

'10x' by Mindvalley

Overall:

The principle of hypertrophy is used as leverage for 90% of your results. If you can achieve near maximum of a certain kind of output, your body will respond as if you were training for far more.

In the Mindvalley seminar, they espoused 30 mins of training a week, and the people claiming this were very muscular and lean (both were raw-foodies who practice intermittent fasting, in addition).

Until your body is used to extreme output, even in short bursts, training longer at a more modest level is safer.

Each week (ideally, but life happens) is made up of four workout sessions. Two gym and two cardio.

The two 'cardio' sessions are 20 minutes (or longer if you wish), and can be anything from jogging, rowing or like exercises, to HIIT and circuit training. The idea is to get the heart to 60% or above its maximum rate* for 20 minutes straight. This will massively strengthen your whole cardiovascular system, instilling health and youth for the rest of your life, due to cellular adaptations.

* - $220 - \text{Age}$, is the general estimate of maximum heart rate.

If you don't have a smart watch to measure heart rate; 60%-70% is hard enough that talking is difficult, but not so hard that you feel the desperate urge to catch your breath. It's uncomfortable, but maintainable.

Each gym session involves nine exercises. Each exercise has 12 reps, and each rep takes 5 seconds; to the count of 3 as the muscle moves away from its resting position, and 2 as the muscle moves towards its resting position. e.g. For a squat or biceps curl, it's 3 seconds down and 2 seconds up.

Each of the major muscle groups are hit in both sessions: front of legs, back of legs, chest, back, shoulder press, shoulder/back pull. This will maximize your body's reaction to exercise, very quickly.

The other three exercises can be smaller muscle groups that you feel are weak or you just want to hit. Biceps, Triceps, a stricter shoulder-deltoid exercise, calves, abs, or even a larger muscle group that could afford some more attention (e.g. glutes, chest).

Ideally, no rest between exercises; inducing an enormous burn effect that your body will take with it for long after the workout. However, until your mind and body are used to that kind of ordeal, resting is ok. Each exercise should take 1 minute (12 x 5 seconds), so if there is a minute's rest between exercises in addition to the length of time spent going between exercises; it will still be a very intense workout.

I strongly recommend starting with legs, and getting both leg movements out of the way as early as possible. They are the greatest lung burners; so much so that you might need to follow them with gentler exercises like triceps extension or calf raises. Back and chest are next in the oxygen deprivation love.

Before each gym session, at least five minutes of body warm up and mental preparation will help you achieve any result, and injury free.

After each session, stretching each muscle group you targeted for at least 30 seconds will help with recovery. (If on the morning after a gym session, a given muscle is extremely sore or tight, stretching it again will further help recovery.)

For eating; ensuring you get enough protein in your diet will help with muscle soreness/recovery. Especially in the 'metabolic window', the 30 mins following a workout, eating 30g of protein is highly recommended, along with a decent source of carbohydrates. If you are getting light headed in workouts, eating a healthy helping of carbs and some protein about an hour before the workout will give you the fuel you need.

Getting lean is a practice, a lifestyle. Eating more greens and things that rot more often, and fewer starchy carbs, will begin to shape your body for the long term. Eating protein with every meal, even if it isn't 20-30g, helps your body know that it isn't winter season = conserving calories in fat isn't necessary.

Starving yourself isn't sustainable, but choosing to eat fresh produce more often, and food that doesn't rot less often, is sustainable, and quickly rewards you with more daily energy, and more vibrant skin. Even just one change a week will show substantial dividends within a year.

One 'secret' tip to give a bit of a kick start to boosting your metabolism; organic apple cider vinegar. A tablespoon before every major meal is magic.

An example workout plan:

Monday: (gym)

Warm up: 5 mins

Squats: 1 mins

(Rest: 1.5 mins)

Triceps Press: 1 mins

(Rest: 1 mins)

Dumbbell Deadlifts:** 1 mins

(Rest: 1.5 mins)

Standing Dumbbell Reverse Delt Fly: 1 mins

(Rest: 1 mins)

Pull Ups: 1 mins

(Rest: 1 mins)

Decline Push Ups: 1 mins

(Rest: 1 mins)

Dumbbell Shoulder Press: 1 mins

(Rest: 1 mins)

Seated Wide Grip Row: 1 mins

(Rest: 1 mins)

Biceps Curl: 1 mins

Cool Down, Stretch: 5 mins

** - This wonderful exercise and all others have demos on YouTube. Here is one phenom of an online instructor: <https://www.youtube.com/c/athleanx>

Tuesday: (cardio)

Jogging / Push ups (If jogging for 20 mins at a descent clip is too difficult at the beginning; whenever you get too uncomfortable, stop and do pushups until you can continue jogging.)

Wednesday: Rest, Stretch

Thursday: (gym)

Warm up: 5 mins

Lunges: 1 mins x 2 (12 reps a side)

(Rest: 1.5 mins)

Hammer Curls: 1 mins

(Rest: 1 mins)

Dumbbell Deadlifts: 1 mins. (Deadlifts are simply beautiful for the posterior chain.)

(Rest: 1.5 mins)

Bent Over Dumbbell Shoulder Rows: 1 mins

(Rest: 1 mins)

Chin Ups: 1 mins

(Rest: 1 mins)

Incline Dumbbell Bench Press: 1 mins

(Rest: 1 mins)

Dumbbell Shoulder Press, wide elbows: 1 mins (vs. Elbows remaining strait forward.)

(Rest: 1 mins)

Decline Situps: 1 mins

(Rest: 1 mins)

Leg Lowers: 1 mins

Cool Down, Stretch: 5 mins

Friday: (cardio)

Rowing / Push Ups / Sit Ups (If rowing for 20 mins at a descent clip is too difficult at the beginning; whenever you get too uncomfortable, stop and do pushups until you can continue rowing. Situps can be sub'ed in if even pushups is too much (possibly rotating into pushups as you regain your breath.)

Saturday & Sunday: Rest, Stretch

On the weekend going through a couple interesting videos of Athlean X's enormous library of exercises will greatly expand the movements you can rotate in. Variety keeps your body guessing, and your mind engaged.

In your first 2 weeks:

Err on the side of being gentle to your body. You'll be crushing workouts soon enough. You're a naturally powerfully built person, so it's easier for you to accidentally injure yourself (or start building up scar tissue, leading to injury down the road).

Also, if you're not overly sore all the time: that's great! This kind of specifically activated hypertrophy and muscle soreness are not synonymous.

And drink lots, and lots of water! Through a Brita filter, or anything else that filters out chlorine/flouride.