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## Introduction

This program was created along with its sister program, ***“Ignite”***, as an add-on that allows people to progress even farther in their life transformation after they have mastered everything in “Ignite”.

“Ignite” was created to cover all of the fundamentals needed to make drastic changes in mental, emotional, and physical health. For those of you who have plateaued, and seen your progress come to a halt, these new habits will help you Re-Ignite your progress once again.

The format of this program is the same as it was in “Ignite”. You will be provided with habits that are coupled with instructions on how to execute them. You will use your “Habit ScoreCard” to track your progress in developing that habit, until you have mastered it and are ready to move onto the next level.

If you have not completed “Ignite” I highly recommend you review it before starting

This program. If you have not first mastered the fundamentals, then these techniques will not be the most effective way for you to see progress.

Best of Luck to you in this program, and I can’t wait to hear about your breakthroughs.

## Selecting Your Habits in this Program

With you participating in this program I am assuming that you have completed “Ignite”. By completing “Ignite, you must be very balanced in the Masculine - Feminine Test. In case you haven’t gone through “Ignite” and are moving forward with this program, I will provide the test below. If you have completed “Ignite”, it won’t hurt to retest yourself again to see where you stand. However, feel free to skip past the chapter, “Know Thyself”.

Once you figure out your score, assuming you are balanced, I’d like you to add (1) Exercise Habit, (1-2) Nutrition Habits, (1-2) Rejuvenate Habits, and optional (1) Gratitude Habit.

If your Score is below -2, select (2) Workout Habits, (1) Nutrition Habit, and (1) Rejuvenate Habit.

If your Score is above +2, select (1) Workout Habit, (1-2 Nutrition Habits), and (1-2) Rejuvenate Habits.

For this program, we will continue to build on 4 habits at one time.

## Know Thyself

While I wish I could give you a cookie cutter program here, because it would be way easier for me to create, I understand that you are very unique. You are not the same as anyone else, and therefore, the plan that this program will help you design will be unique to you.

There aren’t too many questions you’ll need to answer, but the few you do will help identify which habits you should prioritizing first. I recommend having a notebook or a piece of paper and keep notes of your answers, so you can reference them later on in the program.

### **Question #1: Are Your Actions More Masculine or Feminine?**

Answer the following questions, and add up your score to discover if your actions are more masculine or feminine. The Masculine actions are ones that put stress on your

body. Feminine actions are those that relieve stress from the body. Simply add up your total at the end the scoring scale at the bottom and you'll figure out where you lay on the scale of masculine and feminine.

### Masculine - Feminine Test

1. I workout 3x per week for at least one hour.

True (+1) False (-1)

2. I Drink Caffeine 5x per week or more.

True (+1) False (-1)

3. I get less than 7 hours of sleep almost every night.

True (+1) False (-1)

4. I am in bed later than 10:30am most of the time

True (+1) False (-1)

5. I have less than 30 minutes of quiet time to myself each day.

True (+1) False (-1)

6. I am on my feet all day for my job

True (+1) False (-1)

7. I smoke regularly.

True (+1) False (-1)

8. I drink alcohol more than 3 times per week.

True (+1) False (-1)

9. I don't wear sunscreen most of the time when I go outside.

True (+1) False (+1)

10. I eat processed foods daily

True (+1) False (-1)

11. I have trouble exercising consistently

True (-1) False (+1)

12. I drink mostly just water

True (-1) False (+1)

13. I feel energized once I get out of the bed in the morning

True (-1) False (+1)

14. I feel like the relationships in my life are solid most of the time

True (-1) False (+1)

15. I get to do something for myself almost every day

True (-1) False (+1)

16. I sit down at a desk for the majority my workday

True (-1) False (+1)

17. I take eat fruits and vegetables every day

True (-1) False (+1)

18. I am exposed to smoke or fumes from drugs often.

True (-1) False (+1)

19. I chose to tan regularly

False (-1) True (+1)

20. I perform yoga, go for walks, stretch, or hike at least 2x per week

True (-1) False (+1)

If you score between 2 and 10, you have higher amounts of masculine actions in your life than feminine. If you score between -2 and 10, you have more feminine actions in your life than masculine. If you score in the +1 to -1 range, you are balanced between the two. Write your score down.

## Supercharged Eating Techniques

*Here are your Nutrition Habits:*

### **Carb / Calorie Cycling:**

*Although this habit doesn't happen every day of the week, you can still give yourself a check on the days you eat regular amounts of carbs.*

**Level 1:** Add  $\frac{1}{4}$  Cupped Hands of Carbs to the closest meal to your Workout on Strength Days

**Level 2:** Add  $\frac{1}{2}$  Cupped Hands of Carbs to the closest meal to your Workout on Strength Days

**Level 3:** Add 1 Cupped Hands of Carbs to the closest meal to your Workout on Strength Days

### **Eat Organic:**

*The toxins that come with foods that are not raised or grown organically live in your fat cells and can put stress on your nervous system. This stress can cause your hormones, cortisol in particular, to be more active than it needs to be. Your detox system will be draining you of energy because it will be running to get rid of the toxins, and the cortisol will slow down your fat loss. Although eating Organic can be expensive, not everything needs to be eaten organically. The higher the level, the more expensive it will get, but even level 1 will help you make a big investment into your long term health.*

**Level 1:** Eat your leafy greens, vegetables organic

**Level 2:** Eat your meat and butter grass fed, free range.

**Level 3:** Eat Everything Organic

### **Artesian Spring Water:**

*Artesian Spring Water is known as some of the cleanest water in the world. It contains minerals not found in most drinking water, and is also free of pollutants that are common in most sources. This again is more expensive to do. However, drinking and eating the cleanest options will help keep toxins from entering our body, and sending our detox system into overdrive.*

**Level 1:** Drink Avion or Fiji Water Only

**Supplements:**

*There are many supplements out there that are very beneficial, but there also also some you want to avoid. I will lay out the ones to avoid, and we can build habits in the ones we want to add in.*

**Level 1:** Take 25g of Protein Powder Post Workout (For Muscle Gain Goal add 5mg of Creatine in the shake)

**Level 2:** Take a Multivitamin Every Morning

**Level 3:** Take Omega 3's Every Night (Fish or Krill Oil)

**Supplements Not to Use:**

**1. Caffeine**

*Although caffeine can help boost your metabolism and improve performance, I personally don't look at it as a long term solution. You ultimately can grow dependent on it and it is addictive.*

## Strength Injection

These habits will help you move past your strength training plateaus. Using FITT (Frequency, Intensity, Type, and Time) we can modify your current workout plan to break homeostasis and help move you to the next level.

### **Workout in Morning:**

*This may not work for your schedule, and if it is completely out of the question, then that is okay. The benefit of working out in the morning is that our Testosterone levels are higher. That will improve our recovery from our workouts to help us get stronger. There are other benefits that come along with working out in the morning, like coupling a morning workout with Carb Cycling. By adding extra carbs in the morning, you will be telling your body NOT to go into starvation mode. On your non-workout days, you can check if you do some movement in the morning (active recovery).*

**Level 1:** Working in AM

### **Burnout Sets:**

*Burnout Sets will help break down the muscle a little bit more than it is used to. Try applying this technique on the main exercise your workout after you complete all of the sets. (Video Tutorial Included) **\*Only Do This Habit For One Month at a Time. Do Not Combine with “Increase Eccentric Time Under Tension” or “Increase Speed in Strength Movements” habits.** On your off days of your habit, if you exercised for 30 minutes, give yourself a check.*

**Level 1:** Burnout Set on 1 Strength Workout / Week

**Level 2:** Burnout Set on 2 Strength Workouts / Week

**Level 3:** Burnout Sets on 3 Strength Workouts / Week

### **Increase Eccentric Time Under Tension:**

*By increasing the time downward motion of a movement 3-5s, you will break down more muscle fibers increasing your strength. (Video Tutorial Included) **\*Only Do This Habit For One Month at a Time. Do Not Combine with “Burnout Sets” or “Increase Speed in Strength Movements” habits.** On your off days of your habit, if you exercised for 30 minutes, give yourself a check.*

**Level 1:** Perform on Main Movement On One Workout Per Week

**Level 2:** Perform on Main Movement On Two Workouts Per Week

**Level 3:** Perform on Main Movement On Three Workouts Per Week

**Increase Speed in Strength Movements:**

*Increasing and timing the speed in your movements (With Correct, Safe Form) will increase your power input and help you push past your strength plateau. You will need a partner to stopwatch you for this one. (Video Tutorial Included) **\*Only Do This Habit For One Month at a Time. Do Not Combine with “Increase Eccentric Time Under Tension” or “Burnout Sets” habits.** On your off days of your habit, if you exercised for 30 minutes, give yourself a check.*

**Level 1:** Perform on Main Movement On One Workout Per Week

**Level 2:** Perform on Main Movement On Two Workouts Per Week

**Level 3:** Perform on Main Movement On Three Workouts Per Week

## Rejuvenate

Taking your recover to a new level will help you progress to a new level. As we continue to push our bodies harder with the techniques in strength injection, it's important that we also take the time to recover from it as well.

### **Lacrosse Ball Rolling:**

*Rolling with the Lacrosse Ball is a way massage your muscles deeper than the foam roller will allow. This will promote blood flow to your soft tissue in a way that foam rolling cannot. (Video Tutorial Included) On your non workout days, give yourself a CHECK if you roll in the am and in the evening. You can choose to do this habit and the foam rolling habit in "Ignite" at the same time, but if you want to manage your time, alternate between the two a month at a time.*

**Level 1:** Perform Routine After Your Workouts

**Level 2:** Perform After Your Workouts and Before Your Workouts

**Level 3:** Perform After Your Workouts, Before Your Workouts, and Before Bed

### **Meditative Breathing:**

*Taking some time to focus on nothing but your breathing is amazingly beneficial. Just try it. (Video Tutorial Included)*

**Level 1:** Perform For 3 Minutes Once Per Day

**Level 2:** Perform For 5 Minutes Once Per Day

**Level 3:** Perform 10 Minutes Once Per Day

**Turn off Artificial Light Before Bed:**

*Being exposed to artificial light before bed can negatively affect your sleep cycles. This includes tablets, cell phones, computers, television, alarm clocks and light bulbs.*

**Level 1:** Turn off artificial light 30 minutes before bed each night.

**Level 2:** Turn off artificial light 30 minutes before bed each night.

**Level 3:** Turn off artificial light 30 minutes before bed each night.

## Gratitude, Perspective, and Goal Setting Journal

Now that you are in the Re-Ignite Program, things will get a little more difficult. You are at a point where it is going to make more effort to see less of a return. For you to take this challenge on is very telling of you. In order to keep our mind in the right direction, I want you to keep a journal. Here are the habits I'd like you to build.

### **Journal:**

*Journaling will help keep your mind on the things that matter! Add on each of these habits, do not replace them.*

**Level 1:** Write your goals down with a deadline each morning (this could be your habits. It could also be bucket list items that aren't included in this program!)

**Level 2:** Write down where you were a year ago with those goals each morning (this will help you focus on the progress you have made)

**Level 3:** Write down where you are today in your health every morning

## Tracking Your Progress

### **The Habit Tracker Sheet:**

The Habit Tracker Sheet, attached below, is the way you will track your progress daily. Using the four habits you selected, you will draw out a calendar for the week. Each habit will have a box for that day. If you do the habit, you give yourself a check. If you don't do the habit, you give yourself an x.

The ultimate goal for us is to hit our goals 90% of the time. That means that we want to shoot for 25/28 checks per week.

We all have our Kingdom. Our Kingdom is our home. We are the Kings or Queens of our Home. We have a responsibility to keep ourselves in shape physically, mentally, and emotionally so we can be great for our people (our husbands, wives, sons, and daughters).

Depending on how well you do on your checks, you can rank in 1 of 5 tiers.

23 and Under: Up and Comer

24/28: Good

### **25/28: King / Queen**

26/28: Amazing

27+: Outstanding

Be the King or Queen for your Family and Your Kingdom.

### **Private Facebook Group Check-Ins**

Every day at our gym we do a facebook check in where we write how we did on our checks for that day. I suggest you find a way similar to keep yourself accountable. Ask your husband or wife to ask you about it every night, or maybe hang your sheet up on the fridge where everyone can see it.

# Habit Tracker

Habit #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>						

Habit #2

<input type="checkbox"/>						
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Habit #3

<input type="checkbox"/>						
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Habit #4

<input type="checkbox"/>						
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Total Weekly Checks:

Goal For Next Week:

## **Progress Pictures:**

When taking your progress pictures, make sure you take them with the same camera, with the same clothes, in same place, with the same lighting. For some of you, you may have to take a bathroom mirror selfie. For others, you may have someone who can do it for you. You want to wear as little clothes as you feel comfortable in, and get as much of your body in the picture. You want to capture a front, a side, and a back shot like this.



What is your Current Body Fat Percentage and Lean Body Mass?

## **Body Fat %:**

Now that we know where you want to be, let's figure out where you are today. There are 3 methods that I recommend.

1. InBody Scan

The Inbody is the Gold Standard of body measurement in the fitness industry and can be found at gyms and fitness centers that will give you an accurate and consistent reading of your body fat percentage.

## 2. Bone Density Scan

The Bone Density Scan can be performed at your hospital most likely, however can be on the costly end. This will also give you an accurate and consistent result.

## 3. Body Measurement BF% Calculator

This may be the most accessible to you. You can use this online calculator to find your current body fat percentage. It is less consistent because of human measurement error. I recommend measuring each spot three times that the calculator recommends, and then take the average.

<https://www.healthstatus.com/calculate/body-fat-percentage-calculator>

Once you discover your own body fat percentage, we can now find the difference between where we are today and where we want to be.

### **Lean Body Mass:**

For your lean body mass, take your current body fat percentage and switch it to a decimal.

Example: 20% body fat would equal to (.2)

Next, multiply .2 times your current body weight to find your total body fat weight.

Example:  $(.2) \times 180\text{lbs} = 36\text{lbs}$  in Body Fat

Now, subtract your body fat amount by your total weight.

180lbs - 36lbs = 144lbs of Lean Body Mass

If you want to gain muscle, we will track this number along with body fat percentage. If your goal is to gain muscle, I want you to shoot for a goal amount of muscle you'd like to gain.

## Conclusion

Well, you made it through Re-Ignite! I am super proud of you right now, and you should be proud of yourself. This stuff ain't easy... and you're doing it. Keep applying these techniques, build your habits, and you will achieve the life of the dreams. You may already be there :)

If you ever need any help, please email myself and my team at [Hunter@HybridFitnessGym.com](mailto:Hunter@HybridFitnessGym.com) and we will be happy to help you.

Thank you so much for going through this program, and please don't be a stranger. Let me know about the progress you have seen!

Sincerely,

*Hunter Grindle*