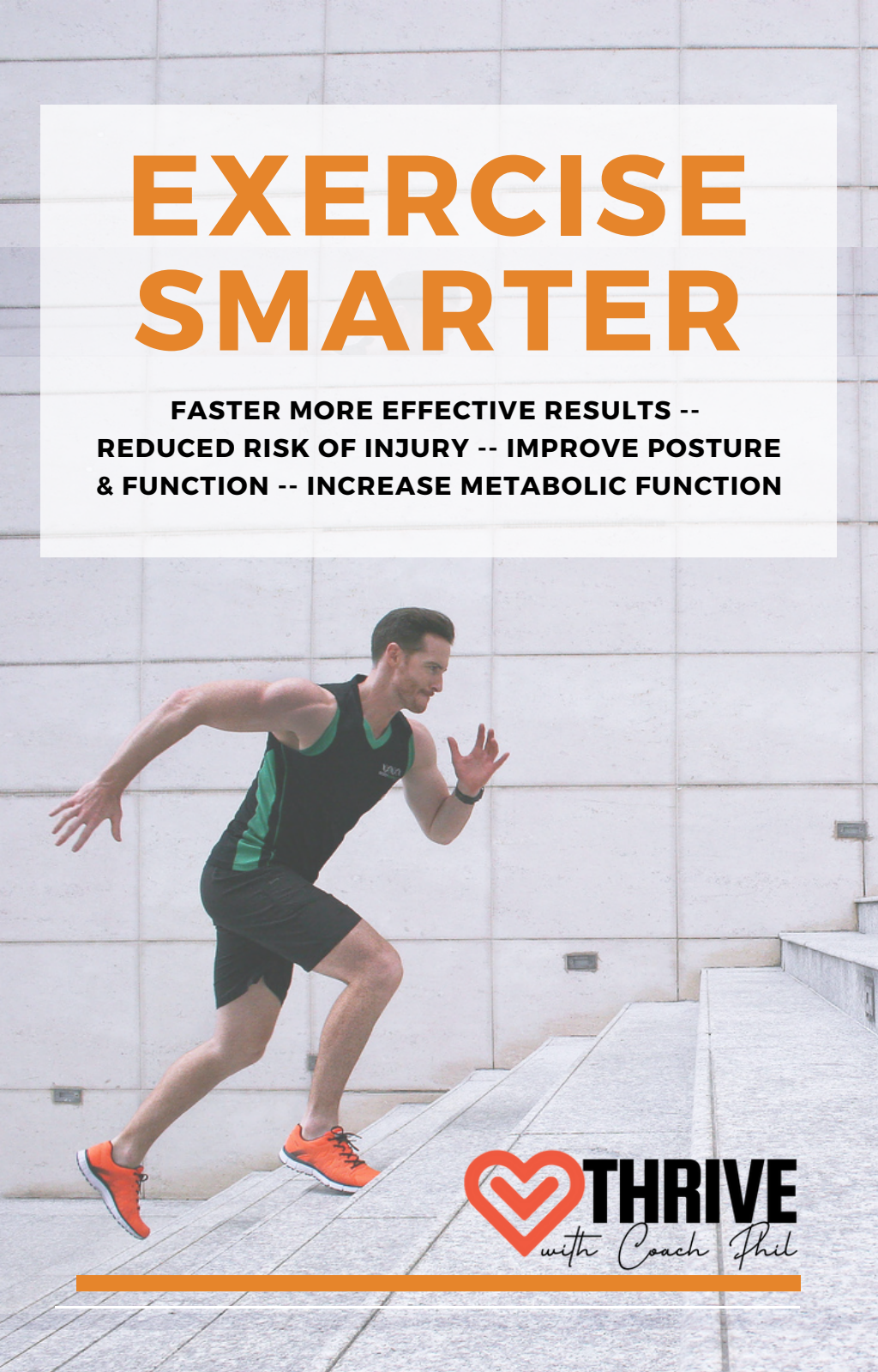
EXERCISE SMARTER

FASTER MORE EFFECTIVE RESULTS -- REDUCED RISK OF INJURY -- IMPROVE POSTURE & FUNCTION -- INCREASE METABOLIC FUNCTION



THRIVE with Coach Phil

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Introduction

- How can you optimise results?
- What makes the right programme for you specifically?
- What is a functional programme or functional training?

Whatever the aim, understanding your body is the key to choosing the right exercises and achieving maximum results in the quickest possible time.

To me functional training means training to improve the way your body works; to bring it into balance so it may operate optimally. The training also needs to achieve a chosen goal or objective. Hence, programmes should work on improving the function of your joints/body while also accelerating the individual to their goal. If your body is functioning optimally it will be more 'open' and will respond quicker to the training.

Too many people are completing workouts that compound their problems. Working muscles that are already too tight/dominant and ignoring the ones that are lengthened and/or weaker. People continue to work in one plane of movement with joints that are already stiff and immobile. This increases their postural problems by furthering muscle imbalances and limited joint range of motion, which blocks



progress towards achieving goals, increases the potential for injuries and most importantly will have a negative affect on your daily function and appearance.

Too many people exercise by jumping on a piece of cardio equipment for 60 minutes and/or then a circuit of weights machines or perform resistance exercises in one plane of movement. Why go to all the effort of working out only to do mindless, unintelligent, foolish and functionless exercise that benefits you minimally or in no way at all? Would you go to work and function in the same way… not if you want to be successful, right? So why workout and do that very thing but much worse as it's your body you're potentially destroying, not just your income.

New innovations on training ideologies and techniques are constantly being developed as we learn more about how the human body works. Advance with me and improve your wellbeing, performance and appearance. Don't keep doing the same things that don't give you any real benefits. Train smart!! Workout to counter the effect your everyday lifestyle has on your posture and balance your body to prevent future aches and pains, improve your performance, fight the ageing process and look better than you ever have.

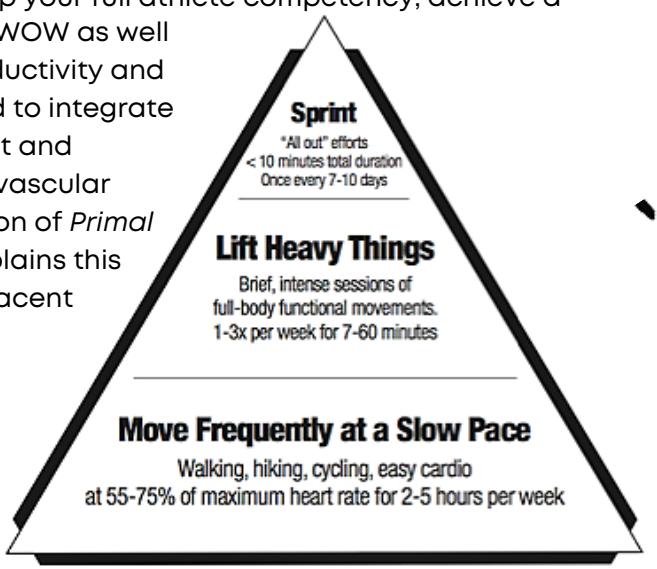
In this report I am going to highlight some of the most important aspects to consider when designing a complete exercise regime. Before reading the below information it is important to understand these are general recommendations for achieving ideal body composition, health and function. I am not representing specific body building guidelines or methods that are focused on any one sporting or athletic event.

01 Program Design Evolution

What springs to mind when I say “weight training”? The general consensus is that you need to work isolated body parts, lift to failure through numerous exercises while focusing on form and deliberate movement rhythm. Along with these principles, using machines is considered effective.

The fact of the matter is that an effective and functional programme needs to be designed using full body, functional exercises that develop complete muscle unity and athletic competency. Our bodies are a complex movement system, which if trained in isolated parts can create muscle and strength imbalances.

A complete programme incorporates not just weight training. To develop your full athlete competency, achieve a physique that will WOW as well as boost your productivity and longevity you need to integrate the correct amount and intensity of cardiovascular training. Mark Sisson of *Primal Blueprint* fame explains this easily with the adjacent exercise diagram:



Mark states that this training ideology “is built around a very simple formula that draws from recent work done in modern exercise physiology labs—as well as from what we know of evolutionary biology—to arrive at the perfect exercise prescription for maximising results with the least amount of time and suffering”.

If you want to get lean, be strong and functional then your programme needs to be designed around these guidelines. Train smarter by implementing these guidelines to promote optimal DNA expression, hormone response/flow and organ function.

The biggest problem with conventional exercise instruction is how cardiovascular training is prescribed. All too often people think to get fit they need to jump onto a treadmill and run at a high intensity for as long as they can… big mistake! Now lets think about this for a minute… firstly people are usually in an unhealthy state when they decide they need to hit the gym – their body is not in great ‘shape’. Furthermore, the belief that they need to do this exact same workout, of medium to difficult sustained effort cardio exercise, frequently will bring quicker results… more is better right? Wrong! This type of training only increases catabolic hormone output (muscle and cell destroying chemicals), weakens immune system, accelerates the ageing process, increases disease risk, increases inflammation, punishes joints and leads to injury. This goes a long way to explain



why people join a gym and stop going within 3 months = they develop injuries or see no, or very little, results for all their efforts.

What really needs to happen is illustrated in Mark's diagram above. People simply need to move... increase low levels of activity to maximise fat metabolism and energy expenditure.

This can come in the form of planned or incidental exercise. By walking or cycling to work, using the stairs instead of taking the lift, walking to a colleagues office instead of calling them to talk, walking to the park to eat lunch instead of having it in your office. The human body is designed to move... we have evolved to move slowly for long periods and move quickly for short durations to avoid danger. A prime example of this is African tribes men when hunting fast moving agile prey, an antelope for instance. Wait a second... I know you're thinking "but they have spears and bow and arrows". Correct but these are far from high tech instruments of destruction and usually only effective from short distances. Even then, something as aware and agile as an antelope, first, won't let the predator get close enough or will dodge the projectile. So how do these tribe's men hunt their prey to make sure their families are feed? The answer... evolution!



The answer comes simply in how we humans have evolved to regulate our body temperature. Human heat regulation is a very complex process but to state it simply... We stay cool through the process of sweating. When the salty water that appears on our reasonably hairless skin evaporates, it helps the body to cool down. Animals, on the other hand, regulate temperature slightly differently.

They do sweat but only a small fraction of their excess heat is lost this way. Primarily, an animal will regulate their body temperature through panting. Panting moves cooling air over the moist surfaces of the tongue and lungs, transferring heat to the atmosphere. This process is not as efficient as humans, which is the key to the hunt. The tribes' men track the animal and 'spook' it to keep it moving under the hot African sun. The antelope eventually suffers from heat exhaustion and the men can get close enough to make the kill easily and with out risk to themselves. Throughout the hunt the men will move at a slower, manageable pace, which can cover over 40km, and never over-stress their systems.

My point is that you need to select and perform exercises based on how the human body is designed to function to maximise beneficial hormone response, effectiveness, reduce disease and injury risk. As I mentioned earlier in the report the specific resistance exercises also need to be carefully selected depending on posture issues, muscle imbalances and movement impairments. If you initiate a training programme that fails to correct mechanical movement flaws and neuromuscular efficiencies it will create further impairments and lead to injury or discomfort.

Exercises and training methods need to improve your function and express your optimal gene expression, as well as address your specific goals. The fact is if your programme fails to do so, you are only torturing yourself... train smarter to achieve more!

While we evolutionise the general guidelines of the type of exercise performed when developing a health and fitness routine; we also need to stay true to the principles of periodisation and recovery.

Periodisation and recovery are two aspects of training that are either overlooked or not fully understood.



02 Periodisation

All too often I see dissatisfied people who just aren't getting results or constantly picking up injuries from working-out. The general reason for this is that they have been performing the exact same programme for months or even years!

Periodisation is generally a totally alien concept for many but all professional sports people use this method when constructing their routines. Clever structuring of your programme/workout phases can mean the difference between getting results or getting injured.

Periodisation is the process of varying a training program at regular time intervals to bring about optimal gains in physical performance. The goal of periodising an exercise program is to optimise training during short (e.g., weeks, months) as well as long periods of time (e.g., years, a life time, or an athletic career). Using periodisation, a competitive athlete is able to obtain peak physical performance at a particular point in time, such as for a major competition. The same concept works if your goal is overall health and fitness.

Periodisation will help maximise results in a minimal amount of time!



Let's first examine a model of training phases. Diagram 2 represents a classic model of progressive training phases.

Diagram 2: Training phases



The above stages would generally be classified as mesocycles… 5 progressive steps to achieving an overall (macrocycle) performance goal. If we were starting at a beginner level or beginning a totally new skill the athlete/trainee would first complete a stabilisation phase. Once the necessary stability was reached they would progress to strength. The strength phase itself is divided down into 3 additional phases: strength endurance, hypertrophy (muscle building) and maximal strength. The last step of the periodisation process is power. Again these are progressive steps; a beginner would not advance from the stabilisation phase straight to the power phase. Strength is a major component of power (power = speed x strength/force) and if the required functional strength has not been gained the performer of the power activity is at serious risk of injury.

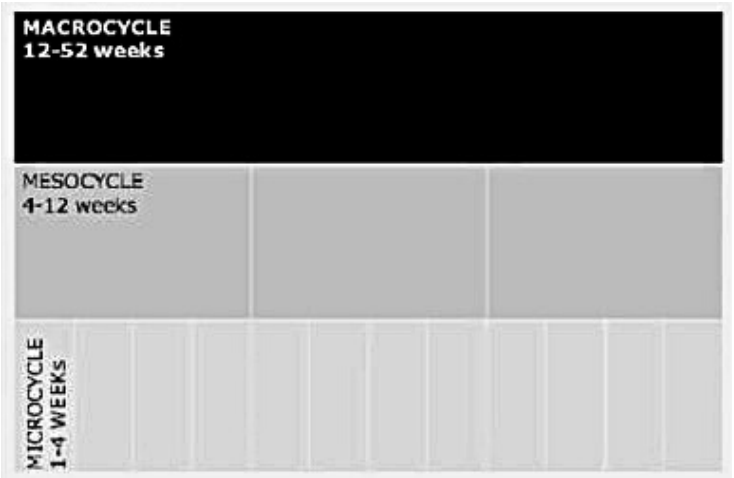
The key to designing really effective short, mid and long term resistance exercise programs is to identify which phases are required to be developed and in which order or rotation those phases need to be applied and completed. Within these phases a system needs to be devised that efficiently plans, organises and manages all of the exercise variables. Periodisation can be defined as a system for program design that plans appropriate cycles and training phases, organises routines and manipulates all exercise variables.

The key concept of periodisation is that you must expose the muscle to any one training style for just long enough to reap the benefits but avoid a plateau of those positive adaptations or start to create muscle imbalances through repetitive patterning. At this stage a new training routine or phase should be introduced and the cycle continues. A basic take on periodisation is the idea of “everything works, but nothing works forever.” By using a large arsenal of training methods to use for short periods and continually cycling them in a systematic order, you will prevent stagnation and maximise training adaptations.

In its most general form, classic periodisation divides a long-term training period called the macrocycle (which typically involves 6 months to 1 year but may be up to 4 years, such as with Olympic athletes) into smaller phases called mesocycles (usually lasting months), which are also subdivided into weekly microcycles, as shown in diagram 2



Diagram 3: Training cycles



The macrocycle generally represents your overall goal or training outcome. The mesocycle usually defines the phrase of training, for example, the 5 phases of training illustrated in diagram 2 (stabilisation, strength endurance, hypertrophy, maximal strength and power). These phases are selected in relation to the overall goal and should consider the level and condition of the individual.

Let's take a person who has been training for sometime who has a goal of increasing muscle mass. An example of their mesocycle phases might be hypertrophy–maximal strength–hypertrophy–power–hypertrophy, and so on until they reach their goal. However, the periodisation of training should be constructed within a clear time frame, as the whole reason for this planning is to achieve distinct results within a set time.

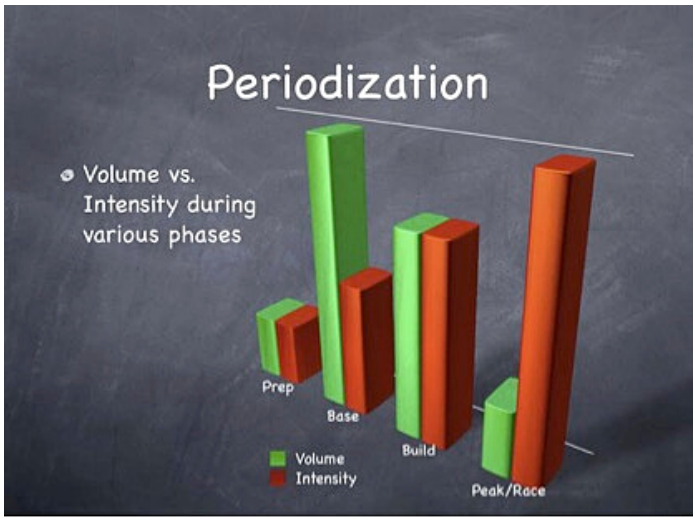
Finally, the microcycles are the actual programmes/ workouts performed throughout the phase of training. The microcycles allow the individual to utilise many training variables to optimise the exercise program: the number of sets per exercise, repetitions per set, the types of exercises, number of exercises per training session, rest periods between sets and exercises, resistance used for a set, type and tempo of muscle action (e.g., eccentric, concentric, isometric), and the number of training sessions per day and per week. By making the most of these training variables, you will maximise results, minimise plateaus and reduce the risk of injury through repetitive pattern movements.

Periodisation is a very complex topic. I am only covering the basics but it is important to realise that depending on the desired outcome a mesocycle may need to incorporate several of the specific training phases (i.e. strength, endurance, power, etc). For instance, when training for an event athletes' will focus on one discipline but work to maintain the other competencies. For example, if a person spends 8-12 weeks in a mesocycle completely striving for strength, that person may lose endurance or mobility if training for these parts are not also reinforced to some degree. The coach/athlete/trainee must balance priorities within a mesocycle, which is exactly what microcycle phases are designed to do. For instance, a 12 week mesocycle focusing primarily on strength could include a 1 week phase of endurance training and a 1 or 2 week phase of hypertrophy work in order to maintain the conditioning goals and body composition the person may also desire.

When prescribing for performance events there are many

additional considerations. Diagram 4 provides another illustration of how volume and intensity can be periodised in relation to event preparation.

Diagram 3: Event periodisation example



At the end of the day all this can be complex or simple depending on your specific requirements. The fact is correct program periodisation (structure over time) to optimise adaption, minimise injury risk and maximise human movement system function is crucial to obtaining fantastic body transformation and performance goals. The smarter you periodise your training... the better and quicker the results you will acquire with the least risk of injury.

Periodisation isn't just crucial for phasing training cycles together but also for the inclusion and structuring or adequate recovery time.

03 Recovery

There is a culture or myth that in fitness… more is better. Especially when combined with the other notion of eating less. Conventional fat loss wisdom is based around the “eat less, exercise more” mantra… this is an extremely dangerous equation! I am not going to delve into the nutritional aspect in this report – there is a wealth of information on the subject on my website for you to read, especially in the members area – rather let’s stay focused on the “exercise more” issue. Rest and recovery are as of equal importance as the training or workout portion of the regime when devising a programme. However, because people think they get the training benefits by ‘doing’ they often overlook or don’t understand the importance of rest and recovery.

Recovery is key! Recovery is critically important when applied to sports training because without it we do not adapt physically to become fitter, stronger or faster.

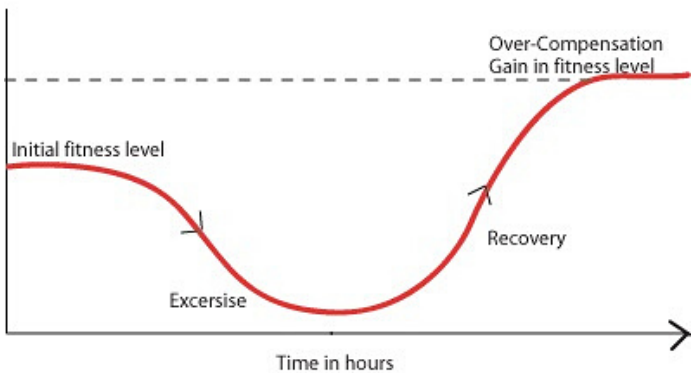
Something in our society, whether it is in relation to sport or work, seems to make us think that admitting we need more rest is bad. If you are seen to train everyday for example, then psychologically you could 'look' and 'feel' stronger for it. If you analyse how you really feel though, it most probably comes down to your mental frame of mind. The thought that “the harder I workout or the more I do, the better”! The previous sections of this report have already



discussed the fact that working smarter not necessarily harder will reap the most favourable results due to eliciting the most beneficial hormone response or gene expression.

When we exercise, we don't get stronger. When we exercise, we actually break down our energy systems and muscles and get weaker. The more exercise we do, the weaker we can become and the more susceptible we are to illness and injury – termed 'over training'. For that reason, gains in your fitness come from recovering. Thus it is this combination of exercise and recovery that brings you to your new level of fitness. Diagram 4 below illustrates the basic concept of exercise adaptation:

Diagram 4: Adaptation to exercise



From our initial fitness level we apply a stimulus (weight training, walking, sprinting, etc), and as training is a catabolic process our fitness level drops. You effectively destroy or break tissue fibre through the effort of working out. Our body then requires rest, in which time the body recovers (or rebuilds the damaged tissue). The human body is an amazing creation and as the base level of fitness is

reached, it feels the need to compensate in anticipation of the next training session; this adjustment is what is known as super-compensation or over-compensation.

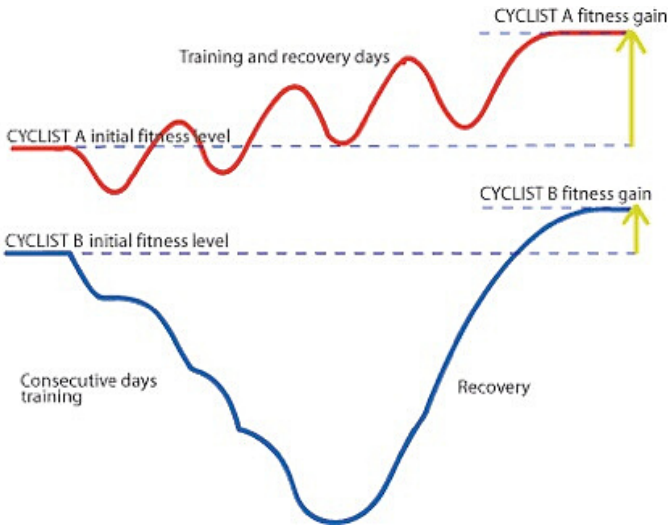
The human body really is a phenomenal creation. The ability to 'adapt' has seen our species thrive. We adapt to our environment (to the air, to the cold, to the warmth), to illness (by producing anti-bodies), to exercise, etc. The body therefore responds to a stimulus by adapting to it. However, it is very important to note that if there is too much of a stimulus, if the training load is too great, then the body will not adapt optimally. The body will respond best by performing small 'bite-sized loads' that are pitched at the correct ability level of the trainee/athlete and then progressively increase as the body slowly adapts. For instance, a first time weight lifter, or beginner, should not be attempting to perform a maximal strength programme before acquiring the necessary stabilisation and strength endurance competencies (periodisation phases). Maximal strength exercises will over-load the muscle and connective tissue excessively and create a state bordering injury rather than compensation.

The recovery and compensation process is the key to gaining optimal results. Each time the body reaches the compensation state (which then becomes the new fitness level) new stimulus should be applied to develop further super-compensation. Take a look at the hypothetical



diagram 5, which uses the example of two cyclists: rider A and rider B cycling over a month:

Diagram 5: Adequate recovery & over-training model



Cyclist A demonstrates the ideal training to recovery ratio, where each new training session is conducted once compensation has been achieved. Thus creating a gradual increase in fitness and performance. In contrast, Cyclist B has not allowed their body to recover and each additional training stimulus creates a further decline in fitness and performance (fatigued and over-trained state). In real life the graphs would never be as uniform as the above but they clearly demonstrate the training ideology and response to stimulus over time.

The graphs establish that Cyclist B has performed less training days in total and had to recover for twice as long

while at the same time sacrificing the quality of their rides or training sessions. They could not perform at ideal levels (intensity) due to fatigue. I think this diagram is very generous to Cyclist B, as having to rest for 2 weeks, I would think the fitness gains would be smaller, if any at all, considering the deterioration of exercise quality during the fatigued state. You can see the Cyclist A fitness gains are more than double that of Cyclist B.

What Cyclist B's graph demonstrates is the classic model of over-training. The risk of injury of this cycle is extremely high and the requirement to recover for 2 whole weeks would most likely have negative psychological affects on the cyclist. If Cyclist B would continue in this manner… due to inadequate recovery the graph would continue to decline and eventually lead to illness and injury.

People have different rates of recovery and for this reason it is not possible for anyone other than the individual to predict recovery. There are basic guidelines to follow but knowing when to rest/recover depends on a large number of factors and when performing at an advanced level requires experience through trial and error.

The golden rule to follow is: if you honestly feel tired then take a rest. Don't carry out your workout just because your programme – a piece of paper – has it in the schedule. There are many influencing factors placing stress on our



bodies and it's important to be flexible with your training routine.

THRIVE with Phil take home recovery tips:

- Intensity and volume are the key factors in deciding how much rest is necessary... the higher the intensity and volume of work completed the more rest required
- Beginner/baseline guidelines: wait 24 hours before training the same muscle group, energy system or movement if performed an maximal intensity
- Try to train with quality in mind: don't train too many days consecutively
- Good nutrition and quality sleep will maximise recovery rates
- Make sure you plan inter-mesocycle breaks of around a week long. Try to monitor your 'recovery curve' through performance indicators; i.e. strength gains/plateau, joint discomfort, fatigue, resting heart, etc



Final Words

What is the best programme for you?

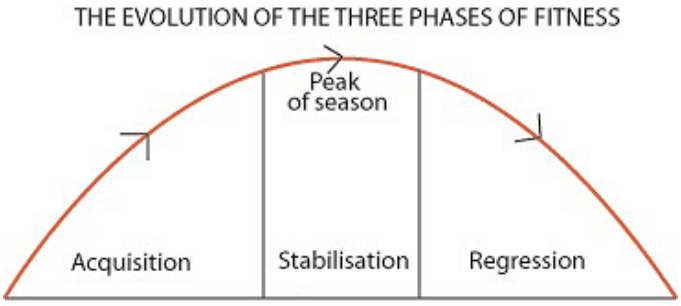
The fact is that everyone is unique... this is why this report has not included specific examples of programmes or exercises. That needs to be developed with your specific neuromuscular and physiological characteristics in mind.

My Train Smarter report has given you the principles of ideal programme design, so you can maximise your training journey. The report also gives you the information and knowledge to be able to actively review your plan, if working with a fitness professional.

To create an excellent routine to achieve optimal health and function select exercise bases on the guidelines of Mark Sisson's Primal Blueprint, periodise training cycles to maximise progression and incorporate adequate recovery into your plan.

Understand that health and fitness is a journey not a destination. You can develop, maintain and lose physical condition. The three phases of fitness are illustrated in diagram 6.

Diagram 6: Three phases of fitness



Once the individual has achieved their goal or off-season arrives they take a break and their fitness, strength, muscle size regresses due to inactivity. However, if we consider this as a smaller cycle the athlete/trainee could decide to periodise an additional acquisition phase to obtain a further goal or peak and continue in this manner. Nonetheless, depending on the time frame training programmes must incorporate, or periodise, considerable rest periods to fully recover from intensive cycles. Therefore, possibly dipping slightly into a regressive state before commencing a new acquisition phase.

Think of these phases of fitness as a continuum. People will change between the phases constantly to develop lifelong benefits and stay injury free.

I hope this report has opened your eyes to some of the basic concepts of designing and structuring an effective health and fitness routine. Clever implementation of these principles will deliver optimum results in the quickest possible time with the least risk of injury.

Train smarter... your body will thank you for it!

Resources

Here are links to a few resources that I believe will help you become more informed about quality training and nutrition to help you feel amazing & achieve your health goals:

New Age Nutrition:
>>> a must read for how to Fuel Your Fat Loss & Health
The ebook that will open your eye's to whats really important to lose weight, improve energy and feel great... don't miss out - click the link above

BE-LEAN Portal

THRIVE with Phil Coaching Membership

Online Workout Programs / Coaching:
>>> click HERE for FULL list of ONLINE COACHING Programs
Affordable, properly design training programs that will make your body THRIVE... look good, have boundless energy and move well at 30, 40, 50 and beyond.

Website Blog:
>>> take me to the BLOG... click HERE!
Amazing recipes and articles on all topics health, productivity, pregnancy, workouts, nutrition, longevity, etc. Great information to help you make informed better choices and habits.



Resources

Instagram: @THRIVEwithPhil
Connect and FOLLOW Coach Phil to receive the best support, motivation, advice in real time.

YOUTUBE:
>>> click HERE to visit THRIVE with Phil channel
Informative videos to improve quality of life, optimise your brain, have boundless energy, effortlessly lose weight and all round THRIVE. Sample workouts are also available.

LinkedIN:
>>> see Coach Phil's Qualifications & Experience
Phil has had a very privileged career having met and worked beside some of the industries best trainers, managers and 'gurus'... click the link above to learn more.

HelloBacsi:
>>> click here for articles in Vietnamese language
>>> bấm vào đây để xem các bài viết bằng tiếng Việt
Coach Phil has been located in Vietnam for over 10 years. Therefore, we have translated many articles into Vietnamese. We want to help educate and make the Vietnamese people more aware of lifestyle, nutrition, activity and science to enable them to life happier more vital lives.

