

The Badass Rules **How to use the BADASS LIFT Plans**

The Lift Plans are intended to be used at home or in the gym. They are designed to build strength and muscle.

Classes are designed to enhance endurance, cardio vascular capacity, fitness and flexibility and agility.

Both classes and training plans will support fat loss & fitness when combined with NEAT & EAT!

Each Lift plan has a set number of days, i.e. a 3 day plan with an upper, lower and full body day or a 4 day plan with 2 upper, 2 lower days.

Ideally you would complete all days in the plan each week, however you can choose to just use 1 or 2 of the days, for example, just the full body day or just the upper body day.

In each Lift Plan you will find full instructions for all days. Lift Plans are designed to be repeated each week for 6-8 consecutive weeks, repeat the same movements and reps, increasing the weight over the course of the 6-8 weeks, where possible. This creates progressive overload, which allows you to safely build strength

Keep in mind:

Rest is an important factor in any training plan. Take rest days when you need them.

Lift smart! Do not lift with your ego. Form and safely executing the exercises is always more important than lifting a heavier weight.

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How to use the BADASS LIFT Plans

How to choose a Lift plan

1. Decide if you are training at home or in the gym
2. Decide how many days you can dedicate each week
3. Choose a plan that matches your criteria

Things to note

1. The weight you record on the record card is the weight used on your last full set. There is one box for each exercise on each week to record your final full set weight.
2. If you could lift 20% more than the reps in the plan (with perfect form) your weight is too light - i.e. if there are 12 reps in the plan but you can easily do 15 or 20, increase the weight
3. If you cannot lift at least 80% of the reps (with perfect form) your weight is too heavy - i.e. if 12 reps are set in the plan but you can only do 8, decrease your weight
4. If you use bodyweight record "BW", for things like press-ups you can record toes or knees to record progress.
5. Train as close to the order provided as you can
6. If a machine is unavailable you can substitute for a similar move, if you don't know which move would be best to substitute for, add a post in the Facebook group
7. Some exercise have options for equipment, you can use any available. DBs - Dumbbells, KBs - Kettlebells, BB - Barbell