

**MAX
MIND**
Lean Body

HIGH REPETITION

Heavy 100s



Home Version



MAX MIND LEAN BODY

High Repetition Workout Heavy 100s Home Version



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Anytime we expose ourselves to something a little scary or completely unfamiliar there will always be a level of trepidation and even intimidation associated. Conversely, the less ignorance we have the more comfortable we become. Like a developing or evolving relationship, the more familiar we get the more comfortable we are, allowing us to immerse ourselves without inhibition.

This introduction is about dropping the vial and creating a broader understanding and familiarity of body sculpting basic. The more you know the less you fear. How does that old saying go?... *"Knowledge is power."* We want you to have as much power as possible before you even begin the exercises. It begins at the cellular level

BUILDING BLOCKS

Every cell in our body is intelligent and alive and communicates with not only your brain but also every other cell in our body. Looking in the mirror at yourself you see one entity - YOU. But if you were to be shrunk down to the size of a single cell and dropped into your own body you would not recognize yourself. What you would see are trillions of other cells working together in harmony in "homeostasis" that is of course in that absence of disease.

Each one of those cells has a specific job. The primary job of the muscle cell is to contract (shorten) and expand (stretch). Hundreds of muscle cells work together in groups or **bundles** to stabilize and move your otherwise limp skeletal system. Your arms for example, would simply hang there unable to move if your biceps were no longer able to contract. Instead, you're easily able to bend your arm to open the refrigerator door or grab a drink of water. You don't even have to tell your arm what to do. It's happens instantaneously with a thought. You have already conditioned that part of your body/brain connection. All you must do is make the decision to open that door and have some crystal-clear H₂O and before you know it your arm has acted on that decision without direct command.

Your muscles play a role in almost everything you do, from typing away on the keyboard of your computer to brushing your teeth to pulling yourself out of bed in the morning. In fact, all those things and thousands more happen so easily and without conscious thought that we have all but completely taken for granted how much we depend on our muscles every single day. That is until they start to fail. In large part this program is as much about delaying "indefinitely" any



muscle failure, atrophy or age-related breakdown as it is about building a strong, shapely and mechanically magnificent body.

You can be sure that if you have not been actively exercising and maintaining your muscles you have been losing your muscles. This is one of the main reasons you have been putting a little (perhaps a lot) of extra body fat on every year. It's also why your body has been on a steady decline over the past few years.

So, let's begin the process of changing that with a good understanding of the building block basics.

BODY PARTS

A moment ago, I said, *"Hundreds of muscle cells work together in groups or **bundles** to stabilize and move your otherwise limp skeletal system."*

Each one of those muscle bundles join forces with other muscle bundles to make up what we call in the lifting world as well as a bad vampire movie, "body parts."

There Are 9 Basic Body Parts:

- Chest (upper and lower)
- Back (lower, middle and upper)
- Shoulders (front, side and rear)
- Quads, short for quadriceps (front of leg)
- Hams, short for hamstrings (back of leg)
- Calves (lower leg)
- Bis, short for Biceps (front of the upper arm)
- Tris, short for Triceps (back of the upper arm)
- Core or abs (the midsection or trunk)

The Antagonistic Factor:

For a skeletal joint like the elbow to bend, your bicep must contract or shorten while the opposing or antagonistic muscle (the triceps) on the opposite side of the arm must relax and



lengthen. In other words, every muscle regardless of its job must contract or shorten to move its skeletal lever. However, from an exercise perspective we like to say that some muscles push and some pull and quite often we group them in this way.

The Pullers:

Taking it a step further most of the individual muscles like the *bicep* for example can be grouped with other muscles like the *back* that play a similar role. These muscle groups either push or pull resistance. If for example, someone you loved was trapped under a car you would have 3 choices:

1. You could grab the bumper, lean forward, squat down and try to lift the car using your back, bis and legs.
2. You could crawl underneath and push it up using your chest, shoulder and tris.
3. Or you could use your wrist and finger muscles to call for help.

I recommend choice 3. However, with enough adrenalin and a reckless disregard for your own sciatic health you could conceivably lift the car by PULLING it up...it has been done by more than one grandma.

The Pulling Muscles Include:

- Back (Latissimus, Rhomboids, Trapezius, Lower Erectors)
- Bis (Biceps)

The muscles of the back and bis work together as pulling muscles. Like opening a door from the inside the pulling muscles work together to pull or move objects or weight towards you. From an exercise perspective we often must pull through the arms using the biceps (like you would if you were rowing) in order to get the back muscles to engage and get stronger. Bent forward and holding the bumper of that car with both hands combined with the squatting power of the legs you could conceivably move that car.



The Pushers:

Like closing a door from the inside the pushing muscles work together to move objects away from the body. Doing a pushup, for example, you would recruit all three of the pushing muscles listed below.

The Pushing Muscles Include:

- Chest or pecs (short for pectorals)
- Shoulder or delts (short for deltoids)
- Tris (short for triceps)

Legs:

The legs are the most powerful muscles in the body and certainly one of the most attractive, on women anyway. There are four large muscles in the front of the upper leg (quadriceps) and three in the back (hamstrings). As I mentioned earlier, antagonistic simply means “opposite” or opposing. In this case it refers to the front (the quadriceps) and the back (the hamstrings) of the upper legs. When one contracts the other must relax for the knee joint to bend. If there is a large imbalance in strength between the two (common in runners) it could cause joint or structural integrity problems.

The Legs Include:

- Quads (quadriceps)
- Hams (hamstrings)
- Adductors (inner thigh)
- Abductors (outer thigh)

NOTE: The buttocks or glutes (short for gluteus) muscles are worked directly or indirectly with almost every leg exercise (if done properly) and despite popular theory and countless BUTT exercise videos rarely require separate exercises.





Calves:

Calves or the lower legs are another one of those muscle groups that doesn't always require additional focus above and beyond upper leg work especially if you're including some jumping or plyometrics exercise in your program.

Core/Trunk:

Your trunk is by far the most important structural component of your entire body. Whether your goal is developing an impressive set of washboard abs (the six pack) or just maintaining a strong flat tummy a balanced core is no less critical to your overall structural integrity. The primary cause of lower and middle back problems stem from a weak untrained core.

Muscles of the Core:

The core includes several muscles that work in unison and antagonistically (opposite) to keep the spine and pelvic joint in proper alignment. They include:

- Abs (rectus abdominus)
- Transverse abdominals
- External and internal obliques
- Lower and middle back

Note: Our [Max Mind Lean Body Over 40 Solution](#) includes a complete bonus section dedicated exclusively to training your core. The MMlb Core Dynamics System provides a variety of core/trunk exercises in different sequences. You'll also find several of those exercises in the video tutorials.

Now that you have a good basic understanding of your body's muscles, how they're grouped and how they work together and separately it's a good time to go over some basic workout lingo and some general training strategies.



GENERAL TRAINING STRATEGIES AND LINGO

They most commonly used training strategy uses the **Sets and Reps** method. Developed countless years ago by long gone strength training pioneers the Sets and Reps method has been used to calculate the intensity and duration of a workout ever since. The standard practice has been to perform a given or fixed number of repetitions for a given or fixed number of sets per exercise.



For example, if you were doing pushups you might perform 3 sets of 10 repetitions for a total of 30 pushups. You would traditionally rest between 30-60 seconds between each 10 rep sets. You would then move on to the next exercise and pretty much do the same thing again and again for the next several exercises until you got tired or bored to death.

Supersets are two (or more) exercises performed back-to-back with no rest in between exercises.

NOTE: This is the problem with traditional strength training and why so many people particularly women find it painfully boring. Unless you're into developing HUGE muscles or always challenging yourself with how much weight you can lift it can be boring as hell.

The [Max Mind Lean Body Over 40 Solution](#) is anything but boring and does not focus on continually increasing the amount of weight you use in order to develop a healthy, sexy and strong body

STRENGTH

There is an intangible element to strength that simply cannot be purchased or surgically implanted. Strength chisels the jaw line, defines the brow, widens the shoulders, and tapers the waist. It exudes a chemical pheromone that is unconsciously irresistible to everyone who comes in contact with it. Strength is what everyone wants but few have. Strength is confidence, poise and self-reliance.



Strength comes into play in everything we do. Being strong, both physically and emotionally helps us feel confident. Strength makes us more self-sufficient and gives us the ability to help others.

Think about the number of things you do every single day that require you to use your body. Hauling groceries, climbing stairs, moving furniture, taking down armed assailants and making them pay for their feeble attempts. What about all the things you either do or would like to do on the weekends? Now think how much easier and more enjoyable those things would be if you were considerably stronger and had twice the energy and stamina you do now (that's power). How about what you might do with all that energy you have left over at the end of the day. But first you should understand how strength itself is developed.

*Strength demands attention
and respect!*

How We Get Stronger:

1. Every time you lift a challenging amount of weight (resistance) for an equally challenging number of times (repetitions) that weight or resistance will create microscopic tears in the fibers of the muscle being used. Over the course of the next 24-28 hours and the right nutrition those micro tears repair. But they don't just go back to the way they were. They get a little stronger in preparation for the next time they are challenged. It generally takes a progressively *increasing* level of challenge (more resistance or reps) the next time to get that same muscle to respond in the same way again. If you don't continue to challenge them the muscle will simply adapt and stay the same. Another reason why the fear of getting to bulky or masculine is absurd. When you stop training or challenging the muscle it stops developing...period!
2. When frequently challenged to a high enough degree muscle cells will develop new blood vessels in order to provide the extra blood, oxygen and nutrients needed to meet the challenge. In addition, as a result of high intensity strength training some muscle will also develop new mitochondria. Buried deep in the cell mitochondria plays several roles in the body. Often described as "the powerhouse of the cell" because mitochondria generate most of the cell's source of chemical energy. This simply means the more the better.



This is one of the reasons stronger more well-developed muscles are so critical to your body's fat burning process. Unlike fat which burns very little calories (energy), muscle is "metabolically active" tissue. Meaning it burns additional energy just to support itself even while at rest. **This is another good reason why strength training while trying to lose weight is so important.** The more mitochondria in the cell the hotter the furnace, the hotter the furnace the more fat and glucose will be burned for fuel, the more fat and glucose you burn for fuel, the leaner and strong you will become.

3. Connective tissue like tendon and ligament as well as bone is also strengthened as a result of strength training. Why is this important? Most weekend sports injuries are the result of connective tissue tears and sprains. If you ski, play tennis, run, hike, bike, play volleyball or any other activity that could lead to injury the stronger your muscles, connective tissue, and bones are the better you'll play and with a decreased likelihood of serious injury. In addition, bone strength and density are a serious issue for women later in life. **Osteoporosis isn't a MILK problem it is a weak body problem.**

This program will not only help you build the physical strength needed to perform your normal everyday tasks with much greater ease but also build the kind of inner strength that can only be achieved through daily, *"I can do it!"* challenges.

At the next level [The Max Mind Lean Body Over 40 Solution](#) is designed to challenge you every day while periodically (every 3-4 weeks) upping the ante by encouraging you to move to the next more challenging level in the program.

For now, let's get started building that foundation.

THE BENEFITS OF HIGH REPETITION WEIGHT TRAINING

1. Increased Aerobic Capacity

Aerobic capacity refers to the ability of the heart and lungs to take in oxygen and distribute it to a particular muscle group. The higher it is, the better since it promotes endurance with a reduced risk of fatigue.



In a systematic review involving cardiac patients, the researchers learned that HIIT training may be more effective than a continuous workout in increasing aerobic capacity.

The results of the study may be significant for two reasons:

First, people with heart problems can still do an exercise that's high intensity with the guidance of their doctor.

Second, high repetition workout routines may help strengthen the cardiovascular system. After all, the heart is one of the largest and essential muscles in the body.

2. Lower Glucose Levels

High repetition workouts may also help people with problems in metabolizing glucose or blood sugar. These may include those with insulin resistance or diabetes.

What is insulin resistance? It is a condition characterized by the body's inability to respond to insulin, a hormone that delivers glucose to cells.

In a 2017 study by the University of Turku, two groups of healthy and diabetic men participated in a moderate but traditional-intensity workout and HIIT routine.

The high repetition workout routine was just as effective in improving the utilization of glucose as the regular type of exercise.

This highlights the fact that exercise, in different forms, is ideal for people with blood sugar issues. The advantage of high repetition workouts is it demands only a few minutes of your time to produce the same results.

Like all other exercises, however, consistency is the key. To maximize the benefits of this high repetition workout you need to do them regularly over a period of 8-12 weeks.

3. Weight Loss

Because of the design or structure of high repetition workouts, which include higher oxygen uptake, they have a high rate of calorie burn. Estimates suggest that it can be as much as 300 in 30 minutes.

The added benefit is you sustain your calorie burn by keeping your metabolic rate up even after an exercise.



In fact, it may perform better than conventional aerobic endurance exercise such as jogging in this area.

THE WORKOUT: HEAVY 100s

This workout will activate endurance and strength muscle fibers and connective tissue to strengthen and build the muscles in the legs, back, and core, which are all large muscle groups.

Therefore, the focus should always be on proper form, especially as the body begins to fatigue.

Use a weight that is not only challenging, but also allows you to finish the complete number of repetitions safely.

You'll likely forget what number you're on, so create a system that will keep you on track.

Heavy 100s does not require special equipment to perform and can be done from the comfort of your home. Some exercises suggest using dumbbells. If you do not have dumbbells get creative and use soup cans, milk jugs, or anything else that will create resistance and challenge you during the movement.

Like other exercises, however, never do them without the approval of your doctor. If necessary, start with shorter time intervals and then gradually build up your duration.

The most important thing is you do your exercises to the best of your ability and in the correct form to minimize or avoid injuries and speed up your recovery. Always choose proper form of the movement over weight.

With the right intensity and added challenge, each workout should take no longer than 50 minutes to complete. Do one chest, leg, and back workout per week with a days rest in between workouts.



About Peak Performance Experts Dawn and Tom Terwilliger

Dawn Terwilliger is a Psychological Kinesiologist and NLP Master Practitioner, American College of Sport Medicine Master Trainer, and certified Epigenetic Coach.

Tom Terwilliger is a former National Body Building Champion, Mr. Olympia competitor, NLP Master Practitioner and American College of Sport Medicine Master Trainer.

Collectively, they've written two #1 bestselling books on the subjects of mindset and achievement, *7 Rules of Achievement* and *Why SMART Goals Maybe Dumb* along with countless online training programs. And the acclaimed, [Max Mind Lean Body Over 40 Solution](#).

They are also the founders of [High Achievers University](#) – “Tools For The Development of Real Life Self Made Heroes” and [MaxMindset.com](#)

For the past 25 years, Tom and Dawn Terwilliger have been using their unique gifts to help thousands of people unleash their hidden power, achieve peak performance and live better, healthier more satisfying lives.

DISCOVER THE TRUTH ABOUT THE EMOTIONAL, PHYSICAL, AND BIOLOGICAL FACTORS THAT CAUSE 99% OF PEOPLE TO FAIL...

...and repeatedly lose and gain back the unwanted weight, and to fall into destructive habits
with our body and relationship with food...

More Importantly - HOW TO CHANGE IT PERMANENTLY



This powerful information along with years of additional research and real life in-the-field
experience led us to the development of a ROCK SOLID METHOD...

...For using the power of the mind to align the inner with the outer you and turn your body into
a fat burning, butt shrinking, gut annihilating muscle building machine at any age!

A simple, yet effective solution with proven results. It's the SECRET BLUEPRINT that works every
time for using the power of your THOUGHTS along with CONGRUENT ACTION to
accelerate your weight loss, body sculpting and AGE REVERSING RESULTS with minimum effort.

>> [[GET YOUR COPY TODAY!](#)] <<

Home Version **HEAVY 100s** PUSH POWER

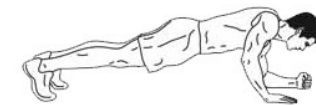


3 SUPERSETS | 1 MINUTE REST

1 SUPERSET



Plank Crunches
30 Reps

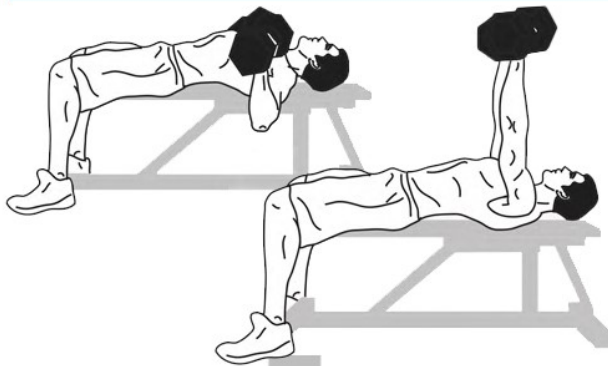


Hi-Low Planks
10 Total Reps

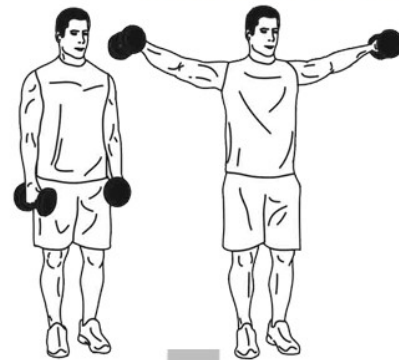


Plank Hold
1 Minute

50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE



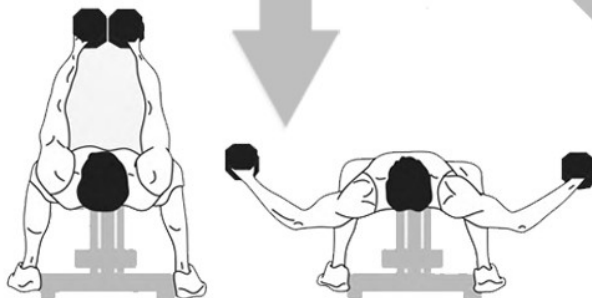
Bench Press



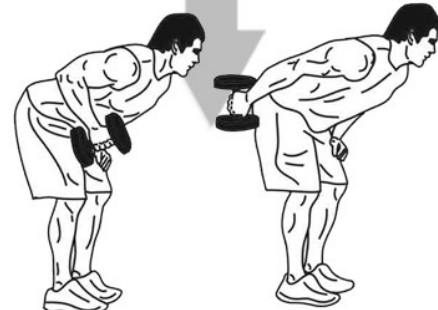
Lateral Raise

3 SETS | 15 REPS

50 - 30 - 20 REPS



Incline Chest Fly



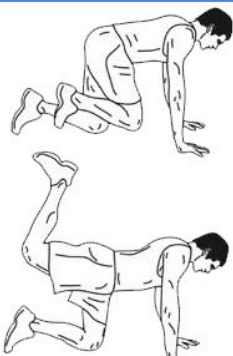
Double Tricep Kick Back

Home Version **HEAVY 100s** CLASSIC LEGS



3 SUPERSETS | 1 MINUTE REST

1 SUPERSET



Glute/Core Leg Lifts
50 Reps

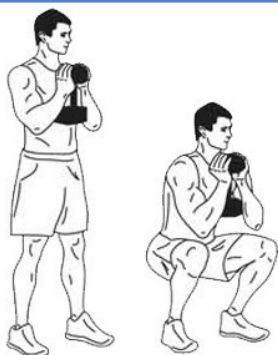


Bridge Hold
1 Minute

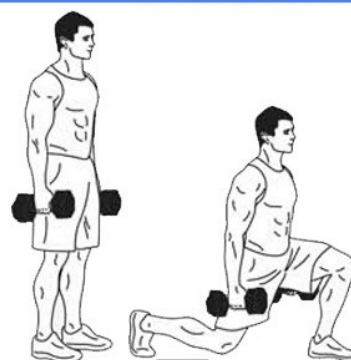


Crunch Kicks
20-30 Reps

50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE



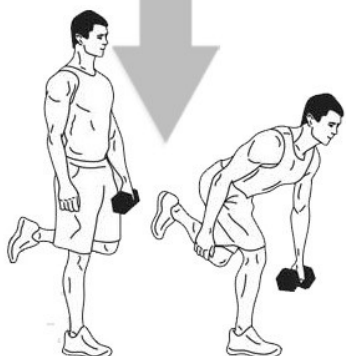
Squats



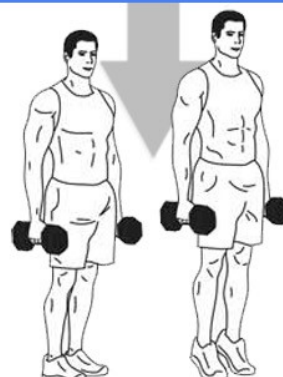
Back-Step Lunge

3 SETS | 15 REPS

50 - 30 - 20 REPS



Single Leg Dead Lifts
(choose form over weight)



Double Calf Raise
(fight to maintain balance & posture)

Home Version **HEAVY 100s** STREAMLINE

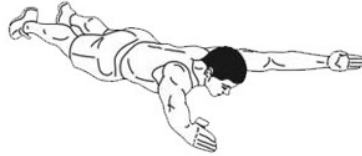


3 SUPERSETS | 30 REPS EACH | 1 MINUTE REST

1 SUPERSET



Reverse Angel
30 Reps

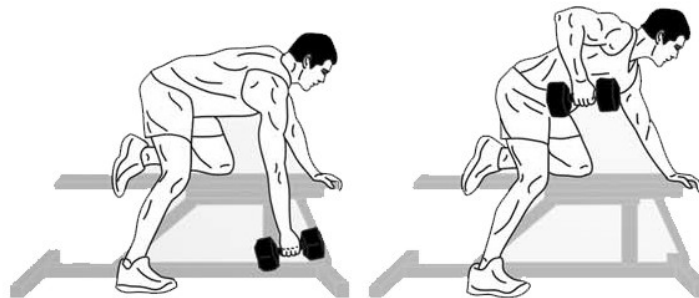


W Extensions
30 Reps



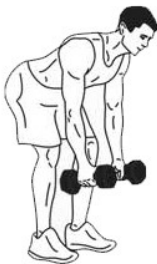
Hyper Extensions
30 Reps

50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE

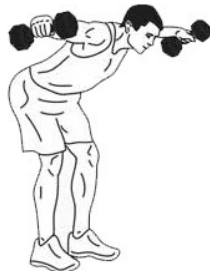


One Arm Row

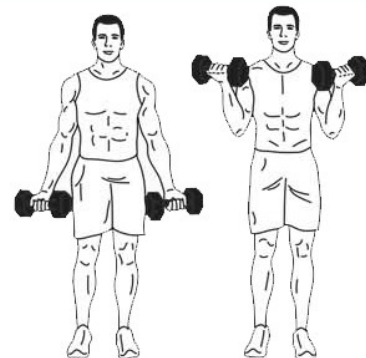
3 SETS | 15 REPS



Bent Over Rear Delts



50 - 30 - 20 REPS



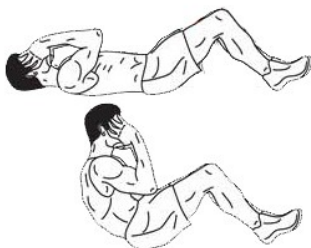
Bicep Curl

Home Version HEAVY 100s POWER PUNCH

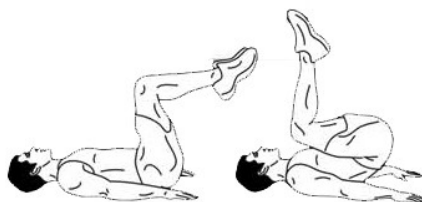


3 SUPERSETS | 1 MINUTE REST

1 SUPERSET



Crunches
30 Reps

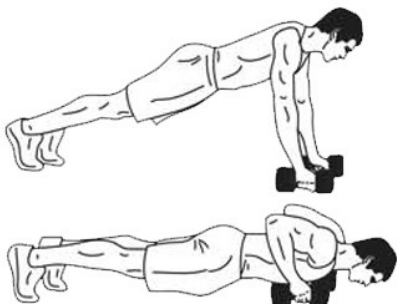


Reverse Crunches
20 Reps

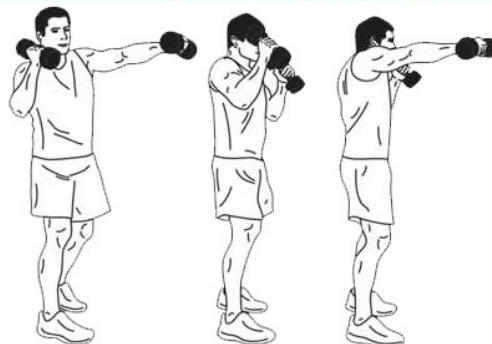


Twisting Crunches
50 Reps

**50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE**



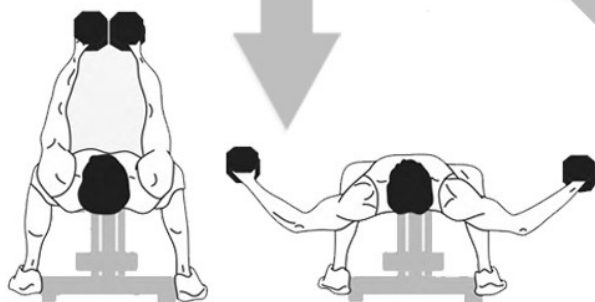
Push-Ups (yep!)



Slow Motion Alternating Punches
(very light weight)

3 SETS | 15 REPS

3 SETS | 15 REPS



Incline Chest Fly



Bench Dips
(elbows back and close, chest up)

Home Version HEAVY 100s SINGLE MANIA



3 SUPERSETS

1 SUPERSET [



Leg Raises
(toe out from hip)
30 Reps

CHANGE LEGS AND REPEAT SEQUENCE



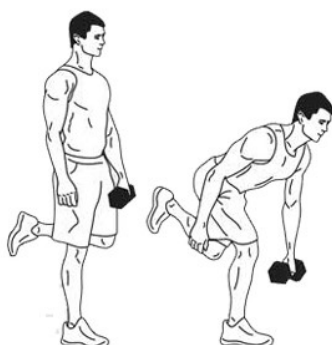
Hold
30 seconds



Leg Raises
(same leg - toe out from hip)
30 Reps

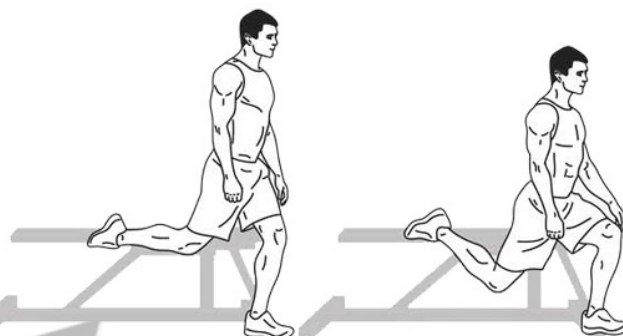
]

50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE



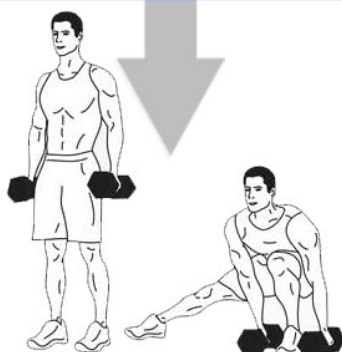
Single Leg Dead Lifts
(choose form over weight)

3 SETS | 15 REPS

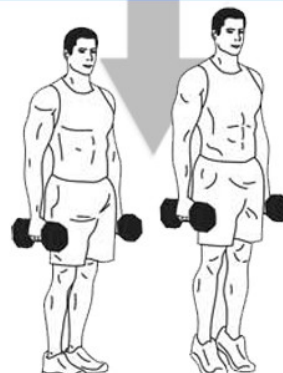


Bulgarian Squats
(chest up, hips under shoulders)

50 - 30 - 20 REPS



Lateral-Step Lunge
(all weight over lunging leg,
straight leg is light and perpendicular to body)



Double Calf Raise
(fight to maintain balance & posture)

Home Version **HEAVY 100s** SUPER STRENGTH

**MAX
MIND**
Lean Body

3 SUPERSETS | 1 MINUTE REST

1 SUPERSET

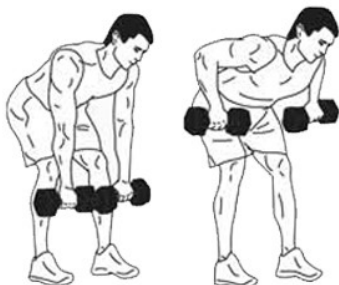


Lay Out Crunch
20 Reps

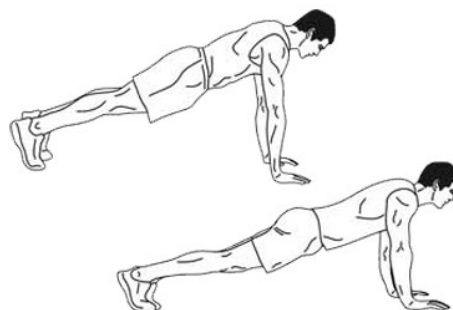


Sitting Twists
50 Reps

50 - 30 - 20 REPS | 1 MIN - 45 SEC - 1 MIN REST
BEFORE NEXT EXERCISE



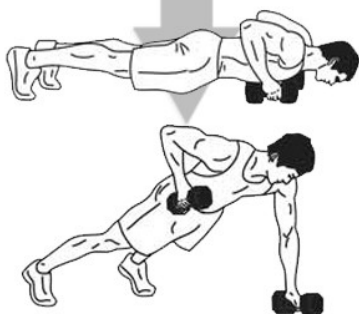
Wide Grip Two Arm Row



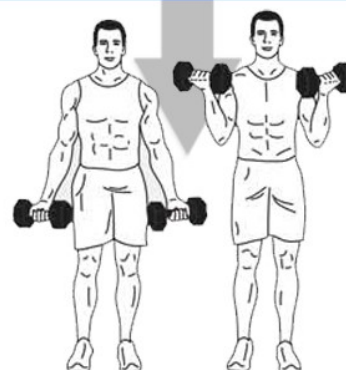
Scapula Protractions

3 SETS | 15 REPS

50 - 30 - 20 REPS



Renegade Rows
(alternating sides, 15 each arm)



Bicep Curl

Bodyweight Exercises



abs



quads



glutes



triceps



biceps



back



chest



sit-ups



lunges



squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



bicycle crunches



turning kicks



bridges



tricep extensions



doorframe rows



superman



chest squeezes



flutter kicks



climbers



jump knee tucks



get-ups



body rows



star plank



shoulder press



leg raises



plank jump-ins



fly steps



punches



sitting pull-ups



alt arm/leg plank



shoulder taps



elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups

Stretching



shoulders



lower back



hamstrings



quads



inner thighs



hips

1 	1 	1 	1 	1 	1
2 	2 	2 	2 	2 	2
3 	3 	3 	3 	3 	3
4 	4 	4 	4 	4 	4
5 	5 	5 	5 	5 	5
6 	6 	6 	6 	6 	6