



Maximizing Oxygen and Lean Muscle - Exercise

MaxT3:

- Time
- Type
- Tempo

Goals

- ✓ Fastest time to go from 0 to max output
- ✓ Highest max output
- ✓ Time you can stay at max output
- ✓ Perform each movement with perfect form and staying tight (flexing) throughout entire movement
- ✓ Goal is not to be able to finish third set of 30 seconds

Exercise Sources:

<https://www.maxt3.com/>

Mercola.com – High Intensity Interval Training

Many times exercise starts with – How can I fit it into my schedule. Even if you just plug a 5 – 30 min walk in 3 X per week you will be off to a great start.

Time intervals:

20sec – 30sec – 40sec (MAXIMUM EFFORT)

Options:

- ✓ Can do all sets with no rest, then rest 1 minute between sets or at end of circuit.
- ✓ I usually do 30 seconds on followed by 30 seconds off. Same exercise. 3 sets
- ✓ Can also superset 2 exercises together

Starter home routine:

- ✓ One set of (10) for each exercise. Can take (30) seconds between each if you want
- ✓ Work way up to (25) for each exercise. Set.
- ✓ Finally 3 sets (30) seconds for each exercise with (30) seconds rest between.
 - Run in place
 - Push ups (can use knees, steps, or wall if need to)
 - Air squat

Home Routines:

1) 20 seconds on, 20 seconds rest X 3

- Step at home while doing Dbell curl / press (or jog in place and Dbell curl/press)
- Or
- Squat with dBell curl/press

2) 20 seconds per exercise, 10 seconds between each exercise, 1 minute rest at end of each cycle X3

Rotate between all together

- Push ups
- Sit ups
- Dbell curl

3) 30 second burst, 30 second rest X3

Rotate between all together

- Dbell Overhead press
- Jump
- Sit up

4) 60 second burst, 60 second rest X 3

Rotate between all together

- Jump rope
- Lunges (across room, in place, or on to a step) or single leg on chair
- Hip lateral raises (switch legs at 30 seconds) alternate outer first set then inner

Additional notes

Burst training at gym:

1) 30 second burst, rest 30 seconds X 3 (3 sets)

Rotate between (2) exercises together

Do all three sets with these two exercises before starting next group

- Bench press
- Skull crusher (French press)
 - Take a 1 minute rest to switch set up
 - 30 seconds on, rest 30 seconds X 3 (3 sets)
 - Rotate between next (2) exercises together
- Incline Dbell
- Pushdowns
 - Total exercise time = 6 min (12 minutes with rest)

2) 30 second burst, rest 30 seconds X 3 (3 sets)

Rotate between (2) exercises together

Do all three sets with these two exercises before starting next group

- Lat Pulldown
- Straight bar curl
 - Take a 1 minute rest to switch set up
 - 30 seconds on, rest 30 seconds X 3 (3 sets)
 - Rotate between next (2) exercises together
- Squat
- Sprint steps (at home) / can replace with jog in place with Dbell curl/press
 - Total exercise time = 6 min (12 minutes with rest)

3) 30 seconds on, rest 30 seconds X 3 (total body workout)

Rotate between (2) exercises together

Do all three sets with these two exercises before starting next group

- Bench press
- Lat Pulldown
 - Take a 1 minute rest to switch set up
 - 30 seconds on, rest 30 seconds X 3 (3 sets)
 - Rotate between next (2) exercises together
- Triceps (skull crusher)
- Straight bar curl
 - Take a 1 minute rest to switch set up
- Squat – 30 seconds, 30 seconds rest X 3
 - Total exercise time = 7 ½ min (14 ½ minutes with rest)

Cardio – can do 30 second burst with any outdoor exercise over a long period of time

Same rules apply as home. Can use 20 second intervals up to 50 sec (Olympic Athlete) etc...

Can use any exercise routine you currently use.

Burpees are always a great exercise.

HOTEL:

30 sec on and 30 sec off

- Push ups
- Air squat
- Chair Curl (find right balance first)
- Pull up (under desk – hold in center of table)
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Other Hotel workout:

- ✓ Light weight do 100 reps. With 5 burpees on the minute
- ✓ Can also do 100 reps with 5 burpees every time put weight down or stop
- ✓ Sometimes I will do set of 50, then 40, then 30 with 30 second rest between sets

More routines

Chest / tri day

1) Bench
incline dbell

Push downs / or overhead tri / or
skull crusher (french press)

Can either do them alternating or individual. Recently I have been starting off with 3 sets of bench where I work up to a weight I can do 3 - 5 times then start the burst individual on bench.

2)

Skull crushers (individual)

Bench

Incline / or pec deck

reverse grip single arm cable extension (no rest between switching arms)

3)

Incline

Chair push ups (together)

Skull crusher / any other tricep exercise (individual)

take a plate do 30 sec. as a skull crusher - right into 30 seconds as a diamond grip press (like a close grip with your hands around the hole of the plate and press from chest) - then take a 30 rest.

Back and Bi day:

1)

Straight curl - individual

Lat pull down - individual

Single arm inside the leg curl 30 sec one arm, no rest, 30 seconds other arm, 30 sec. rest right into single arm lat pull

single arm lat pull (can use cable or dbell) 30 sec one arm, no rest, 30 seconds other arm, 30 sec. rest right back to single arm curl

2)

straight bar together with preacher (also try hang over preacher - ask me)

Low cable row with chin ups low on a squat rack (ask me)

Leg stuff:

1)

Squat individual

Chair step up - individual (30 seconds each leg then take break or can do all three sets with no break) - I'll show you technique.

2)

Hack squat alternate with leg press. on the hack squat - feet together, knees together and bottom out (quads) on the leg press - feet wide using hams and glutes.

3)

Don't forget about sprints - I do 10 40 yard dashes. the time it takes to run the through the finish line and get set on the finish line is the only rest.

