

Welcome to Franchise Body & Mind

Module 4

8 Week Fitness Program

Module 4: 8 Week Fitness Program



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#1 5 Step Plan

- Prep: sleep 7 hours (dark and quiet) for growth and recovery
- Warmup, Strength, Cardio, Recover

#2 8 Week Program

- Days 1-5: Gym
- Day 6: Gametime
- Day 7: rest
- Structure
 - Weeks 1-3: Build Base (Routine 1)
 - Weeks 4-6: Power (Routine 2)
 - Week 7: Power (Routine 1 Low Rep)
 - Week 8: Define (Routine 2 High Rep)



Human Anatomy

#1 Boulder Shoulders

#2 Swimmer Back

#3 Chiseled Chest

#4 Horseshoe Triceps

#5 Bulging Biceps

#6 Washboard Abs

#7 Thunder Quads

#8 Charging Calves

#9 Glorious Glutes



Strength Overview

#1 Form: mastery before macho

#2 Set Types

- Single: 1 exercise
- Super-Set: 2 exercises back-to-back

#3 Exercise Types

- Isolation
- Bodyweight
- Compound: squat, deadlift, bench
- Single Side



Cardio Overview

#1 LISS (Low Intensity Steady State)

- 50-60% maximum heart-rate consistent pace
- Benefits: conditioning, endurance
- 20 minutes: swim, run, row, cycle
- Perform AFTER Strength Workout

#2 HIIT (High-Intensity Interval Training)

- General: 40 seconds max intensity + 20 second jog
- Benefits: speed, power, agility
- Perform BEFORE Strength Workout
- Shuttle Run (Football Field)
 - 0 → 25 ← 0 → 50 ← 0 → 100 ← 0

#3 Gameday

- Day 6: 1 hour of your favorite sport
- Work you put in Day 1-5 gets put to test



Core

#1 Inner

- 2x per week sufficient for inner strength
- Perform: rest periods, post-workout

#2 Outer

- Nutrition
- Cardio: burns outside to reveal core

#3 Effective Exercises

- Russian Twists
- Hanging Leg Raise
- Decline Bench Reverse Crunch
- Bicycle Crunches
- Planks
- Rope Ab Pulldown
- V-ups
- Windshield Wipers
- Flutter Kicks



8-Week Program Walkthru

#1 Exercise Template

- Better than generic PDF to print on clipboard
- Download Now: [Track by Set on Gogledrive](#)

#2 Columns

- #: Order of sets thru 8 week program
- Date: workout day (i.e. W1D1 to W8D7)
- Workout: Focus
- Set: Single, Super
- Exercise: Name
- Bodypart
- Reps/Min Goal: Target reps or time
- Reps/Min Actual: Record reps or time
- Goal: formula indicates short or good
- Weight (lb): Record Weight
- Rest: rest time until the next exercise
- Notes: feelings, reasons short

