilst naturally bulky and strong, lend themselves to the unpopular "pear" shape among men and find it difficult to lose body fat.

In addition to body types there are many other variables that dictate potential for muscle size, strength, endurance, and athleticism such as muscle length, skeletal formation, fat distribution, neuromuscular efficiency, muscle-fiber density, and muscle shape and size potential. Also, there are also a number of genetic combinations and chemicals such as Ciliary Neurotrophic Factor (CNTF), Interleukin-15, Alpha-Actinin-3, Myosin Light Chain Kinase which also play a part.

Every single person has a unique combination of all of these attributes. Whether you like it or not you are limited by these factors. The sooner you accept this, the sooner you can become comfortable with your genetic pre-disposition and start making meaningful progress.

So why am I talking about all this scientific babel?

This is important for you to understand because if you're not a mesomorph with every genetic trait in favor of you building muscle mass effectively, then don't expect to eat and train like a professional body builder and end up looking like one. The chances are that you never will, and end up beating yourself up for failing.

Whatever your body pre-disposition, you can still build an impressive physique as long as you train in the right way and look after your body.

Arnold Schwarzenegger had a very impressive physique. His excessive diet and use of steroids contributed to his hulk-like form, but without his advantageous genetic pre-disposition, he would not have been able to build the body that he achieved.



Stress is bad for muscle growth. Caffeine triggers stress.

# How does the body build strength, size, and fitness?

As well as genetics playing a big part to determine muscle size and strength, muscles also adapt to the regular physical activity for which they are used.

If most of your life is spent doing minimal physical activity at low intensity, your body will never achieve its genetic potential. On the contrary, if you expose your body to enough stress in terms of heavy loads, and give your body enough time to recover, it will adapt, become stronger, and grow bigger.

Some scientists believe that the body's primary motive for building muscle strength and endurance is purely based on survival.

Thousands of years ago our ancestors were under threat for more often. Everyday, there they were in danger of being attacked by wild predators, enemy tribesman, or each other. To survive, our ancestors would use muscle to attack and defend.

Modern training techniques replicate the stresses experienced by our ancestors in a much safer manner. No longer do we need to wrestle a ferocious lion, or protect ourselves from being crushed by giant boulders. Instead, we opt for a heavy barbell, or set of dumbbells to perform a broad range of exercises.

From an evolutionary standpoint, intense training causes the muscles to experience fatigue and weaken. Muscular failure is the body signaling an extreme degree of panic because it thinks you are under attack and is trying to respond effectively. Once the event of stress has subsided the body uses the recovery period to synthesize new muscle and increase maximum force capability. The body ensures that it is stronger and better prepared for the next challenge.

Weight training or training with machines can trigger the same signal and the same results. In order to get the most out of this biological process, you must train in the most effective way possible.



3 eggs, a pint of water and a whole avocado,  
that's a breakfast of champions

## Strength

Strength training increases muscular strength and endurance when muscle fibers are properly stimulated and able to recover adequately.

Conventional weight training does not stimulate the muscle fibers enough to produce the best results.

The muscles are made up of short, medium, and fast twitch muscle fibers. When lifting heavy loads, the human brain recruits the muscle fibers in an orderly fashion. If the load isn't heavy enough the brain will not engage all of the muscle fibers required to produce the best response. The fast glycolytic fibers are hard to stimulate unless the force is close to your maximum lift.

The best results are achieved by successfully reaching momentary muscular failure across the muscles entire fiber spectrum. This means recruiting the short, medium, and fast twitch fibers in an orderly manner through lifting a heavy weight in a slow and controlled fashion.

Most people are taught to weight train for multiple sets, eventually reaching muscular failure at the end of the 3<sup>rd</sup> or 4<sup>th</sup> set. Whilst this kind of training will produce some simulant to produce a small response, it will not fatigue the body's muscle fibers completely. It is unlikely some of the more elusive fast twitch muscle fibers will be activated because the weight isn't heavy enough, and by the end of the 3<sup>rd</sup> or 4<sup>th</sup> set, the slow twitch fibers will have recovered.

In order to get the best results, high intensity strength training ensures none of the muscle fibers have the opportunity to recover, and this is achieved by selecting a very heavy weight from the start and signally an orderly recruitment of all the muscle fibers.



Get that coffee away from me, my body and mind is a temple

## Fitness

I would like to tell you a short story....

It's a Wednesday evening and two men are working out. John is jogging in the park. He's exhausted and still has 4 miles to go. Earlier on in the week he had been to the gym for strength training on Monday morning, followed by a 30 mile cycle ride Tuesday evening. Tomorrow, he'll be cycling again, and finish on Friday with another run.

It's getting late and he still has a mile left to run. John promised his wife he would do the food shopping this evening, and he also needs to get back home in time to get ready for his daughter's violin performance.

He knows he will be late, or worse miss his daughter's performance. He rationalizes the situation and tells himself that health comes first.....

Meanwhile, Calvin is just finishing a set of chest presses. He is aiming to train this technique for 95 seconds and improve on last time. Prior to this, he performed 4 other exercises targeting different muscle groups and managed to reach muscular failure around the 90 second mark for each. He's almost finished, and he's only been working out for 13 minutes.



Took my shirt off in the office, two girls fainted. #Standard!

His trainer reviews his progress with him after the workout. Both his strength on chest press has increased by 20% and his leg strength has increased 30% over a 2 week period. His trainer says “great job today! I’ll see you in seven days”. Calvin exits the gym to spend time with his family knowing he’s performed a workout that will improve his health, fitness, and strength. Calvin is so happy that he never has to worry about not having enough time for the important things in his life.

Working out every day is completely unnecessary and often gets in the way of more important things like family, career/business, charity work etc.

Unless you are a professional athlete, life is too short to spend it training on a daily basis.

Contrary to popular belief, most physical activity undermines health and fitness. On average, 60% of runners are injured every year and 1 injury occurs for every 100 hours of performance. Keen runners tend to run 3 to 4 times per week. As a result of frequent training, injury manifests itself after 15-20 years leading to a number of possible diseases and joint problems.

In addition, recent studies have proved that very intense brief exercise is just as effective as long endurance training in building aerobic fitness.

I said I wouldn’t talk about the science but you’re probably struggling to agree with me on this one.

One study conducted by Martin Gibala, from McMaster University, involved 16 subjects. The average age was 20 to 22 years. They were all tested to see how long it took them to cycle 18.6 miles on a stationary bike.

The subjects were then split into two groups and told to exercise either at low intensity with higher volume or high intensity with a shorter volume. The second group performed thirty seconds of intense cycling (250% of their VO2 max) followed by four minutes of rest. They repeated these spurts three to five times, until a total of 2 to 3 minutes of high intensity cycling had been completed.

Taking a more traditional approach, the second group cycled less intense (65% of VO2 max) for 90 to 120 minutes with no rest intervals.

Both groups were made to cycle 3 nonconsecutive days per week for a total of 3 workouts per week and 6 workouts performed over a 2 week period.

For the high intensity group this made for total training time of 12 to 18 minutes versus between 9 and 12 hours for the higher volume group over a 2 week period.

The results to this experiment were fascinating...

Despite the low intensity high volume group performing 97.5% more time engaged in exercise, **both groups of subjects were found to have improved to the same degree!**

The researchers performed further tests to determine changes in fitness levels. Both groups improved to absorb oxygen through skeletal muscle at the same rate.

They concluded that there is **no advantage** to devoting hours every week in the pursuit of health and fitness improvement. Considering the significant wear and tear that can occur as a result of exercise, particular in activities such as frequent running, there is no point putting the body at risk when there are alternative methods that are more efficient.

So why did this happen? How is it that subjects conducting only 12 to 18 minutes of exercise over a 2 week period were just as fit as those doing 9 to 12 hours?

One explanation is that the heart and lungs cannot distinguish between training for 30 seconds on a bike, sprinting for 30 seconds, or performing an intense leg press for 30 seconds.

The heart and lungs only understand energy requirements, which they attempt to meet. It is mechanical work done by muscles which impacts change to the aerobic and metabolic system within the body's cells. The heart and lungs do not improve as a direct result of exercise. They improve as the body's cells become more efficient at converting oxygen into energy.

Looking at the study, high intensity muscular effort has proven to be far more time efficient and effective at building aerobic fitness than long endurance training. To summarize, endurance training does not stimulate the muscle enough to create significant change.

High intensity strength training allows the body to build muscle, strength, and aerobic fitness all at the same time. HIST is a proven method to cut your exercise time right down and achieve the same results.

Whilst, HIST will make you fitter, it is important to make the distinction that aerobic fitness can be very specific and adaptable. Therefore, if you play a particular sport, you may notice that HIST will only marginally improve your aerobic fitness for this specific activity. To optimize sport specific fitness, train HIST once a week, and on a nonconsecutive day play your sport, and train exactly like if you were playing a competitive game. This is the best way to build sport specific fitness.



Used 4 boxes of A4 paper to do bicep curls on my lunch break

## Cadence

Workout cadence is the speed with which you execute a particular exercise. The sequence 5-2-5 means 5 seconds doing the positive movement, 2 second pause at max contraction, and 5 seconds doing the negative movement back to the starting position.

Most people do not measure cadence. Instead, they measure repetitions and are taught to execute the positive movement explosively, and slowly return to the starting position. In most occasions, the negative movement isn't a problem, but the positive movement invariably is.

As previously explained, explosive movement uses momentum to lift the weight and this inadequately stimulates the muscle fibers. This results in a reduction in strength and growth stimulation.

One of the most common reasons why people stop going to the gym after a short amount of time is the plateau phenomenon. Most people will train multiple body parts using free weights in an isolated format. Typically, they will engage in 3 to 4 sets and aim for 6 to 14 reps.

Having trained like this for a couple of months, they will soon plateau, and no longer be able to rep extra weight and improve their performance. This leads to de-motivation, and a departure from what is usually a grueling and regular gym regime.

By measuring training cadence, you are able to track progress more accurately, and see improvements through a far more progressive and granular lens.

This training program advocates a slow exercise cadence. I encourage you to exercise as slowly as possible without jerking the movement. Form must be smooth and steady.

If you can achieve a 15 second cadence (15-2-15) this is perfectly fine. In fact, it is highly beneficial, and as long as the weight is heavy enough, it will produce the best results. A good guide is to aim for a minimum cadence of 5-2-5. If you are moving faster than this, it is likely that the weight is too heavy and you are rushing repetitions. I'll elaborate on this later on in the program.

Apart from effectively stimulating muscle fibers for maximum results, a slow cadence makes it almost impossible to sustain injury. Most injuries in the gym are caused by weights lifted with force. Force is mass x acceleration, and because you will be lifting weights/using machines in a very controlled and slow manner, it will not create enough force to cause an injury.

So what does the 2 mean in 15-2-15? This means 2 seconds for max contraction. This is the point in the exercise when you are at your maximum movement range. For example, it is when your chin is over the bar in a chin up, or when your arms are outstretched in a bench press.

It is important to hold this position for 2 seconds.

## **DO NOT lock out. NEVER lock out.**

Locking out creates a bone-on-bone tower and takes the tension off the muscle. This is completely counter-productive. On exercises where this can be tricky, ensure that your max contraction is just before lock out with tension still on the muscle. Locking out can also cause injury.

Instead of counting repetitions, you will be tracking time under load (TUL). This is equal to the total time your muscle is under tension during an exercise. To know what weight to use in your workouts, you should be reaching muscular failure in 60 to 90 seconds. If you're failing before 60 seconds the weight is too heavy and you won't be moving the weight long enough to stimulate growth. If you can move the weight for longer than 90 seconds, the weight is too light.

At the start of your high intensity training journey, it's ok to use a lighter weight for the first 1 or 2 sessions to practice form. Once you're more used to this type of training proceed to your working weight (the weight that will make you reach muscular failure in 60-90 seconds).

Your goal is to continue to increase your TUL and the weight. Once you exceed 90 seconds on a particular weight, this is your sign to increase the weight by 5%. Similarly, if you can't push a weight for more than 60 seconds reduce it by 5%.



That's it I've done it. I've finally stitched a red cape to my back

Example:

## **Week 1**

Incline chest press (machine or free weight) – 90Kg/198lbs

Result – 85 seconds TUL (didn't exceed 90 seconds so weight will remain the same)

## **Week 2**

Incline chest press (machine or free weight) – 90Kg/198lbs

Result – 93 seconds TUL (exceeded 90 seconds so weight will increase by 5% in week 3)

New weight in week 3 is 94.5Kg/208lbs.



If Carlsberg did workouts it would be our one!

## **The importance of rest and recovery**

Exercising is a physical stress and exposure to intense sunlight is a physical stress. To get a decent suntan, three things need to be considered; the intensity, the volume, and the frequency.

If the sunlight is not intense enough you will not tan. You could lie outside all day, but if it's a cloudy sky no progress will be made. On the contrary, if sunlight is intense enough it will stimulate a tan. Beyond that point, it will cause damage in the way of a burn.

Much like getting a suntan, exercise must be intense to stimulate improvement. If it is intense enough, there is only so much your body will tolerate. If you go beyond this point in a single workout, you will create a catabolic and anabolic imbalance. This will lead to no benefit and you will likely regress in performance.

The majority of people train too often, with too much volume per workout, and not intensely enough to create a result. These three factors lead most people to hit a plateau early in their training journey and subsequently quit training all together.

What most people don't realize is that muscle fibers, when trained to complete fatigue, require on average 7-10 days to fully recover. Once the muscle's energy reserves are completely depleted, the muscle fibers are damaged and need time to repair and replenish.

After several days, the muscle fibers build back to their pre-workout size and then, if further time is allowed, will increase up to a level of strength and size that is greater than it was before the previous workout.

You are probably thinking – “well I know someone who trains all the time and is in great shape”.

I believe you, and there are some people who are able to recover in less than 5 days and continue to progress. More rare still, there are people who can recover in 2 or 3 days. These people, should they have an intense interest in training, often become body builders. Arnold Schwarzenegger was one of these people. He was able to recover incredibly quickly and his ability to build muscle was highly coveted. He was by all accounts a genetic mutant.

Just for the record, I take nothing away from the great Austrian, as I’m sure he met his goals with incredible determination and hard work.

At the other end of the scale there are those people who can take weeks to recover from intense training. Studies have discovered that some people, on very rare occasions, can take up to six weeks to recover from complete muscular failure.



Born to be a champion, suit or not!

Referring back to genetics, we are all pre-disposed to respond to training in a different way. In other words, if you and your friend did exactly the same method of strength training, you will likely see very different results.

I recommend that when you start this training program you rest for 7 days between workouts. During the first few sessions you will probably experience some severe DOMS (delayed onset muscle soreness). This is as a result of the trauma your muscles are experiencing which they aren't accustomed. After a few sessions, you might feel like you have recovered after 3 or 4 days. To workout at this point is a mistake. Unless you are an aforementioned genetic freak, you will require more days to recover.

During the program, your training will become more intense and more challenging because you will be lifting heavier and heavier loads. Due to the damage to the muscle caused by the progressive training, you may wish to increase your recovery period beyond 7 days.

As a good guide, if by your 5<sup>th</sup> workout, you have given it everything and you managed less or the same as the previous workout overall, add an additional day for recovery taking your total recovery time to 8 days.

Do not give in to your training angst and train too soon. You will only end up interrupting the recovery stimuli, which will be counter productive and make you weaker.

Some people will find that they can always train with a 7 day recovery period between workouts throughout their entire training career. As long as you are always improving there is no issue with that.

If you do require more rest between workouts, think about it like this. You don't have to train as regularly which means more time for family, social time, and other hobbies you enjoy.



My colleagues think my paleo diet is weird. SHUT UP FOOLS!

# The Warrior Workout with Machines

This training program consists of compound exercises using only machines. Machines will allow you to focus on executing the movement correctly. You won't have to worry about any complex movement that is normally associated with free weights. High intensity strength training is brutally hard and it takes time to get used to the physical and mental demand. Training using free weights offers little additional benefit versus training with machines apart from the fact that free weights are easier to source. I recommend you try and find a gym that invests in Nautilus or MedX gym machines. If you can't, then just find a gym that looks like it has decent training machines that allow you to perform the exercises that will follow. If you can't get access to machines, then skip this section and move on to the Warrior free-weight workout in the next chapter.

It's important to note that both workouts detail a list of exercises that can be swapped for other exercises. For example, the incline leg press can replace the leg press and the bench press can be replaced with the dip.

I have picked the following exercises because I believe them to be the most effective and easiest to execute. Before you try alternative exercises, make sure you learn the correct form and understand the muscles they engage.



My boss called me into his office again, to stop me from using my colleagues desks as hurdles

## Leg Press

This exercise targets every muscle in the lower body. I recommend you use MedX or Nautlius leg presses if you can get access. If not, than a standard gym leg press machine will do.

Make sure that you adjust the machine so that your thighs are perpendicular to the ceiling. Before setting off, your hips should be flexed slightly more than 90 degree and your knees should be as close to 90 degrees as possible.



Image from myfit.ca

Slowly and smoothly push your legs out to just before lock out and hold for 2 seconds (max contraction). From here, slowly return to the starting position. Make a light tap on the weight stack, and resume the next repetition.

It is beneficial to use an open grip on the handles. Excessive gripping has no productive purpose and can drive blood pressure unnecessarily high.

## Seated Row

This exercise will engage most of the musculature of your back including the latissimus dorsi (the Lats!), the rhomboids, and spinal extensor muscles. It will also involve the forearms, and bicep muscles.

When performing the seated row ensure your chest is pressed firmly against the pad and that your back is straight. Ideally the hand grips of the machines should line up with your shoulder width and your range of motion should align with your natural plane of movement as per the picture below.

Remember slow cadence = 5-2-5 (more than 5 if you're hard as nails!)



Image from [weighttrainingexercises4u.com](http://weighttrainingexercises4u.com)

## Chest Press

This exercise will engage your triceps, chest, and shoulders in a compound pushing movement. You will be pushing the machine away from the body whilst pulling the humerus (the long bone from your elbow to your shoulder joint) into the midline of your body as your arms extend. Start the movement with your hands slightly in front of your armpits and push out stopping just before lock out. You must keep tension on the muscle! The point just before lockout is max contraction. Hold this static position for 2 seconds and slowly come back on the negative movement to the starting position and repeat.

Do not move your hands behind your armpits. This will over stretch the shoulder and place needless tension on the biceps. Keep the elbows at a 45 degree angle. Do not tuck or flare your arms. Hand position is different for each person. I prefer to hold the curving part of the handles so that my palms are almost facing each other.

As you start to fatigue on this exercise, you will want to recruit your trapezius muscles to help with the movement. It is important you do not do this because it can cause pain in the middle of the back. Be wary if you start to shrug your shoulders towards your ears, and consciously move your shoulders down and use the triceps, chest and deltoid to execute the movement.

This exact range of motion, including pulling the arms into the midline of the body, can only be achieved on certain chest press machines.

If you can't replicate this exact movement, try to find a machine that is similar or opt for free weights as per the next workout.

This exercise will thicken your chest, build up your triceps, and make your deltoids look like boulders.

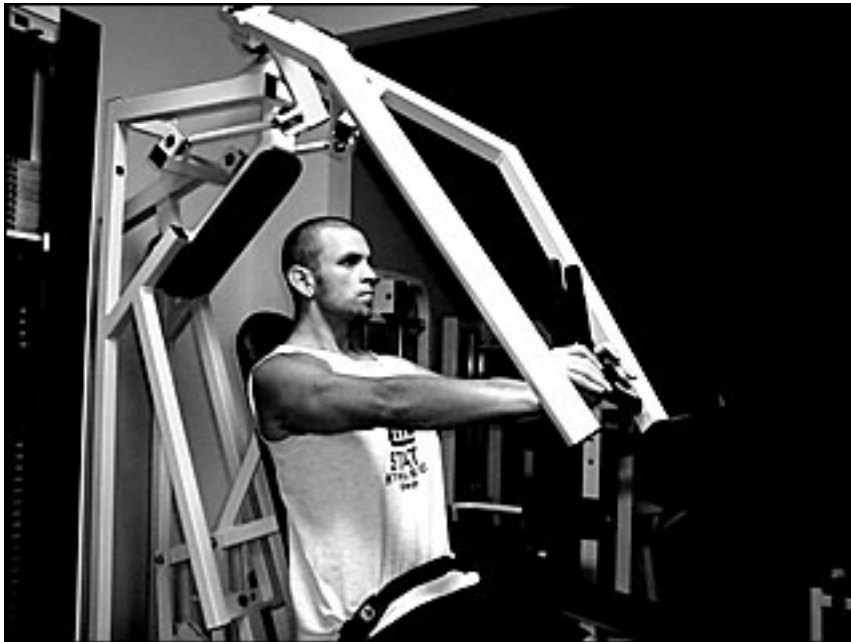


Image from baye.com

## Chin up

The chin up uses almost every single muscle in the upper body. It puts particular emphasis on the latissimus dorsi, upper back, biceps, and forearm flexors. It will also load your core for balance.

Find a pull up bar. You want a grip that is slightly narrower than shoulder width and underhand with your palms facing you.

Start this exercise by getting a firm grip on both handles. Ensure that your upper palm closest to your fingers is touching the handles.

This avoids skin being trapped under your hands which can be painful. Using the position and shoulder alignment previously explained, hang from the equipment.

Proceed to pull yourself upward slowly and gradually and touch your chest to the bar. Hold for 2 seconds (max contraction), and slowly lower yourself back to the starting position. Do not fully extend your arms, as this will take tension off the muscle. Rather, stop just before your arms straighten and proceed with your next rep.

This is a very challenging exercise, and, unless you have a good level of strength relative to your weight, you might struggle to achieve a 60 second TUL.

If you can't achieve 45 seconds, I advise you look into the pull down exercise and work your way up to this.

Train this exercise hard and with good form and you will develop lats like barn doors and jaw-dropping biceps.

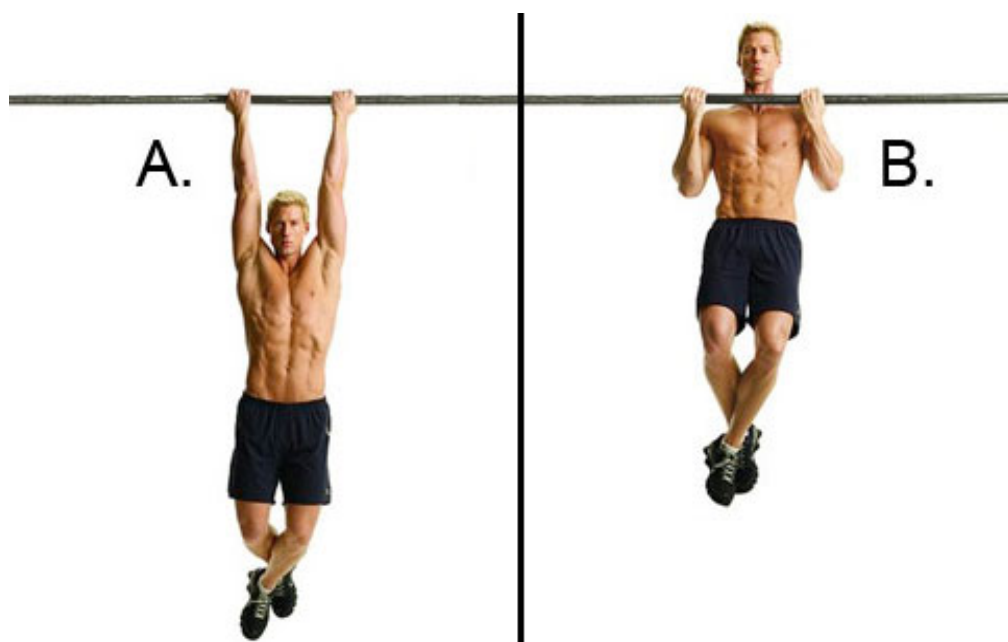


Image from paltrymeanderings.com

## Overhead Press

The over-head press is another upper body pushing movement directly above the head. This exercise will use most of the muscles in the upper body and put particular emphasis on the entire shoulder girdle and triceps.

Ideally, you want a your hands pushing weight above your head whilst being slightly out in front of you. Try and use a parallel grip (palms facing).

Remember never to take tension off the muscle during this movement. Do not lock out after max contraction. Slowly perform the negative back to the starting position and repeat.



Image from baye.com

# The Warrior Workout with Free-Weights

If you don't have access to Nautilus or MedX machines, and the standard of machines at the local gym is poor, try this free-weight workout.

## Bent-over Barbell Row

Whilst keeping your back perfectly straight, bend at the waist, and grab the barbell with an over hand shoulder-width grip. Keep a slight bend in your knees. The starting position should have you holding the bar parallel to your shins and just in front of your feet. Proceed to draw your arms slowly towards your upper abdomen. Pause for 2 seconds at max contraction, and slowly move the bar back to the starting position.

This one of the best compound exercises, and it literally works every single muscle in your upper body with particular emphasis on your entire back. It's difficult to perform and it might take you some time to perfect your form, especially if you have a weak lower back but stick with it!



Image from [enjoyyourhealthylife.com](http://enjoyyourhealthylife.com)

## Standing Overhead Press

Grab the barbell with a shoulder-width grip and raise the barbell up to your upper chest and hold just in front of your shoulders. Keeping your back straight slowly raise the barbell overhead keeping your head looking straight ahead. Contrary to the other exercises, do not pause at max contraction. Instead, just before lock out, slowly move back to the starting position. Be careful not to rest the barbell on the upper chest on the negative rep. This will take tension off the muscle and lessen the benefit of the workout. A slight bend in the lower back is okay during this exercise and difficult to avoid. If you experience any pain by bending the lower back, stop immediately.

This exercise works a large portion of the upper body and puts particular emphasis on the entire shoulder girdle, upper chest, and triceps.



Image from mcdolesgym.com

## Dead Lift

Whilst keeping your back straight, squat as if you're sitting down onto a chair. With arms perfectly straight, grab the barbell from the floor with a shoulder-width grip. Use either a double over hand grip or a over/under grip (one hand is moved to a palm outwards grip). Using your leg muscles, slowly move to a standing position so that you are perfectly vertical. Do not pause or rest in this position. Instead, immediately reverse direction into the starting squat. During this exercise make sure you keep your back perfectly straight and your head up looking straight ahead. Repeat for your TUL.

The deadlift is known as the king of exercise in that it works the entire body. It puts particular emphasis on the glutes and hamstrings, and it will help turn your erector spinae (the muscles that run either side of your spine) into thick steel cables.



Image from [cutting-edge-fitness.com](http://cutting-edge-fitness.com)

## Bench Press

To perform this exercise you will need a flat bench with a rack and ideally a training partner to help spot.

Slide under the barbell, lift the bar off the supports, and slowly bring the bar down towards the chest. With the barbell a few inches from your chest push out and straight your arms. Do not pause at lock out. Once fully extended immediately reverse the movement back to the chest. Repeat for your TUL.

The bench press, whilst compound, focuses on fewer muscle groups than the other exercises. It puts particular emphasis on the triceps and entire chest area. Done my way, this exercise will build thick plates of muscle on the chest region.





Image from Men's Health

## Squat

Free weight exercises are a lot more challenging to perform than machine workouts. This is because normally more muscles are used in each exercise and form is made much more difficult. This does not mean they yield better results. Machines are just as effective. In fact, sometimes more effective, in that they allow you to completely focus on the movement range and effort as opposed to the exercise form.

Squats with a barbell are one of the most challenging free-weight leg exercises to perform. Don't let that put you off however, because if you can persevere and perfect your squatting form, there are huge rewards.

Make sure you have access to a power rack/squatting rack with safety bars:



Image from [powerzoneuk.com](http://powerzoneuk.com)

Before starting this exercise, setup two safety pins that correspond to a 90 degree bend of your knees. This is as low as you'll need to go.

Set the barbell on the support that is just low enough that you have to duck under to get into position. From here, rest the barbell on the trapezius muscle at the base of your neck. **DO NOT** put the bar directly on your neck.

Once in position, straighten your legs and take a small step backwards away from the supports to enable range of motion. Once here, move your legs shoulder-width apart with toes pointing slightly outwards and, keeping your back straight, slowly bend your knees. Keep your weight on your heels and imagine yourself sitting down similar to the deadlift.

Descend smoothly and slowly with control and lightly touch the bar onto the safety pins before immediately rising slowly to the starting position. Do not pause or rest at the starting position. As soon as you stand immediately begin moving slowly downwards. Repeat for your TUL.



Image from promerasports.com

These workouts represent a full body physical conditioning program that can last a lifetime. They will build strength, muscle mass, and aerobic fitness.

This training program can be tweaked with different exercises, and protocols like max contraction and negative only can be implemented to help you get passed sticking points. I encourage you to do your own research on this training to help you to continuously improve.

It might take a workout or two to get used to this way of training and to understand your starting weight. Remember, your looking for a weight that you can contract for 60 to 90 seconds.

You will find that this method of training is brutally hard, and trust me, if you're looking forward to your session, then you're not training hard enough. During an exercise, you will want to give up, but you know your muscle still have some more strength remaining. It is important that you fight through that barrier and exhaust the muscle properly.

Over time this becomes easier, and you will realize that you can push past your own mental barriers and exceed your own capability.

This training will optimize your phenotypical expression. In other words, it will, coupled with a healthy diet, enable you to reach your optimal body composition in terms of fat to muscle ratio. No matter what your genetic pre-disposition is, you will look fantastic.

Your friends will say, "wow, you look great, you must workout everyday!" You will laugh to yourself because you know the secret.

This workout will build the type of strength and fitness that is readily transferrable into any sport or physically strenuous task. You will find everyday activities 10 times easier, and your performance in your specific sport will improve.

Please be mindful that whilst you will improve aerobic fitness, this does not mean that your fitness in your sport will be superhuman. Sport fitness is very specific, and the body must adapt to it. With that in mind, the best way to build up specific aerobic fitness is to repetitively practice and play your sport just like you were playing at competition intensity.

## **How much should I rest between exercises?**

Do not rest between exercises. This will increase the intensity and inroading effect on the muscle fibers. No rest will trigger greater hypertrophy and improve your metabolic conditioning. In other words, strength, muscle mass, and complete fitness will all benefit more.

Obviously if you are close to fainting after exerting yourself on a set of leg presses, than take a moment to get your head together before moving on to the next exercise.

## **Inroading**

Inroading is when you push against the resistance of the weight even when you are at muscular failure and cannot move the weight in a positive direction.

This technique will fatigue the muscle further and illicit the best response. To execute properly, as you come to the point where, despite giving everything, you can't shift the weight, push against the resistance for 10 seconds, and then slowly return the weight to the starting position.

**Your TUL stops when you start inroading. Don't cheat now. In other words, despite training for a total of 90 seconds, you started inroading at 80 seconds. Therefore your net TUL is 80 seconds.**

## Breathing

Breathing in the correct way is important to getting the most out of this program. Perform your breathing with an open mouth and in a natural way, steadily breathing in and out. Do not hold your breath.

As an exercise becomes more difficult and lactic acid builds up in the muscles causing that burning sensation, you should deliberately breath faster or hyperventilate.

This will prevent you from holding your breath, which can be quite dangerous, and improves the absorption of oxygen.



I would shower at the office, but I don't want the others guys to look bad!

# **What are the benefits to this training?**

The benefits to this training are vast. Muscle tissue plays a huge part in overall health. It includes the potential for oxygenating blood, controlling insulin levels, reducing body fat, optimizing aerobic capacity, enhancing flexibility, increasing metabolic rate, and preventing injury.

You will be able to perform day-to-day tasks with less wear and tear and stress on your body. Larger and stronger muscles will help with longevity of sporting activeness. Although, this is subject to the sport's intensity, and your playing frequency.

## **Muscle mass can save your life**

Many organs within the body increase their functional capacity to track, one to one, with increases in muscle mass.

For example, if you were in some serious car accident and admitted to intensive care, the rate of which you would atrophy all of your organs is determined by your degree of muscle mass.

Basically what this means is that the length of time it would take for all of your organs to fail is linked to your muscle mass, because your organs are proportional to your muscles.

## **Strength**

Day-to-day tasks become a doddle. Repairing that shed, fixing the car, and doing the grocery shopping are made easier by the fact that you are stronger and your body uses fewer motor units than before.

Your muscular endurance will increase. This means you will be able to do all the house repairs without fatiguing and compete for longer during your football match.

I heard a story about a gentleman who lives on a lake and enjoys boating who trains with the high intensity training protocol. To fuel his boat, he has to carry two heavy gas tanks down two flights of steps. These steps are a long walk from the dock. Previously, he has had to stop after the first flight to rest. Shortly after starting HIST, he no longer rests nor feels winded or exerted at the finish.

## **Resting & Glucose Metabolism**

As you age, if you are idle, your body will lose muscle tissue. As a result, the resting metabolic rate will reduce by 2 to 5 percent per decade. Studies have indicated that the body burns 35 calories per day for every pound of lean muscle mass. High intensity strength training is so far, the best way to increase lean muscle mass and will even allow you to burn more calories while at rest.

Poor glucose metabolism has proven to be a cause of diabetes. HIST has shown to increase glucose uptake by 23 percent after just a few months.

## **Cholesterol Levels**

High intensity strength training has proven to have a positive impact on cholesterol levels. HIST will improve blood lipid profiles after only a few weeks of exercise.

## Gastrointestinal Transit Time

Slow gastrointestinal transit time (the time it takes for waste to pass through your digestive system and through your intestine) has been associated with a higher risk of colon cancer. Three months of HIST has been shown to increase this transit time by 56%. Therefore more muscle mass equals a lower risk of colon cancer.

## Insulin Sensitivity

In the absence of intense muscular effort, not enough glycogen (energy storage) is drained from the muscles. Coupled with the routine consumption of refined carbohydrates, a level of glucose is produced that cannot be stored in the muscles. As a result, Glucose begins to stack up in the bloodstream and the body's insulin levels begin to rise.

The muscle's receptors become insensitive to insulin, but the body continues to produce insulin that circulates round the blood stream with glucose. In the face of high insulin levels the glucose will travel to the liver and become partitioned exclusively to **FAT STORAGE**.

High intensity strength training drains large amounts of glycogen from the muscles. This allows room for more glycogen to enter the muscle. The glucose that was previously circulating in the bloodstream can now move into the muscle, and the insulin receptors on the muscles become more sensitive.

The increased insulin sensitivity reduces the amount of glucose and insulin in the bloodstream thus creating a balanced and healthy state within the body and preventing a surplus of stored body fat.

## **Release of body fat stores**

High intensity strength training triggers fat loss in three distinct ways.

The first is that more muscle mass will increase your metabolic rate therefore you will burn more calories per day.

The second is that the amount of calories burned during the training and afterwards during replenishment and recovery is huge.

Thirdly, as discussed, insulin levels are reduced within the bloodstream, and this translates into less body fat storage.

A common reason why obese people struggle to lose weight is that whilst they restrict calories on low-calories diets, their carbohydrates are not restricted enough. As a result, their insulin levels go unchanged, and glucose is continuously stored as body fat.

This is the main reason why crash diets simply do not work. The right diet is the one that Mother Nature created. Refined carbohydrates, and refined sugars, were never meant to be part of that, and have resulted in a global deranged metabolism epidemic.

## Blood Pressure

High blood pressure is a growing concern for middle aged and older people. High intensity strength training has proved to reduce resting blood pressure in adults. During training, blood pressure can increase momentarily during some exercises. We normally discourage you to use a strong grip on machine handles, such as the leg press, as this can unnecessarily boost blood pressure.

## Bone Mineral Density

Studies have shown that high intensity strength training will contribute to bone mineral density, and the additional muscle tissue it provides will function as a force-dissipating agent to protect the bones.

Less intense forms of exercise such as jogging and walking are useless in this aim, because they will not cause the body to grow protective muscle.

As you age, your bone mineral density will decline. However with a large musculature built through HIST, the strength of your bones will almost moot, as the muscle plays such a huge part in supporting and protecting your skeletal structure.



Damn, I got my Spartan cape caught in this copier again!

## **Symptoms of Arthritis**

Studies have shown that high intensity strength training may ease the discomfort of both osteoarthritis and rheumatoid arthritis.

## **Lower-Back Pain**

Lower back pain is a common problem in contemporary society. Strong medical evidence has shown that high intensity strength training can significantly reduce lower-back discomfort.

This is achieved through specific exercises that target the muscles of the lumbar spine. I had experienced lower-back pain at the worrying young age of 25. I have since been using a MedX lower-back machine called the F3 for roughly 6 months. This machine isolates the lower back. I have gone from being able to lift 100lbs to over 200lbs. Where previously, I found bending over for sustain periods of time painful such as during sport and doing day-to-day tasks, I now feel zero back pain, and enjoy greater flexibility.

## **Cardiovascular stimulation**

Studies have proven that high intensity strength training can be as beneficial, if not more to cardiovascular health, than conventional approaches such as running or cycling.

Cardiovascular health is the ability of the heart, lungs, and bloodstream to supply resources to the muscles.

This system within the body is not heavily stimulated by “endurance” or “cardio” activity to the same degree as it is from strength resistance training.

The body’s organs and their efficiency are proportionate to muscle. Larger and stronger muscles are equal to a healthier cardiovascular system.

This does not mean however that just because you train HIST once a week, you will be able to run marathons in record time or swim across the Atlantic Ocean. Aerobic fitness is very sports specific. The body will adapt to the intensity to which you train and play sport. Therefore it is best to couple HIST with skill practice at competition intensity.

For example, if you’re training for a 10k, the best way to train for this event is to perform HIST once a week and run 10k a few times a week. If you run with this frequency, you should leave a day of rest after HIST. To get the most out of your training, run with competition intensity and make your route, in terms of elevation, and terrain etc, as similar to the event as possible.

The HIST will build the foundation for a strong, injury preventive body with good cardiovascular health. The 10k training will compliment this by adapting the body to this specific discipline.



Helped a lady get a cat out of the tree;  
simply blew!

## Flexibility

To safely achieve flexibility you do not need to practice Yoga or intense amounts of stretching. People moan about not being able to do the splits like they once could as a child. What they don't realize is that their capsules in their hips have now matured and femurs grown bigger. They are no longer supposed to be able to do the splits. Doing so is likely to cause injury. Even martial artists who appear "flexible" well into their later years are not immune to hip and knee replacements. This is a result of forcing joints into vulnerable positions on a regular basis.

HIST teaches the application of resistance at the safe extremes of a muscle's range of motion. In most cases HIST improves flexibility. Except after playing sport, I rarely stretch (which is normally one static hold only). Despite this, I am able to bend my hips and place both hands flat on the ground without bending my legs. This flexibility has been safely achieved through heavy resistance training on my lower body.

For most of the body, flexibility will improve to the safest and most useful degree through HIST. For some joints, an enhanced flexibility may result in a decrease in the joint's range of motion. Problems that occur in the shoulder joint for example are often a result of excessive flexibility. Through HIST the shoulder joint will naturally develop strength and more surrounding musculature, which will diminish the range of the joint whilst protecting it.

# How to supercharge your results!

High intensity strength training is 80% of the ingredients to a strong, healthy, and lean physique. The other 20% is down to a solid diet packed full of nutrition, plenty of good quality rest, minimal stress, good hydration, and a good attitude.

## Nutrition

Nutrition is an important contributor to optimizing your training results. I encourage a hunter-gatherer or Paleolithic diet that embraces the natural food matrix.

I advise that you consume a diet of fresh meats, seafood, fresh fruits, vegetables, seeds, nuts, and healthful oils (olive, coconut, avocado, macadamia, walnut, and flaxseed).

Dairy products, cereal grains, legumes, refined sugars, and processed foods are off limits.

Depending on your goals, excessive nutrition is not necessary. A good indicator is to eat until you are full. Overtime your metabolism will improve, and your body will become more efficient at consuming nutrients. As a result, you will feel hungry less often.

I often have a 3-4 egg omelette with avocado at 6am. On most days, I won't feel hungry again till 2-3pm.

In today's culture, most people consume too much glucose in the way of processed food, refined sugars, and refined carbohydrates.

The body's metabolism cannot cope with the repletion of glucose and it must go to the liver and stored as body fat. During this process, by-products are created that inhibit Leptin and Ghrelin. These hormones are responsible for giving you that feeling of satiety in your stomach and telling the brain that you're full.



Colleagues ask me how I get so strong, I tell them, but they don't believe me. Do you?

# Conclusion

High intensity strength training has truly changed my life.

I am writing this on a Saturday morning, and the last time I trained was last Monday. My next session, due to a busy schedule, will probably be next Tuesday (8 day gap between sessions).

I have had a very productive week, and I have been able to dedicate much of my time to writing this eBook and working with my business partner to create something that will change the way people look at health and fitness.

No longer does my training regime detract from the rest of my life. I now see my training as a real challenge, and I embrace the idea of necessity; making sure I train with absolute focus and determination each and every time.

The Corporate Warrior organization has been born out of dedication and time efficiency, much of which would not have been achievable if I were stuck doing my old training regime. I've also been able to make more time for family, friends, my girlfriend, reading, and reflection. As a result, I now feel truly fulfilled on a regular basis.

As I said in the introduction, **this workout is not a fad**. A fad is a magic pill, a shortcut to “unusual results”. These never work and are never sustainable. On the surface, this training sounds like a magic pill, but it isn't.

High intensity strength training is very challenging and requires mental toughness. Sadly, there are people who will not have the necessary motivation and strength of mind to train in this fashion, and those people may never achieve their health and fitness goals.

## **Do not be one of these people.**

Do not underestimate the importance of all the things covered in this book. Hydration, rest and recovery, and nutrition go hand in hand with training. If your performance stagnates or you regress, it is probably down to one of these areas. If all of these things are in check, then consider adding a day of recovery before your next workout.

Despite the infrequent training this program advocates, it takes dedication, discipline and mental toughness to succeed. High intensity strength training is not like any other training and the 15 minute training session will feel like an hour. Trust me.

It will take a commitment to eat right and allow time for sufficient rest and recovery. If you can master self-control and commit yourself to this lifestyle, the rewards are priceless.

It is not unusual for people to follow this program and see more muscle mass, increased strength, better fitness, and reduced body fat in less than a couple of weeks. Not to mention, a raft of many other health benefits.

My long term aim is to expose the people and organizations that lie about health and fitness to generate a profit.

With your help, and the help of other organizations, we can create a movement that will help millions of people get fit and healthy.

I wish you all the best with your health and fitness goals. If you find yourself struggling to practice this training regime, just remind yourself why you're doing it. How is this going to change your life? Flick back through these pages and remind yourself of all the benefits. Practice affirmation, and talk positively to yourself in your head. Show real character and be willing to do whatever necessary to get yourself on the path to building a strong and healthy body that will make your life truly fun and fulfilling.

All the best,

**Lawrence & Captain Corporate Warrior**



Go get started you champion!

## Further Reading

- Body by Science by Doug McGuff
- Bodybyscience.net by Doug McGuff
- Baye.com by Drew Baye
- High Intensity Training – The Mike Mentzer Way by Mike Mentzer and John Little
- HIIT – High Intensity Interval Training Explained by James Driver
- The Spartan Health Regime by Anthony Bova
- Congruent Exercise: How To Make Weight Training Easier On Your Joints by Bill DeSimone
- The 4 Hour Body by Tim Ferriss
- Marksdailyapple.com by Mark Sisson



Stand on the shoulders of giants!