



INSIDE OUT

#trainforlife with Dr. C

This progressive, 6 week program is designed to lay a strong foundation of strength and conditioning so that you can live your life with ease. Body part training, HITT & a systematic approach to developing functional strength are mainstays in the *#trainforlife* program.



IMPORTANT NOTE

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Now that the legal stuff is out of the way, here's the cliff note's version in my own words:

A lot of love and time goes into these programs and it's important to me that they remain reasonable enough for everyone to purchase and benefit from. Please don't copy or redistribute my work, without permission directly from me. If you have friends or family who want to participate I kindly ask that you have them purchase the program, just like you did.

That said, if you know someone who desperately needs some help but would never buy this for themselves, I could probably look the other way if you share it with them ;) You can also contact me directly and I will work out a way to help them.

Thanks for your understanding,

Dr. C

ABOUT THE AUTHOR



I feel it is important for YOU to know who you have chosen to work with. Below is a summary of my 49 year journey with health and fitness. The beauty of aging is I have life experience plus formal education to create a strength and conditioning program to meet YOU where you are at right now.

THE LIFE TIMELINE

0-10 Years (Awkward)

The first ten years would best be described as awkward and clumsy with little to no athletic potential being demonstrated...however in my mind, I was an athlete.

10-20 Years (The Every Athlete)

Ten to twenty were pretty epic. I won a cross country race at the age of 12 and felt pretty confident that I was going to go to the Olympics. The dreams of youth can be powerful. I also then went on to play every sport available to me: badminton, basketball, cross country running, volleyball, softball and track and field. My highschool jacket had all of these listed. Good thing I have really long arms.

20-30 Years (Varsity Athlete)

Twenty to Thirty was all about basketball at university. I then transitioned into playing ladies league volleyball, basketball and softball. I snagged a Bachelor of Physical Education and Doctorate of Chiropractic along the way.

30-40 Years (The Dark Ages)

Thirty to Forty would best be described as the dark ages for fitness. Aside from a few run clubs and 6 week bursts of lifting weights...I did NOTHING. I had babies and I built my business and ignored my health.

40 - Present (My Prime)

The 40's to one year shy of 50 have been my best years. Road Racing, obstacle course racing, crossfit and bodybuilding. I believe I peaked lol. To say I am a late bloomer would be an understatement!

So ... here is where you come in. Do you see yourself in any of these stages? Good, I know how to help you. Let's get started.

PERSONAL PROFILE

PROFESSION

I am a chiropractor with an insane passion for everything to do with physical fitness.

CONTACT

My day job Well Within Chiropractic
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FITNESS HIGHLIGHTS

- Provincial Medal Cross Country & Badminton (1980's)
- University Basketball (1990's)
- World Qualifier Obstacle Course
- Racing (2010's)
- Figure Grandmaster Overall
- Bodybuilding (2010's)

NOTABLE SKILLS

- ability to laugh at my own jokes
- work ethic & discipline
- ability to see potential in others and help them achieve it
- I love with my whole heart



BEFORE YOU BEGIN

Online fitness programs are a dime a dozen so, how do you know you're spending your hard earned money with the right person?

What to look for in an online trainer or program.

- Does the trainer have more experience than you do?
- Does the trainer possess the skills or level of health that you are working towards?
- Has someone you know had good results with the trainer or their programs?
- Does the trainer have the education and or experience to be providing direction or recommendations?
- Does the trainer's method or style match the way you need to be worked with for you have the greatest chance of success?
- Is the trainer a professional that is focused on your results and not on being your best friend?
- Does the trainer have 5 years or more experience?

Guess what?!?!?

I have a trainer. I have tried for 3 years to outgrow and out alpha him... but each session, he delivers. My goal is to one day not need him and know as much as he does. It is what everyone's goal should be...to outgrow their current position and move on.

I have had many trainers or coaches in the past, some good and some bad. Had I used these 7 points before starting with them I would have saved myself from the following issues:

- ★ Wasted money
- ★ Wasted Time
- ★ Drama
- ★ Injury
- ★ Poor Results
- ★ Frustration

So, with this is mind. Let's get started so that you can outgrow me sooner rather than later!

THE PROGRAM

This 3 Phase program is made up of 2 5-day cycles (phases 1 & 2) and two 7-day cycles (phase 3). It's a combination of body part strength training & conditioning complimented by short HIIT workouts. The workouts are progressive in nature which means that each phase is built on the one previous & designed to accumulate results.

THE 5 DAY CYCLE (Phase 1 + 2)

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Shoulders + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	Low Intensity Training (LIT)

PHASE 1

Phase one is made up a 5-day cycle that you'll repeat consecutively 3 times. It consists of bodypart part training (as in the calendar above) and HIIT workouts each day with one active recovery day (LIT).

PHASE 2

Phase two is the same format at phase one with body part training on a 5-day cycle that you'll repeat 3 times with HIIT after each workout. In this phase you'll have a new set of exercises that build on the foundation you've created in phase one.

PHASE 3

Phase three uses a brand new format and runs on a 7-day cycle that includes 2 active recovery days. In this phase, you'll experience two new training methods designed to challenge your body (and mind).

THE 7 DAY CYCLE (Phase 3)

DAY 3	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Tabata 1	Tabata 2	Tabata 3	Tabata 4	Tabata 5	LIT	LIT
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Shoulds	Back	Chest + Arms	Legs	Finisher	LIT	LIT

EQUIPMENT NEEDED

Ideally this program would be done in a gym so that you could learn to be comfortable in that environment. This program will develop the basic strength and cardiovascular endurance so that you can progress to barbells and machines.

However, if you want to do the program at home here is a list of what you will need:

DUMBBELLS (DB)	5lb, 10lb, 15lb *once you need heavier than this it is time to buy a gym membership or build a home gym	
KETTLEBELL (KB)	12lb or 18lb *they are usually sold in KGs so 8 or 12 KG	
SKIPPING ROPE		
YOGA MAT		
MEDICINE BALL (MB)	8lbs	
FOAM ROLLER		
LACROSSE BALL		
APPS	Interval App – SmartWod Timer or Interval Timer – HIIT Workouts (free in the app store) Fatsecrets.com or My Fitness Pal	

DEFINITIONS & TERMS

HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a training technique in which you give all-out, 90-100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. In fact, one of the best parts of HIIT is that the aftereffects are that your body keeps burning fat after you have stopped working out! Benefits are that the training times will be between 8-12 minutes and then you are done!

LOW INTENSITY CARDIO (LIT)

Also known as steady state cardio (SSC), LIT is achieved by keeping your heart rate at about 60% of your maximum (220 minus your age is your max) You should be able to talk to the person beside you relatively easily throughout the duration. LIT is beautiful for active recovery days and burning fat like crazy! The ideal for this program is that you will do strength and HIIT cardio for 4 days in a row and then one LIT day. The goal is to do the LIT – OUTSIDE! Walk, Run, Hike, Bike etc. Yes, you could do this on a rower or treadmill inside, but you would miss out on the benefits of the body adapting to the climate and the natural vitamin D. LIT should be done for at least 20 minutes and work up to 60 minutes.

REPETITION / REPS

One complete motion of a single exercise often comes in multiples of 10, 12 or 15

SET

A group of consecutive repetitions usually 3 or 5

IE: 15 reps for 3 sets would mean you do 15 repetitions and take a break and then repeat two more times. The last 3 reps of each set should be a challenge so choose your weight accordingly.

SUPERSET (SS)

When you perform one set of an exercise and then without rest switch to another exercise. Once the two exercises or movements are complete ... then you rest.

IE. SS DB press with Bicep Curl 12 reps for 3 sets

REST PERIOD

The time between sets to catch your breath and for your muscles to recover. In this program you should wait no longer than 90 seconds between sets.

*it is only after the weights and the physical demand gets much heavier that you would need longer

*it is not enough time to answer texts or emails! At most, you have time for one very quick selfie with intention of posting and tagging later on IG!!!

AMRAP (As many repetitions or rounds as possible)

Perform as many reps or rounds of an exercise within a specified amount of time.

EMOM (Every Minute on the Minute)

An interval workout where you perform a specific movement or exercise at the start of every minute. You have 60 seconds to complete the movement or exercise and the time remaining in that minute is your rest.

TO FAILURE

One of my favourite terms and hardest to do. This means you are to do an exercise to the point that you can no longer physically do it anymore. It is the good hurt and it is where all growth occurs. Here is where you learn what you are made of and may surprize yourself with your own potential.

MEAL PLANNING | The Harris Benedict Formula

This formula will determine how much food you should eat for the next 6 weeks so pay Attention!

The Harris- Benedict equation is a brilliant little tool to help YOU estimate what is called your basal metabolic rate (BMR).

Target body weight X (intensity training level (from 2-10) + average total number of hours of training per week)

Let's get started...

1. Write down your target weight _____

*No greater than 10lbs more or less than your current weight.

2. Training Intensity

Training Intensity Value* _____

*intensity level

2 – sedentary (sit at a desk and gets little to no exercise)

7 – active or moderately active (runs one hour per day or is doing this bootcamp faithfully)

10 – vigorous activity – two hours of physical activity a day plus a physical job

Average total weekly training sessions _____

*for the next 6 weeks this will be “7” as you will be doing something every day. If you are do training outside of this (hockey, crossfit, running, yoga) you will need to add to the session total

3. Add the two numbers you calculated from step #2

4. You now take your target body weight X the number in step #3

** this is the total number of daily calories you should be consuming during this challenge**

IE. Goal weight 155LBS (7 intensity level + 7 hours per week) = 2170 calories per day

MACRONUTRIENTS

Once you have your caloric goal you would ideally break your macronutrients into the following:

40-45% Carbohydrates: found in foods such as beans, whole grains and non- starchy vegetables

30% Fats: foods high in omega 3 fatty acids like fatty fish, cashew nuts, oils and avocado

25-30% Protein: think lean meats, eggs, seeds, nuts, beans and legumes

MICRONUTRIENTS

Micronutrients are the best so don't forget them! These you will get in all of your leafy greens and vegetables. These usually have very low caloric numbers and should be incorporated with every meal. They may need to be used as a supplement if your menu isn't what it should be.



HOW TO WIN

DO THE WORK

Only you can do this. There is no delegating.

NO EXCUSES

If you really want it you will, if you don't you won't. Don't sell yourself short. Also ... do not quit. Start with the commitment to yourself that you will finish this program, no matter what. Most will quit a program after two weeks... please don't let that be you.

NO COMPLAINING

Ask questions for clarification not for attention. Please no whining. It hurts my ears.

DO IT AGAIN

REPETITION IS THE FATHER OF ALL LEARNING. This program is about mastering the basics of strength and conditioning. It is about developing the neural patterns that you will then have for LIFE. It is about safely learning the necessary skills to build on to go to the next level. We will repeat movement patterns until you can do them in your sleep!

POST IT ON SOCIAL MEDIA

I want to hear from you EVERY SINGLE DAY for the duration of this program

- Post a photo online
- IG story using #trainforlife and @wellwithintruro
- FB and FB story and tag Well Within Chiropractic

This may be the hardest part of the challenge... because you have to do the work first, have the confidence to make it official by posting it and have a record of it for the world to see! Please see the "no complaining" clause.... Just do the work.

** FYI...for the shy and private... IG story is only up for 24 hours and then it disappears.

USE THE PRIVATE FACEBOOK GROUP

[Inside Out #trainforlife](#) ... is where all questions and clarifications are to be done. Please do not private message me unless absolutely necessary. 99% of all questions are shared and similar to questions of the entire group. We will learn from each other.

TRAINING CALENDAR

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
LEGS + HIIT	LIT	TABATA 1	TABATA 2	TABATA 3	TABATA 4	TABATA 5
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
LIT	LIT	EMOM SHOULDERS	EMOM BACK	EMOM CHEST & ARMS	EMOM LEGS	EMOM FINISHER

THE STRENGTH WORKOUTS



PHASE ONE | SHOULDERS

Exercise	Reps	Sets	Start	Finish	Notes
Seated Shoulder Press (video)	15	3			
SS Front Raise + Lateral Raise (video)	12	3			
Reverse DB Fly (video)	15	3			
DB or MB Lift & Driver (video)	10	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 1.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#6 or #8 or #9

PHASE ONE | BACK

Exercise	Reps	Sets	Start	Finish	Notes
KB Swing (video)	20	3			
DB Stiff Leg Deadlift (video)	15	3			
Bent Over Row (video)	15	3			
Shrugs (video)	20	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 1.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#4 or #10 or #15

PHASE ONE | CHEST & ARMS

Exercise	Reps	Sets	Start	Finish	Notes
DB Floor Press (video)	15	3			
DB Fly (video)	15	3			
Bench Triceps Dip (video)	10-15	3			
Straight Arm Pull-Over / Skull Crusher (video)	15	3			
Biceps 21's (video)	7/7/7	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 1.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#7 or #11 or #12

PHASE ONE | LEGS

Exercise	Reps	Sets	Start	Finish	Notes
Goblet Squat (video)	15	3			
Step Up (video)	10	3			
Standing Calf Raise (video)	20	3			
Bulgarian Split Squat (video)	10	3			
DB Front Squat (video)	15	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 1.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#1 or #3 or #13

PHASE TWO | SHOULDERS

Exercise	Reps	Sets	Start	Finish	Notes
Arnold Press (video)	15	3			
SS Front Raise + Lateral Raise	12	3			
Reverse Fly	15	3			
Inverted KB Press (video)	10	3			
Upright Row (video)	15	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

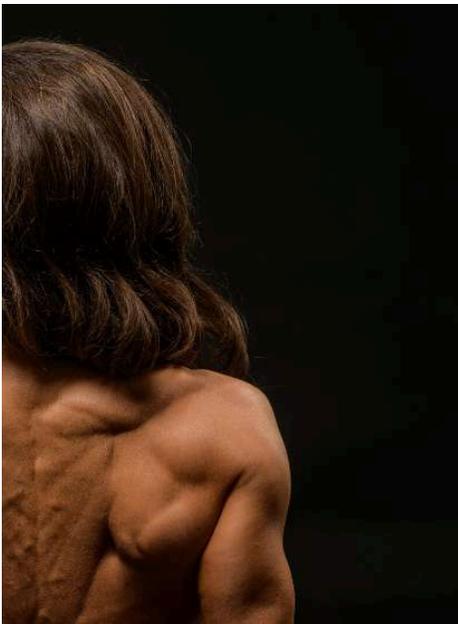
Each week you must pick a different option. All 3 will be done by the end of Phase 2.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#6 or #8 or #9

PHASE TWO | BACK

Exercise	Reps	Sets	Start	Finish	Notes
KB Swing	20	5			
Single Leg DeadLift (video)	10	3			
Bent Over Row	15	3			
Wide Row Underhand Grip (video)	15	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 2.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#4 or #10 or #15

PHASE TWO | CHEST & ARMS

Exercise	Reps	Sets	Start	Finish	Notes
Close Grip Chest Press (video)	15	3			
Standing DB Biceps Curls (video)	15	3			
Bench Triceps Dip	10-15	3			
Seated Overhead Extension (video)	15	3			
Alternating Hammer Curls (video)	12	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 2.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#7 or #11 or #12

PHASE TWO | LEGS

Exercise	Reps	Sets	Start	Finish	Notes
Sumo KB Squat (video)	15	3			
DB Lying Leg Curls (video)	10	3			
DB Thruster (video)	15	3			
Exercise Ball Bridge (video)	20	3			
Bulgarian Split Squat	10	3			



CARDIO HIIT

You have your choice of doing one of 3 numbered options. See list of HIIT workout for details.

Each week you must pick a different option. All 3 will be done by the end of Phase 2.

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

#1 or #3 or #13

THE HIIT WORKOUTS



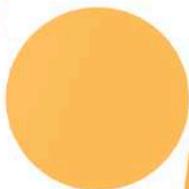
HIIT WORKOUTS

Every strength workout will be accompanied by a HIIT workout. You have 3 options to choose from BUT **you must cycle through all of the HIIT workouts** by the end of the phase.

	Movement	Rounds	Time Cap
HIIT #1	3 Minute Skip 20 Air Squats	3	
HIIT #2	(SS) KB Swing + DB Thruster 21-15-9		
HIIT #3	100 Air Squats		8 Minutes
HIIT #4	1 minute skip 10 air squats 10 push ups	3	8 Minutes
HIIT #5	10-9-8-7-6-5-4-3-2-1 KB Swing + DB Thruster 1-2-3-4-5-6-7-8-9-10	(descend and then ascend)	
HIIT #6	10-9-8-7-6-5-4-3-2-1 sit ups *30 sec skipping between sets	N/A	
HIIT #7	(SS) Air Squats + Push Ups 21-15-9	N/A	8 Minutes
HIIT #8	250 Skips for TIME		
HIIT #9	10 Push Ups 10 Air Squats 10 MB Sit Ups	5	8 Minutes
HIIT #10	(SS) Leg Raise + Air Squat 50 - 40 - 30 - 20 - 10	N/A	10 Minutes
HIIT #11	1 km Run (MAX EFFORT)	N/A	
HIIT # 12	75 Burpees for TIME	N/A	12 Minutes
HIIT # 13	250 meter Walking Lunges		8 Minutes
HIIT #14	150 Jumping Jax for TIME		
HIIT #15	1 Min Front Plank 1 Min Side Plank (R) 1 Min Side Plank (L) 1 Min Rest	3	

* Bold HIITs are BASELINE WORKOUTS. Work hard!

THE TABATA WORKOUTS



TABATA TIME

Here's how they work:

Start with the FIRST exercise the set and...

- Workout hard for 20 seconds
- Rest for 10 seconds
- Repeat 8 times (for a total of 4 minutes)

REST FOR 2 MINUTES and then move on to the next exercise in the set. This workout will take you EXACTLY 16 minutes.

TABATA 1	TABATA 2	TABATA 3	TABATA 4	TABATA 5
DB Goblet Squat	One Arm KB Swing	Medicine Ball Sit Up	KB Swing	Up Down Plank
Single Arm DB Row	Renegade Row	DB Thruster	KB Goblet Squat	Leg Raise
DB Lunge with Biceps Curl	Weighted Bulgarian Split Squat	DB Straight Leg Deadlift	KB Walking Lunge	Skipping

THE EMOM WORKOUTS



EMOM

(EVERY MINUTE ON THE MINUTE)

Here's how EMOM'S work:

Do as many repetitions as you can of each movement for one full minute then move on to the next movement. You will do 4 rounds of this for a total of 16 minutes of training.

EMOM 1	EMOM 2	EMOM 3	EMOM 4	EMOM 4
SHOULDERS	BACK	CHEST & ARMS	LEGS	FINISHER
Inverted KB Press	Kettlebell Swing	Up Down Plank	Skipping	Front Plank
Lateral DB Raise	Straight Leg Deadlift	DB Floor Chest Press	Bulgarian Split Squat	Burpees
Side Plank (30s each side)	Skipping	Skipping	Box Jump or Step Ups	Leg Raises
Skipping	Renegade Row	Push Ups	DB Thruster	Skipping
				