

# The Fitness Forever Matrix

By Ingo Logé

## Intermediate to Advanced - 3X per week

### Day 1

#### Metabolic (Fat Burning and Conditioning)

Please note each compound set should be performed in succession and go to the next exercise immediately. Perform this 2-3 times and provide 1 – 2 days for recovery between the workouts 3X

A> Warm Up 10 minutes

Squat Reaches 10X

10-20 Wood Chops+ 20 Rotations + 10 Rotational PNF Chops L>R + 10 L/R Single Leg Wood chop

- a) 15-20 Squats (Hold) with Dumbbells + 15-20 Jump Squats(Hold) or Froggies 8x3 sets + 15-20 Squat Press
  - b) 15-20 Lunges (Hold) + 15-20 Split Jump Squats (Hold) 15-20x or Froggies 3x8 + Lunges (Hold)
  - c) Super Skaters x20 (with single arm press for advanced work)
- 1) 10-20 speed push ups+ 5 R- open + 5 L open or 30 "Running Mans) + 10-20 Slow Mo Push ups
  - 2) 12-16 Bent Over Rows + 12-16 Upright Rows + 12-16 Muscle Snatches
  - 3) 12 Over Head Rotational Punching + 20 Front Punches +20 Down ward Punches

### Day 3

#### Metabolic (Fat Burning and Conditioning)

Please note each compound set should be performed in succession and go to the next exercise immediately. Perform this 2-3 times and provide 1 – 2 days for recovery between the workouts

- 1) DB Matrix: 72 Reps: Warm Up as Above
  - A) 3-6 Punch the ceiling + 3-6 Y Presses + 3-6 Rotational Press
  - B) 6-12 Single Leg Bent over row + 6-12 SL. Curls + 6 L/R Uppercuts
  - C) 18 Reaching Lunges ( 6 front, 6 side, 6 to rear
  - D) 18 Reaching Lunges to Presses overhead (6 front, 6 side, 6 rear)
  - E) 10-20 Speed Push Ups + 3-6 L Stab Push Ups +25 Speed Push Ups.

- F) Reverse Crunches 2-min or 15 reps what ever comes first + 30 degree sit-up with a twist + 21 ABC Dumbbell Sit Ups( Anchor Your Feet) + 25 Washing Machines + Prone Iso Ab 1 min + side Prone 30 sec L/R + 15 Prone ball curls
- G) Sit up on a disc 15-20X

Repeat Workout again 1-2 more times

Added Work Slide Board: There is a 15-25 Second Rest In Between Each Exercise.

1. 40 skaters side to side
2. Single Leg step back lunge 10x Each Leg
3. 40 skaters Increase width, leg kick in the back
4. Single Leg Side Lunge 10X Each Leg
5. 40 Skaters, increase width, fingers reach for the floor
6. 25 Mountain Climbers + 10 Reverse Crunches + 10 Mountain Climbers
7. 20 Skaters( with a cross arm cone touches)
8. 20 Skaters With Body Squats + Mountain Climbers