

**The *Mini-Max* Method**

# ***MINI-MAX METHOD***

**Maximum Results  
from Minimal Work  
For Fitness &  
Sports Performance**

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## **Topics Covered In This Guide:**

**Why The Mini-Max Method?**

**Tools Needed for The Mini-Max  
Method**

**Minimum Strength Workout**

**Minimum "Speedy Cardio" Workout**

**What's Next?**

**Disclaimer:**

Rick Karboviak, creator of this manual, is not responsible for any potential, possible, and serious injuries that may occur through usage of the items depicted in this manual. The items should be used in no other way other than its intended use. Users of the items & workout tasks depicted must fully understand that the risks associated with any type of physical activity are also associated with use of the depicted items. Harmful injury may occur and it is in the best interests for the users to use proper precautionary measures when using the depicted items.

## Why The "Mini-Max Method"?

I created the "Mini-Max Method" as a simple way to get down to the basics of training, whether it's for fitness or sports training needs. Through my years as both a fitness & sports performance trainer, in person & through online counseling, I have discovered many misconceptions that lie out there in both worlds. There is so much confusion on what to do, how much to do, when to do it, what to eat, what to wear, etc. This is why I made such a handy guide, to get max results with the bare minimum.

I get questions asking me things from fat loss to muscle gain, and topics such as "why isn't this 5-6 day lifting routine not working for me?" I have noticed a list of mistakes that people make:

1. They think walking or running/jogging is good enough to lose weight, or that running alone is what they need to get faster for a sport.
2. They think doing machines is safer than free-weights.
3. They think lifting 5 to 6 days a week will make their skinny body gain weight dramatically.
4. They think 5-6 days a week of lifting will make their body shrink dramatically.
5. They think endless amounts of cardio will help them with weight loss, even though they haven't seen any significant losses in the past 2 months of the same old thing.

The list could go on & on here.

Here are some solutions to these misconceptions..

Here's why #1 doesn't fit the bill: You need muscle mass & strength to help your body lose weight, but to get & stay stronger THROUGHOUT LIFE. You can't just depend on a walking workout to save your health. Since we no longer live in a laborious society that has heavy labor jobs (we are mostly sedentary in our jobs as a majority), we need to push heavy things around to keep our bodies moving & staying strong. Strength training not only builds muscle mass, but also builds up BONE MASS, which is crucial for many people as they age. There's no reason people need to be taking all these damn pills for bone loss, when strength training can fix a lot of the issues that people have.

I have seen ladies in their 70's who begin a strength training regimen, and go off of blood pressure, cholesterol, and osteoporosis medications in a matter of months, due to the benefits of strength training just 2-3 times a week in their weekly active lifestyle. And one of those ladies I mentioned had a partial left lung, yet still attained all those benefits. Bottom line is you have to look at the whole picture of what bare-boned, basic strength training routines can do for your overall health, not just build up 'mirror muscles'.

On the topic of "running extra so I get in shape for 'X' sport", you may run extra if your sport is running the mile, and up to 5K for track & cross-country. Running extra amounts for wrestling, football, basketball, and soccer for example, are wastes of your precious time. There's no need for a 250 pound HS lineman to run 3-4 miles as a way to 'get in shape for football'. Same with soccer & basketball, too: Your sports are primarily anaerobic, which means in short that your body's demands in those sports don't rely on the same energy systems that are required of higher demands in an actual running sport. The speeds at which you run are vastly different, too. If you are in high school and want to get faster, join track and run 400m or less. I'm serious. The best overall athletes that I've seen have been excellent 400m or less sprinters. A chosen few have also shown excellence in the 800m & 1600m distances, too. The essential element of track is running the distance chosen in the fastest time possible, so if its speed you're after, train for the only sport that truly measures speed for every contestant on every contest they do. If you aren't in high school, find a track & do some quality, short distance sprints, or perform them on a grass field if your sport is outdoors. Dashes of 20-50 yards are excellent distances to run at top speeds & efforts, to demand your body to get used to running at such efforts. You don't get faster by running slower & longer: use some logic here.

Here's why #2 doesn't fit the bill: Machines are okay to start out with, but to stay with the same machines, over & over, is asking for injury and staleness to occur in your training. You may walk into any fitness center and discover a large selection of machines that take up 24-30 square feet of space per unit, and only perform ONE action.

This is why free-weights, like dumbbells & my favorite, kettlebell exercises, reign supreme for versatility and overall function over a weight machine. In the space required with one basic weight machine in a gym, you can take one kettlebell alone and do many, many exercises, and combinations of exercises.

Here's why #3 doesn't work: In order to 'gain weight', or what the fitness magazines describe as 'massive amounts of muscle!' you do not gain the weight during the workout itself! 5-6 workouts/week type of programs that you commonly see online or in fitness magazines don't do justice to a majority of people out there (I'm talking mostly at the high school, college-age, and 20-30 something age guys out there about this one). The reasons a 5-6 days/week program doesn't work is that it is built on the underlying assumption that: a) a person won't be able to find the time anyway to do it, so they have to purchase the next book, magazine, or find the next article online for another solution, or b) they assume the reader thinks that 'more workouts = more muscle'. I have had numerous emails from people who express their concerns over such programs, saying "Shouldn't I be gaining weight here? I'm lifting like crazy every single day, going for the burn, and lifting heavy, too! Something should be working here!" Well, there's a reason it isn't: Your body isn't resting enough. I've seen best results from strength training routines that are 3-4 days a week of lifting, and sometimes as little as 2-3 days a week of lifting. Why? Because there's more rest to help the body recover & actually gain something from it. If you tried to build a house and every day, someone came in and punched down a portion of a wall you just created, you would spend a lot of time remodeling all the broken-down portions, and not have enough time to actually finish the building of the house. The body works in the same way: you need to rest the body and not tear it down so often.

Here are some tips on #4's falsehoods: On the same token as weight loss, you can't build the muscle on 5-6 days a week of constant lifting, which will inhibit you from losing body fat, the real culprit of weight gain. If you don't allow full amounts of quality rest, the muscle can't build, the metabolism will decrease, and your body fat has a harder-then-hell time to reduce as a result.

In fact, most weight you'll end up losing is probably going to be muscle mass loss, because you're continually tearing down & breaking down muscle tissue from the extreme exercise bouts you place on it.

Here's how #5 misleads others: If you do endless amounts of cardio, such as 1 to 2 hours a day as an extreme for some people, even if it's a walking workout, you won't create any new challenges for your body to adapt to. This is akin to the person who emails me "I've been walking for 3 miles a day, 5-6 days a week, for over 3 months now, and I haven't lost any weight. What can I do to change this, I'm getting frustrated, and I don't have any more time in my workout time to walk any longer for my workouts." Well, after 3 months of 3 miles/day, your body is now used to this as an expected outcome for the day. My guess is that the 3 miles are done at the same pace, same times, and perhaps the same route taken, too. The body has now adjusted to such an occurrence happening, that it treats the event almost like your body getting up every morning: it's an expected thing to occur now within your day. A way to get out of this steady-state rut is to accept the fact that steady-state exercise alone (exercise done at same paces and distances over a long period of time) will not create positive changes if there aren't any changes made to the intensity of exercise. The problem stems from the fact that when exercise scientists first studied exercise bouts and their effects, they discovered and reported on what only happened DURING THE WORKOUT itself. Of course, what they discovered was that moving the body burned X number of calories, based on the demand it was placed upon in a steady-state of activity. Well, further research today is now focusing on what happens AFTER the exercise bout. The results have been pretty astounding: steady-state exercise does little for your body after the workout, it merely goes back to homeostasis, that is, your balanced level of body functions, within 1-2 hours after a workout in most cases. With High Intensity Intervals, a functional 'leg' of The Mini-Max Method, the body burns more calories after the workout is completed, and burns more body fat over a 24 hour period when compared to steady-state exercise (takes longer to return to homeostasis). Plus, these workouts are shorter in duration, making it a key essential ingredient in getting maximum results in minimum time & efforts.

Let's now get into the basic Tools you need for The Mini-Max Method of training your body for overall performance.

## Tools Needed for The Mini-Max Method

Some basic tools I recommend are as follows:  
(Most of which can be purchased at  
<http://BudgetWorkout.com>)

A stopwatch with a countdown timer

A Jump Rope

A Kettlebell (or 2, or more than 2)

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Stopwatch with a countdown timer:

I recommend the Timex™ brand of watches for this, as most Ironman versions and Expedition models have a continuous countdown timer feature on it. Even if you have another stopwatch that has a countdown timer that can repeat, that's great. Having a timer set, to go off every 30 seconds, is a key ingredient to most of the "Speedy Cardio" workouts you'll do, and for the strength routines, too.

Why the Jump Rope of all things? :

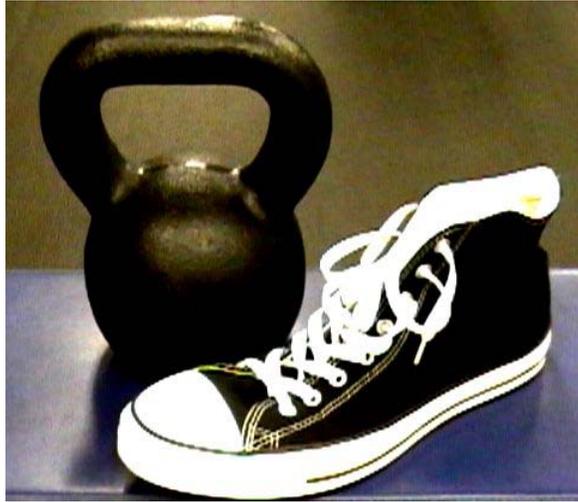
The Jump Rope is one of the simplest & highly effective cross-training tools out there, and it doesn't cost an arm & a leg to purchase either. It can be done virtually anywhere you have good ground to jump from, and a ceiling that is high enough to clear over you.

For both fitness & sports, I find it extremely flexible to create workouts that place a high intensity demand on the body for fat loss results, as well as being able to make your body more agile, quick, and balanced in its basic movements.

Just doing 4 simple jumping patterns isn't too complicated to pick up in no time. A basic jump, a side to side hop, a split jump, and straddle jump are easy to practice & get in no-time at all.

Jump Roping is not for everyone, that's why I will also give you a basic walk/jog, or jogging/running interval workout to perform. These alternations in intensities can also be applied to an exercise bike, elliptical, or stair climber. If you are really into it, you can find a hill and enjoy the fun & challenge of sprinting up some hills for your work periods.

## A Kettlebell: The World's Smallest Handheld Gym



"Kettlebells & Chuck T's: A Winning Combination" ☺

I discovered kettlebells in 2003 while seeing them online in some workouts I viewed. It took me until 2005 to get into trying them out as a tool for strength (they weren't in most stores yet, and had to be purchased through catalogs or online sites).

Quite simply, what I discovered with them was more than just a fun tool for strength: they are also great for cardio workouts & power workouts for sports. They also aided me in getting more flexible, due to their abnormal nature of holding them in a way that challenges your body in more ways than most free-weight exercises.

Kettlebells are becoming more main-stream now, as I have even seen 25 pounds & less versions sold in some stores, and up to 45 pound versions sold in upscale sporting goods outlets. The brand I would recommend finding is the Go-Fit™ brand. You can research them online at <http://GoFit.net>, or view others at <http://BudgetWorkout.com>.

Most people could start with a 10-15 pound kettlebell, and move up to 20, 25, 30, 35 pound versions. They can get expensive, but these things are NOT going to be another 'sell at a garage sale' fitness item like many treadmills and benches end up being down the road. (Not after you

enjoy the results you'll get from them!) They are well worth the money, and for the price of some multi-station home gyms, or even a spendy treadmill, you can get a great collection of kettlebells. I bought a 45# for \$90, so you can assume it will cost you about \$2/pound for most purchases. One sporting goods store had a basic 30# kettlebell for \$51, so it may vary from store to store. Once again, for the newcomer, Target stores are your best source for these. I live in North Dakota, and if we even have them in North Dakota, I'm sure they are elsewhere, too.

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## Minimum Strength Workout

For The Minimum Strength Workout, I assume the following:

1. You know how to warm-up. If not, check out my YouTube video on warming up with a rolling pin. Do a search for SpeedDialCoach video's on <http://YouTube.com> , and you'll find my video's there. If you have other methods to warm-up, use them.
2. You can do these workouts by yourself. If not, find a trainer locally to help you.
3. You already understand what Sets & Reps are, and what "1 Rep Max" or what "10 Rep Max" means. In short, they mean 'number of reps completed with most weight used'. Simple enough. If not, just email me and I'll explain it further, but most who are active will understand what this means.
4. If you bought a Go-Fit™ brand of kettlebells, you have watched the video that came with it, to understand some basic safety rules of kettlebell training.
  - a. My basic safety rule is: hold the weight correctly. A tight & balanced grip usually helps keeps things in order here.
  - b. If you lose control & it falls, remember that "quick feet are happy feet", as many have said in regards to safety. Keep it simple and don't try anything stupid.

The Minimum Strength Workout will have you doing 6 things over the course a week:

1. Squatting
2. Lunging
3. Pushing
4. Pulling
5. Bending
6. Twisting

Monday will be Squatting & Pushing.

Wednesday will be Lunging & Pulling.

Friday will be Bending & Twisting.

Each workout will last 10-15 minutes, your choice.

You will alternate between lifts, doing sub-maximal reps of 5-10 each set.

**Monday: Squatting & Pushing Exercises**

**Kettlebell Front Squat:**

The Front Squat is a simple method to get your body in deeper squat positions, and force you to use your mid-section & upper body to control the movement of squatting & standing. Simply bring the kettlebells to your shoulders, (or if using one, hold the handle with both hands at chest level) get your abs/back 'tight' & braced before descending. Feet should be shoulder-width apart, with feet slightly pointed out. Push back with the hips first, keeping the back flat, but not straight up & down. Try to separate your chin from the tailbone, and 'create more space' between them. Get down as low as you can go, flexibility setting your limits, and push back up. A version with dumbbells is shown here, just replace the action with 1 or two kettlebells.



## Kettlebell 1 Arm Shoulder Press

Hold a kettlebell with one arm, and press it upward. A key tip here is to keep your lat muscle 'tight', imagining yourself pulling your arm down, just as you press it up. It sounds weird, but when you try it, it keeps your shoulders more stable and at less risk of getting hurt. The firing of the lat muscle (the muscle group that pulls your arm towards you, like when doing a pull-up) will keep the shoulder more in its socket, allowing you to use its full power and not put it in a vulnerable position. Note the KB shoulder press has you having your palm facing in towards your midline, then pushing out in a semi-circle fashion.



1 Arm KB Press Start Position



Midway Position



Top Position

## Wednesday: Lunging & Pulling Exercises

### Kettlebell Lunge

Hold one KB on one side, and step back with that same side leg to a lunge position. Try to aim for '90 & 90' degree angle, in your hips and knees. Pass the KB under you to the other side, and then stand back up. Now, simply use your other leg and lunge back, and take it back under you to your first side. Repeat as desired. This can also be done with one dumbbell, just angle it inward as you pass it through. This exercise works on great balance & stability.



KB Lunge, Low Position

### 1 Leg, 1 Arm Kettlebell Rows

The 1 leg, 1 arm Row is a great balancing act as well, forcing you to get your body strong & tight. Balance on one leg, with a slight bend in the knee. Hold the DB or KB on the same side of your balanced leg. Keep the back flat, and pull upward, keeping elbow in tight & in control to the side of your rib cage. Gently lower and keep your balance. In this photo, I hold dumbbells, but you simply balance on one leg, and pull the kettlebell upward as described.



## **Friday: Bending & Twisting Exercises**

### **Bending: 1 Leg Deadlifts with Kettlebells**

You will keep the KB in one arm (left arm as an example), but balance & bend just on one leg (right leg as an example), focusing on hip extension as the main action. Keep the back flat, tighten up as you go upward, and stay in control on the way down. Keep a slight bend in the knee to stay in balance. Remember to switch sides to hit both of them! An example is shown with dumbbells, just replace it with 1 or 2 kettlebells instead.



### **Twisting: Windmill Exercise**

#### **Windmills**

The Windmill provides a great core challenge. You can start out with the kettlebell in the lower hand, or the top hand. As a suggestion, start out LOW before you attempt to hold it in the top hand. This will allow you to work on form & function first, without putting your body in jeopardy. Keep the same leg straight as the side of the upper arm. Turn the other foot perpendicular to the straight leg, as shown in the pictures.

Fold forward by looking up at the top hand, pushing the hips out, and letting the lower arm 'glide' down your outside leg. Keep control on your way down. Start the action of getting back up by pulling the hips inward and pushing up towards the top. This is one exercise that 'connects all the little chains' together to get the job done in developing great strength.



Windmill Top



Windmill Bottom

**Workout Charts: Print Out This Page for Future Workouts!**

**Monday: Squatting & Pushing**

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	Totals
Squat Wt													X
Reps													
Push Wt													X
Reps													

**Wednesday: Lunging & Pulling**

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	Totals
Lunge Wt													X
Reps													
Pull Wt													X
Reps													

**Friday: Bending & Twisting**

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	Totals
Twist Wt													X
Reps													
Bend Wt													X
Reps													

*Example On How To Fill In Your Chart:*

*In "Squat Wt" put the weight of your Kettlebell.*

*In "Reps", put your number of reps completed for each set.*

*Add the Totals to track your workout progress.*

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	Totals
Squat Wt	25	25	25	25	25	25	25	25	25				X
Reps	7	7	7	7	7	7	7	7	6				62
Push Wt	25	25	25	25	25	25	25	25	25	25			X
Reps	5	5	5	5	5	5	5	5	5	5			50

Simply do 5-10 reps per set, per exercise, alternating between exercises for your total duration. Take as much rest in-between sets, as you feel that your body needs. Keep a simple, safe, easy pace here. Start with sets of 5, and increase from there over a 4 week trial period. Chart yourself and see how you improve.

# Minimum "Speedy Cardio" Workout

For the Minimum "Speedy Cardio" Workout, you will follow a varied workout structure, enabling you to adapt it as needed according to your own fitness levels. If you can't finish it, simply get as far as you can with it, or shorten the work periods by a few seconds to get more rest time in.

I have it in chart format, to help make it easier to see a full-fledged plan in front of you.

Work-to-rest periods are based on every 30 seconds, with your countdown timer being set to beep every 30 seconds.

If you choose not to jump rope, simple go at a hard, yet maintainable pace for the "Work" periods, and go easy for the "Rest" periods.

As for deciphering the plan, "10w, 20r" means 10 seconds of work, followed by 20 seconds of rest. "15w, 15r" is 15 seconds of work with 15 seconds of rest.

Got your stopwatch handy? And your Jump Rope? Let's Go!

## "Speedy Cardio" Routines:

Week & Intervals	Tuesday	Thursday	Saturday or Sunday
Week 1	10w, 20r	15w, 15r	10w, 20r
Intervals	20 cycles, 10 minutes total	20 cycles, 10 minutes total	24 cycles, 12 minutes total
Week 2	15w, 15r	10w, 20r	15w, 15r
Intervals	24 cycles, 12 minutes total	24 cycles, 12 minutes total	24 cycles, 12 minutes total
Week 3	20w, 10r	15w, 15r	15w, 15r
Intervals	20 cycles, 10 minutes total	24 cycles, 12 minutes total	30 cycles, 15 minutes total
Week 4	20w, 10r	20w, 10r	20w, 10r
Intervals	20 cycles, 10 minutes total	20 cycles, 10 minutes total	24 cycles, 12 minutes total

With Jump Roping, you can try any order or combination of these jumps on each cycle you do.

### Basic Jump:

Simply twirl the rope and jump over it consecutively.

### Side Splits:

Split the legs just outside shoulder width, & return to under you.

### Scissor Splits:

Alternate your feet with each turn, putting one in front & one behind you, switching on each turn.

Single Leg Hops: simply hop on one leg only for the time period given.

Know any other jumps? Feel free to try them out, too.

### ONE MORE THING:

I'm sure some of you are wondering "Why in the heck is he only doing 10 to 15 minutes of workouts in this guide? Don't you have to workout for at least 20 minutes before you start burning fat?" First off, don't buy into the '20 minutes 'til fat burns' myth. It's not like your body starts immediately after 19:59 to start burning fat. Remember, these workouts help you burn more fat AFTER the workout, not just during it!

Like I said, it's the "Mini-Max" Workout. You do maximum amounts of work in a minimum amount of time given. It is also flexible enough where if you had to accidentally skip a workout day due to sickness or any other worldly disorder in your life, you can still spend less than a half-hour's time in one day and get BOTH workouts done.

All in all, you are essentially taking 3 things: a stopwatch, a kettlebell, and a jump rope, to get yourself into the mindset of working out consistently with some task or goal at hand each workout.

If you can't focus on 10 minutes of a workout, but can watch 60 minutes of mind-numbing TV shows or more, then you need to get some priorities straight.

This guide is meant to help you get in focus on the bare-bone basics of overall training of the human body:

1. Get strong by lifting something heavy, so you can handle life's challenges with ease.
2. Get fitter by challenging your body with vigorous bouts of exercise, so you can manage your health.

## What's Next?

If you are seeking more than what's provided here, I invite you to delve into my lineup of training manuals, the Total Improvement Performance Series. They can all be found online, at the website of <http://tips.speeddialcoach.com>. Workouts like "Caveman Strength!", "The 4-4 Core" workout, "Power & Control" workout, and "Speed & Agility" workout, are all unique & affordable guides, from \$5 to \$15. I even have a DVD called "Power & Control For Sports".

Here's a synopsis on 2 other unique products I offer:

# Endure!

Endure! Is my e-book in which I show you how to use GPS technology, along with other cutting-edge & non-traditional means, to help you perform better as a runner. If you are a coach, trainer, or athlete, even a parent of an athlete, you will gain many benefits by reading "Endure!". Based on the experiences of coaching 2 different schools for track & cross-country, junior high through high school age, and applying my GPS speed monitor to their training, I will show you how to use it and help increase race-pace fitness by up to 20% in the course of 12 weeks. I tracked one team's fitness levels from beginning to end of their season, and discovered the average improvements were 20% or higher, per athlete! By running specifically on precise measurement runs, and precise pace runs, you'll see how GPS technology is re-shaping the way we think about training for the sport of running overall. Endure! Has its own special site at <http://endure.speeddialcoach.com> I was the first CSCS to be published in the Strength & Conditioning Journal, on the topic of applying GPS technology for the outdoor athlete, in April of 2005. Now, you'll be one of the first to dig into more of what I've discovered with implementing GPS technology to not only increase race-pace speeds in runners, but Maximum Speed for the average athlete, too! Endurance just got a whole new Edge...visit <http://endure.speeddialcoach.com> now!

Rocket Speed Training On A Budget Package:  
<http://rst.speeddialcoach.com>



In the RSTOB package, you'll get specific instructions on how to create your very own speed & agility footwork products, out of simple-to-assemble PVC pipe. One trip to the hardware store can save you hundreds of dollars, compared to trying to buy every ladder, hurdle, & cone in the catalogs you see for sports performance. I not only have 1 version, but 2 versions of these products. The first version, "Rocket Speed Training On A Budget", shows you how to create everything from the "Rocket Feet Trainer" agility hurdle ladder device, to a set of Adjustable Hurdles, plus a unique "Hopscotch" like footwork pattern. The 2<sup>nd</sup> Version covers how to make a collapsible version of the Rocket Feet Trainer, making entirely new formations & drills out of this new updated version. Complete instructions on what to buy, what to measure out & cut, and pictures on how to assemble it, are all included in this total package. This is a perfect tool for coaches on a budget, or athletes seeking their own devices to use in their own backyard.

One last thing:

I have created an 'Ultimate Training Package' of ALL my major workout guides & videos that I've created to help athletes & fitness clients. It is called:

## ***"The 7 Secrets of Super Strength & Speed!"***

It is a combination of 8 e-books, 3 videos, and a special report that tells you how to 'Know Your Role!' when it comes to being a coach, athlete, parent, or performance trainer, when it comes to training an athlete.

This is the best bargain you will find on all of my products! I wanted to put together the 'Best of the Best' of my products, to help give athletes a unique edge by doing unorthodox training to get superb results!

Check it out here:

**<http://7secrets.speeddialcoach.com>**

Thank you, and I hope you enjoyed this free workout guide.

Also, if you have any further thoughts on what to get to add more to your own home gym needs, look no further than the site, <http://BudgetWorkout.com>. I made this site so that I could help others find decent equipment at decent prices, and give decent advice to go along with it in order to get the most out of it.

Have any questions or comments? Please email to:

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