

3 WAYS TO MAXIMIZE YOUR  
**WORKOUTS**

AND GET RAPID RESULTS  
WITHOUT A PERSONAL TRAINER



**FEMI DOYLE-MARSHALL**

## INTRODUCTION

This guide was created with the goal to help you transform your workouts. Concepts have been written and drafted up by Femi Doyle-Marshall, founder of New Persona. You can use the information here to enhance your daily routine or even your entire program.

The tools here are best combined with New Persona's eNewsletter featuring updates from Femi.

If you are looking for direct support on your fitness or health journey feel free to contact the team over at NP. Femi or another member of the group will contact you directly. [To take the next step in hiring him or another member click here.](#)

## EVEN GREATER VALUE RESOURCES

In this guide I will be talking about the Three Ways throughout this guide. If you are looking to up your workouts, some great tools are linked below. Even more can be found in the back of the guide.

### **Recommended Workout Resources:**

#### **Flexibility & Mobility**

- [MobilityPAK Massage Kit by New Persona](#)
- [High-Density Round Foam Roller](#)
- [Grid Roller for Deep-Tissue](#)
- [Standard Lacrosse Ball for Trigger Point Treatment](#)

#### **Physical Fitness & Strength Training**

- [Resistance bands or tubing](#) (great tool for dynamic drills)
- [Ab wheel](#) (used for core and abdominal work comes with mat)
- [Medicine ball](#) (used for slams, chest passes or tossing)

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## **WELCOME & THANK YOU!**

You've made it! Needless to say I am super excited to see you reading this guide. If you had the pleasure of learning a little bit about me online from our website I won't take up too much of your time. If this is your first time hearing about me I shall do a little introduction since this is all about the workout.

My name is Femi Doyle-Marshall and I am the founder of NP. We develop fitness programs for everyone from mom and pops, athletes, entrepreneurs and corporations. I started off in the fitness and health industry as a big box personal trainer eventually working in private studios helping clients reach peak levels of health, strength and fitness. With time I have evolved into being a coach, trainer and consultant under the NP banner building an online brand.

Working in these different environments you see a lot. The biggest, members in gyms struggling to get results. Slotting long hours on machines without structure. Searching for things they could do outside the gym or on their own. As a trainer it hurt. That formed the framework for this guide.

Leading you forward I hope you are ready to get reading what's between the lines, because I certainly have to say it is packed with some gems. If you use it, the value will be immense. I highly recommend it.

## **SO WHAT GUIDE GOODS AM I GETTING?**

Everything is about the system. It is common to type in the best gym exercises on any search engine to find thousands of pages show up. If you are looking for a model that will work to improve your workouts and spark rapid results, then certainly you pick up the right thing. Many of the concepts here have been used by myself along with New Persona members. Simple science based information and practical steps for progress. If you train at home or a big box gym the concepts here can be adopted for success.

In short what you will find 1) The Training Model Explained - In this section I will outline the fundamentals of training that can be used to improve your workout programs 2) Maximal Effort vs Time - here I will point out what you should be focusing on when you are training and why 3) Variety vs Volume - is about the point of choosing the best exercises that produce the results you are looking for 4) And lots of BONUS materials to use for getting you to your peak potential.

As you begin to dive in. Think forward. Maximize.

This here is your strategic solution for you or perhaps someone you know to save time, get results. From my mind to yours.

*Enjoy!*

## THE PRECURSOR TO RESULTS

When you are working out we at NP simply call it training. This is the routine scheduled for the day based around your earlier goals and initial workout program focus. How you get to it is all based around a few things.

Are you going for strength, fat loss, shape, tone or all of the above? Are you focused on conditioning or cardio for the day? Is improving flexibility and mobility the target? Do I want to build muscle? Each question will allow you to refine your overall session and it will maximize your effort. Things are rather easy once you begin to focus.

Before you delve into the training model in the guide think of our 3XQuestions to help with you focus inside and outside the gym.

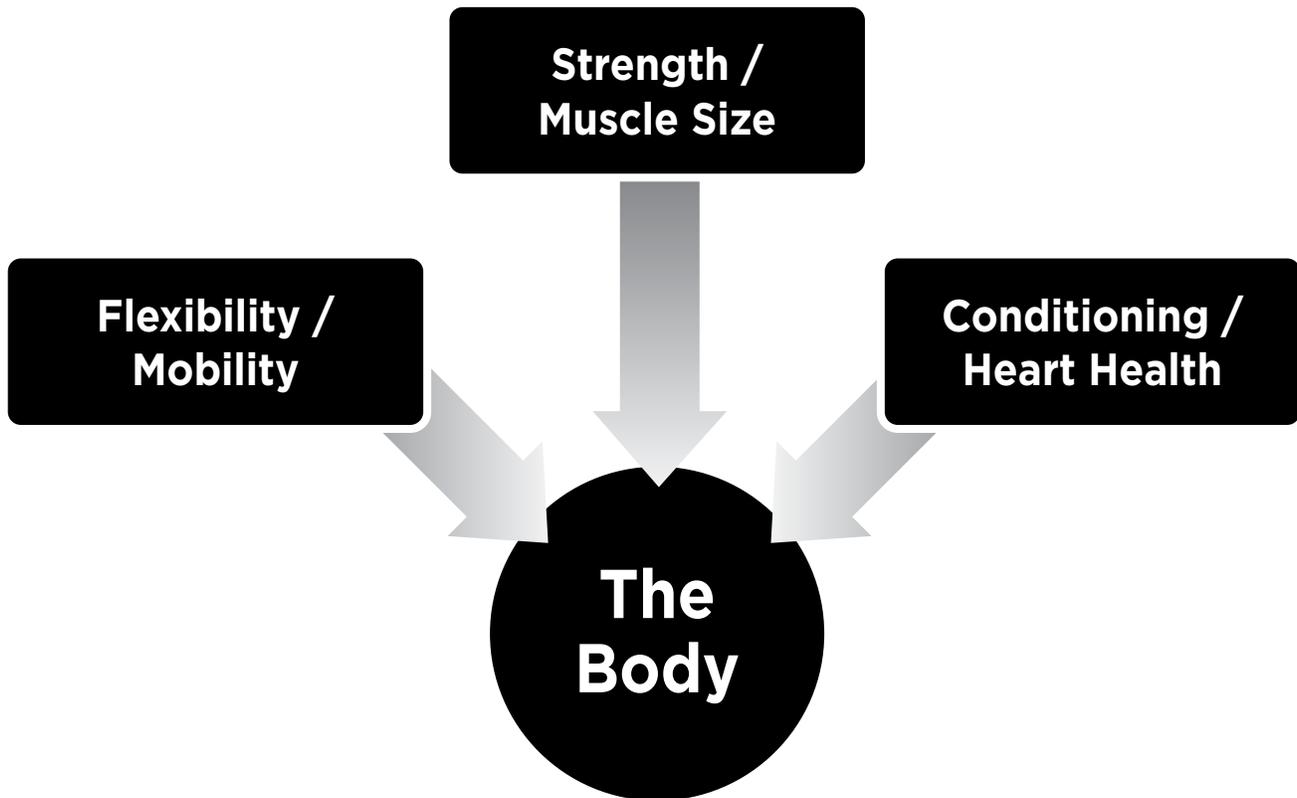
1. Why am I training?
2. What outcome am I looking for?
3. How will I know I won?

These thoughts will help you progress rapidly.

Advance advice: Save time in the gym by outlining your first steps. Know where you want to go.

Now for some that are experienced in the gym this may seem like overkill. The value of understanding can prevent you from wasting time in workouts and keep getting you stronger, leaner and more powerful. Once your mind is mapped out the process to progress becomes a fast track.

## THE TRAINING MODEL EXPLAINED



The body itself can be broken down into a series of sections for training. Conditioning and cardio links to heart health. Strength and muscle size links to building the body and adding shape. Flexibility and mobility focus on stretching and increasing your ability to move through different planes, angles and ranges.

By isolating each section, you can make drastic improvements. Modifying each section can be done throughout a training program and become more focused during a workout session.

The approach that makes the biggest impact is one that will incorporate all of the above areas to help you reach a peak state. The two areas we will be focusing on to maximize your workout is Flexibility • Mobility and Strength • Muscle Size.

## **(WAY ONE) FIRST FOCUS ON MOBILITY**

Moving the body first requires mobility. If you are not mobile exercises such as squats, deadlifts, pull-ups or rows can become extremely difficult. You can notice this by trying to raise your arm back over your head. Some people who have tight shoulders or upper backs will find this hard to do. By stacking a program with the right mobility routine you can enhance your range of motion and push your body beyond what you were capable of doing before. Basic tools around the house can be used to enhance your movement. Higher quality lacrosse balls and tennis balls work well on the feet targeting trigger point areas of the body. Other tools that work extremely well include standard foam rollers and higher density foam rollers.

The way that has been highly effective for our members and me is to start from the ground up or the feet up when it comes to mobility work. A word of advance advice, mobility in our sense can be soft tissue massage work or basic movement patterns focused on an area you need to improve. You always want to stay focused on the main area of your workout for the day. 15 minutes on the elliptical won't cut it anymore.

The example I will demonstrate will be a full body mobility routine that usually works well. The target area will start from the feet in this case.

Tools to Use: Foam Roller, MobilityPAK Massage Kit, Tennis Ball, Lacrosse Ball. All resources mentioned above can be found in the resource section at the back of the guide.

View the description chart following for the complete breakdown.

## NPXMOBILITY ROUTINE

TARGET BODY PART	DESCRIPTION OF MOBILITY PROCESS
Feet	Roll MicroSmasher 2, tennis ball or lacrosse ball under feet standing or sitting. Time: 15-20 seconds per side
Calves	Using foam roller or Pressure Piece massage or roll calves. Time: 15-20 seconds per side
Back Thigh	Work you way towards thigh/hamstring area and continue to slide, grind or roll with the mobility tool you have access. Time: 15-20 seconds per side
Front Thigh	Turn over to work on front thigh using the same process. Time: 15-20 seconds per side
Upper Back	With foam roller complete rolling routine for upper back in same fashion. Time: 15-20 seconds per side
Mid Back and Chest	Lastly complete work with upper back and chest by massaging in a sliding, grinding or rolling motion with MicroSmasher 2 in bag against wall or with traditional ball.

An easy way to breakdown the body into areas is to look at it in groups.

Mobility exercises can be used to help target each area and enhance your ability to move during your workout.

Here is an example:

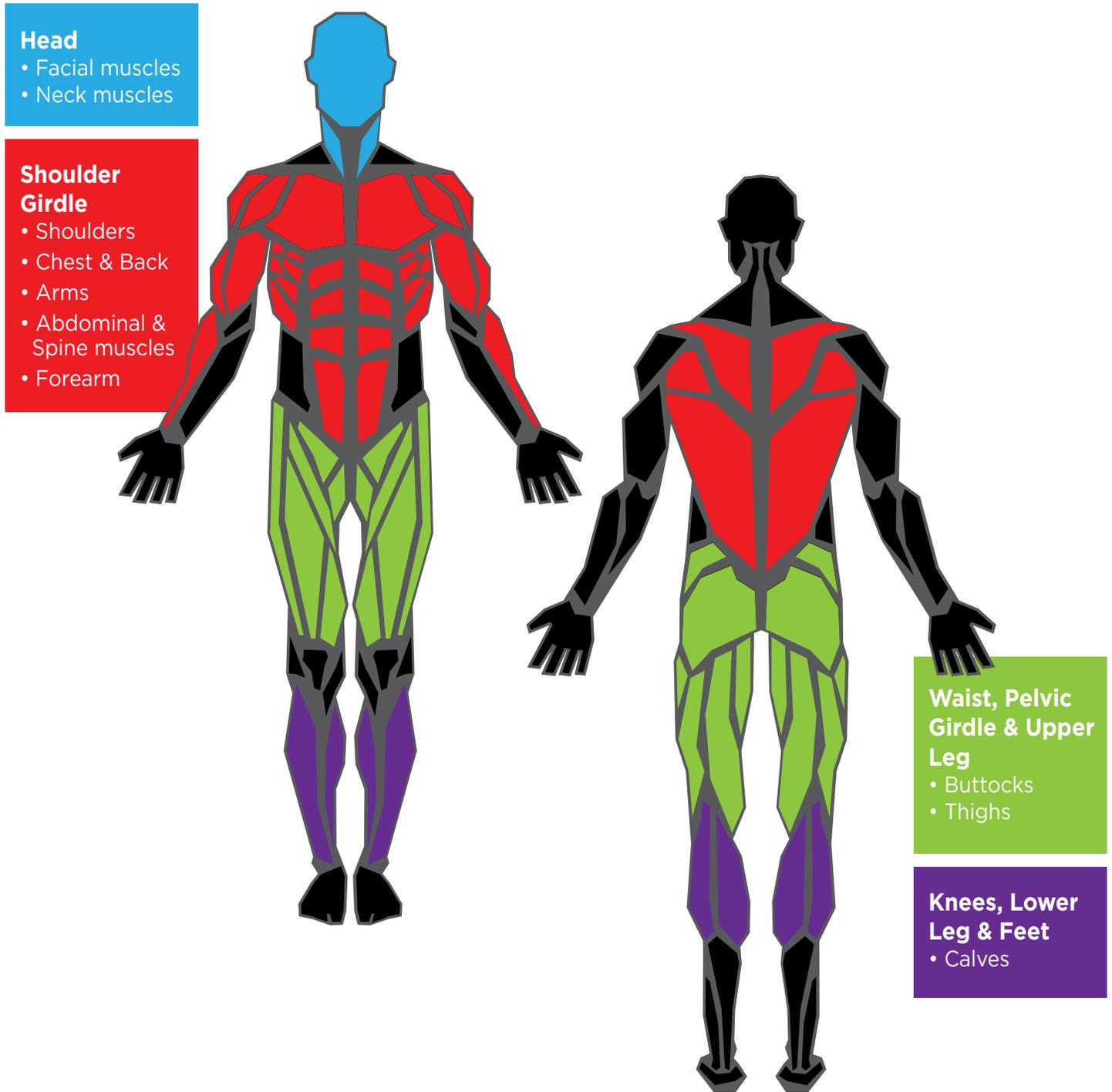
Sally has a tight upper back from staying seated for long periods of time. Her posture is slightly rounded and often mentions stress in her neck throughout the day. Poor shoulder may reduce her ability to raise her arm overhead or rotate her arm outward. She wants to improve upper strength in today's workout.

Suggested tips:

Foam rolling can be used to help target problem area. Adding in grinding, sliding or rolling techniques on her mid back may assist with the intensity and quality of her workout while improving her posture.

Using this same approach can work areas you are working out for the day and produce major improvements.

# SIMPLE ANATOMY OF THE BODY



## (WAY TWO) NEXT FOCUS ON FLEXIBILITY

Flexibility in the sense of workouts will allow you to move through a full range of motion. An example of this would be trying to complete a squat yet feeling your body stick at a certain point. Tying together your mobility routine with a flexibility program can also help with improving your workout.

## DYNAMIC AND STATIC FLEXIBILITY

The word dynamic can be viewed as moving. Static as not. When you combine both into flexibility routines you can modify your workout. We've traditionally used dynamic patterns to keep the body active prior to training. By layering your mobility work with a dynamic routine your body is prepared to fire at full force. Think, a car needs to warm up in the winter. Or try eating a frozen dinner. It won't work out too well. This same logic can be applied to movement.

Since many of the workout movements are explosive it is best to prepare. We focus on major muscle groups calling each exercise you do for the dynamic exercise dynamic drills.

Depending on what your target is for the day you have a number of options available.

## UPPER/LOWER DYNAMIC DRILL EXAMPLES

LOWER BODY	UPPER BODY
Hip openers	Forward arm swings
Leg swings	Backward arm swings
Squat holds	Shoulder rotations
Butt kicks	Wall slides
Bridges	Face pulls

## **(WAY THREE) THEN FOCUS ON STRENGTH**

The strength part of the workout equation is where things can truly shine. I've tried almost every variation of strength program in mind ranging from full body, upper body lower body split, percentage base and probably others that have slipped my mind. When you are looking for ways to maximize workouts you need to consider 3 key variables. All relate to intensity.

By modifying your exercise intensity, you can maintain results or even improve. A few variables to modify include 1) speed, which how fast you move or move an object 2) load, how much weight you are lifting 3) volume, as in the number of repetitions required during the lift. By changing any one of these three you will get stronger and your workout will get much better.

In previous programs designed I would have multiple exercises for members and clients to complete. Oddly as the number of exercises increase the intensity would also drop. By selecting only a few key strength exercises for the day you can put all your energy into those that matter and reap the benefits of achieving your goal.

Now remember your **3XQuestions**? Completing that section will keep you focused during your workout and find the intensity that matches your goal best.

Use this program next time you are working out.

## PHASE 1 - UPPER BODY LOWER BODY PUSH SEQUENCE

Follow through the first Two Ways for the full effect. Complete 3-5 sets of each exercise series. Things that are listed A1, A2, A3 complete in series back to back. Use 3 sets as a base for abdominal and low back work.

EXERCISE	REPS/TIME	REST
A1) Explosive push up	5	As needed
A2) Speed squat	5	As needed
Chest Press	8	As needed
Squat	8	As needed
Dumbbell chest press	10	As needed
Ab wheel roll out	10	As needed
Plank	30-60 seconds	As needed

## PHASE 1 - UPPER BODY LOWER BODY PULL SEQUENCE

Follow through the first Two Ways for the full effect. Complete 3-5 sets of each exercise series. Things that are listed A1, A2, A3 complete in series back to back. Use 3 sets as a base for abdominal and low back work.

EXERCISE	REPS/TIME	REST
A1) Ball slams	5	As needed
A2) Speed squat	5	As needed
Inverted row/pull up	8	As needed
Romanian deadlift	8	As needed
Single arm row	10	As needed
Superman	10	As needed
Side plank	15-60 seconds	As needed

## MAXIMAL EFFORT VS. TIME

As you embark on using the Three Ways I want to stress the amount of effort you apply in your workout is more valuable than the amount of time spent working out. Many can get caught up watching the clock yet is the intensity where you want or need it to be to get the results you are looking for? The information between the lines have been used by countless others including me. Test, test and retest to see what works for your body and simply with time you will make a greater impact. Focus on the form, frame everything around the intensity your body can handle.

## VARIETY VS VOLUME

With variety you can adding in a number of combinations to the standard routine above. Learning the correct patterns and getting enough repetitions in will allow you to improve technique and measure your progress. Once you have mastered foundations through volume variety can help aid in adding in greater muscle tone, shape and workout intensity.

## BONUS MATERIAL

In review if you combine the ideal strength training program with, the proper dynamic drills, layered with your body's required mobility routine your workouts will be transformed. The information used here have been adopted by some of the top athletes in the world. Anyone can use the fundamentals to radically improve workout performance. With that this guide is complete.

- a) To give you even greater value feel free to use the master list of EVEN GREATER VALUE RESOURCES available for you to purchase online. All relate to enhancing your workouts.
- b) For those desiring to learn even more information on the science of how the body moves you can [pick up a free PDF copy of the Movement Primer my bestselling book on Amazon](#). If you haven't grab your copy today.

With time comes success. I look forward to see yours on the other side.

## COACHING OPPORTUNITY

If you are looking for direct support on your fitness or health journey feel free to contact me and the team over at NP. I or another member of the group will contact you directly. [To take the next step in hiring him or another member click here.](#)

In good health,

**Femi** at New Persona  
www.newpersona.info

## ABOUT THE AUTHOR

Femi Doyle-Marshall is a Toronto native entrepreneur, coach, trainer, public speaker and founder of fitness and lifestyle brand New Persona. Building a company on the principles of communal health and project sustainability he's growing a loyal following of members, partners and Brand Ambassadors starting from one vision based around movement.

Through his brand he offers free blog and forum content on topics relating to nutrition, exercise and personal motivation which can be found [clicking here](#).

Besides that, they also offer online fitness programs, fitness coaching, corporate fitness consulting and results based programs to anyone looking to excel in areas of health and fitness, through New Persona Online.



## GREATER VALUE RESOURCES

### RECOMMENDED WORKOUT RESOURCES

#### Flexibility & Mobility

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### RECOMMENDED READING

#### Strength Training & Movement

- [Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance Hardcover](#) - May 19, 2015
- [Strong Curves: A Woman's Guide to Building a Better Butt and Body by Bret Contreras MS CSCS](#) (April 2 2013)
- [Supertraining \[Paperback\] By Yuri Verkhoshansky - \(6th expanded version\) \(12.2.2008\) Paperback](#) -December 2, 2008

#### The Body Movement & Fascia

- [Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, by Thomas Meyers 3e](#) - 3rd Edition
- [The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief Paperback](#) - September 1, 2013