

**THE PERFECT  
WORKOUT™**

# The Fast Explanation of **SLOW-MOTION STRENGTH TRAINING**

**DR. PHILIP  
ALEXANDER**



**BROUGHT TO YOU BY:**

# **THE PERFECT WORKOUT™**

**THE PERFECT WORKOUT is a unique program that uses slow-motion strength training to guarantee results from just two 20-minute sessions per week.**

In 1999, our founder Matt Hedman opened the doors to our first personal training studio and pioneered a new approach to exercise and personal training.

After spending hours in the gym on a daily basis, Matt believed there had to be a better way to exercise. He'd been injured, his weight constantly fluctuated, and his results didn't coincide with the time he was putting in. Matt's outlook on fitness was forever changed in 1992 when he discovered Slow-Motion Strength Training. This method was easier on the joints, yielded strength gains in short periods of time, and only needed to be performed two times a week. In his eyes, it was The Perfect Workout. He quit his 9-5 job as an Engineer and turned his passion for fitness into a mission:

***To Revolutionize the Way People Exercise.***



**Today, The Perfect Workout is the largest privately-owned 1-on-1 personal training company in the United States with over 60 fitness studios nationwide.**

*See how Strong & Healthy you feel with High-Intensity Training. Schedule FREE Intro Session - [click here.](#)*

# HIGH INTENSITY EXERCISE

*Dedicated to Mark*



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# FOREWORD

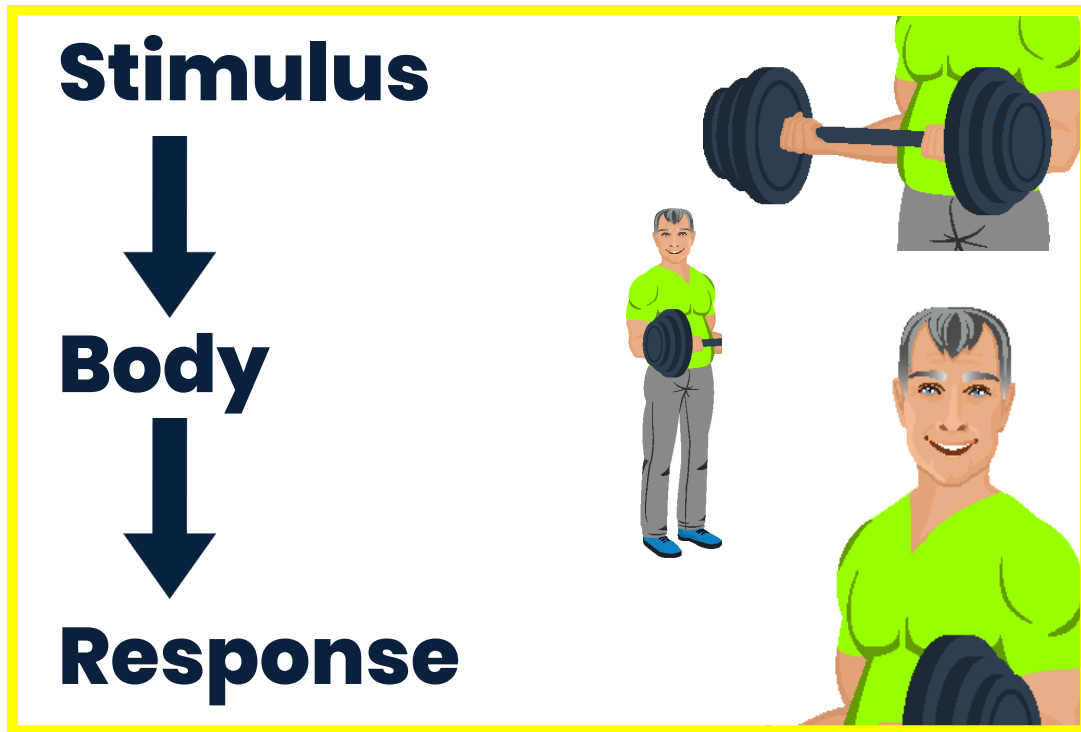
One question I'm often asked in the gym is "Why are you doing it that way?" I hope this book answers that question for you, simply and clearly. It is a condensed version of the countless diagrams I have drawn on paper napkins, and slide presentations I have given, on the "why" and "how" of SuperSlow high-intensity exercise.

I didn't discover high-intensity exercise, and I didn't invent SuperSlow. These came from the minds of Arthur Jones and Ken Hutchins, and the many others who have contributed to this effective, rational, and safe way to improve our physical well-being. This is only my translation of their work, condensed into an understandable and usable form that I hope will give you a practical approach to physical training for the rest of your life.

This book is written for the person who doesn't know a pushup from a pulldown. Before you go to the gym, you need to know what you're going to do, how much you're going to do, and why you're doing it. I hope this book will tell you these, and will enable you to answer that recurring question, "Why are you doing it that way?".

**Philip Alexander, M.D.**  
**College Station, Texas**  
**February, 2001**

# THE BASIS OF EXERCISE



This is as basic as it gets, but unfortunately is often overlooked.

A stimulus (exercise) acts upon the body to make the body itself produce a response (growth and improvement).

It's just like we get a suntan from the sun. The sun didn't make the suntan – the body did. The sun was only the stimulus.

Makes sense, doesn't it?

...

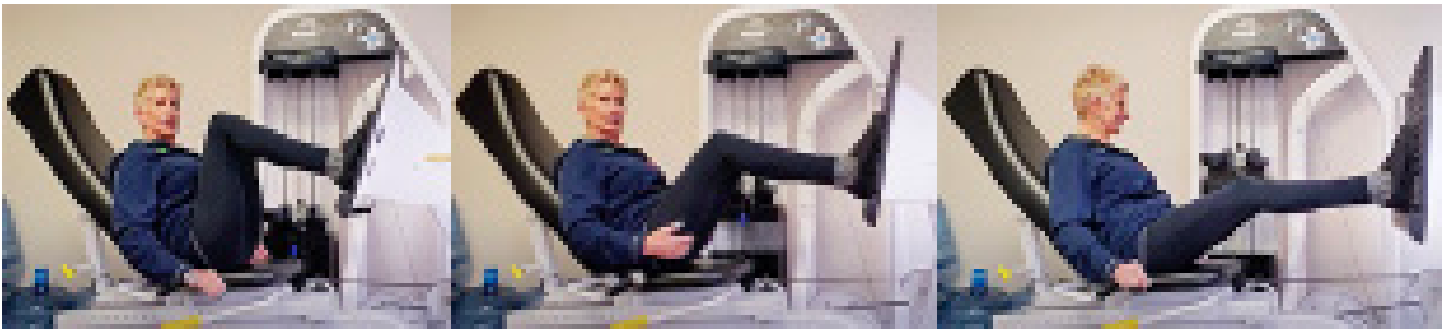
Exercise is a stimulus that acts on the \_\_\_\_\_ to make the body grow.

*body*

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# THE DEFINITION OF EXERCISE

Exercise is performing a demanding and meaningful activity, anatomically and safely, of a sufficient intensity to stimulate the body to make anatomic and metabolic adaptive growth changes within a minimum period of time.



Think about each underlined word in this definition of exercise for a moment. Exercise needs to be of a sufficient intensity to make the body initiate its own growth and improvement. And exercise should certainly be safe. No part of the body should improve at the expense of another part (i.e., don't trash your knees!)

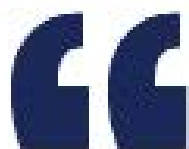
...

Exercise should be of a sufficient \_\_\_\_\_ to stimulate the body to \_\_\_\_\_.

*intensity  
grow*

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## THE PERFECT WORKOUT™



Retired professional golfer Lynn Adams felt she'd let her body go in recent years. Even though she walked 3 miles a day, Lynn had gained weight and lost muscle.

Lynn has seen a big difference in her body since she started slow-motion strength training: she's lost 12 pounds, dropped 4-5 inches off her waist, her clothes fit better, and she has definition in her legs and arms again.

"What's fun about The Perfect Workout is I feel great! I feel strong and healthy, and 20 minutes is nothing."



**LYNN ADAMS**

**MISSION VALLEY, CA  
CLIENT**



**BARBARA PRICE**

**MISSION VALLEY, CA  
CLIENT**

"Working with seniors, I see the path people go on as they age. It was starting to happen to me. I was backing off on activities, and I didn't like that." Barbara has slight scoliosis, a herniated disk, and back issues - all of which made her very cautious about exercise. Unlike many people who want to lose weight, Barbara says she was underweight. She always felt weak, and didn't have any arm, shoulder or abdominal strength. Barbara exclaims, "I couldn't even find my ab muscles in the beginning! I was out of shape. Now I'm very pleased with my abs, it's no longer embarrassing. My arms have definition and my shoulders are stronger."

In the last 11 months, her total cholesterol dropped 28 points, without any medications or changes in her diet!



# REQUIREMENTS OF EFFECTIVE EXERCISE

- Sufficient Stimulation
- Sufficient Recovery



For exercise to be effective, you need a sufficient stimulus to the body, and then you need to give the body a sufficient recovery time to allow growth. Again, makes sense, doesn't it?

...

Effective exercise requires a sufficient \_\_\_\_\_ and a sufficient recovery time

*stimulus*



# THRESHOLD

**The level of exercise intensity  
needed to stimulate the body's  
adaptive changes  
(“*Physiologic Inertia*”)**

There appears to be an exercise threshold, which is a minimum level of intensity needed to stimulate the body to make its growth changes.

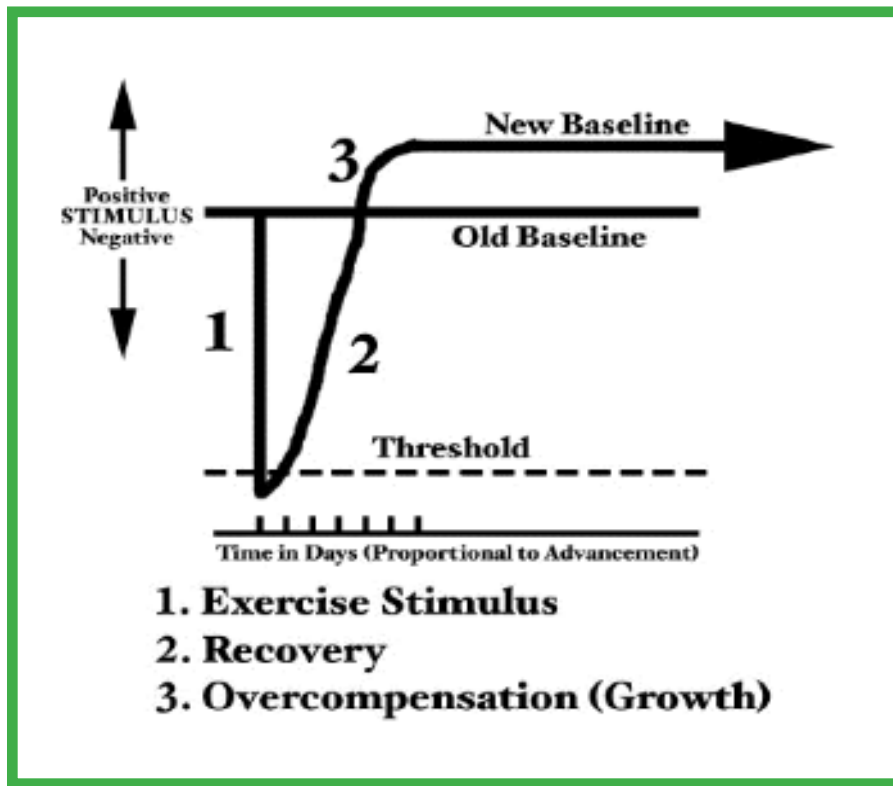
If your exercise intensity is too little, you won't reach the threshold, and the body won't be stimulated to grow. It's like partially turning on a light switch – you make an effort, but not enough to click the switch. But once the light is on, you don't need to flip the switch again and again.

...

The threshold is the minimum level of \_\_\_\_\_ needed to stimulate the body to grow.

*intensity*

# EFFECTIVE EXERCISE



Here's how effective exercise works.

Your exercise is of sufficient intensity to reach the threshold (1), and then you stop and give your body time to recover (2). If the stimulus was intense enough, and if you allowed enough recovery time, the body will then overcompensate (grow).

You then have a higher starting baseline the next time you work out. That's the way you want your investments to do, so why not for your body as well?

...

Ideally, you should have a higher physical \_\_\_\_\_ for each succeeding exercise session.

*baseline*

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## THE PERFECT WORKOUT™



I'm not retirement material." Bill's too busy enjoying his work as a partner in an accounting and financial management

consulting firm. Which also means he doesn't have time for the typical long workouts at most gyms.

Improved nutrition and strength training have gotten Bill results he's pleased with. In spite of osteoarthritis in both hips and knees, he was still able to build up his leg muscles without pain. He dropped from 222 to 198 pounds.

"I have a whole bunch of stuff in my closet that I can wear again! If I wasn't going to The Perfect Workout, I probably wouldn't keep the weight off."



**BILL KLEIN**  
**DANVILLE, CA**  
**CLIENT**



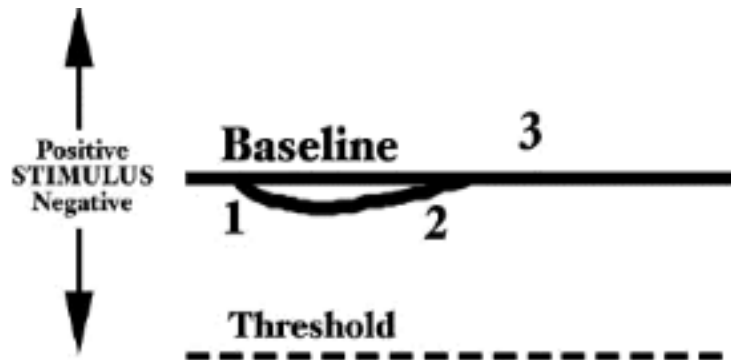
**JODI WARNER**  
**OAKLAND/PIEDMONT, CA**  
**CLIENT**

Jodi wanted to lose weight, tone up, and get stronger. That was part of her motivation, but she had a deeper, more bighearted reason for coming to The Perfect Workout. "My purpose in life is to be the matriarch of a close and loving family. It's so important to me, it's the core of who I am." Jodi is pleased with her strength training results. "My clothes fit me!" She has an increased sense of self-confidence and strength. Jodi noticed hiking and climbing near her house are easier now, and she often walked up to 7 miles a day on a recent stay in France.

"I take care of my one-year old grandson. It's so easy to lift him high out of his chair and swing him on my hip. I also noticed how much more energy I had. It's all so much easier."



# INEFFECTIVE EXERCISE



- 1. Low Intensity=Low Stimulus**
- 2. Only Recovery**
- 3. No Overcompensation=No Growth**

In this example, only a low-intensity activity was done, short of the threshold and short of producing any meaningful stimulus on the body.

The only result is that that body simply recovers, with no incentive to grow to a higher physical baseline.

Your savings account is just keeping up with inflation.

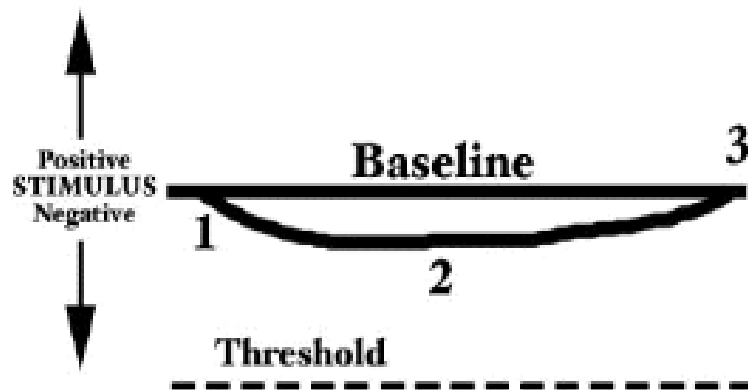
...

Low-intensity exercise, which fails to stimulate the body to grow, is largely\_\_\_\_\_.

*ineffective*

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# LOW INTENSITY/ HIGH WORK



- 1. Low Intensity=Low Stimulus**
- 2. All Body's Resources Used  
Only for Recovery**
- 3. No Overcompensation  
(=No Growth)**

This is another example of ineffective exercise, except that the amount of work has increased without an increase in the intensity.

The stimulus was insufficient, and it took the body more time and resources to recover back to where it started. But still no growth.

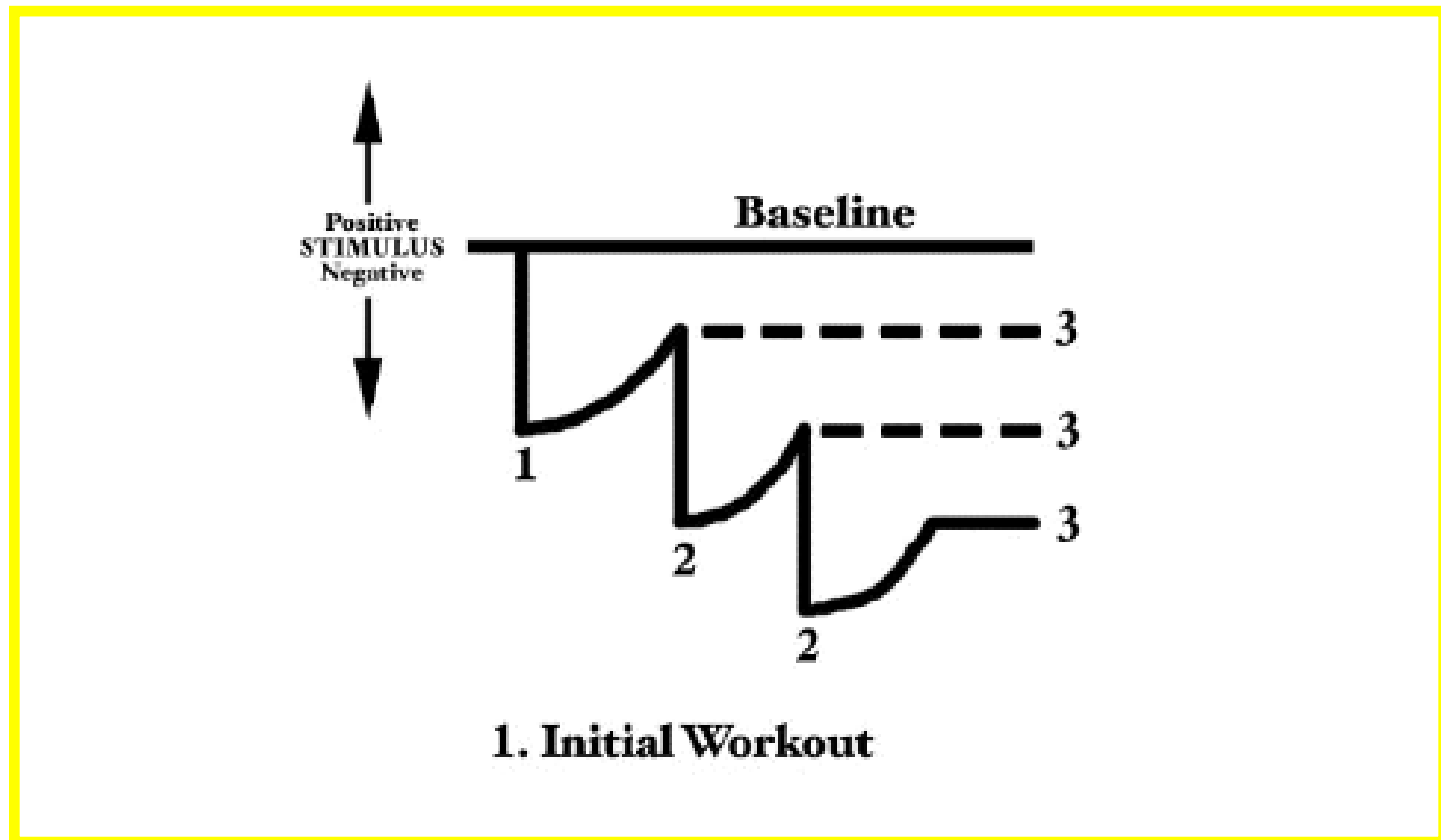
You're depositing a lot of money, but you're not making a profit.

...

If your investment banker got you similar results, you'd \_\_\_\_\_ him.

*fire*

# OVER-TRAINING



This is over-training, which is worse than just spinning your wheels with ineffective exercise.

Whether or not your exercise was of sufficient intensity, the problem here is that you returned to the gym before you have fully recovered. This means that you have a progressively lower starting baseline each session.

This time, your investment banker is losing your money.

...

Not allowing enough recovery time results in \_\_\_\_\_.

*over-training*

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## THE PERFECT WORKOUT™

“

Cindy, 58, was post-menopausal, and overweight. With her metabolism gone, she figured she'd never be able to lose the extra pounds, and she felt frumpy.

Since Cindy started strength training and got disciplined with her nutrition: She lost 30 pounds. She dropped 2 sizes, and her leaner, more muscular body allows her to enjoy traveling the world with her husband.

"I'm shocked that I can feel that strong and energized from 20 minutes a week!"



**CINDY DANIELSON**  
**DANVILLE, CA**  
**CLIENT**



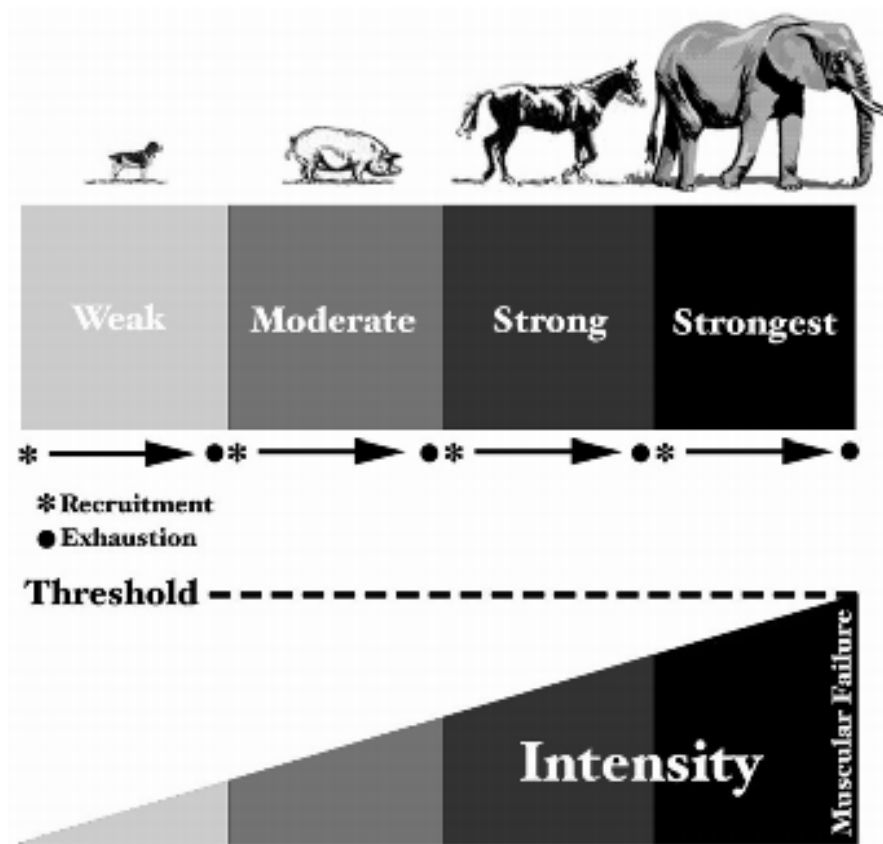
**BILL YOUNIS**  
**LA JOLLA, CA**  
**CLIENT**

Bill was spending 90 minutes per session, 3-4 times a week at his previous gym. He'd hit a plateau, the equipment there was older technology, and it took too much of his time.

Bill's strength training results speak for themselves: His average weight is now 198.8, exactly where it was at age 28. His arms look strong, His abs are carved up & His love handles are gone!

Bill says, "This is the best thing that ever happened to me, workout-wise."

”



As you do an exercise, you begin to tire out the muscles. Since the stress on the muscles continues, the body recruits stronger and stronger parts of the muscles to meet the need. When the strongest parts of the muscle are exhausted, you have reached temporary muscular failure.

...

Muscular failure is when the \_\_\_\_\_ parts of the muscle have been exhausted. If an \_\_\_\_\_ stepped on your foot, it would really hurt.

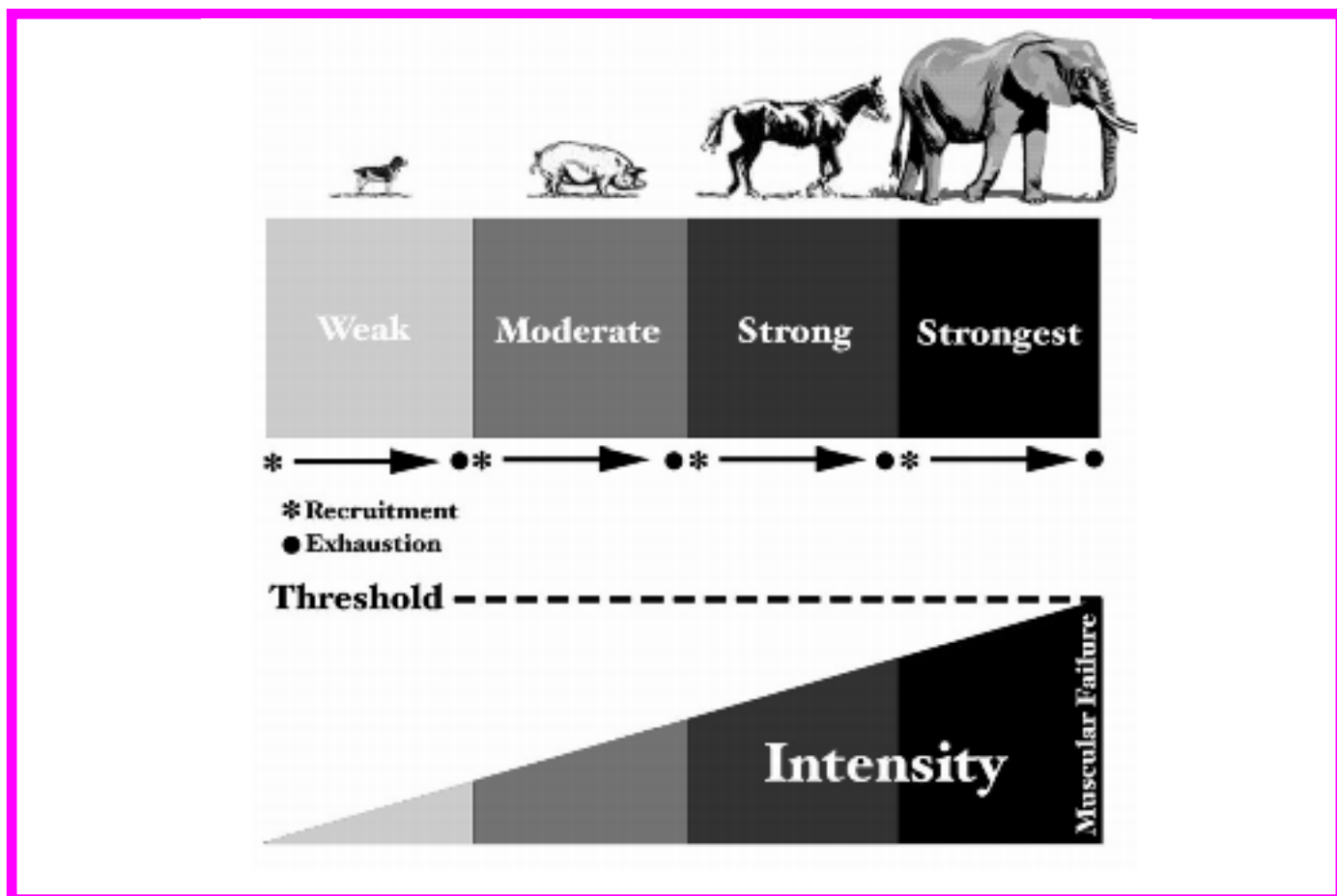
*strongest*

*elephant*

**CLICK HERE TO SEE MUSCLE  
SUCCESS IN ACTION!**

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Another comment on those animals (i.e., your muscles! – those things that let you get up from a low, soft couch) – The weaker ones can contract longer, and they recuperate quickly. The stronger ones can't contract as long, and they take longer to recuperate. (Isn't Nature logical?)

Therefore, you must never relax during an exercise, because your weaker muscles will recuperate and you will not get complete temporary muscular failure.

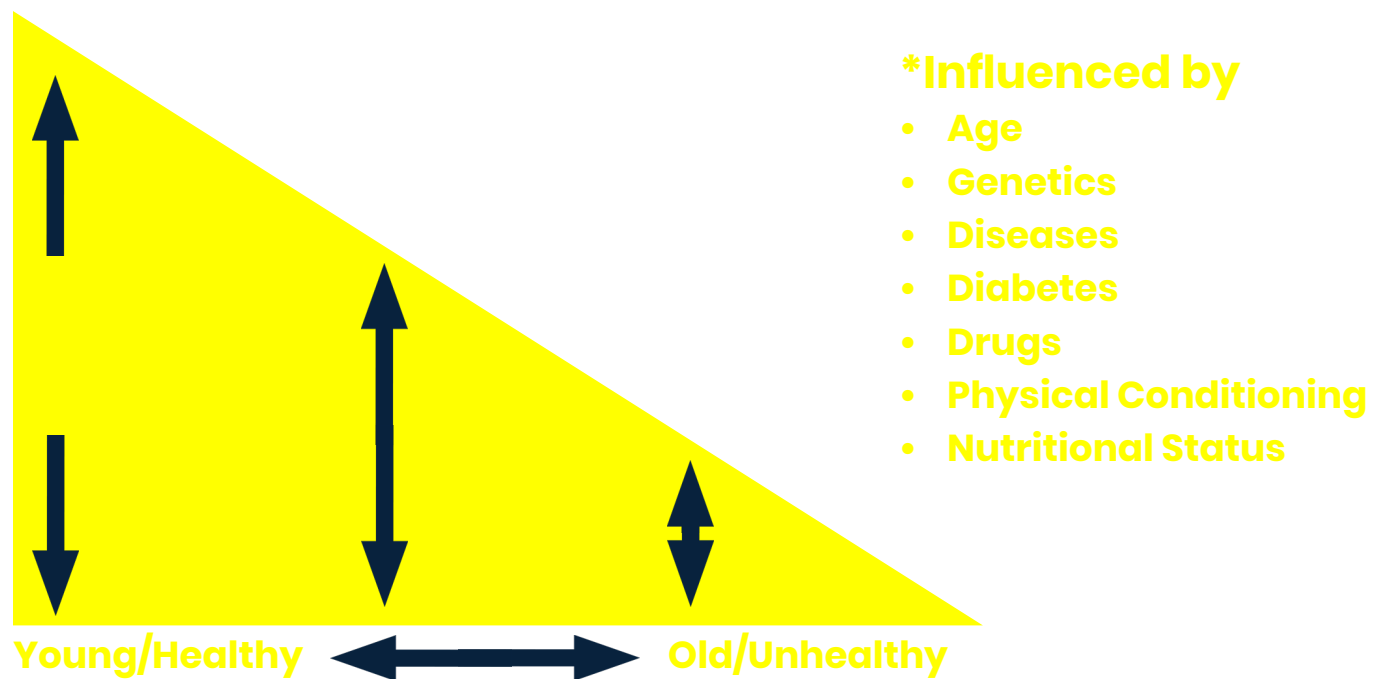
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Temporary muscular \_\_\_\_\_ is a strong stimulus on the body to grow.

*failure*

# THE BODY'S RECOVERY RESOURCES

(Its Ability to Recover and Grow)



Your body has only a finite amount of recovery resources. The older (and sicker) we get, the less recovery ability the body has.

...

The body has only a finite ability to \_\_\_\_\_.

*Recover*

## THE PERFECT WORKOUT™

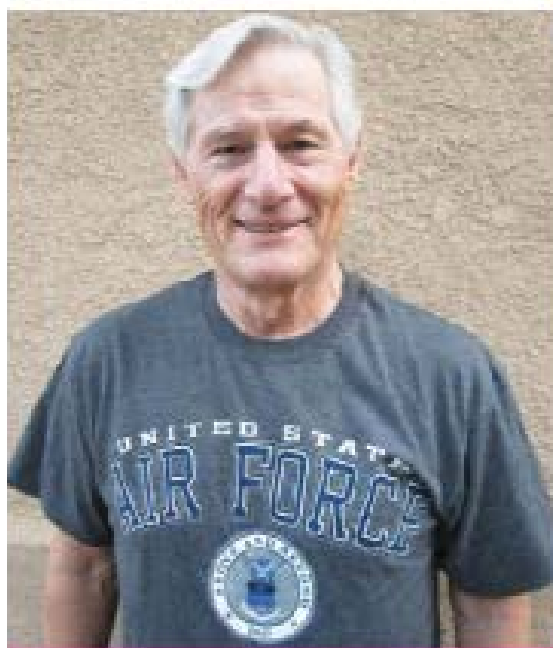
“ Richard used to work out at a regular gym 45-60 minutes, 4-5 times a week, but gained little strength or endurance. For several years he even swam 1,000 yards every other day, but felt he was wasting away rather than getting stronger and healthier.

His results from strength training are fantastic: He now weighs the same as he did at age 35. His blood pressure & LDL cholesterol levels are down. His strength and bone mass are up & His fine muscle control has improved & his balance back

Of the 20 minute workout, Richard warns, “Don’t be fooled! This is intense training and it’s hard. I bust my butt and I’m proud of it.”



**RICHARD HARDESTY**  
**HUNTINGTON BEACH, CA**  
**CLIENT**



**MIKE KELLY**  
**RANCHO BERNARDO, CA**  
**CLIENT**

Mike came to The Perfect Workout 2 years ago at age 68 after reading Power of 10 (the approach of slow-motion strength training made sense to him) and because he wasn't getting the results he wanted from working out at home or at traditional gyms

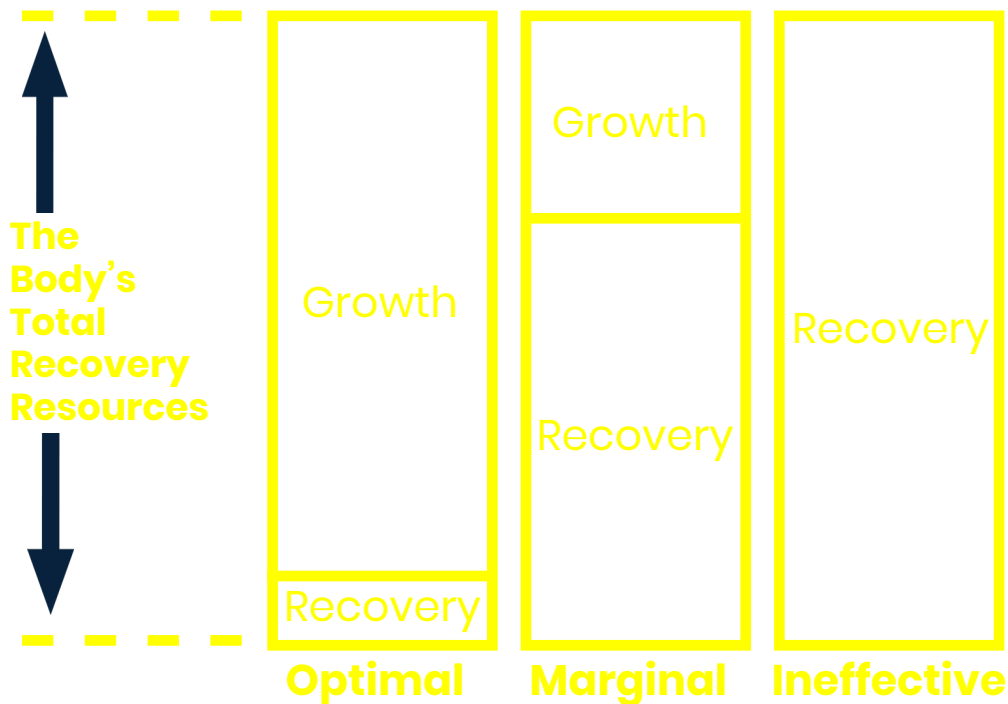
Since he started strength training, he's had great results. He's lost 23 pounds, Dropped 2 inches from his waist & is able to fit into clothes that used to be too small & He started out at 370 pounds on the leg press and is now able to do over 500 pounds!

"I had never really worked with a personal trainer before," says Mike. "A trainer can zero in on what works for you. It helps to have a trainer with the skill to know when to step in and when not to."



# RECOVERY & GROWTH

## The Body's Total Recovery Resources



Since the body does not have an unlimited ability to recover, it stands to reason that the most efficient type of exercise would be the one where most of your resources are used for growth, and not just to recover back to the point where you started.

Likewise, it's logical that the least efficient exercise would be where most of your recovery ability is used only to recover from the exercise, with little or none left for\_\_\_\_\_.

*growth*

# IT'S NOT HOW MUCH EXERCISE YOUR BODY CAN WITHSTAND. IT'S HOW LITTLE IT ACTUALLY REQUIRES.

This one was always hard for me to grasp. What this really means is – here it comes – you need to do a really intense exercise session without doing much work. Doesn't sound right, does it?

Remember, you want a strong stimulus to the body, and then the body will do its thing. That's delivered by the temporary muscle failure (remember the light switch?) Hopefully, that will require little recovery and result mostly in growth.

When we do hours of low-intensity work in the gym, we use up those finite recovery resources just to recover from all that work.

...

High-intensity exercise need not involve a lot of \_\_\_\_\_. It's not how much exercise your body can withstand. It's how little it actually requires.

work

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# HINDRANCES TO RECOVERY

- Too much work
- Too little time off

At least two things can hinder your recovery -

- doing too much \_\_\_\_\_, and allowing too little \_\_\_\_\_ to recover.

*work*

*time*

## THE PERFECT WORKOUT™



A lifetime runner who's logged over 20,000 training miles over the past 51 years, Dr. Fandrich's weight training was always sporadic at best. After reading about slow-motion strength training, he was ready to embrace it. His results from strength training have been impressive: "In the first six weeks I gained ½ inch on my biceps, 1½ inches on my chest, and ½ inch on my calves.

He also got an unexpected side benefit for his Type 1 diabetes. "I magically needed less insulin." He gained 11 pounds of lean muscle, and lowered his body fat to 13%. His HDL (good cholesterol) levels have gone up to 67, higher than they ever were from running.



**DR. CURTIS FANDRICH**  
**THE WOODLANDS, TX**  
**CLIENT**



**LYNDA BOTTEM**  
**WEST PLANO, TX**  
**CLIENT**

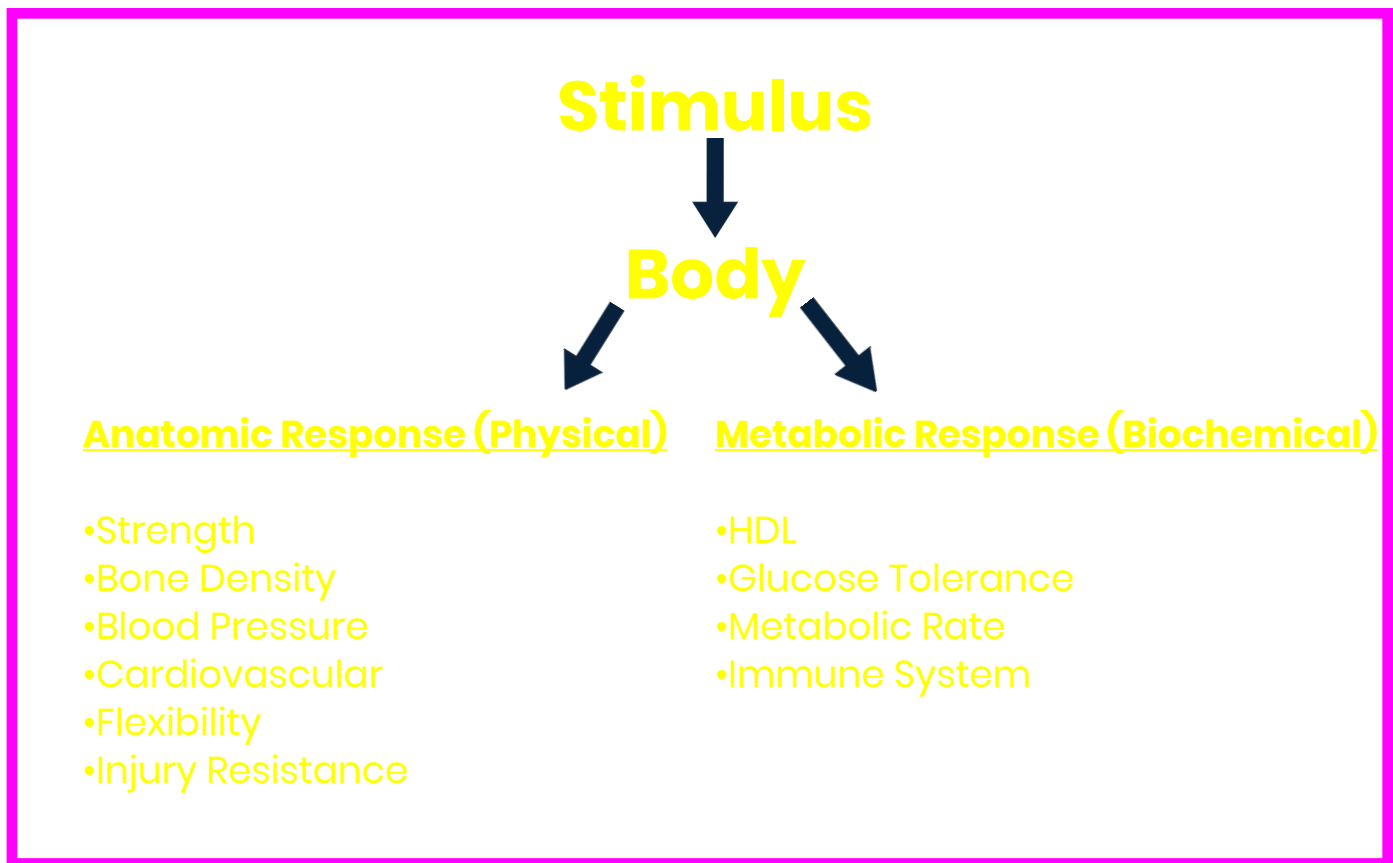
"This is the first thing I've ever done that I haven't wanted to quit," says Lynda, who has tried water aerobics, hot yoga, and regular gyms. They didn't work for her, and she put on 75 pounds and lost strength. She was playing on the floor with the three dogs that she walks. "I couldn't get up! That was a big wake-up call," she says.

Lynda is delighted with her results from strength training: She lost an inch off her arms as they toned up & She's down 50 pounds, with a goal to lose 25 more. Walking the dogs uphill isn't a problem anymore, now that she is leg pressing 400 pounds!

"I don't feel like I'm 62," says Lynda. "I can't even begin to say how good I feel!"



# THE BODY'S RESPONSE



If you provide a sufficient stimulus to the body that results in growth, the body will respond with both anatomic and metabolic changes.

It's probably not an all-or-none phenomenon, but it is certainly maximal when the stimulus is maximal (i.e., temporary muscular failure).

...

In response to exercise, the body can respond with physical growth (\_\_\_\_\_ change) and biochemical improvement (\_\_\_\_\_ change)

*anatomic*

*metabolic*

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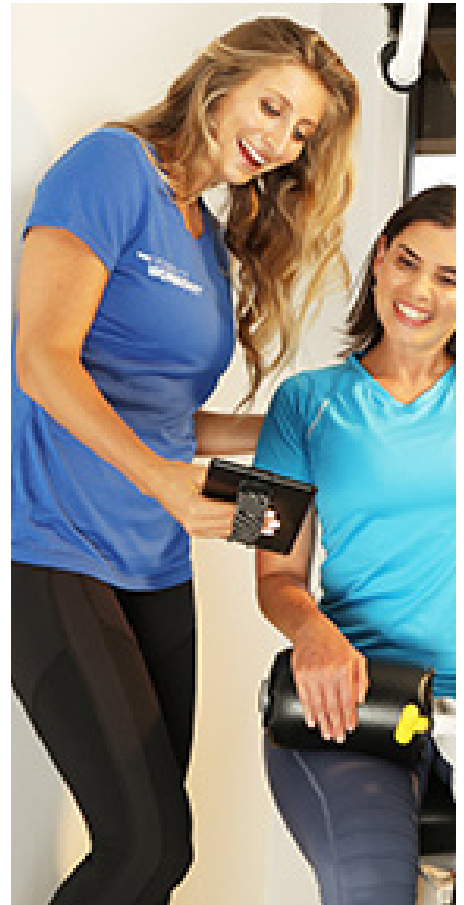


# BENEFITS OF HIGH INTENSITY EXERCISE

- **Decreased Body Fat\***
- **Increased Basal Metabolic Rate\***
- **Increased Strength\***
- **Increased Bone Density\***
- **Increased Cardiovascular Efficiency\***
- **Increased Glucose Tolerance\***
- **Increased HDL Cholesterol\***
- **Decreased Blood Pressure\***
- **Increased Resistance to Injury**
- **Improved Flexibility**
- **Improved Immune System**

## ***\*Biomarkers of Aging***

(Loss of muscle mass worsens all these)



Notice the \* items above. Those are the famous Biomarkers of Aging. The more of them that worsen, the “older” you are medically. The common denominator to them all is the amount of muscle mass we have, or don’t have. As we get older, we steadily lose muscle. Without strength-building exercise, all of those get worse as we age.

...

The common denominator of our aging factors is the amount of \_\_\_\_\_ mass. The best way to improve our aging factors (Biomarkers of Aging) is \_\_\_\_\_ - building exercise.

*muscle*

*strength*

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# CALORIES

**It's not the calories burned  
DURING exercise  
It's the calories burned  
AS A RESULT OF exercise**

This is an important concept. If you walk or run a mile, that's about 100 calories. And there are about 3500 calories in a pound of fat. So, if you're planning to "burn off" a pound of fat, get ready to walk 35 miles.

The more efficient way is to add muscle. If you add 3 lbs. of muscle, that takes an extra 300 calories a day just to keep alive. You do the math, but that's 9000 calories a month. That's a lot of walking. And, you have just defined raising your metabolic rate.

...

It's not the calories burned during exercise, it's the calories burned  
\_\_\_\_\_ exercise.

*as a result of*

# CALORIES

**It's not the calories burned  
DURING exercise  
It's the calories burned  
AS A RESULT OF exercise**

***(This is my way of making you read that again.)***

Another comment about calories. When we talk about calories, most of us are really talking about fat (but “calories” is a much nicer word!) And when we talk about weight loss, we really mean fat loss. When you lose weight without strength-building exercise, you lose fat and muscle (and other goodies, too).

Take another peek at those Biomarkers of Aging. Go figure.

So don't use your bathroom scales. Use your bathroom mirror instead – it's a much more sensitive scientific instrument.

...

When we say we want to lose weight, we really mean we want to lose

-----'

*fat*

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## THE PERFECT WORKOUT™



As a busy executive who often travels, Ruth, 50, needed a workout that fit in with her lifestyle.

After 6 months of slow-motion strength training: she dropped from a size 14 to an 8, Lost 32.5 total inches, Lost 17.7 pounds of fat & Gained 5 pounds of lean, calorie-burning muscle. "I'm thrilled with my progress and amazed with the 20 minutes and what it can do for you."

Ruth offers straightforward advice for anyone else considering changing course. "Time will pass whether you do something or not. Give it a try. You won't be disappointed."



**RUTH JOHNSON**

**LAGUNA NIGUEL, CA  
CLIENT**



**BETH MCFEELY**

**RANCHO BERNARDO, CA  
CLIENT**

Beth, 60, has gotten great results from strength training. She has gone from lifting 160 lbs on the leg press to 252 lbs. "My legs are toned and no longer squishy. I have muscles in my thighs." She's doubled the amount of weight she can lift on the triceps machine from 22 to 44 pounds. "My arms have much more muscle and good definition now," Beth says. "They're solid!" While gaining strength, Beth's weight has actually gone down, making her clothes fit much better. Everyday activities are much easier now. "I'm stronger, I love it. I come into work and I make them feel my muscles!"

"I wish I had started this sooner! It's money well spent. What's more important than your health? The Perfect Workout is the best thing I've ever done for myself."



# EXERCISE VS. RECREATION

- Logical
- Universal
- Physical
- Not Fun

- Instinctive
- Personal
- Mental
- Fun



Exercise is not recreation, and recreation is not exercise. High-intensity exercise will help everybody, but what's an enjoyable recreation for me may not be fun for you.

So just don't confuse the two. Use good exercise to stay healthy, and use that good health to enjoy your recreation.

...

Exercise is universal for everybody, but recreation is \_\_\_\_\_.

*personal*

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$$F=MA$$

**force = mass x acceleration**

In this equation, as either mass or acceleration increases, so does force. If an 18-wheeler bumps into you at 1 mph, no big deal. But if it bumps into you at 80 mph, big deal.

**That's  $f=ma$ .**

...

If either mass or acceleration increase, so does \_\_\_\_\_

*force*

# $F=MA$

**force = mass x acceleration**

(Translated for Exercise)  
**force = weight x speed**

**“Why do you do your exercises so slowly?”**

Here’s the answer, and this is why high intensity exercise is so safe and effective.

In the “translated”  $f=ma$  above, if either weight or speed approach zero, so does force. So, if the weight is almost zero, so is the force, but unfortunately so is the intensity (i.e., effectiveness).

But, if the speed approaches zero, so does the force (and chance of injury), but the effectiveness (intensity) increases. Voilà!

...

As speed is lowered, so is \_\_\_\_\_. As force is lowered, so is your chance for an\_\_\_\_\_.

*force*

*injury*

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# GUIDELINES FOR HIGH INTENSITY EXERCISE

- 10 seconds to lift, 5 seconds to lower (10-10 for low friction machines)
- Do one set of each exercise, using a weight that results in muscle failure (positive => static => negative) between 6-8 repetitions, or between 80-160 seconds
- Perform both upper and lower body in the same workout
- Do no more than 6-8 exercises per session
- Move quickly between exercise, ideally taking no more than 15 seconds
- Allow sufficient recovery time (usually 3-4 days)
- Workouts should last less than 30 minutes
- Always breathe – don't hold your breath (Val Salva)
- If you get a headache, stop your workout.
- Keep accurate records (exercises performed, reps)
- Make your workouts brief, intense, and infrequent.

These are the general guidelines for effective, high-intensity exercise.

They are self-explanatory, and important.

...

Always \_\_\_\_\_ ! Never hold your breath.

*breathe*

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## THE PERFECT WORKOUT™

“ After breaking her hip, and a frustrating year of rehabilitation, Jeanne was weak and using a walker. She was shocked after her Learning Session at The Perfect Workout. “I could do it! That made me feel accomplished, and I was doubly surprised that it didn't cause any pain. Since she began strength training, Jeanne: Dropped 32 pounds and 25.5 inches, Noticed improved balance, more stamina, Can climb stairs again & her core is stronger, Joined a bowling league thanks to her increased stamina & strength, No longer has neuropathy pain in her leg and stopped taking pain medication.

“I started noticing my clothes getting looser. Slowly and surely I got my quality of life back, too.”



**JEANNE TURNER**  
**RIVER OAKS, TX**  
**CLIENT**



**MARK DUGGAN**  
**THE WOODLANDS, TX**  
**CLIENT**

Mark was at 375 pounds, and he needed to be under 300 pounds to go on the Northern Tier wilderness canoe trip with his son's Boy Scout troop. Talk about motivation. “I was always making excuses,” says Mark. “It was time to start doing something.”

Strength training and improved nutrition helped Mark: Shed more than 85 pounds, and he's still dropping. Gain significant strength (he increased his chest press by over 100 pounds!), Drop from size 48 stretch pants and 5x shirts to a 42 (and he has to cinch his belt), and 2x shirts.

“The Perfect Workout isn't a big gym with everyone looking at you. It's 1-on-1, personalized. Go and try this! It's unbelievable.”



# WHICH EXERCISES TO DO

- Leg Press
- Leg Curl
- Bench Press/Chest Press
- Pulldown/Row
- Shoulder Press
- Others



Most body muscles can be exercised using very few exercises, usually five or six.

The leg press uses the low back/buttock muscles and the large muscles on the front of the leg. The leg curl uses the flexor muscles on the back of the leg.

The bench (or chest) press (pushing away) uses the triceps and chest muscles. The pulldown or row (pulling toward) uses the biceps and back muscles. The shoulder (upward) press uses the deltoid muscles.

You could consider adding a few others, such as the calf raise, lower back, biceps curl, or abdominals. But avoid adding too many, so you don't work the same muscle group more than once.

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# THE THREE PHASES OF A REPETITION

- **Positive The “Lifting” Phase**
- **Static The “Holding” Phase**
- **Negative The “Lowering” Phase**

These are the three parts of every repetition. You will get to a point in a set (ideally after 6-8 repetitions) when you can't lift it any more. That's fine. But you can't quit then - you're just 1/3 through.

When you've “used up” the Positive phase, hold the weight motionless as long as you can. That's the Static phase, and you're 2/3 through. When gravity then begins to win, you resist it all the way to the end. Every inch. With all you've got. That's the Negative phase, and then you're through.

Many authorities feel that the Negative phase is the most important of the three, providing the greatest stimulus to the body.



**[CLICK HERE TO  
SEE THIS EXERCISE  
IN ACTION!](#)**

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# THE THREE PHASES OF A REPETITION

- **Positive** The “Lifting” Phase
- **Static** The “Holding” Phase
- **Negative** The “Lowering” Phase

If you can't do even 4 repetitions, lighten the weight until you can.

If you can do more than 8 honest repetitions, increase the weight by 5%.

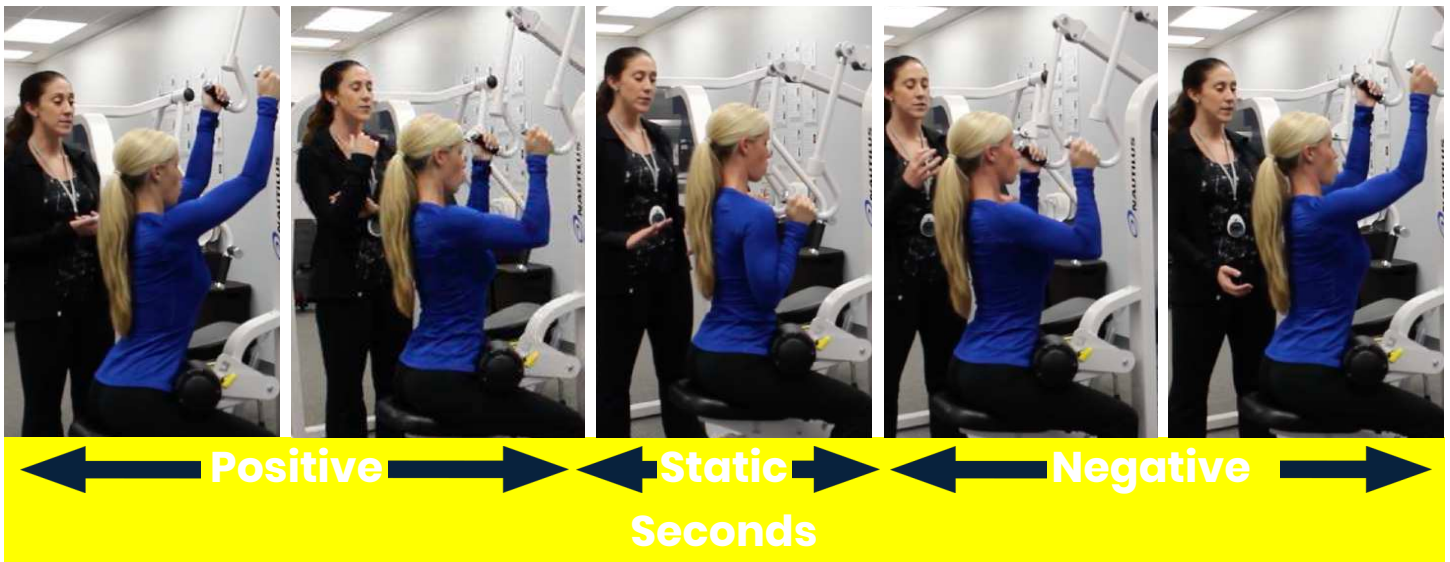
Remember, it's not how much you can lift, but the quality of stimulus the exercise delivers to your body.

...

The 3 phases of a repetition are the positive, static, and the \_\_\_\_\_

*negative*

# THE COMPLETE REPETITION



Here is a lovely young lady doing a pull-down in good form. Remember, it's 10 seconds pulling down and 5-10 seconds (depending on the exercise and the quality of the machine) going back up.

She's doing it very smoothly, with no jerking or resting, and with no stopping at the end of a repetition.

And I'm sure she will fully go through the Positive, Static, and Negative phases before stopping. That's probably why she looks like she does!

...

Be sure not to \_\_\_\_\_ at the end of a repetition.

*stop*

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# THE LEG PRESS



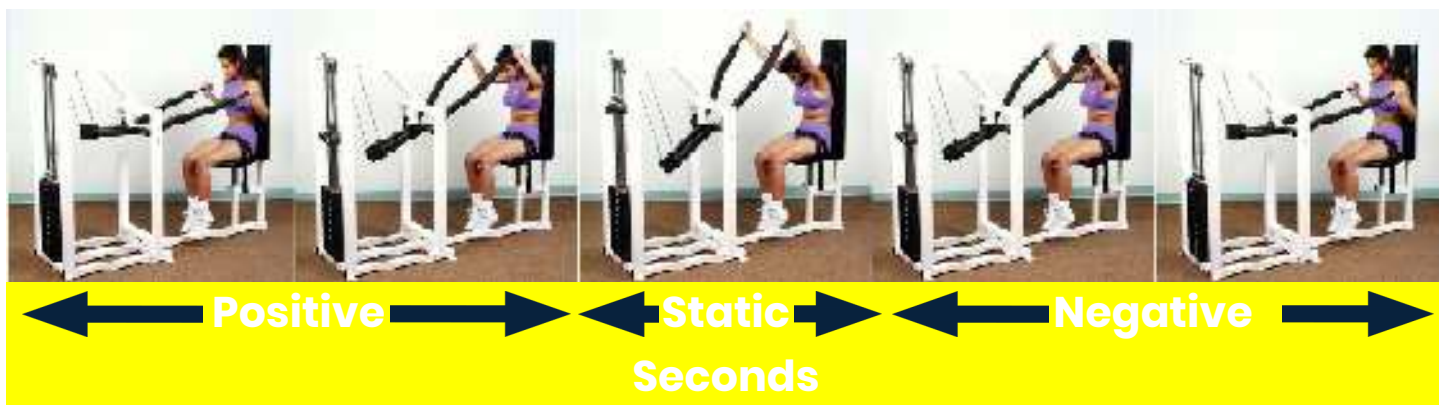
# THE CHEST PRESS



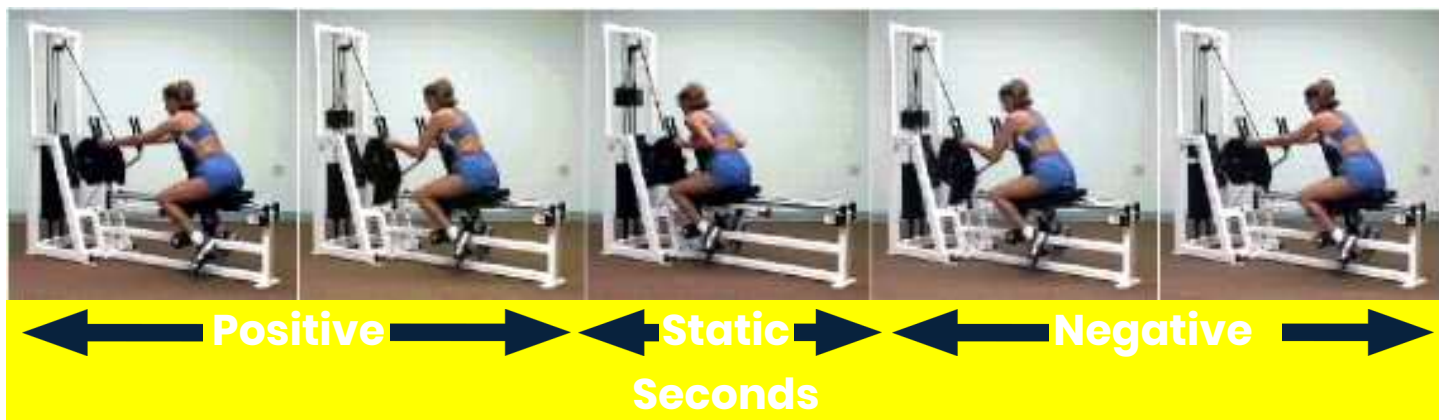
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# THE UPRIGHT (SHOULDER) PRESS



# THE ROW



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EXERCISE IN ACTION!**

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# SUMMARY

- **Fatigue each muscle group to failure – once – then stop and allow the body to recover and grow**
- **More is not better**
- **Strength training delays aging factors**
- **It can, and should be, injury-free**
- **Make your workouts intense, brief, and infrequent**
- **One should expect:**
  - **30–50% strength gain in 2–3 months**
  - **Improvements in blood pressure, cardiovascular status, injury resistance, flexibility, metabolic rate, and body fat**
  - **Increases in HDL, Bone Mineral Density, and Glucose Tolerance**
  - **It can be done in a very short period of time, usually about 15–20 minutes 1–2 times a week**

I hope you now have a clearer understanding of high-intensity exercise, and how this type of high-intensity training can help you.

And what a great return on your investment for just 0.2% of your time (20 minutes a week)!

The body is a marvelous machine, and it has healing and growing powers far beyond what we can now imagine.

**Exercise well, be well, and live well.**

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# **ECCENTRIC EXERCISE**

***Addition by:  
Mark Alexander***









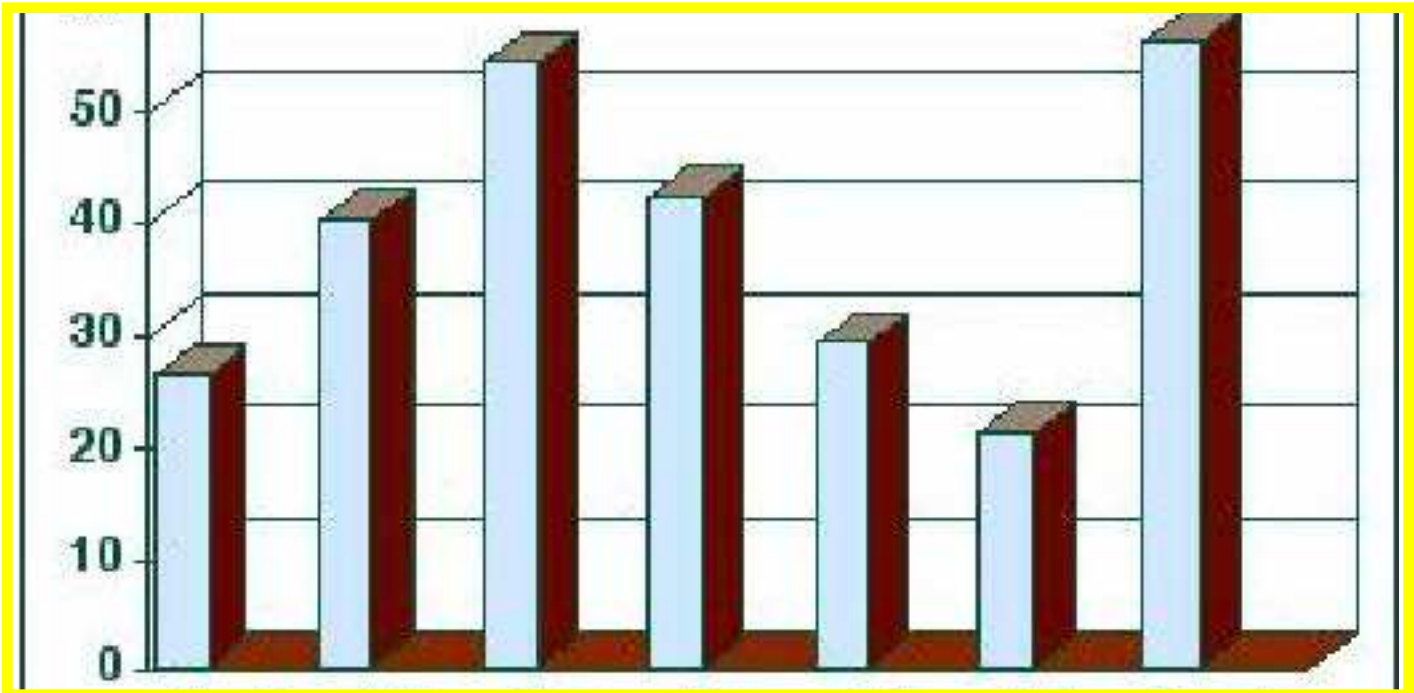








# EFFECTS OF HIGH INTENSITY TRAINING ON HDL



## How often should I do high intensity exercise?

The rule of thumb is that the more advanced you are, the longer the recovery period you need. In the beginning, then every 3-4 days should be sufficient. As the intensity of your workouts increase, you may start requiring as many as 7 days to recover.

If you are doing your exercises correctly, but failing to make any gains, the first thing you should do is to add an extra day of recovery time between workouts.









“For 10 years Dr. Philip Alexander ran 60 miles a week – and on days when he didn’t run he would put in time on his bike. Then, five years ago, he really got serious about physical fitness. The 56-year-old Texas internist now spends just 20 minutes a week exercising, and he rarely soaks his shirt. Using weight machines, he works through a half-dozen muscle groups, diligently exhausting each one. Then he gets on with his life. ‘When I was running,’ he recalls, ‘the next day I would feel I was run over by a truck.’ The new routine never leaves him feeling bonked, but that’s not the best part. Alexander has shed some 20 unwanted pounds since switching regimens, and his waist has shrunk by four inches.”

**Newsweek**