

CHALLENGE COMPLEXES



**BOOST METABOLISM!
BUILD MUSCLE!
BURN FAT!**

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Let's not waste each other's time okay?



Most people will say that their number one objection to working out is time constraints. Given that, what's the best protocol for getting results in the least amount of time? Take a look at the solution [HERE](#).

Are there health benefits do exercising for hours a day? Well, exercising for hours is better than watching television for hours, but not much. Take a look at this study:

A 1998 study in the International Journal of Sports Nutrition had women do 45 minutes of cardio per day, 5 days per week. They followed this protocol for 3 months.

The result? They lost NO more weight than those who dieted alone. Seems like a BIG waste of time if weight loss is your goal.

Then there's a 2007 study in the journal Obesity which revealed that doing 60 minutes of cardio, 6 days per week only resulted in an average 3.5 pounds of weight loss after an entire year. Not much return on your time investment there is there? That equates to 312 hours of cardio. I'm sure you'd never hire a trainer if that were their promise.

Let's compare this to another 2012 study published in Applied Physiology: it was found that subjects done 4 minutes of high intensity exercise got better results

than those doing 30 minutes of low intensity cardio. HIIT is a great solution, but there are many ways to use HIIT and [this one](#) is unlike any others you've seen.

If weight loss is your goal and time constraints are an issue, clearly you need to be working out for LESS time.

But what should you be doing in your short workouts?

I have a solution.

It starts with M2A.

What is M²A or 'Muscle Metabolism Acceleration'?

M2A gets your metabolism fired up two ways.

The first way to fire up your metabolism is to increase muscle tone. Notice I said muscle 'tone' and not muscle 'mass'. Honestly, if building slabs of muscle is your goal, this is unlikely to happen. You WILL build *some* muscle however. The best way to notice this is by reducing your subcutaneous fat so your muscles become more visible. In other words, you'll 'look' more muscular by losing fat and adding some lean muscle.

Everyone wants that right?

How does more muscle increase your metabolism? Muscle is metabolically active and requires more calories to function, even at rest. Add muscle to your frame and you automatically increase your caloric needs. The person with more muscle will burn more calories at rest than their counterpart who has less muscle. One study found that muscle contributes approximately 22% of their test subjects resting energy expenditure, while fat only contributed 4%.

1. Gallagher D, et al, American Journal of Physiology. August 1998;275(2 Pt 1):E249-58.

To tie in the above, any activity that takes place in the human body requires the use of energy, which causes calories to be burned. With that being stated, let's connect some dots here showing that muscle is more active than fat requiring the use of more energy. Developing muscle (known as hypertrophy) and maintaining muscle requires a very large amount of energy related to the process of building the muscle initially and repairing/developing the muscle as resistance training is added. As you add resistance training and develop muscle, protein synthesis (the process that helps muscles repair and grow in size) must occur after your workout/at rest. The [Challenge Complex](#) program utilizes resistance training, which continuously causes your muscles to breakdown, repair, and grow on a day-to-day basis. This utilizes energy/calories to allow your body to burn more calories even at rest.

Think of it this way, skeletal muscle makes up around 40% of the body on an average person, as you add total body resistance training, you are developing the size and lean mass of all of that muscle on a consistent basis requiring continued energy use to repair and rebuild this muscle. This causes your muscles (the more muscle you have the better obviously) to burn calories for you all day every day. As you follow the [Challenge Complexes Program](#), your body is getting rid of unwanted fat by converting/condensing that tissue to lean muscle, which burns calories and fat both during and after your workout ALL the time.

Powers, Scott K. (Scott Kline), Exercise physiology: theory and applications to fitness and performance/ Scott K. Powers, Edward T. Howley. – 6th ed.

You want muscle, not just for muscle sake, but for it's sexy good looks. You want muscle to help get and keep you lean and healthy.

You will **gain muscle** and **get stronger** with these workouts. Increased strength initially comes from nervous system innervation of your muscles (that is, your

body 'learning' new movement patterns). It is concluded that a large part of the improvement in the ability to lift weights was due to an increased ability to coordinate other muscle groups involved in the movement such as those used to stabilize the body.

**O. M. Rutherford, D. A. Jones, The role of learning and coordination in strength training, European Journal of Applied Physiology and Occupational Physiology
April 1 1986, Volume 55, Issue 1, pp 100-105**

Of course you will gain tone and strength from challenging your muscles so that they will need to grow to meet the challenges you place on them. This is one of the reasons every workout is different. Your goal is to constantly confuse your body so it never quite 'adapts' to the challenges you give it. Once your body adapts, your progress stops and you do nothing more than maintain. Maintenance isn't a bad thing if you feel you've 'arrived' at your fitness and fat loss goal.

But no one has really 'arrived' have they? Like anything, you're either growing or dying, it's hard to stay put in one place and it's a slippery slope to fitness decline if you plan on 'maintaining' your fitness level.

A second way to fire up your metabolism is by something called 'afterburn' or EPOC (post exercise oxygen consumption). Studies prove that with high intensity workouts, your body will continue to burn more calories even when you stop exercising. In fact, EPOC was measurable 38 hours after completing exercise.

Schuenke MD, Mikat RP, McBride JM (March 2002). "Effect of an acute period of resistance exercise on excess post-exercise oxygen consumption: implications for body mass management". European Journal of Applied Physiology 86 (5): 411-7

This only occurs with intense training and will not happen when your plod on a cardio machine for hours. A good sign that you're setting yourself up for EPOC is you're feeling hot and sweaty during your workout. Feeling energized and alert after you train is also a benefit and can be attributed to increased metabolism.

What about GH or Growth Hormone?

You may have heard that GH is the 'magic bullet'.

We're all getting older and that means that our levels of growth hormone naturally will decrease. GH (growth hormone) is brilliant for helping us lose fat and gain muscle. As we age, we have less GH but we can NATURALLY increase our GH levels through training.

When we train anaerobically, we produce lactic acid, which is a precursor to growth hormone. Since we know that GH helps with fat loss, we want to train in such a way to produce lactic acid. These workouts will help! Given the intensity of these workouts you will be training anaerobically. You will produce lactic acid, your body will produce more growth hormone which will aid in fat loss. Period.

Effect of low and high intensity exercise on circulating growth hormone in men. NE Felsing, JA Brasel and DM Cooper July 1992 Journal of Clinical Endocrinology and Metabolism

You need to continually challenge your body to step up to advanced workouts. Be reminded that there's a ceiling on the progress that you can make. I've learned over time that smart training includes keeping an eye on personal limitations to avoid injury. For my clients that are in their 40's, 50's and beyond, the fact that you can maintain the fitness level that you had in your 20's and 30's (and on a good day get a PR-personal record) is progress. Accept that you may not be an

Olympian in any sport, but you still can push your boundaries in a healthy and safe way. Injury avoidance is your number one priority as you go through this program since it's difficult to meet your fitness and fat loss goals from the sideline.

Push hard, but be *smart* about it.

Why Challenge Complexes?

As you should know by now, I abhor cardio of the long, slow intensity sort. Not only is it BORING, but its counter productive. For one reason, studies have shown that appetite can be increased with low intensity cardio so you're not only wasting your precious time, you're setting yourself up to fail on your nutrition plan too.

Boost, Build, Burn!

Complexes are a great way to boost metabolism, build muscle and burn fat. It builds power, strength, muscular endurance and burns fat without having to do long, slow boring cardio. How about that for bang for your buck? Your time invested comes back triple fold and that means big results.

There are many benefits of complexes, one of which is the speed that they can be done. No one can ever use the excuse that they don't have 'time' to do a workout. A super effective fat burning, muscle building and fat blasting workout can be accomplished in less than 20 minutes.

Since the nature of complexes is such that there's little rest between exercises, you significantly lighten the load on all lifts. This provides an opportunity to perfect lifting technique while still providing a challenge for your body. A complex will work more specifically on muscular strength and endurance. You'll surprise

yourself at how 'heavy' a relatively lightweight will feel in the midst of a complex. When doing a complex, your muscles fatigue in a way that they wouldn't if you were doing a single movement.

Here are a few tips that I've used to create my complexes and you can keep in mind if you're going to create some of your own:

Hard lifts first

You'll need more strength and concentration for more technically difficult exercises so do them first.

Up and down

When alternating between upper and lower body exercises, half the body 'rests' while the other half of the body works.

Limit upper body complexes

Typically you will be limited by grip strength when doing upper body complexes exclusively. The upper body doesn't have the same endurance as the lower body. You'll get a better workout and have a lowered injury risk rate when you stick to full body or lower body complexes.

Flow

Movements need to flow from one to the next. Each exercise leads to the next and there should be a minimal amount of time needed to change exercises. Maintaining a good rhythm in the complex is important.

Load it up

Ensure that you don't have to stop to load or unload weights as this really kills the workout if you have to continually stop.

The TOP TWO principles to be successful with complexes are:

FORM is imperative. I take issue with other fitness programs that encourage poor form in an effort to beat a previous record. (You probably know what I'm talking about here.)

LOAD is important to keep the intensity high on the complex. Going through the motions of a complex while holding 5 lb dumb bells will NOT get you the results that you desire. Like anything else, fitness doesn't happen by just going through the motions. You need to push the weight all the while keeping principle one (FORM) in mind.

A Sample Workout

I have a workout for you that you can use with a barbell, dumb bell or even a kettle bell. Each workout will feel a little different. In fact, for each variation below, you can do the same workout but alternate which implement (BB, DB, KB) within the workout for even greater variety.

Make sure you do a full body dynamic warm up before you start your working set. You can even do a round of this with bodyweight or very light weight to ensure that you're good and warm before you start your working set.

These are the exercise that you'll do:

- Romanian deadlift
- High pull
- Front squat push press (goblet squat press with KB)
- Bent over row (do single arm row with KB if you only have one KB)
- Weighted burpee with push up (burpee on the floor when using KB)

Add a TON of variety by trying these methods with the above workout:

- 30/05 6 rounds
- 10 reps of each exercise for 3 rounds
- Do three rounds, alternate BB, DB, KB for each round
- Do the following rep scheme for each exercise with either BB, DB, KB: 10, 8, 6, 4, 2, 4, 6, 8, 10 reps
- Do the same workout, but start with the burpee and work backwards

Ensure that you end with a full body cool down for a minimum of 5 minutes after your complex workout.

As you can see, there are several ways to use the same exercises to get a full body, fat burning and muscle-building workout. You're only limited by your imagination.

[Click HERE for more Challenge Complex](#) workouts. This is a program that you'll be able to use a barbell, dumb bells and kettlebells with.

Good sweaty fun.

Replace boring cardio and HIIT with [Challenge Complexes](#) where you will not only burn fat and boost metabolism, but BUILD muscle too.

One last thing...

Do you want to have visible abs when you're 50? Do you want to be able to do pull ups, human flags, and have strength like you do now? I'm here to say it's not only possible, it's probable if you play your cards right. I'm as strong as I've EVER been and probably even leaner than I was in my 30's. You can be too.

It's the 10,000-hour rule: This is the idea that it takes approximately 10000 hours of deliberate practice to master something. The 'something' in this case, is your body. Sadly many people spend more time and money on their car than their body.



Here are ten tips to keep in mind so that years will be more of a friend to your body than a foe:

-Consistent short workouts trump longer sporadic ones. Often times I get asked how long I spend training each day; more important is the consistent commitment of a short amount of training time over the long haul.

-Take notes. Training journals are helpful accountability tools. I can compare performance from 20 years ago. I know what my body is capable of and I can push my limits. I can log an ache or pain so I can track what caused it, what things to avoid, when to get treatment when needed and what treatments worked.

-Small smart nutritional choices add up BIG TIME in the long run. You don't have to be a total food freak, but making hard choices 80% of the time makes a huge difference in your physique over time.

-Beauty sleep is important. Having consistent sleep patterns help recovery and keep cortisol levels low. We know that a high cortisol level is associated with increased belly fat and adrenal fatigue.

-It may sound motherly to say 'moderation in all things' however that's what works when it comes to lifestyle.

-Training need not be 'moderate' though. In fact, 'pedal to the metal' is more like it. Train with passion, intensity and intelligence.

-Train heavy. Lift as much weight as you safely can to increase and maintain as much metabolically active muscle as possible. Muscle is the fountain of youth: it keeps your metabolism fired up and helps staying lean that much easier.

-Continue to set goals and give yourself physical challenges.

-You may require more recovery between workouts. Listen to your body. Sometimes less is more, as long as less is part of a deliberate plan and doesn't become 'nothing' when it comes to intense workouts.



-Pay attention, your body is an incredible machine, learn how it reacts to life: training, eating, stress, sleep, etc. The great thing about aging is it gives you more time in your own skin to really get to know yourself physically, mentally and emotionally.

I hope that you're passionate about your physique right now. I hope that this is something that only grows in intensity. Your passion for training is hopefully as ingrained in your daily lifestyle as brushing your teeth. The challenge of maintaining a kick ass body as you age is really the epitome of all challenges where YOU become the ultimate winner with great health to live life to the fullest.

I never use age as an excuse and neither should you. I can help you with your fitness through my blog and challenging workout plans.



A Little About Me...

I'm a retired schoolteacher of 20 years who's found my passion in the fitness industry. I've been a competitive athlete all my life and has competed nationally in three sports. I've parlayed my ability to teach and my love of training into programs for you. I just turned 50, I'm a mother of two teenagers and I understand how busy life can be. My workouts are short and intense and often can be done anywhere. I'm always

up for a challenge and I love to share my fitness challenges with you. Currently I run my own local fitness boot camp and coach clients in person and online around the world.

Want to get strong AND lean in record time without doing long workouts or boring cardio?

[Get started on the Challenge Complexes program here.](#)