

# SPECIAL REPORT

MP-BODY.COM

ISSUE #10

Program design is a fundamental aspect of success. However, in over 20 years in this industry, I have not found one certification course that teaches personal trainers how to design transformation programs



## An Introduction to FIRE & ICE How to design your own program

How do you construct an exercise program you know is going to work?

That is, how do you piece together a complete exercise program that will improve health, fitness and body shape - particularly when you know that you can only devote a handful of hours a week to exercise?

The cardio, the gym work and what about fitness classes as well as any other activities - I mean, how do you know you're getting it all correct?

I'm sure you'd agree, program design is a fundamental aspect of success. However, they don't

teach that stuff to personal trainers in any certification course I've seen. Heck, they don't even teach this stuff in an Exercise Science Degree!

Developing the right program to suit the individual is a very complex field of exercise science. Aside from the exercise there's a lot of other variables that have to be considered; age, fitness level, health history, exercise history, environment and of course lifestyle.

Even the most experienced personal trainers find it difficult (spend a lot of time) attempting to construct just the right program for each client.

Others just launch into a 6-day a week scenario. You know the one: 3-days of resistance training (usually Monday, Wednesday, Friday) and throw-in some cardio in on Tuesday, Thursday, Saturday and hope for the best.

There's no science or structure. They just go with what they've been told or what might have worked for someone else in the past. Either way, this an approach guarantees plateaus, frustration and failure.

Is there really a method that takes all that complex science, all those variables

and pieces together the right program for just about anyone?

### The MP 10 Point Exercise System

I've "taught fitness" to every type of person you can imagine, at all levels, from triple world champions to primary school kids; from mums and other busy people to post-grads at University level. Early on in my career, I quickly realized one important lesson.....

Getting fit is easy. Heck, you don't need a trainer for that. Developing a highly effective, efficient program that gets rapid results in health, fitness and body shape, and becomes a part of your life forever, that's far more challenging.

But it's also much more rewarding.

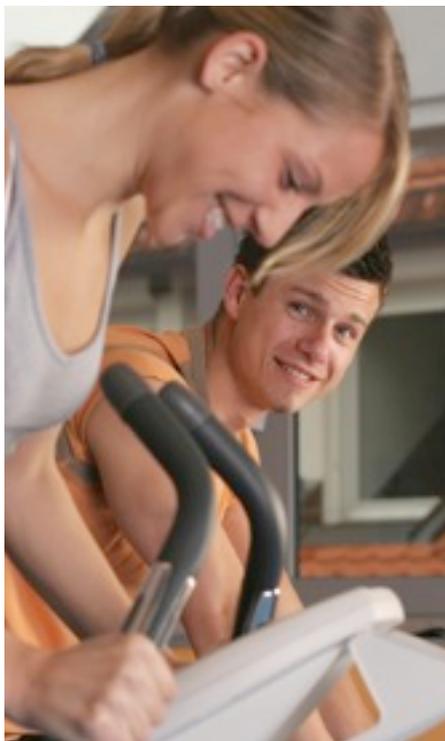
A highly effective exercise program for fantastic improvements in health, performance and body shape should only take 3% of your week.

The key to creating that sort of efficiency is to rapidly construct a very refined level of structure – an environment that creates accountability and sustained motivation. I'll admit it's a task that isn't easy to do. However, over my years I developed a method to designing incredibly effective, efficient exercise programs. I call it the MP 10 Point (Exercise) System.

For years and years, I've kept this incredibly simple approach to myself- it works fantastically and has saved me so much time. Now I share this with all MP members of [mp-body.com](http://mp-body.com)

Here's what the MP 10 Point System will do for you:

- Ensure you complete just enough of the correct exercise.
- Prevent overtraining & plateaus which kill motivation and progress.
- Achieve the best results in the shortest possible amount of time.



I'm going to show you how to put together an exercise program that improves health, performance and body shape and the program will only take 3% of your week.

- Create momentum that accelerates training adaptations.
- Finish your program invigorated, not exhausted or sick of exercise.

Why does the MP 10 Point System work?

The MP 10 Point System achieves two very important objectives, both of which have been lacking in the fitness industry.

1) It teaches a systemized yet science-based approach to program design.

That is, this method embraces all the fundamental principles of exercise physiology to construct a program that provides just the right duration, frequency and type that will get each client fantastic results in health, fitness and body shape.

This fantastically simple approach shows you how to integrate the various forms of exercise, avoid overtraining and even accelerate adaptations from exercise. It gives the professional a method to integrate all forms of exercise in a program that will yield the best results with 99.9% of the population.

2) The MP 10 Point System teaches you how to match your exercise to your nutrition plan.

The quality of nutrition determines the results obtained from exercise. The problem is, most people really underestimate this.

More importantly, most trainers don't match the client's activity level to their current nutrition quality. They do it the other way around! They let a new client (with bad nutrition habits) undertake a high volume, 6-day a week program, then attempt to coach them on improving their nutrition.

This approach quickly develops a metabolic environment that makes improvements very difficult.

Failing to match the exercise program to the current quality of a person's diet is one of the biggest reasons why many people fail, plateau and or quit their program.

Nutritional quality dictates work output, intensity, recovery capacity and therefore the adaptations (results) we desire. To guarantee results, the quality of your nutrition has to dictate the quantity and



For most people, 10-15 points a week should be more than enough to get great results. Before you start adding more exercise, scrutinise the type and amount you're performing now.



quality of exercise you perform each week!

When most people start an exercise program, they're full of bad nutritional habits. Plus, they don't know how many meals they really need or what needs to be in those meals, or when you eat them to optimize results. And what's the other stupid thing most people do in an effort to get lean fast?

They start cutting calories!

Exercising a nutrient-deficient body only leads to greater deficiencies. That is, undertaking a 6-day-a-week intensive exercise routine is only going to send your progress backwards.

It's a recipe for disaster.

A complete transformation, really means undertaking a process, so a little time is required. The MP 10 Point System ensures beginners learn how to maximize results right from the very start.

Conversely, I teach my elite athletes and Certified MP Trainers how to use the MP 10 Point System on a more advanced level to optimize their programs, speed recovery and adaptations. The MP 10 Point System is a unique aspect of [Metabolic Precision](#).

To get you exercising the right way from the start, take this little assessment. Using the table below add up your weekly "exercise" points based on the following...

week	points
1	
2	
3	

- Every resistance training workout = 3 points
- Every intense cardio exercise session = 2 points.
- Any other less intense activity = 1/2 point

For example, let's say you performed aerobic work on Monday, Wednesday and Friday (= 6 points). Plus you completed 2 resistance training workouts (= 6 points), played a game of golf on Saturday and worked in the Garden on Sunday (= 1 point). That's a total of 13 points.

Another example, you might perform 7 cardio exercise classes a week (14) plus a game of singles tennis (2) and a yoga class (1/2 to 2 points depending on how advanced at yoga you are). That's a total of up to 18 points.

Exercise can be a double-edge sword – just the right type and amount is the all-important catalyst for rapid, fantastic results. On the other hand, too much, too often and/or the wrong type creates a metabolism that makes great improvements impossible.

What's your total for each week?

From all the clinical exercise research I've reviewed and been involved with; a total of 10 but not much more than 15 points will get most people the health, fitness and body shape they've always wanted.

If you're clocking up more than 15 points each week and you don't have the body you really want, then you need to start addressing the other 97% of the week. More exercise definitely isn't the answer.

Can you go over 15 points?

Certainly, but is your activity level matched by nutrition? The more points, the higher the level of your nutrition needs to be to obtain any benefit. Why exercise for no benefit? Athletes are the worst offenders of this rule. It's a big reason for plateaus and lack of progress.

Here are some key aspects that will help you develop an effective exercise program.

## FIRE & ICE

In our unique [MP Certifications](#) I teach how to create incredibly effective programs by integrating FIRE & ICE!

FIRE (**F**ocused, **I**ntense, **R**esistance **E**xercise) is my research-proven system shown in clinical studies to consistently deliver rapid improvements in strength, muscle size and body shape; in novice to elite, 18-78 years of age.

I had to develop and validate this system as part of doctoral thesis, which covered an in-depth academic discussion about the science of effective resistance training. Here it is in a nut shell!

- ✓ The most effective is still barbells, dumbbells & weight-stack machines.
- ✓ Forget about what rep range is "the best", the program must be structured to ensure *progressive overload*.
- ✓ Focus on exercises that recruit the most muscle; they trigger the fastest adaptations most people want.
- ✓ The execution of the program is more important than *the amount of time spent in the gym*.
- ✓ No workout should last longer than 45 minutes (35 minutes is ideal!)
- ✓ Most people, get fantastic results from 2- 4 workouts a week.
- ✓ Performed correctly, this activity has the capacity to trigger amazing, rapid results that's why it gets 3 points.

## ICE (**I**ntense **C**ardio **E**xercise) = 2 points

Most attempts at cardio wipeout strength gains and any chance of body shape improvements. Here's how get much more from your cardio workouts.

- ✓ Focus on intensity not duration (15-30 mins)
- ✓ Move/carry as much of your body as possible
- ✓ Use a variety of effort levels to frequently exceed energy production thresholds.
- ✓ Don't perform the same workout often, vary activity, duration & work intervals.
- ✓ Do activities you're not good at – you'll burn more calories!
- ✓ Exercise outside when ever possible.

## LIA (**L**ow **I**ntensity **A**ctivity) = ½ point

LIA is important, it promotes the utilization of calories and recovery from more intense exercise. It also adds value to your life!

LIA can be anything that doesn't involve high intensity. LIA should be revitalizing and fun. LIA includes but is not limited to; walking (anywhere), hiking, cycling, swimming, surfing, tai chi, pilates, yoga and other classes.

These activities can be for longer than ICE workouts but remember, if you do perform these activities at high intensity, they are not LIA!

Use this introduction to the MP 10 Point System to scrutinise the type and quality of exercise you're performing now. At the very least, I hope I've made you question some of your current habits.

When constructed correctly, your exercise program should only take up 3% of your week and form a powerful catalyst for fantastic results you can keep!

With [Metabolic Precision](#) you'll know how to construct the correct program to suit your individual needs; build cardio into your program to speed recovery, maximise strength gains *and* shed body fat!

