

MUSCLE & FITNESS

U.L.T.R.A.

12-MONTH SYSTEM

Ultimate Long-Term Resistance and Aerobic System

MONTH 11

By Christopher M. Lockwood, MS, CSCS

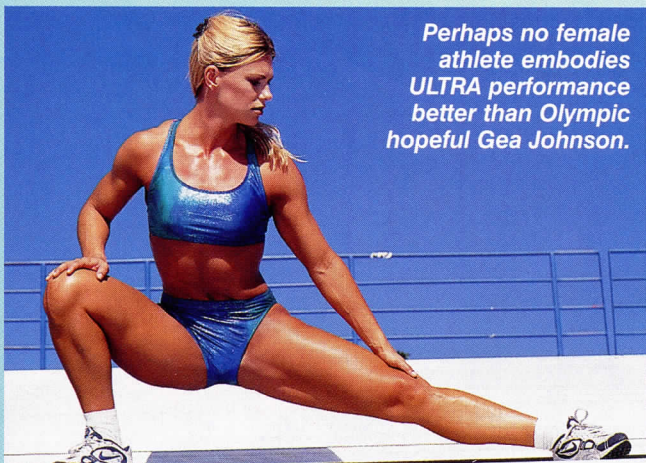
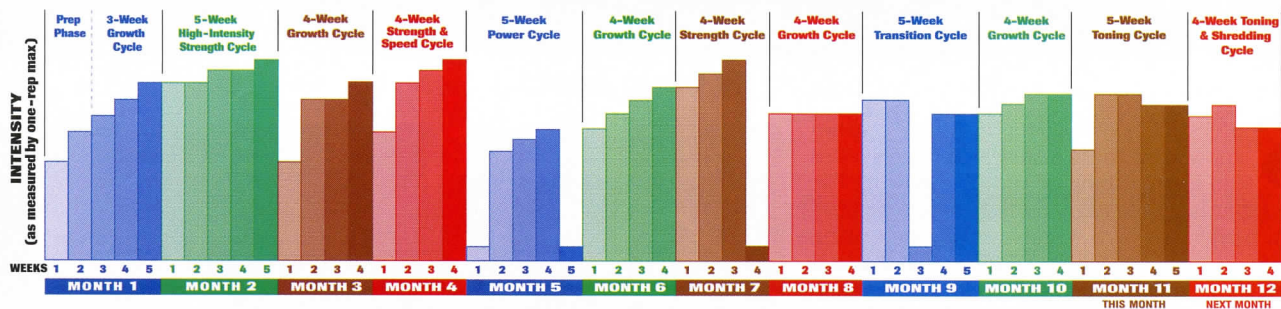
*m*en may be from Mars and women from Venus, but if there were a planet called Lean Muscle, both sexes would aspire to be its ruler. What guy doesn't want to have better-defined abs, bigger pecs and the ability to blast through heavy workouts like the Tampa Bay Bucs' Warren Sapp, Derrick Brookes and Hardy Nickerson pancaking an offensive line? And what woman wouldn't want the muscular curves of Lena Johannesen or Lisa Lowe, or the Olympic-caliber athleticism of Gea Johnson or Mia Hamm? Although everyone's optimal physique and performance will differ, the fact that you've been following ULTRA for almost a year suggests that you're willing and able to test your limits.

Which brings us to Month 11. If you've been with us from the beginning, think of this as the fourth quarter of regulation play in a basketball game: The game may be close to over, but you can't stop giving it 100% until the final whistle blows. You've got a good coach at your disposal,



Gea
Johnson

The ULTRA System Training Progression



Perhaps no female athlete embodies ULTRA performance better than Olympic hopeful Gea Johnson.

too, because to help devise this month's fat-burning and muscle-definition installment, I've enlisted the help of Roger Earle, MS, CSCS, a former bodybuilder and college strength coach who is currently director of certification education and exam development for the National Strength and Conditioning Association (Lincoln, Nebraska). He's also co-authoring and co-editing the second edition of *The Essentials of Strength Training and Conditioning* (Human Kinetics), a must-have reference book for

designing training programs that develop functional strength.

The weight-training workouts shouldn't take you more than about an hour; the cardio sessions, no more than 50 minutes. If you have even less time than that, merge the individual workouts into a total-body blast by choosing 1–2 exercises per body-part, combining them and then completing that workout twice a week. Limited access to equipment isn't an excuse, either: All of the exercises prescribed in ULTRA are merely guidelines, and you can replace any of them with something of similar quality.

If you have some bodybuilding experience under your weight belt and are simply new to ULTRA, use your common sense to judge if your fitness and strength can accommodate this month's training demands. If you're new to bodybuilding altogether, however, begin by choosing only one exercise per body-part. Using a very light weight, complete one set of each exercise, 10–15 reps per set. For cardio, also begin at a low intensity. Then, as your confidence and endurance increase, gradually build toward the levels prescribed in this month's program. Sure, it'll take you at least five months to reach that point, but it's a much safer and smarter way to begin training.

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coach's corner

tips from roger earle, ms, cscs

- ① Though Earle recommends training abs every workout, he alternates the area of emphasis each time. Specifically, he suggests doing three sets, 15–25 reps apiece, of a single ab exercise per workout. Just make sure that, workout to workout, you rotate among different ab exercises that alternate emphasizing your upper and lower regions, as well as your obliques.
- ② Says Earle: "The way you can make this workout more intense and difficult is to shorten your rest periods between sets. It's easy to do three sets, 10 reps apiece, with four minutes rest in between them, but if you want a more difficult workout, shorten your rest periods to 30–60 seconds."
- ③ Earle suggests doing two 20-minute cardio exercises in succession. "Variety helps combat overtraining," he says. "Besides, it can help psychologically to say, 'Okay, I'm going to do 20 hard minutes on a bike and then 20 hard minutes on a stair-stepper,' as opposed to 40 hard minutes on one or the other."
- ④ "Because your overall intensity during cardio is going to be high, you'll burn more total calories — and therefore a larger amount of fat in absolute terms — than if you'd exercised at a lower, 'fat-burning' intensity," Earle says.
- ⑤ "During this phase, cardio is at least as important as your weight workouts, since your primary goal is to burn fat and calories," Earle explains.
- ⑥ The best day not to do cardio, he says, is the day after your leg workout.
- ⑦ "Because of injuries, I've experienced much success avoiding overhead pressing movements for shoulders," states Earle. "For that reason, I suggest doing tri-sets comprising three shoulder exercises that aren't presses."

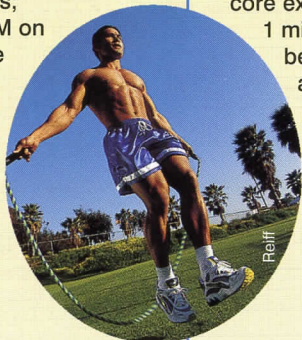
weekly guidelines

week one	Intensity	Rest Between Sets	Cardio	Training Guide
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activerest To prepare physically and psychologically for your last eight weeks of serious training and dieting as part of ULTRA, refrain from any weight training. Instead, engage in what's called active rest. "Continue to burn calories and work your muscles through more recreational activities that don't require a lot of skill," says Earle. "Make it something you're familiar with, and something that has a low risk of injury." As for cardio, keep your intensity level low (50%–60%), but be consistent: 5–6 days, 30–40 minutes per session.

weeks two&three

85% 1RM on core exercises; 75% 1RM on assistive exercises



2 minutes between core exercises; 1 minute between assistive exercises

In Week 2, choose two cardio exercises and do each in succession, 15 minutes apiece, elevating your heart rate to about 80%–85% of your maximum heart rate. (To determine your MHR, subtract your age from 220.) Don't include the warm-up time it takes to get your heart rate up to your working level. Do 5–6 such sessions. By the end of Week 3, you should be doing two 20-minute cardio sessions in succession, six days per week, elevating your heart rate to 85% MHR.

Burning calories through all-out intensity is the name of game: You should be using a weight sufficiently heavy that the prescribed number of reps and amount of rest results in failure on each working set. Cardio sessions should also be high intensity. "You shouldn't be able to carry on a conversation while you're doing your cardio," says Earle.

weeks four&five

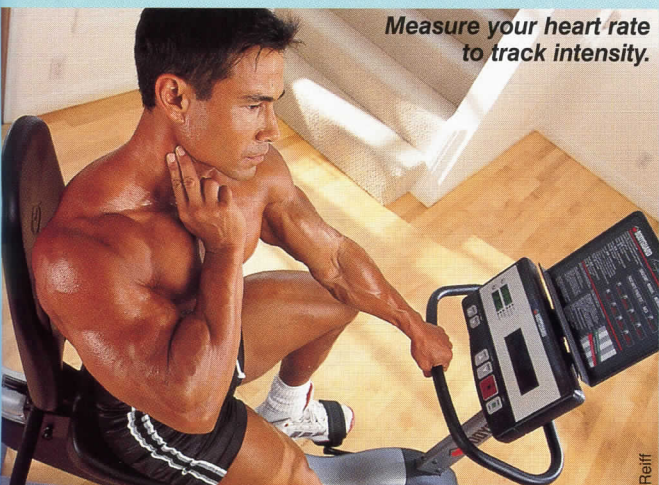
75%–80% 1RM on core exercises; 65%–75% 1RM on assistive exercises

1–1½ minutes between core exercises; 30 seconds between assistive exercises

During Week 4, do two 22-minute cardio sessions, in succession, 6–7 days. Elevate your heart rate to 85% MHR. By the end of Week 5, you should be performing cardio at least six days. Complete two 22-minute sessions in succession, elevating your heart rate above 85% MHR.

Pay close attention to your between-sets rest periods. Earle suggests using a timer — when it goes off, you should be starting your next set. "It's like having a mechanical personal trainer telling you when to go," he says. Don't worry if you're unable to complete the prescribed number of reps because you don't feel rested. Simply decrease your weight slightly rather than increasing your rest periods.

'Burning calories through all-out intensity is the name of game. "You shouldn't be able to carry on a conversation while you're doing your cardio," says Roger Earle, MS, CSCS.'



Measure your heart rate to track intensity.



Bernal