



PrymaFit™ Rogue Shredding

Mini Course



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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Intro

Welcome to the PrymaFit Rogue Shredding Course. Over the next month or so, we're going to get lean, shredded, and ripped in less than an hour a day. And in only three days a week. This course was designed to get beginner, intermediate, and advanced bodyweight practitioners in good shape in a short amount of time. It uses the principles of metabolic conditioning, lactic acid training, etc. to produce rapid results. No matter what level you're at this will truly be a challenge. So get ready! And let the gains begin!

The What?

This is a shredding program designed to help those with some extra pounds to lose, lose them fast. While still building muscle and getting strong. It's especially ideal for those "skinny-fat" people who are stuck in the middle and don't know what to do or how to train. The program for this challenge was extrapolated from some of my best workouts that I've used for myself and my clients over the years to get into serious shape. This type of training is often referred to as body recomposition. And most people think that it can't be done. But the truth is, it can. It just has to be done intelligently.

The How?

Body recomposition can be achieved in quite a few proven and effective ways. The most popular methods are metabolic condition (or MetCon), circuit training, and German Body Comp (GBC). Most of these will often times follow the principles of Lactic Acid Training or High Intensity Training. The program for this challenge falls into the territory of both.

To put it simply, high intensity resistance training will almost always lead to gains in hypertrophy (or muscle growth). This is because of the type of stimulus being put on the muscles. When you use high intensity training in circuits, it leads to fat loss as well as hypertrophy. It's a win win. This is because you are still using weights or bodyweight progressions used to build muscle, yet, you're doing them in a circuit with very little rest between exercises. So there's a conditioning aspect and effect as well, this is the primary reason for the fat loss.

It's important that circuits are structured properly, though. You don't want to work the same muscle group back to back. This would lead you to perform poorly on the 2nd exercise because that muscle group has already been pre-fatigued. It's also ideal to use harder progressions first.

You wouldn't want to put handstand pushups at the end of a circuit when you're arms and shoulders are already pre-fatigued from pushup and dip progressions. Following intelligently designed circuits leads to outstanding results in a relatively short amount of time. Before you know it, you won't believe the progress you've made!

The Challenge

The goal of this challenge is for you to challenge yourself. I want you to do this in a few ways:

- Put Aside Your Ego - begin at the appropriate experience level. Otherwise you'll only sabotage yourself.
- Be Honest with Yourself - Give it your maximum effort! No more. No less! Don't use cheat reps to max out the progressions. You'll only be cheating yourself.
- Believe in Yourself - Stick to the program for at least 6 weeks and don't give up. Maintain the discipline and willpower to go beastmode in each workout and make healthy decisions.
- GET SHREDDED - the entire point of the challenge is to get shredded. So follow the rules and do just that! Be sure to post before and after pics to inspire others and for a chance to win a FREE copy of premium programs, coaching sessions, and get featured on the site!

The Program

There are 3 killer workouts in this challenge. Each to be followed for at least 6 weeks. They've been intelligently designed and meticulously put together with carefully selected progressions.

The structure of these circuits and the progressions that comprise them are designed to maximize hypertrophy and fat loss.

As far as nutrition goes, I like to keep it simple. As I've stated on my site I generally don't do meal plans or detailed nutritional advice because that is much more of an individual matter than training. What works for some may not work for others and nutrition is a discipline that spans several different sciences.

As a rule of thumb, I typically recommend you follow a cultural diet and stay away from processed foods. But if you're paleo, keto, vegan, Atkins, etc then by all means, stick with it.

When it comes to cutting, shredding, and losing weight the key is to put yourself into a caloric deficit. This means that you cut your calories by a fraction (not down to a fraction) of your maintenance based on your TDEE and BMR. You can calculate that [here](#). Remember that no matter how much you train - if you're eating too much or eating poorly you will never out train the results of a bad diet.

Workout Guidelines

It's important that you start with the appropriate experience level. Not only will this keep you injury and disappointment free, but it gives you room for improvement. Not to mention, you get an additional 6 week workout if you're at an intermediate level. And if you're a beginner you get an additional two workouts once you complete the beginner phase.

Once you choose your level you'll be good to go. Just make sure that you follow these key guidelines:

- Start with a proper 5-10min warmup including things like:
 - Jumping Rope
 - Jumping Jacks
 - Mobility Drills
 - Static and Dynamic Stretches
 - Or [this](#)
- Give it maximum effort, whether you're starting on the lower end of the set/rep spectrum or the higher end
- Use clean and proper reps. No cheat reps or half reps.
- I generally recommend a 2010 rep tempo
- Pace yourself
 - If you can only do 3 sets or 8 reps, build your way up

- Rest as little as possible. Use only the time it takes to move from one movement to the next
 - If you need more than that then you can rest between 15-30sec. As long as you're giving it you're all. But try to reduce this each session
- Rest 2-3min between rounds. 2 minutes is ideal
- Do **not** go to failure.
 - Leave 1 or 2 reps in the tank to stay fresh for your next few rounds
- Submax means just short of failure
 - If holding for time - stop just before you break form
 - If going for reps - stop before when you can no longer do a clean rep. Not to physical failure.
- For one leg movements - the repetitions are per leg. Not total. Hence,
 - You would do however many reps for the left leg, and then however many for the right
- This is a 3 day on 2 day off split; workout every other day like such:
 - Monday and Friday - Upper Body
 - Wednesday - Lower Body
 - Weekends - Rest
- Stay moderately active on rest days. Go for a brisk walk or do some mobility drills. Especially if you work a sedentary job like IT or Management.
- That's it. You're ready to begin. Good luck! I believe in you!

Level 1 - Beginner

Days 1 and 3 - Upper Body

<u>Movement</u>	<u>Reps</u>
Standard Pullup	8-12
Narrow Pushup	8-12
Aussie Pullup	8-12
Bench Dips	8-15
Iron Butterfly	Submax

Day 2 - Lower Body

<u>Movement</u>	<u>Reps</u>
Squat	8-12
Lunge	8-15
Wall Sit	Submax (hold/time)
V-Up	Submax

Level 2 - Intermediate

Days 1 and 3 - Upper Body

<u>Movement</u>	<u>Reps</u>
Diamond Pushup	8-12
Reverse Grip Aussie Pullup	8-12
Pike Press	8-12
Hammer Chins	8-12
Russian Twists	Submax

Day 2 - Lower Body

<u>Movement</u>	<u>Reps</u>
Prisoner Squat	8-12
Split Squat	6-10
Side Squat	6-10
Hanging Knee Raises	Submax

Level 3 - Advanced

Days 1 and 3 - Upper Body

<u>Movement</u>	<u>Reps</u>
Dips (Parallel Bars)	8-12
Wide Grip Pullup	8-12
Decline Pushup	8-12
Close Grip/Elevated Aussie Pullup	8-12
X-Up	Submax

Day 2 - Lower Body

<u>Movement</u>	<u>Reps</u>
Jump Squats	6-10
Shrimp Squats	6-10
Calf Raises	10-15
Hanging Leg Raises	Submax

Bonus

This little bonus gem is the final boss. A burpee challenge that will beat you down. But what doesn't kill you makes you stronger. Right? When you're done with this challenge you'll be better for it. You'll be exhausted at first. But afterwards you'll feel accomplished and refreshed. As you continue to max out this challenge you'll see your physique improve - leaning out and toning up. It's a full body HIIT workout that will take your body and conditioning to the next level.

How to Do It

- Rest between 15-30sec after each 5 Burpee interval
- Rest between 30-45sec after each 10 Burpee interval
- Reduce the rest time between intervals until you're at the lowest prescribed rest time **before** performing a new cycle.
- Warm up and cool down properly with 5-10min of light jumping jack or mountain climber intervals. Or a proper warm up/cooldown of your choice
 - That's it. Get after it! Good luck!

Burpee Beatdown (2-4 Rounds)

<u>Movement</u>	<u>Rest</u>
5 Burpees	15-30sec
10 Burpees	30-45sec
5 Burpees	15-30sec

10 Burpees	30-45sec
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That's All She Wrote!

Well, not literally. I don't have a ghostwriter unlike some people. Seriously though, I hope you've enjoyed the challenge and the program. Feel free to bring your friends along on this journey. Physical culture is a gift to be shared. Remember to stick to the guidelines and do everything properly. Give it 6-8 weeks and be sure to take progress pics along the way. This will help you to motivate yourself and others. Not to mention, win free premium and exclusive workouts, coaching sessions, and even get featured on the site.

For more courses, challenges, workouts, programs, and bodyweight fun - subscribe to the site and check in regularly. There's literally a new workout just about every other day. And tons of quality information to keep you educated on your physical culture journey.

Stay Prymal,
Walt McQueen