

THE LEAN AND MEAN BLUEPRINT



Lean and Mean
Cardio Routines

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Cardio and Conditioning – Method Behind The Madness

There are many things to be taken into consideration when it comes to metabolic conditioning and cardio.

Many athletes and trainees get this all wrong. They use conditioning and cardio as the brunt of their programs. After a while, they lose strength, power, muscle, and even endurance. This is the furthest place we want to be!

Just keep in mind, STRENGTH TRAINING, or training with heavy weights, needs to be the TOP priority! There is no better way to pack on strength, power, and muscle than good old fashioned strength training.

Overall strength should be an athlete's top focus. When you have a solid base of strength, everything else – muscle gain, endurance, power, agility, speed, ect is always much more easily gained.

So with this in mind, conditioning and cardio routines need to be strategically placed within one's program. The first order is to figure up what one's goal is...

Here's are a few different scenarios and goals. I briefly explain when it would be BEST to implement these 31 Hardcore GET RIPPED Cardio Routines...

Muscle Gain – The overall goal is to gain lean mass. This can only be done with proper rest to the muscles being trained. Too many athletes overdue cardio training, which then totally defeats the whole purpose of their training goal.

The best time to include any of these cardio routines below into your program would be after a heavy strength training session or totally separate from your strength training session.

***If gaining mass is your ONLY goal, it would be more wise to totally eliminate any sort of hardcore conditioning from your program for a short while to ensure your muscles get enough rest to grow.

Strength Gain – this goal follows similar guidelines to muscle gain. If you are simply trying to gain maximal strength, your muscles need to be allowed proper recovery.

You can still squeeze in these cardio routines AFTER your main strength workouts. If you are prepping for a power lifting meet or your main goal is gaining absolute maximal strength, you can skip the cardio training and keep it to a bare minimum.

Fat Loss – When it comes to melting bodyfat off of your body, the cardio methods listing in this manual will do the trick. When fat loss is your goal, these cardio methods can be implemented before, during, or even after your main strength workout. These routines can also be added in on your off days.

The number one rule is to always remember to allow some sort of rest for your body. So DON'T overdue it by training hard for 7 days straight. The best is to go 1, 2, or even 3 days in a row, then take at least a day or 2 rest.

Athletic Performance – This is largely based on your sport. The best sports that these cardio routines will support are combat sports such as wrestling, MMA, boxing, ect.

Other high powered sports that are the fit best for these types of workouts are football, baseball, lacrosse, soccer, and basketball. Obviously, those are NOT the only sports. I've had long distance runners do these routines and drop their times by minutes!!!

The bottom line with these workouts is that when you implement these routines within your base strength program, you're going to get more conditioned, you're going to get faster, you're going to get leaner, and you're going to get more explosive. That's just the bottom line!

The BEST time to implement these cardio routines into your program is to plan for them AFTER your main strength training routine. Also, if you are engaging in a sport, in-season, and have practice, it would also be best to implement these workouts AFTER your main practice.

These cardio routines should NOT be the main focus. Skill and practice of the actual sport during the season should be the focus and in the off season, maximal strength should be the focus. Use these routines as supplemental ways to increase conditioning and cardio. Great for off days!

NOW Go OUT and **GET RIPPED!!!!**



BARE BONES NO Equipment ROUTINES:

1) Sprint Jog Sprint

Find a Field with at least 20 yards open space.

Sprint ALL OUT for 20 yards. Jog back for rest.

Repeat for 8-15 reps.

2) Animal Crawl Frenzy

Find a Field with at least 20 yards open space.

Bear Crawl for 20 yards as fast as possible in good form.

Walk or Jog back to start and repeat for 8-15 reps.

[See sample Animal Movements HERE](#)

***Movement can be switched to:

Crab walks, seal crawls, frog jumps, duck jumps, lizard crawls, ect

3) Burpee Tabatas

Perform Max amount of FULL BURPEES for a tabata set.

***Tabata – 8 rounds of 20 secs ALL OUT effort w/ 10 secs rest = 4 mins total

4) Mountain Climber Tabatas

Perform mountain climbers for a tabata set.

5) Brutal Bodyweight Push/ Pull/ Squat Strength Cardio Set

Do push ups for 30 secs then switch to pull ups for 30 secs then switch to squats for 30 secs

Hold a plank for rest period of 30-60 secs.

Repeat up to 8 rounds.

***Movements can be switched to:

Different Push up variations, handstand push ups, reclined rows, lunges, squat jumps, and lunge jumps

6) Turkish Get Up Intervals

Perform the Turkish Get Up for intervals of 30 secs up to 3 mins. Repeat for 4-5 sets.

[See the Turkish Get Up HERE](#)

7) Bodyweight Complex Intervals

Choose anywhere from 5 to up to 10 bodyweight movements and perform intervals of 30, 40, or even 50 secs of work with rest periods of 10, 20, to 30 secs in between. Go through the circuit 3-4 times.

An example would be - squats, pushups, lunges, recline rows, mountain climbers.

8) Hill Sprints

The most basic and most effective!

Find a hill with about a 15-30 degree incline with preferably a 25-40 yard stretch of open field.

Sprint to the top and walk back down.

Repeat for 8-15 reps.

9) Suicide Gassers

These suck! A football favorite!

Line up on the sideline of a football field. You will sprint to the other end, touch the line and sprint back. Go down and back 2 times.

For Rest, walk the same distance and repeat 2-4 times. These are lung burners!

10) 5/10/5's

Another football favorite!

Start out by sprinting 5 yards, stop and sprint back to start, stop then sprint 10 yards and turn, sprint back to start, then end by sprinting to 5 yards and back.

Rest for 30-60 secs and repeat for 4-8 reps.

***Lot's of variations!

You can sprint these straight forward, sprint forward then back pedal back, do bear crawls, side to side shuffles, or the most brutal of all, perform a burpee at each line while switching directions.

11) Stair Sprints

Don't have a hill?? Use the stairs!

Simply sprint to the top and walk back down.

Repeat for reps or do timed sets – perform as many rounds as you can in 10-15 mins. Rest when you need to!

***Variations

Instead of straight sprints, you can do 1 leg hops up, two leg hops, run up sideways, or even bear crawl up the steps.

12) Speed Intervals

These are an old favorite. If you have a track, it's simple. Sprint the straights and walk or jog the turns. If you want to change it up, sprint the turns and walk or jog the straights.

If you don't have a track to use, do what I used to do and go running around town. I would pick out a mail box, car, or some sort of landmark and sprint all out to it. Once I hit it I would either walk or go to a light job for recovery. You can do this for 20 mins or so. Nice way to change things up.

HARDCORE EQUIPMENT BASED ROUTINES

13) Sledge Hammer Tabatas

Grab a sledge hammer and an old tire.

Do 20 secs on the right side, rest 10 secs, and repeat on the left side for 8 total rounds.

Bring your hips and keep your abs tight when you swing the hammer.

14) Jump Rope Tabata

Grab a rope and perform a tabata set.

***Variations

You don't have to do just straight jumps. You can do double jumps, single leg hops, side to side jumps, front to back, and split jumps, ect.

15) Sledge Hammer Density Sets

Grab a sledge hammer and an old tire.

Perform as many sledge hammer hits switching arms each hit in a 1 min period. Rest for a full minute and repeat for up to 10 mins.

If need be, start on a lower interval, such as 30 secs.

16) Battling Rope Tabata

Get yourself a 40-50 ft rope.

For rope size, 1.5 inch thick is normal, 2 in thick and above is BRUTAL.

[Perform battling rope movements](#) for 20 secs of all out work with 10 secs rest for 8 total rounds.

17) Band Sprints

If you have a set of heavy duty Performax bands, you can do these with a pole or some other attachment point.

These are great at building up power and quickness.

Perform sprints for time. Sprint 5-8 yards, squat, and walk back slow. Explode back into a sprint when you get back to the start.

[SEE VIDEO OF BAND SPRINTS AND VARIATIONS](#)

***Variations

You can also perform sprints in place, backpedals, side shuffles, and broad jumps.

18) Kettlebell Swing Tabatas

Grab a medium to light kettlebell and perform a tabata set. 20 secs ALL out work with 10 secs rest for 8 rounds.

19) Prowler Sprints

Sprint ALL out with a prowler for 7-10 secs. Rest for 30 secs or up to a minute and repeat for 8-10 sets.

20) Prowler Suicides

These are BRUTAL. Sprint forwards with a prowler for 10 yards. Turn and go back to the start. Immediately turn back around and prowler sprint for 20 yards. Turn and go back to the start and end with going back 10 yards and back again!

Repeat up to 5 total sets if you can still walk!

21) Tire Sprints

Sprint for 20-30 yards with a moderately loaded tire behind you.

Repeat for up to 5-8 sets.

22) Heavy Tire / Sled Drags

Grab a sled or tire and perform a continuous set for up to 15 mins.

This will test your mind to the highest power!

Go 20 yards dragging the sled then turn and go 20 yards pulling the sled back.

Continue for time.

[SEE VIDEO OF SLED WORK HERE](#)

23) Farmer Walks and Sprints

Grab a Heavy set of dumbbells, kettlebells, or actual farmer handles and perform a farmer's carry for max distance. Once you set the weight down, sprint the distance you walked and back then grab the weights and perform another set.

Repeat for 4 round or until your grip is totally finished!

24) Sandbag Loading Intervals

This is a great spin off of atlas stone loading that can have huge power and strength building qualities.

Grab a moderately heavy sandbag. Squat down and pick up the sandbag and either load it on a waist high box or shelf, or just pick it up and drop it.

Do this for short 20 to 30 second sets and rest for either 20-30 secs. Repeat for 8-10 rounds.

[SEE VIDEO OF SANDBAG LOADING HERE](#)

25) Sandbag Loading Density Sets

Perform as many sandbag loading reps as possible in a certain amount of time. Usually perform for 4 mins all the way up to 10 mins.

Make sure your form stays solid! Flat back!

26) Carry Medleys

Strongman movements are great for general conditioning and strength building all at once.

One of my favorite circuits I like to do that works not only on cardio and conditioning but also strength are Carry Medleys.

These are simple, take a pair of dumbbells, kettlebells, a keg, or use a heavy sandbag and perform various different type of carries in a circuit.

An example would be dumbbell overhead walks to Zercher carry to farmer walk. When you fatigue out at the first position, move the dumbbells to shoulder height in the rack position or Zercher carry. Walk max distance there and when you fatigue out there, move the dumbbells to the farmer carry position and carry until failure.

You can choose to throw short sprints of 10-20 yards in between carries for more cardio and conditioning.

Do 3-5 rounds.

[SEE A CARRY MEDLEY VIDEO HERE](#)

27) Complexes

Complexes are when you string a number of different movements together to make up a complete set.

An example would be – dumbbell squat to overhead press to drop lunge to bent row to deadlift.

This can be done with many different implements including dumbbells, kettlebells, a barbell, sandbags, and even a rock!

Perform anywhere from 5-10 reps per movement and repeat for 3-4 sets.

Keep the weight moderate to light.

[Check out a sample complex HERE.](#)

[Check out another sample complex HERE.](#)

For some KILLER Barbell Complexes, check out BarbellComplex.com

28) Sandbag Turkish Get Up Intervals

Perform Turkish Get Ups with a sandbag loaded on your shoulder.

Switch sides each rep or every interval.

Perform for sets of 20 secs up to 3 min sets.

[SEE VIDEO OF TURKISH GET UP HERE](#)

29) Med Ball Circuit Intervals

These are one of my favorites! Choose 1 to 8 med ball exercises and perform intervals of ALL out effort.

Choose to do either 20 to 30 sec intervals for sets of 3-4.

A great example would be - med ball slams, med ball chest pass, rotational throw right, rotational throw left, med ball burpee, med ball squat toss (wall ball)

[SEE MEDBALL CIRCUITS HERE](#)

30) Band Circuits

I look using band circuits as finishers and for core training sessions. With bands you not only work conditioning, but you also work heavily on reactive strength as well as power. Performax bands are what I choose to use as they are the most versatile and durable.

I usually choose 3 – 6 band exercises and go with 30 secs of work with 30 secs rest. Repeat the circuit 3-5 rounds.

A great example training session with bands would be:

Band squat jump, band mountain climber, band bent rows, band power press, band bear crawl.

This circuit hits your whole body and tests your core extremely hard.

[See Band Exercises VIDEO HERE](#)

31) Rowing Intervals

If you have access to a C2 Concept Rower, you can use it for a great interval session.

Just like with other intervals, row as hard and fast as possible for 20-40 secs then rest for 30 secs to a minute. Repeat for sets of 8-10.

You can also do 200-500m sprints. Row as hard and as fast for 200-500m then rest for up to 3 mins and repeat 1-3 times.

Recommended Hardcore Resources:

[My personal website/blog](#) – Stay connected with me! Workouts, videos, everything HARDCORE!

[Body By Vi Protein](#) – For you Hardcore Supplement needs, these guys are about PURE quality! Give their 90 day Challenge a try!

[The Power Wheel](#) – This is “the” BEST and most effective core strengthening and overall training tools available!

[Convict Conditioning](#) – THE bodyweight strength bible!!! Made by a man who spent much of his life behind bars who knows a thing or two about getting strong as hell from just bodyweight!

[Performax Bands](#) – I mentioned these above in the workout. Bands offer a great way to increase intensity in any and all exercises. Take them anywhere you go and get stronger and more powerful!

[TRX Suspension Training System](#) – Another great tool that’s very versatile and effective. Take regular bodyweight exercises and turn them into highly advanced progressions to gain muscle and strength!

[Forged Kettlebells](#) – The ancient Russian training tool is a must for all SERIOUS trainees! These are of the highest quality and built for straight up HARDCORE usage ONLY!

[HARDCORE VIDEO RESOURCE PAGE](#) - For videos of some of movements in the workouts – go to this special YouTube page!