7 STEP GUIDE TO TIME SAVING WORKOUTS & NUTRITION

the lemon frog fitness company

STEP 4 >>

DISCLAIMER

The information contained in this plan is provided as an educational resource. It is designed to help you build a sustainable programme to help you achieve fat loss and build strength.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information within this programme is not deemed as medical advice or prescriptive.

If you have concerns about your health please consult your doctor before starting this programme.

HOW TO TRAIN MORE EFFECTIVELY IN LESS TIME

HERE IT IS, THE STEPS YOU'VE BEEN WAITING FOR.

You are about to learn how to make your training sessions more effective and in less time, helping you save time and still get awesome results.

Firstly you need to know there's a difference between quicker workouts and rushing your workouts. I am about to give you all the tips and tricks you need to have an effective training session in a shorter time but this doesn't mean you can rush the exercises and the session.

To get the results you want you will need to allocate enough time to do your workouts in. In Step 1 we covered Parkinson's law of filling the time you give yourself but this doesn't mean you can give yourself 10 minutes to try and train. If you are serious about getting results you need to be serious about putting aside enough time to complete your workouts.

I recommend setting aside 3 x 45 minutes sessions per week, allowing for the OCCASIONAL, 30 minutes workout when there are busy periods in your life.

Here are 5 strategies you can apply to your workouts right away to start cutting down your training time.

1) **Add Supersets** The superset strategy is where you perform two exercises back to back without any rest between them. Most people will perform one exercise followed by a rest. Performing two exercises back to back cuts your rest time in half.

2) **Accessory Work During Rest Periods** Accessory work is always performed at the end of the session, these are the light exercises such as crunches, banded hip abductions and calf raises. These exercises do not tax the body as much or cause much fatigue. Start performing these exercises during your rest period as active recovery to help fit in more exercises in less time.

3) **Train Harder** Over my 7 years of being in the fitness industry I have only witnessed a small percentage of people training hard and pushing themselves outside of their comfort zone. Most people do not step foot out of theirs which hinders results and leads to longer workouts. Training harder will result in more effective workouts in less time and quicker results.

4) **Time Your Rest Periods** Set a timer during your rest periods to avoid misjudging how long you should be having and resting longer than you need to.

5) **Perform Giant Sets** This tactic is for the more experienced, giant sets are where you perform 4 exercises back to back without any rest. If you are someone who's more experienced and has mastered technique then this will help you cut your workout time right down. I only advise more experienced lifters to do this as form will go after first two exercises and effort will drastically decrease if you're a beginner. This is something you can build up to.

Resistance training is an incredible tool for reducing body fat and keeping it off. Did you know that lifting weights is the most effective way in which you can reshape and define your body? Increasing your muscle mass through lifting weights also has many other benefits, it increases your metabolism, improves insulin sensitivity, confidence, and strength.

This means you'll be able to eat more, consume your favourite carbohydrates and reduce anxiety and stress from your life. Something most people don't know is that it's much better for fat loss than cardio is.

I know all this talk about weight training is making you excited to get started but also maybe confused on where you should start.

Resistance training is a fantastic tool for all the above IF done correctly, knowing what to do and where to get started can be confusing.

How do you know if what you're doing is correct?

How do you know if you're training hard enough?

How do you know if you're doing the right exercises.

These are all questions that would probably crop up if you didn't have this guide but luckily you do and we're about to dive in to the training routines now.

How Do I Know If What I'm Doing Is Correct?

Before we dive into your routine there are a few things you need to familiarise yourself with and that is FORM, TEMPO AND RPE.

FORM - Form is the technique in which you use to perform each exercise. This is something you need to focus on in every exercise to get the best results possible. Lift too heavy and you will end up using the wrong muscles in the exercise, lift too light and you will feel pretty unstable and not quite right.

TEMPO - Is how fast or slow in which you lift the weights and can help improve the shape of your muscles and their strength. Example: Tempo - 3-0-1-0. The first number is the eccentric part (lowering) of the movement, the second number is the pause the third is the concentric part (lifting) and the fourth is the pause. If you had these numbers next to a squat you would be performing 3 seconds on the way down, 0 seconds at the bottom, 1 second on the way up and 0 seconds at the top.

RPE - Stands for Rated Perceived Exertion and is a technique used to determine how hard you're working. Using a scale of 1-10 you will self reflect how hard each exercise is and ask yourself how did that feel on a scale of 1/10. 1 = very easy 10 = physically couldn't lift any more. When performing each exercise you should be aiming for a 7-9 out of 10 on all exercises bar your warm up exercises which should be around a 4-5. If you are lower than a 7-9 then you need to increase the intensity of the exercise either by increasing the weight or the reps.

Now let's dive into your routines.

Your Training Routine (45-60 Minutes)

Gym Routine A

Exercise	Sets	Reps	Tempo	Rest
1A) DB Goblet Squats	3	15	2-1-2-1	-
1B) DB Shoulder Press	3	10-15	3-0-1-0	75 Secs
2A) DB Step Ups	3	12 (per leg)	2-1-2-1	-
2B) DB Chest Press	3	10-15	3-0-1-0	75 Secs
3A) Rope Extensions	3	15	3-0-1-1	-
3B) Cable Wood Chop	3	10 (per side)	2-1-2-1	75 Secs

Gym Routine B

Exercise	Sets	Reps	Tempo	Rest
1A) BB Hip Thrust	3	15	2-1-2-1	-
1B) DB Incline Rows	3	10-15	2-0-1-2	75 Secs
1A) Seated Leg Curls	3	15	3-0-1-0	-
2B) V-Bar Lat Pulldown	3	10-15	3-0-1-0	75 Secs
3A) Facepulls	3	15	2-0-2-1	-
3B) Cable Kick Backs	3	15 (per side)	2-1-2-1	75 Secs

Your Training Routine (30 Minutes)

Gym Routine A

Exercise	Sets	Reps	Tempo	Rest
1A) DB Goblet Squats	3	15	2-1-2-1	-
1B) DB Shoulder Press	3	10-15	3-0-1-0	-
1C) Incline Rows	3	10-15	2-1-2-1	75 Secs
2A)) DB RDL	3	8-12	3-0-1-0	-
2B) DB Incline Press	3	10-15	3-0-1-1	-
2C) Rear Delt Fly	3	15	2-1-2-1	75 Secs

Gym Routine B

Exercise	Sets	Reps	Tempo	Rest
1A) BB RDL	3	15	2-1-2-1	-
1B) BB Row	3	10-15	2-0-1-2	-
1C) Press Ups	3	AMRAP	3-0-1-0	75 Secs
2A) Goblet Squats	3	20	3-0-1-0	-
2B) Lat Pulldown	3	10-15	2-0-2-1	-
2C) Tricep Extensions	3	15	2-1-2-1	75 Secs

Your Training Routine (45-60 Minutes)

Home Routine A

Exercise	Sets	Reps	Tempo	Rest
1A) Split Squats	3	15	2-1-2-1	-
1B) Press Ups	3	10-15	3-0-1-0	75 Secs
2A) Squats	3	20	2-1-2-1	-
2B) Single Arm Row	3	8-12	2-0-2-0	75 Secs
3A) Tricep Dips	3	15	3-0-1-1	-
3B) Shoulder Taps	3	15 (per side)	2-1-2-1	75 Secs

Home Routine B

Exercise	Sets	Reps	Tempo	Rest
1A) Single Leg Glute Bridge	3	15 (per side)	2-1-2-1	-
1B) DB Shoulder Press	3	8-12	2-0-1-2	75 Secs
2A) Single Leg RDL	3	15 (per side)	3-0-1-0	-
2B) Bent Over DB Row	4	8-12	3-0-1-0	75 Secs
3A) Towel Lat Pulldown	3	15	2-0-2-1	-
3B) Plank	3	60 secs	2-1-2-1	60 Secs

Your Training Routine (45-60 Minutes)

Home Routine A

Exercise	Sets	Reps	Tempo	Rest
1A) Split Squats	3	15	2-1-2-1	-
1B) Press Ups	3	10-15	3-0-1-0	-
1C) Single Arm Row	3	10-15	2-0-2-0	75 Secs
2A) Double 1/4 Rep Hip Thrust	3	20	2-0-2-0	-
2B)) Tricep Dips	3	15	3-0-1-1	-
2C) Shoulder Taps	3	15 (per side)	2-1-2-1	75 Secs

Home Routine B

Exercise	Sets	Reps	Tempo	Rest
1A) 1/4 SL Elevated Glute Bridge	3	15 (per side)	2-1-2-1	-
1B) Shoulder Press	3	8-12	2-0-1-2	-
1C) Single Leg RDL	3	15 (per side)	3-0-1-0	75 Secs
2A) Squat Press	3	15	3-0-1-0	-
2B) Towel Lat Pulldown	3	15	2-0-2-1	-
2C) Plank	3	60 secs	2-1-2-1	75 Secs

Training Notes

The exercises will be supersets, this means that you will perform A) and B) (maybe C) back to back with no rest between. Once you have completed the B/C) exercise you will rest and then perform them both again.

***Reps* - Are the amount of repetitions you will perform the exercise for.**

***Sets* - Are the amount of times you will repeat the exercise and supersets.**

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