



THE ULTIMATE TRAINING INFORMATION GUIDE FOR THE ULTIMATE P.H.I.I.T PROGRAM!

Heya Haulers and Hitters,

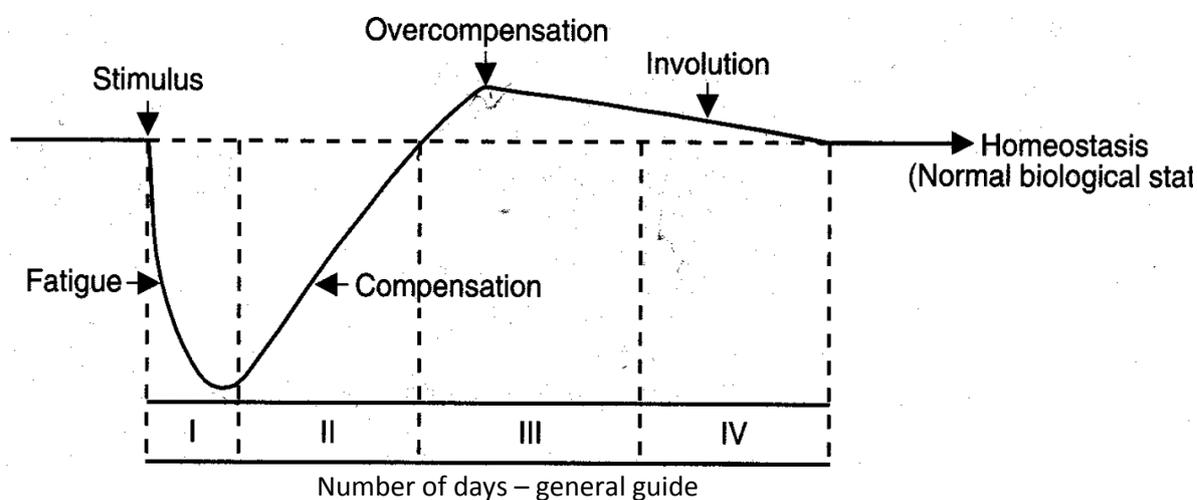
Most of you have heard what H.I.I.T is, and know of its phenomenal benefits, however to really maximise and fast track your health, Cardio vascular fitness, strength, metabolic and psychological benefits, there is more to it than just training hard.

To make it easier to understand the concept of exercising for GUARANTEED and PREDICTABLE results, I have coined the acronym P.H.I.I.T which stands for Progressive High Intense Interval Training, AND Heavy Haulers are proud pioneers of this form of exercise in the fitness industry.

P.H.I.I.T essentially means training hard using the HIIT method, but with the main aim to increase or PROGRESS the workload achieved (either meters or reps) within a specific set of standardised exercise parameters (applied using a system) as you repeat each session.

In the design of our program we have factored in all these principles so you don't need to change anything, and just stick to your routine, but this information piece and subsequent TRAINING GUIDE will provide invaluable information and really puts it all in to perspective and sheds light on the WHY & HOW questions that many people have about exercise.

PRINCIPLES OF EXERCISE:



The table above shows a training / recovery / adaptation curve which highlights one of the essential principles (7 in total) of exercise which is called 'OVERLOAD'

TABLE TERMINOLOGY EXPLAINED

STIMULUS is your exercise session, and it is important for the stimulus to be planned appropriately based on the exercisers level of ability, fitness and strength, age, joint restriction / injury status.

FATIGUE occurs as a result of your exercise session, and the magnitude of fatigue will depend on the *type* of exercises you have performed and the *volume and intensity* that you applied. Training too



hard can lead to deep soreness / fatigue and will lengthen the time it takes for you to recover, adapt and then train again, hence why 'body friendly' exercise is essential as a long term and sustainable option. Training too easy will have little or no fatigue and will also provide little or no benefit, unless it is a planned 'recovery' session

COMPENSATION is also known as 'recovery' and this is where your body heals and returns to its normal state which is known as 'homeostasis'. The time it takes to recover from exercise all depends on the 'stimulus' applied, and your level of rest from intense exercise (both active and passive are essential) along with your nutrition and fluid intake. There are also other ways to enhance your recovery

OVERCOMPENSATION is also known as 'adaptation' and this occurs soon after your body has fully recovered. THIS IS THE BEST TIME TO EXERCISE as this is when your body is stronger and fitter as a result of a full recovery and optimal time for adaptation. As an example, If you achieved 1000meters in a session 1, you should be able to easily improve that number in session 2 provided you had optimal recovery and adaptation

INVOLUTION is also known as 'detraining' and the old saying 'use it or lose it' explains it all. Any benefits that you achieved from your exercise session will begin to erode if you don't repeat the session with the aim to apply your newly developed fitness / strength and beat your previous scores!

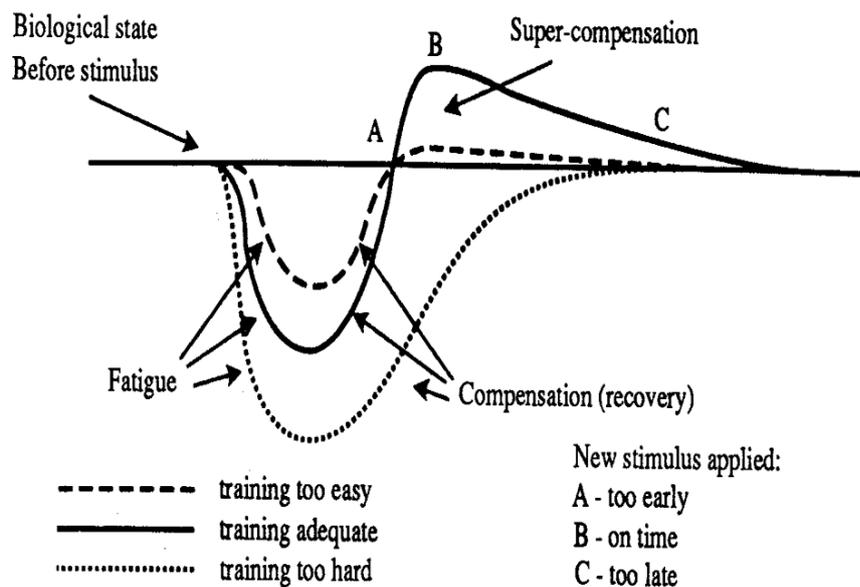


Figure 2.1 Effective and ineffective training loads. From "Planning the Training Schedule" by B. Klavora, 1980, Coaching Association of Canada: Bridging the Gap Unit, package 7, item 3, pp. 1-14. Adapted with permission.

Figure 2.1 demonstrates the outcome if you don't get your session (stimulus) right!

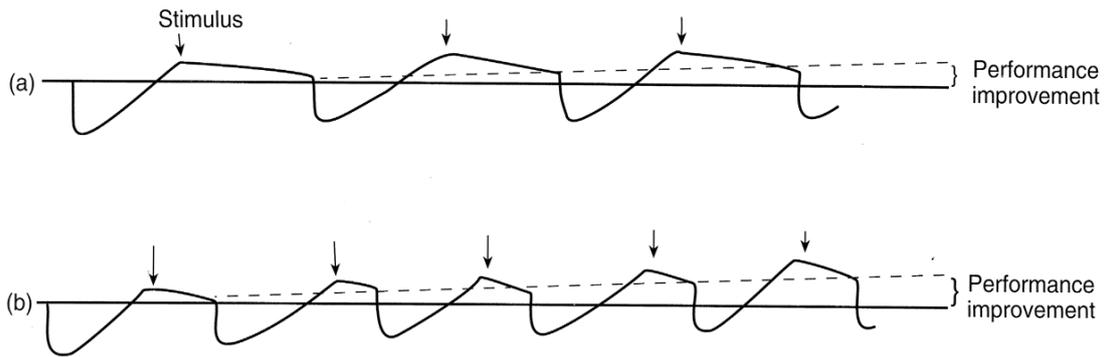


Figure 1.6 The sum of training effect (adapted from Harre 1982)

Figure 1.6 demonstrates the sum effect of training correctly and this is exactly what you should be aiming for from your exercise session! This curve shows **PROGRESSIVE OVERLOAD** which is another essential principle of exercise.

OVERVIEW OF OVERLOAD & PROGRESSIVE OVERLOAD

The body doesn't immediately get fitter and stronger from your exercise sessions. Exercise, represents a stress to the body, and the higher the intensity, the more stress the body experiences.

As a result of this stress, the body fatigues from each session and requires adequate recovery and time to adapt in order to experience the benefits and to be able to cope with that same level of stress again when you repeat the next session.

As the body starts to cope, the body becomes more efficient at the movements and learns to do it better, and as a result it conserves energy, meaning that the same stress, doesn't have the same effect on the body UNLESS, you increase your workload with each session that goes by!

The old saying '*if you do what you've always done, you'll get what you've always got*' does not apply to exercise, and without planned progression, you will hit plateaus very fast and stifle your progress and all the results and health benefits that you are training for.



IT'S ALL FACTORED IN OUR PROGRAM DESIGN!

Our P.H.I.I.T program system makes it incredibly easy, safe and fast to progress as the simple goals is to:

1. LEARN THE TECHNIQUES QUICKLY AND SET A HIGH PERSONAL BENCHMARK IN THE INITIAL SESSION
2. BEAT YOUR SCORES FROM WEEK TO WEEK using the scoresheet and tracker tool and by following the rules of the system
3. DON'T MISS A SESSION AND STICK TO THE OPTIMAL 3 PER WEEK PHIIT ROUTINE

In addition we have specifically chosen 2 types of exercise which are **extremely body friendly** and creates almost no soreness, meaning;

- FATIGUE is minimised despite a set of 12 maximal efforts within the session,
- RECOVERY time is minimised, leading to;
- SUPERCOMPENSTATION occurring much faster, meaning;
- TANGIBLE RESULTS AND BENEFITS COME QUICKER with minimal risk both of which provide fast and sustainable benefits

Program 1 - **HAULERS** - Drag based exercise.

We chose this form of exercise as involves a blend of horizontally applied resistance and anaerobic exercises using 'chain movements'. Chain movements are movements that use EVERY muscle in the body as each muscle takes on a role at various points of the movement or exercise. Chain movements are highly effective, and is really the way we were designed to move. **Drag based chain movements** are so beneficial as not only does all the muscles share the load and reduce the risk of localised strain or injury, but impact is also minimised due to where the load is, AND there is no stretching of a muscle under load. Stretching under load is generally where muscle soreness is generated from. It will only ever be the Ab exercises, squats or lunges featured in our programs that will create any sort of real soreness, and there is definitely a place for these sort of exercises and a low level of soreness is both acceptable and ok!

Program 2 – **HITTERS** – Boxing/kickboxing fitness program (not competing)

We chose this as another type of program to offer as it is also very body friendly due to the fact that the PADS we use have been custom designed and made with a highly absorbent foam core on a stationary PAD which is totally predictable and extremely forgiving if you do, or if you don't get your punches, kicks and elbows right!

The movements and force is also applied horizontally into the pad, reducing the chance of soreness, leading to faster benefits! Typical boxing programs and boxing circuits require either partners, swinging bags or moving targets and whilst they are awesome and essential for those wishing to compete, there are many elements not required and not suitable for use in a standardised training system design to progress with certainty, and there is also a significant risk of injury and soreness.



THE HAULERS & HITTERS TRAINING GUIDE

For ALL of the benefits to occur using P.H.I.I.T, you MUST know what you are aiming to beat, so filling in your scoresheet accurately is absolutely essential!
 Here is our training guide to how you should set targets and the type of improvements you should be aiming for from session to session based on your INITIAL SESSION being an honest and solid personal effort on each exercise!

HAULERS & HITTERS TRAINING GUIDE						
		Initial Session Objective	1 ST REPEAT	2 ND REPEAT	3 RD REPEAT	PROGRAM TOTAL IMPROVEMENT
Beginner	1-3 programs back	main focus on nailing technique in round 1 / recording correctly and sustainable ACHIEVABLE pace for remainder of session	15-10%	10-8%	8-6%	<u>24%-33%</u>
Intermediate	4-20 programs back to back	main focus on nailing technique in lap one of round 1 of week 1/ recording correctly and setting a high benchmark in week 1 and maintaining	12-8%	8-6%	6-4%	<u>18%-26%</u>
Advanced	Completed all program cycles - all 25 for Haulers OR all 15 for HITTERS	Have full coordination and mobility – main focus on technique mastery within first step / rep / Exercising at MAX each effort	7-5%	5-3%	3-1%	<u>9%-14%</u>

To achieve these improvements on your cumulative totals each session, you must LOOK AT YOUR SCORESHEETS and set realistic and reasonable targets of on each effort of each round on each exercise as compared to your previous weeks scores, whilst maintain QUALITY TECHNIQUE!

In Addition, in each exercise you should aim for NO MORE than a 5-8% difference between your highest score for the day (session best) and your lowest score for the day so you exercise with consistency.

Follow the system and the training guide and you will develop:

- Fitness and ability to push through fatigue. Resilience!
- Coordination and control of your body
- Efficiency of movement, mobility improved athleticism
- Learning how to use your body and exploring your limits
- Mental Strength / intestinal fortitude and desire to improve, and overall, your;
- Honesty and Motivation to push!

Over time and with consistency, all of these points result in you becoming the BEST version of you that you can be, and living a lifestyle of optimal health and fitness and with a lean body mass (provided your food is tip top!)