

FITXT

Fit XT: The “Eggs & Deadlifts” Plan

Special Report

From Fitness Coach

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<http://fitxtsolutions.com>

In my trainer days at the gym, I would get into quite a few barbell based, total body workouts that used heavy strength training to help get big gains in strength and also just the right amount of muscle to get you there.

I'm a fan of history, and I love looking back at classic training routines for inspiration. After getting a stack of old fitness magazines from the 1960's, I noticed a lot of the nutrition plans in there focused on plenty of eggs. It was also big on the barbell lifts for compound exercises, such as bench press, squats, deadlifts, cleans, and exercises that bring a lot of muscles to get the lift done.

Hence, that's part of the origin for "Eggs and Deadlifts" as a name for this plan.

In searching more current training methods, I came across the 5-3-1 program method that is a very simplistic, basic exercise plan that uses percentages based on your maximum lifts and also your estimates of 1 repetition maxes. ***I'll use 90% of the estimated 1 Rep Max*** into the program's calculations. Many programs will use the main 1RM number, this program uses 90% of that number to figure out the work. If your 1RM was 200 pounds, you'd use 180 as your number in your workouts. In Week 1, your first set of 3x5 would be 117: 180 x 65%.

A week by week breakdown of sets and reps plus their working percentages are:

Week 1: 3 sets of 5 (65%, 75%, 85%)

Week 2: 3 sets of 3 (70%, 80%, 90%)

Week 3: 3 sets of 5, 3, 1 in that order (75%, 85%, 95%)

Week 4: 3 sets of 5 in a deloading (lighter lifting) phase (40%, 50%, 60%)

I've used a variation of this plan, based on the very old-school 5 x 5 program that was popularized by a guy named Reg Park. I ordered the reprints of the original workouts he made in the 50's and 60's and many still use either that classic routine or their own slight variations to it. Many have written about this program, and of course, others have tweaked it to their liking.

Call it a mix of old and new school, but I liked the structure and how it blends in well with the 5-3-1 program. It has solid, compound movements as the foundation and none of the silly extra sets and reps involved.

Just go in, get in a solid routine, and be done with it. Rest up, and hit it again in a day or two.

Simple, solid programming for some solid gains in strength.

It's common throughout fitness trainers to borrow/steal/variant from other programs they've seen. Everyone's got their own philosophy, as do I. I try and take a common approach that keeps the principles within the new program, but with variations that can fit the need.

The four exercises I use are:

Deadlifts

Power Cleans

Bench Press

Bent Over Rows

My program is a little bit tricky, as I use the 5 sets of 5 plan, but mix in the 5-3-1 for the final 3 sets.

I'll use the following as an example for how I'd do Deadlifts:

Week 1: 180 X 5, 180 x 5, 180 x 5, 200 x 5, 225 x 5. (first two sets are warm-ups into the final 3)

Week 2: 180 x 3, 180 x 3, 180 x 3, 215 x 3, 245 x 3 (first two are warm-ups before main 3x3 sets)

Week 3: 180 x 5, 180 x 5, 180 x 5, 245 x 3, 255 x 1 (first two still warm-ups for the final 5-3-1 sets)

Week 4: 170 x 5, 170 x 5, 170 x 5, 180 x 5, 190 x 5 - lighter week of de-loading.

The De-loading week can even be just 3 sets of 40%, 50%, and 60% as your work sets. I still like to spread it to five sets of five, just to get in a little more volume overall within the workout.

This program has a unique estimator built into it at the final set. You may find yourself feeling the final set is easier some days, and it allows you to go to a maximum rep count at that weight.

As an example, in Week 1's numbers, if you do 225 x 5 and push it to 10 reps on that last set, you can plug in your weight and reps attained to estimate a 1 Rep Maximum (1RM) number.

Here is, quite possibly....

THE BEST 1RM ESTIMATION FORMULA, EVER:

Weight x Reps Attained x .0333, then add the Weight you lifted.

$225 \times 10 \times .0333 = 74.9$ pounds. We'll round it to 75. $225 + 75 = 300$ Pound estimated 1RM.

Deadlifts can be replaced with Squats if you're not a fan of deadlifts. A big part of the reasons I've chosen to stick with the Deadlift is because my basement dictates it. I don't have a big squat rack and the deadlift has a similar range of motion and incorporates more of the upper body and core, in my opinion. Bench Presses can be replaced with Incline Bench, or even a standing Military Press if you wanted a new challenge.

For those that do this kind of workout at the gym, if you're able to setup two stations to alternate with, it works great. In my basement, I'll have deadlifts and bench all setup by my bench, and a separate smaller bar for the Cleans and Rows off to the side as another station.

The downside of my basement is being limited in shoulder exercises. I can do them while seated, but standing, not so much. My basement is just under 7 feet, I'm 6'2", so there isn't a lot of headroom there for doing overhead lifting.

Another key point: ***Don't forget to eat your EGGS.*** Protein is good for your recovery and growth.

Workout Frequency:

Three times a week is preferred, or if you wanted to split things up, you could do it over 4 with shorter workouts. This would still get each lift twice per week. You could add in some accessory work at the end if you wanted a little bit of a longer program, such as lighter dumbbell work with squats, lunges, presses, curls, etc.

Monday: Deadlifts & Cleans

Tuesday: Bench & Rows

Wednesday: Off

Thursday: Deadlifts & Cleans

Friday: Bench & Rows

Sat/Sun: Off for both

After Your First Month of Eggs & Deadlifts: What's Next?

The answer to this question is simply: plug in and play the game again!

Plug in your new 1RM estimates, since the program has an estimator built into the program.

A thing to keep in mind is to stick with your first 1RM estimates that you started the plan with. You will find yourself getting stronger, and perhaps the urge to punch in new numbers will hit you. My advice is don't mess with it. Just because your estimates go up week by week, don't keep plugging in new numbers each week into your percentages.

Just stick with what you started with. It is meant to be that way. Use that built-in estimator as a gauge to read your progress through the month's program.

You can plug in your new estimates at the end of the month and restart the program for your next 4 week cycle.

A lot of people like to test out for one workout or two in that de-loading week, perhaps towards the end. Some might do 2 workouts, then split the last one into two different days for testing. If you do that, I would advise in choosing to test out on one lift and do some assistance work afterwards. As an example, test out on deadlifts, giving ample rest between trial sets, and then hit some power cleans afterwards for your workout. My point is you are trying to lift as much weight as possible, so save the energy for that day when you're testing out.

How long to rest between sets? A good rule of thumb is 4 minutes, some say even 5 minutes. I'm more in favor of 5 minutes. I know it sounds like a lot, but your body can replenish better with a longer wait.

There is even a program that has you do 2 sets of 2 exercises with that five minute rest. If you do the math, that's basically a 20 minute lifting routine that is done rather frequently, such as 4-6 times a week. What I'm basically saying is if a five-minute rest works for a program like that quite well, it should work in this case for testing-out days, too.

That’s why I like the back and forth structure of the Eggs & Deadlifts workout, as you get roughly 4 minutes and some change in-between each working set. There are 2 minute breaks between exercises, but the other main muscle groups have a chance to rest.

I know the Deadlifts and Power Cleans have a similar action, and I keep the Cleans in the light range as to not tax the same muscles so quickly after a heavy deadlift set. These are meant for light, explosive movements and not as a maximal lift.

If you wanted a substitution lift for Power Cleans, I would recommend Kettlebell Swings or 1-Arm Cleans to still do that explosive action. It won’t be a super-taxing effort, but still work you pretty good.

Following up heavy lifts such as the deadlifts with an explosive movement is a time-tested ‘trick’ for creating more powerful athletes. I used to use it with a franchise I worked, plus for a private business and my own private training business.

How to put it together: Here is an example of Week 1, Day 1.

You’d calculate out your percentages for Deadlifts and Bench Press and put them in for each set.

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Deadlifts	____ x 5				
Power Cleans	____ x 5				
X	X	X	X	X	X
Bench Press	____ x 5				
B/O Rows	____ x 5				

A simple chart like this is easy to make with a notepad. Save yourself the printing and just jot this stuff down on a notepad or a journal you keep.

If you aren’t keeping a journal, that’s not a good practice. I know some people just think they ‘know’ what they did before or last week or a month ago, but jeeppers: Would you expect to solve a math problem without any formulas to write down and help you solve the problem?

THIS is one big math problem.

You’re trying to boost “X” upward to a higher degree.

You better write a formula down for it.

This program is your formula.

Remember your teacher would get upset when you didn’t show your work?

Show your work!

LOG YOUR EFFORTS DOWN!

It’s why rocket scientists still use chalkboards/whiteboards.

This isn’t rocket science, but it’s close.

All in all, when you keep track, you have a better record of where you've been and how often or how not often you've been working towards your goals.

The "Bare Basics" Workout:

Short on time? Work week or just life in general got in the way of your planned times to lift?

At least get in the basics!

Hit the two major compound exercises of Deadlift and Bench Press.

You don't need to alternate between the two in this case.

Do your sets of Deadlifts in the 5-3-1, 3 sets alone pattern. Do it for whatever week you're in (3x5, 3x3, 5-3-1, or the deloading 3x5 final week).

Rest 3-4 minutes between sets, based upon how much time you have.

After your sets of Deadlifts, transition to the Bench Press in the same format.

Rest 3-4 minutes between those sets, and then you're done!

Spending time on the basics of those lifts will still help you out, rather than getting in nothing. On an extreme level, you could get by with just 4-5 sets of Deadlifts for the day and call it a workout.

I wouldn't do this often, but when the time calls for it, it is my bare-minimum back-up option.

Closing Thoughts:

I hope you find this gift very helpful in finding a solid, basic, and effective program to follow on your quest for getting stronger and fitter.

As a gift for reading this special Fit XT Report, I invite you to join the Fit XT community in a private Facebook group I've created.

You may find it at: <https://www.facebook.com/groups/503543396822774/> or simply search for Fit XT Solutions on Facebook.

I talk about this program, as well as my main program that I sell, titled "Fit XT: Solutions That Work".

In short, it's a brief workout structure of 3 days per week for a total body focus, plus options of other workouts to cross-train with in-between those 3 main Fit XT workout circuits.

Fit XT workouts last 20 minutes on average, sometimes even less. Warm-ups, cool-downs, Strength routines, and a brief Endurance circuit within each main workout will cover a lot of bases for you on your quest to becoming in-shape.

A lot of the equipment used can be purchased at a dollar store, or main retail store.

Yes, you read that right: a dollar store such as Dollar General can offer a lot of options that you didn't even know about!

Read more about it at <http://fitxtsolutions.com> and see if Fit XT is the right option for you.

About Fitness Coach Rick Karboviak:

Rick Karboviak has been involved in the fitness and coaching fields since 2000, beginning as a fitness and sports performance trainer and high school coach in Cooperstown, ND. He ventured for a short time to Columbus, Ohio and trained with two private gyms out there, before returning to the upper Midwest to Thief River Falls, MN. In TRF, he worked as a fitness trainer and performance trainer for a medical center's franchise and public fitness center, later venturing off on his own as a private training business.

He later moved back to his hometown of Finley, ND and returned to coaching sports in 2009 through 2014. Coach Rick also got into private training on a part-time basis in his spare time during summer months with area athletes and also began directing road races locally. During this time, he continued to help people with fitness programs and training guides he sold under Amazon Kindle as an independent publisher.

In 2014, he moved to Mayville and stayed active with the road race directing and started up a local running club. In 2016, he worked with starting up a college club of athletes to compete in Track or Cross-Country as independent athletes. He is still the club advisor/coach for the club and works with students who want to compete independently.