

LFF 20/20

Weight Training

INTRODUCTION

The **LFF 20/20** program is based on the principle that focused and high intensity training produces the best results in the least amount of time. Time and time again I have seen people literally wasting hours in the gym each week primarily because they have no idea what they are doing. INTENSE WEIGHT TRAINING IS FAR MORE EFFECTIVE FOR FAT LOSS THAN CARDIO! We invest in higher education to earn more money, fancier cars, bigger homes and other possessions to prove how successful we are but most are not willing to invest a dime in the most important thing their lives; their health. You have only one body! When it wears out everything else will quickly cease to be important.

HIGH INTENSITY WEIGHT TRAINING

The **LFF 20/20** Weight Training is based on the fact that most people can only with endure 20 minutes of intense weight training. Performing high reps with little to no weight does absolutely nothing for your muscles! You can wave you arm all day long, but you will not change its shape. Consistency and effort will produce the best results; to do this you must train with high intensity. Intensity training requires using heavy weight; weight with which you can only perform 8 to 12 repetitions for a maximum of three sets. Because all muscles perform in a variety of directions, different exercises stimulate different angles of the muscles. Therefore, we need three different exercises for each major muscle group and two exercises for smaller muscle groups.

Women, in particular, need to understand they must push muscles for growth. Muscle growth takes place slowly; it is only possible to gain 2 pounds of muscle a year naturally (without the use of anabolic steroids), so your fears of becoming overly muscular are silly. Speaking of muscle gain, I have heard trainers tell clients who have gained weight while training under their instruction that the 10 pound gain must be muscle...this is ridiculous and says that trainer knows nothing about training!

LFF 20/20 WEIGHT TRAINING PROGRAMS

The workout programs included are simple and effective. No BOSU balance balls, bands, or ridiculous and complicated exercises. Trainers use to these techniques to disguise the fact they are just taking your money and confusing you. Hiring a trainer can be a great investment; however show them the **LFF 20/20** programs and tell them you want to know how to use the machines and weights in the gym! You want to know how to lift weights and leave the balancing acts for suckers (which you are now not)!

Put down the cell phones and pay attention to what you are being taught during training sessions because once you master a few basic exercises you won't need a trainer forever. You must learn to train and push yourself!

Dedicate 20 minutes at a time to focused weight training. Try to make your muscles slightly sore after each workout. If an exercise becomes too easy, increase the weight. The routines included are based on logical grouping of body parts. If you are a beginner then start with **Program One**. It contains an upper body training routine and a lower body training routine. These routines can be rotated four times within a week (i.e.: day one upper body; day two lower body; day three rest, then repeat). You must work with weights a minimum of three times a week (upper body twice, lower body once) for it to be effective. **Program Two** is a three day per week routine; it can be used consecutively or spread out over the course of a week. **Program Three** is a five day per week workout. It is advanced and suitable only for someone who has been weight training for at least one year. Rest intervals between sets should be 20-30 seconds- the goal is to push yourself. With no wasted time, you should finish the workout within 20 min. Remember Intensity is the goal!

FOR YOUR SAFETY...

These programs utilize machine and free-weight training. If you are new to weight training I highly recommend hiring a Personal Trainer to instruct you on the use of particular equipment in your gym. All well equipped gyms will have similar equipment.