



iron lotus  
PERSONAL TRAINING

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Here is the PDF version of my Nonspecific Athletic Workout 1 Day 1. As I mentioned in the video I combine this simple yet very effective program with another workout which I will post if there is interest. For now, if you wish, try using this routine one week to either break up a program you are currently doing ( I most recently used it to break up a 3 day/ week strength program. I was very sore so it threw my Monday workout off. I used this workout Tues, and workout 2 ( coming soon) on Thurs. The result was great, I set a record dead lift the following Friday.) or, if you are a wknd warrior ( snowboarding in winters, beach sports in the summer) and want to be ready for wknd activities.

**Philosophy:** The idea behind this workout is to leave “reps in the tank”; meaning you should feel like you worked but not to maximum intensity. I suggest using from 55%-65% of your max for all exercises in the routine. The reason for this is simple...I designed this to keep me in shape (maintain strength and size) while leaving me energy on the wknds for out door sports. It’s simple, it’s fun, and it works! Enjoy.

**Warm-ups:** Use my warm-ups....The video is on my site labeled “warm-ups”

**Exercises:** 1-2 warm-up sets. Then use 55%-65% of your max for the routine

Power Cleans : 2 sets of 2 reps 1:00 min rest between each set  
2min active rest ( active hip mobility)  
: 2 sets of 1 rep 1:00 min rest between each set

Squats: 2 sets of 10 reps 1-2 min rest between sets

Bent Rows (preferably with Barbell): 2 sets of 10 reps 1-2 min rest between each set

Shoulder Press ( preferably Dumbbells): 2 sets of 10 reps 1-2 min rest between each set

**Stretch!!**

*Note: Use longer rest periods when using higher %'s of 1 rep max*

Warning: Always consult a qualified medical professional before beginning any nutritional program or exercise program

<b>Exercise</b>	<b>LBS</b>	<b>Reps</b>	<b>Sets</b>	<b>Notes</b>

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