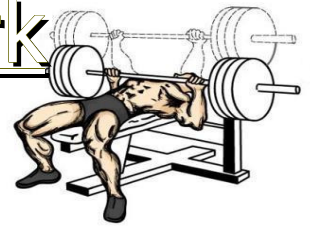
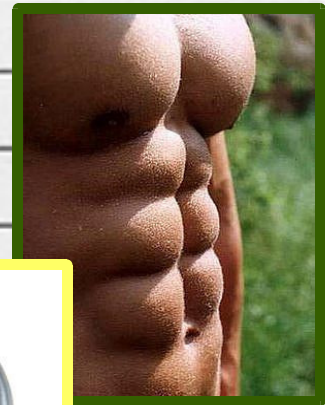


Workout Routines That Work

**Kick Ass Workout Routines
To Get You In The Best Shape Of Your Life!**



Quick Start



Workout Report

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Preface

Hi,

My name is Shane Halaska and I want to thank you for downloading the Workout Routines That Work - Free **Quick Start Workout Report**. I know working out can be very confusing, especially when you first start a fitness or weight lifting program. It was for me when I started. Hopefully this report will help steer you in the right direction.

I've included some of the best and most useful information to get you on a great start to your workout goals. Essentially, a very condensed document of some of the most important things that I've learned that everyone who works out, needs to know.

Things like, a **Bodyweight-Dumbbell Circuit Workout Chart**, a list of the **5 Best Supplements** to take and a great **Workout Journal Log Sheet** to record your workout progress.

To your Workout Success!

Sincerely,

Shane

"Wherever the mind goes, the body will follow."

unknown

The Top 5 Muscle Building Myths Exposed

Myth #1:

If you want to build muscle, you need to get a "pump" during your workout. The better the "pump", the better it is for muscular growth.

The facts are that muscle pump has next to nothing to do with gaining muscle. Sure it might look nice and feel pretty cool when you get a muscle pump, but working out specifically for that feeling or effect won't help you gain the most amount of muscle in the shortest amount of time.

Muscle pump generally occurs as a result of doing a higher amount of reps than you should for muscle building. It forces a lot of blood into your muscles and makes them swell in size and vascularity. You bet it looks wicked, but it doesn't mean you're building muscle effectively.

Size and strength comes from low reps and heavy weights. Muscle pump comes from higher reps and lighter weights. Which do you think is going to increase muscle size most effectively. Light weights or heavy weights? When you train with heavy weights and low reps, muscle pump is low to moderate and that burning feeling of lactic acid buildup you get when you train for the pump, isn't even in the equation.

Myth #2:

High reps and light weights will get you ripped and defined.

Essentially what people are talking is spot reduction. Spot reduction is supposedly targeted fat loss by using light weights and high reps. Spot reduction doesn't work and it will not get you ripped or defined.

Muscle definition is a result of low body fat levels, that's it. You can either lose body fat and therefore you'll see more muscle definition in your overall body or you can gain body fat, in which case, you'll lose muscle definition.

Depending on where you are genetically predisposed to store that fat is entirely individual. Some areas of your body may seem to take longer than other areas, but that's just the way your genetics are made up.

Myth #3:

He's a professional bodybuilder, he's crazy huge and ripped, his exercise routines are in all the workout magazines, he must know what he's talking about. I'll follow his workout and get huge too.

Sure, those pro bodybuilders are insanely massive and crazy ripped, but do you really think that's the norm? Of course it's not. All a pro bodybuilder does is eat, sleep and drink bodybuilding.

Most of them are genetically predisposed to building huge amounts of muscle, are stacking who knows how many steroid combinations and because of the huge amount of drugs they're using, they can recover much, much faster than you or me.

If the average person were to follow a Pro Bodybuilder workout, within a week, they would be severely over-trained, at a high risk for injury, and find it very difficult dragging themselves into the gym, let alone doing the workout.

What works for the genetic freak, doesn't work for us normal humans. Us normal people have lives outside of weight training and the gym.

Myth #4:

Weightlifting will cause you to become bulky, and as a result you will lose your speed, agility and flexibility.

This myth has perpetuated through the years and continues to hang on. Why? People find it comforting and use it as an excuse not to train with weights and build muscle, because building muscle and training with weights is uncomfortable. Human beings in general will stay where it's easy, safe and comfortable.

The truth is that if you want to maximize your speed, agility and flexibility, you should train with weights.

If you want to jump higher, run faster, throw farther, it's the strength of your muscles and their contractions that allow you to do it. If you want to maximize your performance in sports, work, or any other physical activity, weightlifting is the way to do it.

Myth #5:

If you stop working out, all that muscle will turn to fat.

This is just one more excuse not to workout. Muscle simply does not turn into fat.

The reality is muscle tissue and fat tissue are two different tissues in your body and they can't transform themselves from one into the other.

The reason why people say that if you stop working out, all that muscles will turn into fat is because they know this guy who used to workout and now he's fat and out of shape. The reason why he's fat and out of shape is because he stopped exercising, stopped watching his diet and he eats too much now. That's it.

The Top 5 Fat Loss Myths Exposed

Myth #1:

If you want to lose fat, the most effective way is to perform 60 minutes of low to medium intensity exercise (treadmill, stationary bike, etc.) 5 times per week.

The most effective way to lose fat is short, intense bursts of cardio that increases your metabolism and burns fat 24 hours a day.

The goal is:

1. To maximize fat loss.
2. To minimize muscle loss.

The most effective way to do this is 15 minutes of **High Intensity Interval Training** performed 3 times a week.

Myth #2:

The newest Cayenne Pepper and Vinegar Diet of the stars will shed unwanted fat like no tomorrow.

You bet you'll lose fat if all you eat is Cayenne Pepper and Vinegar. Guess what? You'll also lose just as much muscle while you're doing it. Now, when you get off this fad diet, your metabolism will be even lower than it was before you went on it, making it even easier to pack on the fat again. It's a vicious cycle and the diet gurus want to keep you on the merry-go-round.

The only way to lose fat effectively is with a **calorie deficit**.

This means reducing your daily caloric maintenance level (calories you require daily in order to maintain your current weight) by 15-20% in order to lose fat.

How do you calculate your daily caloric maintenance level?

The Basic Multiplier = Your Bodyweight x 11-13

E.g.

150lbs x 11 = 1650

150lbs x 13 = 1950

Your Daily Caloric Intake would be between **1650 and 1950** calories.

Start using the higher value as your base. Reduce that value by 100 calories at a time if you aren't losing any weight. Once you start losing weight at 1-2lbs per week that will be the correct calorie deficit for you.

Myth #3:

Eating before bed will make you fat.

This is total B.S. If you're hungry when you go to bed, don't you think your body will be hungry while you sleep. Not only will it be difficult to go to sleep, but whenever you enter a state of hunger and then deprive yourself for an extended period of time, your body starts using muscle and fat to sustain itself.

Now you shouldn't be eating a big meal before bed, but eating a small meal or snack ½ hour before bed is just fine. Stick to clean, unprocessed foods that are low on the glycemic index and you'll be ok. Foods like soy milk, regular milk, an apple, yogurt, and most vegetables and beans are great. Foods like cereal, white bread, mashed potatoes, rice cakes and chocolate bars are not.

Myth #4:

Carbs make you fat.

Carbs don't make you fat. Too much of the **wrong kind of carbs** make you fat.

Carbohydrates low on the glycemic index allow your body to effectively assimilate them over a longer period of time. These type of carbohydrates also make it easier for your body to regulate its insulin levels.

Regulated insulin levels are important because as insulin levels rise, excess sugars get stored as body fat. However, if you eat carbs that are broken down and released gradually, your body will be able to assimilate the glucose from those carbohydrates more efficiently. Now your insulin levels will be stabilized and you won't store excess body fat.

Myth #5:

If you do this new ab workout or use this new ab product advertised on tv you'll get 6-pack abs.

No amount of exercise alone will give you 6-pack abs. Sure you can make your abs bigger, but exercising them alone won't cut it.

Everyone has 6-pack abs. They're just covered by varying amounts of fat. In order to see those abs you need to lower your body fat %. The lower your body fat, the better the 6 pack.

This doesn't mean that you shouldn't train your abdominal muscles, because you should. A strong core is essential for a strong, powerful and balanced physique. However, the #1 way for getting those abs to show is to reduce your body fat levels.

The 5 Best Supplements

It might shock you, or it may not, that most supplements on the market today do just about nothing they say they do.

In fact, most claims by supplement companies are blatant lies and their products do absolutely nothing. Some don't even contain anything they say they do in the ingredients list.

Although there are tons of supplements on the market, out of all of them, the 5 supplements below are scientifically proven to work, by far the most effective and the best value for your money.

#1: Protein Powder

Protein requirements for your body are in the range of **1-2 grams of protein per pound of lean bodyweight**. Many studies and people advocate 2 grams and others will tell you 1 gram is enough. I'm thoroughly of the camp that says **1 gram per pound of bodyweight is all you need**. This is actually somewhere in between the two and easier to calculate.

Now if you only weigh 110lbs, getting enough protein with just whole food isn't that hard, and yes it's even possible when you weigh significantly more. It does tend to get difficult to make all that food though. That's why a protein powder supplement is the #1 supplement to add to your exercise program.

#2: Multi-vitamins

In today's world, most people's diet is not nutrient dense. Many of our foods are high in sugars and starch and few people eat enough fruits and vegetables to get all the vitamins and minerals their bodies need. Even if you are, you're likely not getting them in the proper ratios. This is why taking a multi-vitamin is important. If you can, taking a high potency multi-vitamin is recommended.

#3: Essential Fatty Acids (EFAs)

EFAs are the good fats that you hear about all the time but nobody really told you how good they are for you. **Polyunsaturated Fats** are good fats that:

1. Speeds up metabolism
2. Increases growth hormone production
3. Reduces inflammation in the body
4. Decreases risk of heart disease, stroke and cancer

There are two kinds of polyunsaturated fats, Omega 6 and Omega 3. Most of us get plenty of Omega 6 from our diets rich in meat products, but don't get much Omega 3's. Omegas 3's can't be made from our bodies and must be ingested. You can increase your Omega 3's from fish oils, flaxseed oil and canola oil.

#4: Creatine

Creatine monohydrate is simply one of the most effective sports supplements you can take. It's one of the few that actually work and it works very well for gaining muscle size and strength.

What will Creatine do for you?

1. Increase your lean muscle mass and strength
2. Speed up your recovery rate
3. Decrease lactic acid production
4. Decrease mental fatigue

Taking 5 grams of creatine a day will have a dramatic effect on your muscle size and strength, and it's cheap too.

#5: Glutamine

Glutamine is best known for its remarkable anti-catabolic effects. Meaning, it helps to spare muscle and muscle proteins from being broken down and used for body fuel.

Glutamine is arguably one of the most important amino acids in the body. It occurs naturally in dairy products, fish, meats, beans and poultry. However, you could never eat enough food to give you the same great benefits supplementing glutamine can do.

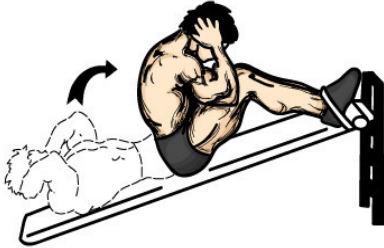
Glutamine main job is to provide fuel for the immune system. Since the immune system is so heavily stressed through weight training, the body must compensate by breaking down muscle tissue in order to obtain a source of glutamine if it has none in your system. This will lead to muscle loss. However, if you have enough in your system from an extra source, your body will use that source and not your muscle tissue.

Take 5 grams of glutamine before bed and as part of your after-workout meal/protein shake.

Dumbbell/Bodyweight Circuit Training Workout

www.Workout-Routines-That-Work.com

www.Workout-Routines-That-Work.com



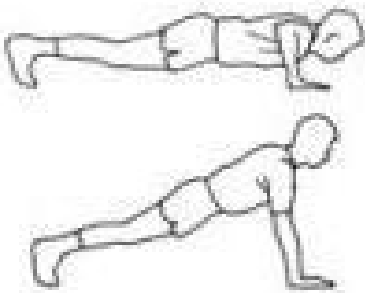
Incline Sit-ups



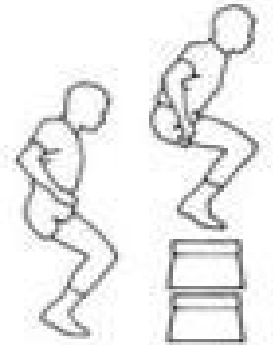
Chin-ups



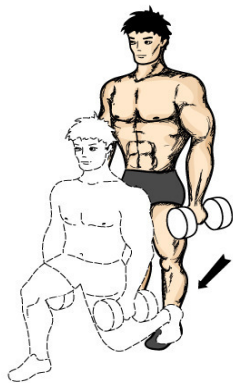
DB Curls



Push-ups



Box Jumps



DB Lunges



Overhead DB Press



Flat DB Press



Dips

Circuit:
Perform the full circuit of exercises 3 times.

Exercise Interval:
20 seconds or to failure - whichever comes first

Rest Interval:
90 seconds

Weight Selection:
Bodyweight or a weight that you can do 12-15 reps with.

Intensity Progression:
Decrease the circuit Rest Intervals by 5 seconds every 1-3 weeks to increase your workout intensity. Aim to get down to 20 seconds of rest between exercises.

Workout		Date	
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Workout Time		Start		End	
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Warmup	
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Exercise	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio Exercise	Level	Calories	Distance

Notes

Workout		Date	
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Workout Time		Start		End	
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Warmup	
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Exercise	Set 1	Set 2	Set 3	Set 4	Set 5

Cardio Exercise	Level	Calories	Distance

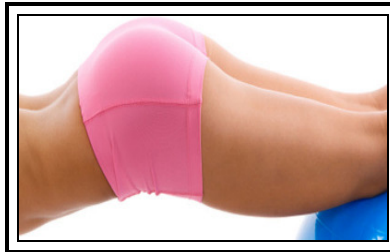
Notes

If you liked this report and found it useful, then I think you'll really like these workout programs (Ctrl + click the txt or picture to go to the workout program pages.):

**[The Ultimate
Bodybuilding
Workout Program](#)**



**[The Extreme Fat
Loss Workout
Program](#)**



**[The King of
Fitness Training
Plans](#)**



Complete Step By Step Workout Programs

These workout programs were designed by myself and are a culmination of over 20 years of exercise experience, education and experimentation. Each program is designed to be the most effective and efficient workout you can do to achieve your bodybuilding, fat loss or fitness goal.

These are not some BS workout products that promise a lot and deliver a little. They are step by step programs that you can read in 20 minutes and start seeing and feeling results almost immediately. They are gym tested and gym proven to get results faster than anything you've ever tried.

I wish I would have had these manuals when I first started working out. I would have literally saved me years of wasted efforts, overtraining, injuries and confusion.

Check them out for yourself, you'll be glad you did.

[BODYBUILDING](#)

[FAT LOSS](#)

[FITNESS](#)