



Program Descriptions

RAMP Menu Basic Profiling & Program Description

Which program do I start a new member on?!Great question! Here, we explain how each program is different and what can be expected by the member.

Metabolic Boost

Explanation: The Metabolic Boost program is an entry level program for any newcomer, someone who hasn't been in the gym consistently, or someone who had not weight trained regularly (2-3x's/week) for 6 months or longer.

The Metabolic Boost offers 3 levels to fit even the most deconditioned individuals and safely move them forward to greater health. This program prescribes a full body workout training 1 exercise per muscle group, per workout day.

Level 1: 1 set of each exercise, 1 exercise per muscle group

Level 2: 2 sets of each exercise, 1 exercise per muscle group

Level 3: 3 sets of each exercise, 1 exercise per muscle group

This Circuit style program trains the entire body on all 3 workout days.

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

The formulas included in the Metabolic Boost workout are based on Muscle hypertrophy promoting increased lean mass necessary to increasing fat loss, greater insulin sensitivity, and improved glucose uptake.

Client: Beginner or someone restarting a program after 1 or more months of inactivity

Focus: Circuit routine. 1 exercise per muscle group for each of the 3 days. All body parts, every workout

Protocol: Hypertrophy

Cardio: Low, warm up/cool down

Osteo Blast

Explanation: The Osteo Blast program is another entry level program for any newcomer, someone who hasn't been in the gym consistently, someone who had not weight trained regularly (2-3x's/week) for 6 months or longer, or someone specifically looking to improve strength and bone density.

The Osteo Blast offers 3 levels to fit even the most deconditioned individuals and safely move them forward to greater health. This is a great program for those suffering from osteopenia and or

osteoporosis. This program prescribes a full body workout training 1 exercise per muscle group, per workout day.

Level 1: 1 set of each exercise, 1 exercise per muscle group

Level 2: 2 sets of each exercise, 1 exercise per muscle group

Level 3: 3 sets of each exercise, 1 exercise per muscle group

This Circuit style program trains the entire body on all 3 workout days.

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

The formulas utilized in the Osteo Blast workout are based on Muscular Strength promoting increased muscle size, strengthens ligaments and tendons and improves overall bone density.

Client: Beginner or someone restarting a program after 1 or more months of inactivity

Focus: Circuit routine. 1 exercise per muscle group for each of the 3 days. All body parts, every workout

Protocol: Strength

Cardio: Low, warm up/cool down

Cardio Crush

Explanation: The Cardio Crush Program is a way of ratcheting up your musculature by using a HIIT approach based off the Metabolic Boost Program. Instead of simply following the circuit on one weight machine after the next, a segment of cardio is interlaced within the exercises. This approach provides more of a cross training effect and consequent improvement in strength and cardiovascular fitness.

The Cardio Crush offers 3 levels. This program is great for those who really want to strengthen their heart and speed up fat loss. This program prescribes a full body workout training 1 exercise per muscle group, per workout day along with a cardio segment in between each exercise. This is the logical next step for someone graduating from the Metabolic Boost or Osteo Blast programs.

Level 1: 1 set of each exercise with a 1-minute cardio interval between each exercise, 1 exercise per muscle group

Level 2: 2 sets of each exercise with a 2-minute cardio interval between the 2 sets (sets only, no interval between the different exercises), 1 exercise per muscle group

Level 3: 3 sets of each exercise with a 3-minute cardio interval between the 3 sets (sets only, no interval between the different exercises), 1 exercise per muscle group

This Circuit style program trains the entire body on all 3 workout days.

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

The formulas included in the Cardio Crush workout are based on Muscle Hypertrophy promoting increased lean mass necessary to increasing fat loss, greater insulin sensitivity, and improved glucose uptake. The higher volume of cardio increases VO2 output and cardiovascular endurance.

Client: Beginner to High Intermediate

Focus: Circuit routine. 1 exercise per muscle group for each of the 3 days along with a cardio segment in between each exercise. All body parts, every workout. HIIT.

Protocol: Hypertrophy

Cardio: High, HIIT

Hyper Blitz

Explanation: The Hyper Blitz program introduces the client into training muscle groups on different days; commonly called a “split routine”. This program introduces the client to exercising in the 3-dimensional plane using free weights and other functional movements.

Instead of a circuit style workout, the client learns to increase their volume of training utilizing several sets per muscle group.

This is an entry-intermediate level to split routine training. The program is still executed 3 days per week working: Chest, Triceps, Calves and Core on Day 1. Shoulders, Legs and Core on Day 2. Back, Biceps and Core on Day 3.

The Hyper Blitz offers 3 levels:

Level 1: 3 Day split routine with multiple exercises per muscle group and 3 sets per exercise

Level 2: 3 Day split routine with multiple exercises per muscle group, 4 sets on the primary movement for each muscle group and 3 sets for all secondary movement/s

Level 3: 3 Day split routine with multiple exercises per muscle group, 4 sets for all muscle groups on every exercise

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

The formulas included in the Hyper Blitz workout are based on Muscle Hypertrophy and Muscular Endurance promoting a cross training effect on the muscle fibers to increase in size and their ability to work over longer periods of time. The Hyper Blitz is the last level of training before one would move on to the more advanced programs of the RAMP menu.

Client: Beginner to Intermediate

Focus: 3-Day split routine. Day 1-Chest/Triceps, Day 2-Shoulders/Legs, Day 3-Back/Biceps. Selectorized machines, dumbbells

Protocol: Hypertrophy & Endurance

Cardio: Low, warm up/cool down

Gladiator

Explanation: The Gladiator program is a dynamic and results-driven fitness regimen designed for individuals seeking a combination of strength and hypertrophy to sculpt a powerful and athletic physique. This 3-day split routine incorporates a mix of barbells, dumbbells, cable, and plate loaded exercises to engage various muscle groups to enhance overall athletic performance.

The Gladiator Program offers 3 levels and is designed to enhance strength, performance, and aesthetics, making it an ideal choice for athletes preparing for their season or individuals aiming for a strong and athletic physique.

Level 1: 3 Day split routine with 3 exercises per muscle group and 3 sets per exercise

Level 2: 3 Day split routine with 3 exercises per muscle group, 4 sets on the primary movement for each muscle group and 3 sets for all secondary movement/s

Level 3: 3 Day split routine with 3 exercises per muscle group, 4 sets for all muscle groups on every exercise

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

Client: Intermediate to Advanced

Focus: 3-Day split routine. Day 1-Chest/Triceps, Day 2-Shoulders/Legs, Day 3-Back/Biceps. Barbells, dumbbells, cables, plate loaded machines

Protocol: Hypertrophy and Strength

Cardio: Low, warm up/cool down

Helios

Explanation: The Helios program is a diverse fitness routine crafted for individuals seeking a well-rounded approach to strength and aesthetics. Helios streamlines training by strategically pairing push and pull exercises. The synergistic blend of exercises promotes symmetry and overall muscular development. This efficient approach maximizes time in the gym while delivering optimal results.

The Helios program offers 3 levels and incorporates a 3-day split with a mix of barbell, dumbbell, and various cable exercises, and plate loaded machines providing a varied and stimulating workout environment. This variety ensures a thorough development of the client's physique.

Level 1: 3 Day split routine with 3 exercises per muscle group and 3 sets per exercise

Level 2: 3 Day split routine with 3 exercises per muscle group, 4 sets on the primary movement for each muscle group and 3 sets for all secondary movement/s

Level 3: 3 Day split routine with 3 exercises per muscle group, 4 sets for all muscle groups on every exercise

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

Client: Intermediate to Advanced

Focus: 3-Day split routine. Day 1-Chest/Biceps, Day 2-Shoulders/Legs, Day 3-Back/Triceps. Barbells, dumbbells, cables, plate loaded machines

Protocol: Hypertrophy

Cardio: Low, warm up/cool down

Michelangelo

Explanation: The Michelangelo program uses hypertrophy formulas to maximize lean body mass. Inspired by the artistic mastery of Michelangelo, this program, combined with our carb cycling meal planning, is crafted to chisel away excess fat and reveal the aesthetic masterpiece within.

The Michelangelo program offers 3 levels and follows a strategic 3-day split, allowing focused attention on specific muscle groups. This targeted approach optimizes recovery time while ensuring each muscle gets the attention it deserves for optimal growth and sharp definition.

Level 1: 3 Day split routine with 3 exercises per muscle group and 3 sets per exercise

Level 2: 3 Day split routine with 3 exercises per muscle group, 4 sets on the primary movement for each muscle group and 3 sets for all secondary movement/s

Level 3: 3 Day split routine with 3 exercises per muscle group, 4 sets for all muscle groups on every exercise

Michelangelo is complemented by a carb cycling meal planning strategy, elevating its effectiveness in fat loss. Tailored nutrition enhances the sculpting process, shredding inches of sub cutaneous fat and revealing the lean, chiseled physique underneath.

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

Client: Intermediate to Advanced

Focus: 3-Day split routine. Day 1-Chest/Biceps, Day 2-Shoulders/Legs, Day 3-Back/Triceps. Barbells, dumbbells, cables, plate loaded machines

Protocol: Hypertrophy

Cardio: Low, warm up/cool down

Hermes

Explanation: The Hermes program is the TOTAL FITNESS CHALLENGE. A program that fuses elements from all corners of the RAMP system into a singular, powerhouse workout plan. This is not for the faint of heart; it's Michelangelo and Cardio Crush SUPERCHARGED, an all-encompassing workout that pushes the boundaries and challenges of the body in ways never experienced.

Hermes takes cardio and resistance training to a whole new level. High-Intensity Interval Training (HIIT) meets muscular endurance workouts, creating an explosive and exhilarating combo.

The Hermes program offers 3 levels and follows a 3-day split with varying intervals of cardio between each exercise. This program is not just a workout; it's a challenge to one's limits. Hermes encourages the client to step out of their comfort zone and push their boundaries to achieve levels of fitness they may not have thought possible.

If you're seeking world-class results for your client, Hermes is your answer.

Level 1: 3 Day split routine with 2-3 exercises per muscle group, 3 sets per exercise, and a 1-minute cardio interval between each exercise

Level 2: 3 Day split routine with 2-3 exercises per muscle group, 4 sets on the primary movement for each muscle group and 3 sets for all secondary movement/s, and a 2-minute cardio interval between each exercise

Level 3: 3 Day split routine with 2-3 exercises per muscle group, 4 sets for all muscle groups on every exercise, and a 5-minute cardio interval between each exercise

All RAMP programs are 8-weeks in duration. Once a client has completed the 8-weeks they are instructed to schedule an update with their coach/trainer.

Client: Advanced

Focus: 3-Day split routine. Day 1-Chest/Triceps, Day 2-Shoulders/Legs, Day 3-Back/Biceps. Selectorized machines, dumbbells, multiple cardio modes

Protocol: Hypertrophy and Endurance

Cardio: High-HIIT

Notes/Keys to Success