

The Precision Nutrition
Bonus Training Program

Next Level
Training For
Women

Krista Schaus

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Precision Nutrition Bonus Next Level Training For Women Designed by Krista Schaus

Introduction: You Can Look Good and Perform Well

There are two realities that have made fitness a multi-billion dollar industry:

- The #1 fitness goal is to have a leaner, more physically attractive physique.
- Everyone strives for improved performance, function, health and vitality.



In terms of priorities, the vast majority would put looking good over functioning well. We know this because time and time again people have sacrificed their health, sanity, immune system, energy levels, family, jobs etc.... for unhealthy lifestyle, training, dietary or supplementation practices. We want the perfect body, often, at any cost.

The good news is that it doesn't have to be a give and take situation. You can be beautiful, lean, sexy, sleek, and functional fit, strong, vital and healthy at the same time.

The Female Fitness Paradox

Interestingly, the formula for attaining both a body that PERFORMS well and LOOKS amazing is the same but it is the exact type of program that women often shy away from. It is our Female Fitness Paradox. We are often afraid to work hard, lift heavier weights at lower reps, do less "cardio", eat more protein and do more functional, compound exercises because as women, we wrongly think that these protocols will produce the opposite results. Meanwhile, the hours of steady state cardio, high rep / low weight "toning" classes, spinning classes, low fat / low cal fad diets, frozen light entrees and whipped yogurt desserts are taking us further and further away from our goals.

I know the struggle! You can't figure out why you still suffer from "cottage cheese butt" syndrome when you are supposedly doing

everything right. Your intentions were right but your plan of action was wrong. **Your struggle ends now!**



The following program is designed for women who want to achieve the most popular fitness goals – to LOOK, FEEL and PERFORM better than you ever dreamed possible. This program will take you to the NEXT LEVEL in your training with your body, with your physical abilities and in your life. I strongly believe that what you achieve and master in the gym carries over into your life. Whatever you are afraid to tackle in the gym correlates to something you habitually fear taking on in life. The gym is not real – life is real. But what you do (or won't do, can't do...) in the gym is a real representation of your life.

Next Level Training Concept

One of the biggest problems with many people's training program is that they fail to make progress. Usually they have no one to blame but themselves. They either do the same program with little or no change or they impose mental limitations.



Many women do not use beyond 12 lb dumbbells because of a stereotype that anything higher is for men, that it will be too heavy or that it will build big bulky muscles (do you think the models in women's fitness mags really build those fabulous bodies with the 5 or 10 lbs weights they are posing with?) This thinking will ensure that you never change your body and that your body will eventually decline.

If you continue to train at the same level of intensity, load, sets, reps, tempo, rest between sets with the same repertoire of exercise order, selection etc... you will stagnate. If you continue to tell yourself a given weight is too heavy or a given exercise is too difficult, it will be. The "next level" is based on a combination of the traditional progressive resistance training principle and eliminating self-imposed strength limitations (mental barriers).

You need to apply "next level" training and thinking to each component of your exercise program – every rep, every set, every exercise, every phase, every cycle, every program. The goal is to always "one up" yourself in some way whether it be load, reps, sets, rest or time. To do this, you need to apply next level thinking before every set. You can never allow yourself to think that you are not capable of doing the set/rep/exercise. You need to own it mentally as if you have done it a millions times before and will do it again.

This is why recording your workouts is so important. You need to know what you did previously for a given workout in order to take it to the next level and “one up” yourself.

If the program outlines a shoulder press for 3x8 and last week you did



3x8 with 12 lbs, one-up it next workout! Next week, start with 12 lbs for your 1st set and aim mentally for at LEAST 8 reps...if you can get 10, do it. Next set, you are a fool if you pick up 12 lbs again. 15 it is! Even if you only get 6, you have taken it to the next level. Guarantee you'll get 8 on set 3. And the process continues. Once

you achieve the rep range with a given weight, you MUST increase the load. I prefer increasing load over increasing reps. That is how you get STRONG, break through mental barriers and build a sleek, sexy, functional body.

If you start applying the next level concept to every aspect of your training (nutrition too!), you will make dramatic improvements. Plus, you will constantly impress yourself by busting through new plateaus and be motivated to train again to re-set the bar.

Is Next Level Training For You?

Absolutely! The Next Level Training concept applies to almost everyone. It is difficult to define beginner / intermediate / advanced trainees. There are many people who are beginners but are quite advanced in many ways (genetically gifted). And sometimes those who think they are advanced (training for decades or competitive) yet due to consistently poor form or training methods are brought right back to the beginner stage.

Next Level Training is for:

- Beginners Ready for the Next Level – This program has been designed to take you out of the beginner stage that may last anywhere from 3 months to 3 years; it is difficult to quantify. If you have consistently invested time and effort in strength training essentials, have become proficient in the basic movements (as outlined in [Krista Scott-Dixon's beginner program](#)) and feel like it is time to move on, this program is for you.
- Beyond Beginner but Stagnant - For those beyond beginner, who yearn for more and something new, but perhaps lack the proper knowledge and expertise, this program will take you to your next level of difficulty (technically and/or in terms of intensity).

- Getting Back After Time Off – If you have some training experience but took time off by chance, choice or circumstance, you will need anywhere from 4 to 12 weeks in a refresher phase before moving onto Next Level training. The amount of time devoted to reconditioning is largely dependant on how long you've been away from training. Listen to your body. You failed your body for quite some time, so if you don't give it time to get back into shape, your body will fail you.
- The Lacking Variety Veteran – You have gone to the gym for years, enjoy the social aspect of it but progress halted long ago. Next Level training is FOR SURE for you! Lack of adequate stimulation is the culprit and this program will fix that. Because you do not directly correlate your stagnant or declining progress to lack of variety and difficulty (you are more likely to blame it on genetics, age or diet), it is important for you to be positive and open to new training concepts. You will get amazing results on this type of program and may be saddened by the time and energy previously wasted. But don't despair! The years invested in exercise have prepared you well. You will be hesitant at first, but once you see the results and the compliments come pouring in, you'll never settle for mundane again!
- Anyone Seeking Peak Performance & Aesthetics – As a competitive athlete who always strives for improved performance and a woman who wants to look and feel her best, my training has always flourished when someone took me to the next level. You only know what you know. It is hard to think outside of your own box. This program will do the thinking for you. All you have to do is put a good dose of effort and consistency into it to reap the many benefits.



Important Considerations:

- Abilities: This program builds upon the basics which you are expected to be proficient in (a proper squat, a deadlift variation [conventional or sumo], a bench press, an overhead press...), but you do not need to be able to perform a certain 1RM in any given lift. You also do not have to be able to do a full chin-up or dips as many women, including high level athletes, have trained for decades and haven't yet mastered these. However, by the end of this program, you may have attained some of these coveted goals or be much closer to attaining them.

- ❑ Injuries: If you have a KNOWN joint / mobility / soft tissue problems, you should get them cleaned up and taken care of before starting the Next Level training program. These issues will only worsen and hold back or completely halt your progress. If you are ready to step out of the beginner stage, then you should also be in tune enough with your body to know that an injury in an active person will not go away on its own.
- ❑ Mental Attitude: It is just you, the weights and your goal in mind – nothing else matters. Stop caring what others think of you, what you look like, noises or faces you may make, how sweaty you get, if your hands get calluses (I call them badges), if have to stick out your butt / chest... If you want to outperform any of your previous bests and look illegal in a bathing suit next beach season, you may have to look less than perfect for a few hours here and there. Plus, nothing is sexier than a self-confident, strong woman. Strength is sexy!
- ❑ Equipment: You cannot do this program without being adequately equipped (gym or home set up). You will require dumbbells, barbells, a squat rack and other equipment that allow you to consistently go up in weights as the vast majority of the program is designed around traditional progressive resistance methods.
- ❑ Belief: You have to BELIEVE! This is one of the most important considerations and can be applied to many areas of your life. If you are going to take on a new initiative, try a new program, new supplements and different dietary strategies etc. you have to set yourself up mentally for success and believe that the process will work. You will not last on any new program or initiative if you enter into the process with a negative or defeatist mental attitude. Set yourself up for success!
- ❑ Team Approach: Success is largely dependant on the team approach. Your support team will grow in correlation to your progression from beginner to beyond. As you experience and master more technical, difficult or advanced levels of training, nutrition and supplementation, your team must advance accordingly (i.e.. massage therapist, chiropractor, health practitioner, etc.). There is nothing wrong with you or your training if you require fine tuning, assistance and support along the way from other related professionals. It is normal and eventually necessary.

A Sleek, Sexy & Strong New You! – 16 Week Formula

This is a 16-week program design, but it is not written in stone. Every body responds differently to exercise. Some people get the best results on programs lasting 5 weeks. Others adapt to a program in as little as two or three weeks. You need to listen to your body. If you are bored with a given program, that may be a sign that your body is ready to move onto the next phase.

The duration of each phase can be altered. In my perfect world, the strength training phase (I am biased) would last two or three times longer. The length of each phase is variable and dependant on your specific goals (is strength more important than leanness or vice versa?), how your body responds (individual adaptation) and goal deadline (how much time do you have to attain your goal?), for example.

This program is composed of 4 four-week phases:

- A conditioning phase designed to prepare your body for everything it is about to experience and get you into the right frame of mind (overcoming self-imposed strength limitations).
- A hybrid phase will introduce you to each of the essentials - strength, hypertrophy and energy system training.
- A strength phase intended to build your base or foundational strength that you will be able to call upon in the future.
- A lactate phase to bring out the best of what you have built in the previous weeks and help put the finishing touches on your sleek and sexy new physique.



No Techies Here

You will notice that I don't get too technical with my programs. For the techies out there, feel free to email me if you want more behind the scenes information and details of this program. Having worked with many women on transformation and strength goals, I know that most women simply want to know what to do and how to do it. It's all about RESULTS! Speaking of results, it is ESSENTIAL that you are following sound nutritional and supplementation protocols in order for you to get the best results out of this program.

No PN = No Results



If you have not yet implemented Precision Nutrition, now is the time. This program will build strength, increase speed and fictional fitness, but without proper dietary changes, you will not be nutritionally supported to last and you will not look much different. You must learn how training, lifestyle and nutrition work in synergy.

Additional Program Tidbits

What's Tempo?

Prescribing and varying tempo is an important component of a training program that is often overlooked. For the average beginner, there is enough to think about without have to worry about the timing of your lifts. But as your training advances, tempo is a great way to take your workout to the next level without necessarily having to add significant amounts of weight to the bar. Some programs use a 3-digit formula for tempo (3-1-0) which means eccentric – pause – concentric; however, the tempo used in this program includes one more number.

Tempo Explained*

Example: 2010

The first number is the lowering of eccentric (negative) portion of the lift

The second number is the pause

The third number is the return or raising of the concentric (positive) portion of the lift

The fourth number is the pause between the start of the next rep.

Example: 32X0 in the squat

This means a 3 second lowering of the bar (which recruits more muscle fibers and makes it harder without adding more weight), then a 2 second pause in the bottom, then an explosive (X) pushing up to return to the top and no intentional pause at the top before entering into your next rep.

Example: 3111 in the lat pull down

This means a 1 second pulling of the pull down attachment to your chest, followed by a 1 second pause on the chest, then a 3 second slow return of the attachment to the top and a 1 second pause at the top (to reset form, avoid using too much momentum to do the pull).

So pay particular attention to the outlined tempo for each lift. When in doubt, simply perform the exercise with a regular tempo. Performing the lift with good form is a higher priority consideration.

* Poliquin Performance, The Poliquin International Certification Program, Theory 1 Manual

Active Rest Weeks

Depending on how you respond to exercise, you may be the type who needs an active rest week at the end of each phase. You may have more success with training if you take planned breaks. Some people's CNS (Central Nervous System) simply gets fried more easily than others. By taking some active rest, you will better respond to your training and last the long haul.

An Active Rest Week can mean following "instinctual training", going to the gym less frequently (i.e. – 3 days rather than 4) and/or simply doing stuff you enjoy; no pressure; no set goals or numbers. Do not lift to failure. Pick total body, functional exercises that will aid your muscles in repairing while keeping them primed such as core and rotational exercises, unilateral work, light squat variations and scapulae work.

Interval Training Protocols

Phase I

- 1) Choose a modality to carry out your interval work
Start with one you enjoy and will do. Examples: upright stationary bike, rowing machine, recumbent bike, treadmill, elliptical trainer, stair climber. Outdoor options such as running, cycling or cross country skiing are allowed and encouraged
- 2) Conduct Range of Motion / Dynamic Warm-ups
- 3) Warm-up on your chosen modality for 2 to 5 minutes
- 4) Conduct Work Interval: (work interval will be achieved by increasing both your intensity/tension and speed/RPM)
Week 1: 60 seconds moderate/high intensity (70-80% of your maximum or level 7 to 8 on a perceived exertion scale [PE]).
Week 2: 45 seconds high intensity interval (80% to 90% max / 8-9 PE)
Week 3: 40 seconds high intensity interval (90% max / 9 PE)
Week 4: 30 seconds high intensity interval (90% to 100% max / 10 PE)

Start with 6 work intervals, adding an interval each week until the end of Phase I.
- 5) Followed by Recovery Interval: (achieved by decreasing intensity and speed)
Week 1: 60 second moderate/low intensity (50% max / 5 PE)
Week 2: 75 seconds low intensity (40%-50% max / 4-5 PE)
Week 3: 80 seconds low intensity (40% max / 4 PE)
Week 4: 90 seconds low intensity (30% max / 3 PE)
- 6) Cool-down for 2 to 5 minutes followed by full body / lower body dominant flexibility training (20 mins).

NOTES:

Upright bikes are my #1 preference. Look for a quality bike with a comfortable seat, RPM display, time display that you can lock (does not vary) and lots of tension options (buttons preferred to dials/knobs). If using an upright bike, increase intensity during the "work" interval by hitting the tension button or dial on the bike and increasing your output (watt, RPM or speed). Aim to improve upon those numbers (intensity & output) consistently, throughout the workout itself, when you do Intervals again later in the week and the following weeks to come.

Phase II & III (HIIT = High Intensity Interval Training)

- 5 minute warm-up
- 30 second high intensity work interval (increase speed and intensity i.e. 130 RPM upright bike)
- 90 second low intensity recovery interval (decrease speed and intensity i.e. 60 RPM upright bike)
- Repeat 8 to 12 times
- 5 minute cool down

After Thoughts

This program was designed taking into consideration the following:

- Legs & Back Focus – This program has a leg and back focus. Even though women can get very strong in the lower body, most initially have relatively weak, imbalanced and underdeveloped legs and backs. This is evidenced by the fact that most women bench press more than they squat at the beginner and early intermediate stages. Imbalanced programs in terms of volume and exercise selection is to blame. Such imbalance is a prime cause of our poor posture and common injuries (rotator cuff, low back).
- Exercise & Body Part Pairing - Even though chest/back is a superior pairing of exercises, experience has taught me that many women (and men) have a problem with the long head of the bicep essentially turning off during a bench press workout. This causes problems when a back exercise, like chin-ups, is supersettted with it. By moving chin-ups to a non-chest pressing day, women are able to better attain their chin-up goals. If you are to pair chest / back, for women or anyone whose chin-ups ability is relatively poor, do the chin-up first followed by the chest exercise.
- Total Body Programs vs. Body Part Splits – I prefer total body programs over body part splits, particularly for women for the simple reason that we often miss a workout due to the number of responsibilities we juggle and the “hurried woman syndrome” we suffer from. With total body programs, if you miss a day, you are not missing an entire body part (usually legs or back). However, body part splits are great for aesthetic purposes, so they certainly do have a place in the training year.
- The Overrated Pushup – You won’t see a lot of pushups in my programs and if they are included, they are often weighted or advanced. I prefer DB presses, bench press variations and dips for strengthening this area. Pushups are great to demonstrate upper body strength, but not to develop it. They are also great for aesthetic purposes coming close to a fitness type competition after a good strength base has been developed.
- Machines vs. Free Weights – Free weights win hands down. I incorporate machines about 20% of the time (low/high pulley, hamstring curl). Some machines are essential for certain individuals, but for the average trainee, you can’t go wrong with plain old-fashion dumbbells and barbells. Even the best

machines (ie Hammer Strength, Atlantis) would be added in AFTER a good solid functional strength foundation has been built.

- Proper Form & Exercise Execution – It is difficult to describe proper form for each exercise outlined. Check out an online resource like the one at www.precisionnutrition.com/members or query unknown exercises via a search engine (Google images). When in doubt, simply substitute an exercise for the same muscle group from your repertoire.

Striving for Balance

I'm not referring to the standing on one foot kind of balance. As women, balance is something we are often striving for and rarely attain. If you are feeling burnt out, your progress is faltering, motivation is waning and working out is becoming just one more chore on your never-ending weekly "to do" list, you need to reassess your activities.

Overcoming "Hurried Woman Syndrome"

Essential activities are things like eating well, engaging in exercise you enjoy, spending quality time with loved ones and personal / spiritual growth and development. Relatively equal time and energy should be given to each of the essentials. If you suffer from "hurried woman syndrome" and always feel like you are living from one scheduled event to another, take the time to slow down, assess where you spend your time and make some changes.

There is ALWAYS something you can give up that is serving you no positive purpose. Unfortunately, as women, when life gets hectic (and it always does), activities that help us stay healthy and balanced are often the first things we give up.

Recovery Methods

Recovery methods have many purposes aside from helping our bodies heal from the strains of intense exercise. They are part of the balance formula.

RULE: For every hour spent in strenuous exercise, you need to devote half of that time to recovery methods. For example: If you workout 4 hours a week, then 2 hours a week goes to a massage (1 hour), sauna (20 minutes), ART session (15 minutes) and hot/cold showers after training (25 minutes). This is not hard to adhere to if you approach it as smaller pieces of time.

During extra crazy times, the recovery activities (working in or within) are even MORE important than the exercise activities (working out).

From personal experience, most of my injuries have occurred during a hectic week or relationship stress and I thought an extra intense workout would make it all better. I have learned to cut my training volume down and instead do more yoga, read a good book or get an extra massage. Training provides us with the opportunities to challenge ourselves and recovery methods give us the reflective time to learn from those challenging experiences.

Recovery Methods (examples)

Massage	Active Release Technique
Mud / Epsom / Sea Salt Bath	Sauna (dry)
Hot/Cold Shower	Yoga / Meditation
Reiki / charka, meridian work	Acupuncture / Reflexology
Cranial Sacral Massage	Sun Exposure
Facial, Manicure, Pedicure	Deep Breathing exercises
Stretching	No TV / Computer at night



Now What?

- Assess – Did you achieve your goals, aesthetic (weight, body fat, measurements) and performance (strength, speed and structural tests). Find a qualified strength coach or do your own 4RM tests in some basic strength exercises outlined in [Krista Scott-Dixon's beginner program](#) (i.e. squat, press, deadlift, overhead press). Then use those numbers to assess your continued progress and success in the months to come.



It doesn't stop here - this is just the beginning! With your new foundation of high performance strength and fitness, you can build new skills and abilities and take it to the NEXT LEVEL!

- Reward Yourself! Once you attain a goal, you reward yourself (very important!) and set a new, higher one. That is how seemingly ordinary people accomplish extraordinary things. Go for "stretch goals" – ones that seem impossible to attain. By setting the bar high, you will achieve things you never thought possible.
- Next Plan of Action - Decide what area(s) you want / need to focus on. I suggest taking the "weakest link" approach. Strengthen your weakness, you will improve exponentially. So if your strength has improved considerably but your body fat is not as low as you had hoped, take a look at [Chris Thibaudeau's bodybuilding program](#) and [The Get Shredded Diet](#). If you are sexy and sculpted but the strength is lagging still, a good chunk of time invested to strength and power development like [Dave Tate's Maximal Strength Program](#) will benefit you.

- Do Something... Anything! OK, maybe not "anything". The worst thing you could do right now is go back to aerobics and body sculpting classes with the 3 lb plastic dumbbells. There's nothing wrong with a 2 or 3 week "instinctual" or Active Rest period, but you have worked too hard. There are so many other fun, cool options that will make the most of that sexy, strong new body you have built.



Bottom line – never underestimate yourselves! The only way we are going to move beyond the myths and stereotypes that surround our gender is if we stop buying into them ourselves.

You CAN be strong and sexy! You CAN be fit and functional!

Together we can redefine women's fitness. Ditch the pink plastic dumbbells and 9 lb body bars and I'll see you at the squat rack. And once you go rack, you'll never go back!

About Krista Schaus



Krista Schaus is currently the owner / operator of [Defining Edge Fitness Inc.](#), works as a strength coach at the Toronto Poliquin Performance Centre, and is a PICP Strength Coach Level I, SPI CPT

Although she has been lifting weights since the age of 9, Krista became formally involved in strength training when she became a police officer in 1994. At 5'4", 125 lbs, it was important to Krista to become as strong as possible to meet the demands of policing. Krista connected with top trainers, coaches and strength icons locally and across Canada and the United States to learn as much as she could. In her quest for knowledge, she learned of her passion for functional strength training particularly relating to police officers and women.

As a means of testing her strength limits, Krista entered the Canadian Law Enforcement Games in bench press in 1998. With no formal preparation, she won gold. After that first event, she was hooked. The following year, she entered both the bench press and power lifting events, along with 100m, 200m, 400m and 4x100m. She captured 4 golds and 2 silvers at those events and solidified her relationship with power lifting.

In 1999, Krista began competing with the IPF and has since captured numerous gold medals, the Ontario 56 kg record, the 2000 Canadian power lifting champion title and recently came home from England with a bronze medal in the squat at the first Commonwealth Powerlifting Championships. Krista is currently ranked 15th in the CPU's Top 100 female lifters and has been a member of the OPA executive since 2000.



At a bodyweight of 132 lbs...

Squat: 292 lb (with gear), 245 lb raw

Bench Press: 175 lb (raw)

Deadlift: 285 lb (raw)

Chinup: 45 lb 1RM

Dip: 40 lb 6RM

Clean: 130 lb

Push Press: 140 lb



Krista does not consider herself a naturally gifted power lifter, but uses the sport as a competitive outlet to achieve and maintain peak performance and strength. In addition to her success in power lifting, Krista has trained, participated or competed in provincial level softball, gymnastics, outdoor speed cycling, medium distance running, fitness competitions, Galaxy obstacle course competitions, track and field and Tae Kwon Do. However, her passion lies in strength and power events.

Krista was born, raised and still resides in Haldimand County with her husband, Pete, a certified personal trainer and Dive Master, and their two children. She is also currently earning her degree in Adult Education at Brock University.

As a former College professor, Krista applies adult education principles to strength coaching. Her ultimate goal is to teach everyone how to squat, help defy stereotypes surrounding women and fitness and educate as many people as possible about the value of functional strength.

Defining Edge Fitness Inc.
"Aspire. Act. Achieve!"
www.definingedge.ca