

# FREQUENCY TOTAL BODY PROGRAM



## IMPORTANT NOTE

### *Disclaimer:*

This workout and material are for educational purposes only. The advice, suggestions and information given in this plan and packet are intended for healthy adults only.

Not all exercises are suitable for everyone. Before attempting a new exercise, consider factors such as flexibility, strength, and overall health to determine whether or not a particular exercise and workout is appropriate for you. These, like any exercises, are inherently dangerous and can result in personal injury. Any injury sustained from proper or improper use of this exercise routine is solely the responsibility of the exerciser.

Mike Karpenko, its author, disclaims any liability from injury sustained from the use of this exercise program and suggests that you consult your professional healthcare provider before attempting any exercise or exercise program including this one. This product and its contents are for informational purposes only.

This program and its workouts you are doing at your own risk. Please consult a physician before doing this workout or any workout for that matter! If you feel any discomfort or pain, STOP immediately.

All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, or translated into any language, without the prior written consent of Mike Karpenko. As per the protection of the United States & International Copyright Laws.

Published in the US

# FREQUENCY

## TOTAL BODY PROGRAM

### WHAT DO YOU NEED TO KNOW

**FOR:** Intermediate to Advanced

**Program:** 8-weeks, [4] 2 week phases, approx. 6 workouts a week

**Time:** Approx. 45-60 mins a day

**Program:** 4 phases to include single, super, triple, and quad sets with a variety of set and rep counts

**Format:** Total body

#### **Conditioning Format:**

AMRAP – As Many Rounds as Possible

Definition: A group of exercises performed in a set amount of time.

**Goal:** Move with quality, then with speed and sweat.

**Workouts:** Focused on total body, in general, with a minor focus on specific muscle groups as the phases increase

# FREQUENCY

## TOTAL BODY PROGRAM

### FAQs

#### 1. What is the basis for this plan?

It was a comeback workout plan after my ankle surgery. I did not have the strength or the ability to do traditional, dedicated muscle workout splits [upper, lower, chest and tris, back and bis, cardio, core, etc] let alone a full day of lower. My ankle could not take the volume of work, but I could do a little of each every day. This built my total strength quickly, gave me positive reinforcement of what I was doing was successful, as well as a surge of momentum while watching my physique change. I programmed the workout weeks into phases. If I felt I needed to repeat a week or phase, I did. If it felt good, and as I needed more, I programmed the next phase. **Frequency was born.**

#### 2. What do you like about total body workouts?

Several things, the standouts are I am not as sore as traditional bro split workouts. Granted I was not doing the volume to a dedicated muscle group, but I also was not in a place where I needed custom workouts for specific results. Let me add, I love bro splits when I want detailed, specific results. They are great. I grew to enjoy not being as stressed if I missed leg day, for example, and had to fit it in. I could pick up knowing it's total body the next day. Total body workouts challenge me, they don't stress me.

Personally, I saw a bigger caloric burn too. I don't harp on that too much, but it was nice to see. Finally, the workouts helped me with my total health and wellbeing, as they were functional, increased my strength and overall athleticism.

#### 3. Why all the different set and rep counts?

Simply put, they put different load and stress on your muscles and central nervous system (CNS). This variety allows you to train for hypertrophy, strength, power and endurance ALL on the same day, thus, giving you increasing strength everywhere.

#### 4. Will you have videos for the exercises?

No. This is a plan for intermediate and advanced exercise enthusiasts and lifters. The exercises are simple and widely used.

#### 5. Is there a warmup?

Nope, BUT if you want some of my favorites, Here are some great ones, with access to the exercise library, showing you the moves. [DOWNLOAD HERE](#)

# FREQUENCY

## TOTAL BODY PROGRAM

6. **Is there a cool-down?** NOPE. Do I believe there should be one? Yep. I have learned in many years of training clients that the place to start is relaxing and lowering your heart rate. From there, take yourself through any stretch that feels right and good.
  
7. **What if I don't know the exercise or have a pull up bar for some of the exercises?**  
Let's not stress! I labeled ALL of the body parts being focused on. Just substitute one that focused on that area, and then come in the community and ask a member or me. I am sure you will get an answer. You are not training for a physique show. You are going to be ok!  
"I don't have a pull up bar." Easy, the exercise is a PULL. Do a bent over row with dumbbells mimicking the instructions and the hand grip indicated. Sound good?
  
8. **Does this plan have a nutrition plan?**  
Nope, not at this time. This is for intermediate and/or advanced fitness enthusiasts. Most will know what they should or should not do to get results. I am sure I will come out with something soon, but not at this time. If you want further nutrition advice, please reach out.
  
9. **Do you recommend supplements?**  
I can if you reach out. It all depends on your goals and needs. I have no desire to sell you. I am here to help you!
  
10. **How much rest between each exercise?**  
Normally, 30 secs between each exercise and set unless the program combines exercises into grouped sets. Example, supersets 2 exercises, triple sets 3 exercises, quad sets 4 exercises.

### **The conditioning rest?**

NONE in an AMRAP

10 mins- get to work. That's a steady pace of doing your best. It's a challenge. Don't sprint unless noted to, and choose your weights wisely.

Rest 2 minutes between performing workouts with more than one AMRAP set.

### **How much rest between AMRAPs if there is more?**

2 min MAX will give you proper rest to perform at your best in the next AMRAP.

# FREQUENCY

## TOTAL BODY PROGRAM

### 11. Can I start the next exercise if I feel rested and ready?

NO, 30 seconds is the rule! You should be lifting heavier with more intensity and focus. You were playing it too safe. You should need the 30 second rest.

My rule of thumb: “2 in the tank.” First set, you should be able to do, at least, 2 more reps. As you fatigue, that ability should decrease. If you can do more than 3 reps, you picked too light a weight.

Get your phone out, and lock your screen to “on always.” Go to your timer and set it to count down from 35 seconds. When it hits the 5 sec mark, turn it off and lift. REPEAT that with each set, OR watch the second hand on a clock. Become loyal to this. Rest periods are just as important as your lifts are when it comes to results. You are an adult. It’s not that hard. Don’t be impatient. You wanted a workout; not to make one up. You get the point. I made the workout, not you. If you knew what works for you, you would not be here.

### 12. Can I do my own cardio?

YEP, anything you want. Just make it challenging! I put the 10 minute conditioning together to be more of an athletic style of training with added endurance and strength gains.

I understand that everyone has their favorite cardio moves with moves on the no list. I did suggest cardio exercises; however, you are not limited to them. Choose the exercises YOU like that makes the workout fun for YOU. I gave a small list with suggestions- jogging, running, lateral shuffles, mountain climbers, etc. You can replace it with any exercise you would like. If those do not work for you, you may choose the spin bike, jump rope, squat jumps, etc.

### 13. Why are all the exercises highlighted and filled in with colors?

Each color is a separate set on its own. For example, if there is one exercise, let’s say a squat, and it is highlighted yellow, it specifies 3 sets of 10 reps. You ONLY do squats. You will do one set of 10, rest for 30 seconds, and immediately do the next set of squats.

Once you have completed the 3 sets, then you will move on to the next color (exercise), and so on.

When there are a group of 2 or 3 exercises in a row that are all the same color, you will do those exercises back-to-back with little to no rest. Once you have completed them all in one set, you will rest for 30 seconds and complete that group of exercises

# FREQUENCY

## TOTAL BODY PROGRAM

again for the specified number of sets before moving on to the next color.

### 14. What if I miss a week?

My advice- if you miss 3 days or more, go back and repeat the week you were just in. No harm. Too much rest between workouts can be a great risk of injury if you attempt to pick up with the same intensity you left off with.

### 15. Can I do other workouts?

The program intends to provide and improve functional strength to those starting or restarting their health journey, are short on time, and want flexibility with the workout. This offers the opportunity to add to other activities or not. I am a big supporter of getting 10,000 steps a day.

For those of you who love cardio, yoga, boxing, spin class, riding a bike, etc., add in where you see fit and have the time, OR use this 3 day a week program to build momentum, consistency, and strength as a foundation to your personal fit identity.

### 16. What if I miss a workout or get off track?

You are choosing your health and evolving it. I am confident that you made this choice because you have a vision for yourself, which is an exciting choice! I made the program to help you be and feel successful and to help you limit your ability to fail while gaining momentum and results.

If you miss a week, dust yourself off, pick up where you left off, and continue. Health is a lifelong journey, not an 8-week program. Put it behind you and plan your new week to prevent the obstacle that occurred in your past.

17. **No pain, no gain?** I don't believe in pain; I believe in being uncomfortable to create growth. Pain is sharp and will cause you to avoid performing the exercise. At this point, you should contact a physician. Exercise can create soreness. I applaud you for feeling that way and expect some soreness at different times during the six weeks. Proper hydration, nutrition, and sleep combined with rest and stretching will aid in relieving soreness.

18. **What to focus on: speed, intensity, or consistency?** Always consistency. A workout done is a completed workout. This all depends on your goals and ability to perform the exercises to the best of your ability at your fitness level. A poorly performed exercise will eventually cause an injury.

19. **When will I see results?** Results can and will vary for each person. Many health results, in the beginning, cannot be measured. For example, your energy level, you feeling better, and your ability to move better. All results will be related to your nutrition

# FREQUENCY

## TOTAL BODY PROGRAM

and total daily caloric burn. Also, look at the quality of your nutrition and the total amount of movement you are getting in throughout an entire day. The program is meant for your total wellness and fitness, to develop new healthy habits, and strength for you to grow with and evolve. It is NOT meant to be a start-and-stop solution. It is meant to give you results that will stick and stay.

20. **In addition to this program**, I recommend setting a daily caloric burn goal and walking a minimum of 10,000 steps daily. While 10,000 might be difficult initially, find your daily average and make a goal to advance that daily average each week until you get to 10,000 steps.

