

The P.J. Way:

**P.J. Wimpleton's
Seriously Awesome Guide
To Seriously Awesome Fitness**

**Helping the 80%
Become the 20% of People
Who Are Actually In Shape**

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Section 1: Seriously, Get After It!

Congrats on downloading the best fitness program ever that you will come across. Seriously, you won't find anything better out there that is more to-the-point than this guide.

You may be wondering who I am and how I got to this point of being famous in the world of fitness.

My name is P.J. Wimpleton, I have a fitness trainer certification that I found off an ad in a muscle magazine years ago, and although it may have expired, my knowledge and timeless wisdom never will.

I have helped hundreds in my gym, the Rats Alley Barbell Club, attain success by following some simple principles and training programs.

I started my fitness journey after being ridiculed in high school and bought my first weight set from a department store for \$40 and just kept adding weights to it, purchasing more weights until the store was out of them.

I got a used bench at a garage sale and followed along the workout advice from fitness magazines I also found at the garage sale.

Soon, I was eating eggs like they were going out of style and said 'screw you' to the cholesterol warnings back in the day. I worked off that stuff, with the intense 1-2 hour workouts per day that I'd do. A guy needs protein to grow, right?

Muscles began to show and I was no longer being ridiculed. I ate my parents out of house and home (figuratively) and had to get a job to pay for all the food I was eating. Muscle needs nutrients, right? So, I got a job at the front desk of the fitness center I started working out at. I learned more tips and tricks from the legends of that gym.

One day, I wanted to run my own gym and hand the passion down to others. So, I had to become a trainer. Luckily there was a mail-order certification program in the magazines I read, so I just got that for \$39 and I was set!

My career as a trainer took off in that gym I started in, and later I became the full-fledged owner of it. It was a lot of hard work, spending countless hours at the gym in training hundreds of clientele who sought my expertise. I later named the club the Rats Alley Barbell Club, since I often made fun of while walking home past the infamous “Rats Alley” in my hometown.

The Rats Alley Barbell Club franchise is spread all over the country now, and also exists somewhere on every continent.

If you have a good system, people will want to follow it. And the RABC system is a good one to follow for seriously awesome fitness gains.

People wanted me to put my program on paper, so here it is. It was time to help more people out, especially in this day and age where people are taking 30 day workout challenges off of Instagram posts or Facebook or Twitter to do a 1000 Squat Challenge and wonder why they are sore and can't get out of bed. But I digress... More people need help and I'm here to deliver it.

KNOCK IT OFF, PEOPLE.

Just Stop. Please, Stop. Stop going to Twitter to solve your fitness problems. All people do on there is complain or snark at each other. It's not the place to find real fitness advice and program design.

This is my passion, helping people out, and delivering the truth when it comes to training.

One thing that is forever true when it comes to fitness is that if you want it, you seriously have to GET AFTER IT.

That's it. No excuses.

Well, of course, things do come up.

You may have an injury.

You may have a death in the family. (that can really set you back a good week or even a month. Just get through it the best you can.)

You may have some family issues to deal with.

You may get sick.

You may get lazy.

These things happen, but you must rise above it and look to tomorrow as being the best day ever to begin anew.

Mainly because 'today' might be a horrible day, and that workout isn't happening.

Some simple and quick advice is to workout in the morning and get up a bit earlier than usual. We all know that stuff can pile up in the afternoon or one thing changes an entire evening and your workout plans go to hell on you.

I KNOW THIS HAS HAPPENED TO YOU.

If it's a well-known pattern of stuff changing up your plans, you can at least control the mornings better.

Just saying.

Anyway, that's a quick preview of what's to come in this Seriously Awesome Guide To Seriously Awesome Fitness.

Section 2: Training Principles For Success

In this section, we will cover some quick and easy principles for success.

1. Workout almost daily. You can get in 5-6 days of some type of workout. Cardio, Strength, just get something in daily. It does wonders for your body.
2. Make sure you rest, but don't rest so long that your strength gains go bye-bye. One to three days is a good break between your workouts.
3. Bench is always on Monday.
4. Squats are always on Wednesday.
5. Curls are always on Friday.
6. Never stray away from 3, 4 and 5. It's like a universal fitness truth, almost like the $E = mc^2$ of Fitness Formulas. Bench, Squat, Curl. DO IT.
7. You can do other exercises on Monday, Wednesday and Friday, but those three days are so fun, you may not want to do anything else.
8. You should at least do some upper back work on Bench day though. And add in some stuff for your hamstrings on Wednesday. Wouldn't hurt to hit the triceps either a little on Friday.
9. There is always time for abs at the end. Always.
10. Follow the nutrition principles in Section 3.
11. Regardless of what some experts say, Cardio isn't a bad thing. Just don't do too much of it. Like 3 days a week is fine. Some HIIT workouts for cardio are great too.

Section 3: Cardio Training

In the Cardio Training section, I'll keep this pretty simple. While strength training gets your muscles and bones strong, you need a good, healthy and strong cardiovascular system too.

Endurance workouts like walking, running, cycling, elliptical trainers and steppers are okay to do. Just don't get caught in the trap of doing them all the time, every day, for hours on end. This wears away at the muscle you are trying to build.

Some timeless advice on this is to do 3-5 workouts of 20-30 minutes a piece. That falls anywhere from 60 minutes a week to 150 minutes a week of plain jane cardio exercise. I'm fine if you want to run for that long each week, but keep your time in mind.

Sometimes shorter workouts can be better because its less overall stress on your body and you can recover quicker from a shorter workout.

Basically, don't try to train for a marathon, because marathons aren't for everyone. You can get by with training for a 5K and do more 5K's than marathons over the course of your life. You're still a 'runner' if you go the 5K route and want to extend your recreational running career.

Have you ever noticed that some people have small, thin bodies that run those marathons? They typically weigh less than you and can run longer because they are burning less calories/mile based on their weight. Don't get caught in the weight loss trap either of "if I only weighed less, I could run longer" because it's a trap. You will get caught up on endless running programs and most likely get injured. Stay healthy, bro. Or sis.

If anything, get into bike riding. Cycling can be a kick-ass thing and you go two to three times as fast on two wheels and can a lot farther than running will bring you.

Anyway, try to not get caught up in the all-or-nothing approach to cardio. You need to be strong to endure, too.

If you are not into running endlessly and want to get into some interval training on a track, like Track athletes do, check out <http://tinyurl.com/rkofp> for “Just the Track Workouts”.

Section 4: Strength Training

This is the heart of the program, the Strength Training side of the “Rats Alley Barbell Club” format of training.

In short, here it is, all laid out:

Monday: Bench Press, followed by Incline Bench, Shoulder Presses, and Lat Rows and/or Pulldowns

Wednesday: Squats, Deadlifts, Lunges, Leg Extensions, Leg Curls

Friday: Barbell Curls, Dumbbell Curls, EZ Bar Curls, Preacher Curls, Close Grip Bench Presses, Tricep Pushdowns, Skull Crushers

MWF: Ab work at the end – Leg Raises, Knee Tucks, Crunches, Sit-Ups, and Incline Board Sit-Ups

Big lifts like the Bench, Incline Bench, Squats & Deadlifts can follow the 3x5 to 5x5 approach.

If you don't know what 3x5 to 5x5 means, you need to.

(First number is sets, last number is reps. Sets x Reps. Do 5 reps, do another 5, do another 5, rest in between sets. This isn't hard. Rest 3-5 minutes between your sets of 5. See how easy this is?)

Everything else can follow along to a 3-4 sets of 8-12 reps range for each exercise. Rest about a minute between your sets in this range.

If you want exercise descriptions, you won't find them here. 10 years ago I would lay it all out for you, but YouTube or a general fitness training guide can show you how to do all these exercises.

If I learned from magazines, you can learn from fitness articles and websites and videos today.

YouTube is a GOD-SEND for exercises and how to do them right. But a good trainer in your gym is probably best to get as well. Like, a trainer at one of the multiple Rats Alley Barbell Club franchises you see around the country. They know their stuff, bro!

A very basic approach for beginners of the RABC plan, which is different than listed above, can be found (Seriously!) at <http://tinyurl.com/rkofp> Look for the “Just the Workouts” and “Just the Chart” books on Kindle. Seriously, the JTW workout and the JTC chart that is on there have been around forever. Just try them.

Section 5: Nutrition Principles

If you want fitness workouts to work for you, you need to eat right.

This means:

No chips.

No large amounts of pizza.

Keep the burgers to a minimum.

Watch it on the French fries.

No chips. (yes, again!) This includes chips and dip. (salsa, too)

Eat clean sources of protein, like meat, eggs, and nuts.

Eat your veggies, and fruits, even though you may hate some veggies. Put some more fruit in a protein shake if you really hate eating veggies.

Keep a good balance of carbs and proteins. You do need some fats but don't cut out all fats either.

Coconut oil is awesome. Cook with it, even try putting a tablespoon into a rice crispy treat mixture. With honey. MMMMMM...it's awesome!

A good whey protein powder is a good choice to take after a workout. Don't be the guy or gal chugging a protein shake DURING your lifting workout. Don't. It's gross. And you'll have bad gas. Yuck.

Drink a lot of water.

Gallon water jugs are great to lug around, it's like getting an extra dumbbell to carry around all day and it just gets lighter as you drink it.

That's it. Don't make it any harder than it is. EAT SIMPLE.

Eat breakfast. Unless you want to workout in the mornings and burn more fat before you eat. Then do that (working out first) and eating breakfast. Unless you just need to eat something, eat a light snack before your morning workout.

Some people like coffee before a morning workout. I sometimes do but it is not necessary.

Coffee is fine, just don't become an addict about it.

Stay away from pop or soda, whichever you call it. It's okay now and then, but don't be an addict with it either.

You aren't an evil person if you eat at McDonald's but you can become a very unfit person if you eat there too much.

MODERATION, Peeps.

In short, you KNOW what is bad for you, so don't eat too much of it or a lot of it. It's fine if you indulge, just don't do it daily, dude.

Also, don't take any drugs to 'enhance' yourself. Keep it clean and keep it real.

Section 6: Putting It All Together

In closing, there is a lot to decipher from this guide, but in the end, you will have:

1. A solid strength training plan to follow
2. A good suggestion of cardio to do 3-5x a week (ride bike though!)
3. Simple, easy to follow nutrition advice

You can follow workouts off of Instagram and drink apple cider vinegar concoctions, but I wouldn't recommend it.

Advice from the gym is usually considered fitness gospel lore and is passed down from person to person in a time-honored tradition.

It's hard to beat tradition, right?

Before gyms were named "boxes", gyms were GYMS and dudes got strong and helped other dudes get strong too.

Don't forget to pass it onto the next person in the gym.

And if you have a home gym, make sure you still pass along your advice to others.

Keep it real, folks, and GET STRONG.

- P. J. Wimpleton

ABOUT THE REAL AUTHOR:

This entire guide is fictitious and satirical. Actual guides by the real author, Rick Karboviak, are available for purchasing on Amazon Kindle through his author page at <http://tinyurl.com/rkofp> .

You can also get some Seriously Awesome Gear to wear to your gym to show the world that you like to "Train the PJ Way" by going to ASAP Workouts on Facebook and order

your shirt or tank top that best fits your true feelings when it comes to training. Go to <https://www.facebook.com/asapworkoutshwp> to find ASAP Workouts on Facebook.

Different shirts will come from time to time, so be sure to LIKE the ASAP Workouts page to get updated!

Rick Karboviak is a former trainer for fitness and sports performance training, and has focused his passion for it on a new, lighter side of fitness that the world needs more of. Since the fitness world is full of its' own fake people out there, why not make light of that?

The fictitious "P.J. Wimpleton" was created as a way to poke fun at fitness myths and stereotypes of trainers out there.

"PJ doesn't have all the answers to fitness, but he'll tell you what you really want to hear."

Things like keeping it real with shirts that say "I Hang Out In the Gym... because pull-ups and I don't get along" ring true with a lot of people struggling with fitness.

The shirts and products will fall in line with this light-hearted look at fitness.

Fitness is a fun adventure, so you might as well have some fun with it instead of being so serious all the time!

For more on Rick's real-life adventures in fitness, go to his blog at <http://homeworkoutsplus.blogspot.com>