



# BRIAN DANLEY FITNESS

## LEAN CONDITIONING

**Purpose:** To reduce your bodyweight while losing bodyfat and gaining muscle

### RESISTANCE TRAINING:

#### **BEGINNER (< 8 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	< 67% 1-RM
SETS =	1 - 3
REPS =	> 12
REP SPEED =	MOD FAST
SET DURATION =	30 - 40s
REST DURATION =	< 30s
WORKOUT DURATION =	30 - 40 MINS

#### **INTERMEDIATE (8 - 18 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	< 67% 1- RM
SETS =	2 - 3
REPS =	> 12
REP SPEED =	MOD FAST
SET DURATION =	30 - 40s
REST DURATION =	< 30s
WORKOUT DURATION =	30 - 50 MINS

## ADVANCED (> 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	< 67% 1-RM
SETS =	2 - 3
REPS =	> 12
REP SPEED =	MOD FAST
SET DURATION =	30 - 40s
REST DURATION =	< 30s
WORKOUT DURATION =	30 - 60 MINS

### WORKOUT PROGRAMS:

- BOOTCAMP TRAINING
- CIRCUIT TRAINING
- TIMED CIRCUIT TRAINING
- GRASS DRILLS
- TABATA TRAINING
- SUPERSET TRAINING

### CARDIO TRAINING:

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	50 - 70% HRR
WORKOUT DURATION =	20 - 45 MINS

### WORKOUT PROGRAMS:

- SLOW / LONG DISTANCE TRAINING
- CROSS TRAINING
- CIRCUIT TRAINING