



CENTRAL ATHLETE

# **FUNCTIONAL RESISTANCE TRAINING**

BUILD MUSCLE, BURN FAT AND GET RIPPED



## ABOUT CENTRAL ATHLETE

Central Athlete challenges people to live a life of fulfillment. You deserve a gym where your goals are met with the same excitement, expertise and fulfillment from your coach. Coaches can't claim they're great. A coach needs to prove his worth to you in the form of YOUR results. When coaches guide their clients to long-term success, they feel the same enjoyment that you do. With your success in mind, Central Athlete designed a professional coaching system in which everybody MUST WIN.

Success comes when you and those around you progress. It is through that success that Central Athlete's purpose was born – "To Challenge people to live a life of fulfillment." We live that purpose daily through the core idea of PACE:

- **PURSUIT** of growth and learning
- **ASPIRATION** to be the best at what you do
- **CONSISTENCY** as a vehicle to success
- **EXPERIENCE** of your body, human connections and environment daily





## Are you looking to lose fat and build muscle, but nothing's ever worked?

That's because you've probably never experienced what it truly takes to optimize your body composition. You see, conventional wisdom has misled us to think that exercise is the best way to lose fat, when in fact nutrition is far more effective. However, the people who understand the synergistic effect of both EXERCISE and NUTRITION are the ones who are consistently able to lose fat and maintain the healthy physique our genetics want us to have.

So what's the formula to feel good about yourself when you look in the mirror? Keep reading and I'll tell you...

It's ok if you're angry. I was, too, when I found this out. Every single day you've woken up and been disappointed when you looked in the mirror as you wonder what happened to that rockin' body you used to have. You've tried diet after diet and every exercise program under the sun only to experience disappointment. But the worst part is that you had no idea that you were spending your time and energy on the wrong things. It wasn't your lack of discipline or effort; it was that you have been sold a faulty paradigm that keeps you from the body you've always wanted.

Well, today we can fix that problem—thanks to Functional Resistance Training. It's a revolutionary breakthrough in coaching clients in body transformations so you can lose fat and gain muscle quickly and naturally.

In fact, take a look at these results from the men and women who were in the same spot you are just a few months ago, and what they look like today after consistently executed body transformation strategies.

If you're skeptical, that's okay. We know that you'll love the results you get with Functional Resistance Training when you try it, so every download comes with a free Inbody body composition test to gauge the effectiveness of this program. Either you get the fat-loss results you've always wanted, or you'll be able to pivot with the data from our bioelectrical impedance technology, on our dime.



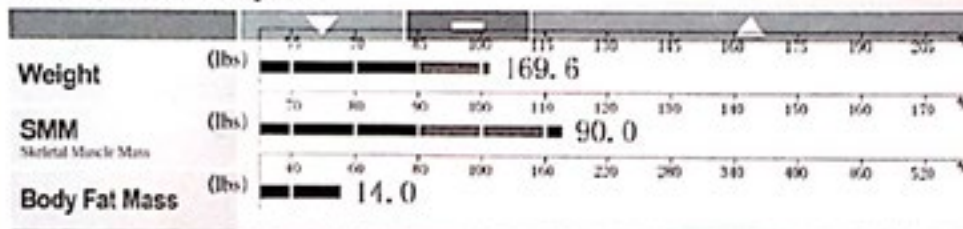
**FREE INBODY**

ID: Jesse O | Height: 6ft. 0in. | Age: 30 | Gender: Male | Test Date / Time: 05.05.2017 08:40

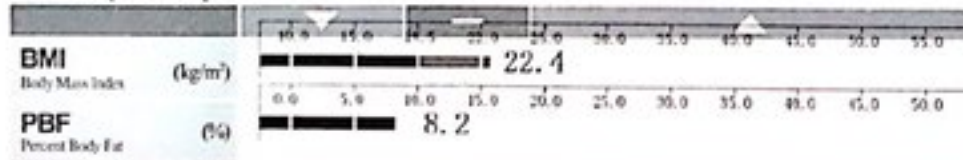
## Body Composition Analysis

Total amount of water in body	<b>Total Body Water</b>	(lbs)	114.2
For building muscles and strengthening bones	<b>Dry Lean Mass</b>	(lbs)	41.4
For storing excess energy	<b>Body Fat Mass</b>	(lbs)	14.0
Sum of the above	<b>Weight</b>	(lbs)	169.6

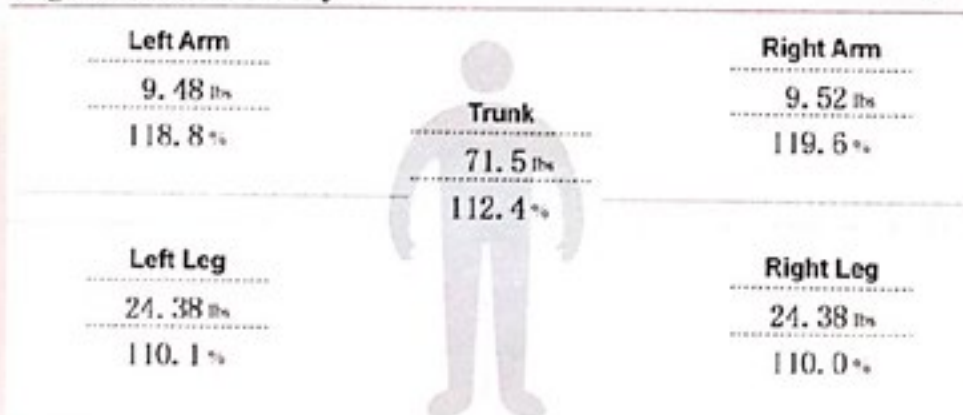
## Muscle-Fat Analysis



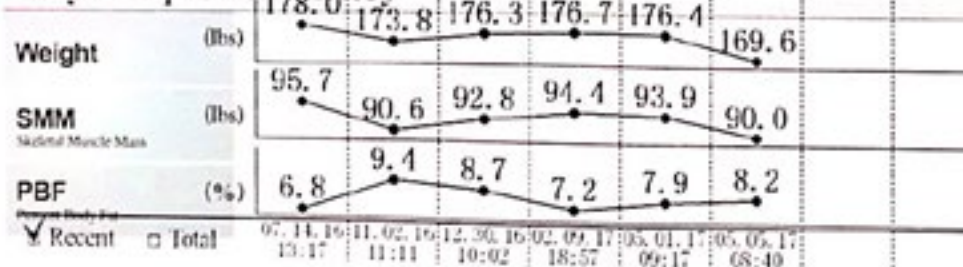
## Obesity Analysis



## Segmental Lean Analysis



## Body Composition History



## Body Fat - Lean Body Mass Control

Body Fat Mass: 0.0 lbs  
Lean Body Mass: 0.0 lbs  
(\* means to gain fat/lean (-) means to lose fat/lean)

## Lean Body Mass

155.6 lbs

## Basal Metabolic Rate

1896 kcal

## Results Interpretation

### Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water

### Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is

### Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

### Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal

### Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

### Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose

### Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass

### Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



### Impedance

	RA	LA	TR	RL	LI
Z <sub>100</sub> (ohm)	298.4	300.7	23.1	293.0	292.2
Z <sub>200</sub> (ohm)	251.0	256.4	18.4	251.3	252.6



## ABOUT THIS TRAINING PROGRAM

Functional Resistance Training is the combination of classic resistance training methods and functional exercises in a manner that produces a lean body composition with the functionality of an athlete.

## WHO IS THIS FOR?

This program is for anyone wanting to look good naked, decrease pain and improve energy and performance. If you're tired of not being challenged and are left unfulfilled with your training regimine, you will find this approach to training empowering. And you will also be confused about why the rest of the world spends hours in traditional gyms spinning their wheels!

However, it should be noted that you need great muscular endurance and general bodyweight strength in order to have success with this template. If you do not possess these characteristics, you will need to spend time developing the necessary contractile potential and then the requisite muscular endurance before beginning with Functional Resistance Training.

## WHAT CAN YOU EXPECT TO GAIN?

Following this Functional Resistance Training program, you can expect to develop the necessary muscle, tendon and joint strength to stay healthy and able to take part in any activities you wish. Not only that, many of our clients experience MONTHS of decreased fat mass and YEARS of skeletal muscle mass improvements.

Although this is just a template, you'll be able to dip your toe into the water of what Functional Resistance Training feels like.

Just remember that the only way to receive the most from Functional Resistance Training is by building a program designed to meet your individual fitness requirements, based upon an a comprehensive assessment process.

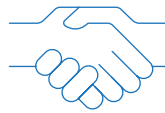


From the moment you enter the Central Athlete facility, you immediately understand that your best interests align with your coach's as well as the gym's. By graduating from the world-renowned OPEX Coaching Certificate Program – CCP – your coaches have the tools necessary to support you both inside and outside of the gym, where they implement a customized client experience built on:

1. **Consultation**
2. **Assessment**
3. **Program Design**
4. **Nutrition**

Your coach designs your entire fitness experience based on your assessment and consultation. With your results in mind, your coach creates an individual program and nutrition plan that will get you results for decades!





## CONSULTATION

The free consultation is an opportunity for the client to meet with the coach, view the facility and meet other clients, coaches and staff. This is a conversationally driven consultation wherein clients express what they are interested in achieving. Client and coach then discuss past and current training and begin to create a rapport. The coach's description of how Central Athlete can help the client achieve fitness objectives will lay the groundwork for a plan of action. Both parties must determine whether they are a good fit because if so, this process will involve a long-term relationship.

---





## ASSESSMENT

The initial assessment is a two-hour process in which the coach comes to a deeper understanding of the client. The coach takes the client through a series of tests, including: body composition, readiness for training, movement and work capacity. All of these evaluations are designed to provide insight into where the client currently sits in their fitness journey. This data allows the coach to identify structural weaknesses, mechanical advantages/disadvantages and true priorities.

---



## COMPREHENSIVE TESTING

Comprehensive testing is the stage at which the client gains access to [Fitbot](#). The length of testing may vary from several days to multiple weeks, depending upon the training age and the desired results. The coach will assess movement, body composition, work capacity, strength balance, food profile and will then compare the results to normative data to form an actionable training plan that is relevant to the client's goals.

---

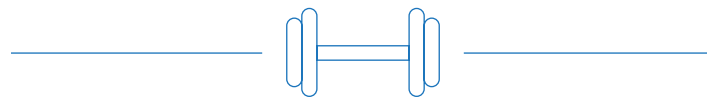


JAN  
01

## COACHING CONSULTATION

The coach evaluates the assessment data and will create a long-term outline that addresses the client's objectives. The coaching consultation is a platform to share the why behind the specific aspects of the plan. The client will be provided with education around nutrition, training principles and general guidelines to maximize progress. The coach and client will also review Fitbot best practices in order to ensure the data is recorded accurately.

---



## TRAINING

This is where all the fun begins and the real progress is made! The coach builds the client's first training cycle that is individualized to the client's assessment. After a thorough understanding of movement patterns, fitness background, lifestyle factors, priorities and client goals, the coach designs an individualized prescription. Using Fitbot, the client is held accountable and the coach can track daily progress and constantly upgrade programming to match the client's evolving fitness journey.

---



## MONTHLY CONSULTATION

Once a month, the client has a consultation with the coach for a check-in on how the training process and experience is going. This is the coach's way to ensure consistency, revisit goals and make sure everything is aligned with long-term priorities. Topics will include the client's lifestyle, sleep, nutrition, stress, family, social life as well as general topics about the client's life.

---



## NUTRITION

Nutrition is one of the foundations of a great fitness program. If you create the right foundation for your body to “grow,” your results accelerate and you realize your goals.

### **Want to maximize your results with Functional Resistance Training? The two most important nutritional points to focus are:**

- Adequate protein intake in order to gain skeletal muscle mass
- Blood sugar management in order to lose fat mass

Remember that if you only follow the Functional Resistance Training program, you will likely gain some muscle—and probably not lose much fat—if your lifestyle and nutrition stay the same. With that being said, this nutrition plan was developed from the latest research, clinical findings and Central Athlete’s experience with our client base, interfacing with InBody bioelectrical impedance technology as well as Omegawave software. Combining FRT with a whole-foods, low-carbohydrate approach will drastically alter your body composition in a matter of months. You’ll see the first signs of improvement within a week if consistently followed. We often see clients lose as much as two pounds of fat during their initial week!

### **Protein**

If you want to increase lean muscle mass, you HAVE to consume and digest protein—it’s as simple as that.

At Central Athlete, there are four things we advise when it comes to protein:

- Eat at least one gram of protein per pound of bodyweight
- Chew protein very well to increase the amount you digest and assimilate into muscle
- Consume adequate protein after training (ideally within 30 minutes in liquid form)
- Consume a variety of protein sources to obtain all the necessary amino acids

### **Blood Sugar Management**

This is a very complex topic so we will keep it simple. Just realize that by managing your blood sugar, you have the ability to manipulate your body composition to your liking.

You ingest carbohydrates—your blood sugar spikes—your body releases insulin —your body stores excess energy in the form of fat.

If you are eating too many carbohydrates relative to your energy expenditure, you will be more likely to store fat and develop insulin resistance. Many people are surprised at just how few carbohydrates they need to support daily function in order to reduce fat mass for long periods of time. As previously mentioned, blood sugar management is complex and there are many factors at play, but for the average adult this is basically the process.

At Central Athlete, we have discovered some foundational principles to help overcome clients’ inability to reduce fat mass and increase muscle mass.



**At Central Athlete, we have discovered some foundational principles to help overcome clients' inability to reduce fat mass and increase muscle mass.**

## **EAT:**

Whole foods, mostly plants, with quality animal-based protein and varied fat sources.

## **AVOID:**

Alcohol, processed foods, high glycemic index foods, starchy carbohydrates, sugary beverages, grains, flavored beverages and diet drinks.

## **REFEED DAY:**

One day per week (one waking cycle), eat whatever you want and as much as you want. Only catch: it has to be a day you train.

By allowing yourself a "refeed day" when you break the rules, we have found an 85% higher compliance rate for clients eating this way for three months or longer.

Think about it like a scratch. If you don't scratch an itch, you will think about it. You might be able to hold off for a bit, but eventually you will cave and scratch that area of your body until it almost bleeds. Refeeding once per week not only will increase thyroid activity, but will drastically improve the most important variable regarding fitness—CONSISTENCY!

It seems simple but you need to look at fitness through a long-term lens. People laugh when we say "the five-to-seven-year plan," but addressing adherence is a pertinent issue that isn't often discussed within the fitness industry.

## **MISCELLANEOUS:**

Some clients say, "Hey, I don't need a refeed day, I'm just going to have one refeed meal per week." These are the clients who have trouble sticking to the course throughout the week.

Don't try to spread your refeed day to twelve hours one day and twelve hours another day. When we tested this method, we consistently noticed clients gaining fat. Clients who adhered to the waking cycle refeed day kept losing fat.

## **PLAN OF ACTION:**

- Eat whole foods, mostly plants, with quality animal-based protein and varied fat sources six days per week with one refeed day per week.
- Log your food daily to ensure compliance and to be able to review upon retesting body composition.
- Undergo bi-weekly InBody body composition testing to objectively manage progress

**FREE INBODY**







## BASIC LIFESTYLE GUIDELINES

1. Drink a minimum of half your bodyweight in ounces of only water as a liquid per day as a base support
2. Go to bed and get up at the same time every day – 8.5 hours is the magic number of dark, uninterrupted sleep in a cool environment with soft ambient noise
3. Blood flow is the master of recovery – move daily and frequently – move to recover! – preferably outside for sun exposure on eyes and skin
4. Every time you eat, that is a 50-hour investment for energy, training and recovery – choose fuels wisely
5. Sit down, 5 deep breaths before, and chew till your food is the consistency of oatmeal – eat with others, NOT electronics
6. Know why you are doing what you are doing

## WHAT THIS MEANS FOR YOU

What we hope you gain from the Functional Resistance Training training program is that this journey isn't a magic pill and it will take consistent applications of the outlined principles. For long-term success, it will take consistently measuring, testing, and refining your plan in a manner that corresponds with your objectives, lifestyle and deepest values. Your long-term results are never a straight line. They will move up and down, but the key is to consistently trend higher and enjoy the ride.



## WEEK 1

### Monday

A: Goblet Squat; (3 second lower each rep) 10-12 reps x 4 sets; rest 90 seconds

B1: Dumbbell Bench Press (2 second lower each rep); 12-15 reps x 3 sets; rest 60 seconds

B2: Chest Supported Dumbbell Row (2 second lower each rep); 12-15 reps x 3 sets; rest 60 seconds

C1: Dumbbell Walking Lunge; 14-16 alternating steps x 3 sets; rest 60 seconds

C2: Seated Dumbbell Shoulder Press (2 second lower each rep); 8-10 reps x 3 sets; rest 60 seconds

D: Forearm Plank; Accumulate 3 minutes

### Wednesday

A: Kettlebell Deadlift; (4 second lower each rep) 8-10 reps x 4 sets; rest 90 seconds

B1: Supinated COVP Hold; as long as possible (-5 second short of failure) x 3 sets; rest 60 seconds

B2: Dip Support Hold; as long as possible (-5 seconds short of failure) x 3 sets; rest 60 seconds

C1: Air Squats; 20 reps x 4 sets; rest 30 seconds

C2: Wall-Sit; 20-30 seconds x 4 sets; rest 75 seconds

D: Side Plank; Accumulate 2 minutes per side

### Friday

A: Split Squat; (3 second lower each rep) 8/leg x 4 sets; rest 30/60 seconds

B1: Tall Kneeling Arnold Press (2 second lower each rep); 8-10 reps x 3 sets; rest 60 seconds

B2: Dual Dumbbell Upright Row (2 second lower each rep); 10-12 reps x 3 sets; rest 60 seconds

C1: Dumbbell Chest Fly (2 second lower each rep); 8-10 reps x 3 sets; rest 60 seconds

C2: Banded Face Pull; 15-18 reps x 3 sets; rest 60 seconds

D: Anchored Strict Sit-Up; 15-20 reps x 4 sets; rest 60 seconds





## WEEK 2

### Monday

A: Goblet Squat; (3 second lower each rep) 12-15 reps x 4 sets; rest 90 seconds

B1: Dumbbell Incline Bench Press (2 second lower each rep); 12-15 reps x 3 sets; rest 60 seconds

B2: Incline Chest Supported Dumbbell Row (2 second lower each rep); 12-15 reps x 3 sets; rest 60 seconds

C1: Dumbbell Step-Up; 16 alternating steps x 3 sets; rest 60 seconds

C2: Single Arm Dumbbell Shoulder Press (2 second lower each rep); 8/arm x 3 sets; rest 30/60 seconds

D: Front Leaning Rest; 30 seconds x 4 sets; rest 60 seconds

### Wednesday

A: Dual Kettlebell Deadlift; (4 second lower each rep) 10-12 reps x 4 sets; rest 90 seconds

B1: Supinated Passive Hang; as long as possible (-5 seconds short of failure) x 3 sets; rest 60 seconds

B2: Push-Up; as many reps as possible (-3 reps short of failure) x 3 sets; rest 60 seconds

C1: Jump Squats; 18-20 reps x 4 sets; rest 15 seconds

C2: Jump Lunges; 16 alternating reps x 4 sets; rest 75 seconds

D: Side Plank; 30 seconds per side; rest 15 seconds between sides

### Friday

A: Front Foot Elevated Split Squat; (3 second lower each rep) 8/leg x 4 sets; rest 30/60 seconds

B1: Half Kneeling Single Arm Press (2 second lower each rep); 8-10/arm x 3 sets; rest 30/60 seconds

B2: Plate Upright Row (2 second lower each rep); 10-12 reps x 3 sets; rest 60 seconds

C1: Dumbbell Incline Chest Fly (2 second lower each rep); 8-10 reps x 3 sets; rest 60 seconds

C2: Straight Arm Band Pulldown; 15-18 reps x 3 sets; rest 60 seconds

D: Windshield Wipers; 6-8/side x 4 sets; rest 75 seconds



## WEEK 3

### Monday

A: Goblet Squat; (3 second lower each rep) 15-18 reps x 4 sets; rest 90 seconds

B1: Dumbbell Close Grip Bench Press (2 second lower each rep); 12-15 reps x 3 sets; rest 60 seconds

B2: Seated Band Row (2 second lower each rep); 15-18 reps x 3 sets; rest 60 seconds

C1: Lateral Step-Up; 10/leg x 3 sets; rest 30/60 seconds

C2: Seated Z-Press; 8-10 reps x 3 sets; rest 60 seconds

D: Front Leaning Rest; 60 seconds x 4 sets; rest 60 seconds

### Wednesday

A: Sumo Kettlebell Deadlift; (4 second lower each rep) 10-12 reps x 4 sets; rest 90 seconds

B1: Supinated Top Down Pull-Up; as many reps as possible (-2 reps short of failure) x 3 sets; rest 60 seconds

B2: Ring Push-Up; as many reps as possible (-2 reps short of failure) x 3 sets; rest 60 seconds

C1: Goblet Squat; (fast) 10 reps x 4 sets; rest 15 seconds

C2: Goblet Squat Jumps; 8-10 reps x 4 sets; rest 75 seconds

D: Suitcase Carry; 30 seconds per side x 3 sets; rest 30 seconds between sides

### Friday

A: Front Foot Elevated Goblet Split Squat; (3 second lower each rep) 8/leg x 4 sets; rest 30/60 seconds

B1: Tall Kneeling Single Arm Arnold Press (2 second lower each rep); 8-10/arm x 3 sets; rest 30/60 seconds

B2: Single Arm Upright Row (2 second lower each rep); 10-12/arm x 3 sets; rest 30/60 seconds

C1: Chest Flies on Rings; 6-10 reps x 3 sets; rest 60 seconds

C2: Single Arm Bent Over Row; 8/arm x 3 sets; rest 30/60 seconds

D: Hanging Tuck Leg Raises; 8-12 reps x 4 sets; rest 75 seconds



## WEEK 4

### Monday

- A: Goblet Squat; (3 second lower each rep) 18-20 reps x 4 sets; rest 90 seconds
- B1: Single Arm DB Bench Press (2 second lower each rep); 10/arm x 3 sets; rest 30/60 seconds
- B2: Single Arm Seated Band Row; 12/arm x 3 sets; rest 30/60 seconds
- C1: Goblet Walking Lunge; 10-12 alternating steps x 3 sets; rest 60 seconds
- C2: Single Arm Z-Press (2 second lower each rep); 8/arm x 3 sets; rest 30/60 seconds
- D: Front Leaning Rest on Rings; 30 seconds x 4 sets; rest 60 seconds

### Wednesday

- A: Sumo Dual Kettlebell Deadlift; (4 second lower each rep) 12-15 reps x 4 sets; rest 90 seconds
- B1: Supinated Pull-Up; as many reps as possible (-2 reps short of failure) x 3 sets; rest 60 seconds
- B2: Ring Push-Up; (feet elevated higher than hands) as many reps as possible (-2 reps short of failure) x 3 sets; rest 60 seconds
- C1: Air Squats; 15 reps x 4 sets; rest 10 seconds
- C2: Wall-Sit; 30-45 seconds x 4 sets; rest 10 seconds
- C3: Assault Bike; 10 cal as fast as possible x 4 sets; rest 90 seconds
- D: Dual Farmers Carry; 60 seconds x 3 sets; rest 60 seconds

### Friday

- A: Rear Foot Elevated Split Squat; (3 second lower each rep) 8/leg x 4 sets; rest 30/60 seconds
- B1: Tall Kneeling Single Arm Arnold Press with Kettlebell Rack Hold; 8-10/arm x 3 sets; rest 30/60 seconds
- B2: Elbowing Row (2 second lower each rep); 10-12/arm x 3 sets; rest 30/60 seconds
- C1: Glute Bridge Dumbbell Chest Press (2 second lower each rep); 6-10 reps x 3 sets; rest 60 seconds
- C2: Incline Reverse Dumbbell Fly; 10-12 reps x 3 sets; rest 60 seconds
- D: Hanging Half Leg Raises; 8-12 reps x 4 sets; rest 75 seconds



## CONCLUSION

You can achieve great results with our Functional Resistance Training program! However, a program should suit YOU. It shouldn't be a template. It shouldn't be built for somebody else. When your program is customized, your results will last a lifetime.

When you have a professional to work with, you will be more likely to achieve those key milestones that you demand of yourself. When you combine a great coach and a superb environment, you will see your progress improve even faster.

You need somebody in your corner to fight with you and that is what your Central Athlete coach will do.

Want to Change Your Life for the Better? Start with your OWN FREE Consult.

**REQUEST A CONSULT**

