

THE

CLIPBOARD

COACH J'S M.E.D. PROGRAM

General Workout Guidelines

Think of these guidelines as “best practices” tips as you go throughout any workout that you do in this program.

1. **BE SAFE** - Injury is the worst case scenario when it comes to making progress toward your fitness goals. Do not attempt to lift any weights with your ego.
2. **PUSH YOURSELF** - On the flip side, these workouts will only be effective if you truly apply your focus and effort. Try bumping up your weight by one increment. If you are being safe, the worst case scenario is that you simply won't be able to complete all of the prescribed reps. Do not add more reps if a set felt too easy. Add more weight, then add more time.
3. **PUSH YOUR LEGS** - Most people will be able to lift significantly more with their legs than with their arms, so don't be afraid to push some challenging weight! Your legs are strong and are made up of lots of muscle mass. Use them!
4. **CHOOSE YOUR OWN VARIATIONS** - I wrote out and demonstrated most of the exercises using dumbbells because that's what most people have access too. However, as long as you stay within the guidelines of the movement pattern of each exercise, you can add bands or chains, swap out the dumbbells for a barbell or kettlebells, or even change the tempo of the exercises! These are all fringe details, and will not have a significant impact on your progress one way or another.
5. **USE YOUR RESOURCES** - Each exercise title in this workout plan is a hyperlink to a demonstration video. Click on these if you need more concrete directions!
6. **HAVE FUN** - Remember that there is probably not a real rush for you. You may feel in a hurry to reach your goals, but take a little time to “smell the dumbbells” and enjoy the journey!

Workout Program Overview

"90 DAY STRENGTH"			
Length	Goal	Workouts/Week	Split
90 Days (13 Weeks)	Total Body Strength	2-5	Total Body

Minimum Effective Dose (MED) is not a concept specific to exercise training, but it sure works awfully well in this context.

Here's the scenario:

You want to get great results in a short amount of time, and you don't want to have to think too hard, spend too much time in the gym, or follow an overly complex training routine.

You're not on a strict deadline, you don't need to get down to single-digit body fat, and you don't have tons of extra time or energy to pour into your program - you simply want something that's a great balance of time, effort, and results.

Can you relate?

This training program was birthed from these very focal points, and the resulting training plan came to be: give your body the minimum effective dose for building strength and growing your muscles while cutting out any details that aren't totally necessary.

This means that over the 90 days of this program, you'll be doing one single workout - over, and over, and over, and over again. Does this sound fun yet? Haha making progress is the highest form of fun, and you will no doubt make great progress if you focus on the plan, adapt it as needed, and stick with it.

Workout 1

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. B1 and B2) are to be performed back to back without resting in between movements. Perform this workout on as many non-consecutive days as your schedule allows (i.e. Monday, Wednesday, Friday, Sunday, Tuesday, etc.), leaving at least one rest day in between workouts.

	WK1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK1 1	WK1 2	WK1 3
Exercise	3 Sets x 10 Reps												

(Enter weights used each week in the cells below)

A1)	Front Squat Lower Vertical Bilateral Push												
B1)	Single-Arm Z Press Upper Vertical Unilateral Push												
B2)	Chest-Supported Row Upper Horizontal Bilateral Pull												
C1)	Romanian Deadlift Lower Horizontal Bilateral Pull												
D1)	Bench Press Lower Vertical Bilateral Push												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Single-Arm Z Press: this challenging upper body exercise is difficult to cheat on because the seated position demands great posture. Widen your legs/feet for a more stable base of support. This is the only unilateral exercise in this program - it will take a bit more time switching between arms, but this doubles as a great core exercise because your center of mass will be shifted to one side.
- Chest-Supported Row: pick a bench angle that feels best for your mid-back. To target the upper traps more specifically, use a higher incline; to target the mid-back/lats more specifically, use a lower incline level. Because this exercise will be followed by the lower-back intensive Romanian Deadlift, using the bench here will take more pressure off your lower back beforehand (rather than doing a Bent Over Row).

Workout 2 (Optional)

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Perform this workout on days in between repetitions of Workout 1. This workout is optional, and is best used to supplement extra volume on top of Workout 1.

	WK1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK1 1	WK1 2	WK1 3
Exercise	3 Sets x 10 Reps												

(Enter weights used each week in the cells below)

A1)	Pullover Upper Horizontal Bilateral Pull												
B1)	Straight Arm Pulldown Upper Horizontal Bilateral Pull												
B2)	Walking Lunge Lower Vertical Unilateral Push												
C1)	Spider Curl Upper Horizontal Bilateral Pull												
D1)	Lateral Raise Upper Vertical Bilateral Push												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Pullover & Straight Arm Pulldown: this back-to-back combo will focus on your lats and your triceps. These two movements essentially use the same movement pattern - one is just lying down, and the other is standing up.
- Walking Lunge: use your best judgement based off of how well recovered your legs are from any previous workouts. If you are fairly sore and you also know that you'll be doing Workout 1 the following day, skip this exercise to give your legs some rest.
- Spider Curl: this is a fan favorite biceps exercise, but you can use whatever variation of the biceps curl that you prefer! You could use different equipment for a cable or barbell curl; you could also use different angles such as a hammer curl or supinating curl.

Advanced Workout Options

If you are more experienced or looking for a more advanced challenge, try incorporating some of these techniques into the workouts from this block:

1. **SHORTENED ROM** - The heavy compound lifts (highlighted in green) already use many different muscle groups all at once. Instead of moving through a full range of motion, make those muscles work even harder by stopping just shy of full extension on each rep. This will create a “pump” sensation caused by metabolic byproducts, which leads to a greater stress response.
2. **SUPPLEMENTAL WORK** - This program will help cover most of your bases fitness-wise, but you’re welcome to tack on any extra exercises/techniques as you see fit for your goals! If you want to work out a specific muscle group more, or train a specific movement pattern, place this supplemental work within the given workouts.
3. **INCREASED TEMPO** - Speeding up your rep speed can be a great way to create explosive power. Specifically, adding an element of controlled speed to the concentric half of a movement is tough! Try this technique out on the heavy compound lifts. Use in combination with a shortened ROM for a great workout!
4. **DECREASED TEMPO** - On the flip side, slowing down your rep speed creates more time under tension and can make any given weight feel more challenging. This is convenient if you are using the maximum weight that you have access to but it still feels too easy. Slow down the eccentric half of a movement to force muscular control. This also works well for the heavy compound lifts.
5. **FOCUS** - Do not underestimate the power of the mind-muscle connection. This isn’t magic of course, but focusing on the muscles that are working to create the movement of each exercise can take your workouts to a new level. Rather than whipping a too-heavy weight around without much thought, grab an appropriate weight and watch your muscles contract under tension. It’s beautiful, too!

General Nutrition Guidelines

In order to strike a great balance between effective and ease, here are the most basic guidelines upon which to base your training nutrition while completing this program.

1. **EAT AT MAINTENANCE CALORIES** - Multiply your (goal) body weight in pounds by 14. As you track your calories over the 90 days, adjust accordingly if you see you scale weight averaging above or below where you would like it to be.
2. **EAT ENOUGH PROTEIN** - 1 gram of protein per pound of Lean Body Mass (LBM; Body weight minus fat mass) is a safe goal to reach for in terms of preventing muscular atrophy and promoting muscular hypertrophy. If you don't know your body fat percentage to be able to calculate LBM, aim for 30% of your calories to come from protein. Multiply your calories (as calculated above) by .3, then divide by 4 to get your daily grams of protein.

*** The math behind each of these two calculations is easy enough - turning these numbers into actual foods and real-life meals is another matter. If you'd like some help with creating a more structured plan to reach your nutrition goals, feel free to reach out to me in any of my social media or email inboxes (info@blueshoesfitness.com) and I'd be happy to work with you on a 1:1 basis to build out a custom program.

In the spirit of this MED program, these two general guidelines are all you need to start building a great nutritional foundation for your performance and body composition goals. There are many additional factors that can come into play (especially if you have an outstanding medical/nutritional condition), but getting your calories and protein set right from the beginning will serve as a framework within which to build out the rest of your food choices.

For a more in-depth guide on calories, macros, and how to calculate each them, see the Macros 101 guide under the Food section of The Clipboard.