

General Instructions and Notes of Caution for Whole Body Training

1. Warm up and cool down are critically important - **do not skip these steps!**
2. For those with orthopedic, cardio vascular, pulmonary or metabolic limitations, you must consult a qualified and competent certified personal trainer for initial **modifications** and **progressions** over time.
3. Always train at **YOUR** own pace. The point is to keep working at a high rate and pace, but you must rest when needed. Over time, you will feel your body adapting to the pace.
4. If at any time you feel dizzy or faint - **stop exercising and sit down!** Ask for assistance if needed.
5. Although total time to completion is a goal and future indicator of gains in fitness, strict form and focus when doing each repetition is more important. **Injuries occur with sloppy form.** At the point you realize the next rep may not be in good form – stop the set immediately and move on to the next exercise.
6. High intensity work **requires adequate blood sugar.** Be sure and consume carbs and some protein within at least 2 hours before this workout. This is very individualistic and you should experiment with the timing of this ingestion of calories. You will also find that adequate blood sugar is a function of **exercise time** (how long you work out in that session) and **exercise intensity.**
7. Reps can be done in any number, in a row, at any time. Move on to the next exercise when needed. Initially, try to use loads you can lift for at least 8 reps, but no more than 12 reps.
8. Move between exercises as you see fit. All programs have suggestions for which exercises are to be done and what order to do them in, but you may find an order that works better for you.
9. Hint: When performing “block training” like **The 1000....**Do the first 5 exercises as one block and complete, then do the last 5 as one block to completion.

Progressions for The 1000

1. Beginners start with 10 reps of each exercise, **The 100**, rotating through each block of 5 exercises until completed before moving on to the next block. Work these exercises as best you can until you can do 25 reps in a row. It's ok if you can't do 25 reps of each one, keep working on the ones you are not as strong in until you can.
2. When you can complete **The 300** in less than 20 minutes, move on to **The 500**. Work on it until you can complete in 30 minutes.
3. As you progress with **The 500**, work up to loads you can complete fully 25 reps at a time. Work your weaker exercises during other workouts during the week.
4. When you can complete **The 500** in around 20 minutes, move on to **The 1000**. As you progress with **The 1000**, if you can do more than 25 reps with any load, increase the load.
5. When you can complete **The 1000**, with loads you can do no more than 25 reps at a time....you are a very, very fit individual! Congratulations!!