



**Dempsey's Resolution Fitness
Personal Training
&
Fitness Bootcamp
Salem, AL**

Bootcamper's Fitness Handout

www.dempseysresolution.com

<http://dempseysresolutionfitness.blogspot.com>

Warmup / Active Flexibility Drill

Warmup

Short easy jog

6 Pushups

6 Deep Squats

Active Flexibility Drill

6 arm circles to the front

6 arm circles to the rear

6 chest stretch arms wide

6 sumo squat to hamstring raise

6 ea side lying quadriceps stretch with hip rotation

3 ea side lying scorpion stretch



Targeted Fat Loss Cardio Plan

Science based cardio plan that systematically moves free fatty acids into position to be burned off as fuel.

42 minute plan to be done either on off days with no other training or as part of a split routine like cardio in the morning / bootcamp workout in the evening.

You can use any type of cardio with this program
Example: run, swim, bike, walk, elliptical, stairmaster

Rate of perceived exertion: 1-10 scale. 1 being sitting on the sofa and 10 being sprinting at maximal speed

- 1. 5 minute warmup** – light easy movement to warmup the body.
- 2. 3 rounds of sprints / recovery run** consisting of a 1 minute sprint at a 9/10 exertion scale pace. Followed by 2 minutes of moving at a 6/10 exertion pace (not a sprint but not a jog). Repeat this one minute / two minute cycle for three times in a row. **Total 9 minutes. Mobilization phase**
- 3. Conduct a 5 minute slowdown** at a 3/10 exertion scale pace where you are just moving real slow catching your breath. **Transport phase.**
- 4. Conduct a 20 min run** at a 6/10 exertion scale pace. You should not be able to talk. Do not slow down or speed up. Maintain a steady pace for the entire 20 minutes. **Oxidation or burn phase.**
- 5. Conduct a 3 minute cool down jog.**

Total time: **42 minutes**

Tabata Protocol

Developed by Dr. Tabata from Japan. This interval protocol burns calories using the EPOC principle. This is a simple total body fat burning program that will burn fat and tone muscle while increasing your overall health and fitness levels.

This calorie burn can last for up to 12-36 hours after the workout provided that you exert maximal effort and give 110%

Any exercises can be used –it is optimal to use exercises that are total body, compound, multi-joint and dynamic in nature

Format

20 Minutes Total Time

4 rounds of 5 minutes (4 minutes exercise / 1 minute rest)

Interval / rest ratio

20 seconds work / 10 seconds rest (20/10)

Do all 8 exercises back to back using the 20/10 interval

One round of 8 exercises takes 4 minutes

Then take a one minute rest

Repeat 3 more times

Example Round 1

Exercise 1: Burpee w/ pushup 20 Seconds

10 second rest

Exercise 2: Mountain climber 20 Seconds

10 second rest

Exercise 3: Run in place 20 Seconds

10 second rest

Exercise 4: Jumping Jack 20 Seconds

10 second rest

Exercise 5: Burpee w/ pushup 20 Seconds

10 second rest

Exercise 6: Mountain climber 20 Seconds

10 second rest

Exercise 7: Run in place 20 Seconds

10 second rest

Exercise 8: Jumping Jack 20 Seconds

10 second rest

My Standard Tabata Drill Exercises



Burpee with pushup



Version A

Mountain Climber

Version B



Run In Place



Jumping Jack (side straddle hop)

The Six Pillars of Nutrition

1. Eat 5 or 6 times a day – If you are an active person, you may need more calories than the average person. You also can't eat on the same schedule as an average person. IN order to build muscle and strength and keep your metabolism functioning optimally, you are going to need to consume a substantial amount of calories. To do this effectively, the traditional three square meals a day won't cut it. Instead, you will need to eat twice as often (5 or 6 times a day), consuming nutrient – rich meals every 2 to 3 hours. By eating this way, you will be constantly feeding your body the nutrients it needs to recover from workouts, build muscle, control blood sugar, and optimize performance. The larger you are, the more calories you need, the more meals you will need to consume. Adjusting the number of meals you consume in relation to the total number of calories you consume will allow you to continue eating reasonable portion sizes without overloading your body with too calories at once.

2. Limit your Consumption of Sugars and Processed Foods – IF YOU COULD ONLY IMPLEMENT ONE CHANGE IN YOUR NUTRITIONAL PLAN, IT SHOULD BE TO LIMIT/ELIMINATE YOUR CONSUMPTION OF SUGARS AND PROCESSED FOODS. You will also ensure that you're no longer eating other calorie-dense, nutrient-poor food such as chips, white bread, high-fat processed meats, cookies and French fries (to name a few). By cutting out processed food, you will also be forced to eat fresh, healthy, nutrient rich foods such as fruits, vegetables, and lean proteins. This is a phenomenon known as dietary displacement. Not only is consuming large amounts of sugar-filled processed foods unhealthy, but also by consuming those calories you prevent yourself from consuming wholesome unprocessed foods that will allow you to reduce your body fat, increase your strength, and build muscle – not to mention greatly improve your health.

3. Eat Fruits and Vegetables throughout the day – What makes fruits and vegetables such a valuable piece of your nutritional arsenal is that they are loaded with VITAMINS, MINERALS, PHYTOCHEMICALS, AND FIBER. Also their sheer bulk allows you to maintain a high level of satiety or fullness throughout the day while controlling your blood sugar and insulin levels.

--- If you were to ask most what is the most powerful hormone in the body is for building muscle, most would answer with testosterone. In fact, the correct answer is insulin – the most powerful promoter of protein synthesis. To control insulin is to control your body composition. The best part about insulin, unlike testosterone, is that you can completely CONTROL IT THROUGH YOUR DIET.

--- Insulin is a hormone released from your pancreas in response to increases in sugar and amino acid levels in your blood. Its main job is to get sugar and amino acids out of the bloodstream and into various tissues in the body.

4. Drink more Water and cut out calorie containing beverages – **THE BEST PERFORMANCE-ENHANCING ‘DRUG’ OUT THERE.** – Studies have shown that maintaining a proper level of hydration before, during, and after exercise helps maintain performance, lower exercising heart rate, reduce heat stress, and prevents drops in strength due to dehydration. **IF YOU ARE SERIOUS ABOUT PERFORMING AT THE HIGHEST LEVEL POSSIBLE, YOU NEED TO MAKE SURE THAT YOU ARE PROPERLY HYDRATED.**

--- A good place to start is drinking a glass of water with each meal, one upon waking up, and one just before bed. Using these guidelines, you will be drinking seven to eight glasses a day easily.

Two Quick ways to ensure you are properly hydrated:

--- Have two completely clear urinations each day

--- Never allow yourself to get thirsty. If you find yourself thirsty, you are already on your way to become dehydrated.

• **DO NOT OVER HYDRATE – THIS CAN LEAD TO ELECROLYTE IMBALANCES IN YOUR BODY. THIS WILL LEAD TO A DECREASE IN PERFORMANCE, OR, WORSE YET, A TRIP TO THE HOSPITAL.**

5. Focus on Consuming Lean Proteins throughout the day. Consuming these:

--- Decreased Insulin response – Increasing your consumption will mean that you will have to displace other foods from your diet. This displacement normally comes at the expense of carbohydrates, and protein can be a beneficial replacement because it stimulates much less insulin than carbohydrates.

--- Increased thermic effect of food – When you eat food, it “costs” your body energy to break down, digest, and turn it into an energy source it can use.

This caloric cost is called the thermic effect of food (TEF). Protein has a higher TEF than either carbohydrate or fat. This added TEF will help boost your metabolism – always a good thing

--- Increased protein synthesis – IN addition to being the building blocks of muscle, certain amino acids, such as leucine, can turn on and regulate genes in your body associated with protein synthesis and muscle growth.

6. Save Starch-containing foods until after a workout or for Breakfast – Starch carbohydrates are food such as grains, potatoes, corn, or sugar. When these foods are eaten, they cause a relatively fast increase in blood sugar levels. Because these carbohydrates are easily consumed in larger quantities, they can also stimulate insulin to a greater degree than fruits and vegetables. Starchy carbohydrates are generally carbohydrates that have a high to medium glycemic index rating. The glycemic index is a number given to carbohydrates, on a scale to 1 to 100, rating them on a how quickly the sugars from carbohydrates enter the bloodstream. The faster sugars enter your system, the higher the glycemic index and the faster your blood sugar levels will go up. Keeping blood sugar levels under control and at a consistent level has been a theme throughout this chapter, but there are certain times when increases in blood sugar levels and insulin are beneficial – in the morning during your workouts are two of these times.

Calculate your calories

Maintenance calories to maintain or gain lean body mass:
bodyweight x low activity 13, moderate activity 14, high activity 15

Deficit Calories to lose fat
Maintenance calories x .80

Divide total calories (either maintenance or deficit) by 6 meals a day to
determine calories per meal

Macro-nutrient ratio

50% protein

30% fat

20% carbs

Per day and per meal

Exception to this ratio is during breakfast and post workout

During these two meals the ratio will change to

50% carbs, 30% protein, 20% fat

Note: Macronutrient ratio and total calories will need to be adjusted
as necessary based upon weight gain / loss and activity level changes.

Example: during the last 4 weeks you lost a significant amount of
bodyfat or weight (over 3% / over 3lbs) or this week you have a
special event such as an extra long run (over 4 miles).

DINNER PLATE METHOD

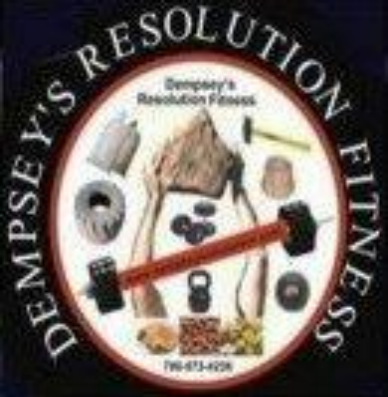
50% PROTEIN



30% GOOD FATS



20% FIBROUS CARBS



Your Daily Food Journal

Date: _____

For each meal, Include type of food, total calories and calories from fat protein and carbs. List water consumption

At the end of the daily journal summarize total calories and total calories from protein, fat and carbs. Also list total water consumed

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Meal 5: _____

Meal 6: _____

Daily totals – Calories: _____ Protein: _____ Fat: _____ Carbs: _____ Water: _____

High Quality Supplements that I recommend, run by fitness professionals with your goals in mind

pro/grade®

<http://dempseysresolution.getprograde.com>



<http://dempseysresolution.getprograde.com>