



Workout of the Month

CRITICAL LEAN POWER!

by Mike Westerdal

This workout is perfect for guys that want to maintain their strength levels while working on dropping some body fat.

In fact, I'm giving you my personal workout that I used just for that purpose. This was my off-season powerlifting routine that I used to make some incredible gains.

Whether you compete in anything or not, this is a killer workout that will make you **strong and ripped**.



Personally using this routine I was able to shed 10 lbs of fat replacing it with 12 lbs of muscle in 8-short weeks. My bodyweight stayed about the same between 237 and 239 lbs, but as you can tell from the picture my body composition was altered greatly.

My strength slightly increased. Since I did not have a powerlifting meet scheduled this was perfectly acceptable. Can you expect to achieve the same results? Well that's up to you. That's a question you need to ask yourself. Is it possible? YES!



Oh by the way, in case you were wondering, powerlifting type workouts are not split up by body parts. They are split up by training the main lifts; squat, bench and the deadlift.

On your powerlifting days take as much time as you need between sets. On non-powerlifting days, try to finish the workouts as fast as you can to stimulate the fat burning effect.

Follow this 1-Week Routine for the next 4-Weeks. You'll be training 5 total days per week with two off days. You'll have 3 power training days and 2 conditioning days. Yes we'll be doing our conditioning with weight! It makes your heart beat like crazy while you gasp for air all while making you stronger, increasing your metabolism and even sparring your muscle and strength.

Weekly Overview – Repeat for Four Weeks:

Day 1: **Kettlebell Circuit** to burn fat like crazy.

Day 2: **Full Body Functional Workout** to keep you athletic.

Day 3: Off

Day 4: **Bench Press & Arms** to maintain or increase strength.

Day 5: **Resistance Cardio** to get your lungs & heart in shape.

Day 6: **Squat, Deadlift, Legs, Back, Abs** to maintain or increase strength.

Day 7: Off

Your training logs can be found below. Print them out and use them. Record your results in your training log so we can see how you're doing and keep you on track. Try to improve each workout in weight, reps or time.

Dominate this workout and maybe you'll be ready for next month's routine 😊

Keep training hard,

Mike Westerdal

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DATE:	DAY: 1									
EXERCISES	CIRCUIT 1		CIRCUIT 2		CIRCUIT 3		CIRCUIT 4		CIRCUIT 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Kettlebell Circuit										
1a. KB Snatches		5		5		5		5		5
2b. KB Clean & Press		5		5		5		5		5
3c. KB Lunges		5		5		5		5		5
4d. KB Squats		10		10		10		10		10
5e. KB One Arm Rows		10		10		10		10		10
6f. KB Two Hand Swing		20		20		20		20		20

NOTES: If you don't have kettlebells you can use dumbbells. In this circuit you move directly from one exercise to the next with as little rest as possible. At the end of each circuit rest as needed and repeat. Complete 5 total circuits. Time yourself. The next time you do this workout make sure you beat your time from the last workout while keeping your form strict.

If the exercise uses only one arm or leg perform the designated amount of reps for each arm or leg before moving on to the next exercise.

For the kettlebell rows I used a heavier kettlebell. This looks easy on paper, but trust me if you're used to lifting heavy with long rest periods this can easily make you want to yak if you push yourself.



DATE:		DAY: 2								
EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Full Body Functional										
1. Barbell Step Ups		10		10		10		10		
2. Tire Flips		5		5		5		5		
3. Scare Crows		8		8		8				
4. Overhead Keg Press		10		10		10		10		
5. Sledge Hammer Slams		25		25		25		25		
6. Wrist Roller		1		1		1		1		1
AM: Walk Dog 3-Miles	Monday through Friday I walk the dog 3-miles every morning.									

NOTES: For the barbell step ups, I prefer stepping up onto a box. If you are going to step up onto a bench with a lot of weight on your back make sure it is secured. You can do dumbbell step ups instead if you prefer. I like these because it works the stability of my leg after having a knee surgery years ago.

I love sled pulling for the quads, back, rear delts and conditioning. Scare Crows are for the rear delts which you need to focus on to help with your bench press strength. If you're not as concerned with your bench press you can do any shoulder exercise in its place.

For the sledge hammer slams, do 25-reps per arm before the set is finished. If you can't do this exercise replace with any other ab exercise.

To complete 1-rep with the Wrist roller contraption, roll the weight up and down one time. If you don't have access to a wrist roller simply do wrist curls using a barbell.

If you don't have a tire to flip you can do trap bar deadlifts in it's place. If you don't have kegs to press overhead you can use a barbell or dumbbells.

Day 3: OFF



CRITICAL BENCH

MEMBERS ONLY - INSIDER ACCESS



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DATE:	DAY: 4									
EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
Bench & Arms	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1. Flat Bench Press		3		3		3		3		3
2. Close Grip Bench With Green Bands		3		3		3		3		3
3. Rolling DB Extensions		8		8		8		8		
4. Band Pushdowns		25		25		25		25		
5. External Rotations		12		12		12				
6. Hammer Curls		8		8		8		8		

NOTES: Make sure you are properly warmed up before starting your first set of any exercise. The lower reps are used to build strength. The medium reps on assistance exercises are used for muscle growth. Take as long as you need between sets.

My First Time Bench Pressing 600 LBS In Competition!



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DATE:	DAY: 5									
EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Conditioning										
1. Forward Sled Drag		1		1		1		1		1

NOTES: Grab a home-made sled. Strap it around a weight belt then start walking. Each lap or rep covers about 150 yards. Take as much rest as needed between sets. Use the progressive overload principle where each week you either add more weight to sled or finish the workout in less time. This workout should only take 30-45 minutes.

The really cool thing about this workout is it's almost entirely a concentric workout so there is very little muscle soreness if any at all. This makes it a great workout to do the day before you'll be performing your heavy squat training.

If you don't have access to a sled, get your butt on the treadmill, set it on a nice incline and start walk backwards for three for 5 sets of 8-minutes each.





DATE:		DAY: 6								
EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
Squat, Deadlift, Legs, Back	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1. Squat		3		3		3		3		3
2. Deadlift		5		5		5		5		5
3. Lat Pulldowns		10		10		10		10		
4. Leg Curls		12		12		12		12		
5. Leg Extensions		12		12		12		12		
6. Reverse Hyper		12		12		12		12		
7. Band Woodchops		25		25		25		25		

NOTES: Make sure you are properly warmed up before starting your first set of any exercise. The lower reps are used to build strength. The medium reps on assistance exercises are used for muscle growth. Take as long as you need between sets. Remember you should only follow this workout for a month.

If you do this workout for too long without giving your central nervous system a break you will get weaker. Alternate your heavy deadlift workouts. For example for the first week you can go heavy on the deadlift. The following week, use a much lighter weight and work on your technique and speed. Then on the third week lift heavy again. Then you can go heavy again on week 4.

Day 7: OFF



Blank Training Log

DATE: _____ DAY: _____

EXERCISES	SET 1		SET 2		SET 3		SET 4		SET 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

NOTES: