

# Strategic Exercise **REPORT**



# Strategic Exercise REPORT

This report is about the synergy between exercise and nutrition. While I will give you two specific example workouts, the intention of this report is to teach you how to properly modify a workout based upon your nutritional decisions for that day. When you learn how to do this, you become empowered, and nothing will stand in the way of your results.

In the event that we're meeting now for the first time, please allow me to introduce myself. My name is Dr. Kareem Samhuri, and I'm passionate about helping you get the best fitness results in the world. Many people refer to me as Dr. K or Dr. Kareem, or just plain Kareem... whichever suits you best.

I'm a Doctor of Physical Therapy, Kinesiologist, Certified Strength & Conditioning Specialist (CSCS), and certified Health and Fitness Specialist. I specialize in helping people get rid of fat and pain... basically, I help people just like you restore a healthier state in their own bodies. I do this by repositioning and rebalancing the body to the position it was in as a baby, as much as is possible. I find, from there, excess fat drops off the body and joint pain becomes eliminated. It's really neat, if you think about it!

*...back to the report...*

The best way to use this report is by reading through it once and then referencing specific exercise recommendations based upon your nutritional goals for a certain day, as needed. This will help you build an appropriate workout and maximize your results.

Please make sure to thoroughly read through The Strategic Exercise Report (TM) and then try to teach it to at least one person. You will be spreading great knowledge, and you will also be processing the material in a way that you would never otherwise be able to.

You are free to distribute The Strategic Exercise Report (TM) to anyone you believe this information will help. Please make sure not to modify any part of this guide, at any point in time. Also, please send your friends/family to download the report directly at:

<http://StrategicExerciseReport.com>

It's a FREE download, but this way I can stay in contact with them and give them more FREE fitness gifts (I have 7 videos lined up for them when they register, in addition to this eye-opening report. Trust me, they'll thank you.)

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## **Nutrition = Fuel**

**Nutrition = Fuel; Exercise = Fire.**

If you think about it, the food you consume is the energy you need to live, move, breathe, think, etc. Without food, we cannot have the strength enough to survive and move. With food, we can have varying levels of energy, depending on what we eat.

Every bit of food you place into your mouth is converted to some form of energy. Even depositing fat, directly, consumes energy to a certain extent. Weight loss happens when you consume less calories from food than you burn off during the day.

**Basically, every calorie turns to energy; not all calories are created equally.**

Calories derived from protein, for example, have the ability to burn 20% of their own caloric volume automatically, just through digestion. Therefore, you get 20% greater caloric allowance when eating protein. In fact, your body will even start to build muscle more easily and prepare itself for a metabolic rise if you start eating more protein after being deprived.

Your body will do amazing things, depending on the clues you give it. For example, if you clue your body into thinking it's winter time by binging now and restricting later, you are suggesting that food will be scarce and your body will do an amazing job of storing fat. In fact, you'll even notice a lower belly bulge, which indicates that your body is stressed, producing excessive amounts of cortisol, and storing fat close to your lower intestines for faster digestion in the case of famine.

*Fascinating, isn't it?*

On the other hand, you can keep your hormones in balance, clue your body into thinking that it is safe with plenty of food, warm weather, and sunlight, and it will begin dropping fat and helping you get lean. Many people don't realize how much food can have to do with this.

It gets a whole lot neater when you begin to realize that you can pair proper exercise and nutritional habits together. This is realistically producing the 'perfect clue' for your body. For example, you may have done quite a bit of anaerobic work following a hunt, after you've caught your prey. In this situation, you might imagine dragging your dinner for a mile or so, and then you'd be working with heavy lifting and three dimensional movement before having your dinner.

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Historically, feast (or cheat) days were paired with high intensity anaerobic work with short bursts. Naturally, this work was done before the feast, in preparation. I'd advise you pair exercise the same way, which we'll talk more about in a few minutes...

For now, I'd like you to really consider the concept of 'clueing your body in.' Your body is a series of feedback loops; that's how it communicates with itself to know how far to reach, grab, or move. You are constantly sending information and returning feedback in your body. Any relevant clue affects movement. Why wouldn't we be able to do the same thing to our metabolisms?

Prepare your body for fat loss by eating foods that make sense on a schedule that makes sense. You will see an example below of a nutrition schedule you can use to pair with your exercise program.

We will be examining the effect of strategically chosen exercises with strategically chosen diet days in this report today, and you'll immediately see the difference this is going to make.

Imagine having the ability to tell your body exactly what you want it to do and having it actually listen to you!

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## Exercise = Fire

Exercise is what burns any calorie you consume that exceeds your Basal Metabolic Rate (BMR). Your BMR is the amount of calories you burn doing what's called ADL's, or activities of daily living. It's important to understand what 'counts' as exercise and what 'doesn't count.' For example, it does NOT count to walk from your car to a store, walk around your house, or perform average work duties in an office. None of this has a dramatic effect on your calories burned for the day.

However, the American College of Sports Medicine (ACSM), does recognize that the cumulative effect of exercise is worth 90-95% the benefit of doing exercise all in one bout. For example, if you increase your intensity and do 2 minutes of exercise 5 times throughout the day, you can actually reap 90-95% of the benefit of doing all 10 minutes at once.

This suggests that even small bouts of exercise, from 2-5 minutes, may be the best thing that could ever happen to you. You'll be able to lose weight, improve your cardiovascular fitness level, and increase strength with as little as a few minutes of exercise per effort. Not a bad deal, huh?

There are three main energy systems in your body when it comes to exercise:

1. ATP - PC (adenosine tri-phosphate, phosphocarbonate) - 0 to 2 second energy - burst energy.
2. Anaerobic - 2-60 second energy that is triggered by intense, heavy exercise, followed by prolonged rest periods. Sprint work is also considered anaerobic.
3. Aerobic - 60 seconds & beyond. Your body requires the use of oxygen for energy after 60 seconds, so this is helpful for producing fitness that corresponds to doing activities for prolonged periods.

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Interestingly, in recent years, it's been demonstrated by various studies that doing high-intensity anaerobic work for as little as 20 minutes can provide the fat loss equivalent of 2 hours of high-intensity cardiovascular work. As usual, there are two sides to be aware of:

1. Doing cardio truly is good for you. It doesn't have to be on a machine, but there are many benefits that are more 'qualitative' in nature and less 'quantitative,' which means that you may feel different but the blood pressure and heart rate response may be the same with both forms of exercise.
2. These findings pertain only to fat loss and cardiovascular endurance. If your goal is to lower cholesterol or assist with a smoking cessation program, other recommendations may be more appropriate. This is something I discuss in great detail in [Weight Loss Cardio](#).

***Now, let's try to get fancy for a moment and think about how our ancestors would have paired exercise and food, as hunters and gatherers...***

We may have foraged for food for 2-3 days at a time, feasting on nuts, berries, and meat that we carried with us from our last score. It's unlikely that we had the time or expendable energy to eat many vegetables at every meal along the way, chewing endlessly and increasing preparation time for our meals. Rice and corn were not around... We ate on the land, and we conserved our food until our next catch.

**Basically, we ate what was around, and we searched for more food.** We had days where the available food was:

1. Very little to no food.
2. Nuts, berries, meat.
3. Nuts, berries, fruit, vegetables, meat.
4. Just meat.
5. Everything.

Naturally, when there was less food, we searched anywhere we needed to until we could find more. When food was plentiful, we rested after our meals were ready.

Our bodies were made to be super-performers in this environment, and that's the basis from which this report was created. This is about survival, and we're in the process of killing ourselves as a society.

We have a rising epidemic of obesity, with a shocking statistic of 1 out of every 2 babies developing diabetes within the next 7-8 years if we don't do anything about this.

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***It's time that we get SMART - very smart.***

Strategically choose your exercise program based upon the energy you derive from food and watch your body get 'clued in' to lose fat more rapidly. The super-performing body in nature is the leanest and most capable.

Nature works.

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## How To Modify Your Exercise Program For Different Goals:

This is a topic that I cover in great detail in the Education Centers of [Double Edged Fat Loss](#) (fat loss program with lifetime membership - made to be able to do anywhere, gym is a bonus) and [Lift Hard Play Hard](#) (online elite fitness coaching program that is gym-based and super intense - monthly).

However, I'd like to do my best to explain how different goals with an exercise program will affect the way a set is put together, how many reps to do of a particular exercise, how heavy to lift, and how long to rest. Once you understand this, you can adapt any exercise around your specific goals.

*Let's take a peek at how this works...*

Using the following 5 exercises as an example, let me show you how the same giant set would be modified for different goals:

1. [Squat](#)
2. [Bench Press On The Ball](#)
3. [Dumbbell Reverse Lunge](#)
4. [Upright Dumbbell Rows](#)
5. [Vertical Dumbbell Plank](#)

### First, let's see what it should look like for Fat Loss:

High-intensity, target all 3 Energy Systems, maximize nervous system recruitment, employ the use of the [Triple M Method](#) (TM).

1. [Dumbbell Squat and Press](#) x 30 seconds fast (moderate weight)
2. [Bench Press On Ball](#) x 10 reps (make sure to choose weight that hits fatigue in 10 reps)
3. [Reverse Spider Lunge With Dumbbell Row And Twist](#) x 10 reps/leg (moderate weight)
4. [Renegade Dumbbell Rows](#) x 10 reps/side (choose weight for fatigue)
5. [Vertical Dumbbell Plank](#) x 30 seconds

2 minutes rest & repeat x 4 sets.

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## **Then comes Strength (hypertrophy):**

Heavy for first two muscle groups, 'reciprocal inhibition' active rest periods for

1. [Dumbbell Front Squats](#) x 6 reps (heavy weight, max fatigue)
2. [Bench Press On Ball](#) x 6 reps (heavy weight, max fatigue)
3. [Alternating Reverse Spider Lunges](#) x 30 seconds - moderate pace, active rest
4. Dumbbell Upright Rows x 30 seconds - moderate pace, active rest
5. [Vertical Dumbbell Plank](#) x 60 seconds - work on fully engaging your core.

Rest 4-5 minutes and repeat 2-5x.

## **Then comes Power (explosiveness):**

[Dumbbell Front Squats](#) x 6-10 reps (moderate weight, slow on the way down, explode up through your glutes - fatigue = speed change)

Rest 2 minutes

[Bench Press On Ball](#) x 6-10 reps (moderate weight, slow on the way down, explode up through your chest - fatigue = speed change)

Rest 2 minutes

[Reverse Dumbbell Lunges](#) 6-8 reps/leg - Slow on the way back, explode forward through front leg (moderate weight - fatigue = speed change)

Rest 2 minutes

[Dumbbell Upright Rows](#) x 6-8 reps - moderate weight, slow on the way down, explode up through your back, keeping your core tight and spine in a 'neutral' position - fatigue = speed change

Rest 2 minutes

[Vertical Dumbbell Plank](#) x 60 seconds - work on fully engaging your core and testing for fatigue levels. 2-3 sets of Power work per day.

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## Or Mobility/Flexibility:

1. Free [Squat](#) x 60 seconds (no time at the top, but make sure to hit the full range of motion while keeping your knees behind your toes and your trunk upright)
2. [Push Up Progression On The Ball](#) x fatigue (make sure to emphasize full range of motion, shoulder blade/core stability.)
3. [Lunge Progression](#) x 5 reps each direction (work on perfect positioning, and full depth of each lunge while maintaining weight in front foot and pushing off through your glutes)
4. [Upright Dumbbell Rows](#) - light weight, emphasize scapular squeeze and feeling where your shoulder is in space. Try not to hunch your shoulders. 60 seconds.
5. [Vertical Dumbbell Crossover Plank](#) - work on full range of motion x 10 reps

No rest & repeat x 40 minutes.

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## The Most Dynamic Fat Loss Formula (Fat Loss Specialization):

$$\text{GN} + \text{ES} = \text{IME}$$

Good Nutrition + Exercise Specialization = Instant Metabolic Enhancement

As you can see, the same 5 basic movements/exercises from the last section can vary greatly in the way they are put together in a giant set, depending on your specific exercise-related goal. Understanding how to pair exercises together to hit your goal is half of the battle.

Understanding how to pair a particular exercise goal with dietary intake... that's the other, and often misunderstood, 50%. It's time to complete the puzzle.

Good nutrition is so varied, depending on which dietary strategy you follow, and often times can seem quite confusing. Without having a direct background in nutrition, I can tell you that there seems to be 3 very strong trends in nutrition:

1. Don't mess up your hormones (eat clean)
2. Add variety - keep your body guessing by rotating days
3. Low(er) carbs & high(er) protein seems to win

Shortly, we'll take a look at how our workout strategy would change for different macronutrient consumption day to day.

Exercise Specialization for fat loss comes down to:

1. [Triple M Method for Rapid Fat Loss](#) (TM)
2. Strategic Pairing Of Nutrition & Exercise

As a reminder, the [Triple M Method for Rapid Fat Loss](#) (TM) comes down to the following three necessities of an exercise program:

1. **Muscle Balancing** - this takes away joint pain signals stopping your muscles from contracting and signals to your body that you're ready to grow.
2. **Multi-Planar Movement** - your body lives in a 3D world. It's time to step up your exercise program and make sure you exercise in a 3D way.
3. **Movement Complexes** - by properly stacking neuro metabolic protocols, you can actually save time and utilize more energy systems. This leads to faster fat loss and caloric expenditure taking place for 2-3 days after you leave the gym.

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## **Strategic Pairing Of Nutrition & Exercise:**

Going back to our earlier discussion of the different types of nutrients our ancestors may have foraged on a day to day basis, we had days where the available food was:

1. Very little to no food.
2. Nuts, berries, meat.
3. Nuts, berries, fruit, vegetables, meat.
4. Just meat.
5. Everything.

*In modern day dieting, this is equivalent to:*

1. Fasting Day
2. Low carb/High Protein Day
3. Moderate Carb Day/Moderate-High Protein
4. Protein Only Day
5. Feast/Cheat Day

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Each one of these days will benefit in the greatest way when paired with a strategy-based exercise program. Let's take a look at the best pairing for these diet days with exercise goals below:

Diet Day	Exercise Goal	Duration	Reps/ Sets	Intensity	Rest Periods
Fasting	Simulate searching for food - long duration cardio	40 minutes	x	moderate with a few high intensity bursts (60-80% max HR)	no rest
Low Carb/ High Protein	On-the-run - intervals + weight training for fat loss	20 minutes intervals, 25 minutes cardio-based high-intensity workout	10 reps, 4-5 sets	very high, very low (alternating)	30/30 - intervals; 2-3 minutes between giant sets
Moderate Carb/ Moderate-High Protein	Increase Exercise Tolerance	20 - 60 minutes, depending on level	High reps (time-based), 3-5 sets	High, continuous - highly aerobic	Maximum of 1 every 20 minutes for 60-90 seconds
Protein Only	Build Muscle	40-75 minutes, ideally	6 reps, 2-5 sets	High	2-5 minutes
Feast/Cheat	Simulate post-catch of game - High intensity-short duration activity - intervals, power, explosiveness	15 minutes	4-6 reps, 2-4 sets	High	Very easy active rest, almost doing nothing at all, but keeping lactic acid from depositing.

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## **Fasting and Cardio Explained:**

When your body lacks food, it consumes itself. Asking your body to build muscle at the same time it is self-feeding is counterproductive. Basically, you're fighting a natural process in your body, and your body is already inclined to choose muscle over fat.

If you are fasting, you are essentially giving a break to your intestines and attempting to decrease inflammation caused by toxins in your body. This is best paired by a predictable intensity of exercise in a program over a longer duration of time. The reason for this is to create predictable behavior between your Rest & Digest (parasympathetic) and Fight or Flight (sympathetic) nervous systems.

Steady state cardio allows for improved circulation of blood flow all over the body, oxygenation of tissues, the delivery of nutrients, and normalized secretions of neurotransmitters over time, instead of all at once and then nothing. When doing short bursts of super intense activity, adrenaline can play a big role. Challenging your body to perform at a relatively high intensity over time signals to your body that's it time to self-adjust and self-regulate to the activity.

If you are eating less, cleansing, or fasting completely, be sure to pair that day with a bout of cardio. It's just what we used to do as hunters and gatherers, and it makes sense today as well. You're only assisting your intestines in clearing the gunk build-up that's already there by balancing out your nervous system.

## **Low Carb/High Protein and Fat Loss Explained:**

Interval training + movement complexes = goldmine.

Think about it... what's the best way to burn up sugars (carbs) as fast possible, thereby targeting protein metabolism (amino acid breakdown) more quickly?

High intensity, short duration, period.

By working on intervals and movement complexes, you are repeatedly taking your body to exhaustion, depriving it of oxygen, and creating an anaerobic state that burns up excess sugars. By pairing this with movement complexes, you are able to target multiple areas of your body at once, build general strength, and lose fat rapidly as improve your muscle to fat ratio (muscle:fat). You're raising your metabolism with today's workout strategy.

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## Moderate Carb/High Protein and Increasing Exercise Tolerance Explained:

Ok, so you've got all the energy you need for today's workout, right?

It's time to challenge yourself to reach new levels through your increased energy intake for the day. You have more calories to burn in the gym today, sure, but that's not how you do it anyway. You burn way more calories OUT of the gym when you push yourself to hit your 'lactate threshold,' or point of lactic-acid onset.

There are two reasons that you get sore, according to most everyone's schools of thought:

1. Mini-muscle tears - according to this theory, your muscle is constantly being strained, very slightly and torn in small ways, allowing for it to repair and grow.
2. Lactic-acid onset - your body's pH, locally to a muscle decreases and there is a more acidic state. Re-balancing the pH of this area costs energy, which increases local metabolism and assists in the growth of muscle.

Either way, when you get sore, something great happens. However, it's hard to know exactly how far to go. Initially, you'll want to keep this scale in mind:

- 0 = I can't even feel yesterday's workout
- 10 = I can't move, and I think I got stuck on the toilet today for at least 60 seconds before I could stand up. (Emergency Level Pain)

In general, you'll want to be a 5-7 on this scale when you're working on improving lactate threshold. Because you are increasing lactic acid in your body, soreness should follow.

By increasing 'Lactate Threshold,' or improving your fitness level to the point that it takes longer to produce lactic acid, you are making your body capable of more work in less time. This means faster results.

When training for 'lactate threshold,' I find one of the most effective ways to be interval-based weight training, where very little rest is provided outside of the intervals. My favorite tempo, although I mix it up often is:

Tempo	# of Exercises	# of Sets	# of Circuits	Rest Periods
50 sec - sprint 50 sec - slow	5	4	2-3	60-90 seconds after circuit

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## **Protein Only and Build Muscle Explained:**

When you eliminate carbohydrates completely from your diet, along with sugars, you are shifting your metabolic cycle to begin with protein metabolism, then fat metabolism. That's the basis behind diets like Atkins and other zero-carb programs. This can be a very effective method for losing weight quickly, although it can have serious complications when done improperly or for too long.

Building a protein only cycle into your dietary plan is not a bad idea, at all, so long as it's meant to be a cycle, whether it's a cycle of a day, or month, or what have you. When you do this, you are primed to build muscle. You are consuming the exact nutrient that your muscles need to grow, and you are providing it in a larger ratio to the rest of your nutrients.

Your body is ready and your brain has been signaled that it's time to build muscle. Increase your rest periods, increase your weights, and decrease your reps as you surprise yourself with your strength.

## **Feast & High Burst Intervals Explained:**

As mentioned earlier, we used to catch game and then deal with it (move it back to an area where we can prepare it for a meal, prepare the meat, etc.) This meant that we had to do very heavy work in short bursts before we completely feast and indulge ourselves as a reward for all of our efforts.

We should do the same thing today. Before we have a 'cheat' day, where we ignore nutrient ratios and reset our metabolisms, we should interval and power train. It's not necessary to do more than about 15-20 minutes of exercise, but it should be explosive and intense!

Time to put fat loss on autopilot... you're going to love watching your 'cheat' days skyrocket your success when paired with high-intensity, power-based interval training.

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## **Build Your Own Workouts For Extreme Results**

On the next couple of pages, you'll find 2 example workouts that you can use as models to build your own workouts. I've intentionally left out the rest periods, reps, and number of sets for each workout. Also, be sure to follow the intensity principles listed in this guide.

Once you create a workout for each dietary day, you'll begin to see how much more effective of a fat loss method it is to use the Strategic Exercise Method (TM). I'm really excited to hear about your results. The best way to get in contact with me is by emailing:

DoubleEdgedFatLossProspect [at] Gmail.com

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## Workout A: Belly Fat Buster

Superset #1:

[Squat](#)

[Reverse Lunge](#) (or [dumbbell reverse lunge](#))

Rest period:

Superset #2:

[Bench Press On Ball](#)

[Upright Dumbbell Rows](#)

Rest period:

Isolation Set #3:

[Vertical Dumbbell Plank](#)

Rest period:

Giant Set #4:

[Squat](#)

[Reverse Lunge](#) (or [dumbbell reverse lunge](#))

[Dumbbell Squat and Press](#)

[Reverse Spider Lunge With Dumbbell Row and Twist](#)

Rest period:

Superset #5:

[Renegade Dumbbell Rows](#)

[Vertical Dumbbell Plank](#)

Rest period:

Giant Set #6:

[Squat](#)

[Reverse Lunge](#) (or [dumbbell reverse lunge](#))

[Dumbbell Squat and Press](#)

[Reverse Spider Lunge With Dumbbell Row and Twist](#)

[Dumbbell Front Squats](#)

[Alternating Reverse Spider Lunges](#)

Rest period:

Giant Set #7:

[Push Up Progression On The Ball](#)

[Lunge Progression](#)

[Vertical Dumbbell Crossover Plank](#)

End of circuit: Rest \_\_\_\_\_ seconds and repeat \_\_\_\_\_ times.



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## Workout B: The Better Backside

Superset #1:

[Reverse Lunge](#) (or [dumbbell reverse lunge](#))  
[Bench Press On Ball](#)

Rest period:

Giant Set #2:

[Reverse Spider Lunge With Dumbbell Row and Twist Squat](#)  
[Lunge Progression](#)

Rest period:

Giant Set #3:

[Dumbbell Squat and Press](#)  
[Reverse Lunge](#)  
[Push Up Progression On The Ball](#)  
[Alternating Reverse Spider Lunges](#)  
[Renegade Dumbbell Rows](#)

Rest period:

Giant Set #4:

[Lunge Progression](#)  
[Dumbbell Front Squats](#)  
[Alternating Reverse Spider Lunges](#)  
[Vertical Dumbbell Crossover Plank](#)  
[Reverse Lunge](#)  
[Vertical Dumbbell Plank](#)

Rest \_\_\_\_ seconds and repeat \_\_\_\_\_ times.

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## The Next Step...

Start planning.

What did you eat today? Was it more of a moderate carb/high protein day? If so, is there still time to do some high-intensity endurance-based weight training sets? C'mon, you must have at least 20 minutes...

**The time to take action is now.** The time to react to mistakes is now. The time to decide on results that last a lifetime and get easier and easier is also now.

**Follow a simple set of rules.** Improve your physique, and master your nutrition.

When creating the body of your dreams, be sure to **take enough time to strategize** and use simple communication strategies to tell your body what you need from it. The amazing thing is... your body is always listening, and it will always be able to help you so long as you speak its language.

**Believe in yourself.** Conquer one thing, no matter how small, every single day.

**Own your feelings,** whether in the moment or not. Assess your reactions to things - you're human, but are you being the best person you can be?

**Set goals.** Remember each day is an opportunity to hit at least one small goal, each week is an opportunity to hit one medium sized goal, and each month is an opportunity to hit one big goal. Inside of a year, your world could be a very different place.

**Decide.** From now on, your results depend upon your decision. Your reality is the way you choose it to be. Your workouts will be so much more effective in helping you achieve your optimal health and body, because you designed them to be that way based upon your goals and what you ate on that particular day.

The time is now. **Your first action starts today, no matter what.** Get started.

To Your Dreams Becoming Reality,

Dr. Kareem F. Samhouri, CSCS, HFS