

The Complete Training System

GEMINI

POWER

SHRED

The Complete Training System

"Built for Power. Forged for Results."


4 Days/Week


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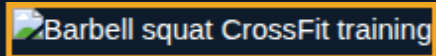
Compound Lifts

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HIIT Conditioning

 Athletic strength training in gym

 Deadlift powerlifting workout



DESIGNED FOR ADULTS 40+ WHO WANT REAL RESULTS

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Consult Your Physician First: Before beginning any new exercise program, diet, or physical fitness regimen — especially if you are over 40, have a pre-existing medical condition, history of injury, cardiovascular disease, diabetes, hypertension, or are currently taking prescription medications — please consult a licensed physician or healthcare provider.

Individual Results Vary: The results described or implied in this program

are not typical. Results depend on individual effort, compliance, body composition, genetics, lifestyle, and other factors. No specific result is guaranteed.

Not a Substitute for Professional Medical Advice: This program is not intended to diagnose, treat, cure, or prevent any disease or medical condition. If you experience pain, dizziness, shortness of breath, chest tightness, or any unusual physical sensation during exercise, stop immediately and seek medical attention.

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Welcome to the Program

A Letter From Coach Tony

What's up, and welcome to **Gemini Power Shred** — The Complete Training System.

First, I want to say this: **the fact that you're holding this program means you've already made a decision that most people never make.** You chose yourself. You chose to invest — not just money, but time, energy, and intention — into building a stronger, leaner, more powerful version of yourself. That matters. Don't take that lightly.

My name is Coach Tony, and I built this program because I got tired of seeing people — especially adults over 40 — getting handed watered-down, overcomplicated fitness plans that either beat them up or bored them into quitting. You don't need gimmicks. You don't need six days a week in the gym. You don't need to suffer through workouts that leave you feeling broken.

What you need is a smart, structured system that challenges you to grow.

That's exactly what Gemini Power Shred delivers.

This program is built around four pillars:

- **Compound Lifts** — The foundation of real strength. Big movements that build big results.
- **HIIT Conditioning** — Strategic high-intensity intervals that torch fat and rebuild your cardiovascular engine.
- **Functional Training** — Movements that carry over into everyday life — strength you can actually feel and use.
- **Progressive Overload** — The non-negotiable engine of every single session. We track. We improve. Every week.

We train **four days per week — Monday through Thursday**. Each session runs 45 to 60 minutes. You'll push hard, train smart, rest right, and come back stronger. This is not a program for people who want to "kinda try." This is a program for people who are serious about transformation.

I designed Gemini Power Shred specifically for adults who understand that time is their most valuable asset. You want real strength. You want a physique that turns heads and performs under pressure. You want to feel like an athlete again — or maybe for the first time. **That's what this system will give you.**

Trust the process. Follow the plan. Track your numbers. Rest when the program tells you to rest. Eat to fuel performance. Drink your water. Sleep like it's your job.

And remember — every single rep you put in is an investment that compounds over time. Just like its name.

Let's get to work.

— Coach Tony

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How to Use This Program

Your Blueprint for Success

Gemini Power Shred is engineered for maximum efficiency. Follow these guidelines exactly. The system works when you work the system.

Program Structure

- 1 4 Training Days Per Week** — Monday, Tuesday, Wednesday, and Thursday. These are your non-negotiable training days.
- 2 Friday through Sunday = Rest & Recover** — Take these days off from intense training. You may add light walking, gentle stretching, or recreational activity. Do NOT do intense cardio on rest days.
- 3 Session Length: 45-60 Minutes** — That includes warm-up and cool-down. Quality over quantity. Every minute counts.
- 4 Progressive Overload Is Non-Negotiable** — Each week, aim to add 2.5-5 lbs to your main lifts, or squeeze out one additional rep at the same weight. If you're not progressing, you're maintaining. Progress is the goal.
- 5 Track Everything** — Use the Progress Tracking Worksheet at the end of this program. Write down your weights and reps after every session. This data is your roadmap.
- 6 Warm Up — Every Single Session** — Spend 5 minutes before every workout doing light cardio (jumping jacks, brisk walk) and dynamic stretching (arm circles, leg swings, hip circles). Cold muscles get injured. Warm muscles perform.
- 7 Cool Down — Every Single Session** — Spend 5-10 minutes after training doing static stretching. Hold each stretch 30-45 seconds. Focus on the muscles you just trained.
- 8 Hydrate Throughout** — Sip water consistently during every session. Refer to the Hydration Guide in this program for detailed daily targets.

Weekly Schedule at a Glance

Day	Focus	Duration	Intensity
Monday	Push & Power (Shoulders + Upper Body)	45-60 min	High
Tuesday	Pull & Strength (Back + Biceps + Core)	45-60 min	High
Wednesday	Legs & Conditioning (Quads + HIIT)	50-60 min	Very High
Thursday	Full Body Power & Conditioning	50-60 min	High
Friday	Rest / Light Activity	Optional	Low
Saturday	Rest / Light Activity	Optional	Low
Sunday	Full Rest — Recover & Prepare	—	Rest

"Discipline is choosing between what you want now and what you want most."

— Coach Tony's Rule #1

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"It is God who arms me with strength and keeps my way secure."

Psalm 18:32

YOUR STRENGTH IS NOT YOUR OWN. CHANNEL IT.

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Section 1 of 9

Training Day One

MONDAY —

PUSH & POWER

"If you falter in a time of trouble, how small is your strength."

— Proverbs 24:10

Focus: Shoulders • Chest • Triceps • Upper Body Push

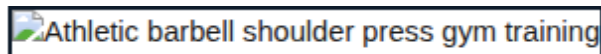
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MONDAY WORKOUT — PUSH & POWER

4 Exercises • 1 Superset Block • Cardio Finisher | 45-60 Minutes

| Shoulders, Triceps, Chest

Monday kicks off the week with an explosive upper-body push session. We attack the shoulders from all three angles — anterior, medial, and posterior — and finish with a superset block and high-intensity rope skipping to elevate your metabolism and burn maximum calories. Come in focused. Leave empty.



Shoulder Press — Drive from the core, press fully overhead. No back arch.

Workout Summary Table

#	Exercise	Sets	Reps	Rest	Muscles Targeted
1	Shoulder	4	8-10	90 sec	Anterior

#	Exercise	Sets	Reps	Rest	Muscles Targeted
	Press (Barbell or Dumbbell)				Deltoid, Triceps, Upper Traps
2	Lateral Raises	3	12-15	60 sec	Medial Deltoid
3	Upright Rows	3	10-12	60 sec	Traps, Deltoids, Biceps
4	Rear Delt Raises (Bent-Over Dumbbell)	3	12-15	60 sec	Posterior Deltoid, Rhomboids
5a	Push-Ups (Superset A)	3	15	No rest	Chest, Shoulders, Triceps
5b	Lateral Raises (Superset B)	3	12	60 sec	Medial Deltoid
C	Rope Skipping Intervals (Finisher)	3	1 min on/30 sec off	30 sec	Full Body, Cardiovascular

Exercise 1 — Shoulder Press (Barbell or Dumbbell)

Muscles Worked: Anterior deltoid (front shoulder), triceps, upper trapezius.

Secondary: serratus anterior, core stabilizers.

How to Perform: Sit on an upright bench (back supported) or stand with feet shoulder-width apart. Hold barbell at chin level with a grip just wider than shoulder-width, or hold dumbbells at ear level with palms facing forward. Brace your core hard — imagine you're about to take a punch to the stomach. Press the weight straight overhead until arms are fully extended but elbows are not locked. Lower slowly and under control back to chin level. That is one rep.

Pro Tip: If using a barbell, keep the bar path slightly angled forward of your head — not directly overhead — to protect your rotator cuff. For beginners, dumbbells allow for a more natural range of motion.

Common Mistake: Arching the lower back excessively to push the weight up. This transfers force away from the shoulders and puts serious stress on the lumbar spine. Keep your core locked and ribs down throughout the entire movement.

SETS: 4

REPS: 8-10

REST: 90 sec

TEMPO: 2-1-2

Exercise 2 — Lateral Raises

Muscles Worked: Medial (side) deltoid. This is the muscle that gives your shoulders width and creates that powerful V-taper look.

How to Perform: Stand with feet hip-width apart, dumbbells at your sides with a neutral grip (palms facing legs). Maintain a slight bend in your elbows throughout the movement. Keeping your torso upright, raise both arms simultaneously out to your sides until they reach shoulder height — no higher. Imagine pouring water out of a pitcher: tilt the pinky edge of the dumbbell slightly up at the top of the movement. Pause for one second. Lower under control — this is where the gains happen. Do NOT drop the weight.

Pro Tip: Go lighter than you think you need to. Most people use too much weight and end up working their traps instead of their delts. Control is everything on this exercise.

Common Mistake: Using momentum — swinging the torso back and "heaving" the dumbbells up. This takes the work off the medial delts and risks shoulder impingement.

SETS: 3

REPS: 12-15

REST: 60 sec

TEMPO: 2-1-3

Exercise 3 — Upright Rows

Muscles Worked: Upper trapezius, all three heads of the deltoid, biceps brachii.

How to Perform: Stand holding a barbell or pair of dumbbells with an overhand grip, hands roughly shoulder-width apart (or slightly wider). Let the bar hang in front of you at arm's length. Brace your core. Pull the weight upward toward your chin, leading with your elbows — the elbows should always be above the wrists throughout the movement. Raise until the bar reaches approximately collarbone height. Hold briefly. Lower with control.

Pro Tip: Grip width matters enormously on this exercise. A wider grip (hands outside shoulder-width) reduces internal rotation of the shoulder and is significantly safer. Consider using a cable machine or dumbbells instead of a barbell to allow a more natural wrist path.

Common Mistake: Gripping too narrow. A very narrow grip forces extreme internal shoulder rotation at the top of the movement, which is a known cause of shoulder impingement and rotator cuff issues. Use moderate grip, always.

SETS: 3

REPS: 10-12

REST: 60 sec

TEMPO: 2-1-2

Exercise 4 — Rear Delt Raises (Bent-Over Dumbbell)

Muscles Worked: Posterior (rear) deltoid, rhomboids, middle and lower trapezius. This is the most commonly neglected shoulder muscle — and one of the most important for posture and shoulder health.

How to Perform: Stand with feet hip-width apart. Hinge at the hips until your torso is parallel to the floor (or nearly so). Hold dumbbells below your chest with a neutral grip, arms hanging straight down. With a slight bend in the elbows, raise both arms out to your sides simultaneously — leading with your elbows, not your hands. Squeeze your shoulder blades together at the top. Your arms should form a "T" with your body at the peak of the movement. Lower under control.

Pro Tip: You can also perform this movement seated at the edge of a bench, leaning forward over your thighs — this helps stabilize the torso if you struggle to maintain the hip hinge position.

Common Mistake: Rounding the back to generate momentum. Keep a long, neutral spine throughout. If your back rounds, the weight is too heavy or your hamstrings are too tight. Fix one or both.

SETS: 3

REPS: 12-15

REST: 60 sec

TEMPO: 2-1-3

⚡ Superset Block — Exercises 5a & 5b

A superset pairs two exercises back-to-back with no rest between them. This increases training density, elevates heart rate, and maximizes time under tension. Perform 5a immediately followed by 5b, then rest 60 seconds before repeating.

Exercise

Sets

Reps

Rest

5a — Push-Ups

3

15

None (go straight to 5b)

5b — Lateral Raises

3

12

60 sec (then repeat from 5a)

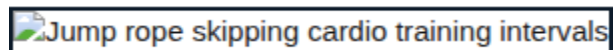
Push-Up Form: Hands slightly wider than shoulder-width, body in a rigid plank position, lower chest to 1 inch from floor, press back up. Full range of motion — no half reps. If 15 is too easy, elevate your feet or add a weight plate on your back.

Why This Superset Works: Push-ups pre-fatigue the pressing muscles (chest, triceps) while lateral raises isolate the deltoids. Performing them back-to-back creates a metabolic demand that amplifies muscle recruitment and caloric burn.

🔥 Cardio Finisher — Rope Skipping Intervals

End every Monday session with this quick, brutal finisher. Rope skipping is one of the most efficient cardiovascular tools on the planet — burning 10–15 calories per minute at moderate-to-high intensity.

- 3 Rounds: 1 minute ON / 30 seconds REST
- During the "ON" minute: high knees, fast cadence. Stay light on your feet — land on the balls of your feet, never flat-footed.
- During rest: catch your breath, shake out your hands and wrists.
- Total finisher time: approximately 4.5 minutes.
- No rope? Simulate it — jump in place at the same cadence.



Rope Skipping Finisher — Stay light, stay fast. 3 rounds. Finish strong.

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Section 2 of 9

Training Day Two

TUESDAY —

PULL & STRENGTH

"The Lord gives strength to his people; the Lord blesses his people with peace."

— Psalm 125:1

Focus: Deadlifts • Back • Biceps • Core • Upper Body Pull

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TUESDAY WORKOUT — PULL & STRENGTH

6 Exercises + Cardio Finisher | 45-60 Minutes | Deadlifts, Back, Biceps, Core

Tuesday is about raw pulling strength. We start with deadlifts — the king of all exercises — and work down through the pulling chain: rows, pulldowns, curls, pull-ups, and core work. This session will build a thick, powerful back, functional grip strength, and serious bicep size. Come heavy. Come focused.

Barbell deadlift powerlifting gym strength training

Deadlift — Hinge at the hip, neutral spine, bar close to the body. Drive through the floor.

Workout Summary Table

#	Exercise	Sets	Reps	Rest	Primary Muscles
1	Deadlifts (Barbell or Trap Bar)	4	5-6	2 min	Hamstrings, Glutes, Lower Back, Traps
2	Bent-Over Rows (Barbell)	4	8-10	90 sec	Lats, Rhomboids, Rear Delts, Biceps
3	Lat Pulldowns (Cable Machine)	3	10-12	60 sec	Latissimus Dorsi, Biceps, Rear Delts
4	Bicep Curls (Barbell or Dumbbell)	3	10-12	60 sec	Biceps Brachii, Brachialis
5	Pull-Ups (or Assisted Pull-Ups)	3	6-10	90 sec	Lats, Biceps, Core
6	Hanging Leg Raises	3	12-15	60 sec	Lower Abs, Hip Flexors, Core
C	Treadmill Intervals (Finisher)	5	30 sec sprint / 60 sec walk	Active recovery	Cardiovascular, Full Body

Exercise 1 — Deadlifts (Barbell or Trap Bar)

Muscles Worked: Hamstrings, glutes, lower back (erector spinae), upper traps, forearms, grip. The deadlift is a total posterior chain movement — there is no more powerful exercise for building real-world functional strength.

How to Perform: Walk up to the bar with feet hip-width apart, toes pointed slightly out. The bar should be over your mid-foot — not touching your shins yet. Hinge at the hips and bend your knees to grip the bar just outside your legs (double overhand or

mixed grip). Take a deep breath into your belly, brace your core hard (Valsalva maneuver), pull your shoulder blades down and back, and create tension throughout your entire body before the bar leaves the floor. Drive through your heels and push the floor away — do not think of "pulling" the bar. As the bar passes your knees, drive your hips forward forcefully to lockout. Stand tall at the top. Lower the bar under control by hinging the hips back first, then bending the knees as the bar passes them.

Pro Tip: The trap bar (hex bar) deadlift is equally effective and is significantly more beginner-friendly. It places less stress on the lumbar spine and allows a more upright torso angle. If you're new to deadlifting, start here.

Common Mistakes: (1) Rounding the lower back — this is the most dangerous deadlift error. If your back rounds, the weight is too heavy. Reduce it immediately. (2) The bar drifting forward away from your body — keep the bar dragging up your legs the entire way. It should almost touch your shins on the way up.

SETS: 4

REPS: 5-6

REST: 2 min

LOAD: Heavy — 80-85% 1RM

Exercise 2 — Bent-Over Rows (Barbell)

Muscles Worked: Latissimus dorsi, rhomboids, rear deltoids, middle trapezius, biceps brachii. The bent-over row is the best horizontal pulling exercise for building back thickness and width.

How to Perform: Stand with feet hip-width apart. Hinge at the hips until your torso is at approximately a 45-degree angle to the floor (or more horizontal for advanced lifters). Use a shoulder-width overhand grip on the barbell. With your chest up and back

flat, row the bar toward your lower chest/upper abdomen — not your belly button. At the top of the movement, squeeze your shoulder blades together hard and hold for one second. Lower the bar with control back to full arm extension.

Pro Tip: Think about driving your elbows back past your hips rather than pulling with your hands. This mental cue shifts the emphasis to the lats and upper back rather than the biceps.

Common Mistake: Using the hips and lower back to jerk the weight up — essentially a hip hinge/cheat motion. This removes stimulus from the back and loads the spine dangerously. Use a weight you can control.

SETS: 4

REPS: 8-10

REST: 90 sec

TEMPO: 2-1-2

Exercise 3 — Lat Pulldowns (Cable Machine)

Muscles Worked: Latissimus dorsi (primary), biceps brachii, posterior deltoids, teres major. The lat pulldown builds vertical pulling strength and the wide, sweeping back that creates a powerful V-taper.

How to Perform: Sit at a lat pulldown station with your thighs secured under the pad. Grip the bar wider than shoulder-width with an overhand grip. Lean slightly back — not excessively. Pull the bar down to your upper chest by driving your elbows down and back toward your hips. Squeeze your lats at the bottom — hold for one second. Control the bar back up to full arm extension. Do not let the plates crash.

Pro Tip: Initiate the movement by depressing and retracting your shoulder blades before you bend your elbows. This activates the lats first and prevents the biceps from dominating the pull.

Common Mistake: Pulling the bar behind the neck. This creates extreme stress on the cervical spine and shoulder joint. Always pull to the front, to your upper chest.

SETS: 3

REPS: 10-12

REST: 60 sec

TEMPO: 2-1-2

Exercise 4 — Bicep Curls (Barbell or Dumbbell)

Muscles Worked: Biceps brachii (long and short head), brachialis (underneath the bicep — adds thickness), brachioradialis (forearm).

How to Perform: Stand tall with feet hip-width apart, core braced, chest up. Hold the barbell (or dumbbells) with an underhand (supinated) grip, arms fully extended. Pin your elbows to your sides — they should not move during the exercise. Curl the weight up by contracting the biceps. At the top, squeeze hard and hold for one second — the biceps should be fully contracted. Lower the weight under control through the full range of motion. Full extension at the bottom every rep.

Pro Tip: For maximum bicep peak development, supinate (rotate) the dumbbells as you curl — turning the pinky toward the ceiling at the top. This hits the long head of the bicep, which is responsible for the "peak" you see when the arm is flexed.

Common Mistake: Swinging the torso backward on every rep to heave the weight up. This is the most common form breakdown in any gym. Fix it by reducing the weight and using strict form.

SETS: 3

REPS: 10-12

REST: 60 sec

TEMPO: 2-1-3

Exercise 5 — Pull-Ups (or Assisted Pull-Ups)

Muscles Worked: Latissimus dorsi, biceps brachii, core, scapular stabilizers. The pull-up is one of the ultimate tests of relative body strength — your ability to move your own bodyweight.

How to Perform: Grip a pull-up bar with an overhand grip, hands slightly wider than shoulder-width. Begin from a full dead hang — arms completely straight, shoulders relaxed. From this position, initiate the pull by depressing your shoulder blades (pull them down and together). Then bend your elbows and pull your chin up and over the bar. Hold briefly. Lower under control back to full dead hang. Every rep should start and end in a dead hang — no shortcuts.

Pro Tip: Can't do a pull-up yet? Use the assisted pull-up machine, or use a resistance band looped over the bar and under your knees. These methods allow you to build the strength pattern while reducing the load. Negative pull-ups (jumping up and lowering slowly) are also highly effective.

Common Mistake: Kipping — using a swinging, hip-thrust motion to generate momentum. This is a different exercise (a gymnastics skill) and does not build the same strength as a strict pull-up. Focus on controlled, strict reps every time.

SETS: 3

REPS: 6-10

REST: 90 sec

LEVEL: Assisted if needed

Pull-Ups — Dead hang start. Pull your chin over the bar. Control the descent. No kipping.

Exercise 6 — Hanging Leg Raises

Muscles Worked: Rectus abdominis (lower portion), hip flexors, transverse abdominis, forearm grip. Hanging leg raises are one of the most effective ab exercises for targeting the often-neglected lower portion of the rectus abdominis.

How to Perform: Hang from a pull-up bar with a shoulder-width overhand grip. Your body should be in a dead hang with feet together. Brace your core first — do not let your hips sway. Keeping your legs together and as straight as possible, raise them up to 90 degrees (or higher for advanced). At the top, curl your pelvis upward slightly — this ensures the abs are doing the work, not just the hip flexors. Lower your legs under control — do not swing them down.

Pro Tip: If straight-leg raises are too difficult initially, perform the same movement with bent knees. Progress to straight legs as your core strength develops.

Common Mistake: Swinging the body forward and back on each rep — using momentum instead of muscle. If you can't control the swing, squeeze the bar harder and slow your reps down.

SETS: 3

REPS: 12-15


REST: 60 sec

TEMPO: 2-1-2

Cardio Finisher — Treadmill Intervals

After your strength work, flush your system with this targeted treadmill sprint protocol. Sprinting after a heavy pull session is metabolically powerful — your glycogen stores are partially depleted, meaning your body shifts more quickly into fat oxidation.

- 5 Rounds: 30 seconds SPRINT (8-10 mph) / 60 seconds WALK (3 mph)
- Total time: approximately 7-8 minutes
- During sprints: full effort — drive with your arms, push through the balls of your feet
- During walk: active recovery — breathe deeply, recompose
- Hold the handrails only for safety, not for balance during sprints

 Treadmill sprint interval training gym cardio

Treadmill Finisher — 5 rounds of 30-second all-out sprints. Maximum effort every round.

Section 3 of 9

Training Day Three

WEDNESDAY —

LEGS & CONDITIONING

"As iron sharpens iron, so one person sharpens another."

— Proverbs 27:17


Focus: Squats • Lunges • Bulgarian Split Squats • HIIT Circuit •
Descending Ladder

by [trainer1](#) | [tsfixandfit.net](#)

WEDNESDAY WORKOUT — LEGS & CONDITIONING

3 Strength Exercises + HIIT Circuit + Descending Ladder | 50-60
Minutes | Legs, Glutes, Cardio

Wednesday is your hardest day. We compound heavy leg work with a brutal HIIT circuit and a descending ladder bodyweight finisher. This combination destroys calories, builds lower body strength, and conditions your cardiovascular system like nothing else in this program. Do not skip Wednesday. Your legs and metabolism will thank you.

 **Barbell back squat CrossFit gym workout legs**

Barbell Back Squat — Feet shoulder-width, toes out, squat to parallel or below. Drive knees out. Explode up.

Workout Summary Table

#	Exercise	Sets	Reps	Rest	Primary Muscles
1	Squats (Barbell Back Squat)	4	6-8	2 min	Quads, Glutes, Hamstrings, Core
2	Lunges (Walking or Stationary)	3	10 each leg	60 sec	Quads, Glutes, Hamstrings, Balance
3	Bulgarian Split Squats	3	8-10 each leg	90 sec	Quads, Glutes, Single-Leg Stability
C1	HIIT Circuit (3 rounds)	3	45 sec each exercise	2 min between rounds	Full Body, Cardiovascular
C2	Descending Ladder (3 exercises)	5 rungs	10, 8, 6, 4, 2	Minimal	Full Body, Conditioning

Exercise 1 — Barbell Back Squat

Muscles Worked: Quadriceps (primary), gluteus maximus, hamstrings, adductors, core, erector spinae. The squat is the undisputed king of lower body exercises. No other movement builds lower body mass, strength, and power more effectively.

How to Perform: Set the barbell on a squat rack at approximately upper chest height. Step under the bar and position it across your upper traps (high-bar) or rear deltoids (low-bar). Un-rack the bar, step back, and set your feet shoulder-width apart with toes pointed out 15–30 degrees. Take a deep breath, brace your core as if you're about to be punched, and begin the squat by pushing your knees out in the direction of your toes and sitting your hips back and down simultaneously. Descend until the crease of your hip is at or below the top of your knee (parallel or below). Drive your feet through the floor to stand. Lock out at the top and repeat.

Pro Tip: Before you descend, "spread the floor" with your feet — try to screw your feet apart without actually moving them. This engages the glutes and creates hip torque that protects your knees and adds power to your ascent.

Common Mistakes: (1) Knees caving inward (valgus collapse) — push your knees out aggressively on the way up. (2) Heels rising off the floor — a sign of poor ankle mobility. Elevate your heels slightly on weight plates while you work on ankle mobility long-term.

SETS: 4

REPS: 6-8

REST: 2 min

LOAD: Heavy — 75-85% 1RM

Exercise 2 — Lunges (Walking or Stationary)

Muscles Worked: Quadriceps, gluteus maximus, hamstrings, hip flexors, balance and coordination. Lunges are a unilateral (one-leg-at-a-time) movement that corrects imbalances between the left and right sides of the body.

How to Perform: Stand tall with dumbbells at your sides (or hands on hips for bodyweight). Take a controlled step forward with one foot, placing it approximately 2–3 feet ahead. Lower your back knee straight down toward the floor — do not let it crash to the ground. Your front knee should be aligned directly over your front ankle. Your front shin should be approximately vertical. At the bottom, your front thigh should be parallel to the floor. Push through the heel of your front foot to return to standing. Alternate legs for walking lunges, or complete all reps on one side before switching for stationary.

Pro Tip: Keep your torso completely upright — resist the urge to lean forward. A forward lean shifts emphasis away from the glutes and quads and toward the hip flexors.

Common Mistake: Allowing the front knee to travel far past the toes. While a small amount of forward knee travel is normal and acceptable, excessive travel indicates you've taken too short a step. Take a longer stride.

SETS: 3

REPS: 10 each leg

REST: 60 sec

LOAD: Bodyweight or light dumbbells

Exercise 3 — Bulgarian Split Squats (Rear Foot Elevated)

Muscles Worked: Quadriceps (primary), gluteus maximus, hip flexors, single-leg stability, core. The Bulgarian Split Squat is one of the most effective single-leg exercises

in existence — and one of the most humbling. It exposes weaknesses between legs and demands serious stability from the hip and knee.

How to Perform: Stand approximately 2–3 feet in front of a bench or box (about knee height). Reach back and place the top of your rear foot on the bench — shoelaces down. Find your balance. Hold dumbbells at your sides. Keeping your torso upright, bend your front knee and lower your back knee toward the floor. Your front knee should track over your front toes. Lower until your back knee nearly touches the floor or your front thigh reaches parallel — whichever comes first. Drive through your front heel to return to the starting position.

Pro Tip: Foot placement matters. If your front foot is too close to the bench, your knee will travel far forward (quad dominant). If it's too far, you'll feel excessive hip flexor strain. Experiment to find your optimal placement before adding load.

Common Mistake: Leaning too far forward with the torso. This is usually caused by the rear foot placement being too high, or insufficient hip flexor flexibility. Keep the chest tall and the front shin vertical.

SETS: 3

REPS: 8-10 each leg

REST: 90 sec

LOAD: Moderate dumbbells

⚡ HIIT CIRCUIT BLOCK — 3 Rounds

Perform all three exercises as a circuit — back-to-back with only 15 seconds of transition between exercises. Rest 2 full minutes between complete rounds. No shortcuts. This is where conditioning is built.

Exercise

Duration

Intensity

Rest After

Treadmill Sprint

45 sec

9 mph / full effort

15 sec transition

Jump Rope (Double-Unders or Fast Singles)

45 sec

Maximum cadence

15 sec transition

Bike Sprints

45 sec

Max resistance

2 min rest between rounds

Total HIIT Time: Approximately 18 minutes (3 rounds x ~6 min per round)

Why This Works: This tri-modal HIIT circuit targets three different movement patterns (running, skipping, cycling) to stress the cardiovascular system from multiple angles while minimizing repetitive joint stress. The 45-on/15-transition

ratio is aggressive — it keeps your heart rate in the 85–95% max zone, triggering significant EPOC (Excess Post-Exercise Oxygen Consumption), which means you continue burning calories for hours after the session ends.

▼ Descending Ladder — Bodyweight Circuit

After the HIIT circuit, finish with this descending rep ladder. Start at 10 reps for each exercise, complete all three, then drop to 8, then 6, then 4, then 2.

Minimal rest — only what you need to continue safely.

Rung

Squats

Push-Ups

Burpees

Rung 1

10 reps

10 reps

10 reps

Rung 2

8 reps

8 reps

8 reps

Rung 3

6 reps

6 reps

6 reps

Rung 4

4 reps

4 reps

4 reps

Rung 5

2 reps

2 reps

2 reps

TOTAL

30 reps

30 reps

30 reps

Complete all three exercises at each rung before moving to the next.

Rest only when absolutely necessary. The descending rep scheme creates a psychological advantage — the work gets shorter as you get more fatigued.

Finish every rung.



Training Day Four

THURSDAY —

FULL BODY POWER

"God is our refuge and strength, an ever present help in trouble."

— Psalm 46:1

Focus: Kettlebells • Thrusters • Rowing • Farmer's Walk • Planks •
Bike Intervals

by [trainer1](#) | [fitandfit.net](#)

**THURSDAY WORKOUT — FULL BODY POWER &
CONDITIONING**

5 Exercises + Bike Interval Finisher | 50-60 Minutes | Full Body
Strength, Power, Core

Thursday closes the training week with a full-body power session that integrates every major muscle group. This is functional fitness at its highest — movements that build real-world strength and athletic conditioning. We finish with a bike

interval protocol that will push your lactate threshold and maximize fat oxidation. End the week the way you started it: with total effort.

Workout Summary Table

#	Exercise	Sets	Reps / Duration	Rest	Primary Muscles
1	Kettlebell Presses (Single or Double)	3	10 each arm	60 sec	Shoulders, Triceps, Core, Stability
2	Thrusters (Barbell or Dumbbell)	4	8-10	90 sec	Quads, Glutes, Shoulders, Triceps — Full Body
3	Rowing Machine (Concept2 or Cable Row)	3	3 min moderate / 30 sec sprint intervals	90 sec	Back, Biceps, Legs, Core
4	Farmer's Walk	3	40 meters	60 sec	Grip, Traps, Core, Legs — Functional
5	Planks (Standard + Side Plank)	3	45-60 sec	45 sec	Core, Obliques, Transverse Abdominis
C	Bike Intervals (Finisher)	6	20 sec sprint / 40 sec easy	Active recovery	Cardiovascular, Full Body Metabolic

Exercise 1 — Kettlebell Presses (Single or Double)

Muscles Worked: Anterior and medial deltoids, triceps, serratus anterior, core stabilizers. The kettlebell press demands significantly more core and shoulder stability than a standard barbell press, making it an elite tool for functional overhead strength.

How to Perform: Clean one kettlebell to the rack position — held at shoulder height with your elbow tucked close to your body, the bell resting on the back of your forearm. Brace your core and glutes hard. Press the kettlebell straight overhead until your arm is fully extended, your bicep is near your ear, and your wrist is locked neutral. Do not flare the elbow out excessively. Lower the bell back to the rack position under full control. Complete all reps on one side before switching.

Pro Tip: The single-arm kettlebell press challenges core anti-rotation. Press from a solid base — squeeze the opposite glute, spread your toes into the floor, and create total body tension before each press.

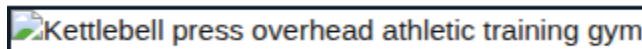
Common Mistake: Allowing the wrist to bend back under the kettlebell, causing the weight to rest on the back of the hand rather than being stacked over the forearm. Keep the wrist locked and the weight stacked directly above the elbow and shoulder.

SETS: 3

REPS: 10 each arm

REST: 60 sec

WEIGHT: Moderate — controlled



Kettlebell Press — Rack position, core braced, press straight overhead. Lock out fully at the top.

Exercise 2 — Thrusters (Barbell or Dumbbell)

Muscles Worked: Quadriceps, gluteus maximus, hamstrings, anterior deltoids, triceps — true full-body integration. The thruster is arguably the most metabolically demanding barbell exercise in existence. It combines a front squat with an overhead press in one fluid, explosive motion.

How to Perform: Hold the barbell (or dumbbells) in a front rack position — bar resting on your fingertips, elbows high, upper arms parallel to the floor. Feet are shoulder-width apart. Squat down to parallel or below, keeping your elbows high throughout the descent. As you drive up from the bottom of the squat, use the momentum of your hips to initiate the press — the squat and the press flow together as one continuous movement. At full extension, the bar should be locked out directly overhead with your biceps near your ears. Lower the bar to the rack position as you descend into the next squat. That is one rep.

Pro Tip: The power of the thruster comes from your legs, not your arms. Think of the overhead press as just a "finish" to the squat — your leg drive should carry the bar at least halfway to lockout before your arms take over.

Common Mistake: Separating the squat and the press into two distinct movements — squatting up, pausing, and then pressing. This destroys the metabolic benefit and reduces the load you can handle. Practice the transition as a single, continuous push.

SETS: 4

REPS: 8-10

REST: 90 sec

LOAD: Moderate — fluid motion

Exercise 3 — Rowing (Concept2 or Cable Row)

Muscles Worked: Latissimus dorsi, rhomboids, biceps brachii, quadriceps, hamstrings, glutes, core. Rowing is the most complete cardiovascular exercise available — it engages approximately 86% of the muscles in the body simultaneously.

How to Perform (Concept2 Rowing Machine): Sit on the seat with your feet strapped in. Hold the handle with a relaxed, overhand grip. Begin in the "catch" position

— shins vertical, arms extended, body leaning slightly forward. Push with your legs first — this is the most common error people make, and we will address it below. As your legs straighten, lean back slightly and pull the handle to your lower chest/upper abdomen, elbows driving back past your torso. Hold briefly. Return by extending your arms first, then leaning forward, then bending your knees. That is one stroke. Pace: perform 3 minutes at a moderate pace (22–24 strokes per minute), then 30-second all-out sprint intervals (28–32 strokes per minute).


Pro Tip: The ratio of leg power to arm pull should be approximately 60% legs, 20% back, 20% arms. Your legs are your engine — treat the arms as the finishing mechanism.

Common Mistake: Pulling with the arms first before the leg drive is initiated. This wastes power and overloads the biceps and lower back. The sequence must always be legs → lean back → arms.

SETS: 3

DURATION: 3 min moderate + 30 sec sprint

REST: 90 sec

 Rowing machine cardio workout gym fitness

Rowing Machine — Legs drive first. Lean back. Pull to chest. Return in reverse order. Total body power.

Exercise 4 — Farmer's Walk

Muscles Worked: Grip and forearms, upper trapezius, core (anti-lateral flexion), quadriceps, glutes, calves. The Farmer's Walk is the definition of functional strength — it builds the kind of grip, core, and total body stability that carries over into every aspect of life and every other exercise in this program.

How to Perform: Pick up a pair of heavy dumbbells (or a trap bar/farmer's walk handles) using a hip hinge to set up — back flat, core braced. Stand to full height with the weights hanging at your sides. Pull your shoulders back and down. Stand tall — chest up, chin level. Walk with purpose in a straight line for 40 meters (approximately 130 feet). Your steps should be controlled and deliberate — not shuffling. Keep your core braced the entire walk to prevent lateral swaying. At the end of 40 meters, set the weights down with control (hinge at the hips), rest 60 seconds, and repeat.

Pro Tip: Go heavier than you think you can handle. The Farmer's Walk is one of the most forgiving exercises in terms of load tolerance. If you can walk without your grip or posture failing, go up in weight. Use straps only if necessary — building grip strength is part of the benefit.

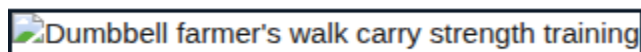
Common Mistake: Shoulders rounding forward under the weight. This places excessive stress on the cervical spine and removes the trap and rhomboid engagement. Retract your shoulder blades aggressively and keep them there for the entire 40 meters.

SETS: 3

DISTANCE: 40 meters

REST: 60 sec

LOAD: Heavy — challenge your grip



Farmer's Walk — Stand tall, shoulders back, walk with purpose. Grip is strength. Build it.

Exercise 5 — Planks (Standard + Side Plank)

Muscles Worked: Rectus abdominis, transverse abdominis (deep core stabilizer), obliques (side plank), glutes, shoulder stabilizers, erector spinae.

Standard Plank — How to Perform: Place your forearms on the floor, elbows directly under your shoulders. Extend your legs straight behind you, toes tucked. Your body should form a perfectly straight line from your heels to the crown of your head. Brace your core as if you're about to be punched. Squeeze your glutes and quad muscles simultaneously. Breathe steadily — do not hold your breath. Hold for 45–60 seconds.

Side Plank — How to Perform: Transition directly from a standard plank. Rotate onto one forearm, stack your feet or stagger them for stability. Your body forms a straight diagonal line. Raise your free hand to the ceiling or rest it on your hip. Hold for 30–45 seconds per side.

Pro Tip: The plank is not a rest exercise — it's an active hold. Focus on maintaining full body tension throughout. If your hips sag or pike, the exercise has ended. Stop, reset, and try again rather than holding a compromised position.

Common Mistakes: (1) Hips sagging toward the floor — weakens the core stimulus and loads the lumbar spine. Squeeze the glutes to fix this. (2) Hips piking up — this is cheating. Imagine someone has a string attached to your navel pulling it toward the floor.

SETS: 3

DURATION: 45–60 sec standard + 30 sec each side

REST: 45 sec

Bike Interval Finisher — 6 Rounds

Close out the week with the most efficient metabolic finisher in the program: Tabata-style bike intervals. Short, savage, and done in 6 minutes. This is your exclamation point on the week.

- **6 Rounds:** 20 seconds ALL-OUT sprint / 40 seconds easy pedaling
- Total time: exactly 6 minutes
- During the 20-second sprint: maximum resistance, maximum RPM. Nothing held back.
- During the 40-second recovery: slow, easy pedaling — do not stop completely
- This protocol maximizes EPOC (Excess Post-Exercise Oxygen Consumption) — your body continues burning calories for hours post-workout

Track your RPM or resistance during sprint intervals each week. If you're progressing, your sprint power should increase over the 4-week program.

Section 5 of 9

Essential Principles

HYDRATION —

THE FUEL YOU FORGET

"Like cold water to a weary soul is good news from a distant land."

— Proverbs 25:25

Your performance, recovery, and results depend on how well you hydrate.

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Hydration Guide — The Fuel You Forget

Why Hydration Is a Performance Variable

Most people underestimate the performance impact of dehydration. Research shows that even a 2% reduction in body water can decrease strength output by up to 10% and aerobic performance by 20-30%. On a hard training day, you are losing

water through sweat, respiration, and metabolic processes every minute you're in the gym. Replenishing it is not optional — it is mission-critical.

"Your body is approximately 60% water. Your muscles are 75% water. When you're dehydrated, you are not training at full capacity. Period."

— Coach Tony | [tonytrainer1](#)

Daily Hydration Formula

Calculate Your Daily Water Target

Formula: Your Body Weight (lbs) ÷ 2 = Minimum Daily Ounces of Water

Example: 200 lbs ÷ 2 = 100 oz of water per day (approximately 3 liters / 12.5 cups)

On Training Days: Add an additional 16–24 oz to account for sweat loss during your session.

For Sessions Over 60 Minutes: Add electrolytes — sodium, potassium, and magnesium. These minerals are lost in sweat and are critical for muscle contraction, nerve function, and cramping prevention.

Hydration Timeline — Daily Protocol

Time of Day	Amount	Purpose & Notes
Upon Waking	16–20 oz	Flush kidneys, rehydrate after 6–8 hours without water, kickstart metabolism. Drink before

Time of Day	Amount	Purpose & Notes
		coffee.
Pre-Workout	16 oz	30-60 minutes before your session. Ensures muscles are fully hydrated at the start of training.
During Training	8 oz every 15-20 min	Sip consistently throughout your session. Do not wait until you feel thirsty — thirst is a sign you're already behind.
Post-Workout	20-24 oz	Drink within 30 minutes of finishing. Begins the recovery and rehydration process immediately.
With Meals	8-12 oz	Aids digestion and nutrient absorption. Avoid excessive intake with meals as it can dilute digestive enzymes.
Evening	8-12 oz	Final hydration push for the day. Avoid drinking large amounts within 2 hours of sleep to prevent disrupted rest.

Signs You Are Dehydrated

Sign	What It Means	Action
Dark yellow or amber urine	Significant dehydration	Drink 16-20 oz immediately; pale yellow is the target
Fatigue during workout	Even mild dehydration reduces cellular energy production	Sip water before reaching for pre-workout
Muscle cramping	Electrolyte imbalance + dehydration	Water + pinch of sea salt + electrolyte supplement
Brain fog / poor focus	Cognitive function drops significantly with dehydration	Hydrate first — often eliminates the fog within 20 min
Headache	A classic dehydration signal	Drink water — most exercise headaches are dehydration-related

Sign	What It Means	Action
Skin that doesn't bounce back	Pinch skin on back of hand — if it doesn't spring back, you're dehydrated	Immediate rehydration protocol

What to Avoid

- **Sugary sports drinks** (Gatorade, Powerade, etc.) — loaded with sugar, dye, and artificial flavors. The electrolytes are minimal. Opt for water with a pinch of real sea salt and a squeeze of lemon instead.
- **Energy drinks as hydration** — caffeine is a mild diuretic. Energy drinks contribute to net dehydration, not hydration.
- **Excessive alcohol** — a powerful diuretic. Even moderate consumption significantly impairs overnight recovery and next-day performance.
- **Relying on thirst alone** — thirst is a lagging indicator. By the time you feel thirsty, you're already 1-2% dehydrated. Drink on schedule.

"Drink water like it's your job. Because during this program, it is."

— Coach Tony | tsfixandfit.net

Section 6 of 9

Essential Program

NUTRITION —

EAT TO PERFORM

"She sets about her work vigorously; her arms are strong for her tasks."

— Proverbs 31:17

Training is the stimulus. Nutrition is the recovery. You cannot out-train a bad diet.

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Nutrition Guide — Eat to Perform

The Foundation of Your Results

You can execute every workout in this program perfectly and still see minimal results if your nutrition is out of control. **Training breaks your body down.**

Nutrition — specifically protein, carbohydrates, and healthy fats — is what builds it back up, bigger and stronger. This section gives you everything you need to fuel your performance, support recovery, and drive the body composition changes you're after.

We are not going to overcomplicate this. No calorie-tracking apps required (though they help). No exotic superfoods. No starvation. Just real food, eaten at the right times, in the right amounts.

Your Macro Targets for Power Shred

Macronutrient Blueprint

Macronutrient

Target (Per Lb of Bodyweight)

Role in This Program

Protein

1g per lb of bodyweight

Builds and preserves muscle mass. Non-negotiable priority. Eat this first at every meal.

Carbohydrates (Training Days)

1.5–2g per lb

Fuels training sessions, replenishes glycogen, drives performance.

Carbohydrates (Rest Days)

0.75–1g per lb

Reduced intake on rest days — lower energy demand. Allows glycogen cycling.

Fats

0.3–0.4g per lb

Hormone production, joint health, fat-soluble vitamin absorption. Never go below this.

Caloric Target for Fat Loss with Muscle Retention:

Body Weight (lbs) x 14–15 = Daily Calorie Target

Example: 200 lb person = 2,800–3,000 calories/day. This creates a modest caloric deficit while preserving the lean muscle tissue you're building through training.

Top Protein Sources

Food Source	Protein Content	Serving Size	Notes
Chicken Breast	26g	3 oz cooked	Lean, versatile, high protein-to-calorie ratio. Grill, bake, or meal prep in bulk.
Egg Whites	17g	½ cup	Nearly pure protein. Combine with 1-2 whole eggs for nutrient density.
Canned Tuna	22g	3 oz / 1 can	Inexpensive, no-cook protein. Limit to 3-4 servings/week due to mercury.
Greek Yogurt	17g	6 oz	Choose plain, non-fat or low-fat. High protein + probiotics for gut health.
Salmon	22g	3 oz cooked	Also rich in omega-3 fatty acids — critical for joint health and inflammation control.
Lean Ground Beef (93% lean)	22g	3 oz cooked	Contains creatine and B12. Excellent for strength athletes.
Cottage Cheese	14g	½ cup	High in casein protein — slow-digesting. Excellent before bed for overnight recovery.
Whey Protein	24g	1 scoop	Fast-digesting. Best used post-workout. Not a meal replacement — a supplement.

Meal Timing Guide

Pre-Workout Meal — 1 to 2 Hours Before Training

Your pre-workout meal should provide a balance of complex carbohydrates (for sustained energy) and protein (to prevent muscle breakdown during training). Keep fat low pre-workout as it slows digestion.

- **Option 1:** Oatmeal (1 cup cooked) + banana + whey protein shake
- **Option 2:** Brown rice (1 cup cooked) + chicken breast (4 oz) + steamed vegetables
- **Option 3:** Sweet potato (medium) + 3 scrambled eggs + hot sauce
- **Option 4:** Whole grain toast (2 slices) + 2 tablespoons almond butter + banana

Post-Workout Meal — Within 60 Minutes After Training

The post-workout window is when your muscles are most receptive to nutrients. Prioritize fast-digesting protein and moderate carbohydrates to initiate recovery and glycogen replenishment. Keep fat low in this window.

- **Option 1:** Whey protein shake + apple or banana (fast carbs)
- **Option 2:** Greek yogurt + granola + mixed berries
- **Option 3:** Rice cakes (4-6) + canned tuna + avocado slices
- **Option 4:** Chicken breast (5 oz) + white rice (1 cup cooked) + broccoli

⚠️ **Foods to Eliminate From Your Diet**

- **Processed sugars and sodas** — spike insulin, crash energy, accelerate fat storage, contribute zero nutritional value
- **Fried foods** — oxidized fats impair cell function, promote inflammation, and undermine recovery
- **Alcohol** — suppresses protein synthesis, dehydrates, disrupts sleep, and impairs hormonal recovery (testosterone, growth hormone)
- **Refined white flour products** (white bread, pastries, white pasta) — strip the grain of its fiber, causing rapid blood sugar spikes
- **High-sodium packaged snacks** — cause water retention, bloating, and increase blood pressure
- **Fast food** — calorie-dense, nutrient-sparse, and full of inflammatory oils and additives

Meal Timing Principles

- **Eat every 3-4 hours** to maintain steady blood sugar, sustained energy, and continuous muscle protein synthesis.
- **Never train on a completely empty stomach** — have at least a small protein and carb source 60-90 minutes before your session.
- **80/20 Rule:** Prioritize whole, minimally processed foods 80% of the time. Allow 20% flexibility for social eating and food enjoyment without guilt.
- **Prioritize sleep-time nutrition:** Have a slow-digesting protein source (cottage cheese, casein shake) 30-60 minutes before bed to support overnight muscle protein synthesis.
- **Don't fear carbohydrates on training days** — carbs are the primary fuel source for high-intensity resistance training. Under-eating carbs will impair your performance and recovery significantly.

"Your fork is as important as your barbell. Master both."

— Coach Tony | [tonytrainer1](#) | [tsfixandfit.net](#)

tonytrainer1 | [tsfixandfit.net](#) | GEMINI POWER SHRED — NUTRITION

Section 7 of 9

Essential Protocol

RECOVERY —

WHERE THE MAGIC HAPPENS

"He makes me lie down in green pastures. He leads me beside quiet waters."

— Psalm 23:2

Muscle is not built in the gym. It is built while you rest.

[tonytrainer1](#) | [tsfixandfit.net](#)

Recovery Guide — Where the Real Growth Happens

The Most Underrated Tool in Your Program

Most athletes treat recovery as an afterthought — something you do when you "feel like it." **That is a mistake that limits results and invites injury.** Recovery is a deliberate, scheduled discipline. It is the phase where your body repairs the micro-damage caused by training, lays down new muscle tissue, replenishes glycogen, and restores hormonal balance. If your recovery is poor, your training will plateau — guaranteed.

This section gives you the complete Gemini Power Shred recovery protocol. Follow it with the same commitment you bring to your training sessions.

Recovery Protocol — Six Pillars

Pillar 1 — Sleep: 7 to 9 Hours Per Night

Sleep is the single most powerful recovery tool available to you — and it is completely free. During deep sleep (slow-wave sleep), your body releases the majority of its daily growth hormone (GH), which drives muscle protein synthesis, fat mobilization, and cellular repair. Shortchanging sleep does not just make you tired — it actively undermines your training results.

Sleep Protocol:

- Aim for 7–9 hours of uninterrupted sleep per night
- Maintain a consistent sleep/wake schedule — even on weekends
- Keep your bedroom dark, cool (65–68°F is optimal), and quiet

- Eliminate blue light (phones, tablets, screens) at least 60 minutes before bed
 - Avoid alcohol within 3 hours of sleep — it suppresses REM sleep and GH release
 - Consider a magnesium glycinate supplement (300–400mg) before bed — it supports sleep quality and muscle relaxation
-

Pillar 2 — Active Recovery on Rest Days

Rest days do not mean sedentary days. Light movement on Friday, Saturday, and Sunday promotes blood flow to recovering muscles, accelerates the removal of metabolic waste products, and reduces next-day soreness (DOMS — Delayed Onset Muscle Soreness).

Active Recovery Options:

- **Walking:** 20–40 minutes at a comfortable pace. Low impact, highly effective for blood flow and mental wellness.
 - **Swimming:** 20–30 minutes of easy, non-competitive swimming. The water's hydrostatic pressure reduces inflammation and joint soreness.
 - **Yoga / Mobility Flow:** 20–30 minutes of gentle yoga. Focus on hip flexors, thoracic spine, hamstrings, and shoulder mobility.
 - **What to avoid:** Intense cardio, heavy lifting, or any activity that creates significant muscular fatigue on rest days.
-

Pillar 3 — Foam Rolling (Myofascial Release)

Foam rolling breaks up adhesions in the fascia (the connective tissue surrounding your muscles), reduces tension, and improves tissue quality and range of motion. Use it for 10 minutes immediately post-workout.

Priority Areas to Foam Roll:

- **Hamstrings and Glutes:** Sit on the roller, work from the glute fold to the back of the knee. Spend extra time on any tender spots ("trigger points") — hold 20–30 seconds on each knot.
- **Quadriceps:** Lie face down, roller under your thighs. Roll from hip flexor to just above the knee.
- **Lats and Upper Back:** Lie on your side, roller under your armpit. Roll down the side of your torso. Also roll the thoracic spine region.
- **Calves:** Sit upright, roller under your calves. Cross one foot over the other to increase pressure. Roll from ankle to just below the knee.
- **IT Band (outer thigh):** Lie on your side, roller under the outer thigh. Roll slowly — this area is often extremely tight and tender.

Pillar 4 — Stretching (10 Minutes Daily)

Daily stretching preserves and improves range of motion, corrects postural imbalances, and reduces injury risk. Perform static stretching post-workout or as a standalone daily practice. Hold each stretch 30–45 seconds, breathe deeply, and relax into the position.

Daily Stretch Routine — Priority Areas:

- **Hip Flexors:** Low lunge / kneeling hip flexor stretch. Critical for adults who sit for extended periods. Tight hip flexors pull the pelvis forward, causing lower back pain and limiting squat depth.
- **Hamstrings:** Standing forward fold or seated hamstring stretch. Improves deadlift and squat mechanics.

- **Chest / Anterior Shoulder:** Doorway chest stretch or cross-body shoulder stretch. Reverses the forward rounding posture created by desk work and pressing exercises.
 - **Thoracic Spine (Upper Back):** Foam roller thoracic extension — place roller perpendicular across upper back, gently extend backward over the roller segment by segment. Opens up the thoracic spine for better overhead pressing and posture.
 - **Shoulder:** Overhead tricep stretch + cross-body shoulder stretch. Reduces rotator cuff tension from pressing work.
-

Pillar 5 — Cold / Heat Therapy for Sore Joints

Ice (Cryotherapy): Apply ice or a cold pack wrapped in a towel to acutely sore or inflamed joints (elbows, knees, shoulders) for 10–15 minutes. Best used within the first 24–48 hours after a heavy session. Reduces inflammation and numbs acute pain. Do not apply ice directly to skin.

Heat: After the first 48 hours, switch to heat therapy for chronic or lingering muscle tightness. A heating pad or warm compress applied for 15–20 minutes increases blood flow and promotes muscular relaxation. Also excellent before stretching sessions.

Contrast Therapy: Alternating between cold and warm exposure (cold shower → warm water → cold shower) is a popular technique used by professional athletes to reduce DOMS and accelerate recovery. If accessible, give it a try on rest days.

Pillar 6 — Epsom Salt Baths

Epsom salt (magnesium sulfate) baths are a time-tested recovery tool. While the science on transdermal magnesium absorption is debated, what is not debated is the

value of 20 minutes of warm-water relaxation for reducing perceived muscle soreness and promoting parasympathetic nervous system activation (the "rest and digest" mode that is the opposite of the "fight or flight" stress response).

Protocol: Fill a bath with warm (not hot) water. Add 2 cups of Epsom salts. Soak for 20 minutes. You can add lavender essential oil for additional relaxation benefits. Best performed on the evening of a hard training day or on a rest day.

"Champions are not built only in the gym. They are built in the hours between sessions — in how they sleep, eat, recover, and prepare to do it all again."

— Coach Tony | [tonytrainer1](#) | [tsfixandfit.net](#)

tonytrainer1 | [tsfixandfit.net](#) | GEMINI POWER SHRED — RECOVERY

Section 8 of 9

Your Personal Record

PROGRESS TRACKING

WORKSHEET

"What gets measured, gets managed."

— Coach Tony's Golden Rule

Track your weights, reps, and measurements. This data is your proof of progress.

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Progress Tracking Worksheet

Fill in your weights and reps after EVERY session. Review your numbers weekly. If you're not progressing on a given exercise for two consecutive weeks, add 5 lbs to the bar or push for one additional rep. Small, consistent progress over 4 weeks creates dramatic long-term transformation.

MONDAY — Push & Power | 4-Week Log

Week	Exercise	Weight Used	Sets Done	Reps Completed	Notes / How It Felt
Week 1	Shoulder Press				
Week 1	Lateral Raises				

Week	Exercise	Weight Used	Sets Done	Reps Completed	Notes / How It Felt
Week 1	Upright Rows				
Week 1	Rear Delt Raises				
Week 2	Shoulder Press				
Week 2	Lateral Raises				
Week 2	Upright Rows				
Week 2	Rear Delt Raises				
Week 3	Shoulder Press				
Week 3	Lateral Raises				
Week 3	Upright Rows				
Week 3	Rear Delt Raises				
Week 4	Shoulder Press				
Week 4	Lateral Raises				
Week 4	Upright Rows				
Week 4	Rear Delt Raises				

TUESDAY — Pull & Strength | 4-Week Log

Week	Exercise	Weight Used	Sets Done	Reps Completed	Notes
Week 1	Deadlifts				
Week 1	Bent-Over Rows				
Week 1	Lat Pulldowns				

Week	Exercise	Weight Used	Sets Done	Reps Completed	Notes
Week 1	Bicep Curls				
Week 1	Pull-Ups				
Week 2	Deadlifts				
Week 2	Bent-Over Rows				
Week 2	Lat Pulldowns				
Week 2	Bicep Curls				
Week 2	Pull-Ups				
Week 3	Deadlifts				
Week 3	Bent-Over Rows				
Week 3	Lat Pulldowns				
Week 3	Bicep Curls				
Week 3	Pull-Ups				
Week 4	Deadlifts				
Week 4	Bent-Over Rows				
Week 4	Lat Pulldowns				
Week 4	Bicep Curls				
Week 4	Pull-Ups				

WEDNESDAY — Legs & Conditioning | 4-Week Log

Week	Exercise	Weight Used	Sets Done	Reps Completed	Notes
Week 1	Barbell Squats				
Week 1	Lunges				
Week 1	Bulgarian Split Squats				
Week 2	Barbell Squats				
Week 2	Lunges				
Week 2	Bulgarian Split Squats				
Week 3	Barbell Squats				
Week 3	Lunges				
Week 3	Bulgarian Split Squats				
Week 4	Barbell Squats				
Week 4	Lunges				
Week 4	Bulgarian Split Squats				

THURSDAY — Full Body Power | 4-Week Log

Week	Exercise	Weight Used	Sets Done	Reps / Duration	Notes
Week 1	Kettlebell Press				
Week 1	Thrusters				
Week 1	Rowing Machine	N/A			
Week 1	Farmer's Walk				
Week 1	Planks	N/A			

Week	Exercise	Weight Used	Sets Done	Reps / Duration	Notes
Week 2	Kettlebell Press				
Week 2	Thrusters				
Week 2	Rowing Machine	N/A			
Week 2	Farmer's Walk				
Week 2	Planks	N/A			
Week 3	Kettlebell Press				
Week 3	Thrusters				
Week 3	Rowing Machine	N/A			
Week 3	Farmer's Walk				
Week 3	Planks	N/A			
Week 4	Kettlebell Press				
Week 4	Thrusters				
Week 4	Rowing Machine	N/A			
Week 4	Farmer's Walk				
Week 4	Planks	N/A			

Body Measurement Tracker

Take measurements at the start of Week 1 (before Day 1) and again at the end of Week 4. Use a soft measuring tape. Measure at the same time of day, under the same conditions (morning, fasted, before training). Photos are also highly recommended — progress is often visible in photos before it shows up on the scale.

Measurement	Week 1 (Starting)	Week 4 (Ending)	Change
Body Weight (lbs)	lbs	lbs	
Chest (at nipple line)	in	in	
Waist (at navel)	in	in	
Hips (widest point)	in	in	
Right Arm (flexed, at peak)	in	in	
Left Arm (flexed, at peak)	in	in	
Right Thigh (upper, mid-quad)	in	in	
Left Thigh (upper, mid-quad)	in	in	
Neck (relaxed)	in	in	
Photo Taken?	Yes / No	Yes / No	

"Progress is not always visible on the scale. Measure everything. Trust the process."

— Coach Tony | [tonytrainer1](#) | [tsfixandfit.net](#)

Weekly Check-In Notes

Week	How Did This Week Feel? (Energy, Strength, Soreness)	Any Issues or Adjustments Needed?
Week 1		

Week	How Did This Week Feel? (Energy, Strength, Soreness)	Any Issues or Adjustments Needed?
Week 2		
Week 3		
Week 4		

Section 9 of 9 — Closing Inspiration

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"Commit your way to the Lord; trust in him and he will do this."

— Psalm 37:5

You've chosen to invest in yourself.

Not every person makes that choice. You did.

Every rep you complete, every set you finish, every session you show up for when it would have been easier to stay home — that is the Gemini Power Shred athlete. That is who you are becoming.

The body you're building is not just physical. It is a statement. It is discipline made visible. It is proof that you took this seriously, that you respected the process, and that you refused to settle.

Stay consistent. Trust the process. Finish strong.

I am proud of you for starting. Now go earn the results.

— *Coach Tony*

tonytrainer1 | tsofixandfit.net

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