



LEAN HYBRID MUSCLE

TRAINING MANUAL



THE WORLD'S
FASTEST WAY
TO BURN FAT
& BUILD MUSCLE

ELLIOTT HULSE, CSCS

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Who the Heck Is Elliott Hulse?

Elliott was born in Brooklyn, NY and grew up on Long Island. The oldest of four siblings and child to Belizian immigrants, Elliott has always been obsessed with health, fitness and becoming the strongest version of himself.

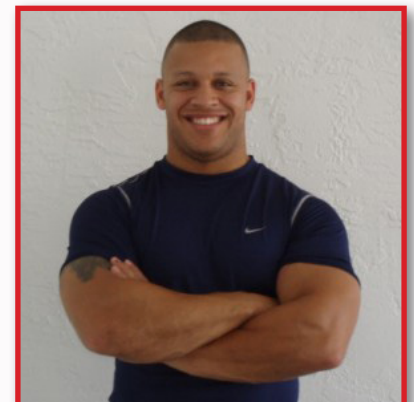
As a child Elliott's Uncle Elroy lived as a member of the Hulse household. Uncle Elroy was an ex-gymnast, a Black Belt in Northern Shaolin Kung Fu, a marathon runner, a bodybuilder and would become, later in life, a strength and conditioning coach. Elliott began training with Uncle Elroy, with his brothers, using bodyweight exercises and odd objects at the tender age of four.

In high school, Uncle Elroy taught Elliott how to train with barbells, dumbbells and plyometrics. As a result Elliott earned an athletic scholarship to play football for a Division 1aa program. After earning his bachelor's degree, Elliott studied Exercise Physiology in graduate school. Elliott has interned and studied under some of the best experts in the field of strength, health and fitness. Experts such as Paul Chek, Joe Kenn and Tom Mitchell have had a tremendous impact on Elliott's training philosophies and convictions.

Why Should I Listen To Him?

Today Elliott is the founder and owner of Strength Camp, a sports training facility in St. Petersburg Florida where he trains baseball, football, and high school wrestlers to get stronger and more explosive in their sports.

Elliott is also a professional strongman, as well an author and publisher of over 50 books, audios





and DVDs online. He is also the publisher of HulseStrength.com and he supports other strength, fitness and health experts in sharing their knowledge through his publishing company, Hulse Strength Publishing.

Elliott Hulse





Lean Hybrid Muscle Reloaded -- Part 1 Theory **TRAINING MODALITIES: WHICH IS BEST?**



Let's start with bodybuilding, which is the most popular training modality. The overall goal of bodybuilding is muscle growth—to build muscle and look good. Most bodybuilders are primarily focused on training the “beach” muscles or, in other words, those muscles you see when you look in the mirror.

Within the bodybuilding training modality there are numerous “sub-modalities” concerning the best way to achieve the overall goal of maximizing muscle growth and looking good, with most following the same general principles but with variations in terms of the weight used, number of reps performed, and other training variables.

There are a lot of positive benefits to bodybuilding, including better health and improved self-esteem.

Everyone wants to look good, but there is more to life than that. Consider, a muscled physique that looks good isn't necessarily functional. A major drawback of general bodybuilding is that by focusing on the “beach” muscles, many routines overlook the body's core. By ignoring the core you limit many of the potential benefits from your training. Also, the training generally isolates various muscles, working them independently, which doesn't mimic real-life movements, thereby reducing the benefits of that training to “paper tiger” status, all looks and no substance.

With powerlifting, strength is the goal. Powerlifters are the guys you see benching 800 pounds and doing squats with so many 45-pound plates on each side that the bar looks like it's bending in the middle.



Now if your goal is strictly getting monstrously strong, then powerlifting is great.

There are plenty of shortcomings to this training, though. First, powerlifting is focused on three primary movements—the squat, the deadlift, and the bench press. That doesn't allow for a lot of variety in the gym. Also, lifting incredible amounts of weight requires a tremendous amount of skill and even with that skill injuries are inevitable.

The goal of cardiovascular training, AKA “cardio”, can be to improve health and endurance or to lose weight. Cardio is a very popular training philosophy and is practiced stand-alone or incorporated as part of other training modalities. Now anything that improves your health is, of course, a “good” training modality. But does cardio training make sense for everyone? As stand-alone training it's not the best choice. That's because it is most effective when utilized alongside another training modality. Cardio by itself does not help you to strengthen or build muscle and strengthening/building muscle should be part of every training program.

With strongman training the goal is not only to build strength, but to also build endurance. That's why this is also known as functional training—because the movements more or less reflect things we might do in real life. You'll see strongmen training with things like giant logs, enormous tractor tires, beer kegs, sledgehammers, and other heavy, odd-shaped objects. Like the other training modalities, there are lots of benefits to strongman training, such as improved health and stronger muscles. On the other hand though, strongman training can be very impractical because it can be hard to get access to the specialized equipment needed or a proper training facility.

These are a few of the major training modalities out there today. You'll see that, while all of them have positive aspects, each has its drawbacks as well. Does this mean that a guy just has to “settle” for a training program with the least number of drawbacks? Must he choose only his highest



priority benefits and let the others slide as the cost of not being able to have his cake and eat it too?

The good news is that is NOT the case. There is an alternative out there and I'm going to tell you about it a little later on.



ADVANTAGES AND DISADVANTAGES OF BODYBUILDING FOR STRICTLY MUSCLE GROWTH



We'll start with the pros. There is lots of information about bodybuilding readily available to anyone, making it fairly easy to dive into. Anyone who is interested in getting started in bodybuilding can pick up a magazine or hit the Internet to find the information he or she needs. There are also a lot of inexpensive bodybuilding "how-to" books available as well. Thanks to video sharing sites, a beginner can even watch instructional videos to learn about proper form and technique.

Taking up bodybuilding can be a tremendous confidence booster. Fat guys, skinny guys, out-of-shape guys, or just ordinary guys can get an incredible confidence boost through bodybuilding. The first time someone notices that you're starting to look "buff" or "ripped" can send a formerly low self-esteem flying to the moon. It's a great feeling and it can inspire you to try even harder.

Building muscle can help you to burn calories and shed unwanted fat. Lean muscle burns more calories than fat. By taking up bodybuilding, you can speed up your metabolism and set yourself on a path to shedding unwanted pounds and lowering your body fat percentage. That's always a good thing



because less fat means less stress on your heart, helping to lower your risk of heart disease.

Now let's talk about the cons. First, there is a lot of misinformation out there about bodybuilding. Most guys dive into training for muscle growth without giving much thought about what they're doing. They read the bodybuilding magazines and set off to look just like the pro bodybuilders or paid fitness models. Most of the guys in the fitness and muscle magazines are not "normal," but are, instead, genetically-gifted. They're the guys whose morphologies build muscle and shed fat relatively easily.

What often happens is that beginners jump into complex routines they know nothing about. They end up overtraining or even injuring themselves—sometimes seriously. It's important to note, most of the guys and gals you see in the magazines are, a) chemically enhanced and, b) not the authors of the workout routine.

If you haven't worked in the fitness industry there's no way to know this, but I'm about to share a dirty little secret with you. As you may or may not know I have published workouts and training articles for a few muscle magazines. In some cases I have even been paid to "ghost write" or put together an article that the magazine can credit to whomever they'd like. Guess who they choose to be the author? You got it, one of the models or pro bodybuilders gets credit for the article and routine. Pretty pictures sell magazines better than words do. The magazines know you want to look like the model and are more likely to buy a routine that is "just what the model does."

I know, I was shocked too when I first found out. But what exactly does this mean? It means some people are paid to write and some people are paid to model. The routines in the magazines are not necessarily those performed by the bodybuilders and models you see flexing.

It's kind of sad actually. I remember getting frustrated with the magazines



and quit buying them. Instead of motivating me I was getting discouraged. I had been training for so many years and still hadn't come close to looking like the pros in the magazines.

Later, I discovered that many of these guys and gals don't look the same way they do in the magazines in real life. In fact, many of them drop water weight and diet down in order to get ready for a photo shoot. Then the publishers add in some air brushing, fake tans and a host of other tactics and it's no surprise that readers can develop an unrealistic idea of the "perfect body."



I'm not hating on the sport of bodybuilding or working out for your self-esteem. I'm simply pointing out that it's pretty easy for someone who starts off getting their information strictly from magazines to be misinformed and veered down the wrong path.

Next, bodybuilding by itself doesn't work for everyone. Again, the guys who appear in the fitness magazines are there because they look good. Not everyone who starts bodybuilding is going to look like that. In fact, most guys won't look like that at all. Remember, genetics plays a big part of what makes the guys in the magazines look like they do. If your body type is ectomorph—aka the hardgainer—it's going to be very tough for you to put on muscle. Likewise, if you're an endomorph—generally round and soft—the bodybuilding training philosophy will yield different results for you. The mesomorph body type, which is characterized by well-defined muscles and large bones, will typically see the best results.

Being a bodybuilder does not necessarily mean that you're in good overall



physical shape, either. Yeah, if you do it right and your genetic stars are aligned, you can look great, but that doesn't mean you're in great shape—at least on the inside. For the most part, bodybuilding focuses on improving how a guy looks, not how he functions.

For instance, a bodybuilder can look good on the outside but if he does zero cardio, he might get winded walking up three flights of stairs. The bottom line is that the bodybuilding training modality tends to be more or less one-dimensional. Being a bodybuilder does not necessarily equate to being physically fit and it doesn't improve your skill level in sports or other activities.

Lastly, there is a lot of misinformation about bodybuilding. Just look at any bodybuilding magazine and you'll see page after page of the latest and greatest "get ripped quick" supplement. It seems that just about everyone today is pitching a magic supplement that promises anyone can achieve that ripped look with little effort thanks to a pill, a powder, or a drink. The problem though, is that 99% of them don't work—they're nothing but hype. Yet, every year millions of people get sidetracked by these false promises, winding up in no better shape than when they started. Especially for the beginner, it's easy to get sucked in.



Bodybuilder
Marc Snyder



PROS AND CONS OF STRENGTH BUILDING OR POWERLIFTING



Overall, strength building can have a positive impact on training for a broad range of goals. For instance, the fact that all three of the core activities that are part of powerlifting are great exercises is a definite pro of powerlifting. Each of the three lifts can really help a guy to pack on the muscle. In fact, they are used by everyone from beginners just starting out, looking to get a little bigger and stronger, to elite athletes who compete. All three incorporate multiple muscle groups and the body's core into their movements, which means greater gains in both strength and size.

Like other training philosophies, a boost to self-esteem is a big benefit of powerlifting. The significant increases in muscle mass, strength, and



power you get from powerlifting are great ego boosters and powerful motivators. Powerlifting can also boost your metabolism, improve your body composition, and even help enhance your sex drive. The three core activities that are powerlifting have all been shown to increase the body's production of testosterone—the male sex hormone.

There are some down sides to powerlifting. First of all, the three primary movements of powerlifting—although great exercises—make powerlifting rather limited for a lot of guys. It can be easy to get so focused on the three power lifts that everything else is excluded, meaning that you may not get that ripped look you had been hoping to achieve.

On that note, you've probably noticed some powerlifters are actually quite "round." They don't look like the bodybuilding models in the fitness magazines. With powerlifting, the only goal is to lift massive amounts of weight. That means you need to eat a lot—a whole lot. And while the majority of serious powerlifters are in great shape—with lots of lean muscle and body fat percentages in the single digits—it's easy for someone just starting out in powerlifting to lose track of his diet and to put on unwanted fat (It happened to me BIG time).

For the average guy, powerlifting may not be the right training modality, especially if your goal is to look good. Again, powerlifting focuses on three primary movements which, although they are awesome exercises, can really limit the scope of your training efforts. You may need to supplement a regular powerlifting routine with specific training routines that include the shoulders, the biceps, and the triceps. You also might have to customize a traditional powerlifting routine to include a broader range of assistance or auxiliary exercises in order to add muscle mass in other areas of your body.

Risk of injury is another downside of powerlifting. It takes an incredible amount of discipline and practice—combined with good form—to lift the kinds of weights you see powerlifters lifting. When you're lifting that kind of weight, the risk of injury is high, especially for beginners. Guys start out and



right away they want to be lifting with the pros. However, powerlifting is a sport your bones, tendons, and central nervous system need to gradually adapt to.



Even for the pros, powerlifting takes a toll on the body. There's just no way around it—lifting extremely heavy weights is hard on our bodies. Powerlifting stresses the shoulder joints and rotator cuff even when done correctly. Over time, this can lead to pain and, eventually, to deterioration of the joint. Other joints at risk include the knees, the elbows, and even the hips. This means that the careers of a lot of powerlifters are cut short not because of a lack of talent or skill, but due to the stress that huge weights put on the body.



THE GOOD THE BAD AND THE UGLY – STRONGMAN TRAINING AKA FUNCTIONAL TRAINING



Preparing for a strongman competition requires special training—regular weightlifting just won't do the trick. That's because the feats of strength that strongmen are performing utilize multiple muscle groups at the same time. They're not using their arms, legs, back, chest, and core muscles individually, but rather, they're using them all at the same time. To do these kinds of activities requires routines that incorporate these same muscle groups into the training exercises. In ordinary bodybuilding, for the most part, you're focusing on working individual body parts—one at a time.

Because strongman training routines are built around exercises that incorporate multiple muscle groups in the same exercise, it's also known as functional training. This functionality also translates into one of the biggest benefits from this training—these guys are all-around strong. The things these guys do require not just strong arms, legs, chest, and back, but also a strong core and endurance, too.

With this modality, you're training multiple areas at the same time. You're



not just “lifting weights,” but you’re also sprinting and building up your endurance at the same time. This multi-pronged training approach enables you to train, develop, and strengthen muscles that would be nearly impossible to train with traditional bodybuilding.

Another advantage of strongman training is that the variety of training movements keeps your body guessing. When your body gets used to a particular routine, your results diminish. With the constantly changing variety of movements that are part of strongman training this is less likely to happen. The last benefit I want to mention about strongman training is that it can be an awesome way to burn fat—the workouts are very intense.

A major disadvantage of this training is that for some guys it can be tough trying to find a place to train because this training isn’t really suited to your average gym. Say, for example, that you live in the heart of a city. Unless there is the right type of gym nearby it could be difficult to find a suitable place to practice sled dragging, tire flips, and other similar exercises. Some of these exercises require space that just might not be available for guys living in certain urban areas.

Like powerlifting, it’s easy to get overly focused on increasing strength at the expense of other aspects, such as form and functionality. Again, like powerlifting, you can see lots of guys who practice strongman training who are in really great shape. You’ll also run across a good number who aren’t in such good shape. That’s because they may have lost sight of some of the great aspects of strongman training (think compound movements) in favor of focusing on just building strength.

Also, like powerlifting, the risk of injury from strongman training can be great—particularly if you’re just starting out. It takes a lot of practice and skill to be able to pull off some of the activities that you see strongmen doing on the television. For the beginner, it can be very easy to pull or sprain a muscle, tear a ligament, or injure your back or shoulders by not paying careful attention to learning proper technique. And while this is a risk



in any exercise, guys who are new to strongman training are particularly susceptible to injuries.





BENEFITS AND DRAWBACKS OF CARDIO OR AEROBIC TRAINING



Aerobic training can be a great way to “get in shape,” regardless of age, fitness, or skill level. It’s good for both the body and the mind, elevating the heart rate, increasing the body’s metabolism, and lifting the spirits. The increased heart rate conditions and strengthens both the heart and lungs. Cardio trains your heart to pump a greater volume of blood in fewer beats and your lungs to process more oxygen with less effort. This reduces your risk of heart disease and can improve your blood cholesterol and triglyceride levels, meaning that you might just live longer.

By boosting the body’s metabolism, cardio training is a great way to burn calories, to lose weight, and burn fat. By burning off excess fat, it helps bring out definition in your muscles so you look more ripped—and that’s always a plus. Regular cardio training not only ramps up the body’s metabolism while you’re doing the exercises, but afterwards as well. It really helps your body to burn more calories throughout the day. A more active metabolism can also improve your immune system, resulting in fewer colds and illnesses.



Another great thing about cardio training is that it can be done just about anywhere; it doesn't require a huge investment in equipment and supplies and you can choose activities that are right for your age, physical condition, and skill level. You can start by doing something as simple as walking. Then, over time increase the workload by increasing the speed, adding weights, or incorporating additional movements. As you progress, you can increase the intensity of your training by jogging or alternating between walk/jog/sprints. There are countless other ways you can do aerobic training in your home, at the gym, or just about anywhere.

Cardio training is not right for every body type. Ectomorphs—because of their tendency to be lean and thin framed—are ideally suited for extended cardio training. For endomorphs, it's another story. Their bodies are better suited to strongman or powerlifting, not cardio training. For them, extended cardio training is going to be very difficult.

Another deficit is that although cardio training is a great way to burn calories and fat, unfortunately, you can also lose muscle. When we do extended periods of cardio, the body has no way of knowing what we're trying to accomplish. It doesn't know that we're trying to burn fat. It gets "nervous," thinking that we're going to burn up all of our fuel reserves—which is the fat—so it burns muscle as well. There's just no way around it—you can't do daily cardio for 30-60 minutes and not burn muscle too. And the less muscle you have, the easier it is for your body to store fat.

Because cardio training burns not only fat, but muscle as well, it is not the right type of training for someone who is looking to gain muscle. It just won't happen. People who do a lot of aerobic training look toned because their body fat percentages are low. They've burned off the layer of fat that covers the muscles, meaning they have some definition, but it's rare to see someone who does a lot of cardio training who is muscular as well.

It's also important to remember that building muscle is an important part of any sensible fat burning strategy—bigger muscles burn more calories



and fat than smaller ones. For most guys, to get the best overall results, it's important to include some sort of weight training along with the cardio.





THE BEST OF ALL WORLDS – HYBRID TRAINING

The general definition of “hybrid” is combining two or more different things, aimed at achieving a particular objective or goal. For our purposes, the goal of hybrid training would be to take all the “pros” from the training modalities we’ve been talking about, leaving the “cons” aside. In other words, hybrid training has all the best aspects of the common training modalities, without the negatives. It’s really a win-win situation

By definition, we could combine any of the training modalities above and have a hybrid training program. In fact, there are plenty of training strategies out there that combine elements of bodybuilding and powerlifting or something like that. But for our purposes, we have a specific goal in mind, which is the development of a hybrid muscle fiber. We’ll talk more about that in a bit. For the goals that we want to achieve, the hybrid training that we’re going to discuss is one that combines both resistance and cardio activities. By combining the two, we’re able to minimize, or even eliminate, many of the drawbacks of the various training modes that we’ve just discussed and, more importantly, we’re able to put on lean muscle and burn unwanted body fat at the same time.

Now we’ll talk about what this kind of hybrid training might look like. We’ll start by taking some of the “best” aspects of each training style, beginning with muscle growth/bodybuilding. Most everyone wants to look good and have muscles that you can see, so we’ll take that from bodybuilding.

Powerlifting is great because, even though it focuses on just three exercises, each of these is a compound exercise that incorporates multiple muscle groups into the movements and really works the body’s core. Plus, everyone loves to brag about how much they can bench or what their best one-rep max lift is.

The functionality aspect of strongman training is what really sets it apart



from others so this is what we'll take from it.

Cardio training is the last piece of our hybrid puzzle. As I said, most hybrid training programs leave this one out—but not us, because this is not only what sets this approach apart from others, but it's also going to be what really maximizes our results.

As you can see what we've done is taken the best of each of the training modalities. **Here's how:**

- **By incorporating elements of powerlifting and strongman training we're addressing the "one dimensionality" of bodybuilding.**
- **By incorporating aspects of bodybuilding and strongman training we're making the powerlifting training modality well-rounded by adding more exercises and more body parts.**
- **The characteristics that we've taken from bodybuilding and powerlifting make the strongman training philosophy more versatile, diverse, and, overall, more doable for most guys.**
- **Adding resistance training—elements of bodybuilding, powerlifting, and strongman training—to aerobic training we're getting the healthy benefits of cardio without the unwanted loss of muscle mass.**

By incorporating components of bodybuilding, powerlifting, and strongman training, we're able to draw from a much broader variety of exercises and movements. There are a number of benefits to this. First, it means that regardless of your body type or skill level, you're going to be able to find exercises that work for you. Second, as we've said before, if you don't regularly change up your routine, your results will eventually halt and even diminish. Hybrid training keeps our muscles guessing and growing. And lastly, it keeps us from getting bored. It's not just the body that gets too accustomed to the same old routine —the mind does too.



The other part of this approach that's really awesome is the fact that hybrid training works in harmony with our bodies. From an evolutionary standpoint our bodies are still living in the Stone Age so, by their very nature, they're going to respond best to movements, activities, and regimens that mimic things our ancestors did every day.





HYBRID TRAINING – A CLOSER LOOK



So what's the answer? Are we supposed to take the bad with the good and just slough off the “cons” of our favorite training modalities? The answer to that question is a resounding “NO,” and hybrid training is the answer. As we've shown you, hybrid training takes only the best elements of the other training philosophies and leaves the unwanted drawbacks behind. It really takes the best of the best of the best and maximizes your results. Though it's an unconventional approach, history shows that unconventional ideas have often resulted in great things.

It is the ideal solution for any guy who is looking to add mass and get lean. Hybrid training allows us to leave ineffective strategies like bulking and cutting behind and helps us to build muscle and burn fat at the same time. None of the other common modes of training will help you do that.

Its unique approach to training increases the mitochondrial density of our muscle fibers. Mitochondria are the cellular “power plants”—as their density increases, more fuel is delivered to the cells at a greater pace. This essentially enables our Type-I, Type-IIA, and Type-IIB muscle fibers to “morph” into Type-III muscle fibers, which are stronger, more powerful, and more resistant to fatigue than the others. Training our muscle fibers to



behave like Type-III hybrid muscle fibers sets the stage for developing a lean, muscular physique in less time.

There are lots of different ways to go about hybrid training. For instance, you can do any number of Max Effort Conditioning exercises such as sandbag loading. You could also try some Resistance Cardio workouts by doing sled dragging and prowler pushing. You can also mix things up with some Sustained Strength workouts using kettlebells. These are some of the hybrid training techniques which allow you to burn fat and build muscle at the same time. These, of course, are just examples—there are lots of hybrid training methods out there and, in fact we've assembled some of the most practical and effective ones in the training logs you were provided with in your Lean Hybrid Muscle Reloaded system.

If you've got access to a really fancy training center, an underground gym, or a barbell club you'll be able to get really creative with the kind of hybrid training exercises you can implement.

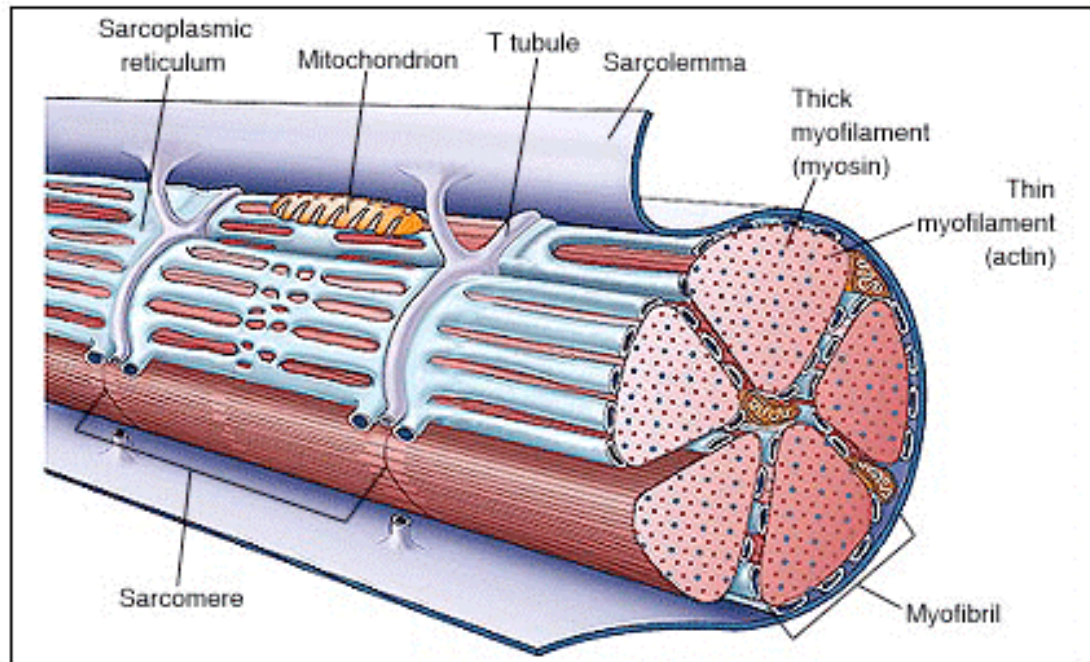


However we don't want you to have to spend any extra money to buy any special equipment. We've gotten really creative and come up with a lot of hybrid exercises and routines you can do with standard equipment. To follow the Lean Hybrid Muscle Reloaded training program you're not going to need anything special. A home gym or gym membership with barbells and dumbbells should be enough to do the trick.

I've really become a believer in hybrid training. Instead of fighting our bodies' hard-wired systems, it works with them. Building muscle and burning fat at the same time means faster fitness results. Also, by leaving behind the detriments of the mainstream training modalities, it allows you to become more athletic, gaining physique, strength, and stamina—plus, it's a whole lot more fun and interesting.



THE TYPE-III SUPER MUSCLE FIBERS



Did you know that there is another type of muscle fiber that we don't often hear about? It's known as Type-IIc, or Type-III, muscle fiber and what's so amazing about it is that it behaves like a combination of the other muscle fiber types.

Each person has his own unique combination of the different muscle fiber types. The specific combination of muscle fiber types that each person has determines how well they are suited for different physical activities. That's why it's easier for some guys to gain muscle than others. Guys who are high in slow-twitch fibers and lower in both the fast-twitch fibers are better suited to performing aerobic activities for long periods. They're the guys who are natural born long-distance runners and swimmers. That's because the slow-twitch fibers are really resistant to fatigue.

On the flip side, guys who are high in fast-twitch fibers and low in slow-twitch fibers aren't usually the ones you see running marathons. These



guys are natural born weight lifters. It can be broken down even further—the composition of Type-IIA and Type-IIB fibers determine the particular type of weight training activities that are the best match for each person. Type-IIB fibers produce more power than Type-IIA and Type-I fibers but they are also highly sensitive to fatigue so they're recruited when doing explosive movements for short periods. The Type-IIA fibers produce more power than Type-I fibers but nothing like Type-IIB.

Each person has his or her own unique composition of the three different types of muscle fibers. The specific combinations in each person are determined by their genetics. As a rule, these are things we can't change about ourselves. You can't change the natural color of your eyes or skin, or how tall you are. Genetic characteristics are hardwired and determined before we're even born so there just isn't much we can do to change those things. But what if there is something you can do about the composition of muscle fibers in your body? And what about the Type-III muscle I mentioned before?





Type-III muscle fibers are really a hybrid, having the best characteristics of the other three fibers. They're great for explosive movements and power that come from Types-IIA and IIB, plus they've got some of the aerobic endurance characteristics of Type-I muscle fibers. Sounds great, huh? Well they are—the problem is that generation after generation of “easy living” has all but wiped out this incredible hybrid muscle fiber from our bodies. Think about it—our ancestors lived very differently from how we live today. Their lifestyles were physically demanding and their very survival depended on physical abilities like strength, speed, and endurance.

We don't live like our ancestors. Gone is the fight for survival our Stone Age ancestor experienced. We don't really have the same need for these hybrid muscle fibers. But if our ancestors were able to develop them, why can't we? The good news is that modern guys can develop Type-III hybrid muscle fibers. The secret to pulling it off lies in how you train. And to build Type-III hybrid muscle like our ancestors did, you have to train like our ancestors lived their everyday lives.



ANCIENT WARRIORS AND HYBRID MUSCLE



If you were a warrior, your daily life was even more physically demanding than that of ordinary folk. Fighting wasn't just a hobby to them—it was their sole focus in life. Coming in second place was deadly. Knowing this, it's no surprise that ancient warriors were seriously committed to training and to developing their skills to maximum levels.

In addition to the many hours they spent in training, the activities that they regularly engaged in helped them build hybrid muscle. Rowing ships for days at a time, marching long distances while loaded with supplies, swinging heavy axes and swords during prolonged battles, clutching and lifting a heavy, cumbersome shield, carrying the wounded for miles—all of these were activities that involved both cardio and resistance. More importantly, these were extremely intense activities that required an incredible amount of stamina and determination. Just about anybody can build up to running five miles a day. But try doing that wearing 60 pounds of battle armor and it's an entirely different story.



This wasn't the light cardio with some resistance like you see going on in most gyms today. These activities occurred at a level that few people—at least in the Western World—ever encounter in their entire lives. The point I'm getting at is that the type of training and the things that these guys did nearly every single day required as much mental effort as they did physical effort. When you're forced to have that level of commitment or face deadly consequences, it's not surprising that these warrior cultures were as successful as they were.

Because they were consistently exercising at this level of intensity, the ancient warriors were developing hybrid muscles—even though they may not have been consciously aware of what they were doing. The kinds of intense hybrid cardio training routines that they had developed enabled the soldiers of these warrior cultures to push beyond their “genetic limits” and build larger, stronger muscles that were more resistant to fatigue.

Like I've said before, a lot of the things the ancients did—both everyday activities and training routines—would have resembled, a strongman competition. Think about it. The body armor they wore was the “weight vest” of today. Carrying boulders, dragging rock slabs and tree trunks were the tire flips, farmers' walks and sled dragging of today. Basically, all of the things they did helped them to develop strength that could be sustained over long periods of time.



BUILDING MUSCLE AND BURNING FAT AT THE SAME TIME

The best way to build muscle and burn fat at the same time is through hybrid training, which is a combination of power lifting, bodybuilding, strongman training, and cardio training. It incorporates both aerobic and anaerobic activity not only in the same training session but often in the same exercise.

Hybrid training enables us to build muscle and burn fat at the same time by building the Type-III muscle fiber that we've talked about. This, we know, is a cross between Type-I (slow twitch) and Type-IIB (fast twitch) muscle fibers or, in other words, a hybrid muscle. What actually happens is a reconfiguration of existing muscle fibers by increasing their mitochondrial density.

Mitochondria are our cells' powerhouses. They supply most of the cells' supply of ATP, which is the fuel that cells run on. By combining resistance training, such as strength training, with cardio training in the same set, we force the thicker, stronger Type-II muscle fibers to behave more like Type-I fibers.

We "train" ordinary muscle fibers to behave more like Type-III muscle fibers. In other words, we're literally "resetting" the genetic limits of the muscle. With more mitochondrial density, more nutrients can be processed and these Type-III muscle fibers have a greater capacity to grow bigger and resist fatigue for longer periods of time.



Len Schwartz

What we're talking about here isn't just a novel theory but something that a number of highly-respected fitness experts have investigated and studied. One of these is **Len Schwartz**, who pioneered the concept of "long strength," which is "the ability to exert significant strength for an extended period of time." **John Parillo** was another proponent of the long strength concept. Both men developed training strategies specifically designed to increase mitochondrial density and essentially reconfigure the fiber composition of the working muscle groups. Eventually, the muscles develop long strength and actually "morph" into Type-III muscle fiber.



Ori Hofmekler

Ori Hofmekler is the third training expert who became a firm believer of the long strength concept. Ori developed a weight training system that he called, "Controlled Fatigue Training." According to Ori, this type of training helped develop these super-hybrid muscles—ones that were capable of generating and sustaining strength for extended periods of time.

What these three men had in common is that each of their developments was a form of hybrid training and they mimicked the way that our ancestors lived. They didn't train with weights one day and run laps the next. No. The kinds of activities Hofmekler and the others promoted and those of our ancestors would have been very much like the hybrid training we're talking about.



Our ancestors were both muscular and lean. This didn't result from things they set out intentionally to do but rather, as a natural byproduct of the way they lived their lives. They were able to both build muscle and burn fat at the same time without having to consciously think about it. By adopting some of the very same training principles that they employed, modern man can achieve the same results.





HORMONES: THE BODY'S TRAFFIC COPS

I know that if you want to lose body fat you've got to consume fewer calories than you burn and to gain weight you need to consume more calories than you burn. But we also know that just maintaining a calorie surplus or deficit is not going to guarantee the results we want. Calorie deficits can easily result in the loss of precious lean muscle mass and calorie surpluses can quickly pack on unwanted body fat instead of muscle. Hormones—aka 'the traffic cops'—are what determine whether you're burning fat or muscle tissue and whether you're gaining fat or muscle mass. Anabolic hormones drive growth and catabolic hormones drive breakdown. And since we know we can influence our hormones, then we know we can guide their activities, specifically those relating to fat burning and gaining lean muscle mass.

The body uses the same banks—fat, glycogen, muscle tissue or proteins—to deposit or withdraw energy. Managing the catabolic and anabolic hormones that drive the energy deposit/withdrawal processes is referred to as energy partitioning. For catabolic hormones this means influencing them to direct the body to withdraw energy from sources other than muscle tissue. Conversely, for anabolic hormones, it is guiding them to direct the body to deposit excess energy into muscle tissue, rather than fat cells.

Just as traffic cops have to control the flow of traffic from different directions to avoid chaos, our hormones have to regulate the hormonal traffic in our bodies. Catabolic and anabolic processes are mutually exclusive to one another—that is to say that they can't occur at the same time. We can't be simultaneously in both a catabolic and an anabolic state. Sometimes we're building up and sometimes we're breaking down but we can't do both concurrently. However, understanding this basic principle and with knowledge of energy partitioning under our belts, we can direct our hormonal traffic cops to partition energy in a manner that is consistent with our goal of burning fat and building muscle at the same time.



Defining “At the Same Time”

The first step is to develop the proper perspective of **“at the same time.”** Our bodies are never “always” in a state of losing weight or building muscle. In reality, they are continuously moving between anabolism (growth) and catabolism (breakdown), switching back and forth many different times throughout the day. Given that, you can see that a daily snapshot—a micro perspective—is not going to be accurate. Look at it at one moment and you might be in a catabolic state. Later on, it could be in an anabolic state. There’s actually a tremendous amount of science behind all of this but it’s not necessary to know all the scientific stuff to understand the underlying foundation. The important principle to know is that in order to get a true perspective, you need to take a longer view and look at “at the same time” as a period of a week or even multiple weeks—a macro perspective.

By broadening your perspective and taking a macro-view of **“at the same time”** you will see that it is possible to concurrently achieve your goals of burning fat and building muscle. Changing your point of view allows you to see that while you can’t simultaneously be in a state of calorie deficit and calorie surplus, you can effectively manage the states using a longer-term definition of **“at the same time.”** This proper perspective, combined with using the proper techniques and strategies to effectively manage the body’s catabolic and anabolic states allows you to see that yes, you can burn fat and gain muscle **“at the same time.”**



Lean Hybrid Muscle Reloaded -- Part 2 Application **RELOADED WORKOUT GUIDELINES**

In the “Training Logs” section of Lean Hybrid Muscle Reloaded you will find three different phases:

1. Beginners / Maintenance Phase - This phase has two purposes. First it is designed for beginners who will typically find the intensity and workload of the Reloaded workouts too difficult to start with. Use this program for 2 - 6 weeks until you're ready to begin Phase 1.

The second purpose of this phase is to act as a “Maintenance” phase for people who have already reached their fat loss and muscle building goals. We have found that “crushing” the more difficult phase 1 and phase 2 workouts, without a break, is counterproductive.

In the past I would train myself and my clients at a high intensity and with high volumes all year long with very few breaks in between. Although we really enjoyed the training, we began to notice a decrease in our responsiveness (fat loss) to the workouts. As it turns out, our bodies had become so accustomed to the challenging workouts that they lost their efficacy.

Now, we take an approach similar to “wave training” where we follow maintenance workouts for several months followed by 2 to 4 months of super challenging workouts (like phase 1 and 2). This has allowed us to really get lean and muscular without having to train for 2 hours a day!

Beginners / Maintenance Workouts Explained

- Begin each workout session by following our Dynamic Warm Up Routine.
- “Station” each exercise on day one and two. That means complete all



2-3 sets associated with each exercise before moving on to the next one.

■ Between each set perform the suggested “Conditioning” exercise as your active recovery. This will give your muscles time to recover without letting your heart rate drop.

■ “Circuit” the exercises on the day three workouts in alphabetical order. Follow the parameters for exercise A followed by exercise B, exercise C, etc. Perform the entire circuit 2 to 3 times with a two minute rest in between circuits.

■ Every exercise in these workouts is linked to a video demonstration and can also be found in the Exercise Database section of this manual.

2. Reloaded Phase 1 - There are 3 types of workouts found in this phase, Power building, Hybrid Circuits and Muscle Specialization. Each workout is designed to support the others in our main objective of burning fat and building muscle at the same time. Also, each workout is designed to tax the muscular, cardiovascular, endocrine and metabolic systems synergistically.

Use this routine when you’re more interested in building muscle size than burning fat. These workouts contain a more bodybuilding work than in phase 2 for the purpose of gaining lean mass.

You can stick with this phase for 1 to 3 months, or longer, if you are getting good muscle building and fat loss results. Move onto phase 2 when you are satisfied with your muscle size and want to focus more on the burning of fat and maintenance of strength. Although each phase will accomplish both muscle building and fat loss, each one leans a little more to one side or the other.

Reloaded Phase 1 Workouts Explained

■ The **Power Building Workouts** consist of both “stations” and “circuits”.



The first exercise in each workout is your strength building exercise. Keep the rest periods longer and use heavier weights with this exercise.

■ All of the exercises following the first strength building movement are also designed for muscle building. Perform each set with moderate weights but keep the rest periods SHORT. It is acceptable if you have to lower the weight in order to stay within the rest interval parameter specified.

■ Each power building workout is followed by a Hybrid Fat Loss Finisher. This section is mostly done in a high intensity interval training manner and shouldn't take you longer than 15 -20 minutes to complete.

■ The **Hybrid Training Circuits** typically consist of four or five different hybrid exercises to be completed back to back in a circuit fashion. There is no rest in between exercises as you move from A to B to C, and so on. Take a two minute rest upon the completion of the circuit and complete three to four rounds.

■ Note that some workouts are based on repetitions completed and some workouts are based on time completed. Pay very close attention to a clock or stopwatch in order to complete the scripted time for each exercise.

■ Each hybrid training circuit workout is concluded with a lower intensity, higher volume cardio session. Typically a fast paced walk or slow jog.

■ The **Muscle Specialization** workouts are designed to allow one or two body parts that may be lagging in development, to get some specialized attention. These workouts create MASSIVE pumps and will force stubborn muscle to grow. Although these workouts are great for muscle building they are not a mandatory part of the Lean Hybrid Muscle Reloaded program. If you are feeling beat up and need an extra day of recovery, then skip this workout.

■ The Abs Specialization workout can be done daily after every workout if you choose.



■ **The De-Load HIIT** workouts are designed to allow your muscles to recover from the heavy weight training while keeping you fat burning hormones high. They consist of a low intensity cardio workout “sandwiched” between two high intensity interval workouts, followed by a cool down.

3. Reloaded Phase 2 - This phase is designed to support you in burning the maximum amount of body fat while maintaining or building your max strength as well as muscle size. Although the increased amount of cardio and decreased volume of weight training in this phase may make your muscles feel “flat”, once you increase your carbs and perform some hypertrophy work similar to phase 1 you’ll find that the “pumped up” feeling and look will quickly return.

You can stick with this phase for 1 to 3 months, or longer, if you are getting good fat loss results. Move onto the maintenance phase when you are satisfied with your muscular leanness and need a break from the heavy lifting.

Reloaded Phase 2 Workouts Explained

■ **The High Intensity “Powerlifting” Exercise** in this phase are completed several days a week and are intend to allow maximum weight to be lifted with each of the 3-5 exercises in the workout.

■ You must allow yourself adequate rest between weight training sets in order to allow for the heaviest weight possible to be lifted for each set.

■ Each workout is concluded with a **Hybrid Fat Loss Finisher**. These finishers are broken into 2 parts. The first part utilizes high intensity interval training, usually in the form of sprints or some other full body exercise. The second part is usually some form of traditional low intensity cardio, like jogging.



■ The combination of sprinting followed by slow jogging has proven to be highly effective for the burning of body fat.

■ **The De-Load HIIT** workouts are designed to allow your muscles to recover from the heavy weight training while keeping you fat burning hormones high. They consist of a low intensity cardio workout “sandwiched” between two high intensity interval workouts, followed by a cool down.

SAMPLE ANNUAL TRAINING PLAN

Here is an example of how you might structure your yearly training plan once you have become experienced with weight training and the LHM system.

ANNUAL TRAINING PLAN

January - Phase 1
February - Phase 1
March - Phase 2
April - Phase 2
May - Phase 2
June - Maintenance Phase
July - Maintenance Phase
August - Maintenance Phase
September - Phase 1
October - Phase 1
November - Phase 1
December - Maintenance Phase



DYNAMIC STRETCHING – WARM UP



If you're like a lot of guys, you probably don't give much thought to doing a pre-workout warm-up. Most guys step into the gym and either launch right into their training or they do a minimal warm-up before getting started. And by minimal, I do mean minimal—as in spending 30 seconds stretching.

If that sounds like you then you need to pay attention to what we're talking about here. Even if you are doing warm-up before working out, you should still stick around because you might just learn a few things that can power up your workout, reduce injuries, and even improve your recovery.

In any kind of weight training, whether it is bodybuilding, powerlifting, strongman, whatever, the spotlight is always on the results. Guys are interested in learning about the latest and greatest workout that will make them stronger, leaner, faster, or more powerful, in the least amount of time.



Eye-catching headlines like “bigger biceps in three days,” or “get ripped in two weeks” sell magazines. Fitness writers, publishers, and advertisers know this, so it’s no surprise that this is where they focus. That’s why you see lots of articles about “sexy” topics like training routines, diet, and supplementation, but not much else.

You don’t see—other than vague generalities—much information about warming up, why it’s important and how it can lead to better and faster results.

If you’re not properly warming up before training, you’re selling yourself short and cheating your workout. Not performing a good, thorough warm-up prior to training is one of the most common and costly mistakes I see. The majority of guys fail to recognize its importance and the long-term benefits it offers. Performing a good warm-up will significantly lower the likelihood that you’ll injure yourself and also lead to better results, maximizing muscle stimulation and growth. Those two reasons alone are enough for me. First, an injury will most definitely put a damper on your results—especially if it means that you can’t train for a week, two weeks, or even longer. A proper warm-up can keep you training uninterrupted. And second, who doesn’t want better results? A good warm-up stimulates blood flow, which means more oxygen and muscle-building nutrients are delivered to your muscle fibers.

Dynamic stretching is one of the best ways I know to warm up before training. If you don’t have any specific areas that are troubling you doing ten minutes or so of Dynamic Flexibility Movements before training can greatly enhance your routine. Dynamic Flexibility movements increase peak force output, raise the body’s core temperature giving you a true “warm-up” and prepare the body for optimal performance in your workout. Dynamic warm-ups really get your body ready to do whatever it is that you want it to do when you’re training. They can dramatically increase your range of motion and stretch our core muscles—both of which are important to maximizing your workout results.



Dynamic Flexibility Movements can also be customized for specific sports. Examples of Dynamic Flexibility Movements include lunges, side bends, the Frankenstein walk, high knees, jumping jacks, backpedaling, the scorpion, side lunges, and others. Overall, they just can't be beat. Ten minutes spent performing Dynamic Flexibility movements can even help stimulate your metabolism, meaning more efficient fat-burning capabilities.

JUMPING JACKS: This is an old standard. Start with your feet together, arms at your side. Jump up bringing both feet out to your sides while simultaneously raising both arms in an overhead clap. Repeat.



SEAL JACKS: This is a twist to an old favorite—the jumping jack. To do this dynamic warm-up exercise you've got to think like a seal—not a Navy SEAL, but the seal that lives in the ocean. It's performed like a regular jumping jack but instead of bringing your arms up over your head, you bring them out to the front in a wide clapping motion, just like a happy, clapping seal. While the description sounds a bit silly, don't be fooled—this is one awesome dynamic warm-up exercise.

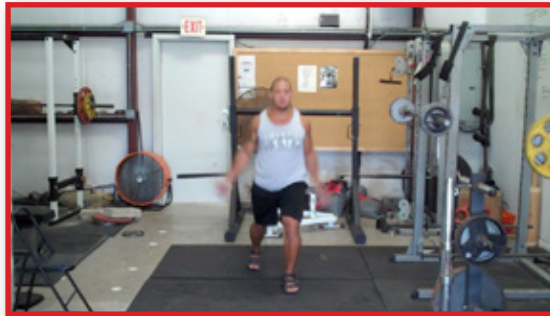
SPLIT JACKS: This is another variation of the traditional jumping jack. But





in this version, instead of jumping and spreading your legs out to the sides, you jump and land with one leg in front of you and the other behind you, alternating with each jump.

SKIPS: This is like an ordinary skip except that you bring your knees up high while simultaneously pumping your arms like pistons up and down.



HIGH KNEE TUCK: In this one you lift your knee up to your chest and “tuck” it by pulling it tight against your chest.



HIGH KNEE RUN: Here, you run—either in place or across the room—lifting your knees as high as you can while pumping your arms.



QUAD STRETCH WALK: For this warm-up you lift your leg behind you grabbing your foot with your hand and giving it a quick upward stretch. Alternate legs as you walk forward.



BUTT KICK RUN: This is like running except try and kick your butt with your feet as you run.

FIGURE FOUR: Stand with your arms at your side, feet shoulder-width apart. Start with your left leg. Lift your knee until your thigh is parallel to the floor simultaneously use your hand to bring your foot out across your body so that your calf is parallel to the floor. Grab your foot with the opposite hand and give it an upward tug. Return your foot to the ground and repeat with the other leg.





STRAIGHT LEG MARCH: March forward bringing your leg straight out and up as high as you can while bringing the opposite arm out trying to touch your foot with your hand. It looks like the way the Soviet soldiers used to march through Red Square.



WALKING LUNGES: This is old stand-by. Walk forward lunging until your thigh is just about parallel to the floor and the opposite knee almost touches the floor. Bring your arm up in a pumping motion as you lunge. Repeat with the other leg as you lunge across the room.



BACKWARD LUNGE: This is done exactly like the exercise above except it is performed in reverse so you're lunging backwards instead of forward. Bring your arm up in a pumping motion as you lunge.





BACKWARD SKIP: This is like the skips above except this time, they're done backwards.

BACKWARDS REACH RUN: This one is performed very much like the butt-kick run except that it is, of course, done in reverse so you're moving backwards. Pump your arms as you perform the leg movements.



LATERAL SHUFFLE: This is another common exercise—often used by football players to warm-up. Crouch down until your back is at about a 45-degree angle to the floor. Shuffle your feet to the left about ten feet or so. Shuffle on back in the opposite direction and repeat.

CARIOCA: Stand with your knees slightly bent, leaning forward just a bit. This is similar to the lateral shuffle but bring your right foot over to the outside of your left foot as you shuffle.

OVERHEAD SQUATS: Stand with your feet slightly wider than shoulder width with your hands at the back of your head—like you're under arrest. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.





WALKOUTS: Stand straight up with your feet shoulder width apart. Bend down until your hands touch the floor. Crawl outward with your hands until your body is parallel to the floor. Your feet remain in position—they don't move. Return to the starting position by "crawling" backwards and repeat.



If you're having trouble picturing what these dynamic flexibility warm-up exercises look like, check out this video.

<http://www.youtube.com/watch?v=QWoAJHjIPcQ>



CORRECTIVE STRETCHING - FLEXIBILITY

Like you, I love slapping more heavy plates onto a barbell as I progressively get stronger. When it comes to adding size and strength to my frame, I throw all caution to the wind and pour every ounce of piss and vinegar I have into each set I perform. If the thought of injury crosses my mind, I dismiss it immediately. I don't want that crap in my mind any more than I want salad touching my plate at supper.

Like you, I also want to continue getting stronger year after year and compete at a high level of performance well into my geriatric years. There is nothing worse than a "has been" athlete, a washed up meathead who is no longer of any use to himself or anyone else. I imagine an old race horse on his way to the glue factory has similar feelings as those of a Powerlifter or Strongman who can no longer perform a single push-up because of over-use injuries.

In the following paragraphs, you'll discover a simple technique that I call corrective stretching. It isn't the typical physical therapy stuff that you read about on PTontheNET. I won't advise you to breathe through "pursed lips" or "draw your belly button in." However, I will challenge you to take a career defining look at your physical structure and program design. If remaining strong and injury-free is important to you (not to mention maximizing your performance), read and take heed.

Corrective stretching differs from ordinary stretching in that it is purposeful and designed to target specific areas where you are tight or having issues. It is a type of static stretching that is very useful for correcting imbalances. Static stretching is performed by reaching forward to a point of tension and holding the stretch for a few seconds. Corrective stretching involves identifying individual areas where you may be having problems or pain. It has long been used by coaches and trainers for injury prevention and performance enhancement. By knowing the proper corrective stretching techniques you can address problem areas and be on the road to recovery.



#1 ASSESSMENT: “SHOW ME WHAT YOU’RE WORKING WITH.”

I hate generalizations, but I’ve discovered that there are “generally” three areas of the body where most people have “land mines” (injury potential). Also, athletes with a land mine in one of these three areas usually have one in the other two. In fact, one usually leads to the others.

SHOULDERS/NECK

Tight: Cervical extensors (back of the neck), sides of the neck, upper traps, pec minor

Weak: Deep cervical flexors (front of the neck), scapular adductor muscles, rhomboids (upper, middle back)

HIPS

Tight: Piriformis (deep glute muscles), psoas (hip flexors), upper hamstrings, QLO (sides of the hips), IT bands (sides of the thighs)

Weak: Glute maximus (superficial butt muscles), abdominals

ANKLES

Tight: Soleus (Achilles tendon), flexors of the foot

Weak: Anterior tibialis (shins), extensors of the foot

How can you tell if you have a land mine in any of these areas? Simple, stretch the muscles under the tight category and if it feels tight, guess what?

Also, there are common postural issues associated with each land mine. For example, someone with a shoulder land mine may have rounder shoulders and a forward head (head juts forward). So, if that’s you, be afraid, very afraid!



#2 CORRECTIVE STRETCHING

I know what you're thinking, but please understand... I hate physical therapy exercises, too. The name of this article is "Corrective Stretching," not corrective therapy. Below, I'm going to give you some tools that will clean up your exercise form, relieve pain, and get you jacked at the same time, so bear with me.

Shoulder land mine

The shoulder landmine is usually most evident during the squat. Guys with this issue can't seem to get their neck and shoulders comfortable with the bar on their backs. They usually have a very rounded upper back and seem to be jamming the bar into their necks with their elbows pointed straight back. Here's how to correct this issue:



Stretch the sides of your neck by pulling your head to the side. Stretch the back of your neck by pulling your head forward with your chin to your chest. Stretch your pec minor in a door jam, and stretch your lats by holding an upright position and leaning your chest down.



Strengthen your deep cervical flexors by keeping your tongue on the roof of your mouth when doing crunches (if you do crunches). Strengthen your rear delts by doing rear dumbbell flies and rows. Strengthen your middle back by doing bend over rows, seated rows, face pulls, and dumbbell rows.

Hip land mine



This is usually associated with low back or hip pain. The problem with the hip land mine is that it comes in two forms. The first is associated with tight hip flexors and the second with tight, upper hamstrings. It's very rare for someone to have both, but it can happen. However, because most athletes I train have tight hip flexors, I'll describe this land mine and its corrective measures.

Stretch your hip flexors by getting on one knee and leaning your hips forward. Stretch your piriformis or deep glutes by lying on your back and pulling your knee into your chest while pulling it toward the center line of your body. Use a foam roller to roll out your IT bands.

Strengthen your glutes by performing deep squats while shoving your ass out. You can also strengthen your glutes by doing high-box step-ups, glute ham raises, and hip extensions.



Ankle land mine

This is usually associated with back and shoulder pain. Everything moves from the ground up, so if your feet are screwed up, everything else above it will be too. Guys with ankle issues love getting on their toes when they squat and often place boards under their heels instead of stretching.

Stretch your Achilles tendon by standing with one foot halfway off of a block. Place the other foot on lightly top of the first. The knee of the foot that you're stretching should be slightly bent. Press the stretching foot into the floor. I also like to sit on the floor and just pull my toes toward me with my hands.



Strengthen your shins by sitting straight-legged on the floor with your feet together. Pull your toes toward your face and hold it there for timed sets. There are also devices that are designed to help strengthen these muscles.

Getting stronger year after year takes a combination of several modalities and patience. However, this is only accomplished if you remain injury free. If you hate pre-habilitation, but want to avoid rehab, use my approach and perform corrective stretching.



EXERCISE DATABASE

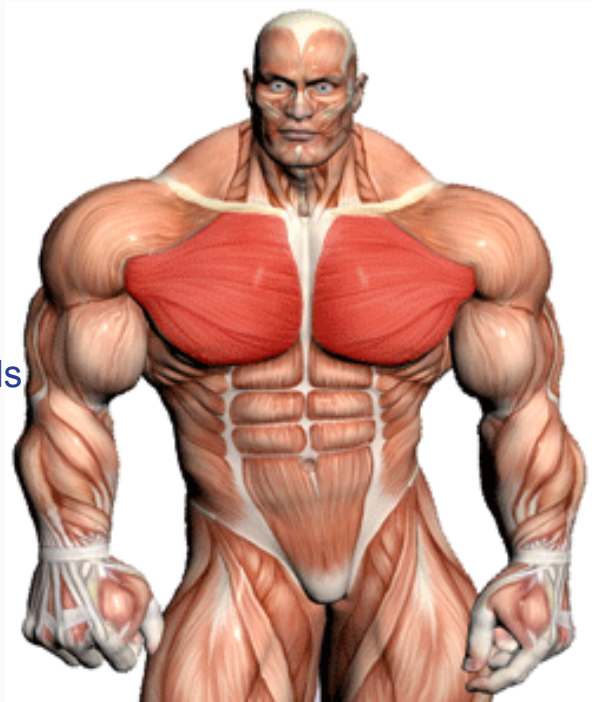
Although each of the exercises in your workout log is clickable and takes you to a unique page with an exercise description, pictures and video, we have listed all of the exercises here as well.

Each exercise page will tell you the primary muscles trained, secondary muscles trained, equipment needed, mechanics type, and teach you proper exercise technique. Each exercise includes pictures and a video demonstration. Refer to this exercise guide anytime you'd like to add a new exercise to your routine or if you want to make sure you are using safe exercise technique.

EXERCISE DATABASE

CHEST

- Barbell Bench Press
- Incline Barbell Bench Press
- Dumbbell Pullover
- Dumbbell Fly
- Dumbbell Chest Press
- Dumbbell Incline Chest Press
- Incline Dumbbell Flies
- Stability Ball Chest Bounce & Hold
- Stability Ball Push Up (Hands on Ball)
- Swiss Ball Push-Up (Hands on Floor)
- Low Cross Cable Raise
- Incline Push Up
- Dumbbell Chest Press To Neck
- Dumbbell Press With Resistance Bands
- Band Pushups
- Bench Press With Bands
 - Using Power Rack
- Reverse Bands Bench Press
- Crazy Plates Bench Press
- Push Ups





EXERCISE DATABASE (cont.)

CHEST

Incline Push Up
Perfect Pushups
Pec Deck Machine
Cable Crossovers
Single Arm Cable Push

TRICEPS

Close Grip Bench Press
Overhead Dumbbell Extensions
Triceps Dips
One-Arm Triceps Cable Pushdowns
Overhead Triceps Extensions - EZ Curl Bar
Seated One-Arm Dumbbell Triceps Extensions
Lying Triceps Extensions - Skull Crushers
Triceps Dumbbell Kickbacks
Close Grip Dumbbell Press
Twisting Dumbbell Kickback
Reverse Grip Cable Press Down
Overhead Cable Triceps Extensions
Lying Dumbbell French Press
2 Dumbbell Triceps Extensions
Incline Face Away Pushdowns
Lockout Partial Bench Press
Kettlebell Triceps Extensions
Resistance Band Triceps Pushdowns
Dips Using Weight Bench
Standing EZ-Bar French Press
Close Grip Push Up



SHOULDERS

Standing Front Dumbbell Raise
Seated Barbell Military Press
Dumbbell Upright Row



EXERCISE DATABASE (cont.)

SHOULDERS

Bent Over Lateral Raise
Standing Dumbbell Lateral Raise
Standing One Arm Dumbbell Lateral Raise
Stability Ball Shoulder Press
Twisting Dumbbell Military Press
Kneeling Rear Dumbbell Lateral Raise
Kneeling Rear Cable Lateral Raise
Lying Cable Pullover
Front Dumbbell Raise - Palms In
Cable Lateral Raise
Arnold Press
Barbell Hang Clean and Press
Resistance Band Snatches
Band External Rotation (Elbow-Out)
Band External Rotation (Elbow-In)
Resistance Band Shoulder Dislocations
Resistance Band Rear Delt Fly
Kettlebells Upright Row (One Hand)
Kettlebell Upright Row (Two Hands)
Kettlebell Side Lateral Raise
Head Press With Bands
Band Face Pulls
Standing Barbell Military Press
Standing Dumbbell Press
Seated Dumbbell Side Laterals
Standing Front Barbell Raise
Standing Front Cable Raises
Seated Front Dumbbell Raise
Seated Bent-Over Rear Lateral Raise
Standing Bent-Over Rear Lateral Raise
Bent Over Cable Rear Lateral Raise
Plate Raises
Face Pulls





EXERCISE DATABASE (cont.)

SHOULDERS

Sumo Upright Rows
Low Rope Side Pulls
Single Arm Dumbbell Clean & Press
Push Press
Seated Face Pulls

BACK

Bent-Over Barbell Row
Hyperextensions
Barbell Shrug
Lat Pulldowns
Dumbbell Shrug
One Arm Dumbbell Row
Dumbbell Pullover
Two Arm Dumbbell Row
Stability Ball Pullover Row
Stability Ball "Superman"s
Wide Grip Lat Pulldowns
Wide Arm Chin Up
Wide Arm Cable Rows
Twisting Dumbbell Row
"Superman"s
Straight Arm Pull Down
Reverse Back Extensions
Jockey Row
High Pull
Hanging Row
Close Grip Pulldowns
Close Grip Seated Cable Rows
Pull Up
Barbell Weighted Chin Ups
Lockout Partial Squats
Resistance Band Behind The Neck Pull Aparts





EXERCISE DATABASE (cont.)

BACK

Kettlebell Single Handed Swings
Kettlebell Double Handed Swings
Kettlebell Towel Swings
Kettlebell Renegade Rows
Bands Barbell Lat Pulldowns
Bands Pulldowns
Seated Band Rows With Handle
Band Rows
Band Resisted Pullups
Assisted Band Pullups
Band Good Mornings
Trap Bar Deadlift
Trap Bar Shrugs
Underhand Narrow-Grip Chin-Ups
Reverse Grip Lat Pulldowns
Upright Rows
Single Arm Cable Pulls
Low Rope Side Pulls
Renegade Rows
Push Press
Chin Up Negatives
Seated Face Pulls



BICEPS

Standing Two-Armed Cable Curls
Cross Body One-Armed Cable Curls
Dumbbell Preacher Curls
Alternate Incline Dumbbell Curls
Incline Dumbbell Curl
Concentration Curls
Cross Body Dumbbell Hammer Curl
EZ-Bar Bicep Curl
Two-Armed Dumbbell Preacher Curls



EXERCISE DATABASE (cont.)

BICEPS

Close Grip Chin Up
Vertical Barbell Curls
Kettlebell Bottoms Up Clean
Kettlebell Towel Hammer Curls
Kettlebell Towel Curls
Resistance Band Barbell Curls
Barbell Curls
Standing Dumbbell Curls
Seated Dumbbell Curls
Low Rope Side Pulls
Chin Up Negatives



QUADRICEPS

Barbell Squat
Hang Clean
Dumbbell Lunges
Leg Extensions
Hack Squat
Barbell Deadlift
Dumbbell Squat
Smith Machine Squat
Front Squat
45 Degree Leg Press
Barbell Lunges
Dumbbell Step Ups
Seated Leg Press Machine
Dumbbell Deadlift
Stability Ball Split Squat
Stability Ball Stationary Lunge
Stability Ball Wall Squat
Backwards Dumbbell Lunges
Barbell Hang Clean and Press
Kettlebell Squats





EXERCISE DATABASE (cont.)

QUADRICEPS

Band Terminal Knee Extensions
Knee Jump
Wall Sits
High Bar Back Squats
Split Jumps
Sumo Upright Rows
Single Arm Dumbbell Clean & Press
Box Jumps
Sprints
Body Weight Squats
High Knee Run
Jumping Jacks

HAMSTRINGS

Lying Leg Curls
Stiff Legged Deadlift
Seated Leg Curls
Standing Leg Curls
Barbell Good Mornings
Stiff Legged Dumbbell Deadlift
Stability Ball Leg Curl
Stability Ball Hip Extensions
Kettlebell Hand-To-Hand Switch Swing
Band Leg Curls
Glute Ham Raises
Single Leg Lying Curl
Sprints
High Knee Run



ABDOMINALS

Bicycle Crunch
Stability Ball: Crunch, Reach, Pass
Stability Ball Log Roll



EXERCISE DATABASE (cont.)

ABDOMINALS

Stability Ball Pike
Stability Ball Oblique Crunch
Stability Ball Oblique Crunch Version 2
Stability Ball Ab Tucks
Stability Ball Ab Crunch
Hanging Knee Raise
Hanging Leg Raise
Twisting Abdominal Crunch
Lying Leg Raise
Full Rotation Hanging Knee Raise
Bent Leg Abdominal Crunch
Double Dumbbell Swings For Abs
Explosive Band Knee Ups
Kettlebell Turkish Get Up
Band Woodchops
Standing Band Abdominal Twists
Standing Band Abdominal Crunches
Elbow Plank
Ab Wheel Exercise
Twisting Crunches
Jack Knives
One Dumbbell Side Bend
Reverse Cable Woodchops
Low Rope Side Pulls
Plate Crunch
Knees To Bows
Burpees
Medicine Ball Twists
V Ups
Push Throughs
Push Over Knees Sit Ups
Single Leg Crunches





FULL BODY RESISTANCE CARDIO EXERCISES

Sumo Upright Rows
Split Jumps
Reverse Cable Woodchops
Single Arm Cable Pulls
Single Arm Cable Push
Low Rope Side Pulls
Single Arm Dumbbell Clean & Press
Box Jumps
Renegade Rows
Plate Crunch
Knees To Bows
Sprints
Burpee
Medicine Ball Twists
Push Press
Body Weight Squats
High Knee Runs
Jumping Jacks
Chin Up Negatives
Seated Face Pulls
V Ups
Push Throughs
Push Over Knees Sit Ups
Single Leg Crunches





HOW TO CREATE YOUR OWN HYBRID WORKOUTS

What hybrid workouts do is take the best of each of these modalities, combining them into a single, cohesive strategy that gives us all the benefits but leaves behind the drawbacks. Even more important is the fact that hybrid workouts



represent a training mode that works in harmony with our bodies' natural systems, rather than fighting against them as many other approaches do. As a result, we're able to actually build muscle and get lean at the same time—no more bulking and cutting.

One of the things we really love about hybrid workouts is their diversity and flexibility. You don't have to spend a lot of money for a membership at a fancy gym and you do not need to buy any costly equipment. Hybrid workouts are all about variety, functionality, and making the most of your available resources, which is the way it should be.

And better yet, you can design your own hybrid workout—it's not just some "one size fits all" approach. That's an issue we've both had with the workout "templates" that you see in the fitness magazines. Yeah, this particular routine obviously works really well for that guy, but what about the rest of us?

We're all different and each of us is going to react differently to the cookie cutter "hot new routines" that pop up every day. What works for one guy won't necessarily work for another. With hybrid workouts, you design your training routine to suit your needs, your goals, and your body.



Before you can begin to design your own hybrid workout you need to first clarify your goals, as well as develop a basic understanding of your body and how it responds to training. Most training modalities separate the human body into three types—ectomorph (hard gainer), mesomorph (the natural athlete), or endomorph (the strong, “beefy” guy). Hybrid training takes a broader approach, looking back to the ancient Chinese and using the five elements (Fire, Wood, Earth, Metal, and Water), combining them into what we call the hybrid spectrum.

On one end of the hybrid spectrum you have Fire—the strong, powerful type—and at the other, you have Water—the guy most likely to be doing long distance running and yoga. Wood is closer to Fire, Earth is in the middle, and Metal is closest to Water. These also apply to training styles, with Fire being strength/powerlifting and Water being cardio and endurance training while the others fall between the two.

On the hybrid spectrum, hybrid workouts fall primarily in the middle, incorporating aspects of the two extremes as needed, depending on your goals. Other elements of the hybrid spectrum include volume (either high or low), rest periods (longer or shorter), and intensity (high or low).

Hybrid workouts are done through what is known as **concurrent periodization**. Concurrent means simultaneously and periodization refers to timeframes. With hybrid workouts we look at time periods from three perspectives—a single training session, a micro-cycle (one week), and a macro-cycle (multiple weeks). With concurrent periodization you’re going to combine multiple training approaches into a single training session and a single micro-cycle.

At the end of each macro-cycle you start over but this time, design with a different hybrid workout micro-cycle. This will keep your body from “adapting” to any given routine. It’s also important in avoiding burnout.

Now that you have all of the pieces of the puzzle you can go about designing your own hybrid workout. As I said, begin by articulating your



goals and determining where on the hybrid spectrum you want to fall. On the fire side are the high intensity workouts using heavy weights—where you're doing 3 to 5 reps max. To avoid overtraining and nerve fatigue you will need to rest for 2-3 minutes between sets.

On the water side—the opposite end of the spectrum—are the low intensity workouts where you're doing less than 50% of your one-rep max. This is high volume training—15 to 30 reps with little rest between sets. Water workouts work mostly for building endurance. The other elements of course fall on a range between the two extremes.

Now let's take a look at the kinds of concurrent periodization frameworks you can use to help design your hybrid workouts. **Here's an example:**

A day one training routine would mostly resemble a strength building workout. It would be high intensity, high volume, with 2-3 minute rests between sets.

The day two workout would be more like a bodybuilding workout—low intensity, high volume, with short rest periods between sets.

And last, day three would focus on strongman, or functional, training. You would train with high intensity, low volume, with short rest periods. It's important that your body be given sufficient time to recover so the next day is for rest only. On Friday and Saturday you could repeat #1 and #2 with Sunday devoted to resting.

Like we discussed earlier, this week-long period comprises one micro-cycle. You can keep mixing up the exercises within each micro-cycle as well as the macro-cycle (a period of several weeks) but stick within the overall framework described above.

While this is by no means a comprehensive primer on developing your own hybrid workouts, the information provided does cover the basics and



offers a fundamental framework of understanding with which you can start developing your own hybrid training routines and building the muscular, powerful, lean physique you've always wanted.

The Lean Hybrid Spectrum



WATER TYPE

Concurrent Periodization



FIRE TYPE

↓ Intensity – Bodyweight or Below 65% of Max

↑ Volume – 15-30 Reps

↓ Rest Intervals – 0-50 Seconds

↑ Frequency – Daily

↑ Intensity – (weight) - 90% or Higher

↓ Volume – 1-5 Reps

↑ Rest Intervals – 2-3 Minutes

↓ Frequency – 1 or 2 X's per Week

#1

#2 or #3

#5



For Videos Explaining This Chart Refer To These Web Pages:

<http://www.youtube.com/watch?v=gOMm4P2rrZM>

<http://www.youtube.com/watch?v=O9wVFrhOjOE>



After having read this far and analyzing the chart on the previous page you probably have a good idea of where you fall on the Hybrid Spectrum. It's reasonable to assume that most of us lie somewhere in the middle of the spectrum. That's the best place to be when you want to accomplish multiple goals at the same time. However, there's nothing wrong with setting up a macro-cycle that's closer to a 1 or 5 on the spectrum.

See the chart below for a sample workout for someone designing a hybrid workout to fit the #2 or #3 area of the spectrum. In this range you can build muscle, strength, endurance, and Type-III muscle fiber all in the same training cycle.

Sample Hybrid Workout Split #2 or #3 on Spectrum



MONDAY: ↑ Intensity ↑ Volume ↑ Rest Intervals (**STRENGTH**)

TUESDAY: ↓ Intensity ↑ Volume ↓ Rest Intervals (**MUSCLE GROWTH**)

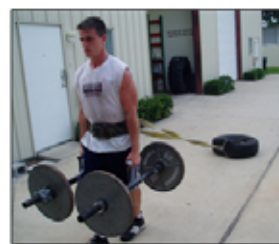
WEDNESDAY: ↑ Intensity ↓ Volume ↓ Rest Intervals (**FUNCTIONAL**)

THURSDAY: OFF

FRIDAY: Repeat Monday's Workout

SATURDAY: Repeat Tuesday's Workout

SUNDAY: REST





BONUS HYBRID EXERCISES

**** These Exercises Are Optional And Not Necessary For The Building Of Lean Hybrid Muscle Or In The Use Of This Program. ****

Let's begin with our top Hardcore Hybrid Exercises. Remember, when choosing any "hybrid exercises" the goal is to develop Type-III muscle fiber. Thus, your best exercise choices should include movements that combine cardio and resistance in the same exercise.

Be creative; you may be able to think of some hybrid exercises that we haven't mentioned. We don't expect you to have the equipment and space to perform all these exercises, but once you understand the nature of selecting "hybrid exercises" you'll be able to invent your own.

These are just our favorite exercises but the list certainly does not cover all of them. The possibilities are really endless once you understand the concept.

You can modify the intensity or difficulty by modifying training variables such as weight, number of sets, and rest intervals. Where an exercise falls on the hybrid spectrum depends on how you adjust the training variables. For example, a farmer's walk with 300 lbs might be a level 5 on the spectrum. But if you use 2.5 lbs dumbbells instead you've probably lowered the exercise to a level 1 on the hybrid spectrum



#1 Tire Flipping

This exercise is a staple in Hybrid Training and a big part of the many cutting-edge strength programs that I design for my athletes. If there ever was an exercise that trains the entire body, from the rooter to the tooter... it's tire flipping.



Getting your hands on a 300-, 400-, or 700-pound tire is a lot easier than most people think. Also, the best part of this piece of equipment is that it is FREE! All you need to do is look in your phone book for a tire company in your area. Most are willing to give used tractor tires away.



#2 Car Push

It's as simple as it sounds – push a car. That's it. But make no mistake, this exercise is not only fun (and brutal) – it's actually very useful. When pushing a car it is essential that you lean forward which creates a “positive knee angle.” This

develops the quads which are the dominant muscles being activated during short sprints and changes of direction.

This is probably the most practical exercise to perform, from an equipment stand point. All you need it an automobile, the bigger the better. I've heard stories about Mike Alstott (former Buccaneers fullback) and how he used to push his Jeep around campus in college to get in football condition. If Mike Alstott does it, it's got to be good!



#3 Farmers Carries

I am often asked, “What are the best overall exercises for strength and conditioning?” My answer, without hesitation, is always – Farmers Carries. There is NOTHING that this exercise doesn’t do. Besides a killer conditioner, farmer’s carries train the arms, legs, core, shoulders, neck, grip, eye lids, eye brows, and ear lobes like nothing that I have ever discovered.



What makes this exercise even more incredible is that anyone can do it, anywhere, with little or no equipment. Everything from the Torpedoes that you see those beasts on ESPN2 carry, to milk jugs filled with sand, will get you crazy-strong and crazy-fast. You can do them at the gym with dumbbells too.



#4 Sand Bag Carry

This is another exercise that is easy to put together. In fact, when I first began training athletes at a local park, this is all I had to use. I simply went to Home Depot (there may be one in your city) bought a few 80 pound bags of pea gravel, threw them into contractor bags and duct taped them shut.

After a while, I noticed that we needed heavier bags so I bought a few large Army duffle bags and tossed the smaller bags into it. Now I’ve got bags from 40 pounds to almost 300!



This exercise is as simple as – pick it up and go! But make no mistake, it is NOT easy. This exercise goes on my list of the best overall body conditioners as well. If you don't have access to a sandbag you can get your hands on a really heavy medicine ball and carry it around.



#5 Keg Clean & Press

The famous Olympic lifts, in particular the power clean and press, train the whole body and they produce faster and stronger athletes. But we do them a bit different.

When you use a half-filled keg to clean and press, you are playing a whole new game. First of all, the neutral grip is more specific to football, especially if you are a lineman. Second, the water (or beer) that fills your keg will be sloshing around in there, which turns this exercise into a real core conditioner!

If you want to get brutally strong and ripped, you've got to add this super hybrid exercise to your routine. Alternate exercises: Kettlebell, Dumbbell, or Barbell Presses.

#6 Sled Dragging

This is a staple of all my hybrid training programs and I use this exercise for several different reasons.

First, upright forward sled dragging is a great posterior





chain builder. Nothing gets those lazy glutes into tiptop shape like sled drags. Second, backwards sled drags does for the quads what forward dragging does for the glutes... fries 'em! Third, when done for distances greater than 50 yards, or with short rest intervals, this is one of my favorite work capacity/conditioning exercises. Finally, because your legs are always moving in a concentric fashion, there is minimal soreness associated with doing this exercise. You can drag today and max-effort squat tomorrow.

#7 Keg Carries

A thick, strong, and powerful upper back is paramount for building upper body strength that lasts. Everything from an increased bench press to decreased risk of shoulder injuries is associated with having a strong set of traps, rhomboids, and rear delts.



Nothing builds a strong upper back in conjunction with leg strength and agility like keg carries. Carrying kegs weighing between 50 to 300 pounds for short distances is one of my favorite ways of training generally weak and un-athletic athletes to build endurance, strength, and mental toughness, while burning fat at the same time.

#8 Keg, Sand Bag or Medicine Ball Loading

Want to increase speed and jumping capacity? Keg, sandbag, or stone loading takes even the



flattest ass and turns it into a “J-Lo”. And we all know that a strong set of glutes is synonymous with explosive hip extension and speed. You can easily do this at the gym with medicine balls. Just set up a barbell in the power rack and continue loading the medicine balls over the bar, or do the same movement using a shelf.

#9 Sledge Hammer Slams

This exercise helps build explosive torso strength and power. To do this exercise you’ll need a sledgehammer and a large tire (not on the rim), bales of hay, or something similar to hit. CAUTION: Don’t use something with enough bounce to cause the sledgehammer to come back up and hit you in the face!



You want something that will absorb the blow but not fall apart after a few hits. What you’ll do is swing the sledgehammer over your head, slamming into the target with all of your force. You then bring the hammer back up and around to repeat the exercise again. This is an absolute killer hybrid ab exercise. Talk about resistance cardio. Try to beat the number of slams you last got in a designated period of time.

#10 Kettlebells

Kettlebells are great for working multiple muscle groups simultaneously—particularly the muscles of the core.

They can be used in a variety of exercises, such as the one-arm snatch. Start with the kettlebell between your feet then move the weight overhead with the arm extended.



Another example is the single-arm clean and press. Start with your legs about shoulder-width apart and grab the kettlebell, bringing it up in front



of your shoulder, elbow bent and pointed down. Press the kettlebell up towards the ceiling. Without pausing, bring it back down to your shoulder and then lower it back to the starting position.

For a host of more Russian kettlebell exercises see this page:

<http://www.criticalbench.com/exercises/russian-kettlebell-exercises.htm>

#11 Weight Vest

How's This For An Old School Weight Vest?

Instead of heavy body armor, those of us who want to train like a warrior can purchase a weight vest to achieve the same goal. Weight vests range from 25 all the way up to 100 pounds. Wear them during any type of activity to add a serious level of resistance.



Some examples of exercises that can be significantly ramped up with a weight vest are: jogging, dips, pull-ups, push-ups, squats, lunges, sprints, climbing stairs, and even jumping rope. Using the vest, you are essentially tricking your body into believing that it has gained weight, causing it to work harder. The result is that your conditioning level will improve and your strength, power, and quickness will also improve.

Remember that you want to progress in this exercise. If you haven't done sprints in years don't put a weight vest on and do sprints, your knees and joints may not be ready for it. Start with walking and gradually increase the difficulty. If you want to save some money, put some sand or weights in a backpack and wear that when you go hiking or walking.



Wearing a heavy military backpack and hiking up a mountain could be a level 5 on the hybrid spectrum. However wearing a 10-pound backpack during a leisurely walk might be a level 1 on the hybrid spectrum. Ankle weights can also be worn to add resistance to any activity.

#12 Overhead Walks

Grab a barbell or a dumbbell. Hold it over your head and start walking! Sounds easy, doesn't it? In theory, yes, but wait until you give it a try for yourself. If you use dumbbells that are heavy, your shoulders are going to start burning. Experiment with what weight you use. This exercise not only works your shoulders but is also a brutal core exercise. Your abs and lower back will be on fire! This is truly a hybrid exercise. You can walk in a straight line or zigzag pattern. This is great for dynamic stabilization.



Want to take it to the next level? Try some **overhead walking lunges**! You just doubled the difficulty of this exercise. This could be your entire workout, just your cardio session, or part of a complex you set up.

#13 Russian Barbell Twists

To perform the Russian barbell twists simply put a barbell against the corner of a wall. (You can place a 10-pound weight in the corner to avoid dinging the wall.) Grab the barbell with two hands with your feet about shoulder-width apart. To begin, lower the barbell down to your right hip, keeping your arms as straight as possible. Don't let your feet come off the ground. Now, twist back to the other hip, keep this going in a nice, controlled, fluid movement.



This is a tremendous abdominal exercise. If you can't picture it check out this YouTube video: <http://www.youtube.com/watch?v=54a37b2IFVk>



#14 Weight Displacing

Yup, we made this one up. Don't diss it until you try it. For the first example, let's use a dumbbell rack. Let's assume you have dumbbells going up to 120-pounds. Take the 120-pound dumbbells off the rack and run them over to a spot on the floor 20-yards away. You can pick whatever distance you like. Hustle back to dumbbell rack and grab the 110-pound dumbbells. Run them over to the same spot 20-yards away where you set the previous dumbbells down.

Starting to get the picture? Do this for the entire rack. Think you're done? Guess again. Someone has to put all these dumbbells back on the rack. Here comes part 2 of your workout! Here's a helpful hint for you. You might not want to do this exercise during peak hours if you workout at a commercial gym.

You can do this hybrid exercise with weight plates as well. Or, you can use sandbags. All you have to do is carry a bunch of heavy objects to one location, then return them all to the same spot you found them. Make this harder by carrying more items, which are heavier, for a longer distance. You can time yourself so that you can make it a game to beat your previous personal best.

#15 Your Everyday Life Should Include Hybrid Activities



In the modern world we're all guilty of this. We spend way too much time sitting down at the computer, driving around, and watching TV. Don't get me wrong, rest is very important when it comes to muscle recuperation but don't take it too far. There are plenty of activities in your everyday life that can build Type-III muscle.

Get up, get outside, and live life. Workout in the sun, breathe some fresh air. It's okay to break a sweat even if it's not during a scheduled workout. Next time a friend needs help moving, be the first to step up instead of the first to duck out of the room. Chop a tree down with an axe or do some landscaping. Build something with your bare hands.



OUR SECRET LANGUAGE - GLOSSARY

Bodybuilding: This type of training emphasizes muscle growth. The goal here is to maximize the appearance of the muscles, not necessarily to improve strength or functionality.

Concurrent Periodization: Concurrent means simultaneously and periodization refers to timeframes. With hybrid workouts we look at time periods from three perspectives—a single training session, a micro-cycle (one week), and a macro-cycle (multiple weeks).

EDT (Escalated Density Training): This is a type of training, made popular by Charles Staley, that is based on the concept of doing more and more work from workout to workout.

Energy flux (g-flux): This is a concept pioneered by John Berardi. It is commonly referred to as g-flux. The idea is to increase both your daily calorie intake and calorie burning capacity to achieve a higher level of fat loss and muscle growth.

G-flux: G-flux is short for the term “energy flux,” which refers to the amount of energy flowing into and out of our bodies. It’s about achieving a higher level energy balance to maximize muscle growth and fat burning.

Highland games: The Highland games are held at various times throughout the year to celebrate Scottish and Celtic culture. The games began in the Scottish Highlands sometime in the 11th century. Because they’re somewhat similar, the games could be considered forerunners of modern strongman competitions.

Hybrid cardio: This is a type of cardio training that incorporates both aerobic and anaerobic activities. It is used to develop sustained or long strength.



Hybrid exercises: These are exercises that seek to take the best of the most well-known training modalities like powerlifting, bodybuilding, strongman, and cardio. The goal is to take only the best elements while overcoming the inherent deficiencies of each.

Hybrid muscle: This is a type of muscle that you develop through training techniques that incorporate bodybuilding, powerlifting, strongman, and cardio training modalities. Hybrid muscle behaves like a combination of the various types of muscle fibers, exhibiting the best characteristics of them all.

Intensity: For the purpose of this book, intensity refers to the amount of weight used. High intensity would mean heavier weight. Lower intensity would mean using lower weight. As always, this is relative to the person lifting the weight.

Long strength: This is “the ability to exert significant strength for an extended period of time.” It is achieved through specific types of hybrid training that incorporate multiple training modalities.

Macro-Cycle: A macro-cycle consists of multiple weeks of training sessions.

Max effort cardio/conditioning: This is a specific type of cardio training performed at maximum effort for a sustained time period, not just the short bursts you commonly see in interval training. Like hybrid cardio, it fosters the development of sustained or long strength.

Micro-Cycle: A micro-cycle consists of one-week of training sessions.

Mitochondria: These are what are known as the cellular powerhouses. Mitochondria produce the energy-rich molecule adenosine triphosphate, or ATP, which fuels all of our activities.

Mitochondrial density: This refers to the number of mitochondria found in the cells. Since mitochondria are what provide the energy our bodies



need to do the things we do, the greater the mitochondrial density, the more energy we have available to work with—this is particularly beneficial to training.

Powerbuilding: Powerbuilding is a form of hybrid training that combines elements of both powerlifting and bodybuilding. It's designed to help you pack on both size and power.

Powerlifting: Another specialized form of training, with the goal of lifting incredibly heavy weights focusing on three key movements—the bench press, the squat, and the deadlift. The training is designed to maximize strength in each of these movements for the performance of one repetition.

Red fibers: This refers to the slow-twitch muscle fibers that contract slowly and are resistant to fatigue. Red fibers include Type-1 and Type-2a muscle fibers.

Rest Interval: The amount of time that occurs between: sets, exercises, complexes, or circuits.

Strength endurance: This is another way of referring to hybrid training routines that combine both strength and endurance activities. Progressively increasing the weight and reducing the rest period before sets is one form of strength endurance training.

Strongman: This is a specific type of training where the goal is to perform feats of strength and endurance. Activities might include sled dragging, tire flipping, or tossing large, heavy objects into the air. Strongman is a functional type of training because, to a degree, the activities mimic real-life activities and involve compound movements that recruit multiple muscle groups.

Super Muscle: This is another name for Type-III muscle, which is a hybrid muscle fiber that has characteristics of both slow-twitch and fast-twitch



muscle fibers, making them capable of sustaining strength for extended periods of time.

Sustained strength: This is a particular type of strength that can be maintained over long periods of time as needed.

Type-1: The Type-I muscle fiber is known as a slow-twitch (ST) fiber, meaning that it contracts slowly. Slow-twitch fibers also have a high resistance to fatigue.

Type-2a: This is a fast-twitch fiber, contracting faster than Type-I fibers. These fibers are resistant to fatigue but not as resistant as Type-I fibers.

Type-2b: Also a fast-twitch fiber, these contract quickly and have low resistance to fatigue. Used primarily for short bursts like sprinting.

Type-2c: This one is interesting—its origins are unknown. Some researchers theorize that it may be an uncommitted primitive fiber with the capacity to develop into either a type-2a or a type-1 fiber.

Type-III muscle: Type-III muscle fibers are a hybrid muscle fiber with characteristics of the other three fibers. They're great for explosive movements and power that come from Types-IIA and -IIB, plus they've got some of the aerobic endurance characteristics of Type-I muscle fibers

Volume: Volume is the number of sets multiplied by the number of reps per set. If you're doing a 10 x 10 routine than you're total volume would be 100 reps.

White fibers: This refers to the fast-twitch muscle fibers that contract faster than red fibers. Type-2b fibers are white fibers. They are less resistant to fatigue than red fibers.



FREQUENTLY ASKED QUESTIONS

Q: Do you need special strongman equipment to do this program?

A: A lot of people are confused on this. Lean Hybrid Muscle training is NOT about the equipment being used... those are just tools. The essence of Lean Hybrid Muscle training is found in the manipulation of training variables, basically how you structure your reps, sets, rest intervals, intensity and frequency.

You can do this with ANY training tools. Barbells, dumbbells, cables, medicine balls, and machines... whatever you like.

We just happen to have access to a lot of strongman equipment but it is by no means a necessity. What is necessary is a willingness to train and train hard.

Q. Can teenagers follow this program?

A: Teenagers have had outstanding results with this program. The bodybuilding workouts help add muscle to skinny frames. It's especially helpful for teenage athletes who want to become more explosive, faster and bigger for sports. We agree with other experts that age 14 is a good time to start training with weights. Many high school football players, baseball players and wrestlers have experienced amazing transformations and earned scholarships training with this system.

Q. Can women use your program?

A: A common myth is that men and women need to train differently. I am no scientist but I can tell you from experience that women do very well training with Hybrid Muscle variables. In fact, the results that women get at my gym are often better than the men.

This is because it is often the first time they have been exposed to strength training. So, all kinds of cool things start happening, like their posture and consequently their figures improve. Since we include so many squats in



the programs there is a significant tightening and firming up of the glutes. Contrary to popular opinion women cannot “bulk up” like men. The reason is due to their significantly lower levels of testosterone, a necessary requirement for the growth of muscle mass.

We may design a program specifically for women in the future, but the foundation will still be exactly the same.

Q: Are supplements required when doing the Lean Hybrid Muscle program?

A: You’re probably waiting to hear us say there’s a super duper top secret supplement stack in the program that is going to make your lean and ripped, right?

Well if that’s what you wanted to hear, sorry to disappoint you. Look at our ancestors and, in particular, the warrior cultures like the Spartans, the Roman Legionnaires and Gladiators, the Zulu or the Vikings. Thousands of years ago our ancestors did not take supplements, yet they built powerful, muscular physiques. How did they do it? First, their daily lives centered on intense physical activities—what we would today refer to as hybrid muscle training. And second, they ate natural, whole foods that provided all the nutrition they needed. Honestly, that is the best way to give your body the vitamins and nutrients it needs. For the modern guy though, that can be easier said than done.

That’s where supplements do come into the picture but not until you’ve got a solid foundation built first!

The word supplement means “to add to”. Once you’re 90% of the way to your goal, supplements can help give you an edge, but by themselves they’re not going to help you much. Yes, we give a few basic recommendations but supplements are not mandatory.



Q: Do I need a partner to do this program?

A: The Lean Hybrid Muscle program can be done alone, with a partner or with a team or group. Safety is always important, so if you're training alone you just need to be mindful of your limitations. If you can recruit someone in your area to do the program with you it can be great to have some friendly competition, someone to spot you and someone you to be accountable to. It's not likely that your training partner will let you slip too many times before you get canned or vice versa.

Q. Can I use the program over and over again or can I only use it one time?

A: Lean Hybrid Muscle is a dynamic program. Variables can be adjusted to enhance whatever goal you are currently striving for. If I had to choose just one system to follow forever it would be this one because it takes the best from strength training, bodybuilding, functional training and cardio training while scrapping all the stuff that doesn't work.

Q: Are the results guaranteed?

A: We cannot guarantee what kind of results you get because we are not there to make sure you eat right, get enough rest and complete your workouts. You are in the driver's seat and completely in control of how well this works. We are here to encourage, motivate and teach you what we've learned. We can tell you that it has worked for us and dozens of clients.

Q: Do you have a refund policy?

A: You can get a full no hassle, no hard feelings refund for the first 60-days.

Q: What is a hybrid muscle?

A: When talking about "hybrid muscle," we're referring to a muscle that has essentially been reconfigured, adding mitochondrial density, which results in a bigger, stronger muscle with more endurance capacity. This is accomplished by combining cardio and strength training into a single activity.

By combining cardio and resistance activities it causes the composition of



muscles to transform from predominately type IIa or type IIb into Type III. By doing this, we are able to push “beyond our genetic limits”.

Having more mitochondria in the muscle cells means that more nutrients can be processed, giving the muscles the ability to work considerably harder for longer periods. They’re also able to grow larger and are able to resist getting tired for longer periods of time.

Q: Is the lean hybrid muscle building program just about strength training and getting stronger?

A: No. In fact, we started manipulating our training variables with the sole purpose of burning fat since we had put on so much weight while training to get stronger using more traditional methods.

What makes this different than most typical fat burning programs is that we also wanted to maintain as much muscle and strength as possible while getting leaner.

Yes, we are both strength athletes but we are also ex-college football players, family men and regular guys that want to look and feel good just like everyone else.

Q: Are you claiming to have invented a new Type-III muscle fiber?

A: It’s funny, there are many things that have the capacity to change our lives but we rarely if ever hear about them. Then all of a sudden, someone re-discovers one of these lost gems and brings it to the market like it’s brand new. Kettle bells are not new, but now everyone is jumping on the kettle bell bandwagon like its best thing since sliced bread.

We first heard about the concept of Type-III fibers in **Marty Gallagher’s Purposeful Primitive** book. Early adaptors of this theory included **Dr. Len Schwartz** who in 1995 coined the phrase “Long Strength”. Dr. Schwartz describes Long strength as “the ability to exert significant strength for an extended period of time.”



John Parrillo— the second proponent of long strength—began having his bodybuilders doing really high intensity cardio. He claimed that doing this actually altered the muscle composition. He called this form a resistance training the “100 rep extended set,” saying that it helped the body to construct more mitochondria—the muscles’ “cellular blast furnaces.” He also says that this increases muscular growth by developing the circulatory pathways that provide nourishment to the muscles.

Ori Hofmekler is the third early adopter of the long strength concept. Ori developed a weight training system that he called, “Controlled Fatigue Training.” According to Ori, this type of training was specifically designed to develop these super hybrid muscles—ones that were capable of generating and sustaining strength for extended periods.

So, in answer to the question, no, we did not invent Type-III muscle fibers. What we have done is continue to promote the idea in an effort to further the successes of our clients and readers.

Q: How is it physically possible to burn fat and build muscle at the same time?

A: We both built muscle and dropped fat while playing football in college. We couldn’t really explain how, but thought [Eric Talmant](#) (metabolic typing advisor, diagnostic nutritionist and powerlifter) might be able to answer the question for us.

We interviewed him and asked, “Is it physically possible to build muscle and burn fat at the same time?” We were pumped when he explained in his interview that it was.

He said that you can keep your body in an anabolic state by creating the perfect internal and external environment through attitude, atmosphere, training, sleep, stress levels, and nutrition. Calories are just one piece of the puzzle and not the entire picture.



Q: How many working days per week is the program?

A: It varies based on the week. Anywhere from 3-5 days per week.

Q: How long are the workouts?

A: Usually about an hour, sometimes quicker than that.

Q: Do you need a gym membership to do this workout or is this a home workout?

A: These workouts can be done at home or at the gym. Or you can do a few workouts at the gym and a few at home. There's a big trend these days, where people are trying to save time and money by working out at home. Some people simply prefer training outdoors. The bottom line is that Lean Hybrid Muscle workouts can be done anywhere. The only limit is your imagination.

Q: How is Lean Hybrid Muscle training different than CrossFit?

A: CrossFit is a great training style. We respect the discipline and think they have some great workouts.

From what we've seen and read the rest intervals are very short and the workouts are fast and frequent. What we like about CrossFit is that it incorporates the same kind of resistance cardio as the Lean Hybrid Muscle program. However, we also have the goal of not just dropping weight and fat, but building muscle mass and strength, as well.

The Lean Hybrid Muscle program and CrossFit may use some of the same exercises but they are done with different rest periods, volume and intensity. Just like a bodybuilder and a powerlifter may both perform the benchpress; they perform that lift very differently from each other.

Lean Hybrid Muscle is cross-disciplinary like CrossFit but it has a much greater emphasis on gaining strength and muscle mass than CrossFit does. CrossFit is cool and can produce great results, but we think it's better suited for goals of conditioning, toning or developing agility, speed and endurance.



On the other hand, if you want to get lean while building strong powerful muscles then Lean Hybrid Muscle is a clear winner, hands down.

Q: Will the Lean Hybrid Muscle building system work for hardgainers or the ectomorph body type?

A: Yes, due to the muscle growth and bodybuilding elements of the program this is a great fit for those that struggle to pack on lean muscle mass. The point of this system is to add muscle mass without gaining unwanted body fat. We have had much success with this system, both with ourselves and our clients.

Q: What is hybrid cardio and what makes it better than traditional cardio?

A: With “Hybrid Cardio” or what we like to call “resistance cardio” we can use weights or other resistance training tools to enhance our training by tapping into the type III muscle fiber.

We like this form of cardio training because it really gets your heart pumping. By adding resistance you increase the overall intensity and burn more calories in a shorter period of time.

It's also a time saver. Rather than doing weights first and using a cardio machine afterwards you can combine both into a single workout or even a single exercise. Besides, in our opinion, it's just more fun than jogging on a treadmill.

Q: Why not just do a bulking or mass gaining cycle followed by a leaning out or cutting cycle?

A: Speed and sanity. Let us explain... above all else, we're impatient. We both like to get what we want as fast as possible. We were sick of being fat but didn't want to lose any muscle or strength. We've both tried bulking and cutting in the past and the result was always the same. We'd wind up either lean and weak or strong or fat. With this program we build muscle and burn fat at the same time. It's much faster and more effective.



Q: Is the Lean Hybrid Muscle program too hardcore for me?

A: No. This system was designed for everyday people to get extraordinary results. Regardless of age, sex or experience this program can help you. Elliott is a coach and earns a living motivating and pushing people to their limits. Mike and Elliott make a great good cop, bad cop combo. After Elliott has finished getting you pumped up, Mike is there to encourage you and hold your hand for the next phase.

Q: When an exercise is labeled 1a, 1b, 1c, what does that mean?

A: When an exercise is followed by a letter it means it is part of a circuit. Before moving on to the next numbered exercise you need to complete that numbered circuit, first. To do a complete circuit, perform exercise 1a, then 1b, then 1c. If asked to do more than one set, then you need to go through that circuit again. There can be more than three exercises in a circuit so there may be more letters. If the second exercise involves a circuit it would be labeled 2a, 2b, 2c, 2d, etc.

Q: What if I can't train 5x per week?

A: If you can only follow a 3 day per week template, simply do the Monday, Wednesday and Friday workouts in your video coaching program. When time permits add the Tues & Thurs resistance cardio days as well.

Q What if Phase 1 Workouts are not challenging enough?

A You sound like a pretty strong dude! Here is what you need to do. Add a barbell with about 95 lbs to your lower body circuit. Just hold it on your back for the squats, lunges and step ups.

For the upper body workout you can add resistance to your push ups by using a band wrapped around your arms and upper back. This will help you maintain or gain muscle while eliciting the fat burning response.

Q - What OTHER exercises can I do?

A - The exercises and workouts that are found in these pages and in the book are the ones I recommend. I use them for clients and myself. They



are the best... simple and effective!

Q - How do I get stronger or maintain strength while building muscle, etc.?

A - For strength building I would be sure to incorporate at least one day where you include a high intensity (heavy weight), low volume exercise. For example, on an upper body day add bench presses for 6 sets of 3 followed by your bodybuilding routine.

Q - What if I feel like I can train more?

A - Feel free to train more. I tend to think the term “over training” is over used! If you feel good and want to push your limits... by all means do so. There are many ways that you can do this but I suggest increasing the weights you are using and decreasing rest intervals.

Q - How long should I wait to train after eating?

A - About 60 minutes.



**FOR OUR REGULARLY UPDATED QUESTIONS & ANSWERS
WEBPAGE, VISIT**

<http://leanhybridmuscle.com/workouts/faq.html>

Instead of wishing you luck as you embark on your new journey, we offer you this – our blood, our sweat and our tears. For we are both made of one flesh and our victories are yours, your pains are ours, and together we are forced to evolve. Thank you for joining the ranks of the elite, where we don't need luck. And most importantly, thank you for allowing us the privilege of joining your side on this trek. We look forward to hearing from you at the blog: www.leanhybridmuscle.com/access

After completing this program you are also invited to join the ranks of our inner circle. If you think you have what it takes and feel that you can contribute to the tribe visit this page:

<http://leanhybridmuscle.com/inner-circle-join.html>

With your small monthly membership dues you'll receive additional workouts and access to a community of die-hard lean hybrid muscle fanatics like the ones showcased on the following pages. Remember, anything is possible. Never let anyone put limits on what you can achieve. We hope that these success stories motivate you as much as they do us and show you what can be accomplished when you are dedicated and committed to reaching your goal.



SUCCESS STORIES

**Does Lean Hybrid Muscle Training Work?
You Be The Judge!**



*Elliott Gained 34 Lbs of Muscle
& Dropped His Body Fat to 11%*



*Chandler Marchman, Week 1: Bodyweight: 235; Body fat%: 15
Week 12: Bodyweight: 217; Body fat%: 6.5*



Ben Thompson

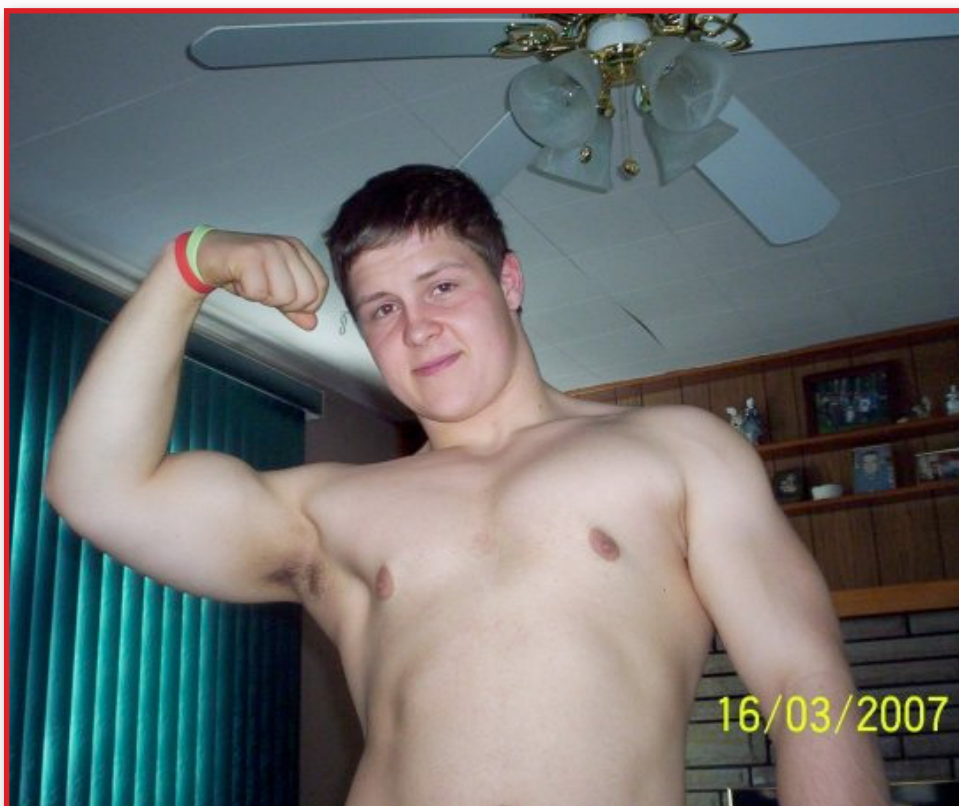


*Beginning Bodyweight -
268lbs at 23% Bodyfat.*

*After Bodyweight -
199lbs at 13% Bodyfat for a total of
10% bodyfat lost.*

How Many Pounds Of Muscle You've Gained...

Roughly 12 pounds of muscle were gained throughout this time. Also I seen an increase from 295 to 335 in the bench press in the 6 months of this transformation. This transformation was the trigger for my amateur strongman carrer. I have an optimistic future in the sport and am loving every minute of it.

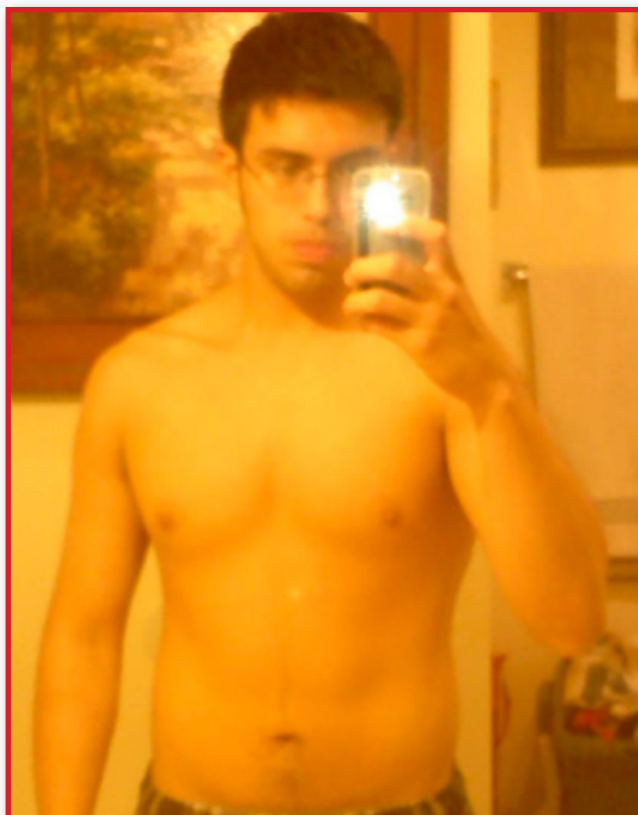




Joshua Serrano

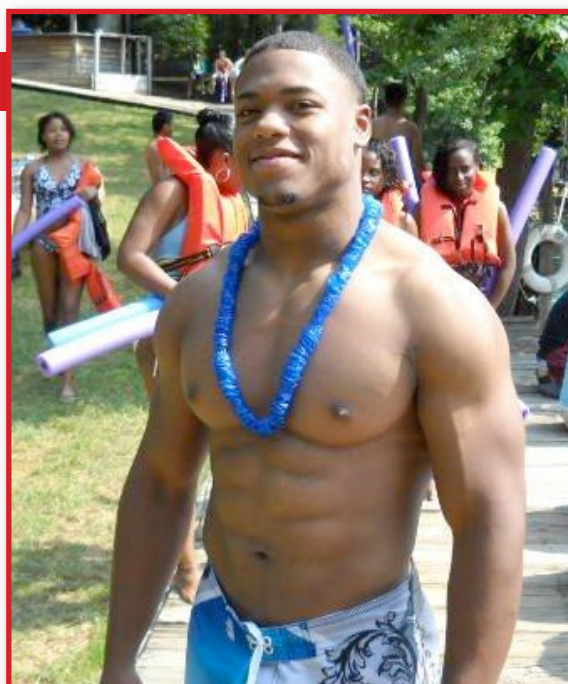
In the before picture I'm 193 at 22% body fat. In the after picture I'm 168 at 13% body fat.

I gained around 10 pounds of muscle and lost around 15 pounds of fat



Christopher Knox

hey my name is chris knox im 19 years old I do not have a before picture but I love working in here is some of my pictures I would love to compete one day I'm 5.8 207 about 7 % body fat





SHAWN POWERS



Starting Date 11-23-09
Weight = 200lbs at 18% BF
36lbs of Body Fat
164lbs of Lean Body Muscle



Ending Date 9-05-10
Weight = 190lbs at 6% BF
11.4lbs of Body Fat
178.6lbs of Lean Hybrid Muscle

(Q) How Many Pounds of Muscle You've Gained...

(A) Gain of 14.4lbs of Lean Hybrid Muscle

(Q) How Much You've Lost in Body Fat %

(A) Loss of 12% Body Fat



Martin Frey



215 lbs 20% fat

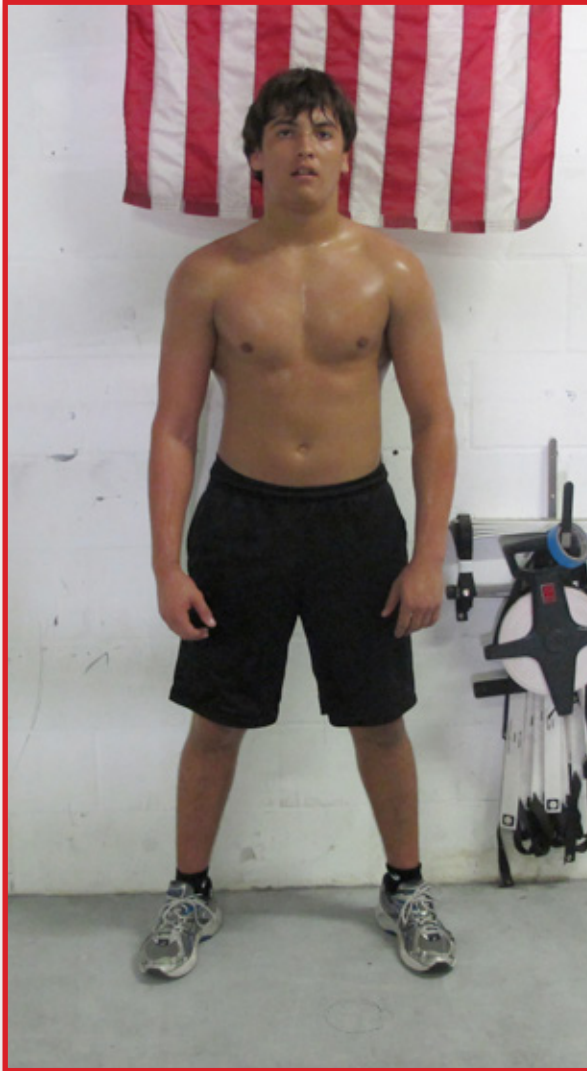


180lbs 4% body fat

Martin Frey is 54-years-old



Justin Wilcox



*Week 1
Bodyweight 206
Body fat %: 7*



*Week 12
Bodyweight: 212
Body fat %: 5*

This kid is a freak by the way... only 20 yrs old.



Lean Hybrid Muscle Training Work For the Girls Too!

The perfect muscle building system for women too "Lean Hybrid Muscle Training" has transformed my body completely! Not too long ago I would have never imagined I would be able to step onto a stage in a skimpy swimsuit.

The Lean Hybrid System has shed a lot of light on the typical misinformed gym rats. In short, the system is incredible! There's no better way to get the results that every woman wants!"

Ria Black
Figure Competitor
Jacksonville, FL



See more success stories, click on this web site:

<http://leanhybridmuscle.com/access/muscle-building-success-story>





Lean Hybrid Muscle Essays

Lean hybrid muscle is THE premier way of working out to gain the muscular, chiseled physique of a modern day warrior. It incorporates powerlifting, strength training, and resistance cardio to transform you into an unstoppable force. There are no gaps in this program, it simply combines the best of everything to develop muscles you never knew you had. Burning fat and building muscle simultaneously impossible? That thinking is a way of the past man, lean hybrid muscle is here. Give it a shot, if you dare.

by: Javy Acct <riverajavier1@aol.com>

To be honest, I look at the Hybrid training program to help me become the man I want to be. I always wanted to look and act (in a sense) like the superheroes in the the cartoons of my childhood. Unfortunately I don't really have a masculine person around who can help guide me become the man I want to be (my dad isn't really around); that is until I got into working out. My new superheroes consist of a small amount of trainers and athletes who not only give some sick ass workouts, but also envelop the idea of training into everyday life. With the Hybrid Training, and some outside experiences as well, I not only hope to get out of this strength rut that I'm in, but also help me understand what it is to look and act a superhero. Thanks for the opportunity to tell you my sob story lol and continue the good work.

Yours truly,

by: Andres Gonzalez <gonandres_17@hotmail.com>

P.S.: Get on that release date for the plan already; I really want to start getting my Hybrid on lol.



Well guys, do you remember back when I was in 7th grade, when everyone made fun of me because I was so fat? And then I ran all summer to work it off, came back to school the next year and everyone was so awed? Well, even though I wasn't fat anymore, I still wasn't strong, so that year I looked up how to build strength, and I learned you need to lift heavy weights, and eat a lot of food, with that in mind and practice, i got big; especially around the stomach. But I never got strong! Sure I had a fair bench press, but how often will you need to lift something while lying on your back? So I went on a search for REAL strength, applicable strength, and I found "Lean Hybrid Muscle". It's this idea that you can combine certain parts of every program to get the best of all worlds, strongman for strength, cardio for endurance, heavy weights for size; the idea was just awesome! So I tried it out, and here I am _X_ months later. If you want real applicable strength, and not just a big bench press, you have to try this!

by: Matthew House <polarhomy@hotmail.com>

The Lean Hybrid Muscle Work Out is a strategic plan to shock and awe your body. With it and a little courage a person can fight laziness, bad health, fat, and so many of the things that enslave us. Our greatest threats in life come from within, and the battles rage daily for all of us. The lean hybrid muscle workout is one very effective battle plan for the daily combat we must fight to live well. Come join the ranks and gain the respect of those who fight along side you.

TOM WATSON <tomissuperman@live.com.au> OR Mike Bastian (on the blog... exact same entry! interesting!!)

"There are workouts which are cosmetic and then there are workouts which are rugged; meant for the true 'man or woman'. The person who has the nerve for gut-wrenching workouts which separate the men from the boys.



Some results last long, those which give you inner strength, the ability to move with a chest and head held high, confident that the worst can be tackled because he has endeavored it with sweat on his brow and bloodshot eyes.

It is not only bulging muscles but muscles which work, sinews of steel which are of daily use and the lungs which are powerhouses of oxygen capable of tackling work without collapsing.

The body is the only gift given by God, something which is yours and will be with you throughout the lifetime. Making it a buddy to be proud of, on which you can rely on in adversity and know that you have a faithful ally in it.

**THAT COMES ONLY WITH SUCH A TRAINING WHICH IS CALLED
'LEAN HYBRID'.**

by: shantanu banerjee <shanbann01@rediffmail.com>

Mate! Remember how we always have been admired the dudes from the TV with those 6 and 8 packs? Telling each other that we won't nothing else but look like that, and one day we will. Now is the day! My buddies Mike and Elliott made the perfekt program - **WHICH WORKS!** No pills, no powders, only clean raw workout - with THE attitude! The best thing (well, besides it works) is that they've proven it, on them selves! So they know what they're talking about. Yeah yeah, i know.. It just seems like i want to sell it, but.. Hell yeah i am, because THIS (once again) THIS is what works and what we've been looking for ! So if you're willing to give up some sweat, maybe some tears and a BIG transformation - meaning no belly fat, but pure muscles - for an awesome confidence and a great feeling walking shirtless down the street, then THIS is for you!

by: Julian Rasmussen <julian.rasmussen@hotmail.com>



If you want to develop raw strength, power and endurance at the same time, then this workout will definitely serve for that purpose, if you are serious about this, then this workout would be killer for that, I mean why waste time doing all of these elements separate and get half the results, and In in 3 times as much time, when you can do that all in one workout! This type of training is what really separates the normal looking guys, from those chiseled, powerful looking manly men, so its time to do some hybrid training if you want to stop being nobody, and gain the respect and admiration you deserve because these workouts are not easy, but fun as hell, and hard work does pay off BIG TIME!

by: Luis on the blog

Lean Hybrid Muscle training is the perfect combination of strength, hypertrophy, and anaerobic conditioning blended into time efficient workouts. Why would you do anything else? All athletes and fitness buffs need to gain strength, power and optimize body composition through training, this system combines all aspects and has proven to provide result is two extremely high level athletes Mike and Elliot. For the novice or beginner this system is a “no brainer”; **IT WILL WORK, PERIOD.** As a strength coach I have been blending different modalities of trianing for some time, this system has just highlighted the fact that I am right on with my methodologies! Begin now!

by: grant mccauley on the blog

I hate cardio. I lift heavy for size and strength yet I don't lose any fat. I change my routine to get cut but lose size. Sound familiar? For those who have tried everything yet got nothing, embrace Lean Hybrid Muscle training!! This workout will combine traditional strength and mass building exercises like bench, squat, and deadlift with crazy shit like tire flips, stone carries, and sled



dragging. Shock and rock your body, nervous system, and cardio vascular system on a regular basis with fun ways to get the results everyone who trains wants. If you want to be a warrior you must train like one. This training will give you the shirt tearing mass and size, the brut phone book ripping strength, and the athletic endurance that makes you feel like you are at your physical peak. Embrace Lean Hybrid Muscle Training!!!

by: brandon on the blog

Have you tried to get fit... and failed? Have you tried every trendy "fad" workout you could find, only to still look like the before photos? Let's kick all the fads, and go back to the basics that have been proven successful for THOUSANDS of years! You WILL succeed! You WILL gain muscle AND lose fat at the same time! You WILL build the body that you always thought to be impossible. All you really have to do is, do this workout, and you will feel your inner Spartan, fighting to get out! This workout not only builds your body. It builds your mind, increasing your intensity, and determination to achieve your goals. You've already achieved one just being here... Finding the perfect workout ! Lean Hybrid Muscle Training IS that workout. Now get under that bar, and let's destroy any doubts you may have!

by: ken on the blog

I really do love this guy... hahah!! People search for gyms like they search for churches constantly looking for the religion that they don't mind following because it fits all the values they are comfortable with and dismissing the others because they make them uncomfortable... this is why you go to a purpose built box with stuff your told will get you to look like arnold and perform like an olympic athlete the hybrid system shakes that up in the fact its glued together with attitude taking what works from all the mainstreams and throwing them together to question those that say .. well thats not the



way i was told by jeff my personnal trainer..... fuck jeff hes a dick!! i say why cant i run drag and pull weights till my muscles split taking me to new levels of size and functional strength why cant i lift heavy and often and get a better cardio than a guy that just wants to sit on a cross trainer all day !!!! unvail the curtain of shit that clouds your thoughts open your mind and push yourself into somewhere your not comfortable for a sec make you worst exercises your best push the limits till your hearts screaming with all your muscles and if at the end of the program your have a look round see how far you got i bet the former you is just a speck in the distance from the colossal strong and confident you that will emerge.

by: darrel from the blog.

Look. People are not measured by potential. They are measured by results, and results only. LEAN HYBRID MUSCLE brings the results, and with the results come a whole lot of positive change to your life. Physique transformation is the number one bonus. Instead of slogging away doing shit that doesn't get you anywhere, this is a little something that gives you the body of your dreams and the functional ability to make you walk the talk. And then again, it isn't just about the training and the tangible results. Sometimes the best results are the ones you can't see or feel. Lean Hybrid Muscle is about a mental commitment to making yourself better; it is about pushing your body to the limit and then being rewarded for it with a tougher mind and a tougher physique. It is about pushing aside the people who tell you it cannot be done, the people who say you cannot build muscle, burn fat and get kick-ass strong all the same time, the people who are scared of a little pain and want to pull you down as well. Do you want to keep being trapped in a circle of losers or do you want something better? Well if your answer is yes... I'll see you on the other side. * Tough face *

by jess from the blog



I am a single father of 3 (boy 8, girl 4 and boy 14 months). Time is precious to me. I have really let myself go over the last 12 months (no excuses) and I'm not proud of it – but I truly believe I have found the product that will answer my prayers. I have started training programs previously, only to have them clash with the needs of my children. The lean hybrid muscle workout has opened another door for me. It is a fantastically simple but intense and super effective system that will not only get me to where I want to be, but allow me to spend quality time with my kids – whilst having fun at the same time – you just can't lose. I can use basic equipment in my backyard and the best part – my kids workout with me. Even the young one, who sees us working out then runs and jumps, lifting what he can and throwing it – incredible to see. It doesn't matter what fitness level you are or what you want to achieve – this program is for everyone. My goal is not a models physique, but I do want to be fit, healthy, strong and lean and the type of role model to my kids that I want to be and the LHM system will help me achieve that. It's not going to be easy, but with dedication, determination and good honest hard work, combined with this training tool – I know I will succeed.

Look, I could go on and on about how great the LHM workouts are, but frankly, the results speak for themselves. This system has saved me and saved my family. Go and check out the website, it is backed by two professionals dedicated to the pursuit of strongman training and conditioning – they are not claiming that it is the only way to go but LHM workouts are super effective for fat loss and building super hero strength. So why don't you come round tomorrow and workout with me and my strength tribe? What have you got to lose? A few kilos and look what you would gain in the process – brute strength and lean hybrid muscle.

by Jason on the blog



Mate, what's up?

Look i have been training for about 3 years and every year i do the same things-bulk and cut, bulk and cut and ...i go crazy... it's so annoying. In Novembers and Decembers i follow a training routine for strength, then 7 months for definition and overall size and guess what-cut 2 months. Diet+hard training+supplements=success. Yes it's true BUT have you ever thought of some other training methods. Of course you have- crossfit, strong men. All of these routines are really powerful and can bring tremendous results in all 3 aspects you want-strength, massive muscles and definition. Mate just tell me did u beat your father in arm wrestling yesterday, or lifted some really heavy things and didn't wear out. I know you didn't and do you know why-it's because you lack a functional strength. BUT i found a way to be in top form while you burn fat and build muscle in the same time and it's called **HYBRID MUSCLE TRAINING**. The way our ancestors trained. Spartans put that way of training in their preparations for the fights. Man it's a great way of training and really WORKS i tried it. That's the only way of building muscle and burning fat at the same time without monitoring strictly your calorie intake. Now you don't have to look around for some fancy new exclusive ways of training with all that bullshit and fake information which will bring no results and may even damage your health. See man if you want to look like a pro then train like a pro with pro training programs-THE LHM Muscle-building is here! Give it a try, you won't regret!

by Exiz on the blog