

John Biondi

Resume for:

Personal Fitness Trainer

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Resume

John Biondi

Address: 1795 Lake Shore Road, Grafton WI, 53024

Email: biondi-fitness@outlook.com

Cell Phone: 262-397-7290

CAREER OBJECTIVE: To acquire and spread the knowledge of the fitness lifestyle to as many people as possible, while also providing the encouragement to participate too.

SUMMARY OF SKILLS

- Friendly customer service skills
- Honest, neat and organized
- Good interpersonal skills/team player
- Enjoy labor intensive work
- Decent physical strength
- Driven to learn from others
- Driven to teach

CERTIFICATIONS

- Certified by Red Cross in Adult and Pediatric FA/CPR/AED
- Certified by ACE as a Personal Trainer

EDUCATION

- Milwaukee Area Technical College (30 credits): 8/2014-5/2017
- University of Wisconsin Milwaukee, Kinesiology: 9/2017 – 12/20/2020
- Relevant Courses: Intro to Kinesiology, Sociology, Psychology, Fitness and Nutrition, Anatomy and Physiology, Exercise Physiology, Ethics and Values, Obesity and Weight Management.

RELEVANT WORK EXPERIENCE

Strength and Conditioning Intern at UWM 4/2018-6/2018

- One on One Coaching
- Small Group Coaching
- Cleaning and Organizing Strength and Conditioning Gym and Equipment

Lead Personal Trainer at UWM (became lead trainer sometime in March of 2019) 12/18/2018-12/20/2020

- One on One Training
- Conducting fitness/health assessments
- Teaching clients independent fitness
- Cleaning and organizing personal trainer room
- Programming client's workouts
- Organizing client schedules along with my own
- Keeping manager updated on my client's progress or situations
- Adjusting to on-the-spot changes during workouts
- Creating new hiring process for potential new trainers
- Creating new training process for potential trainers

- Training the new potential personal trainers

Personal Trainer at GymGuyz Milwaukee (offered head trainer position sometime in early September of 2019, declined due to education load) 6/3/19-12/21/19)

- One on One Training
- Small group training (at most, 8 people)
- Hosting group sessions for residents of apartment buildings
- Teaching clients independent fitness
- Conducting fitness/health assessments
- Cleaning, driving and organizing GymGuyz van
- Programming for my client's workouts
- Organizing client schedules along with my own
- Keeping manager updated on my client's progress or situations
- Adjusting to on-the-spot changes during workouts

OTHER WORK EXPERIENCE

Pick N Save 4/2015-6/2015 (Seasonal Position)

- Provided customer service
- Stocked shelves with new products
- Bagged groceries
- Freight Clerk

Shopko 8/2014-12/2014 (Seasonal Position)

- Provided Customer service
- Retrieved carts
- Unloaded freight trucks
- Stacked and organized freight truck in stockroom

Maintenance Lasata Care Center 6/2014-8/2014 (Workforce Development Center)

- Cut the lawn
- Spread mulch
- Weeding/removal of dead trees
- Picked up litter/trash
- Organized work areas

Little Caesars 6/2013-8/2013 (Workforce Development Center)

- Washed dishes
- Prepared dough for pizza
- Disinfected surfaces
- Cleaned kitchen

INTERESTS

- Fitness
- Helping people
- Teaching
- Education

***For more references, please ask by e-mail or cell phone, thank you.**

- **Scott Corsi** – Manager of GymGuyz Milwaukee. Phone Number: 414-581-9487



Getting people moving



American Red Cross
Training Services

Date: 2/22/2021

RE: ACE Certification Confirmation

To Whom It May Concern:

Please accept this letter as verification that John Biondi residing in GRAFTON, WI holds a current Personal Trainer Certification from the American Council on Exercise.

John's certification, number T224549, is valid through 8/31/2022.

Like all ACE Certified Professionals, John is required to complete 20 hours of continuing education and possess a current CPR/AED certification throughout the 2-year renewal period. He or she is also guided by standards set forth in the ACE Code of Ethics.

For your convenience, ACE Certifications may also be verified through our online Find an ACE Certified Pro search engine at ACEfitness.org/FindanACEpro. You may also utilize the U.S. Registry of Exercise Professionals at USreps.org to verify credentials for exercise professionals certified by ACE and several of our partners in the industry.

Since 2003, ACE certifications have held accreditation by the National Commission for Certifying Agencies (NCCA), a standard recommended by the International Health, Racquet and Sportsclub Association (IHRSA) and the Medical Fitness Association (MFA). For more information about the NCCA, please visit CredentialingExcellence.org.

If you have any further questions, please feel free to give us a call at (800) 825-3636, ext. 782.

Yours in health,

Scott Goudeseune
President and CEO

Certificate of Completion

John Biondi

has successfully completed requirements for

Adult and Pediatric First Aid/CPR/AED

Date Completed: 5/27/2021

Validity Period: 2 - Years

Conducted by: Single Source Health & Safety - My CPR Pros



To verify certificate, scan code or visit redcross.org/digitalcertificate and enter ID.

Learn and be inspired at LifesavingAwards.org



00L912B

Name: Blond, John Drake Riley
Campus ID: 991-20-6861

UW - MILWAUKEE UNDERGRADUATE
ACADEMIC RECORD/CREDIT EVALUATION

Requested By: JDBIONDI

20-FEB-2021
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Spring 2018				UWM Credit - Undergraduate				Spring 2020				UWM Credit - Undergraduate								
PHYS/CS	120	General Physics I (Non-Calc)	GERN 4.00	C	8.00	BUS ADM	230	Intro to Info Technology Mngmt	3.00	A	12.00	BUS ADM	230	Intro to Info Technology Mngmt	3.00	A	12.00			
GEOG	110	The World: Peoples and Regions	GERN 3.00	C+	6.99	KIN	566	Changing Phys Activity/Eating	3.00	R	D	3.00	R	D	3.00	3.00				
KIN	230	Hth Aspects-Exercise/Nutrition	GERN 3.00	B	9.00	KIN	574	Obesity and Weight Management	3.00	B	9.00	BUS ADM	201	Intro to Financial Accounting	4.00	B	12.00			
NUTR	235	Intro Nutrition for Hth Prof	3.00	B	9.00	BUS ADM	330	Organizations	3.00	A	12.00	BUS ADM	330	Organizations	3.00	A	12.00			
KIN	270	Stats in Hth Prof: Thry/Pract	3.00	R	B-	8.01	Term GPA:	3.000	GPA Credit:	16.00	Progress Credit:	16.00	41.00	Cum GPA:	2.675	Cum Totals:	76.00	Cum Totals(Degree):	130.00	203.35
Term GPA:	2.563	GPA Credit:	16.00	Progress Credit:	16.00	41.00	Cum GPA:	2.727	Cum Totals:	22.00	Cum Totals(Degree):	76.00	59.99	Term GPA:	3.000	GPA Credit:	16.00	Progress Credit:	16.00	48.00
Cum GPA:	2.727	Cum Totals:	22.00	Cum Totals(Degree):	76.00	59.99	Cum GPA:	2.675	Cum Totals:	76.00	Cum Totals(Degree):	130.00	203.35	Cum GPA:	2.675	Cum Totals:	76.00	Cum Totals(Degree):	130.00	203.35

2018-05-24 No Action

2020-05-21 No Action

Fall 2018				UWM Credit - Undergraduate				Fall 2020				UWM Credit - Undergraduate								
PSYCH	205	Personality	GERN 3.00	B-	8.01	BUS ADM	350	Principles of Finance	3.00	B	9.00	BUS ADM	350	Principles of Finance	3.00	B	9.00			
KIN	351	Social Aspd-Health/Hum Movem	GERN 3.00	B	9.00	ITALIAN	103	First Semester Italian	4.00	C+	9.32	ITALIAN	103	First Semester Italian	4.00	C+	9.32			
KIN	400	Ethics/Values Hth/Fitness Profn	3.00	A-	11.01	SPT&REC	293	Marital Arts	1.00	#	A	4.00	SPT&REC	293	Marital Arts	1.00	#	A	4.00	
KIN	350	Psych Aspects Sport & Exercise	GERN 3.00	C	6.00	Course Topic(s):	Brazilian Jiu-Jitsu II					BUS ADM	360	Principles of Marketing	3.00	B	9.00			
NUTR	110	Intro to Food Principles & Prep	3.00	B-	9.01	BUS ADM	370	Intro- Supply Chain Management	3.00	C+	6.99	BUS ADM	370	Intro- Supply Chain Management	3.00	C+	6.99			
Term GPA:	2.802	GPA Credit:	15.00	Progress Credit:	15.00	42.03	SPT&REC	293	Marital Arts	1.00	R	A	4.00	Course Topic(s):	Brazilian Jiu-Jitsu II					
Cum GPA:	2.757	Cum Totals:	37.00	Cum Totals(Degree):	91.00	102.02	Term GPA:	2.736	GPA Credit:	14.00	Progress Credit:	14.00	39.31	Cum GPA:	2.685	Cum Totals:	90.00	Cum Totals(Degree):	144.00	241.66

2019-01-02 No Action

2021-01-04 No Action

Spring 2019				UWM Credit - Undergraduate				Bachelor of Science												
KIN	300	Professional Preparation Seminar	1.00	B+	3.33	Date Conferred	2020-12-23	College of Health Sciences												
KIN	361	Principles of Motor Learning	3.00	C+	6.99	Kinesiology														
KIN	320	Biomechanics	3.00	C+	6.99	Exercise Science														
KIN	566	Changing Phys Activity/Eating	3.00	#	F16	0.00	General Business Minor													
THERREC	202	Disability: Society & Person	GERN 3.00	C	6.00	Degree GPA	2.685													
Term GPA:	2.331	GPA Credit:	10.00	Progress Credit:	10.00	23.31														
Cum GPA:	2.667	Cum Totals:	47.00	Cum Totals(Degree):	101.00	125.33														

2019-05-23 No Action

Fall 2019				UWM Credit - Undergraduate				Summary Undergraduate												
KIN	360	Motor Developmnt Across Lifespan	3.00	B-	8.01	ADV STG CREDITS	54.000													
ECON	103	Principles of Microeconomics	GERN 3.00	B	9.00	CUM GPA CREDITS	90.000													
ECON	104	Principles of Macroeconomics	GERN 3.00	C-	5.01	CUM DEGREE CREDITS	144.000													
KIN	330	Exercise Physiology	4.00	C	8.00	CUM GRADE POINTS	241.660													
Term GPA:	2.309	GPA Credit:	13.00	Progress Credit:	13.00	30.02	UNDERGRAD GPA	2.685												
Cum GPA:	2.589	Cum Totals:	60.00	Cum Totals(Degree):	114.00	155.35														

2019-12-30 No Action

Name: Blond, John Drake Riley
Campus ID: 991-20-6861

UW - MILWAUKEE UNDERGRADUATE
ACADEMIC RECORD/CREDIT EVALUATION

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---Test Results---

ACT	COMP	2013-04-01	15.00
ACT	ENGL	2013-04-01	13.00
ACT	MATH	2013-04-01	14.00
ACT	READ	2013-04-01	15.00
ACT	SCIRE	2013-04-01	18.00
ACT	COMP	2013-10-01	15.00
ACT	ENGL	2013-10-01	15.00
ACT	MATH	2013-10-01	14.00
ACT	READ	2013-10-01	13.00
ACT	SCIRE	2013-10-01	17.00

---USRC Milestones---
3 units of a single foreign language

---Student Exceptions---
06-JUL-2017
Allow SPT&REC X (PHYED 248) for SPT&REC 100-level requirement.
01-DEC-2020

---Course Substitutions---
SUBSTITUTE CHEM 101 FOR CHEM 100

Blond, John Drake Riley
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Grafton WI 53024-9553
262/397-7290
JDBIONDI@UWM.EDU

THIS IS NOT AN OFFICIAL UNIVERSITY TRANSCRIPT

IF COURSES IN PROGRESS INCLUDE ANY REPEAT OF PREVIOUS COURSEWORK, STATED
GPA MAY NOT BE ACCURATE

---End Of File---

Sample Full Body Workout (the client has normal physical function and no injuries, ideally done twice a week)

**Also, I would not be describing the form this way to the participants obviously. My instruction would be much simpler and if given consent to, using a kinesthetic approach if useful.*

Warm – Up

1. Walking Quad Stretch (the stretch should only last for about one or two seconds, walking down and back or 5 for each leg)
2. Walking Figure Four (the stretch should only last for about one or two seconds, walking down and back or 5 for each leg)
3. Side Shuffle (down and back twice, perform down and back at least twice)
4. T – Spine Rotation (5 for each side, emphasizing the twisting of our torso)
5. Shoulder Lateral External Rotation (5 for each side, keep elbow at side, reps are slow with enough range of motion)
6. Shoulder Dislocation (arms straight, perform 5 full reps)
7. Rear Deltoid Pull Apart (arms straight out, elbows up, pull resistance band apart, squeezing upper back/rear deltoids, perform 5 slow reps)
8. *Repeat this warm-up at half the volume.*

Workout (*super set: a set of a single exercise, then without a break, a set of a different exercise and then break.*)

1. Front Squat 3 sets/10-14 reps (slow on the way down, chest up, knees out, heels on the floor, inhale going down, exhale going up, 10 reps)

Superset With

RDL 3 sets/10-14 reps (shoulders back, weight close to thighs, inhale going down, push hips back allowing torso to tip forward, heels on the floor, exhale going up, keep back straight)

2. Bent Over Row 3 sets/10-12 reps (shoulders back, weight close to thighs, push hips back, allowing torso to tip forward, elbows close to side, drive the elbows behind back, squeezing back muscles, slow going down, inhale going down, exhale driving up)

Superset With

Shoulder Press 3 sets/10-12 reps (standing, keeping back straight by flexing abs/glutes, arms bent at 90, press straight up keeping shoulders down, slowly return arms to 90, inhale going down, exhale going up)

Superset With

W Raise 3 sets/10-14 reps (push hips back, allowing torso to tip forward, elbows close to sides, raise hands to squeeze back muscles, slowly lower, inhale going down, exhale going up)

3. Isolated Wood Chop 3 sets/30 seconds (take an athletic stance, shoulders level, arms straight with elbows locked, hold position for 30 seconds, both sides, deep breaths)

Superset With

Leg Raises 3 sets/30 seconds (back on floor, hands on floor stabilizing us, raise legs, then lower while preventing feet from touching the floor throughout the exercise, exhale going up, inhale going down)

Superset With

Plank 3 sets/25 seconds (on elbows, squeezing abs, back straight, deep breaths, hold for as long as possible/at least 25 seconds – if short on time, this would be the exercise to drop)

Superset With

Step Ups 3 sets/1 minute (step height is not too low and not too high, moderate pace, deep breaths)

(optional exercises)

1. Calf Raises 6 sets/15-20 reps (pushing through our mid-foot without using our legs, squeezing on the top, slowly lower on the way down, inhale going down, exhale going up) tip: calves can handle a lot, therefore doing many sets frequently throughout the week is actually very beneficial.
2. Bicep Curls 3 sets/10-12 reps (standing tall, elbows at side, curl weight up, slowly bring the weight back down, exhale curling up, inhale lowering the weight down)
3. Tricep Pushdown 3 sets/10-12 reps (standing tall, push hips back slightly, elbows at side, push weight down, slowly bring the weight back up, exhale pushing down, inhale raising up)
4. {If not tricep pushdown} Single Arm Overhead Extension 3 sets/10-12 reps (standing tall, arm above head, raise weight up, slowly lower the weight feeling the tricep stretch, exhale raising up, inhale lowering the weight down)
5. Farmer's Carry – Drop Set 3 sets (standing tall, carrying weight from one side of a decided path to the other, start with slightly heavy weight, then put back once they are too difficult to hold onto, immediately pick up a lighter weight {30 lbs. then 20 lbs.} and repeat, rest once this is accomplished)

Tips on Workout: Put your form first, do your best to go up in the amount of weight or difficulty you use, stay hydrated and eat a balanced meal afterwards (after the stretching). If you can't keep up during the workout, maybe include more rest between sets, fewer sets, use a variation of the exercise that is easier or simply decrease the weight. It's also a good idea to try to switch up the workouts every few weeks or so by changing the exercise variation or even using a whole other exercise (example: front squat to walking lunge or bent over row to cable row) to simply introduce a different stimulus to the body, but also to be aware of any imbalances you may have. If you can't, don't worry about it too much. You will still make progress as long as you continue to progress the workouts themselves. If you'd like to change it up a little and I didn't send you another program that does this for you to use, let me know and I'll get you one.

Stretch (15 second hold)

1. Wrists: hands supinated, palm against wall with fingers pointing down to floor, gradually raise hands higher up wall to increase stretch.
2. Triceps: at a doorway, raise elbow above head, the hand goes behind own arm's shoulder, leaning into doorway with elbow placed on doorway edge, hold and then switch.
3. Sleeper: lying on side, lying side's arm in front of body, arm is at 90-degree bend, opposite hand gently presses wrist down to floor without allowing the lying side's arm elbow to lower down floor closer to body, hold and then switch.
4. Hip Flexors: one knee on floor, one foot placed with a 90-degree knee bend on floor in front of opposite knee, drop hips down and forward, chest up, hands can be on planted foot's knee for posture support and balance, hold then switch.
5. Hamstring: sitting on floor with one leg straight out in front of body and the other leg mimicking the butterfly position, to enhance stretch, lean forward on top of knee, hold and switch.
6. Calves: standing and closely facing wall, place sole of foot against bottom of wall, lower foot down until heel touches floor, hold and the switch foot.
7. Chest: against a wall, right arm reaches back behind body, inside portion of the arm presses against wall, turn torso away from wall, options are to fold arm to 90 degrees and/or raise arm as well, hold then switch side.
8. Lats: right arm reaches overhead, over the left shoulder, grab onto sturdy object, hold then repeat on other side.
9. Traps: left arm behind back, move chin towards right shoulder, hold, then switch for other side.

10. Quads: one hand on wall while standing, right foot comes up behind right glute, either right or left hand reaches back to pull foot into this position, hold, then opposite leg.

Tips on stretches: If you can't remember what these stretches are, if you google one of the words listed and then put the word "stretch" after it, you will be reminded right away. Example: Sleeper stretch.

Don't stretch until it hurts, do your best to maintain proper posture (flexing abs/glutes), breath, don't bounce your stretch, these are static stretches and it is always best to do these at the end of your workout.

Sample Full Body Workout for the Elderly (assuming the client needs assistance while walking)

Warm-Up

**Also, I would not be describing the form this way to the participants obviously. My instruction would be much simpler.*

1. Standing with chair or wall at hand, hamstring/knee work – both hands on wall/chair and standing, raising one foot up to glute, keeping thigh back slightly, slowly lower foot down keeping thigh in same position, repeat for nine additional reps, alternate. 20 total reps.
2. Seated, slow torso rotations – using chair for assistance, turn to one side, then with little to no assistance, hold the twisted position for 20 seconds, then slowly return to neutral position, pause, and perform on other side.
3. Seated, no weight in hand, shoulder presses – flexing abs, straight back, arms in front of body, shoulders down and back, raise hands above head and shoulders, slowly return. 20 reps.
4. Seated, bringing arms across, driving arms back – arms straight, bringing them across and in front of body, slowly bring straight arms that are perpendicular to body, behind back as much as possible, hold for 5 seconds squeezing back, slowly bring arms across the front of body and hold for 5 seconds. 8-10 reps. *Ideally if they could, standing a step away from wall, one hand on wall with hips hinged, raising arm out to be perpendicular to their body laterally, hold top position, no torso rotation, slowly lower arm to beginning position, repeat 9 additional times, alternate, for a total of 20 reps.*
5. Seated, neck rotations, side to sides – simply and slowly bend neck at their own comfortable range to the side, ear to shoulder, hold in this position for 5 seconds, 2 times each second, slowly turn head to be looking behind themselves, hold for 5 seconds, 2 times each side.
6. *Repeat this warm-up at half the volume.*

Workout - 3 sets for each exercise, not about intensity as much as it would be about technique and completion, if a rep range or time is too difficult/easy to maintain in the first set, this will be adjusted for the participant and noted for next workout.

1. Standing with chair or wall at hand, hamstring squeezes – standing with both hands on either wall or chair, raise right foot behind glute, keep thigh positioned back, hold for 30-45 seconds, repeat on other side.
 - a. Alt. Seated hamstring slides – with sliders on the floor for each person, one heel on the slider, pushing heel into the slider constantly, slide heel until heel is underneath knee, repeat on other side – 8-15 reps each leg.
2. Sit stands – seated in a chair, possibly facing a wall just in case, focusing on the technique of keeping the knees either straight out or slightly out, torso lean, chest up, if necessary, using hands for assistance, pushing through the heels to a stance, then controlling the technique to be done similarly, but in reverse. 8-15 reps.
3. Seated, resistance band row – seated with band around sturdy object, squeezing handles tight, bringing shoulders back and down, drive elbows behind body, keeping forearm parallel to floor and shoulders back, slowly return. If technique cannot be properly maintained, same form is used, but the elbow drive stops at the ribcage, arms stay bent at 90 degrees, the hands are driven out and back maintaining the elbow position close to the ribs. 10-15 reps.
4. Seated, shoulder presses with light weights (2-5 lbs) - maintain a straight back by flexing the stomach, shoulders down and back, elbows in front or slightly off to the front side of the shoulders, hands above the elbows, pressing straight up with hands ending above the person's own head and shoulders, keeping the shoulders down the entire time, slowly return. 10-15 reps.
5. Seated leg lifts – holding onto underneath of seat for stability, move hips towards edge of seat, upper back against back of chair (prefer to keep upper back off the chair, which may even be hard enough), raise feet off the floor either with straight legs or bent legs, slowly return. 10-15 reps.

Stretch (can be done seated or standing with assistance) - *stretches are to be held for 15-30 seconds each side*

1. Chest stretches against a wall – right arm reaches back behind body, inside portion of the arm lightly presses against wall, if possible, turn torso away from wall, options are to fold arm to 90 degrees and/or raise arm as well.
2. Overhead lat stretch against a wall – right arm reaches overhead, over the left shoulder and uses the wall for guidance, holding the stretch, repeat on other side.
3. Trap stretches – holding onto the underneath of the seat, pull shoulders back and down, move chin towards one shoulder, hold, then the other.
4. *If possible, standing with assistance, quad stretch – one hand on the chair or wall while standing, right foot comes up behind right glute, either right or left hand reaches back to pull into position, hold, then opposite leg.

Title: Workout Information By: John Biondi

The most important muscles to train

The purpose of making sure these muscles at least maintain their strength will provide our bodies with mobility, posture, a decrease in injury risk, an increase in aging quality, an increase in muscle activation and a decrease in common casual pains such as back or shoulder pain that everybody gets every now and then. Plus, these muscles will help prevent habits like rolling our shoulders forward from becoming a huge issue. I've included some exercises and information about the muscles as well. If any of this is hard to understand, possibly a simple google search by copying the word(s) will do the trick, but of course, you can just email me.

- *This is a link to a section of a site called [bodybuilding.com](https://www.bodybuilding.com). In this link will be a great way to search out a lot of different exercises based on what muscles you want to train, what kind of equipment is being used and they will each be graded on their effectiveness from voters along with descriptions and a video of how to do each exercise.*

<https://www.bodybuilding.com/exercises/finder>

- **Lower traps:** Underhand cable row, underhand lat (latissimus dorsi) pulldown, w raises, one arm dumbbell row. Elbows will be closer to our sides throughout the exercise and bringing them as far back as we can to use our back as much as possible. Also, putting ourselves in position to perform a lat pulldown rep, before we pull the bar down, we can simply focus on doing reps of us pulling our shoulders down. Holding the bar with our arms straight, just letting our shoulders come up and then pulling our shoulders down. This is very good at strengthening the muscles responsible for helping us get our shoulders in this position.
- **Middle traps:** Same as lower trap, but overhand grip can emphasize middle more. Such as lat pulldown with an overhand grip and overhand cable row. Rear deltoid flies with elbows as far behind your back as possible can train these muscles as well. Like you're trying to get your elbows to touch behind your back.
- **Abductors:** Bands around knees, abductor machine, band around knees during squats. Mainly just pushing our knees out. Nothing crazy. Training these muscles will also use gluteus medius as well which is a muscle above the gluteus maximus.
- **Rear deltoids:** Rear deltoid flies, w raises and many back exercises use these muscles, but the idea is to isolate them as well using exercises like these. Plus, Is, Ys and Ts will be good for our shoulder mobility and activation of our muscles. The Ts will be the motion that utilize our rear deltoids the most and even middle traps as well.
- **Rhomboids:** Face pulls, rear deltoid flies, w raises, Is, Ys, Ts, are great for rhomboids and rear deltoids as well. The other thing with rhomboids is that they are right next to our middle traps. So, when training them with more compound movements, the rhomboids are active as well.
- **Glutes:** Deep range of motion on compound exercises (like squats and lunges). Hip thrusts, RDLs, using the roman chair is also a great way to use our glutes and hamstrings together as well.
- **Hamstrings:** Similar to what I wrote for glutes. The best way to train our hamstrings though, is to train them with our glutes. So, it's best to not do hamstring

isolating machines, but to do exercises like hip thrusts and full range of motion squats instead. Or using a roman chair without us hyperextending our spines (arching our backs) and squeezing our glutes at the top with a stretch in our hamstrings going down.

- **Core**

- **Lower back:** The roman chair can also be used to train our lower backs by us thinking about using our lower backs instead of us focusing on our hamstrings and glutes. If this sounds difficult to do, using our mind muscle connection, I promise, it just takes some practice. Our lower backs are trained very effectively by the lower back having to stabilize our spines while doing a standing bent over row, squats and even RDLs. Even yoga is good for the lower back as well.

- **Obliques:** Isolated horizontal wood chops (they also don't have to be only horizontal), full motion horizontal wood chops, twisting sit ups are a few examples. Twisting sit ups are regular sit ups, but we bring our left elbow to the outside of our right knee and vice versa. Remember, the twisting motion and training at an angle is going to be the way to go when it comes to training our obliques.

- **Serratus anterior:** The purpose of this muscle is actually to pull our scapula into our ribcage. This muscle is going to be trained similarly as our obliques are, but the most effective way to train them is going to be the push-up plus. The push-up plus is us in a push-up position, then pushing our shoulders forward, protracting our scapulae, then contracting our scapulae by bringing our shoulders together. The serratus is becoming active when we are pushing our shoulders forward.

- **Upper abdominals:** The cable crunch, crunches on their own, weighted crunches, crunches with legs on a chair. The idea here is to be isolating our upper abs because our middle abs are often trained more than our upper abs. This is because we go past a certain point with our range of motion that then engages more middle ab. This why sit ups are different than crunches.

- **Middle abdominals:** These muscles absolutely can still be engaged with exercises that emphasize upper abs because they are going to be trained consistently throughout any ab exercise. Such as planks and sit ups. As you may have guessed, these exercises are pretty much training the abdominals in general, not necessarily isolating a particular area.

- **Lower abdominals:** Leg raise on the floor, using a captain's chair or hanging from a pull up bar. The idea here is that we don't just raise our legs, but we curl our hips up. Like with the leg raises on the floor, we brought our hips off the ground. Another exercise you can do is mountain climbers. The best way to go about doing this exercise is to keep our hips in the flexed position throughout the exercise and then getting our knees to practically go past our collar bones. You can also do it in a way where we are in the push up position, bring our hips in flexing our abs and then bringing our knees, one at a time to the opposite elbow. By the way, you don't have to necessarily train the abs by area like this to get them to be fit/strong, this is just to provide detail and in case you might want to know.

Every other muscle

- **Upper Pec:** When emphasizing the upper pec, we will be pushing or doing flies a little higher than horizontal. Typically using an incline bench. This can also be done on a machine or with cables, resistance bands and even dumbbells. If doing more

isolation, easier than pressing, flies are a great option. Dumbbell flies on an incline bench, cable flies with the cable or resistance band lower than where our hands will be at the end of the rep. Either during a press or a fly, we have our shoulders positioned, keeping them there the best we can to not have our shoulders go up and/or forwards, bringing our arms back with elbows out from our side to get a stretch, not too far to prevent shoulder strain, then squeezing our pecs throughout the press or fly. Compound exercises are going to be push-ups, bench press (these can be done in other variations just like with the flies also), then the flies are going to be isolation.

- **Lower Pec:** It is the same as for the upper pec, but this time we would have the cable be higher up and we won't be using an incline bench, but a decline bench. We will be pressing or doing flies with our arms going below horizontal. You don't have to train pecs like this by training certain areas either. You can just do basic exercises where you press forward instead of at a certain angle, the same with flies.

- **Latissimus Dorsi (lat):** Lat pulldowns, rows and pullovers. It's kind of a short list with some of these muscles because of the amount of variations there are for just one exercise like rows for example. You can do these with cables, resistance bands, dumbbells, barbells, standing, seated and kneeling. The same rules still apply, even when doing different variations or at different angles. We keep our shoulders down and back, keeping our abs tight, pulling our elbows behind us squeezing our back muscles.

- **Quadriceps:** These can actually be trained pretty simply through just regular leg training. Lunges, squats, leg press, but then also step ups and Bulgarian split squats. Again, all different types of variations with rules still applying to them all with us staying tight in our abs, putting our shoulders in a good position, keeping our knees out, going down slowly, pressing through our heels up and keeping our chins down.

- **Calves:** The key here is getting a lot of sets (let's say at least 6) with at least 10 reps per set, since these are endurance muscles, and getting a full range of motion. Elevating the front half of our feet to keep our heels from touching the surface. This can be done on a machine or simply an object on the floor. This is to allow us to stretch the calves as we lower the heel and then be flexing our calves all the way and flexing them at the top. This can be done with bodyweight or using a form of resistance like a machine or holding a dumbbell with the opposite hand.

- **Biceps:** Curls with dumbbells, cables, resistance bands, barbells and even machines. What is important to know here is that the grip we take is going to emphasize how we are training our biceps as well. A pronated grip emphasizes forearm and long head activation, neutral grip is similar to pronated, but less forearm activation, then supinated which emphasizes short head development. Doing our curls with our arms going across and in front of our bodies will emphasize the long head. Our arms being curled the regular way will train the bicep overall and then our arms curling away from our bodies will emphasize our short head. Keeping our hands from curling in will flex our forearms more, decreasing our bicep activation.

- **Triceps:** Locking out our elbows is key to squeezing our triceps. The two angles to be used are us pressing above our heads and then us pushing the resistance down or at least away from us. Examples of these motions are

overhead tricep extensions and rope pushdowns. Of course, there are so many variations like kickbacks, other attachments and pieces of equipment to use.

- **Forearms:** Wrist curls for flexors and extensors. Short range of motion is going to have us be using higher rep ranges. These muscles can also be trained by doing farmer's carries which are not just us standing there holding the weights, but also us walking a path making it harder to stabilize the muscles.
- **Upper traps:** Very short range of motion. Therefore, high reps and making sure we are squeezing at the top with shrugs. Shrugs can be done in many different ways as you can imagine, although it's important for us to keep our shoulders moving up and behind our ears. Upper traps are very often used daily and in many exercises. This can be said for all of the muscles on the body, but if these become overpowered, this can create issues of scapula instability.
- **Deltoid** (anterior and lateral): Shoulder press, lateral raises. Presses can be done with barbells, dumbbells, bands, and cables, seated and standing or even machines. The same for lateral raises except for barbells. It's important that these muscles are strong, but not like the rear deltoids. It's not like we have to be very cautious when training them with the idea of them becoming overpowered, because if we are training our rear deltoids and other posture muscles, this worry can be reduced. Anterior deltoid raises are unnecessary because the shoulder press is what is training this muscle already. Remember, when pressing up while standing, we need to keep our abs tight to protect our backs.

Compound vs isolation

- **Compound** is using much more complex movements that involve more muscles. What really makes it a complex movement is the form. Examples for compound would be exercises like bench press, shoulder press, lat pulldowns, pull ups, rows, squats, leg press, lunges and push-ups. These exercises allow us to develop the most strength.
- **Isolation** is using practically just one muscle at a time. Therefore, bicep curls, tricep pushdowns, calf raises, crunches, leg raises, chest flies, rear deltoid flies, wrist curls are going to be much more simpler in form. The benefit of isolation is being able to target a very specific area of our body to make sure it is being trained efficiently.

Form for upper body

- From info about Lats: Keeping our shoulders down and back, keeping our abs tight, pulling our elbows behind us squeezing our back muscles.

Form for lower body

- From info about Quadriceps: Staying tight in our abs, putting our shoulders in a good position, keeping our knees out, going down slowly, pressing through our heels up and keeping our chins down.

Mobility and warm up for upper/lower body

- The purpose for doing mobility work and warming ourselves up is preparation physically and even mentally. It allows our body to loosen up, create more blood flow, get in the groove of performing basic movements, wake ourselves up, even pump up our muscles a little bit and prepare our joints to be moved, stretched, and have pressure put on them from any sort of resistance that we're using. It's also to be viewed as the transition from us walking into the gym to us putting ourselves

through physically challenging exercise. When warming up for training, it's not a waste of time to warm up the entire body. So it's not a dumb idea to warm up the legs if we are doing only upper body exercises. It's just that you might not necessarily have to and if you're trying to save some time, it won't kill you, that's for sure. The difference between mobility and a warm up is that mobility is almost like active stretching while a warm up is us getting simply warmed up through light activity. An example of a mobility exercise is the shoulder dislocation. Awful name, which is why I refer to them as "pull throughs", but a great exercise. An example of a warm up could actually be us just going for a walk on a treadmill or very light weight rows. In case it needs to be clarified, the upper body muscles are from the waist up and the lower body is from the waist down.

- **Upper body:** T-spine rotations, shoulder dislocations (pull throughs), external rotation for shoulders, Is Ys and Ts, resistance band pull aparts (for rear deltoids) and then doing the first exercise of the workout with a light weight and with control as well.
- **Lower body:** When we are preparing our lower body, we will be using warm-up/mobility exercises for the upper body because the upper body is still being used quite a bit during a lower body workout. Our shoulders and backs are put under tension during squats for example. So, we will do T-spine rotations, shoulder dislocations (pull throughs) and external rotation for shoulders. We will then move onto doing 5 knee hugs per leg and the same with the ankle to shoulder exercise. Then in a squat position, we will be pushing our elbows into our knees to push our hips open, after that we will do 10 controlled bodyweight squats. After all this, we then pyramid up with our first compound exercise to the weight that we will want to use.

Rep ranges

- Keep in mind with this list that you don't just grab a weight and simply move it 12 times (reps) to grow your muscles. When you hit failure (when you no longer can move the weight with good form) on rep 9 during a set, that's the amount of times that you can move that weight. Although, you might have certain points in your training when you go by feel instead of # of reps. Like myself for example, when I'm doing bicep curls, the purpose of that exercise for me is to stretch and squeeze my biceps rather than get a pump in my arms. So clearly, I'm not training for the amount of weight I can move and how many times I can move it for; I'm going by feel. If I grab 20-pound dumbbells for my curls and I get 10 reps (which is for muscle building), but I don't feel that I had the ability to get that specific pumping feeling that I wanted, I will lower the weight to 15 pounds and emphasize the form of the exercise, stretching and squeezing my biceps to get the pump. There's also the fact that an exercise's range of motion is something to keep in mind as well. A pull up is a much farther distance travelled than a calf raise. Six reps on a squat is not like the six reps for a shrug exercise. Therefore, we have to increase the rep ranges for these short range of motion exercises for muscle growth for a lot of people. Some people have great muscle growth by just doing some push-ups, others by throwing stones, but most by organizing their training as such. With the endurance aspect of training, usually people are runners, but also want to strengthen their legs. The way to get better at running is to run more, but weight training will always benefit us by

creating more durability in our bones, decreasing our risk of injuring something, and the obvious, decreasing muscle fatigue.

- Below is a list of rep ranges and what each emphasize.
- 1-6 Strength (I recommend avoiding 1-3 rep range due to the risk involved)
- 8-12 Hypertrophy (Muscle size increase)
- 14+ Endurance

Rest

- When we train, we breakdown our muscles, then to increase performance, we then allow the muscles to regrow and even adapt to the stress put on them previously. This is done by stretching, myofascial release, nutrition, sleep, non-active and even active rest. Too little rest is typically a muscle being trained again in less than 48 hours and too much is typically more than 96 hours. It's pretty difficult to say how much rest is too much, but it's always a good idea to train as often as possible with the 48-hour rule in place. If we are still very sore after 96 hours to the point it feels like we trained these muscles yesterday, our training is possibly excessive. We might find that we are doing too many exercises, too many sets, not warming up properly and/or not cooling down properly. The point is to challenge ourselves, but not hurt ourselves. It is always better to train smart than to train hard. Typically, our rest times between sets is going to be shorter the more reps we get. The higher rep ranges are usually going to affect our endurance and to increase our endurance is to utilize lower rest times as well (<1 minute). The lower rep ranges will be affecting our strength; therefore, we will need more rest (90 seconds>). Lastly there is general fitness or even muscle building centered training which won't need that much rest, but could use a little also (45-90 seconds). Obviously, if you feel you need more rest, take your time, but let's not become lazy or time wasters either.

- *Between Sets:*
- 1-6 Strength = 90 seconds>
- 8-12 Hypertrophy = 45-90 seconds
- 14+ Endurance = <1 minute
- Between Workout Sessions: 48-96 hours.

Volume (how much training/how many sets)

- When we are training, we want to do our best to balance out the amount of volume we do for all the muscles in our body. At least to not have the muscles anterior to our body (like pecs and quads) getting more work than our posterior muscles (like lower traps and glutes). This will prevent imbalances in strength which will then help prevent poor posture and inefficient training. The more experienced we become with training, often times leads to more volume necessary to cause change in our bodies. If we are doing 4 sets of 6 exercises in a workout and feel over trained, then maybe we should decrease the total amount of sets done from 24 to 18 and see how we feel then.

How to program

- **Frequency:** When we are making a training program for ourselves, we want to first start with how many times a week we know we will work out. This is the starting point because if we are very busy, then we clearly can't be efficient with a 6 workouts per week plan. Ideally, we would train each muscle at least twice a week. So, when we decide how many days per week we would like to have including a

workout, then now we are making the program more custom with our lives and it then also determines which splits to use and which ones to avoid for more efficient training.

- **Splits:** Splits are the customization of which muscles to be training on a certain day. An example of this would be after we decided to train 4 times a week, we then decide to do an upper body day and then a lower body day. This can be spread out in a way that ensures the next time you train a certain muscle, it would have gotten at least 48 hours of rest beforehand. So, this split could be set up like this: Saturday, Upper body. Sunday, Lower body. Tuesday, Upper body. Thursday, Lower body. The days off can be utilized for cardio as well if you would like, but if on the same day of training, preferably after lifting weights.

- **Exercise selection:** After we now know what muscles each day will consist of, we will then choose which exercises to do. Ideally, we would have at least one compound movement for each area we are targeting. Like having a row for our backs and a squat for our legs. We are also keeping in mind which muscles require more isolation such as our rhomboids or rear deltoids for example.

- **Volume:** So, with our exercise selection finished, we have a pretty good look at what our workouts are going to be like. What we have to figure out now is how volume we will be doing during the workouts. Volume is mainly another word for how many sets we are doing that day in total. If we are doing a total of 18 sets, but we feel we could actually do more, then we should. So, we would increase the amount of sets and see if we feel over-trained or just right. We should feel fatigued, but not like we could barely finish the workout. When we diversify our sets, we would be matching how many sets we do with the muscles on the front of our body with the muscles on the back of our body, or matching the amount of sets dealt with our pushing muscles with our pulling muscles. If we can't for some reason, let's at least try to have the amount of sets leaning more towards our posterior/pulling muscles.

- **Rest/Recovery:** This consists of the breaks we take between sets, days off between workouts and the action we are taking to help our bodies heal and at least maintain their function. This could be consisting of icing, stretching and myofascial release along with our sleep and balanced nutrition. There may also be a time for us to take a de-load week as well. This is where we have become so taxed physically and possibly even emotionally that we do no physical activity for an entire week. We wouldn't be doing this very often obviously, but it's important to know that this is something that can be done if we ever feel we have gotten to this point.

- **Progress:** Progress happens when we have been pushing ourselves, doing what needs to be done and then our body adapts to it. The way to know if this is happening is by tracking what weight you lift and how many times, what your arms measured up to be in the morning, how long you used to be able to run vs now and so on. If you hit failure with a weight at rep 9, then several weeks later you hit failure with the same weight with the same exercise, but on rep 12, that's showing you've gotten stronger. I strongly recommend everyone tracks anything they are trying to progress on by at least writing down their progress every week. If just going by memory, I promise, that's not very effective.

- **Plateaus in programing:** When we have challenged our bodies and then provided them what they need to recover, they will eventually adapt to get better and our bodies are going to then need a new challenge. Once the previous challenge stops producing results, this is what is referred to as a plateau. When we are doing a training program, it's a good idea to change it at least a little bit every two weeks (this timeframe is a general guideline). This is to prevent plateaus from occurring and hindering our results. It's a good idea to, every two weeks, do something at least like this: go from barbell to dumbbell, or cable to barbell, or dumbbell to bodyweight, or decline to flat, or swap out the exercise all together. For example: go from cable rows to dumbbell rows, or going from leg press to front squat.

Different grips

- From arm curls all the way to squats, there are different ways to use our hands during a set. Sometimes it's just a simple preference, sometimes it can be injury prevention. During a bench press for example, there is something called suicide grip that has the person not wrapping their thumbs around the bar. This can make it easier for someone to drop the barbell onto themselves, but some people do it because they can feel their chest being used more during the exercise. Obviously, we should be doing everything we can to prevent any accident while training, so stay away from this one. A certain grip can also be used to emphasize something like in our biceps for example. If using a pronated grip, we will be using far more forearm than before during a bicep curl. If we are doing a curl and our wrists hurt while supinating the dumbbell, we can try placing our hands in a different location on the handle of the dumbbell instead of just always being in the middle.

Equipment

- **Examples of equipment:** Lifting belt, wrist straps, wrist wraps, elbow wraps, elbow braces, knee wraps and knee braces.
- The purpose of equipment when training is to assist our lifting and also help prevent injury, but the idea is to not have to need equipment in order to lift weights or for any other type of training. If we do need some sort of equipment, our training would ideally be also getting ourselves to the point where we don't need the equipment anymore. This is a very general statement because if we are just training to be healthy and fit and our equipment is being used because we prefer to train with it than without it. If we are athletes preparing for a competition, clearly, this is now a different situation. For example, if you have weakness in your grip strength and you are a competitive rower, you should not be masking this deficiency with equipment if you want to get the best results. Now if you are someone like me and you are not training to be a competitive athlete, but to just be strong, healthy and look a certain way, then this grip strength deficiency may not really be an issue at all. Even if I didn't have noticeable weakness in my grip, I may still want to use equipment that takes my grip out of my exercises (wrist straps) because that's just what I like to do.

Drop sets, super sets, pyramid sets, isometrics

- **Drop Sets:** Starting with the weight that we would do for a normal set, go to failure and then immediately take a lighter weight and go to failure again. This can be as many or as few times as you'd like. It's also referred to as "running the rack". The purpose of doing this is just to add more intensity and/or volume to our

workouts. Also, this is very beneficial if we are doing an exercise for hypertrophy (8-12 reps).

- **Super Sets:** Doing two exercises back-to-back. Usually, we do a set of a single exercise and then we take a break until we do the next set. A super set is when we do a set of a single exercise and then without a break, do a set of a different exercise and then we take our break. This will increase intensity to challenge ourselves more, but is also useful to decrease the amount of time we need to do our workout for the day. There are also multiple benefits to training opposing muscles together (biceps superset with triceps, lats superset with chest). One of those benefits is our ability to make sure we are balancing out the amount of work done to one side of our bodies to the other. This can also be utilized when we have several low intensity isolation exercises because we can just do them all together. Like taking exercises that train the upper, lower and the sides of our abdominals together into a circuit.
- **Pyramid Sets:** These are pretty much drop sets, but in reverse, not going to failure and feeling free to take at least a short break. I use this method for warming up to our working weight. This is us warming up starting with bodyweight, then adding a very light amount of weight and then gradually increasing the amount used without going to failure until we get to our working weight. I do not recommend this: starting with a light amount of weight going to failure and gradually going up in weight to add volume and intensity. This can lead to poor form with heavy weight while fatigued. I do recommend using it for warming up.
- **Isometrics:** This is not dealing with reps, but with time because we are not moving. Examples for this would be wall sits and planks. These are beneficial for many reasons, but absolutely are when we are training to be in a certain position for a period of time. For example: wall sits for snowboarding or hanging from a pull up bar for climbing.

Going to failure, when to end a set

- This might be obvious, but it's very important to know this, especially when training alone. First, if something hurts, stop. If it is muscle fatigue, that is completely different and something you should try to push through. Although, if it feels like joint pain, something is about to pop, tear or anything like that, stop. Getting one or even three more reps is not worth risking an injury. "No pain no gain" is referring to you becoming fatigued and needing to challenge yourself in order for your body to need to improve, but it's *not* about you being in pain to the point you hurt yourself.

When to breathe during the positive and negative reps

- To know what part of a rep is positive or negative is helpful, but it is almost necessary when knowing when to breathe. We will inhale during the negative of the rep (also known as the eccentric) and we will then exhale during the positive of the rep (concentric). The positive of a rep is going to be the hardest part of the rep. It's going to be when we push the barbell off of our chest during a bench press, when we lift a weight during a bicep curl, when we stand up for a squat and even when we pull whatever resistance towards us when we do a rowing exercise. The negative of the rep is when we are doing the opposite. During a squat, we are lowering ourselves, during a lat pulldown, we are letting the bar raise back up, and during a shoulder press, we are letting the weight come back down. This part of the rep is our

opportunity to prepare for the hardest part of the next rep by taking a deep breath in and then pushing it out as we push ourselves. Breathing is pretty important to keep ourselves alive, so it's probably going to be important to do it while we train properly.

Stretches and Myofascial Release

- After we have done our workout, we will use myofascial release to restore motion and reduce tightness. Throughout the workout, the muscles have been tightening/contracting; myofascial release loosens the muscles and simply releases them as well. After we use myofascial release, we then stretch and bring length back to these muscles as well. To prevent muscles becoming overly active and/or tight to the point it affects our posture and/or mobility, stretching and myofascial release will do the trick. Hanging from a pull up bar will also be good for decompressing the spine and letting our entire upper body stretch. By the way, for stretches and myofascial release, a lot of it can be google searched for information and variety. If you need to find a stretch for hamstrings, googling "hamstring stretches" will give you so much to view. Another thing to remember, stretching and/or myofascial release should be done after workouts, but can also be done at other times in addition.

- List of upper body areas to be stretching:
- Chest (moving arm above shoulder to emphasize upper pec).
- Wrist/Forearm/Bicep (kneel on floor, push wrists into floor with fingers pointed towards us.
- Lats
- Upper traps
- Rotator cuffs (sleeper stretch, on our side with arm straight out bent at 90 degrees, then rolling onto it, gently pushing our wrists towards the floor).
- Triceps
- Lower body:
- Kneeling hip flexor stretch (making sure we are curling our pelvis up, can be done by flexing abs)
- Quadriceps
- Hamstrings
- Glutes