

The Precision Nutrition Bonus Training Program

The Awakening: Body Transformation Now

Scot Prohaska

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Precision Nutrition Bonus

The Awakening

Designed by Scot Prohaska

Introduction and an Insult

Guess what, you're one-dimensional and out of shape.

There, I said it.

Listen. I want to help you. But I'm also a tell-it-like-it-is kinda guy. So I'm not going to sugar coat things.

You've been weight training and doing bike sprints? Well sorry, chief, that's not enough.

It's one dimensional. It's limited. And if you want to be in incredible shape, if you want fast, furious body transformation, you've gotta do something different.

Weights + Conditioning + The F-Word

I always preach one thing to anyone that envies the great physiques of my athletes. The reason they have those bodies is because they lift heavy weight and move their body explosively.

There's only one problem: I can't very well ask my personal fitness clients to go push a 600 pound bobsled or go run 60 minutes of defensive back drills.

So instead, I decided to integrate weight training, conditioning work, and the f-word (functional training) into my programs.

And in doing so I've found that it's this combination of training modalities that transforms bodies from average to athlete.

Now, maybe you're hung up on the functional movement thing. I was too, for a long time. Yea, we're constantly told that there are many benefits associated with functional movements, including:

- working multiple planes of motion
- working a greater range of motion
- improving muscular coordination,

Yet, for a long time, I still had my doubts as to whether they were really effective for high-level training – in elite athletic populations or in recreational exercisers.

While researching the subject I found that most trainers use these movements ad nauseam with results that would not impress my highly driven clients.

However, I also found that some of the trainers I hold in the highest regard incorporate them in their programming. Eric Cressey uses them within the training sessions of his elite athletes to correct imbalances and increase effectiveness of workouts. Scott Abel uses them to reduce boring and ineffective cardio for his bodybuilding clients while sculpting their physiques. So in the end, I decided to give them a try.

The result? By adding body weight movements during weight training workouts (where there is the presence of oxygen debt and muscle fatigue) people are blown away.

So in this 12-week program, that's just what we're gonna do.

Not Just a Slap in the Face

Now, this program is called The Awakening. Maybe it should be called the Rude Awakening. Because it's not just a slap-in-the-face sort of awakening. It's more like a punch-in-the-face.

You see, I train athletes. A lot of athletes. I also train busy executives who live in southern California.

In southern California, being lean and athletic is a religion. And the number one thing I find when it comes to being lean and athletic is this – you've gotta wake up. You've gotta stop sleepwalking through your training programs. Consider me your alarm.

Case Study

Here's one client of mine that was recently awakened by this program. His name is Marc Boyer and he works as a marketing art director.



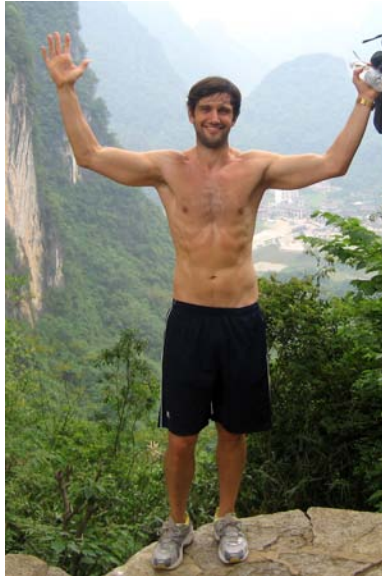
Before The Awakening



After The Awakening

Now, here's the catch. (Ah – there's always a catch.) As with any effective training, there are two keys. First, don't miss workouts. Next, get that nutrition in check.

The first part? Well check out this picture below. It was taken on the Great Wall of China - after a conditioning circuit I created for Marc.



That's right, there's no excuse suitable for missing one of my workouts!

As far as nutrition, as with all my clients, we used the [Precision Nutrition program](#). But, guess what? It wasn't always an easy road. During Phase 1 Marc trained hard and ate really well. He made tremendous progress.

During Phase 2, feeling a little cocky, he kept the training going but deviated from the PN plan. Guess what? He bonked. And fat loss stalled. He learned his lesson.

During Phase 3, I gave him a hard time, he got back on track, and needless to say, he was born again. And the after pics show it.

The lesson? Training alone? It works ok. Training plus nutrition? It changes lives.

A Word of Caution

Here's something critical. You'll notice some of the movements below are to be done fast and explosively. So make sure you're doing just that.

However, progress at a rate that matches your ability to perform these exercises safely and with good form. In other words, if you know what's good for you, don't freakin' cheat.

The Owl Philosophy

I'm going to tell you how I approach both fitness and life. Eat like an owl.

What's that mean? Well, when an owl catches its prey, it eats everything – bone, muscle, fur, teeth, everything. An owl doesn't discriminate. It takes everything in. And then it craps out what it doesn't need.

That's how I approach life. I take it all in. Advice. Programs. Everything. I digest it. And then I discard what I don't need. It's a great philosophy. And one I encourage you to test out.

That being said, let's eat, shall we?

The Awakening

Phase 1 – 4 Weeks

<u>Day 1 - Monday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) DB Bench Combo Press		3-4	6-8	15s
A2) Seated Cable Rows		3-4	10-12	15s
A3) MB full range push ups		3-4	MAX	15s
A4) Wide BB Rotations		3-4	10 ES	75s
B1) Alternating Incline neutral grip bench		3-4	6-8	15s
B2) Light 2 arm high cable speed rows		3-4	12	15s
B3) T-Push Up		3-4	8-10 ES	15s
B4) Ab Wheel		3-4	12-15	75s
C1) Seated DB Shoulder Press		3-4	8-10	15s
C2) Bent over Reverse Flys for speed		3-4	15	15s
C3) Jump Squats		3-4	15	15s
C4) Suicide Push Ups		3-4	5 ES	75s
* first movement done to near failure				
* ES means each side				

<u>Day 2 BW Circuit - Tuesday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) Military Burpees		4	15-20	0
A2) Diamond Pushups		4	15-20	0
A3) MB Russian Twist		4	15-20	0
A4) Overhead Broomstick squats		4	15-20	0
A5) Wide Push Ups		4	15-20	0
A6) Reverse Lunges		4	15-20	0
A7) Bicycle Abs		4	30es	0
A8) Side to side skaters		4	12es	2 min
* Rest 2 min then repeat				

<u>Day 3 - Wednesday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) Sumo Deadlift		3-4	6-8	15s
A2) one leg glute bridge		3-4	20es	15s
A3) Reverse grip Pulldowns		3-4	10	15s
A4) Hip Swings Side to side		3-4	15es	75s
B1) one arm DB rows		3-4	8-10	15s
B2) Reverse Crunch		3-4	15	15s
B3) V - Grip pulldowns		3-4	12	15s
B4) Back extensions		3-4	15	75s
C1) Romanian deadlifts		3-4	8	15s
C2) inch worm walk out		3-4	10-12	15s
C3) leg curls		3-4	8	15s
C4) 2 leg glute bridge		3-4	25	75s

<u>Day 4 - Friday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) Back Squat (deep)		3	10	15s
A2) Push Ups		3	12	15s
A3) Walking Lunges Bodyweight		3	10es	15s
A4) High Low wood Choppers		3	12es	75s
B1) DB Split Squat		3	12	15s
B2) DB Step Ups		3	12	15s
B3) Pistol squat		3	12	15s
B4) Cable Fly		3	12	75s
C1) Leg Press		2	12	15s
C2) DB Squat with Press		2	15	15s
C3) BW 45degree lunge		2	10es	15s
C4) Side Bridge		2	30sec	75s
<u>Finisher - Quad Blast</u>				
BW Speed Squats		2	24	0
Alternating BW Lunges		2	12	0
Alternating BW Split Jumps		2	12	0
BW Squat Jumps		2	24	90

<u>Day 5 Bodyweight Circuit</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) BW Speed Squats		4-5	25	0
A2) T-Scap Push Ups		4-5	10es	0
A3) Bicycle Abs		4-5	20es	0
A4) BW Forward Lunge		4-5	12es	0
A5) Inch Worms		4-5	10	0
A6) Jumping Jacks		4-5	30	0
A7) Bird Dogs		4-5	12es	0
A8) BW Jump Squat		4-5	15	0
A9) Side Plank		4-5	30sec	2 min
* Rest 2 min then repeat				

The Awakening Phase 2 – 4 Weeks

<u>Day 1 -Monday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>	
		*Weeks 1,2,3,4			
A1) Deadlift		3,4,4,3	6-8	0	
A2) Reverse Crunch		3,4,4,3	12-15	45	
A3) Chin Up		3,4,4,3	8-10	0	
A4)Crossover Push Up		3,4,4,3	6each way	45	
B1) Glute Ham (or Leg Curl)		3,4,4,3	6-8	0	
B2) AB Wheel		3,4,4,3	12-15	45	
B3) KB Swing		3,4,4,3	12-15	0	
B4)Side sit up		3,4,4,3	10es	45	
C1) Duck Leg Press		3,4,4,3	10-12	0	
C2) Woodchop low to high		3,4,4,3	10es	45	
C3) Standing Calf raise		3,4,4,3	15-20	0	
C4) Split Jump Squat		3,4,4,3	10es	45	
D1) Hammer Curl		3	10-12	0	
D2) Cuban Press		3	12	45	
D3) Rope Triceps		3	10-12	0	
D4) Prone trap 2 raise		3	10-12	45	

<u>Day 2 - Tuesday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) Split Squat Front foot elevated		3,4,4,3	8-12	0
A2) V-Ups		3,4,4,3	12-15	45
A3) EZ Bar Bent Over Row		3,4,4,3	10	0
A4) Push Ups			max	45
B1) Leg Curl		3,4,4,3	8-10	0
B2) Palloff press		3,4,4,3	10ES	45
B3) DB Bench Press		3,4,4,3	10-12	0
B4) x-row		3,4,4,3	10-12	45
C1) Rope Face Pull		3,4,4,3	10-12	0
C2) Jumping Jacks		3,4,4,3	25,30,35,40	45
C3)DB Side Lateral raise		3,4,4,3	10-12	0
C4)Mountain Climbers		3,4,4,3	25,30,35,40	45
D1) DB heels elevated squat		3	8-12	0
D2) Windshield wipers (abs)		3	10 ES	45
D3) Burpees		3	15	0
D4) Rope Crunch		3	12-15	45

<u>Day 3 - Thursday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4		
A1) Back squat		3,4,4,3	8-10	
A2) Leg Lowering (low ab)		3,4,4,3	12-15	
A3) Seated cable row		3,4,4,3	10-12	
A4) Plyo Push Ups		3,4,4,3	10-12	
B1) one leg curl		3,4,4,3	6-8	
B2) BB Roll Out		3,4,4,3	10-12	
B3) Seated Calf Raise		3,4,4,3	15-20	
B4) Rotating Crunch		3,4,4,3	8 ES	
C1) EZ Bar Triceps extension		3,4,4,3	8-10	
C2) WoodChop High to Low		3,4,4,3	10-12 ES	
C3) DB Step Ups		3,4,4,3	8-10	
C4) Inch Worm Walk outs		3,4,4,3	10-12	
D1) Reverse Hyper or back extension		3	12-15	
D2) Reverse Fly DB		3	10-12	
D3) BB Biceps Curl		3	8-10	
D4) External rotation elbow on knee		3	12-15	

<u>Day 4 - Friday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
A1) Front squat		4	10-12	45
A2) Wide Grip Pulldown		4	10-12	45
B1) Bent Over BB Row		4	8-10	45
B2) Incline Bench Press		4	8-10	45
C1) Romanian DB Deadlifts		4	8-10	45
C2) Triceps rope pushdown		4	10-12	45
D1) DB Reverse Lunge		4	8-10	45
D2) Hanging Leg raise		4	10-12	45

<u>Day 5 - Saturday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Run 400 meters		1	1	0
20 MB Slams (20lb mb)		1	20	0
rest 90s		1		90
Run 400 meters		1	1	0
30 KB Swings		1	30	0
rest 90s		1		90
Run 400 meters		1	1	0
20 Burpees		1	20	0
Rest 90s		1		90
Run 400 meters		1	1	0
DB Squat/Curl/Shoulder Press		1	20	0
rest 90s		1		90
Run 400 meters		1	1	0
Max Push Ups		1	Max	0

The Awakening Phase 3 – 4 Weeks

<u>Day 1 - Monday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) Flat Bench		5	5	0
A2) BW Speed Squats		5	25	60
B1) Incline DB Press		3,4,4,3	10,10,8,8,	0
B2) Reverse Sled Pull		3,4,4,3	100ft	60
C1) Weighted Dips elbows back		3,4,4,3	8,8,8,8	0
C2) BW 45 degree Lunge		3,4,4,3	12,12,12,12	45
D1) Cable Crossover		3,4,4,3	12,12,15,15,	0
D2) BW Split Squat Jumps		3,4,4,3	10e	45

<u>Day 2 – Tuesday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) Close Grip Pull Ups		6,6,6,6	6	90
B1) 1 arm DB Row		3,4,4,3	10,10,10,10	0
B2) 1 leg Glute Bridge on SB		3,4,4,3	25e	60
C1) Chest Supported Row		3,4,4,3	10,10,10,10	0
C2) 1 leg back extension		3,4,4,3	10,10,10,10	60
D1) Eagle Pull Down Alt		3,4,4,3	15,15,12,12,	0
D2) SB Hamstring curl		3,4,4,3	20,20,20,20	60
E1) 1 arm low cable row		3,4,4,3	10,10,10,10	0
E2) BW side step up		3,4,4,3	12,12,12,12	60

<u>Day 3 - Wednesday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) 1 Arm heavy DB Snatch		5	8	75
B1) Arnold seated DB Press		3,4,4,3	10,10,10,10	0
B2) KB Choppers		3,4,4,3	6each	60
C1) BB Military Press		3,4,4,3	10,10,8,8	0
C2) High Low cable chop		3,4,4,3	10each	60
D1) Cable Power Side Raise		3,4,4,3	12,12,12,12	0
D2) Ball Slams		3,4,4,3	10	60
E1) BB Javelin Press		3,4,4,3	10,10,10,10	0
E2) Overhead MB Wall Slam		3,4,4,3	10,10,10,10	60
F1) DB Shrugs		3,4,4,3	8,8,8,8	0
F2) BB Coudren Rotations		3,4,4,3	6eachway	60

<u>Day 4 – Friday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) Back Squat		3,4,4,3	10	0
A2) Up/Over MB Push Ups		3,4,4,3	8each	60
B1) BB Lunge		3,4,4,3	10,10,10,10	0
B2) T-Push Up		3,4,4,3	8 each	60
C1) One leg press		3,4,4,3	10,10,10,10	0
C2) Hot Rocks MB		3,4,4,3	10,10,10,10	60
D1) Glute Ham		3,4,4,3	8,8,8,8	0
D2) Asymmetrical Plyo Pushups		3,4,4,3	10,10,10,10	60
E1) Leg Curl		3,4,4,3	8,8,8,8	0
E2) 1 arm Cable press		3,4,4,3	12,12,12,12	60
F2) DEADLIFT		4	6	90

<u>Day 5 - Saturday</u>		<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
		Weeks 1,2,3,4	Weeks 1,2,3,4	
A1) Seated DB Shake Curl		3,3,3,3	10,10,10,10	0
A2) Diamond Push Up on MB		3,3,3,3	10,10,10,10	60
B1) DB Concentration Curl		3,3,3,3	10,10,10,10	0
B2) Ab Roller		3,3,3,3	10,10,10,10	60
C1) Preacher Curl		3,3,3,3	10,10,10,10	0
C2) Plank Pull Ins		3,3,3,3	10,10,10,10	60
D1) Seated Hammer Curls		3,3,3,3	8,8,8,8	0
D2) Mountain Climbers		3,3,3,3	12each	60
E1) Triceps Cable Push Down		3,3,3,3	15,15,15,15	0
E2) Front Reaching Lunge w/MB		3,3,3,3	10,10,10,10	60
F1) Ez Bar French Press		3,3,3,3	10,10,10,10	0
F2) Lateral BW Lunge		3,3,3,3	8each	60
G1) DB Triceps Extension		3,3,3,3	10,10,10,10	0
G2) Rotary Lunge		3,3,3,3	8each	60
H1) Low Rope Overhead Cable extension		3,3,3,3	10,10,10,10	0
H2) Plank Hold rotation		3,3,3,3	20sec each	60

About Scot Prohaska



Scot Prohaska stands alone in Southern California strength and performance training.

Over the past 15 years, Scot has traveled across North America studying with leading experts in exercise physiology, kinesiology, physical therapy, biomechanics, strength, conditioning and nutrition.

His blend of world-class knowledge, research, and the creative application of an artist ensure there are no “cookie-cutter” programs or diagnostic work for his clients.

Scot carefully evaluates each client and develops a specific program to address individual needs and opportunities, including nutrition and lifestyle.

His creativity and willingness to think outside the box have made him an invaluable asset to many professional athletes, executives, and fitness models. Every [EKAWA](#) workout is backed by cutting edge research in performance and wellness.

Professional athletes from all major sports regularly make the pilgrimage to [EKAWA](#), Scot’s facility in Huntington Beach California.

His current roster includes perennial All-Stars from the NHL, NFL, MLB, CFL, USA Track & Field, Canada Track & Field, USA Bobsled & Skeleton and Division I sports programs.