EDWARDS PERFORMANCE

FITNESS | 3 / 2 / 1 / 0 Method

3 / 2 / 1 / 0.

A system to maintain complete fitness.

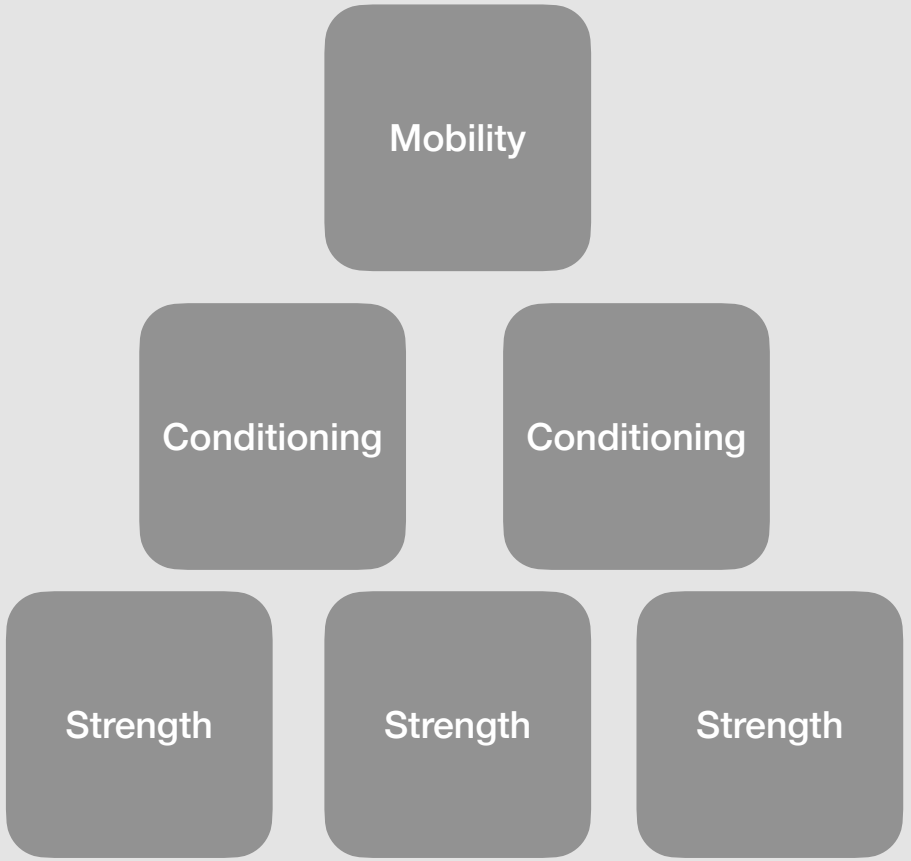
Designed for busy people with demanding lives.

20 minutes

Every day

First thing

Consistency is king



Train Every Day

Training every day is <u>easier</u> than training 3 days per week.

- There is no decision. There is no chance to say no.
  - Making the right decision takes will power and connection with your goal in real time. This presents a challenge and a good chance of failing to take the high road.
  - Making one decision “I will engage in my fitness every day”, negates thousand of repeated decisions later. e.g. “will I train today?” “Should I train three days or four?”
- By engaging in fitness pursuit every day, inertia actually drops
  - Mental inertia to actually beginning a training session is one of the biggest reasons people experience failure to launch.
  - When doing a behaviour every day inertia drops because you become habituated. This increases adherence and even enjoyment.
- Training will become a habit
  - Engage in fitness every day and soon you will form a habit. Especially if you do it at the same time every day.
  - People who train first thing are 300% more likely to form a habit than people who train at any other time of day

20 Minute Rule

20 minutes is the sweet spot. Especially in the beginning.

20 minutes is enough to get results with a well designed program.

When training intensity is high enough, 20 minutes is adequate for strength, mobility, aerobic and anaerobic fitness adaptations to be stimulated.

No one exercise will build total fitness, so a well designed program is key to success.

20 minutes is short enough to drastically reduce inertia.

Making the bargain with yourself that you will train for 20 minutes is infinitely more likely to be successful than making the bargain that you will train for an hour.

The combination of only 20 minutes, but training every day in some way, is the perfect combination for reduced inertia.

20 minutes is short enough to negate most of your excuses.

“I don’t have time to train” is the most common excuse given about why people do not train. If training involves a time commitment of two hours, (travel, change, work out, change & travel again), we can see why.

But 20 minutes even if done at home before a shower? this is hard to excuse due to time. This pattern holds with most other excuses

3 x Strength Sessions.

Why Strength?

Strength training is the cornerstone of physical fitness. All movement requires strength to perform. There is no mode of training that provides a bigger return on investment than strength training per unit of time. So if time is a factor, strength training is the answer.

Robustness is built through being strong through full ranges of movement. Strength training builds muscle and strength, maintains joint health and increases ones robustness (reduces injury risk) through increased protection afforded by both strength and mass.

Metabolic Health is enhanced by resistance training. A muscle's ability to take up glucose and thus the bodies ability to control blood sugar are highly positively effected by vigorous strength training. Strength trainings ability to target huge groups of muscles makes it the superior choice for this health benefit. Furthermore, the more muscle mass someone has the more they can get away with dietary digressions without gaining fat.

Bone & Joint Health are greatly impacted by the right form of training. bone density is preserved mainly via strong muscular contractions pulling against the bones, and joint health is preserved by loading full ranges of movement. Both of these are benefits of strength training primarily.

Brain Health is an areas many people do not expect strength training to impact. But resistant training stimulates Thanks release of brain derived neurotrophic factor (BDNF) which protect the brain from decline and stimulates neurogensis, preserving brain function and health.

Physique is impacted primarily by muscle mass and fat mass. Most popped tend to focus on fat mass when thinking about how to improve physique. But muscle mass has a huge impact. A person at 15% body fat with 75kg lean mass will look far better than person with 15% body fat and 65kg lean mass at the same height. Muscle gives us shape and impacts greatly how we look naked, as much if not more than fat mass.

Cardiovascular health is also impacted by strength training. Not only can strength training be done in a way that directly improves cardiovascular fitness. But also peripheral arterial stiffness is improved by strength trading and strength training alone. This has an impact on overall cardiovascular disease risk profile.

Strength Training Options.

Of all training modalities, strength training requires the most guidance. This is because there are more options, more technical knowledge is required to train safely and effectively, and there is a higher risk of injury if done incorrectly. I cannot recommend highly enough finding a component coach to teach you good form and best practices in lifting. Of course, if you are in the Nottingham area, look us up.

Here, we have provided you with the structure of three training methodologies we use on a daily basis to get great results with our clients. With an example of a 20 minute program for each that fits the rest of the parameters of this document.

These programs are designed to get you started with the 3210 methodology. More help and support is available through our software and coaching services. Enquire by clicking here. Our team can custom build you a program based on extensive assessment, all of which can be done online. The progressive nature of our programs will ensure you are always working at a level that will force progress, while being within your abilities. The accountability of reporting to a coach and the support of having a professional in your corner for all the twists and turns life sends your way can be invaluable.

For Fitness & fat loss

The Ten Sets Method

Highly anaerobic

Gain fitness while training muscle

High Kcal burn

For Building Mass

The Rest-Pause Method

Builds muscle

Highly time-efficient

Simple but powerful

For Gaining Strength

Intensive Clusters

Rapid strength gains

Low risk of injury

Improves explosiveness

The Ten Sets Method

The ten sets method is a type of energy systems weight training. Simply, this means that you are using resistance training to make gains in fitness as well as strength. It is exceptional for busy people who need a high ROI on the time they spend training. 20 minutes, or even as little as 12!, can provide significant stimulus to a large amount of muscle, a high number of joints, and the anaerobic energy system.

Another massive advantage of this type of training is that you can put together highly effective routines with minimal equipment that takes up minimal space. Sand bags, slams balls, atlas balls, kettlebells and even simple weight vests can be combined to produce powerful stimulus in genuinely tough sessions.

How to do 10 sets training.

Choose your two exercises, ideally something big and full body, for our example, we will use a single 45kg slam ball for a SB squat and an overhead slam.

Your objective is to complete 10 sets of either 6 or 10 reps in the shortest possible time. Simply knock out 10 slam ball squats, followed by 6 slams and repeat until you have completed ten sets. Start a timer when you first pick up the ball and stop it when the last slam hits the floor.

Your objective over the coming weeks is to beat your time every week. It is quite common for people to take 18 minutes in week 1 and be completing the workout in 11 minutes in week 6. In the above example, thats an improvement from 400kg / minute in week 1, to 654kg / min in week 6. At this point you would change movements or increase weight.

Example 1

Order	Lift	Sets	Reps	Rest	Time
A1	Slam ball squat	10	10	-	
A2	Slam ball slams	10	6	-	

Example 2

Order	Lift	Sets	Reps	Rest	Time
A1	Chin up	10	6	-	
A2	Slam ball over shoulder	10	10	-	

Example 3

Order	Lift	Sets	Reps	Rest	Time
A1	Sand bag clean	10	6	-	
A2	Sand bag squat	10	6	-	

The Rest Pause Method

Rest-Pause training is a very time-efficient method for training to build lean mass. Direct studies on this method have shown equivalent or even superior results to training the same number of reps in traditional sets, but take a fraction of the time.

The reason for the superior results is simply that for muscle gain, the last few reps are the ones that really count. This method allows you to do many more “last reps” than traditional sets.

How to do rest-pause training.

Begin by selecting a weight on your chosen exercise that you can complete 6-8 reps before failing.

Begin training by doing a set to failure at that weight. Rest the weights, and take a micro recovery of about 20 seconds, or 3-4 big deep breaths. Lift the load and complete as many reps as you can until failure.

Repeat this rest and repeat pattern until you hit 18 reps total volume. Once you do, thats it for that exercise. Move on to the next lift.

For example, let’s say you’re squatting. Your numbers might look like this. (each “set” or bout of reps is separated by a dash). 8/4/3/2/2.

Thats a total of 19 reps. Note in this example I went beyond 18. The reason is that each set is to failure, the 18 is a minimum, but finish on failure. In this example, you would have completed 5 reps at the brink of failure. Doing the same number in traditional format you would complete 3 sets of 6 and do only 3 reps on the brink of failure. Rest - pause training will achieve this in about 3m 30s. In a traditional maker, this would take more like 12 minutes.

Example | Rest - Pause Training, Day 1

Order	Lift	Sets	Reps	Rest	Results
A	Squat	1	RP-18	20s	
B	DB shoulder press	1	RP-18	20s	
C	Cyclist squat	1	RP-18	20s	
D	Upright row, low pulley	1	RP-18	20s	
E	Prone row, DB, 15 degree incline	1	RP-18	20s	

Example | Rest - Pause Training, Day 2

Order	Lift	Sets	Reps	Rest	Results
A	Deadlift	1	RP-18	20s	
B	Chin up	1	RP-18	20s	
C	Bench press	1	RP-18	20s	
D	Incline curl	1	RP-18	20s	
E	Triceps extension	1	RP-18	20s	

Intensive Clusters

Intensive clusters are a phenomenally impressive method for gaining strength. I have seen clients gain 15% on 1RM's in 4 weeks.

To gain strength, you must practice producing maximal force. This means pushing against a heavy load with maximal accelerations, or at least the intention to move the weight quickly.

The problem with heavy training is two fold. Firstly, the act of pushing against maximal loads is very fatiguing for the CNS. This diminishes the bodies ability to produce for on subsequent sets and compromises your ability to train for strength. Secondly, the risk of injury is higher when training with maximal loads.

The answer is to train with slightly sub maximal loads, but focus on acceleration to make the necessary gains. Not only is this safer, because you're rarely using a load that represents a struggle. But also it allows for more reps to be truly maximal power reps. This is because fatigue is minimised by staying away from failure and recovering between every rep. Average power produced on each rep is higher than with any other system.

How to do Intensive Clusters.

Set the bar to a weight that represents 90<93% of your current 1RM, or approximately your 3RM.

Do ONE rep, ensure you move the bar with maximal force.

Repeat this ONE rep every 45 - 60 seconds. On the minute every minute is a simple way to remember in practice.

Repeat until you have done 21 reps. You can pair unrelated movements and do 1 rep every 30 seconds.

Example | Intensive Clusters. Session 1

Order	Lift	Sets	Reps	Rest	Results
A1	Deadlift	1	21x1	30s	
A2	Weighted Dips	1	21x1	30s	

Example | Intensive Clusters. Session 2

Order	Lift	Sets	Reps	Rest	Results
A1	Front squat	1	21x1	30s	
A2	Chin up	1	21x1	30s	

Example | Intensive Clusters. Session 3

Order	Lift	Sets	Reps	Rest	Results
A1	Bench press	1	21x1	30s	
A2	Pendlay Row	1	21x1	30s	

2 x Conditioning Sessions.

What Is Conditioning?

Many people understand the term cardio, but are unfamiliar with the term conditioning. Cardio is universally understood to mean aerobic fitness, although colloquially this is adequate, for our purposes it falls short of encompassing all we mean when speaking about cardiorespiratory fitness. Conditioning is the technical term we use to describe the training necessary to develop our energy systems. This incorporates not only the aerobic system, but also the anaerobic, or lactic act system.

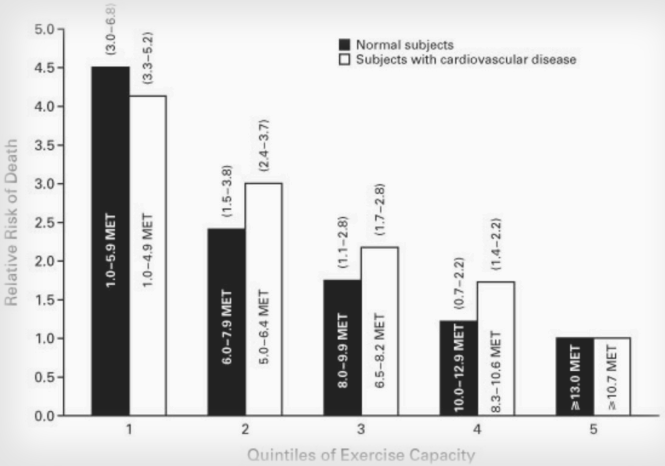
Cardio respiratory fitness refers not only to aerobic fitness, but also to anaerobic fitness and the complete readiness of the cardiorespiratory system.

Cardio Respiratory Fitness and Health.

Cardio respiratory fitness (CRF) is widely recognised as one of the most impactful elements of health. Research quite strongly demonstrates that our risk of death is inversely related to CRF. With the biggest benefits being seen in people who go from being completely sedentary to being minimally fit, and continuing up through the fitness among us. The graph to the right illustrates this nicely.

Different types of conditioning afford us different benefits. Thus we should tend to these in our daily lives and weekly routines. Aerobic training improves the elasticity of our central arteries surrounding the heart. improves the amount of blood our heart can pump in a single stroke (stroke volume), lower resting heart rate and improve our ability to metabolise fats. Not to mention brain health and emotional wellbeing. Lactic acid training, commonly known as HIIT, confers other benefits. Mitochondrial volume density, which determines a muscles capacity to produce energy, is increased only by sprint training. Your ability to tolerate lactic acid and move fast are almost exclusively adaptations to anaerobic training. Even, you aerobic power and resting heart rate can be improved greatly by anaerobic training.

The best approach for general health is to do two conditioning sessions per week. One being HIIT, or anaerobic, and the other being LISS (Low Intensity Steady State) or aerobic. Neither need to be more than 20 minutes. A highly effective HIIT session would be 30 seconds all out sprint followed by 5 minutes recovery for 4 sets. A highly effective aerobic session would be covering as much ground as possible in 20 minutes or running 3-5k as fast as possible.



The above graph shows risk of death in both normal subjects (black bars) and subjects with cardiovascular disease, (white bars).

The population has been split into quintiles of CRF. With the least fit 20% of the population at the left of the graph, and the most fit 20% at the right of the graph.

The hazard ratio (HR) used the most fit 20% as the reference point. Meaning that the risk of death of any cause for people in the most fit 20% of the population is 1. The risk of death for those in the lowest quintile is 4.5.

Or, put another way, **450% higher** than their fit counterparts.

Conditioning Options

Sprint Interval Training (SIT)

Best For

Mitochondrial health

Peripheral arterial elasticity

Fast twitch muscle preservation

Example Session

Sprint flat out 20s

Rest 3m

Repeat x 6-10

High Intensity Interval Training (HIIT)

Best For

Anaerobic fitness

Metabolic health (carb' processing)

Time efficient training

Example Session

Run flat out 40-60s

Rest 4-5m

Repeat x 4-7

Low Intensity Steady State (LISS)

Best For

Stroke volume

Central arterial stiffness

Mood and mental health benefits

Example Session

Run steady, but hard: 12-20m

Finish faster next time

Anaerobic Training

What is anaerobic training?

The body has three energy systems, two of which are anaerobic and one is aerobic. These names refer to wether the energy is produced with or without oxygen. The anaerobic system does not require oxygen and can liberate energy from glycogen (carbohydrates) very quickly and readily. It serves the very clear purpose of providing immediate, high performance fuel for urgent and intense demands. Fuelled by glycogen (stored carbohydrate) that is stored inside muscle, on site, and ready to go. This system can produce energy very ripely for activities such as sprinting, heavy lifting and fighting. It evolved to save our behinds in rapidly presenting survival scenarios. You do not want to have to warm up for 20 minutes before running away from a jaguar.

To train this energy system you need to do high intensity training, commonly known as HIIT. This type of training involves doing work so intense that the heart cannot keep up with the demand for oxygen. The cost of this extremely rapid energy production is inefficiency. Just like flooring the accelerator in your car greatly diminishes your mpg, so does taxing your anaerobic system greatly diminish the amount of energy you can extract from one molecule of glucose. In so doing you produce large amounts of metabolic waste, names acid and heat. This acid and heat acts as a hormetic stress, stimulating adaptations that lead to greater fitness.

One of the biggest benefits of HIIT is improvements in mitochondrial volume density (MitoVD). Whats that? Inside your muscle cells you have these great little things called mitochondria, they are the bits that actually make energy. The more you have, the more energy you can produce per cubic inch of muscle, leading to greater fitness and performance. HIIT increases the size, fitness and number of mitochondria much more than aerobic training, improving aerobic performance without directly training the aerobic system. It's great for energy, health and fitness.

Aerobic Training

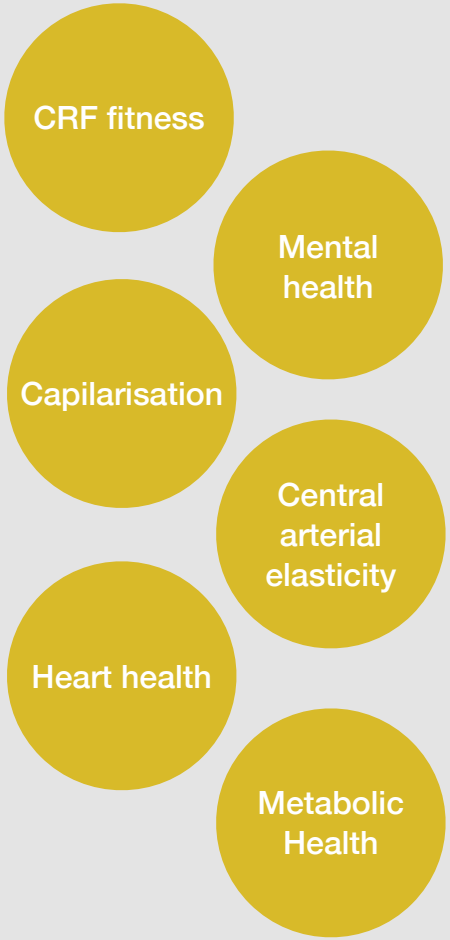
What is aerobic training?

Aerobic training targets the aerobic system, the system that uses oxygen to produce energy. This system is slow, much slower than the anaerobic system. The benefit of this slower burn is 16 times more energy liberated from one molecule of glucose than you get from the anaerobic system. Furthermore, it is the only system that burns fat, which will produce three times more energy that the glucose burned in the same pathway. Aerobic training improves the aerobic system and delivers many more health benefits.

One of the main benefits is that of heart health. When the heart is trying to pump blood at maximal speed (during anaerobic training) it does not have enough time to fully fill up before contracting to push blood out around the body. Whereas when training at the upper limits of the aerobic pathway, the heat is fully filling up and emptying with each beat. The volume of blood moved out of the heart is any one beat is called the stroke volume. The fact that aerobic training repeatedly forces the heart to pump maximal stroke volume with each beat essentially improves the strength of the heart and direct heart health in a way no other training does.

In addition to this, the repeated high volume of blood rushing through the arteries immediately connected to the heart (central arteries) creates a rapid and forceful expansion and contraction of said arteries. This in tern leads to an improvement in central arterial elasticity, one of the most important elements of cardio vascular health. This property is improved by no other modality of training. anaerobic training and particularly weight training do improve peripheral arterial elasticity, which is also important, but not central arterial elasticity.

The brain and emotional system are greatly served by aerobic training also. The enhanced blood flow created by aerobic training extends to the blood flow of the brain also. This has been shown to be a factor in brain health and staving off cognitive decline. In addition, the “runner high” brought on by steady state training and the mood elevating effects can be quite pronounced and even addictive. Just ask any avid runner. Many factors, from hormonal effects to psychological ones like having a break from technology and troubles, combine to make aerobic training particularly good for mood and emotional wellbeing.



1 x Mobility Training.

Why Mobility?

Mobility refers to the useful range of motion a person possesses around a joint or joints. Maintaining optimal mobility around a joint preserves the health of the joint, protecting from degeneration. Optimal mobility also decreases the risk of injury and increases the general comfort felt within the body on a day to day basis.

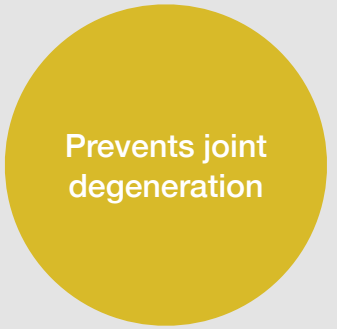
Not Flexibility!

Flexibility is different from mobility. Flexibility refers to the range of movement a joint can achieve when passively stretched. Although this is important, and a component of mobility, it is not as impactful. Mobility refers to the usable range of motion around a joint. Meaning the range through which a person has strength and control. Mobility is a far better focal point of your training than flexibility. Flexibility will not necessarily improve your injury risk, robustness, or general comfort. But mobility will confer all three benefits. Yoga and pilates generally help to improve mobility, because of the element of strength trained in the poses. But simply static stretching will never produce the same result.

Keeping the daily habit

Mobility can be trained in general strength training quite easily. Well designed programs will emphasise movements that access and train full range around joints and of muscles. Building mobility and strength in one fell swoop. But this system allows one day per week where mobility is the sole objective. There are two reasons for this. Firstly, is the rest and recovery provided by the day of focusing on a more restorative element of training. Second is the fact that there will be days where high intensity training will be a tough negotiation with yourself, or the body will be unrecovered from yesterdays toil. The mobility day can be a good break from higher intensity work, while still allowing you to keep the daily habit and engagement with your fitness levels.

Later in the document we will teach you a method of static stretching and one for dynamic mobility that you can experiment with and incorporate. Equally, a weekly yoga or pilates class could do the trick nicely, especially if the social element is important to you.



0 Days Off, (But One Of NEPA)

For Mind, Not Body.

Ideally you will not have very many days completely off from exercise. The building of the habit and the fostering of deep connection between you and your fitness practice is important for developing a strong connection with fitness as a part of your life and identity. That said, having one day in the week which is zero obligation can be a very useful break mentally and pragmatically. For example if travel, a deadline, or a child's birthday make getting in 20 minutes of exercise awkward or troublesome, knowing you have a free day in the tank takes the guilt and pressure away. Remember, we want a positive and joyous relationship with training, not a strained and stressful one.

That said, what we do encourage is a day of NEPA, or Non-Exercise Physical Activity. This is moving and raising the heart rate for fun rather than for formal exercise. Great examples would be going for a hike, or cycle with friends. This allows for not only the mental freedom to choose activity based on enjoyment rather than outcome. But also to foster enjoyable physical habits and hobbies that are intrinsically enjoyable. Over time this will develop your intrinsic motivation for fitness.

It is well worth mentioning here that social inclusion and time spent bonding with loved ones while physically active, like walking with your family, has been shown by quality research to extend lifespan and stave off cognitive decline. Take your NEPA day as an opportunity to foster connection doing something active with loved ones.

Total Rest Is Optional.

Complete rest is an option. When you are ill, or your time is strained for example, you can rest if needed or desired. But complete rest is optional. Your body does not need complete rest, especially if your total training regimen is not highly demanding. Active rest is often seen as superior to complete rest. Taking a walk with family and friends is actually more restorative than lying on the couch watching Netflix.

Sample Program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	Strength 1	Anaerobic	Mobility	Strength 2	Aerobic	Strength 3	NEPA
Option 2	Anaerobic	Strength 1	Mobility	Aerobic	Strength 2	NEPA	Strength 3
Option 3	Strength 1	Anaerobic	Strength 2	NEPA	Strength 3	Aerobic	Mobility

This table shows 3 well structured “splits” (structures for how to organise you training over the week). Pick whichever works. The truth is that the weekly split is not hugely important, so don’t get hung up on details. Training every day on a suboptimal split is much more desirable than missing days because they don’t fit into a somewhat arbitrary prescription.

The following example uses the Ten Sets Method, with only a slam ball and a sand bag. Two cheap pieces of kit that take up minimal room.

Strength 1, Mondays.

Order	Lift	Sets	Reps	Rest	Time Session 1	Time Session 2	Time Session 3	Time Session 4	Time Session 5
A1	Slam ball squat	10	10	-					
A2	Slam ball slams	10	6	-					

Conditioning 1, SIT, Tuesdays.

Session	Activity	Work	Rest	Repeat
1	Sprint	20s	180s	6
2	Sprint	20s	180s	7
3	Sprint	20s	180s	8
4	Sprint	20s	180s	9
5	Sprint	20s	180s	10

Mobility - Wednesdays

Option 1	Option 2	Option 3
Yoga Class	Home Stretching Routine	Reformer Pilates Class

Strength 2, Thursdays.

Order	Lift	Sets	Reps	Rest	Time Session 1	Time Session 2	Time Session 3	Time Session 4	Time Session 5
A1	Slam ball reverse lunge, twisting	10	6 / side	-					
A2	Slam ball over shoulder	10	10	-					

Conditioning 2, LISS, Fridays.

Session	Activity	Work	Rest	Repeat
1	Run	12 min	-	n/a
2	Run	14 min	-	n/a
3	Run	16 min	-	n/a
4	Run	18 min	-	n/a
5	Run	20 min	-	n/a

Strength 3, Saturdays.

Order	Lift	Sets	Reps	Rest	Time Session 1	Time Session 2	Time Session 3	Time Session 4	Time Session 5
A1	“over the top” Slam ball push up	10	10	-					
A2	Anyhow get up	10	6	-					

NEPA - Sundays

Option 1	Option 2	Option 3	Option 4
Go for a hike	Go for a swim	Tennis or a team sport	Golf

EP | Services

Training (Barker Gate, Nottingham)

Coaching

Thrive 365

We are known for transforming our clients health and performance.

We leave our clients feeling like they are thriving on every level, and able to do their best work.

FITNESS | 3 / 2 / 1 / 0 Method

EDWARDS PERFORMANCE

FITNESS | 3 / 2 / 1 / 0 Method