

HOW TO GET STRONG & MOBILE THE EASY WAY



10 WORKOUTS TO BURN CALORIES
RECLAIM YOUR CHILDLIKE MOBILITY
AND GET STRONG



FitStrong Personal Training

How to Get Strong and Mobile the Easy Way

10 Workouts to Burn Calories, Reclaim your Childlike Mobility and Get Strong.

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Warning!

Pages 2, 3 and 4 talk briefly about strength training then mobility training, the what, why and hows. If you want to skip this and get straight to the workout stuff, scroll down to **page number 5**.

Disclaimer

This is not a personally prescribed exercise program but is intended for educational / interest purposes only. You follow the workouts herein at your own risk. You must consult your doctor prior to starting a new exercise program if you have any medical condition or injury that contraindicates physical activity.

What is this 'Easy Way' to get Strong you talk about Jamie?

Why get strong first off? Simply put, when you're stronger, everything else you do will be easier and less of an effort. Got It?

It may be heresy in most gym training circles to write this, but believe it or not, there is more than one model of training to get stronger, fitter and more mobile.

Whilst the commonly followed methods are smash and trash, guts and glory, balls the wall, go hard or go home style workouts, there are other routes to success and results without pushing the margins of safety.

'Push your body and it will push back even harder!'

For a limited time you can smash your body, session in and session out and get away with it. You can take yourself to the point of collapse, to muscle failure to the point that walking to the bathroom to throw up will be near impossible. The thing is, well, one of the things is, it's pretty damn impossible to progress from max effort all the time. Yeah, it might feel great that you survived, but wouldn't thriving be more enjoyable?

Considerable study, trial and error with 1000s of trainees was conducted in the former Eastern Block in the 70s and probably earlier (mostly for Olympic lifting but the principles apply to all strength training) surrounding training periodisation. Periodisation is simply put, framing training into blocks of weeks where particular aspects of training variation are cycled, with the desired outcome being increased power and strength. This is a very simplified description. Among many things learned, it was observed that the average intensity of the most successful programs over a training year averaged around 70-75% of maximum effort. There were brief periods below and above these intensities during layoffs, and then competition build up and the competitions themselves.

Anyhoo, the **75%** is the first important detail of this page.

Many successful training systems these days build their programs from a 75% effort and in 'one way or another', gradually increase the volume (number of accumulated reps per training week). The 'one way or another' is referred to as waved variable volume. Without getting too far into this rabbit hole, by waving up the volume the trainees **comfort zone** increased by default. By increasing the volume gradually with a comfortable 75% loading the trainee gets stronger just by default. Simple and easy(ish)!

This forms the basis of all of our strength training programs. We establish a training technical maximum to determine a 75% load. The trainee uses this comfortable weight and is gradually subjected to small increases of repetitions (volume).

In many programs trainees comment how they never really strain, even in the final week of a program. They just find that the increase in volume stays within their comfort zone.

That is the goal of course, to get strong with ease.

This concept of strength training has many deeper ins and outs that I'll not dive into on this paper, so let's move onto mobility training.

The powerful fun of mobility training!

Most of us adults will probably agree that we don't move as well as we did as kids. If you do, well then my friend, you are part-way to becoming bulletproof, proverbially of course. By bulletproof I imply more resilient against injury, not actual bullets!

We talked about increasing the comfort zone during strength training programs. This very much is the case too during mobility training. But, what is mobility?

It became clear to me recently that not everyone is aware of mobility in terms of exercise or movement. During a client interview I moved onto the subject of mobility. On questioning, their response was, "Oh, I'm ok, I can get around fine. I don't need one of those mobility scooters!"

I explained of course what I was really referring to. And what was that you ask?

Mobility is your ability to move within your joints natural range of motion without restriction and with control. I talk about this in an article [HERE](#).

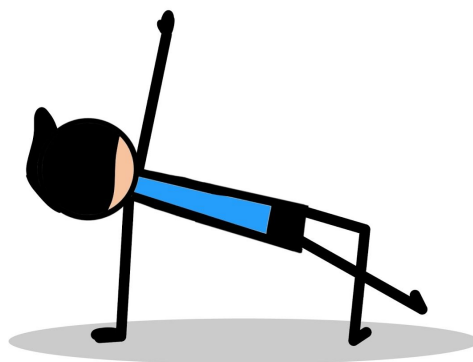
In short, mobility is about owning your body's various, multitude of potential positions. Being flexible is being able to stretch a muscle to its full length and mobility is the ability to take a muscle to its full length with your muscles strength and then being able to return to the start position.

'Mobility is Strength'

The process of using your body's strength and agility to explore movement is great fun. Yeah, sure, some things will be a bit challenging, but if we can't control our own bodyweight while we move should we really be loading it up with weights?

Big question for another day I suppose!

The precise features of mobility are irrelevant on this page but what I want to purvey is that mobility is strength. Improved mobility is strength in all positions of the joints and the body. It is **adding to** your safety margin when training with load and actually, it can be very rewarding and honestly, really great fun too.



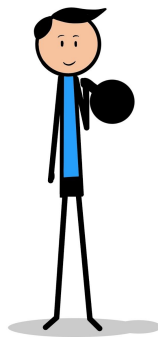
The Workouts Outlined

Progressive training programs deliver outstanding results, often without too much struggle, strain or risk of injury. Big bang for the buck workouts should make up the bulk of training cycles over the year. Other periods you just turn up, tune in and tick boxes.

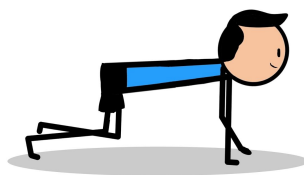
The following 10 workouts simply demonstrate how a complete program 'could' look. Most of the following workouts therefore represents the average of a 4 - 6 week program. Developing a full program is outside of the scope of this book, manual or whatever you want to call it.

So, if you really like the look of any of the 10 workouts and you'd like to have them as a personalised program for yourself, get back to me and for a tiny fee (I do have family to feed after-all) I'll make you up a sparkly, awesome program.

The strength training workouts will be built using a kettlebell or two. You could use a dumbbell or a barbell I suppose, especially if you've **not** been taught how to use a kettlebell.



The mobility workouts use nothing but your floor and a 'go at it' attitude.



Warning!

**UNDER NO CIRCUMSTANCE SHOULD YOU INFLICT PAIN ON YOURSELF.
IF ANY MOVEMENT CAUSES PAIN - DON'T DO IT!**

Warming Up

Oh yeah, what an exciting place to start! But you know what, you can't really get into a training session without warming up and preparing yourself.

In this video you'll be able to see a basic mobility warm up that we base every warm up off.

Have a play...

...and click [HERE](#) to play the Warm Up video.



Or Click at the bottom line of the video image



(I know, weird! But, that's just how google docs allow us to link an image)

Any questions about that warm up? You can of course do your own thing but, if you want to know more, get in touch jamie@fitstrong.com.au

Now let's move on!

Mobility Workout 1

Leopard-Squat-Push Up!!!

(not sure what else to call it)

Have a play with the leopard crawl, a body-weight squat and a rocking push up in rotation for 10 -15 minutes, a circuit as it were. Yep, it might look easy. That's good actually. Hopefully it'll teach you a bit about control and what mobility conditioning at a basic level is all about.

The video pretty much explains all but to summarise:

- Practice each move with an emphasis on skill - doing it well.
- Do not take any move to pain or fatigue.
- Rest as needed between each move.

Click [HERE](#) to watch video



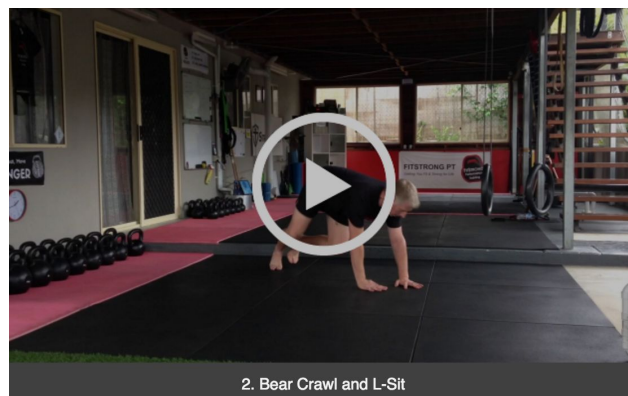
Mobility Workout 2

‘The Muscle Hustle’

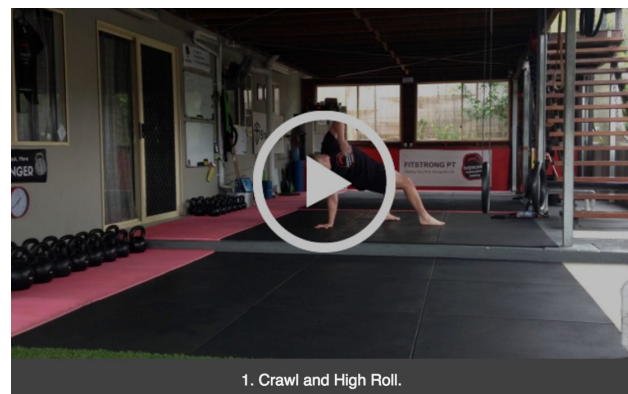
A body that can't, won't or doesn't move well will struggle to develop real every day strength. Moving well and moving often are two of the keys to longevity - living life to old age, not just getting old and feeble!

Spend either 5 minutes practicing each of the following or create a 15 minute circuit rotating through the moves. Play and get familiar with each move regardless how long the sets are. Now, be forewarned, the roll to the Pistol Balance is a fun lil move. Don't stress if you don't balance and if your back isn't happy with it, just do the roll component... your back will thank you.

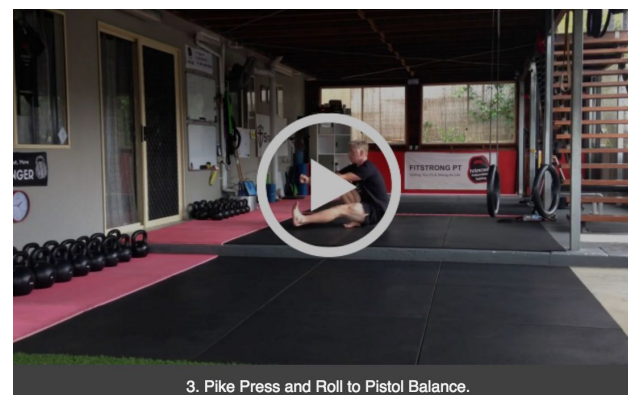
Bear Crawl & L-Sit [Video](#)



Leopard Crawl & High Roll [Video](#)



Pike Press & Roll to Pistol 'Balance' [Video](#)



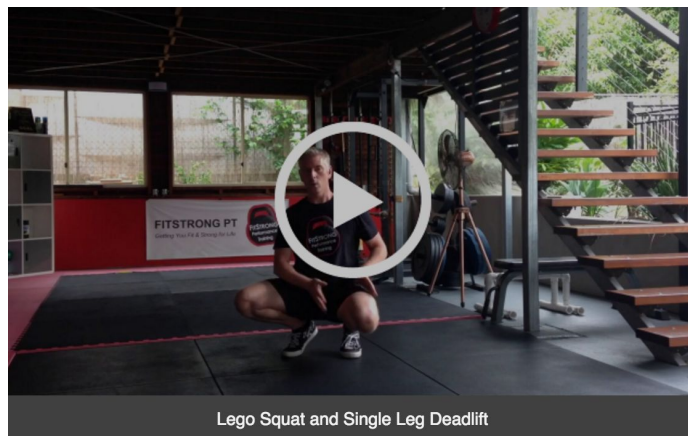
Mobility Workout 3

‘Crazy Legs!’

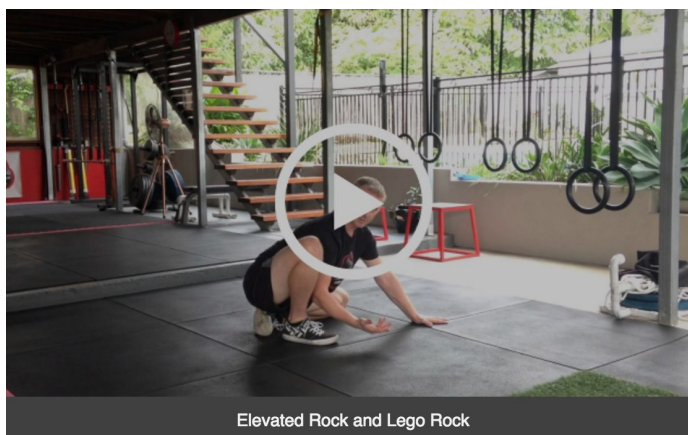
Mobility training can be a great tool to ready the joints and muscles for loaded leg training, like squats, lunges and deadlifts. The following has proven a very valuable conditioning workout or a warm up pre squatting or deadlifting.

Either workout in a circuit for 15 mins or use each move alone for 4 - 5 minutes each. By the way, don't let the movement names and look fool you into thinking they're easy. They are simple, but not easy. Try them out!

Lego Squat and Single Leg Deadlift [Video](#)



Elevated Rock and Lego Rock [Video](#)



Mobility Workout 4

‘Escalator to Hell’

Okay, first off, sorry if the title is a little Iron Maiden(ish). Let’s just say that escalator refers to the escalating volume of each set of a chosen movement.

You will need a clock or stopwatch for this workout and it is best being pursued by those with a good baseline of ‘fitness’.

Here’s how it works:

Pick a movement you know you can carry out for 30 seconds at a time.

You could use any movement you want to practice like any one of these below:

- Push Ups
- Crawling
- Body Weight Squats
- Elevated Rocks
- Jump Squats
- Battling Rope Waving
- Skipping
- Kettlebell Swing
- Planks!
- Pull Ups / Chin Ups

The list could go on, but generally aim to use a whole body movement you are proficient at.

Place your timing device or gadget of choice in front of you and if using a clock, start your effort when the second hand hits the 12. Over three sets, the time of the **effort** and **rest** in seconds is planned as follows, with **escalating** effort and **diminishing** rest.

Effort:Rest

1. 20:40
2. 25:35
3. 30:30

Repeat once or twice more if you are up for it OR, even just play with whichever timing protocol works you best.

This makes a fantastic program over a 4 week period where the effort:rest ratio is manipulated in an ever escalating and waving pattern... imagine 45 seconds of effort with only 15 recovery - fun fun fun.

Mobility Workout 5

‘Inch Worm Squats’

“Say whaaat?”

I bet you’ve never used those three words in a sentence before! Oddly enough, they are frequently whispered in the gym from time to time.

Anyhoo. The Inch Worm Squat is a combination of the Inch Worm and the Goblet Squat, yes, we do incorporate a weighted move in this one. Now, the squat can indeed be a bodyweight squat if preferred.

The Inch Worm is as simple as hinging back (pushing hips back), and walking out to a push up position plank, then reversing the movement until standing, pick up the weight and get squatting.

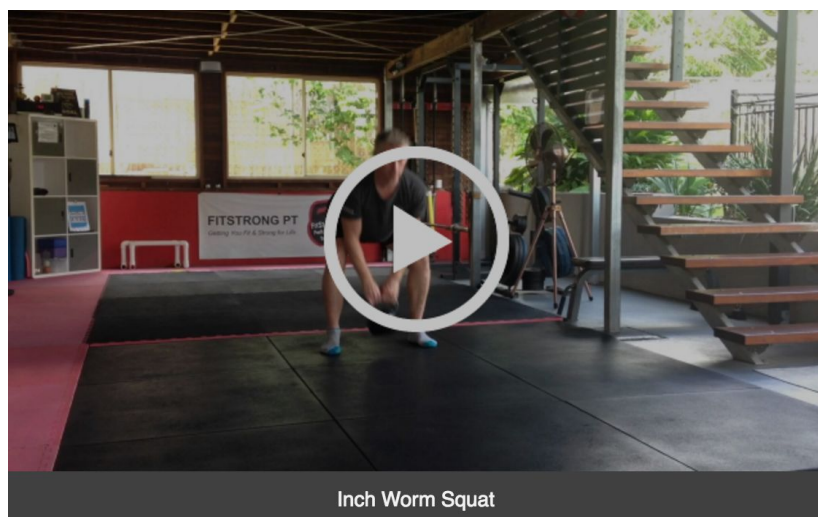
The structure; this simple.

- 1 Inch Worm and 1 Squat
- 2 Inch Worms and 2 Squats
- 3 Inch Worms and 3 Squats
- 4 Inch Worms and 4 Squats
- 5 Inch Worms and 5 Squats

That should take between 2.5 mins to 5 mins.

You are very welcomed to do a 2nd or even 3 rounds if you wish... or if it's a very cold day!

Inch Worm Squat [Video](#)



Strength Workout 1

‘Torso Fury’

After warming up you will spend **20 minutes** completing as many good rounds of the following:

- [HardStyle Plank](#) x 5 Breaths (hold tight and take 5 breaths)
- Kettlebell Swing x 10 (or 5 deadlifts with 70% of your 1rm if unfamiliar with the swing)
- One Arm Military Press x 1 on each arm with a weight you can press 6-7 times.

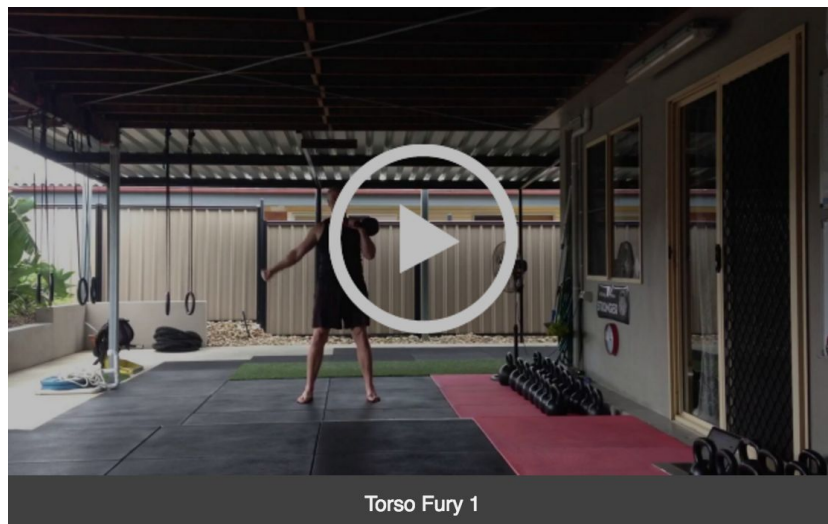
Note #1: Per round add one extra press to the set in a [ladder](#) format.

If you manage to complete 1, 2, 3, 4, 5 presses before 20 minutes is up, start from 1 again.

Note #2: In this workout it is actually favourable **not** to get out of breath. While it's fine to need to take a few breaths after each set, never enter into a new set while still focussing on breathing. You want to be undistracted starting each set and not gasping for air. Got it? Cool.

You can fast forward to 1:16 if you want to skip my intro!

Torso Fury 1 [Video](#)



Not sure how to do the Hardstyle Swing?

Just ask and I can send you the ‘4S method of a great Kettlebell Swing’.

Strength Workout 2

‘Strength Minimum’

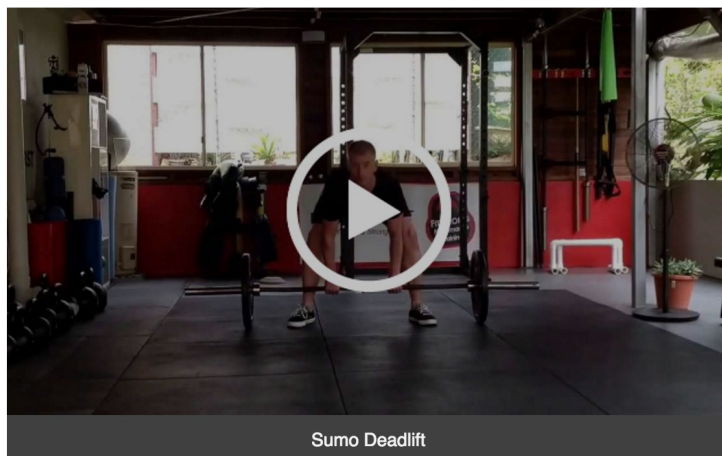
More times than enough, **more** can be accomplished by subtracting the non essentials. Want to get strong and mobile? Get intimate with these two movements for 4 weeks.

This plan uses the Deadlift and it is accompanied by the Turkish Get Up. I chose to use the TGU owing to its great impact on many physical facets. It develops great all-round shoulder and upper back strength, a tight strong mid-section and much improved mobility throughout the body.

Deadlift: Carry out 3 times a week. With your **5rm**, complete **5 sets of 1 rep** with adequate rest between sets. Per week add 1 repetition until you reach 5 - then maybe reassess your 5rm. The weight remains the same for 4 - 5 weeks, until you retest.

TGU: Complete **10 minutes** alternating between left arm and right arm with a light to medium weighted kettlebell. **‘You could substitute the TGU for a crawl too’**. Don’t rush the TGU. Each side should take 45 seconds or slower, to complete.

5 Sets of 1 rep [Video](#)



10 minutes alternating Left arm to Right arm [Video](#)



Strength Workout 3

‘Stronger Pressing for Dummies’!

!!!Bonus Alarm!!!!

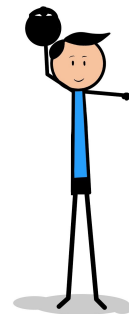
Okay, I'm actually going to give you a whole program here. I'm in a good mood, I had a great days training myself and I'm pretty sure somewhere there are pink fluffy unicorns dancing on rainbows, so what the heck. You Are Welcome.

This program has been an a.b.s.o.l.u.t.e gem over the past couple of years and monopolises on movement immersion and graduated volume.

Most people want to press stuff over head, and pressing heavier stuff overhead is pretty satisfying, especially when the training is simple.

To start with, you need to know your 1-2 rep max. By max, I mean technical max, not a buckled over in half kind of press. The max we're talking about should be the heaviest you can press with good form... got it?

From here find your **70% weight**.



Example

A 28kg kettlebell can be pressed once or twice but 3 or 4 would be near life or death efforts. 70% of 28kg is 19.6kg - but let's round that off to the nearest kettlebell size, the 20kg... unless you've got a 19.6kg kettlebell ;-)

This is the weight you work with for the life of the program. Get to know it, take it out for dinner, know its birthday and favourite colour because you're going to spend a good bit of time together.

Train this routine on alternate days like Monday, Wednesday and Friday. Press either single arm, alternating or double kettlebell press. A barbell press is just fine too.

Note: after every 5th pressing set, do a set of easy pulls, say 5 reps. These could be rows, pull ups, chin ups; just don't max out. Leave a rep or 2 in the tank.

Continued...



The Plan

Day 1: 1 rep each minute for roughly 20 minutes.

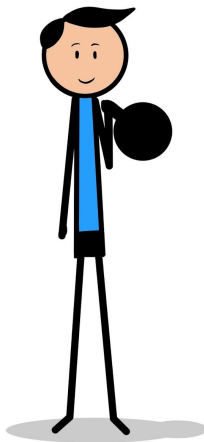
Day 2: 11112 pull, 11112 pull, 11112 pull, 11112 pull.

Day 3: 11122 pull, 11122 pull, 11122 pull, 11122 pull.

Day 4 may either continue with the pattern or step back to the routine two days previous, day 2 in this case. If you feel the need to back off a little to get used to the volume you may do this. I strongly advise doing this to be honest. Yeah, it'll take longer, but it's worth it.

I hope you can see the pattern. You gradually change the 1s to 2s and when that is done, start with adding in 3s.

i.e. 22223 pull.



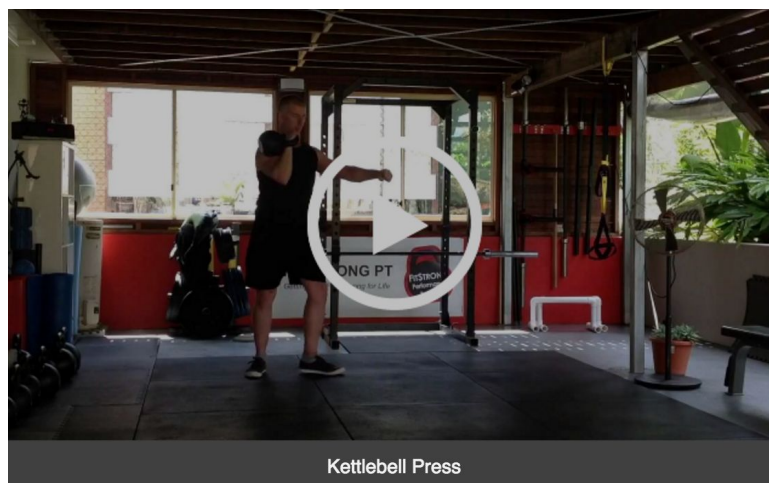
This process continues until you complete 20 sets of 4 presses. Back off as needed as it may start to get challenging somewhere in the 3s.

At no point should you strain to achieve a rep. If you do, take an extra rest day or back off to a previous session.

When completed, rest a day, complete 3 sets of 3 presses the following day then two days later, test your new max.

When I first tackled this program I took my time so to abide by the rules of **no strain, know gain**. It took me 16 weeks. I used the 20kg kettlebell throughout and tested with a new PR of 32kg x 2 each arm ... oh yeah!

Kettlebell Press [Video](#)



‘No strain, know gain’

Strength Workout 4


'Moving Target'

This is a strategic circuit that lets you focus on key, target movements whilst still playing with other moves. Let's be brief and bullet-point the key rules:

- The **three chosen moves** are called the **Target (T)**.
- Per round you take one of the targets and alternate it with the other non-target moves in a circuit.
- The target move will be increased in weight or complexity over 4 sets to build up to a hard set of five reps whilst the non-targets are just maintained for 5 to 8 reps.
- The non-targets (simple moves you know) shouldn't take away from the target movement.
- On the following round you replace the target.
- This makes a great 3 - 4 week program where you get really comfortable with the Target moves... and stronger too!

Here's a graphic to illustrate the plan for a 3 day, 3 target circuit. The Targets you can see, are the [Squat](#), the Carry or [Farmers Walk](#) and the [Ab Wheel](#). Ok, you could substitute the Ab Wheel for a [Plank](#), [Hollow](#) or [Deadbug](#).

In case you're wondering, the Hinge in the circuit refers to any hip hinging movement like the deadlift, swing, cleans or the snatch even. You choose.

 Moving Target			
	Day 1	Day 2	Day 3
	1. Squat	1. Carry	1. Ab Wheel
	2. Carry	2. Squat	2. Squat
	3. Ab Wheel	3. Ab Wheel	3. Carry
	Circuit	Circuit	Circuit
T --->	Crawl	Crawl	Crawl
T --->	Hinge	Hinge	Hinge
T --->	Pull	Pull	Pull
T --->	Push	Push	Push

Simple but not Easy!

FitStrong Personal Training

Strength Workout 5

‘Fat Infernoh’!

Add this complex to your weekly schedule and your body will scream, “Ohhhh”!

Complexes are a mainstay of our schedule because they get sh!t done without too much time wasting.

First off, if unfamiliar with a complex, it is simply stringing together a number of movements into one flow. The reps, sets and sequences are endless in their options. The accumulated volume in such a short time proves to hike the metabolic rate after training for longer than most other exercise methods.

**You do need to have a good base level of fitness
and technique to undertake a complex.**

After warming up you will spend 20 minutes on the following rotation, never going to fatigue on any move, but staying at a place where you know you're working but not about to start huffing and puffing.

How it Works

Set a timer for 20 mins or check your wall clock if retro like me ;-)

Rack two kettlebells onto your shoulders and carry them for [20 steps](#), then perform [5 cleans](#) before you perform [1 Squat](#) (to start with). Per round add 1 extra squat until you reach your comfortable limit. After this you could repeat from the start... if you're up to that challenge.

Fat Inferno [Video](#)



The Outro

What I've given you here is simply a demonstration of the scope of programming for both strength and mobility, two very valuable assets that contribute to being physically healthy. You should still eat mostly fresh and healthy foods. You should still go out for a good walk frequently and you should definitely get 7-8 hours of sleep per night.

These demos can be developed into great, progressive programs to allow you to optimise your physical abilities. They can also just be used as drop-in workouts to tick the workout box for the day.

Whatever you do, be consistent, vigilant, proactive and find what YOU enjoy doing for your dose of strength and mobility training.

If I can be of any further help, either with in-person training or remote online training, please get hold of me. Here's my email: jamie@fitstrong.com.au

Stay Strong and Move Strong, Jamie

BRUCE LEE

**LONG-TERM CONSISTENCY
TRUMPS
SHORT-TERM INTENSITY
EVERY TIME.**

