

THE LEAN EXEC

A STRONG, ATHLETIC PHYSIQUE IN JUST 3 HOURS A WEEK

GROUNDWORK PLAN

THE LEAN EXEC | BOOK

This publication/document contains content, materials and other extracts from the book, The Lean Exec:

THE LEAN EXEC

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NEILL DAVID WATSON
WITH BIGGER BROTHER INSIGHT FROM IAN ROSS WATSON

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GROUNDWORK PLAN | REPEAT EVERY OTHER DAY

MOVE	SET	REPS	% OF 1REP MAX	LOW TARGET REPS	HIGH TARGET REPS	GUIDE TEMPO	REST PERIOD AFTER SET (SEC)	Alternative Moves		
								Sit To Stand	Body Weight Lunges	1 Leg Body Weight Deadlifts
1. Standard Body Squats	1	To Failure	Body Weight	10	20	2010	60	Sit To Stand	Body Weight Lunges	1 Leg Body Weight Deadlifts
	2	To Failure	Body Weight	10	20	2010	60			
	3	To Failure	Body Weight	10	20	2010	60			
	4	To Failure	Body Weight	10	20	2010	75			
	5	To Failure	Body Weight	10	20	2010	75			
	6	To Failure	Body Weight	10	n/a	2010	75			
Total				60	100					
<p>Struggling to do a full squat? No worries! Do it within your mobility range and fitness level, gradually increase the depth of your squat and number of reps over time within your natural range. Also, try Sit To Stand with a chair, until you feel comfortable you can squat at least parallel (upper leg) to the floor.</p>										
2. Standard Push-Up	1	To Failure	Body Weight	8	15	1111	60	Close Grip	Wide Grip	Knee Push-Up
	2	To Failure	Body Weight	6	15	1111	60			
	3	To Failure	Body Weight	5	10	1111	60			
	4	To Failure	Body Weight	4	10	1111	90			
	5	To Failure	Body Weight	4	10	1111	90			
	6	To Failure	Body Weight	3	n/a	1111	90			
Total				30	60					
<p>Struggling with Push-Ups? Follow these steps every other day until you're ready to do a full Push-Up. Step 1: Try a forearm (arms straight) plank until you can hold it for 5-10 seconds rest for 15-30 seconds and repeat 3 times. Step 2: Practise lowering yourself to the floor (Negative Push-Up), until you can do it comfortably with control 3-5 times with a 15-30 second rest. Step 3: With your new strength, lie on your front and push from the floor (Eccentric Push-Up) to Forearm Plank. Repeat these steps until you can do a full Push-Up. Once you can do a Pull-Up, repeat Steps 1 and 2 for the next rep and so on. Increasing your ability on any of the 3 Step techniques can also help you break plateaus and push to another rep.</p>										
3. Standard Pull-Up	1	To Failure	Body Weight	6	12	1020	60	Resistance Band Rows	Inverted Rows	
	2	To Failure	Body Weight	5	10	1020	60			
	3	To Failure	Body Weight	4	8	1020	60			
	4	To Failure	Body Weight	3	6	1020	90			
	5	To Failure	Body Weight	2	5	1020	90			
	6	To Failure	Body Weight	1	4	1020	90			
Total				21	45					
<p>Struggling to do a Pull-Up? Don't sweat it! Follow these steps every other day until you're ready to do a full Pull-Up. Step 1: Dead Hang from an overhead bar until you can hold for at least 5-10 seconds rest for 15-30 seconds and repeat 3 times. Step 2: Use a stable box or support so you can hold the overhead bar at the top of the bar (chin just above the height of the bar), then step off the box, support and lower yourself to a Dead Hang as slowly as you can. Do this until you can repeat at least 5 times with control. Step 3: Starting with a Dead Hang attempt a Pull-Up as far as you can. Repeat Steps 2 and 3 until you can do a full Pull-Up. Once you can do a full Pull-Up, repeat Steps 1 and 2 for the next rep and so on. Increasing your ability on any of the 3 Step techniques can also help you break plateaus and push to another rep.</p>										

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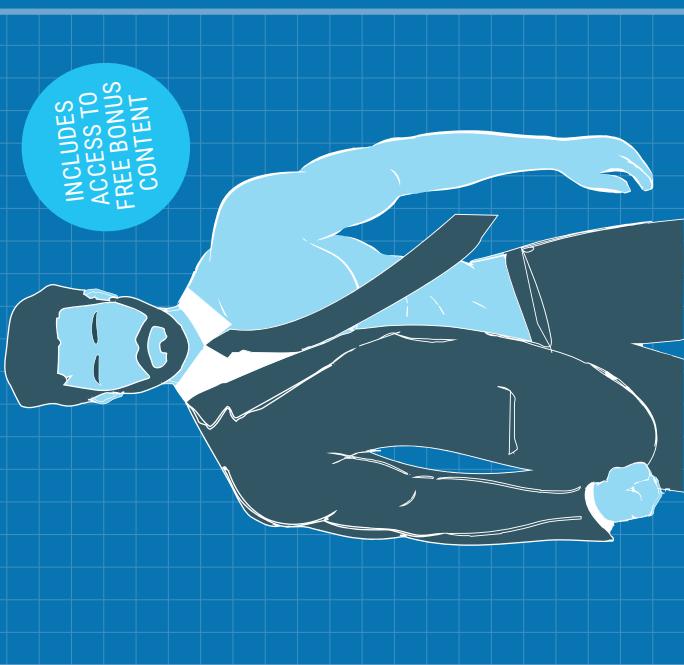
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