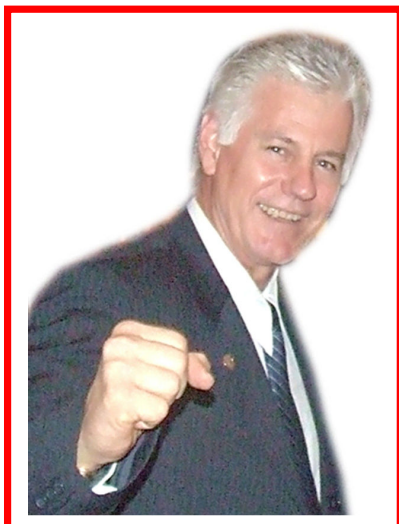


## HEALY'S (20 Minute) work out



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Over 21 years ago I owned a Nautilus Gym , the Nautilus™ system of training **was revolutionary at the time** and the founder of Nautilus industries was Arthur Jones and he was really 'ahead of his time' concerning weights training and the **TIME SPENT** doing it .

Nautilus built their 'futuristic' first and second generation machines .

and to this day **THEY ARE BIO-MECHANICALLY PERFECT** and the **best machines** you will ever train upon.

refer this picture of the Double chest machine sold by Healy's Gym equipment department.

The Nautilus™ Double Chest machine used the principle of Decline Chest Press combined with a 'Peck' deck in pre-exhaustion workout principles, most of the modern equipment today is a general copy of the nautilus machines (in my opinion.)

and all the single set training , 30 minute or 20 minute work out principles are modeled after the nautilus system of training introduced over 20 years ago by Arthur Jones .

Bodybuilders like Dorean Yates <http://www.dorianyates.net/>  
and Mike Mentzer <http://www.bodybuilders.com/ment.htm>

Championed these principles and proved them in the 'real world'

these principals can be used in all facets of time efficient training , weights, cardio , boxing, martial arts etc  
comments by Graham Healy



Now over 20 years later everybody is doing 'single set' training and 20 minute workouts , I recently see a ladies gym franchise advertising only a 30 minute work out 3 times per week .

As I have realized over the years of training **NOTHING IS NEW** simply re-discovered and re-marketed .

The kettle-bell revolution is an example I mean , how old is that method of training , yet a bit of marketing from the USA and hay presto ..... we have re-discovered the same old method all over again .

my professional observation over the last 30 years or so is this

### **BASICS ARE BEST AND WORK**

and thank the good Lord above there is a trend 'back to basics'.

With over 30 years eXperience in the background Healy's reveal the

### **20 minute weights work-out.**

**Save time , but not effort = Greater results**

**also we will explain WHY it works in simple language**

## The PRINCIPALS

### 1) Muscle stimulation to 'Grow & Firm and Tone'

exercise must be intense (relative to You)

in other words if you use a Scale 1 to 10

10 is failure , 8 is hard, 6-7 is moderate , and 4-5 is a warm up

If this is related back to YOU then it will always be correct irrespective of your Current strength or conditioning.

### 2) FAT LOSS

= DEFICIT in over all Calorie Count

Calorie Intake (food) – less Calorie Burn (exercise + Basal metabolism) + or – or = ?

- = fat loss

+ = Muscle Gain

= same

note is possible to lose - FAT and + Gain Muscle at the same time

But the calories intake must be in the correct proportion to the type of training

**the Protein(P), Fat(F), Carbohydrate(C) RATIOS are CRITICAL**

(Healy's can give you the correct information relative to your training program)

### 3) CONSISTENCY

be consistent in your training in a complete Body rotation over a 7 day period.

depending on your training Goals the 'periodization' of your training over a 7 day period can vary, in more 'sports specific' training the periodization time table can be 'expended' to 2,3,4,5,or 6 week cycles even periodization over 12 months or in 3 months (seasons = 12 weeks ) and sometimes years with a 'super athlete' however, the 'average person' looking at General health and fitness goals can get away with a

7 -14 day periodization .

this is another word for a

TRAINING TIMETABLE

relative to your Goals.

Bottom Line

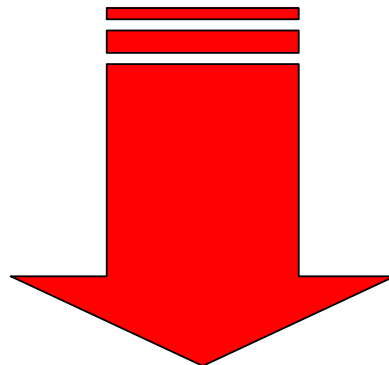
**“FAILING TO PLAN IS PLANNING TO FAIL”**

for expansion on the above simple steps refer

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

(home page)

## The WORKOUT





## UPPER BODY

Chest Press (decline best)

Sets/reps

set 1/2/3/4 = 16/12/10/8 reps

Intensity range from level 5 to 10  
(relative to You)

+ extra if required 2-3 sets peck deck

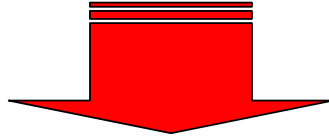
Lat pull Down (palms facing in)

sets/reps

set 1/2/3/4 = 16/12/10/8 reps

Intensity range from level 5 to 10  
(relative to You)

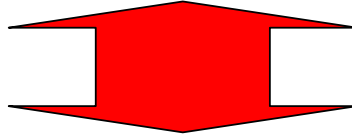
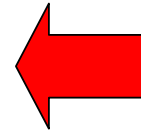
+ extra if required 2-3 sets Pullovers



## ABDOMINALS

reverse crunches

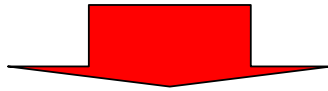
3 sets 12-16 reps



## LOWER BACK HAMSTRINGS

Stiff legged deadlifts (light weight)

3 sets of 12-16 reps



### Stiff Legged Deadlifts (light weight)



# LOWER BODY

## Leg Extensions

sets/ reps

set 1/2/3/4 = 16/12/10/8

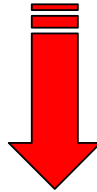
Intensity range from level 5 to 10  
(relative to You)

## Leg Curl

sets/ reps

set 1/2/3/4 = 16/12/10/8

Intensity range from level 5 to 10  
(relative to You)



Stepper 10 to 15 Minutes

or

Squats 3 to 4 sets (16/12/10/8)

or

Lunges (couple of sets to finish off Squats 16/12)

## Finally repeat Abs & Stiff-legged Deadlifts

This workout can be completed in 20 to 30 minutes maximum , however we have to Instruct you in HOW to do the exercises correctly to get maximum effect .

Also we will discuss the stretching, nutrition, and frequency of training as well this all must be 'fine tuned' to suit You and what equipment you have available to work with .

## Example of training periodization

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	sun	Wk
upper	cardio	lower	cardio	upper	cardio		1
lower	"	upper	"	lower	"		2

This Time table can be adjusted to suit your individual training Goals , including expanding the weeks to periodizing a more complex training routine

Healy's will examine each Clients requirement case by case to see what is best for you .

regards Graham Healy Master Trainer founder of Healy's Health & Fitness

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

