



Getting Maximized Instructions

Congratulations on deciding to *Get Maximized*[™]. Deciding to improve your lifestyle is not an easy decision to make. There are many stresses in our lives; our environments are full of toxic chemicals and impurities that stress the body. Our lives at home, work and social communities can be filled with stress and anxiety. The foods we eat have chemicals and ingredients that put a stress on our bodies. Exercise is another stress on the body. Doing too much exercise too fast, is a recipe for disaster. This program is progressive and can take you wherever you want to go with your fitness. Exercise is just one phase of the program. People in this day and age are very busy and short on time. Have you figured out where exercise fits into your lifestyle? Figuring that out is the first step to seeing positive results. We can't create more time in the day, but if we can manage each phase of our lives, exercise becomes a positive stress that makes the body stronger and enables us to endure more and get the most out of our lives.

It's important to remember our bodies can only endure so much. Sleep is when we recover and detoxify. If you are not getting at least an average of 7 hours a day or more, your body can not recuperate. When we don't manage the phases of our lives correctly or get enough sleep those stresses build up, we feel run down, get sick, gain weight, and don't enjoy life to the fullest.

Now we need to set up the program. If you want to do things right we will start at the beginning of the program, although in some cases we may skip a phase or quickly go through it, because you are at an advanced level. This is rare, because even highly trained individuals and athletes have foundational issues that need to be addressed. My goal is to teach you how to train, treat and feed yourself. You will not be in the same level with every part of your program. You may move through nutrition levels faster than strength levels or vice versa, that is ok. To be successful, moving along too quickly does not work. You need to master what you are doing.

Level 1 –(Total Motion Release) TMR is a form of Physical Therapy. I have been trained in TMR by Tom Dalonzo-Baker, who created the system. We need to create a balance in the body. Imbalances lead to pain and injuries. Imbalances hold our bodies back from performing their best. Strength, speed, power or any athletic movement can be improved if your body is functioning with balance. TMR will also help us avoid setbacks that come when the body is not used to new exercises like extreme soreness or stress injuries. Some people will get confused by the process, or will be impatient and want to get through the process faster. I assure you, that exercising with TMR will create better gains and health as we move through your training program. If you are experiencing pain, or need to rehabilitate any part of your body, TMR is the answer you have been looking for. TMR focuses on the whole body, not individual parts because everything within the body interacts with each other. It is non-traditional but will change the way you think about your body and about exercising.

Level 1 – (Nutrition) We want to make small strides with the nutrition plan. If I dump everything on top of you at once it becomes overwhelming. The “Get Mazimized” daily sheet will help you keep track of your daily eating habits. Step 1 with nutrition, replace what you are drinking with water, and start writing down what you are eating. That is it. Don’t change what you would normally eat. Just write it down. That is the assignment for the first week.

Level 2 - Nutrition. In Week 2 we are going to change how you eat. Under normal health conditions it is better to eat smaller meals, but eat more frequently. In week 2 you will eat the same foods you normally eat, but eat them in 5 or 6 meals throughout the day, and drink at least 64 oz. of water. Not liquid, but water.

Level 3 - Nutrition. In Week 3, we will now pay attention to how many servings you should be eating and what portion sizes look like. After our assessment we will determine how many calories your body will need throughout the day. It is important that you NEVER consume fewer calories than what we determine. That will slow your metabolism down and cause your body to quit burning calories and start burning muscle and storing fat.

It will take about a month to get the nutrition program going, but it is the most important part of your plan if seeing results is part of your goal. We will move through the nutrition levels faster than the other levels.

Level 1 - Cardiovascular – the first month of the cardio program is walking or biking or whatever you can do with similar intensity to walking. Everyone has a different level that is appropriate. We will determine yours. Building up to 30 minutes here, or exercising for 30 minutes at least 3 times per week, up to 6 times per week. Even if you can run or want to do more, we are walking because we are focusing on your body's ability to burn fat. We will determine an appropriate level for every individual.

Level 2 - Cardiovascular – the second phase of the cardio program will be a simple interval program. Something like a walk/run interval. This phase will be more intense than the first phase. We will determine every individual's level. Again at least 3x per week frequency and at least 30 minutes.

Level 3 – Cardiovascular – the third level will be a periodized Heart Rate Training program. It will be tailored for your individual goals, whether they be to run a marathon, burn fat, or compliment your other training goals. The ability to metabolize fat will help everyone recover and have better heart health.

Cardiovascular plans will be very different for every individual. Training for a marathon, training for a football player, and training for general fitness can be very different things.

Levels 1 and 2 are to build a base level cardiovascular system. Level 3 will be unique to your training needs.

Level 1 - Strength – When your TMR improves to the point where we find balances in the body, we will start with the Level 1 Strength, Base Building program. It is very simple, but it will acclimate the body to exercise. It will also help to develop the discipline it will take to advance your program. These exercises can be done with almost no equipment.

After you are ready to move on from Level 1 you will enter the NASM Optimum Performance Training program. Your workouts will start with an emphasis on structure correcting exercise, progressing into core and stability focused workouts and progressing into workouts that meet your needs. Body building, power lifting, athletic performance and general fitness training are very different. We will train to reach your goals. I stay away from seated exercise machines and a lot of isolation moves for the majority of people I train, because they deactivate the core muscles which, when done too often can become a dangerous thing. I gravitate towards total body moves, because they have the largest impact and train our body like we actually use it.