

THE

METABOLIC

METHOD

Training Manual

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Science of the metabolic training method

High intensity to:

This provides plenty of frequency and volume, 2 key mechanisms behind toning up, losing fat or adding muscle to get that athletic physique. Importantly, when working multiple muscle groups in one session you will cause a series of metabolic reactions to help you drop the fat.

These include:

- Increase in Epinephrine, a potent fat burning hormone.
- Increases activation of the beta-2 cells which help your body release stored fat for fuel.
- Increase in Catecholamines, other hormones helping you burn fat.
- Double the usual calorie burn compared to most workouts.
- Increase in fat burning hormones such as Growth Hormone.
- Greater EPOC and increased metabolism for up to 24 hours after the workout.

The following 2 workout plans also use a similar high frequency and high volume approach. This hardcore approach is key for rapid transformation but **it does require** plenty of recovery, low stress and a consistent diet. If you don't pay attention to these you will become fatigued, weak, ill or over worked so it is important to optimize all aspects of recovery

Before moving onto each new regime (e.g. Week 4 & 8) I want you to have 2 days total rest along with the odd rest days listed in each workout plan. Use those 2 days to chill out, get plenty of sleep (10 hours plus) and prepare for the next cycle.

How the training plan works

Exercise Order / Pairing

1a, 1b, 2a etc. if you're not familiar with this programming it simply describes the exercise order.

Numbers = Groups or pairs

Letters = Order

These numbers are grouped, so complete one exercise after the other. **a** exercise first followed by **b** exercise.

Once all the sets are completed for these 2 exercises move on to exercises with number 2

1a	
1b	
2a	
2b	

For example, 1a and 1b would be 2 different exercises within the SAME group, meaning they are performed back to back (superset) without rest.

After you've performed the 2 exercises without rest you take the prescribed rest period listed and then repeat.

Example 1:

1a. Chest Press - 60 seconds rest - 4 sets.

2a. Bent Over Row

In this instance you would perform your first set of Chest Press, rest 60 seconds and repeat 3 more times (for 4 sets total). As listed, you would take 60 seconds rest in between each set. After you've finished all 4 sets you would THEN move onto exercise 2a.

Example 2:

1a. Chest Press - 60 seconds rest - 4 sets.

1a. Bent Over Row - 60 seconds rest - 4 sets.

In this example you would be pairing the exercises together back to back.

To do this, you would complete your first set of chest press and then go STRAIGHT into the Bent Over Row (10 - 15 seconds is acceptable in between to physically move around the gym and start the second exercise).

After you performed BOTH exercises you would take the prescribed rest period, which is 60 seconds and then repeat the pair for 3 more sets.

Tempo

Tempo describes the speed of the movement. I've listed every tempo for every exercise and they are all different for a specific movement. It's important you follow the prescribed tempo and follow them strictly (even when it burns like hell!).

I've spent the time listing different tempos for a specific reason. Please follow it as it will affect the results of your training and overall program.

Here is a breakdown of the 4 numbers:

Number 1: the eccentric or **lowering part** of the movement

Number 2: the **pause at the bottom** before you start the concentric

Number 3: the concentric or **press / pull** action

Number 4: the **period at the top** end of the rep, often 0

For example, using 3:0:1:0 for a bench press would mean you take 3 seconds to lower the bar down to your chest (this part is usually slower), 0 second pause at the chest, 1 second to press the bar away from your chest (this part is usually faster) and then 0 seconds rest at the top.

Another example for a squat would be 3:2:2:0. As you can see, there is more total time per rep (7 seconds vs 4 in the bench press), this obviously makes it harder and provides a bigger calorie burn and metabolic stress (good for fat loss).

To perform this, you would lower down for 3 seconds, then hold at the bottom while still contracting the working muscles for 2 seconds followed by a 2 second drive back up and 0 rest at the top. 90% of the time the last number will be 0. This represents the pause at the top.

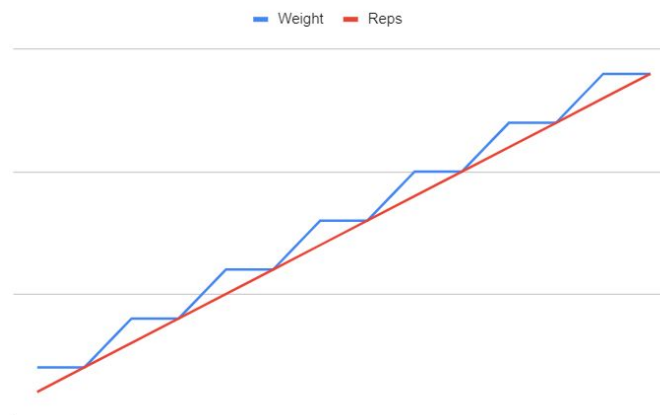
Progressing Your Workouts

Progression is a key principle in fat loss, performance and physique enhancement, your body will only adapt if you give it a continuous stimulus each and everyday or session.

To some extent, try and make each and every session 1% better than the last.

The goal is to either increase 1 rep on a particular exercise (keeping the weight the same) or increase the weight. When reps hit the higher number increase the weight 5% and drop the reps to the lower number.

While this doesn't sound like much, over the course of a few weeks it can make or break your progress and transformation.



Some muscle groups and movements will progress quickly, where as others will take weeks and months. That's just the way it is, so progress where you can and keep pushing it in the areas that are slower to progress.

The best advice I can give is to continually seek progression, each and everyday.

As a rule of thumb, if you can do more than the 5 reps listed in the program at a controlled tempo its time to increase the weight by around 5%. Although working the target muscles is equally as important, don't become fixated on weight.

As the workouts are only 4 weeks at a time, the weights probably wont jump up more than once, unless you are a beginner with less than 2 years gym experience.

Cardio

You will notice there is not a lot of cardio. This is deliberate as the new workouts should be a large increase in both volume (amount of work / reps / sets) and intensity.

These alone, combined with the diet and other strategies in this plan will provide amazing results (if you get it all right and follow it, of course).

That being said, I do recommend adding in steady state cardio if you don't notice change or start to plateau.

The best add ons I use with clients is either: 10 - 15 minutes before and after the gym session, performed at 50% max intensity. or 20 - 30 minutes low intensity performed away from the workout.

For example, if you train in the evening you can go and down a 20-30 minute cardio session in the AM, such as a fast walk or bike ride etc.

Low to moderate requires less recovery and causes less fatigue, allowing you to push harder in the main gym session which is by far the most important factor. For this plan, a moderate form of cardio is just a means to burn some extra calories and fat, we aren't trying to train for marathons.

All other machines, X Trainer (Elliptical), Walking, Bike, Rower, Stepper are great.

Supersets

A superset is performed when two exercises are performed in a row without stopping. You have the choice to superset within the same body part or you can train two different body parts. As you'll see in the training plans, we use this advance technique more than any other by far.

The traditional usage is where you use two opposing muscle groups like chest and back, or quads and hamstrings.

For example, using the chest and back example, you would do the following:

- Perform 8 reps of DB Bench Press
- Move directly to the next exercise
- Perform 12 reps of T-Bar Rows
- Rest 60 seconds and repeat

This type of superset can actually improve your performance and help you to use heavier weights for more reps

For the specific plans in this program, the use of supersets allows us to create a crazy amount of total work volume and frequency, without compromising on either of them as is the case in most other routines.

It also allows you to increase metabolism and your ability to partition all those carbohydrates and nutrients into the muscle (hence the large amount of food and carbs around the workout).

At some point we will also do a superset that targets the same muscle group, this is called a compound set.

For example:

- Perform 10 reps of shoulder presses
- Move directly to the next exercise
- Perform 10 reps of lateral raises (also a shoulder exercise)
- Rest 60 seconds and repeat

This type of superset really fatigues muscles, and sends blood rushing to the targeted muscles. As a result, a huge amount of metabolic stress is developed, and the growth process starts to occur.

Full Range Stretching – Painful Muscle

When you are on your final rep before you finish your final set, allow the weight you're lifting to put the targeted muscle on stretch and hold (time for the pain). Once you've let the muscle stretch under load for 30 seconds, then return the weight or bring the weight safely to the floor. Then strip a considerable amount of weight and perform another set to failure without rest and hold the last rep for another 30 seconds.

Don't complete this on a squat or bench type movement, but more on isolation movements. For example: dumbbell flys, lat pulldown, leg curls, incline dumbbell curls, leg extensions, calf raises, and pull ups. This technique creates a lot of metabolic stress from going to muscular failure, that damage is even amplified as the connective tissue is stretched by the pump itself.

The results speak for themselves. In a recent study, muscle thickness of the calves doubled in the group that used the stretching method, versus the non-stretch participants who held the weight stack with their feet neutral and avoided a stretch in-between sets of calf raises.

Optimizing Recovery & Cortisol

As mentioned, the hardcore set up of this program will not work if you do not optimize recovery. If your recovery is poor you'll be weak, tired, sore and fatigued. This is not ideal or enjoyable, make sure recovery plays an equal role along with training & diet.

Here are my key tips for optimizing recovery:

- Sleep 8-12 hours per night.
- Reduce stress as much as possible.
- Learn to relax/meditate
- Read a book before bed.
- Have a massage and spa day once a week.
- Hit the sauna and spa for 20 minutes after your gym session.
- Reduce or stop any activity that causes stress and is not vital in your life for the 90 days.
- Do not check emails at the weekend, have a full 2 days of.
- Only check emails once per day, don't become a slave to your work/clients.
- Tidy the house and keep everything organized, mess = stress.
- Tell your friends and family about the 90 day challenge and that you need extra support, constant nagging or negative suggestions will not help. People become jealous, don't let them wreck your goals.
- Take 500mg Phosphatidylserine post workout to reduce cortisol.
- Take relaxing sleep aids such as magnesium, ZMA, GABA, 5-HTP.

Monitoring Recovery and Learning to Rest I recommend people record their daily energy and recovery levels before every workout to assess when we may need a little break and in contrast, when we can push a little higher.

This is based on actual research, where they monitored the "Perceived Recovery Scale" (PRS) against blood markers of fatigue and muscle damage.

They found participants ratings (1 - 10) matched the changes in the blood. In other words, you can get a pretty accurate measurement of how you are doing by just rating yourself everyday.

I ask and recommend you record these everyday in the table provided and then take a weekly overview every week. That way, you can look and spot for any trends and tweak your regime BEFORE you become ill or overtrained, or, before you waste 20 days when you could have been going harder.

Here is the PRS Scale:

Now, all you need to do is simply refer to this table before every gym session. You can take a screenshot, or print it off.

Perceived Recovery Scale

10	Extremely well recovered and feel 100% fresh with amazing energy and motivation.
9	Very well recovered and feel 90% fresh with amazing energy and motivation.
8	Well recovered and have great energy / motivation.
7	Feeling good, well recovered and ready to go.
6	Extremely well recovered and feel 100% fresh with amazing energy.
5	Feel ok, not under or over recovered, just slightly tired or normal.
4	Feel somewhat tired and drained, can still workout but performance may be down.
3	Recovery is bad, tired and feel weak, can workout but won't be a good session.
2	Very tired and weak, recovery is tanked and can't train.
1	Feel ill or weak, struggle to do daily tasks, get tired doing basic activities such as walking.

Fat Loss Trouble Shooting

If your having trouble losing fat then follow this guide. The answer will be somewhere below, you may just need to take a HONEST step back and look where you are going wrong.

- Not using the set meal plans, meaning your calories and macros are not accurate.
- Using alternative brands for foods (e.g. different yogurts or cheeses) and not double checking the macro's / calories are the same as listed in the meal plans.
- Measuring portion sizes incorrectly, this happens way too often.
- Snacking or eating on the go, drinking an extra drink everyday, all of which contain calories that quickly add up and can blunt weight loss.
- Adding condiments or sugar without amending macros. For example, adding ranch or mayonnaise to foods, adding sugar to coffee/tea etc.
- Not training hard enough if your gym sessions, missing one gym session a week, leaving the gym early (missing sets), not doing recommended cardio or HIIT etc.
- Being sedentary all day, everyday, apart from the gym. Daily movements such as walking or doing house hold chores account for unto 40% of the energy / calories we burn. This is MORE than you burn in your gym session.*
- Drinking your calories. Although we've touched upon it above, if you add sugar to your drinks or drink sweetened beverages they can quickly add calories. I strongly recommend you eliminate and drinks that contain calories (apart from protein drinks). Stick to calorie/sugar free flavored water, lemon in water, tea, coffee etc.
- Not sleeping enough, which can rapidly decrease your insulin sensitivity, metabolism and fat loss.

*If you spend some days at a desk all day and your only activity is the gym then you may be stunting fat loss because your metabolism is on shutdown. Take the stairs, walk / bike to work, get a standing desk, etc. If you have a sedentary job at a desk, make sure you walk for 30 minutes per day to account for the decrease in metabolism.

If you follow these points and get everything exactly right then 99.99% of you will not have issues losing weight. If you do, chances are you are getting an aspect of the program wrong, usually the diet.

The 0.001% of people that have a hard time even when following the guide are probably not reading this anyway, as it's limited to those with serious diseases or hormonal issues. If this is you, you must seek medical advice and a tailored plan from a qualified dietician.

Fat Loss Add-ons

Along with addressing all the points above, you can make some simple alterations to prompt fat loss. Remember to take it one step at a time and test for 2-4 weeks. It's all trial and error, and if weight loss is still low then simply add in another add-on and test again.

Here are some alterations / add ons to try:

- Cut your calories down by 100, simply by reducing the macros in the following manner: 10g carb, 10g protein and 2g fat.
- Add in 2x 10 minute HIIT sessions per week.
- Add in 1x 10 minute HIIT session followed by a 20-30 minute steady state session.
- Add in a 20-30 minute walk outside, everyday.
- Add in 10 minutes of low-intensity cardio before and after your weight session, every time you train.
- Add 5x5 strength work 2 times per week, in a separate session. I appreciate this is hard for people working 9-5 etc. However, it could be done at the weekend. Simply add in 5 sets of 5 reps with 150 seconds rest using compound strength moves. For example: legs = squats or deadlift, chest = bench press, back = pull up or bent over row.
- Get a bike and bike 5 miles per day, or, even better try biking to work and back.
- Add in 1 extra set to each exercise, which will increase total sets per session by around 8 - 12. This can only be used if you are used to high volume and have optimal recovery.

As you can see, there are 2 mechanistic routes for boosting the fat loss. These both come back to the laws of energy balance and calories. For fat loss, it's very simple from a mathematical perspective. Calories in must be LESS than Calories OUT (e.g. how much you burn).

Reducing ENERGY IN (calorie intake), achieved by reducing food / macro intake. Obviously we cannot keep doing this every week, so most of the points focus on increasing ENERGY OUT, by moving and exercising more. BOTH of the two will provide rapid fat loss.

Share Your Results

Once you've successfully completed the 90 Day Bikini Transformation Challenge I would love to hear how you got on! Please reach out and contact me personally at rudymawerb@gmail.com to share your photos and results! Every month I will select one winner to get \$900 worth of elite 1:1 coaching services with me! Take The Next Step If you enjoyed the program and wish to progress further you can apply for physique mentoring or elite online consulting with me. Visit www.rudymawer.com or get in contact for more info!

