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#PizzaEarned

Basic Fitness Program

Introduction

Hey, thanks for downloading your free fitness program! My goal is to make strength & conditioning accessible to everyday athletes and fitness enthusiasts that are of a performance mindset and just want to earn that pizza!

The following is a basic workout for those who are just getting started, getting back into the workout game after a long layoff or just need a time-efficient workout.

What To Expect

You'll be performing (costume optional) 4 strength exercises plus a minimum of 2 supplemental core focused exercises. I chose these exercises because they give you the most bang for your buck (FREE in this case), are fairly easy to master, will allow you to work the majority of your body and allow for time-efficiency.

While this workout is "basic", I do believe it should be complete. Once you get the hang of it, depending upon your chosen intensity level (there are 3), this entire workout should take no more than 45 minutes. Remember there's a difference between saying, "I went to the gym" and "I worked out." So keep your chit-chat to a minimum and get to work!

Oh one more thing...I love abbreviations and not just because I'm a mediocre typist at best but because they just sound cool when you say them out loud in the gym. One I use here is RPE. RPE stands for *rate of perceived exertion*. This is a 1-10 scale where 1 is barely moving and 10 is an all out 100% max effort. Think sprinting across a field as fast as you can! There are a lot more abbreviations to come in your future more advanced programs :)

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If you need to see how to perform an exercise properly, safely and effectively (is there any other way?) just click on the exercise itself as it is hyper linked to my youtube channel.

What's Included?

- General Warm-Up
- Dynamic Warm-Up / Movement Prep
- 4 Strength exercises
- 2 Core focused exercises
- Flexibility Training

General Warm-Up - No you don't have to be an army officer (General, get it?) to do this. Let's get some blood flowing to the muscles you're about to use!

Perform 5-10 minutes of your preferred method of cardio (bike, elliptical, brisk walk, run, hopscotch, jump rope etc.) at an RPE of 5-6 (50-60% of what you would consider max effort).

Dynamic Warm-up/Movement Prep - Here what you're doing is further warming up your muscles as well as your connective tissue (tendons) yet maintaining elasticity for performance. With only 8 movements, this is a little bit shorter than the warm-up in more advanced workouts. [Click here](#) to watch a video demonstration of the entire warm-up routine.

Note: While some people will skip this portion of the program I assure you it is a great way to reduce your risk of injury and lead you to peak performance. It's often what you see athletes at all levels doing prior to competition.

Movements

1. Glute Bridge
2. Hip Twist
3. Rock and reach
4. Straight leg kick
5. Kneeling Lunge
6. Squat
7. 3 stance push-up
8. Jumping jacks & seal jacks

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STRENGTH - Ah ha! Now we get the meat (tofu if you're a vegetarian/vegan) of the workout!

Exercises

1. [Squat](#)
2. [Glute Bridge](#)
3. [TRX Low Row / Seated Cable Row](#)
4. [Push-Up](#)

Core

- [Front Plank](#)
- [Band resisted tight rotation](#) (while this video is targeted to runners, it applies to anyone)

FLEXIBILITY TRAINING

I refer to this as “flexibility training” because I believe we ought to put forth the same amount of thought and effort into our post workout routine as we do our workout. Flexibility training - the way I present it here - is a little different than perhaps what you've been doing and plays a critical role for optimal recovery. After all, your next workout will only be as good as your recovery from the last and that begins right after your last rep of your last set!

Active Isolated Flexibility

I've become a big fan of stretching in a active versus static manner. What's the difference?

- Static - you hold a give stretch for a period of time, usually 20-30 sec.
- Active - you are moving while stretching which helps you fully engage in the process, increase your elastic/athletic range of motion and stimulate blood flow to promote and hasten recovery. For more information check out the [Wharton's Stretch Book](#).

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Exercises - [Click here](#) to watch a video demonstration of the entire flexibility routine.

- Hamstring
- Groin
- Outer Hip / Leg
- Quadriceps
- Hip Flexors
- Chest/Shoulder
- Lats

PUTTING IT ALL TOGETHER - after you've performed your general and dynamic warm-ups, you can use one of three different formats, depending upon which level of intensity you seek.

Low Intensity - Straight Sets

Perform 3 sets of 10 repetitions of exercise 1 (squat) with a 45 sec rest between sets. Once you have completed all 3 sets, do the same for exercise 2 (glute bridge). Then the same for exercises 3 and 4 followed by your two core exercises.

Medium Intensity - Supersets

Perform 3 supersets of exercises 1 & 2. This means you will perform 10 repetitions of the squat immediately followed by 10 repetitions of the glute bridge. That is one super set. Rest 30-45 seconds (the shorter the rest the higher the intensity) and repeat 2 more times. Do the same for exercises 3 & 4 and then for both of your core exercises.

High Intensity - Circuit

Perform 10 repetitions of each exercise in a row. Rest no more than 15 second between each exercise if needed. Once you have completed all 6 exercises (4+CORE), rest 1-2 min and repeat the circuit 2 more times.

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SCHEDULE

I recommend performing this workout 2-3 days a week with one to two days active recovery between workouts. Active recovery meaning you're doing other activities like cardio, yoga, hide and seek, underwater basket weaving or riding your bike to your favorite pizzeria...Whatever else you like to do to stay active.

Sample Schedule

2 x weekly could be Mon & Thurs or Tue & Fri

3 x weekly could be Mon/Wed/Fri or Tue/Thu/Sat

I hope you find the next 6 weeks of your training challenging, doable and time efficient. If you have any questions along the way, please feel free to email me directly at brian@magicbytheslice.com

Happy training!

Brian Kirshenbaum CSCS

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About Brian

Brian Kirshenbaum is more than a goofy pizza chef! As a Certified Strength & Conditioning Specialist via the National Strength & Conditioning Association, he's strength coached the general population of endurance athletes as well as high school, NCAA Div I & III and professional athletes. Most recently he was selected by his home town Chicago Blackhawks to assist the strength and condition staff at player development and training camps.