

CHALLENGE COMPLEXES

OLYMPIC EDITION



**BOOST METABOLISM
BUILD MUSCLE
BURN FAT**

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Why Olympic Lifts?

Olympic lifts develop both explosive and functional strength. Complexes can be beefed up in no time by adding some Olympic style lifts to them. They are somewhat technical, so they need to be added with caution.

Olympic lifts are one of THE most athletic moves known to man. To underscore the effectiveness of these movements, consider that in the most basic measure of raw athletic ability--the vertical jump--Olympic weight lifters excel above all others.

Even the bulkiest Olympic heavyweights make astonishing leaps. Shane Hamman, the top American lifter in the history of the sport, weighs in at 350 pounds but boasts a vertical jump of 36 inches. Most NBA players top out at 34 inches. Not only can Hamman dunk (he's 5'9"), he can also drive a golf ball 350 yards. He is the epitome of athleticism.

Olympic lifters who aren't heavy weights tend to be some of the leanest AND strongest people on the planet. One study of elite athletes found that Olympic weight lifters burn almost as many calories per day as marathoners do. Granted, these athletes are moving thousands of pounds in a typical training week, but they also eat 6,000 to 8,000 calories a day. Their metabolism is through the roof, they have a ton of muscle and have as little as 5 percent body fat.

If Olympic lifting is so magical, why is it that more people aren't doing it?

Well, it's technical and the potential for injury is high without solid instruction. This is why in *Challenge Complexes: Olympic Edition*, I've included Olympic lifting elements that you will benefit MOST from and have potential for LEAST potential for injury with.

While the goal of Olympic lifting is to hoist the MAXIMUM amount of weight overhead, this is NOT the point of adding them to a complex. Weight needs to be kept in check and FORM needs to be the focus. This is the beauty of adding Olympic lifts to complexes. You can focus on form while getting an amazingly quick and effective fat burning, muscle building and metabolism boosting workout.

Whether you're a seasoned Olympic lifter or a beginner, you'll find the complexes in this plan very basic. The lifts are complicated and tough enough without having to get fancy. It's the execution of the lifts in the progressions that are challenging. Adding weight is the goal while maintaining PERFECT form.

Let's see why Olympic lifts are 'da bomb' when it comes to strength and conditioning.

Move a Mountain

When you do a bicep curl, the range of motion is minimal, but when you lift a bar from floor to overhead, well, that bar moves six to eight feet (depending on your height). No matter what you think, moving weight that distance takes energy. Your cardiovascular system is going to be taxed along with your muscles. Talk about a full body workout as every muscle in the body and support system is used.

Use it All

How can your entire body NOT be challenged when you're asked to lift something from floor to overhead? When doing Olympic style lifts, the posterior chain (back, butt, hams) will thank you as well as your core. Your lungs will scream and you'll test your mental toughness.

Self-Correcting

It's difficult to overtrain doing Olympic style lifts because you will simply fail. That is, you won't be able to lift the weight. You cannot do forced reps, overload techniques like negatives, or really cheat. Keep in mind that you may get hurt on the road to failure, so form is VERY important.

Quick!

Due to the nature of these full body lifts, you can keep rep ranges low and workouts are fast.

Caution – Go Light

Always start your lifts lighter than you think you can handle. These are basic density sets and the work adds up over time. Your form is MOST important, don't let it get sloppy as that's a recipe for injury.

Do it Right

If you've grabbed this manual, it's likely that you are somewhat advanced in your training. Check out the exercise manual for specific detailed instruction on lifts if you're unsure.

Practice Makes Perfect

If you're new to Olympic lifts don't rush things. It can take up to a year to perfect the form on these lifts. It takes time and practice. The good news is that with complexes, you can lighten the load and just work on form.

The unique aspects of Olympic lifts consist of two distinct parts: the "pull" phase and the "catch" phase. During the pull, you explode upward, yanking the barbell off the floor and in front of your thighs. In the catch, you quickly

move your body under the bar and catch the weight on your shoulders or above your head.

Some of the complexes have only one element of an Olympic lift to give you experience and practice with that portion of the lift. For example, the front squat or the push press are elements of Olympic lifts, you can help build strength and the necessary neurological pathways to perfecting lifts by breaking it down and practicing these alone. Doing these complexes, practicing individual elements of the lift, that is portions of the pulling and catching action, will help you become a better Olympic lifter overall.

Although you'll see all the exercises in the exercise, let's break down each of the Olympic lifts and then refer to detailed descriptions in **Olympic Lifts 101**:

The Clean and Jerk

Think of this one as a deadlift, upright row, front squat, and push press all done in a few seconds.

You'll notice that some of the workouts have just the clean (picking up the bar from the ground and bringing it up to your shoulders) or the jerk (pressing the weight from your shoulders over your head), in which case it's often called the push press. The high pull is also another exercise that you'll see in Challenge Complexes.

The Snatch

Think of the snatch as a deadlift, barbell shrug, jump squat, and overhead squat, all done in one motion. A few of the complexes include the snatch.

Notice how rep ranges are LOW in all Challenge Complex workouts.

Think form, form, FORM. Oh, did I mention form? Exercise quality trumps quantity hands down. If EVER you feel your form is compromised, it's time to put the bar down and either rest longer or lighten up.

How Do I Implement Challenge Complexes – Olympic Edition?

The great thing about these challenge complex workouts is that they can be used as a stand-alone program or they can supplement a plan that you're already using. (Actually this is the case for ALL challenge workouts.)

First, let's look at how Challenge Complex would look if it's a stand alone plan, that is, if you're ONLY using the Challenge Complex program.

You can do a complex workout daily.

My suggestion is to do the workouts in progression, train 4-5 days a week, taking a day of active rest off when necessary.

If you've chosen to get the Challenge Complexes Ab Edition as well, you can swap in any of those workouts with the Olympic and basic Challenge Complex workouts. This way you'll have endless variety between barbell, dumb bell, kettlebell, ab and Olympic lift workouts.

If you're using Challenge Complexes Olympic Edition as a supplementary program, especially if you're using it in conjunction with a resistance-training program, then you'll use the complexes program a bit differently.

They are great in a split like this:

Day 1 – push
Day 2 – legs
Day 3 – pull
Day 4 – off
Day 5 – Challenge Complex workout
Repeat cycle

OR

Day 1 – upper body
Day 2 – legs
Day 3 – off
Day 4 – Challenge Complex workout
Repeat cycle

OR

You can add a short complex in as a 'finisher' to ANY workout. Your load will be less, but this will torch fat like no cardio can ever do.

Important terms:

AMRAP style – this means 'as many rounds as possible'

RIST – reps in specific time

FUW – finish up with

Recommended load:

It's always best to err on the safe side. For each complex, decide what your weakest movement is. Ensure that you choose a weight that you can do a minimum of 8-10 reps for that movement. Remember that you will be limited by the weakest move in the complex but don't worry, the nature of these density sets will still strengthen you, boost your metabolism, burn fat and build muscle.

Ready to get started? Not quite yet...

Make sure to warm up sufficiently prior to starting the workout. This is implied and not listed in the manual. You can do an entire complex with a very light load to warm up. **Include some of the stretching and strengthening exercises provided in the shoulder strengthening and mobility bonus report.**

Alternatively, here's a great warm up (or follow along in the warm up video in the basic program):

Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

Cool your body down

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.

Olympic Lifting 101

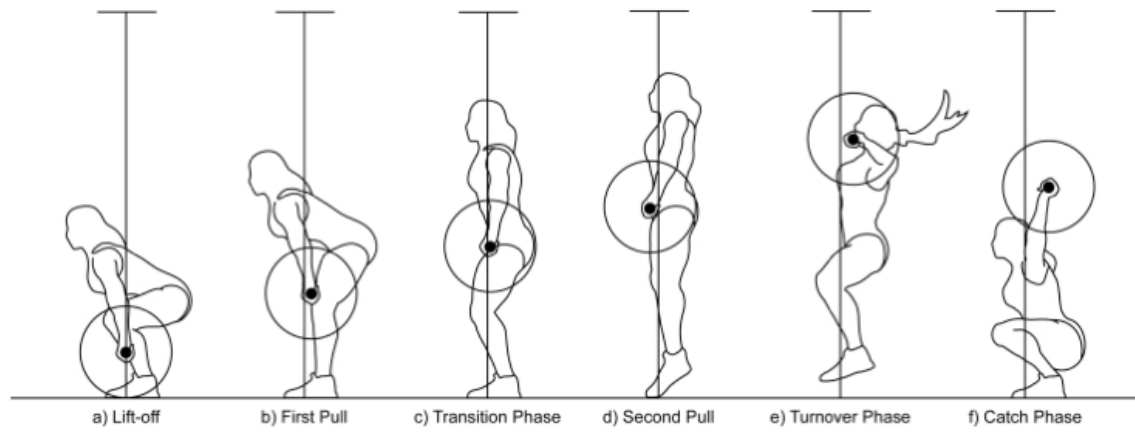
Introduction

The Olympic exercises in this program (the snatch, power clean, clean and jerk and overhead squat) are highly skilled and require a great deal of practice. Here are a few guidelines for the simple Olympic lifts that are in the Challenge Complex program:

- ALWAYS practice form and sacrifice load to ensure that your form is impeccable. Emphasize perfect form, speed and power, rather than the amount of weight you can lift on any Olympic movement.
- Start the learning process of Olympic lifts with a broomstick or very light barbell.
- Do Olympic lifts early in the complex or the workout to ensure that fatigue doesn't hinder form.
- Don't perform high reps, loaded sets should consist of no more than five reps, and never to exhaustion.
- Always keep the bar close to your body as it rises from the floor to overhead.
- Don't try to muscle the bar up by performing an upright row movement.
- Most of the work for Olympic lifts comes the lower body.
- Always practice high-skill moves like snatches and power cleans after thoroughly warming up your ankle, hip, shoulder and wrist joints.
- If you've had back problems, stick with hang cleans/snatches, beginning the movement with the bar at mid-thigh rather than on the floor.
- Use the Challenge Complex program to add variety and to spice up your workouts to boost metabolism, burn fat and build muscle all at once. There's no better way to replace cardio and HIIT than using complex style exercises.

Next you'll find detailed exercise descriptions and diagrams. To be 100% transparent, I'm not an Olympic lifting expert so I've included illustrations to ensure exact accuracy. For me, Olympic lifts are a fairly new component to my training in the last year. I LOVE these moves and want you to fall in love with them too. Your form and safety are paramount, study these thoroughl. **I can't emphasize enough the need to keep the load light when starting out.**

The Snatch



There are four phases to the snatch:

Start

- Grasp the bar using a wide grip (to test the width, stand and hold the bar. It should hang at the area that the hip hinges, adjust your grip accordingly).
- Legs are bent with the butt close to the heels, balls of feet directly under the bar.
- The hips, shoulders and bar move at the same pace.
- Begin to lift the bar, it's kept close to the legs, brushing the legs on the way up.

Accelerate

- When the weight is at mid-thigh, shrug explosively to accelerate the bar upward by powerful hip+knee+ankle extension until the body is erect.
- This part of the lift is known as the 'scoop' or 'second pull'.

- Bend the knees slightly and bring the torso to vertical before the second pull.

Dip Under

- At the apex of the bar's height, squat down under the bar while continuing to push up on it. This is the 'turn over' phase.

Catch and Squat

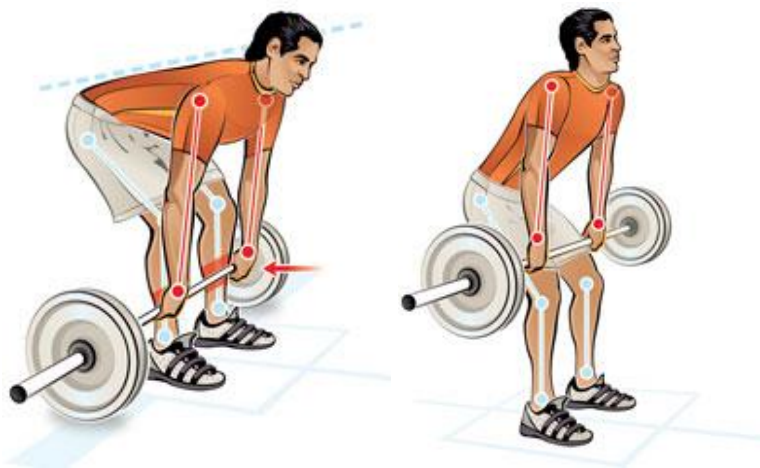
- Catch the barbell with locked arms overhead at the bottom of the overhead squat motion.
- Stand up while the arms remained locked with the weight overhead

The Clean

There are four phases to the clean (or sometimes referred to as the 'power clean'):

The First Pull

- Start with the barbell on the floor, this phase ends when the bar is just above the knees. This is a slow and deliberate move, much like the Romanian deadlift, this is NOT explosive.
- Stand behind the barbell, feet parallel and at hip width, shins touching the bar.
- Keep your arms straight and your lower back in its natural arch, bend your knees slightly and lean forward, pushing your hips back and taking a slightly wider-than-shoulder-width, overhand grip on the bar.
- Lift your chest and look straight ahead, lowering your hips until they are slightly below the level of your shoulders.
- Keep your elbows locked, shift your weight onto your heels.
- Keep the weight as close to your body as possible, simultaneously push your knees back, raise your chest, slowly and smoothly drive your hips forward, and lift the bar from the floor point just above your knees.



The Transition

- This phase is also called the mid-thigh hang position.

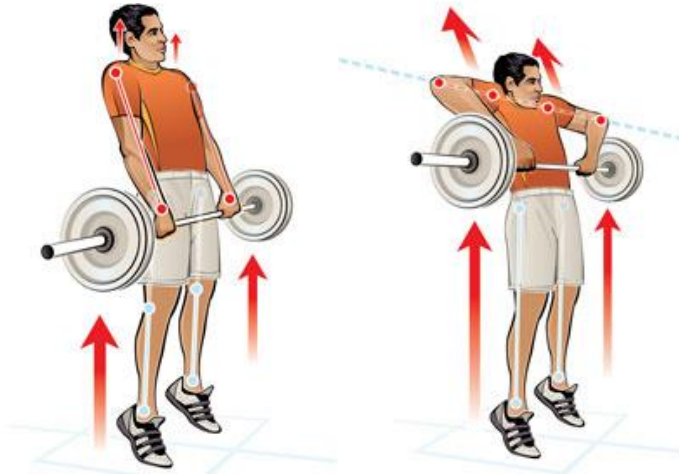
- Keep your gaze forward, your lower back in its natural arch, your arms straight and your shoulders directly over the bar, continue pulling upward until the bar is at the level of your mid-thigh.
- With your weight on your heels, prepare to aggressively push against the ground and extend the hips as if attempting to jump forcefully into the air.
- Avoid the temptation to bend your arms during the transition phase in order to muscle the bar up to your shoulders.



The Second Pull

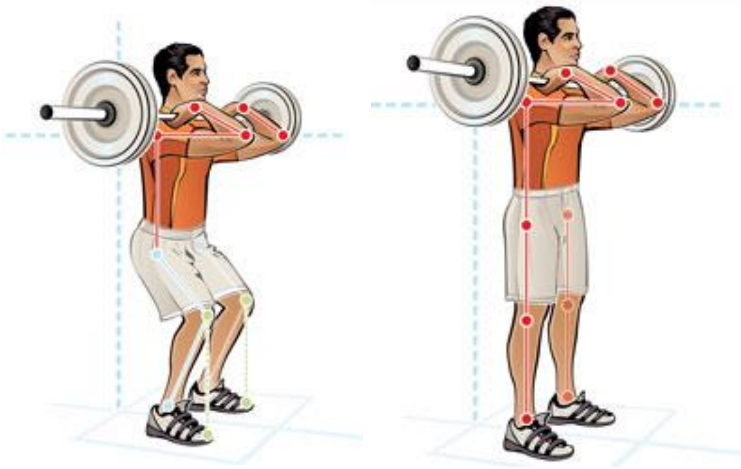
- Once the bar passes your mid-thigh, it's an all-out, explosive pull best described as a “jump and shrug” motion.
- From the transition position, quickly and powerfully thrust your hips forward and upward, straighten your knees, and extend your ankles, as if trying to jump straight up off the floor (you may or may not actually get “air,” but you should try).
- As you feel the bar gain upward momentum, fully shrug your shoulders as quickly as possible, keeping your arms straight.
- As the bar starts to rise, bend and raise your elbows outward as high as possible, keeping the bar close to your body, as if performing a passive version of an upright row exercise. If you've done the previous steps correctly, you won't be actually lifting the bar very much at this point — it will be moving upward on its own.

- Do not bend the arms too early or allow the bar to drift too far away from the body. Keep that bar close to the body the entire way up.



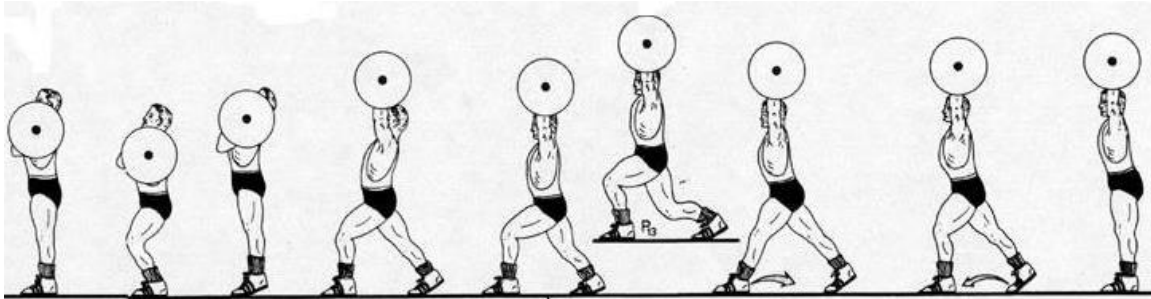
The Catch

- This is the phase when you position yourself under the bar as it rises in front of you, catching it on your shoulders.
- As the bar approaches its maximum height, quickly pull your body underneath it, landing solidly in a quarter- to a half-squat position with your gaze forward and your torso upright.
- At the same time, rotate your elbows forward and under the bar, allowing your grip on the bar to loosen as your wrists turn upward. Catch the bar on the fronts of your shoulders.
- You're really actively shrugging and pulling yourself down and under the bar. This segment is about speed, not strength.
- Once the bar feels steady, slowly stand upright.



The Clean and Jerk

You will go through all the steps in the clean and add the following:



- Keep the trunk vertical, heels flat on the floor and weight on the balls of the feet.
- Ankles and knees extend at the same time, the dip is slow and the extension or drive is quick.
- One foot toes forward the length or more than two feet while the other foot goes back.
- Weight is on the front foot and the ball of the back foot.
- At the same time, the arms extend overhead and the elbows lock, keep the trunk vertical by forward thrust of the hips.
- Straighten the front leg, pull the front foot back a step while stepping forward with the back foot until the feet are parallel.

The Overhead Squat



- Hold a barbell overhead with your arms the same width as you'd keep them in your standard bench press. With the bar overhead, make sure the elbows are locked.
- Squeeze through the upper back to stabilize the shoulders, imagine pushing the armpits forward.
- Follow the same body mechanics of a back squat, initiating the movement from the hips dropping back first.
- Keep the barbell over the shoulders, hips and ankles in a straight line.
- It should be your aim to have your arms remain perpendicular to the ground through the squat.
- Press through the heel and mid foot
- Activate the glutes as you stand up.
- Doing shoulder dislocates with a broomstick to develop shoulder flexibility is helpful for this movement (see the Shoulder Mobility and Strengthening Plan).

Workout 1 - Beginner's Luck (Reps and rounds)

Equipment: barbell

Use a barbell with a lightweight for starters. Put the bar down during the rest periods.

- 3 front squat
- 3 push press
- 3 rev lunge per leg

Rest 30 sec

Repeat up to 10 times

Workout 2 – Squat, Row, Jump (RIST + FUW set)

Equipment: barbell, timer, jump rope (optional)

Set your clock for 1 min with a 10 second transition. Do the first two exercises RIST style (reps in specific time) and FUW jump rope for the remaining time. Use the 10 second transition to put the jump rope down and get to the bar.

RIST

3 front squat
3 bent over row

FUW - jump rope OR squat jumps

Repeat up to 10 times

Workout 3 – 5 Minute Fun

Equipment: barbell, timer

Do 3 reps of the following, do AMRAP style (complete as many times as possible) in 5 minutes.

- Power Clean
- Deadlift
- Burpees (on the floor with push up, or on the bar with push up)

Rest 1 min, do AMRAP set 1-2 more times.

Workout 4 – Bring it UP

Equipment: barbell, timer

This is an AMRAP set for 10-20 minutes (how ever long you want to do it). Do 4 reps of each exercise and cycle through the circuit only resting when needed.

- Clean and jerk
- Lunge
- High Pulls
- Push up on bar

Workout 5 – Lucky 7

Equipment: barbell

Do 7 Sets of the following exercises

- 1 Power Clean
- 1 Front Squat
- 1 Push Press
- 1 Back Squat
- 1 Push Press
- Touch the bar to the ground, but do NOT rest, go right back into the power clean

5 Rounds

Workout 6 - Jump Around

Equipment: barbell, jump rope (optional), timer

Jump rope (or full body extensions or squat jumps) 1 min
(or 100 reps if you have no timer) then:

5 Clean and jerk

5 Ab roll out

5 Spiderman push up (per side)

Rest 30 sec to 1 minute

4 rounds

Workout 7 – Bar None

Equipment: barbell

This is a count down set. Start with 5 reps of each exercise. Rest 30 seconds to one minute, then do 4 reps of each exercise. Continue to 1 rep of each. If you're a beast, count back up to 5 (and go heavier next time out).

Do these exercises:

- Snatch
- RDL
- Bent over row
- Ab roll out
- Push up on floor

Workout 8 - Over My Head

Equipment: barbell, timer

Do 5 reps of each exercise:

1. Dead Lift
2. High Pull
3. Power Clean
4. Front Squat
5. Push Press
6. Back Squat
7. Burpees with push up

Rest up to one minute, repeat up to 5 times.

Workout 9 – Three of Anything (AMRAP Set)

Equipment: barbell

Do 3 reps of the following, do AMRAP style (complete as many times as possible) in 5 minutes.

- Power clean
- Push press
- Over head squat
- Burpees (on the floor with push up, or on the bar with push up)

Rest 1 min

Repeat 2-3 times

Workout 10 – One Minute Hurricane

Equipment: barbell, timer

Do the following exercises RIST style in one minute. Rest in whatever time is left.

3 Snatch

3 Back squats

1 Push press to bring bar on the floor

Repeat up to 10 sets. Rest more if needed.

Workout 11 4x4

Equipment: barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Rest up to one minute between sets.

4 snatch
4 per leg reverse lunge
4 BB bent over rows
4 Ab roll outs
30 seconds to 1 min rest

4 rounds

Workout 12 No Easy Day (Ladder set)

Equipment: barbell, timer

Do 1 rep of each:

- 1a) Power clean
- 1b) Front squat
- 1c) Push press (bring bar to back)
- 1d) Reverse lunge (each leg)
- 1e) Push press (bring bar to front)
- 1f) RDL

First set do 5 rep of above, rest 30 seconds to 1 minute

Do 4 reps of above, rest 30 seconds to 1 minute

Count down 3, 2, 1 reps of above, rest 30 seconds to 1 minute as needed between sets

Workout 13 Legs, Legs, Legs (Reps and rounds)

Equipment: barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Do 4 reps of each:

- Power clean
- front squats
- reverse lunges with front squat grip (2 per leg)
- push press
- back squats

Rest one minute. Repeat 2 - 3 more times.

Workout 14 Only 12 Reps Every 2 Minutes (RIST set)

Equipment: barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set.

Do 3 reps of each exercise every 2 min. Rest in any remaining time until the 2 minute mark is up.

- Power clean
- Overhead squat
- Deadlift
- Push up on bar

Repeat set up to 10 times. Adjust weight to ensure best form.

Workout 15 Full Meal Deal (Reps and rounds)

Equipment: barbell, timer

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Do the following exercises:

- 5 power cleans
- 10 reverse lunges with a front squat grip (5 per leg)
- 10 push presses
- 10 squats
- 10 high pulls
- 10 RDL

Rest up to 2 minutes, repeat 2-3 more times