

MIDDLE MAN #NOSBOSS PROGRAM (INTERMEDIATE)

INTRO

Nice one! Obviously, you're no stranger to the concept of a healthy and active lifestyle and if you've been on a training sabbatical – welcome back! Good to see you.

We know that you're no stranger to the grind, but in order to help keep you motivated we've come up with some tips on how to stay committed and reach your goals.

A few quick words of advice before we get into it – if you haven't exercised in a while it's a good idea to check in with your doctor and get clearance to start an exercise plan. It's also a good idea to chat to a personal trainer or expert if you're in a gym environment; correct form is critical to avoid injury while exercising! Good luck (and we'll see you at the start line #NOSSBoss!).

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EXERCISE TIPS 102 - AKA 'GETTING BACK INTO IT!

Okay so the transition from beginner to intermediate is a very personal thing. Very often you'll see people who have been trying to improve in fitness for a decade, and despite knowing all of the fundamentals, that are exactly the same in every aspect year after year—they're still at the same fitness level, the same size, the same weight, the same strength – basically there has been no improvement from the efforts.

Whilst consistency is admirable, lack of mindfulness - wondering if you should be doing something different - is critical if you want to improve (this, of course, doesn't apply to those who don't care about making progress and are just trying to maintain - but we know that's not you #NOSBoss).

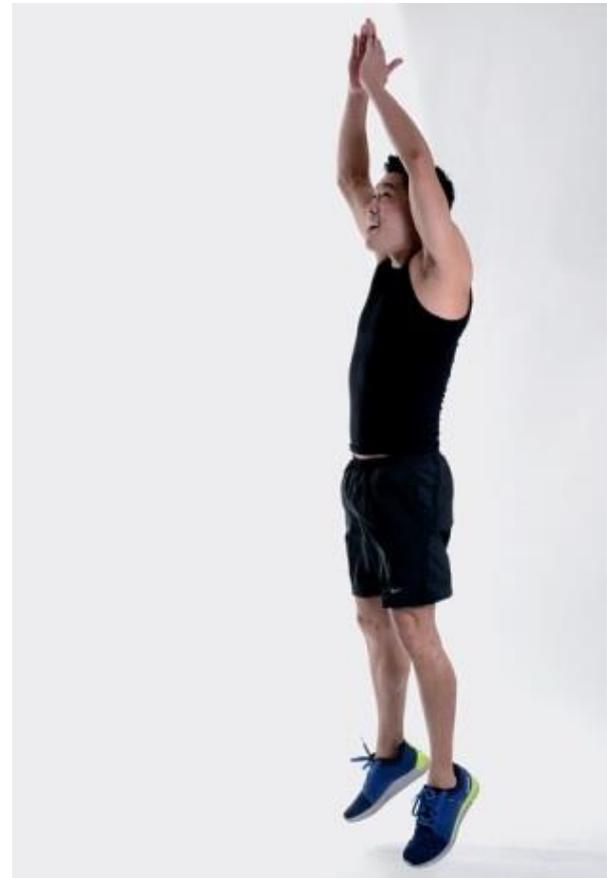
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EXERCISE TIPS 102

So the key here is for you to stop focusing so much on fitness fundamentals – get off ‘how to train’

At this stage, fitness is now a hybrid between art and science. You’ll find that in order to get past plateaus, you’ll need to find what works for you - and often that’s not what works for everyone, nor what you’ll hear from “experts”.

For example, you might find that instead of the volume of squats that your local expert recommends, you’ll do much better with low volume and high intensity, or perhaps even squatting every day. You have to experiment and start pushing past your comfort limits...



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EXERCISE TIPS 102

This is where being mindful becomes key. Regular mindfulness practice can help you understand yourself more, in particular how your body reacts to various stimuli (whether from training or life in general). Such an understanding can be more valuable to your progress than facts and strict directions.

For example, perhaps rather than a set number of sets and reps, you use autoregulation (train until the burn makes you want to stop, and then do 5 extra reps, kind of thing!) to determine how much volume and intensity you should be doing on a given day. There are some days you'll be able to do less and some you'll be able to do more.

So what we're going to do in this program you're about to read is say things like... 2min max reps or active recovery... things that will encourage you to push a little harder and find (and exceed) your personal limits.

Good luck #NOSBoss!

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	2km Run 4 rounds: Burpees (Max 30 sec) Push - ups (Max 30 sec) Sit-ups (Max 30 sec) Rest - 1min active recovery	5 Rounds of: 30 Sec Jump Squat 30 Sec Wall Sit 30 Sec Lunges Rest - 1min active recovery	Run 3kms Abdominal Circuit	Take a break!	5 Rounds of: 100m sprint jump Squats (Max 30 sec) Pull Ups (Max 30 sec) Rest - 1min active recovery	Run 4kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2	2km Run 4 rounds: Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 45 Sec Jump Squat + 100m sprint 45 Sec Wall Sit + 50m sprint 45 Sec Lunges + 25m sprint 2 min rest between sets	Run 3kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 4 Rounds Lunges Tricep Push-Ups Jump Squats Incline Push-ups Rest - 1min active recovery	Run 4kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	3km Run 5 rounds Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 60 Sec Jump Squat + 100m sprint 60 Sec Wall Sit + 50m sprint 60 Sec Lunges + 25m sprint 2 min rest between sets	Run 4kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 4 Rounds Lunges + 5 burpees Tricep Push-Ups + 5 burpees Jump Squats + 5 burpees Incline Push-ups + 5 burpees Rest - 1min active recovery	Run 5 kms Abdominal Circuit	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4	4km Run 5 rounds Burpees (Max 45 sec) Push - ups (Max 45 sec) Sit-ups (Max 45 sec) Rest - 1min active recovery	5 Rounds of: 60 Sec Jump Squat + 10 Burpees 60 Sec Wall Sit + 10 Burpees 60 Sec Lunges + 10 Burpees 2 min rest between sets	Run 5kms Abdominal Circuit	Take a break!	30 Sec Max Reps x 5 Rounds Lunges + 50m sprint Tricep Push-Ups + 50m sprint Jump Squats + 50m sprint Incline Push-ups + 50m sprint Rest - 1min active recovery	Run 6 kms Abdominal Circuit	Take a break!



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CONGRATS - YOU DID IT!

See, now that was easy, wasn't it!

Why not go ahead and download our Big Chief #NOSBoss Training Program, or get on the mailing list to be notified about the FREE training sessions we put on in the run up to NOS events?

Here's the link you need - [Click Me!](#)

We look forward to seeing you out on the NOS course, #NOSBoss!

