

To start out here suffice it to say that these workouts are my own. Over the many years I have generally made up my own routines. But in the last 5 or so years I have borrowed from other sources, e.g. Alwyn Cosgrove, Matt Wiggins and Jason Ferruggia. These are not included here. I paid for them. You want them? You pay for them. I can't give away the stuff these guys make a living selling. So what's here are my own creations. Feel free to pass them around to anyone interested. I'm not selling them I'm giving them away. Typically my day begins with stretching: On alternate days I do dynamic stretching and static stretching. (I suggest "Stretching Scientifically" as a good read.) I also do a variety of physical therapy exercises for my back, knees and hip joints: I have had a few problems (torn cartilage, compressed disk) here and there related to exercise. I also have some arthritis. Then I try and get in a weight routine at least three days a week, Monday, Wednesday and Friday for at least an hour. So the weight routines that follow are traditional sets/reps with (unless noted) a 3 minute rest between sets. However . . . In all my workouts I try and keep going. I probably will be trying more enforced real rest periods. But I just hate to waste time between sets so there are supersets of exercises to do between sets in most of these workouts. On Tuesday and Thursday I do a cardio (maybe wind sprints or Tabata) and/or kettlebells or heavy bag work. HINT: ALWAYS WARM UP FIRST! (I suggest Joe DeFranco and Jim Smith's Advanced Muscular Development warm ups.) On weekends I try and walk, bicycle or play tennis with my wife. I also am a firm believer in physical labor. I am the St. Procopius Abbey vintner and I get lots of supplementary exercise from hauling grapes to digging post holes. Plus I have my own yard, house and garden to take care of. Physical work is physical work whether it's with a barbell or a shovel. I also believe in sweat. I generally wear a sauna suit when working out. Yeah, you sweat a lot more. But I think that's good. (Repeat after me: "Sweat is good!")