



**BG** BATTLE GROUND FITNESS

# 5 INTENSE TRAINING METHODS

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GET YOUR BEST BODY NOW

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NASM-CPT

**EBOOK**

*I'M GOING TO START WORKING OUT EVERY DAY.  
I'M GOING TO GET A GYM MEMBERSHIP AND ACTUALLY USE IT.  
I'M GOING TO GET BUFF!  
I'M GOING TO RUN AND TRAIN FOR A MARATHON.  
I'M GOING TO TRAIN FOR A FITNESS COMPETITION.  
I'M GOING TO LOSE 20 POUNDS.*

**W**e all can relate to setting goals like these. But they often lead to major disappointment and/or failure. **Why is this?**

For starters, we tend to set big, intangible goals without breaking them into manageable steps. We find ourselves overwhelmed, especially when we face the inevitable setbacks and curveballs of life, and our motivation trickles away until we simply give up.

Second, we frequently choose goals without thinking about the “why”—the purpose behind setting goals. If we blindly go about our day-to-day without understanding why we’re behaving in a certain manner, it will be almost impossible to remain consistent and carry out the necessary steps to achieve our goals.

So begin by thinking about the specific steps toward your goals and why you want to achieve them. If you’ve decided to achieve your best physique and improve your overall health and fitness level, my **top five intense training methods** will blast through plateaus, boost your metabolism, increase lean muscle mass, improve your overall self-confidence and make you healthier! Your fitness tool belt will be overflowing after reading about these intense training methods, and you’ll enter the gym equipped with everything you need to be your healthiest yet! These specific approaches have been highly researched, have shown reliable outcomes and are constantly being used by trainers all over the nation to get their clients in optimal shape.



# 1 HIIT

**H**igh-intensity interval training (HIIT) is number 1 of my top five intense training methods. It has become one of the most popular training methods over the past couple of years, and its popularity is only growing for very good reason: It's an exciting and constantly changing approach that can be used in a multitude of settings and adjusted to anyone's fitness level. Several studies show that it's **an amazing way to lose abdominal and body fat** while maintaining muscle mass, lowering cholesterol, improving blood pressure, and bolstering anaerobic and aerobic fitness. The number of calories you burn during the post-exercise period, or EPOC (excess post-exercise oxygen consumption), leads to a greater caloric burn when compared with steady-state cardiovascular training. It also is a convenient way to train: Not only can HIIT save you time, but it's also flexible enough to be modified and performed in numerous ways and environments.



## HOW DO YOU PERFORM HIIT?

It involves repeated bouts of high-intensity effort (work) followed by mixed periods of rest intervals. The work intervals usually range between 4–120 seconds at a time and are typically performed at 80 to 95 percent of a person's estimated maximal heart rate. As a personal trainer I usually encourage my clients to perform HIIT with weights to **increase the overall caloric burn and fitness effect**. Many of my clients are busy and need a routine that can multitask. HIIT does just that.

### BATTLE ROPES



If you're a newbie in the world of exercise, I'd suggest starting with a few intervals of high-intensity work with equal to longer rest periods placed in between. Choose an activity that you feel safe performing, exert yourself to the point at which you're unable to carry on a conversation, and then recover for that same length of time or even longer. Start with a handful of intervals; over the next few weeks you can increase your workload as you become more conditioned. I'd recommend a starting work-to-rest interval period of 30 seconds' work to 45 to 60 seconds' worth of rest. For example, if my client Mary was just starting out with HIIT, I'd have her perform an exercise such as body squats as fast as she could with proper form for 30 seconds, then ask her to rest for 45 to 60 seconds afterward. This would be described as a 30:45 ratio and would be repeated six to eight times for the first few weeks.

If you're more advanced, one of my favorite and most challenging work-to-rest ratios is 30:30 seconds repeated 10 to 15 times. The exercises can be accelerated as well to include plyometrics, sprints, boxing and Olympic lifting. **Tabata interval training** can be used in this advanced category too; this approach involves eight rounds of 20:10 work-to-rest ratios. Just remember to train smart; as you get into better shape, continue increasing the intensity of the intervals so you don't plateau. Elite athletes will dabble with 40:20 and 50:10 ratios to keep their fitness at an optimal point.

If you are still confused about how to perform HIIT or need a little extra motivation, **join a boot camp at your gym!** These classes use HIIT throughout the entire class with a lot of variety.

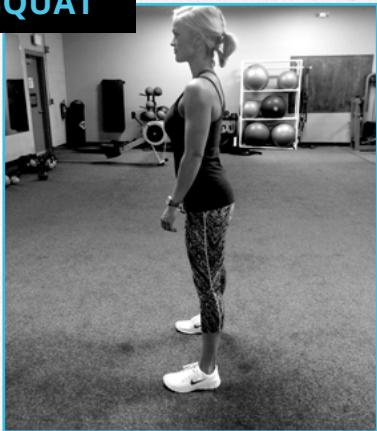


# ARE YOU READY TO START USING NUMBER 1 OF THESE FIVE INTENSE TRAINING METHODS?

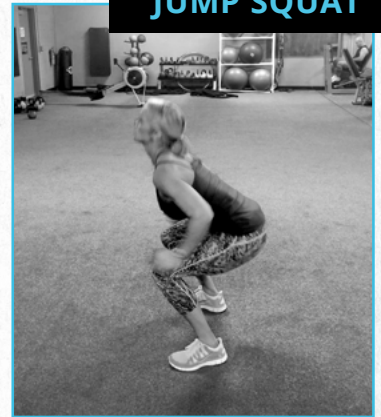
*Here is a free 35-minute HIIT workout (moderate to advanced level) to start off on the right foot (no pun intended):*

Exercise	Work time (80–95% effort)	Rest time (50–65% effort)
Warmup	5 minutes	1 minute
Air squat (5 rounds)	40 seconds	20 seconds
Tricep pushup (5 rounds)	30 seconds	30 seconds
Jump squats (5 rounds)	40 seconds	20 seconds
Pull-ups (5 rounds)	30 seconds	30 seconds
Box jumps (5 rounds)	20 seconds	40 seconds
Recover/cool down	5 minutes	

## AIRSQUAT



## TRICEP PUSHUP



## JUMP SQUAT



## PULL UPS



## BOX JUMPS







## 2 PYRAMID TRAINING

**P** pyramid training has numerous benefits. If you aren't using it in your current training regimen, then you are missing out on major physical gains. Let's get out of the usual "three sets of \_\_\_ (fill in the number)" mentality and come back to **a type of training that has withstood the test of time: pyramid training.**

One of the most commonly asked questions I receive as a trainer is "How many sets should I do?" If there was one true answer to that question I'd have no problem answering it. But we can't forget how quickly the body adapts to the same routine performed over and over. You must shock your system and keep it guessing if you really want to make some serious physical changes.

If I had to quickly summarize what pyramid training is, I'd describe it as a really safe way to warm up your muscles and joints in a progressive manner to prepare for heavier weightlifting. Another major philosophy behind pyramid training is to **stimulate the muscle with different weights and rep ranges** during a training session.

*Pyramid training has evolved into a number of approaches to stay aligned with recent scientific findings, but let's narrow our focus to just a few of the basic principles and styles so you can start utilizing this methodology as soon as possible!*

**A. A TRIANGLE PYRAMID** refers to a series of three to four sets in which you increase the weight slowly each set while decreasing the amount of reps performed.

What is brilliant about this approach is that it is a **safe way to prepare your body for battle** as you tackle heavier loads. You can use a variety of exercises and equipment such as dumbbells, barbells and machines. To maximize volume training, increase weight in the smallest increments possible and work up to a point where you're only able to complete one to two reps during your final set.

Pyramid training can be advanced as you build a solid foundation of strength. And with variations such as intermediate pyramids and advanced pyramids, you can effectively **stimulate both fast-twitch and intermediate-fast-twitch muscles**, resulting in maximum benefits. Two types of intermediate pyramids are the Inverted Method and Oxford Method; the most cutting-edge pyramid approach is referred to as the Advanced Pyramid.



**B. THE INVERTED METHOD** works opposite the triangle approach. After you've warmed up, you will start heavy when your muscles are the freshest, decrease the weight and then return to the muscular "beating" by increasing the weight again. This is a difficult method to follow and is not as popular as other methods, although it is one of **the most effective in stimulating the most muscle fibers.**

**C. THE OXFORD METHOD** is slightly different. You start heavy while your muscles are ready and capable; you will use a one-rep range for the duration of the exercise. If you were performing a leg press you would complete your first set at a specified rep range dependent on your goals. For this specific example we will use a rep range of 10. So the first set will involve 10 reps at 100 percent of your 10-rep max, meaning you will not be able to complete an 11th rep if you chose the right weight. For the remaining sets you will complete 10 reps, but you obviously will not be able to choose a weight that was as high as your first set of work. Rest periods are usually two minutes, as work intensity is higher than usual.

Pyramid training **keeps your body guessing, constantly stimulated** and capable of handling various workloads and rest periods. We sometimes enter into a zombie-like automatic mode when lifting and don't fully challenge the muscle. But if we're doing a pyramid approach we can't zone out; we have to focus intently on adjusting our weights and rep range with each set. Once you complete this type of training, you should have lifted more weight than usual and exhausted your body beyond your typical weightlifting workout. I love the safety aspect of this training methodology as well!



**D. THE ADVANCED PYRAMID** uses your immediate energy stores as you lift heavier weights with more frequent, shorter rest periods spread throughout the exercise. With these rest periods, you're able to recover in order to lift efficient or intense loads each set. This approach uses pause-sets or rest-pause training methods. For example, for your first set, you'll choose a weight with which you can complete the entire set without rest. But after completing five reps, you'll pause briefly to recharge your energy levels for five seconds, complete another partial set of five reps, recharge for five seconds and then finish your remaining five reps. This equals one set! In the second set, you'll increase your weight (to your nine-rep max) but only complete four reps before pausing. You'll rest 7 to 10 seconds, then complete the final two partial sets of four reps each with the same pattern of seven- to 10-second rest intervals. In the third set, you'll complete another three partial sets, this time choosing a weight that is even heavier (your eight-rep max) and performing three reps, followed by a 10 to 12-second rest each time. In the fourth and final set, choose your seven-rep max weight; you'll perform two reps followed by a 20-second rest. Continue this pattern of two reps per set followed by rest until you are maxed out and can't complete more than a rep at a time. Wow! **This is a high-volume, advanced method** that I'd strongly encourage you to try when you are safely prepared and ready to take on such an intense way of training.



# 3

## TRAIN LIKE AN ATHLETE

**N**umber 3 of my top five intense training methods is a personal favorite, so it's time to focus! When you picture an athlete, it's probably safe to assume that the person is sculpted, conditioned, muscular and lean. Athletes typically fit this profile partly because of amazing genetics, but mostly thanks to their intense training lifestyle. If you go to the gym every day and perform the same exercises without any variety, you'll probably never look like an athlete.

But athletes commonly use a training method known as **functional training**, or training the body in a manner that prepares it for everyday movements. When you pick up a dumbbell and perform a tricep extension, are you mimicking a movement that you do on a regular basis? I assume that your answer is "no." But if I were to ask you whether you regularly mimic a deadlift-like movement, such as picking up grocery bags from the floor, you would probably identify this as a common movement pattern.

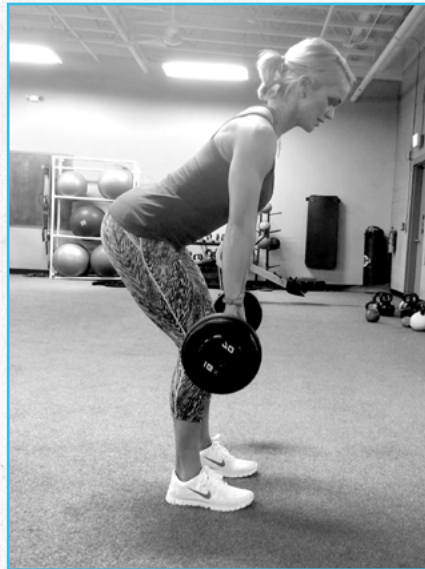
Athletes need to practice despite their God-given abilities. And when training they choose activities that fit the needs of their sport. They sometimes will spend hours a day practicing these "functional" skills, burning hundreds to thousands of calories while simultaneously working on power, speed, balance, strength and mobility. If we average gym-goers would learn something from this, we would start adding functional training to our weekly gym routine rather than mindlessly performing movements that we only do while in a gym environment. This training can be **fast-paced, exciting, multifunctional and plateau-busting!**



Some common functional training exercises include but are not limited to sprinting, tire flipping, deadlifts, sledgehammer swings and rope climbing. The **benefits of functional training are abundant**, including large increases in speed, metabolism, core strength and balance. I love the look on my clients' faces when they perform functional movements as opposed to just "repping" out basic bodybuilding moves. They feel stimulated, excited and motivated to keep working. As a trainer, I hope you find movements that are similar to this and keep you wanting to move!

One warning, however: Steady-state, classic bodybuilding methods should not be completely abandoned once you start functional training. Fitness is multifaceted; to avoid imbalances and injuries, we mustn't forget that **training should be well-rounded** and progress in a safe manner. I've seen far too many functional-type athletes skip over single-joint or unilateral movements, and I've seen bodybuilders avoid functional movement out of fear that they will lose muscular gains.

## DEAD LIFTS

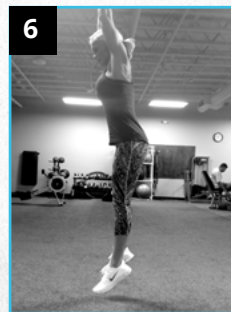


# ARE YOU READY TO TRAIN LIKE AN ATHLETE NOW?

*Here is a sample functional workout that you could try the next time you are in the gym. Please modify based on your fitness levels.*

Exercise	Sets/rounds	Reps/rest
Dynamic warmup	--	5-10 minutes
Deadlifts	4	15/rest 45 seconds between rounds
Tire flips	4	60 seconds/rest 45 seconds between rounds
KB or hammer chop	4 each side	30 seconds/rest 30 seconds between rounds
Incline sprints (15% incline)	10	15 seconds/rest 45 seconds between rounds
Burpees	10	10/rest 30 seconds between rounds

## BURPEES





## 4 RESISTANCE & INCLINE CARDIO TRAINING

Let's jump into number 4 of my favorite intense training methods. Believe it or not, there is **more than one setting on your favorite cardio machine**. I can't tell you how many times I witness gym-goers jumping on a machine without even blinking or adjusting the resistance one time throughout their entire workout. And don't even get me started on the occasional person who is on their cell phone while "exercising." I understand that there are first-timers and beginners at a gym who don't need to accelerate their cardio training. It would be unwise to push too hard, especially at the beginning of a workout program. However, if you are one of the people I just described at the beginning of this paragraph, you are simply wasting your time. There are options to adjust the incline and resistance on almost all cardio machines out there for a good reason. Don't expect to change your current fitness level by just motoring through your cardio workout without challenging your muscles and lungs. Quick and dramatic changes can be made to your physique simply by adjusting your incline and/or resistance option.



To further explain the benefits, let's look at an example: If a 30-year-old 160-pound man gets on a treadmill for a two-mile jog at a flat or 0 percent incline, he will burn roughly 240 to 250 calories. If he runs the same distance but increases his incline to 4 percent, he will burn an average of 290 to 310 calories! That is nearly a **50-calorie jump** just by increasing his incline to 4 percent. He didn't have to run any longer in the second scenario; he just had to add a small amount of incline! Hopefully this illustrates my point.

When you increase the level on a cardio machine, you are adding resistance and working your muscles in addition to training your cardiovascular system. And this equates to an **increase in caloric burn and an improved physique!**

*Here is a 20-minute sample incline treadmill workout so you can start implementing this approach ASAP! Adjust based on your current fitness level. (Moderate level)*

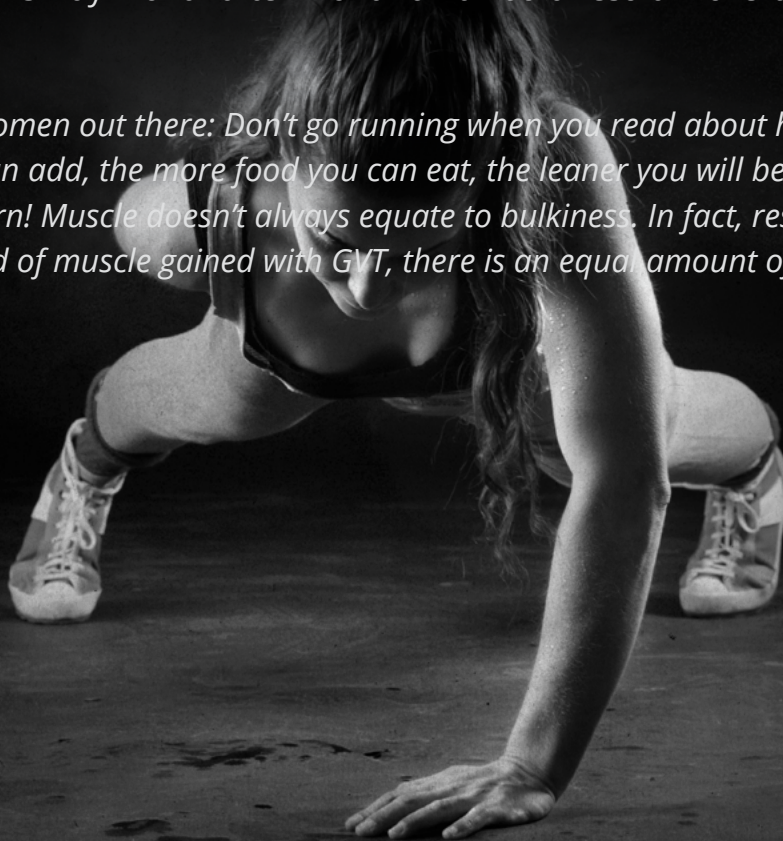
<b>Time</b>	<b>Incline</b>	<b>Speed</b>
0-5:00 minutes	0-2%	3.5-4 mph
5:00-6:00 minutes	5%	5-6 mph
6:00-7:00 minutes	2%	4 mph
7:00-9:00 minutes	10%	5-6 mph
9:00-10:00 minutes	15%	3 mph
10:00-11:00 minutes	5%	4 mph
11:00-15:00 minutes	10%	5-6 mph
15:00-16:00 minutes	2%	3.5-4 mph
16:00-20:00 minutes	15%	4-5.5 mph



# 5 GERMAN-VOLUME TRAINING

Our final intense training method is the infamous GVT method. This particular approach deserves respect and is meant to pack on lean muscle mass rather quickly if done right; most studies show GVT resulting in **five pounds of muscle gain in as little as two to four weeks**. This is not for the faint of heart, and one should have a good foundational understanding of weightlifting before they try this. I love GVT because it isn't meant to be done all year but is programmed as a way to **spike the metabolism, break through plateaus and create impressive muscle hypertrophy**. Due to its high volume you can't continue training this way month after month or it would result in overtraining and possible injury.

*(A word to all the women out there: Don't go running when you read about hypertrophy. The more muscle you can add, the more food you can eat, the leaner you will be, and the more calories you can burn! Muscle doesn't always equate to bulkiness. In fact, research has shown that for every pound of muscle gained with GVT, there is an equal amount of weight loss in fat.)*



## SO HOW DO YOU DO GVT?

Let's begin. This method focuses on high-volume training that activates specific motor units, resulting in elevated stress to the muscle fibers. **The end result is an accelerated hypertrophy and one happy, muscular body!** During a single GVT session, you'll only perform a few exercises due to the high volume required. But don't be fooled: This workout takes time and will leave you exhausted. You will perform 10 sets of 10 repetitions, with two exercises per body part. You can add supplemental work, but it should not be performed in the 10x10 fashion or it could lead to overtraining. I'd suggest cycling GVT into your gym routine for one month at a time, no more than two to three times a year. The focus should be on dumbbells and other free weights, so you can emphasize total body stabilization and recruitment.

### BACK SQUAT



*Here is a sample GVT workout for legs*

<b>Exercise</b>	<b>Sets</b>	<b>Reps/rest</b>
Back squats	10	10/rest 60-75 seconds between sets
Romanian deadlifts	10	10/rest 60-75 seconds between sets
Leg extensions	3	15/rest 60 seconds between sets
Prone HS curls	3	15/rest 60 seconds between sets

**LEG EXTENSION**



**PRONE HS CURL**



# IN CONCLUSION

**Your best body is just around the corner!** You now have the top five intense training methods I boldly believe in, train with and implement on a regular basis. You have the tools now to boost your metabolism, gain lean muscle mass, bolster your cardio training and sculpt your dream body. Make it a point to stick to your goals because you deserve it. Your body is the only one you get, and better health and fitness is completely achievable! We are cheering you on!



# SIGN UP FOR A FREE DAY PASS AT BATTLE GROUND FITNESS

Battle Ground Fitness is now making it effortless to start up a gym membership by offering a **FREE 7 DAY TRIAL PASS!** This pass allows you to come take a tour of the gym, try out any of classes and equipment, and even consult with a Certified Personal Trainer.

**GET YOUR FREE PASS!**

