



# **Metabolic Recovery Fitness Program**



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***fitness video 101***

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# Introduction

## by Dr. Richard Maurer

Welcome to your Metabolic Fitness Recovery Program. In this workout program, you will be instructed, informed and hopefully inspired toward the kind of exercise and fitness lifestyle that provides you with a genuinely healthy metabolism.

The dietary habits discussed in Step Four of *The Blood Code: Unlock the secrets of your metabolism* start the ball rolling toward your rightful and healthy metabolism. This fitness program is the other side of the action-coin.

Not all types of exercise transform you from unhealthy insulin resistance to healthier insulin sensitivity. Basic aerobic exercise, like a jog or a walk, is surely better than nothing. But if you have insulin resistance, *you will not turn your metabolism around with aerobic exercise*. You will not reverse the insulin-resistant trend that is sending you toward weight gain, lipid problems, and countless disease risks. Furthermore, if aerobic exercise is extended for long periods of time—regular bouts of greater than one hour at a time—your muscle mass can decrease, leaving you more sluggish metabolically and more insulin-resistant.

Studies have shown that *the right kind of exercise* does not require a long time. The circuits in this program last about 5 minutes each, with a warm up and a moment between each round through the circuit, you can create 20, 10 or even 5 minute workouts. Here are the principles that assure you are getting the benefits of this *right kind* of exercise.

**Exercise on an empty stomach** – At least 2 hours away from your prior meal. If your Blood Code shows that you have insulin resistance or store excess fats—such as with a TG is  $> 100$  on your blood test—your goal is to burn that storage.

**Exercise vigorously** – it should feel strenuous *for you*. It's like squeezing a sponge to expel the water – in this case you are squeezing the muscles to expel glucose. Like a wrung out sponge, your muscles will then absorb glucose from your bloodstream more effectively for many hours after exertion.

**Engage many muscle groups at one time** – Insulin resistance is a metabolic inefficiency, therefore, exercise must provide inefficiency. Lots of energy expended to create each movement. The exercises that we created for the Metabolic Recovery Fitness Program circuits are off balance exercises that require nearly every muscle group to work simultaneously. Remember to squeeze the gluts.

**Vary your heart rate** – Your workout should exercise your *heart rate variability*. The combination of strength and aerobic exercises in this program will do just that. The old days of getting your heart rate up and maintaining it at that steady rate is not an effective way to change your metabolism.

You might need to create and prioritize time for your metabolic workouts, but fortunately, effective exercise doesn't need to take long. The circuits chosen for the Metabolic Recovery Workout Program effectively turn your metabolism from one that stores to one that burns. Whether you fit ten, fifteen or twenty minutes into your routine—you are on your way toward the weight, energy and metabolism you deserve.

-Dr. Richard Maurer, author of *The Blood Code*.

# **Pre-Workout Considerations**

**By Jeff Eckhouse**

## **Posture**

Proper form is critical in performing any exercise safely as it better ensures that the correct muscles groups are engaged. Good form will enable you to achieve your desired goals more quickly because you'll be training your muscles to work in concert with one another in the most effective way possible and better avoid workout related injury.

Everyone has areas of relative tightness and weakness. These imbalances negatively affect our postural baseline. When an individual trains with good posture, these imbalances may be improved while minimizing the acquisition of new compensatory patterns. When the body is better aligned, strength and power actually increase because of fewer inefficiencies and energy leaks.

## **What does proper posture look like? Start here...**

Keep your feet pointed straight ahead approximately hip width apart.

Your knees should track directly over your second toe during squats, lunges, and jumps. Use a mirror to see if your knees move laterally during these types of movements and focus on maintaining

good alignment. Breathing should continue to be natural and relaxed. In starting position prior to movement, contract the abdominal ring and glutes no more than 10% of max. Keep your spine as tall as possible, with your head and chin retracted straight back, and shoulders depressed away from the ears.

## CHECKPOINTS

- Feet Straight Ahead
- Feet Hip Width Apart
- Neutral Pelvis
- Abdominals Gently Braced
- Shoulder Blades Down & Back
- Chin Retracted
- Tall Spine



# Foam Rolling Warm-Up

Always spend a few minutes warming up your muscles prior to working out. A warm up increases the elasticity of the muscles and clears the mind. You are much less prone to injury after warming up your body.

**Foam Rolling** is one of the easiest and most effective ways to release tension from within the muscles and increase blood flow to the areas addressed, preparing more of the muscle for exercise, than stretching alone.

Think of foam rolling as self massage in which you explore the belly of a muscle until you find an area of discomfort (often referred to as a knot). If the sensitivity of the muscle is so great that you can't relax, you're negating the benefits of the work, so work around areas of great discomfort.

General guidelines include:

- Stay on areas of discomfort for 30-40 seconds or until the quality of the discomfort diminishes by approximately 50%
- Never roll over any joints
- Avoid foam rolling low back
- Avoid foam rolling neck





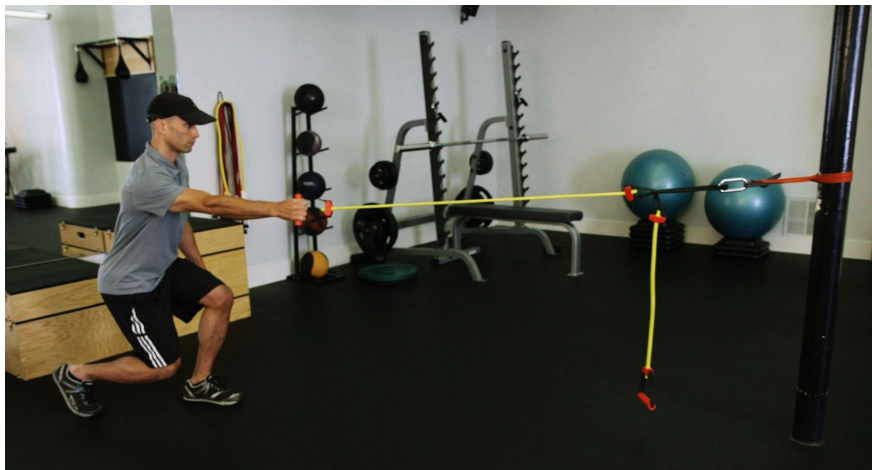
# Metabolic Recovery Circuit 1

## Split Stance Squat with Single Arm Row

- Keep majority of weight on forward leg, more in the heel than the toes.
- Keep a tall posture through your entire spine.
- Avoid elevating the shoulder toward the ear during the pulling motion.

### Adjust the Challenge

- Adjust difficulty by changing resistance or depth of split stance squat.



# Step up to Balance with Bicep Curl

- Stand on a step / stair on a single leg.
- To keep balance, use banister or broomstick as necessary.
- Reach your free leg back, barely touching toes down to the floor.
- Keep your weight on the balance leg, driving through the heel as you stand.
- Eliminate low back fatigue by bracing the abdominal wall.



## Adjust the Challenge

Both dumbbell weight and height of the step can be adjusted.

# Lat Pullover

- Lay on your back with hips and knees bent at 90 degrees.
- Begin with arms extended toward the ceiling.
- Bend your elbows and flex shoulders, lowering weights overhead toward the floor.
- Do not arch low back; maintain good contact with the floor. Re-adjust your position or stop the exercise if you experience tension or pain in your low back.
- Make sure to limit the range of motion if you anticipate any discomfort in the shoulder joint. Start with lighter weights than you think you can handle.



## Adjust the Challenge

Bring your knees in closer to your chest for an easier exercise, or move your legs further away from your chest to increase the difficulty. Dumbbell weight can be adjusted as well.

# Handwalks

- Place your hands on the floor, and walk your hands forward until you arrive in a push-up position.
- Make sure to arrive in the push-up position with good posture. Don't allow your hips or back to sag toward the floor.
- Reverse the movement, walking the hands toward your feet to return to an upright posture.





# Metabolic Recovery Circuit 2

## Single Leg Balance Touch Down

- Balance on a single leg.
- Bend your knees / hips, reaching for the floor or an elevated surface.
- Maintain solid contact on the floor with your entire foot.
- Return to a standing posture on a single leg and press overhead.



### Adjust The Challenge

Adjust the height of the box or dumbbell weight for a different level of difficulty.

# Deadbug

- Lay on your back with hips and knees bent at 90 degrees and a single arm extended toward the ceiling.
- Extend opposite arm and leg away from the torso.
- Minimize all movement in your low back, by bracing the abdominal wall.
- Use of a small pillow can relieve tension in your neck.



## Adjust The Challenge

For an easier exercise, keep the knee bent at 90 degrees, tapping the heel on the ground, instead of extending the leg out straight. Adjust the dumbbell weight to vary the challenge.

# Split Stance Single Arm Pull Down

- Keep your body weight supported on the forward leg with rear leg extended at the knee.
- Be tall from your heel to the top of your head, to maintain a long spine.
- Use the rear foot for balance only.
- Brace the abdominal wall as you pull the elastic tubing toward your chest.



## Adjust The Challenge

Adjust the elastic tubing resistance by adjusting your distance from the anchor point, or by using an elastic tube with a different resistance quality.

# Lifts and Chops

- Begin with feet in a square stance, and weights at chest level. Sit back into your hip during the chop and feel the glute stretch on the same side leg. Engage that glute to stand, lifting the weights to the opposite shoulder.
- Keep knees tracking over toes.
- Minimize rounding or arching of the back.
- Minimize rotation of your spine, moving primarily in your hip joints.
- Brace your abdominal wall throughout the movement.



## Adjust The Challenge

Adjust dumbbell weight or speed of the activity to varying degrees.



# Metabolic Recovery Circuit 3

## Single Leg Deadlift with Single Arm Row

- Deadlift forward, balancing on the supporting leg with a slightly bent knee.
- The weight should be held on the same side of your body as the supporting leg.
- With hips and shoulders level and square to the floor, elevate the free leg by engaging the glute and locking out the knee.
- Place the free hand on a stable surface for support as needed.
- Avoid flexing the wrist as you row the dumbbell and keep the shoulder from elevating toward your ear.



### Adjust The Challenge

Change the weight of the dumbbell to vary the difficulty level.

# Split Squat to Shoulder Press

- In a staggered stance, squat toward the floor, keeping your torso neutral, without flexing or bending in the spine.
- Allow the rear heel to elevate off of the floor.
- Press the weight overhead without arching your back.
- As a variation, the dumbbell can be held in either hand.



## Adjust The Challenge

Change the weight of the dumbbell to vary the difficulty level.

# Alternating Arm Chest Press in Glute Bridge

- Elevate your hips into a glute bridge, keeping the pelvis stable and level. Push through your heels to better engage the glutes.
- Lower the dumbbell to the side of the chest, always keeping the forearm perpendicular to the floor.
- Dumbbell should return to the extended, start position, directly over the shoulder.



## Adjust The Challenge

Change the weight of the dumbbell to vary the difficulty level.

# Side Plank with Single Arm Row

- Place your supporting shoulder directly above your supporting elbow.
- The bottom leg may be bent at 90 degrees, using the knee as the support OR keep the bottom leg straight and stack the feet on top of each other.
- Elevate your hips and maintain a long tall spine while rowing the resistance band.
- Keep both shoulders depressed away from your ears throughout.



## Adjust The Challenge

Adjust the elastic tubing resistance by adjusting your distance from the anchor point, or by using an elastic tube with a different resistance quality.



# Mountain Climbers

- Place hands on the floor or an elevated surface.
- Keep your shoulders directly over your hands.
- Step or jump your feet back and forth in an alternating pattern.
- Find the appropriate level of movement for your fitness level.



# Workout Routine

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Warm-Up				
BODY PART	EXERCISE	SETS	REPS	LBS
CIRCUIT				
CIRCUIT				

# Workout Routine

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Warm-Up				
BODY PART	EXERCISE	SETS	REPS	LBS
CIRCUIT				
CIRCUIT				

# Workout Routine

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Warm-Up				
BODY PART	EXERCISE	SETS	REPS	LBS
CIRCUIT				
CIRCUIT				