



# Reverse Pyramid Training And HIIT By Shaun McGill

## Legal Disclaimer

As a health and fitness professional with over 8 years experience in coaching people to great results I believe 100% in what I'm sharing within these pages and know that if you apply the principles I'm sharing that you will get amazing results.

I know it sounds silly (and it is) but there are people who will claim that the exercise programme has caused them injury and they will get a lawyer to make a claim. Therefore, please read the following statement BEFORE you read the rest of this e-book or follow any of the advice given.

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# The Programme

Reverse pyramid training is basically what it says it is, a reverse pyramid. When doing pyramid training each set you get heavier, whereas with reverse pyramid training each set gets slightly lighter.

This programme is simply 4 sets of each exercise, with each set getting slightly lighter. You should have 60 seconds rest in between each set. Make sure you keep the same amount of rest between each set.

Set 1 you should aim for using a weight for 4-6 reps to failure, set 2 use a weight for 6-8 reps to failure, set 3 you should use a weight for 8-10 reps to failure and set 4 you should use a weight for 10-12 reps to failure. In terms of weight used for each set typically on machines you will decrease the weight by 1 weight on the stack for each set and when using dumbbells you would increase the weight by 2kg per dumbbell.

Once you are able to manage 6 reps on your first set then increase your starting weight either by 1 weight on a machine or by 2kg if is using dumbbells. Most people will be able to manage this workout exactly as laid out in terms of if they start at 6 reps to failure then when decreasing the weight slightly for each set they can manage the number of reps laid out for each set. However, some people may not manage the number of reps I have laid out as some may do fewer reps and some may manage more. Don't worry about this if it happens to you. The most important thing is to do between 4-6 reps to failure for your first set and each set after lift a slightly lighter weight to failure. You should never do more than 6 reps on your first set as more than 6 reps doesn't give you the strength training stimulus you want from the first set. The most important thing about this workout is to use a weight for 4-6 reps to failure in your first set then each set after use a slightly lighter weight.

A very important part of this workout is the lifting tempo. Most people who weight train for muscle building lift weights at a fast pace, however, lifting weights slower and more controlled is better for building muscle as it tears the muscles in order for them to grow. Doing this also helps to release lactic acid which then stimulates the release of testosterone and human growth hormone which help you build muscle.

Lifting weights fast does have its place to help you build strength, but for body composition goals of building muscle or burning fat then you want to keep the exercises slow and controlled. This is because by doing this it tears the muscles and releases more testosterone and human growth hormone which will help you build muscle and burn fat faster. Lifting weights fast is better to be used when trying to increase your strength and power rather than when trying to build muscle or burn fat.

The tempo of the exercises is essential to the effectiveness of this weight training programme. If you follow the tempos I have set for each programme then the programme will be far more effective than if you do the exercises at a fast pace like most people in the gym.

During this workout programme we will be using a 4:0:2:0 tempo. The first number of the tempo is the eccentric phase. For example this is the lowering phase in the chest press or squat. This length is

the longest as the eccentric phase is the part of the exercise which stimulates muscle growth. In the tempo 4:0:2:0 the eccentric contraction should last 4 seconds. The second number is the pause held before the concentric phase. We aren't using a pause which is why it is a 0. The third number is the concentric phase. This is the effort such as the press in the chest press or the curl in the biceps curl. In the tempo 4:0:2:0 the concentric contraction or the effort should last 2 seconds. The fourth number is the pause before the eccentric or lowering phase. Again this is 0 as there isn't a pause.

A lot of programmes manipulate the tempo so if you now see the tempo written in numbers like this you now know what it means.

Most people use reps and sets to overload the body but changing the tempo is another great way to overload the body. This is because changing the tempo you can manipulate whether you are training strength, power or endurance and you can also manipulate the amount of lactic acid, testosterone and human growth hormone released.

Because you are lifting at a slower tempo than you have probably done in the past, then the chances are you will have to use a lighter weight than you have been using. Even though you will be using a lighter weight you will still see far greater results using the exact tempo in the programme. You will also feel the burn more using this tempo. This burn is caused by lactic acid and it triggers the release of testosterone and human growth hormone which are your muscle building and fat burning hormones. The more it burns the more testosterone and human growth hormone is released, so the longer you can go with the burning feeling, the better.

The important thing is not to get put off by having to drop your weights slightly to use the exact tempo in each programme. Would you rather boost your ego and lift a little heavier or look better? If the answer to the question is look better then stick to the tempo in the programme.

Along with controlling your lifting tempo I want you to perform the exercises with perfect technique. If your technique starts to go and you start twisting or the rep range gets shorter and you start compensating to lift the weights then I want you to end that set. This programme is far more effective if you keep strict technique and when your strict technique goes this is failure rather than cheating to get extra reps in.

It might be frustrating at first slowing down the tempo, lifting lighter weights and only exercising with strict technique but it is very important you do this to see the best results possible.

I also recommend when doing each exercise you think about the muscle you are working as having a mind to muscle connection makes the exercise more effective and more muscle fibres are recruited. Along with thinking about the muscle you are working squeeze the muscle you are working throughout the exercise and especially at the end of the concentric part of the lift. This also recruits more muscle fibres. Squeezing the muscles throughout the exercise also releases more lactic acid so be prepared for the burn. The more it burns the better as lactic acid releases human growth hormone to help you burn fat. Try your best to do as much as you can whilst it's burning rather than stop as the longer you can go through the burn the better.

If you ignore the tempo and lifting correct form then it will have negative effects on your results so make sure you are very strict with your lifting tempo and form.

After the weight training you will do 20 minutes of High Intensity Interval Training (HIIT). High intensity interval training is where you work as hard as you can, rest, work as hard as you can and then rest again. You repeat this cycle for 20 minutes. If you can go longer then you aren't working hard enough. The aim is to work as hard as you possibly can and by the end of your workout you can't physically do anymore. You should do a 3 minute warm up and a 3 minute cool down either side of the main exercise period.

You can do high intensity interval training at the gym on the treadmill, rowing machine or the exercise bike, but for best results it is best done on a treadmill as running burns more calories than being seated on a bike or rowing machine. It is also a good idea to mix machines so you don't hit a plateau through using the same machine all the time.

You need to find a speed or a level where at the end of your sprint you can't physically do anymore. You are best building up to this gradually. Pick a speed or a level you think you can do but will push you. If you manage each work period for the allotted length of time at that intensity then next session increase the speed or the level. Keep increasing the speed or level each session until you find a speed or level where you can't manage all of the work periods for the desired time. Once you find this speed or level then keep doing it until you can manage all the work periods fully for the desired time. Once you can manage it, increase the level or speed and keep training at that intensity until once again you can manage all the work periods fully. Once you manage all of the work periods fully, then again increase the level or speed. In order to see results you must keep progressing and by increasing the level every time you manage all of the work periods fully you will keep overloading your body to keep seeing results. If you keep using the same level or speed then you won't be overloading the body and you won't see results.

**Important note** - The rest periods should be done at walking speed on the treadmill which will be at speed 3.5 or lower, on the rowing machine you should stop completely and if on the bike you should pedal slowly rather than decreasing the level. If you work harder than this during the rest periods it will affect your results as you won't be able to work as hard during the work periods.

Choose equipment – treadmill, rowing machine or exercise bike

3 minute warm up

1 minute sprint 90 seconds rest repeated for 20 minutes

3 minute cool down

This programme should be done 3-4 times per week. You should have a day's rest in between each session. If you wish you can do cardio on your rest days but make sure you have at least 1 day of rest between weight training sessions.

There are 3 levels to this programme depending on your level of weight training experience. If you are a beginner 0-1 year of weight training experience use level 1, if you are a moderate weight trainer then use level 2 and if you are an experienced weight lifter then you can use level 3. For all 3 levels the high intensity interval training remains the same.

To see results it is essential to continuously progress and overload your body. During each programme you must progress through increasing your weights as soon as you can manage your first set at 6 reps to failure for a particular exercise. Don't worry if you're not improving every single session. There may be times you are tired and are having an off day. The important thing is on a weekly or two weekly basis you can see a general improvement in the number of reps you are lifting or the weights you are lifting.

It is important to keep track of the weight you lift and how many reps you manage for each set so you can keep an eye on how well you are progressing. It is also important to keep track of your High Intensity Interval Training so you know which speed to use and to ensure you keep progressing the speed. Make sure you keep track of every single workout you do. Below are the 3 levels of this programme you can choose from.

# Programme 1

Exercise	Tempo	Set	Reps	Weight	Rest period
Leg Press	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Lat Pulldown	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Seated Row	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Chest Press Machine	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Shoulder Press Machine	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Dumbbell Biceps Curls Standing	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Triceps Dips Machine	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		

## HIIT

**Important note** - The rest periods should be done at walking speed on the treadmill which will be at speed 3.5 or lower, on the rowing machine you should stop completely and if on the bike you should pedal slowly rather than decreasing the level. If you work harder than this during the rest periods it will affect your results as you won't be able to work as hard during the work periods.

Choose equipment – treadmill, rowing machine or exercise bike

3 minute warm up

1 minute sprint 90 seconds rest repeated for 20 minutes

3 minute cool down

## Programme 2

Exercise	Tempo	Set	Reps	Weight	Rest period
Barbell Front Squat	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Deadlifts	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Machine Assisted Pull Ups	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Dumbbell Chest Press	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Seated Dumbbell Shoulder Press	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Barbell Biceps Curls Standing	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Triceps Pushdown On Cable Machine Using Rope	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		

## HIIT

**Important note** - The rest periods should be done at walking speed on the treadmill which will be at speed 3.5 or lower, on the rowing machine you should stop completely and if on the bike you should pedal slowly rather than decreasing the level. If you work harder than this during the rest periods it will affect your results as you won't be able to work as hard during the work periods.

Choose equipment – treadmill, rowing machine or exercise bike

3 minute warm up

1 minute sprint 90 seconds rest repeated for 20 minutes

3 minute cool down



## Programme 3

Exercise	Tempo	Set	Reps	Weight	Rest period
Barbell Sumo Front Squat	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Barbell Bent Over Row	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Pull Ups	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Incline Dumbbell Chest Press	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Standing Barbell Shoulder Press	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Dumbbell Biceps Curls Seated	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		
Dumbbell Triceps Extension	4:0:2:0	1	4-6		60 seconds
		2	6-8		
		3	8-10		
		4	10-12		

## HIIT

**Important note** - The rest periods should be done at walking speed on the treadmill which will be at speed 3.5 or lower, on the rowing machine you should stop completely and if on the bike you should pedal slowly rather than decreasing the level. If you work harder than this during the rest periods it will affect your results as you won't be able to work as hard during the work periods.

Choose equipment – treadmill, rowing machine or exercise bike

3 minute warm up

1 minute sprint 90 seconds rest repeated for 20 minutes

3 minute cool down

# Programme 1 Exercises

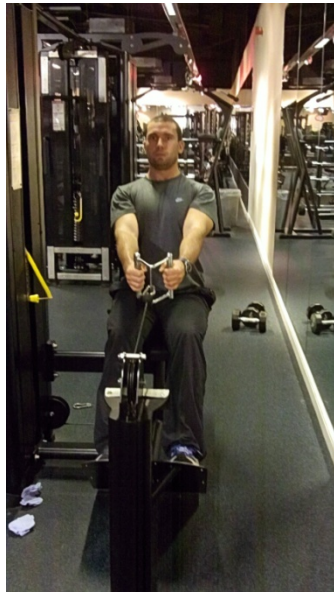
## Leg Press



## Lat Pulldown



## Seated Row



## Chest Press Machine



## Shoulder Press Machine



## Dumbbell Biceps Curls Standing





# Triceps Dips Machine



# Programme 2 Exercises

## Barbell Front Squat



## Deadlifts



## Machine Assisted Pull Ups



## Dumbbell Chest Press





## Seated Dumbbell Shoulder Press

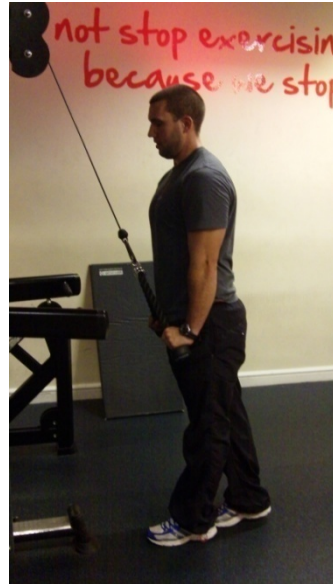
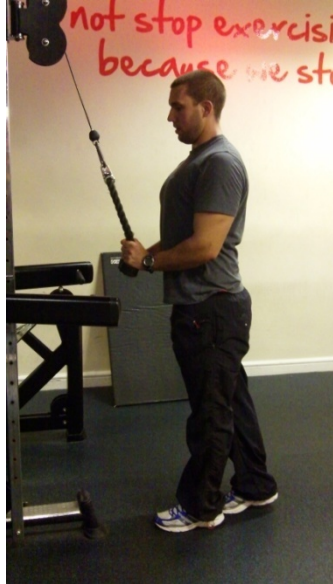


## Barbell Biceps Curls Standing





# Triceps Pushdown On Cable Machine Using Rope



# Programme 3 Exercises

## Sumo Barbell Squat



## Barbell Bent Over Row



## Pull Ups



## Incline Dumbbell Chest Press





## Standing Barbell Shoulder Press



## Dumbbell Biceps Curls Seated



# Dumbbell Triceps Extension

