

CREATING A BALANCED FITNESS ROUTINE

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**LION'S
HEART**

A photograph of a wooden staircase built from logs, winding through a dense forest. The trees are covered in moss, and the ground is lush with green ferns. The lighting is soft and natural, creating a serene atmosphere.

A PASSIONATE ENOUGH

WHY

CAN CONQUER THE

HOW

TO ANY

WHAT.

1

**THE FOUR
PILLARS OF
ATHLETIC
ASCENSION**

2

**THE FACTORS
THAT MAKE UP
A BALANCED
ROUTINE**

3

**BUILDING
YOUR OWN
BALANCED
PROGRAM**

4 THE FOUR PILLARS OF ATHLETIC ASCENSION



PILLAR 1

CONSISTENCY

COMMIT AND SHOW UP!

None of your results will occur if you cannot consistently show up.

Working out two days per week will give you a slow increase in results—three days per week will give you a more consistent and steady improvement.

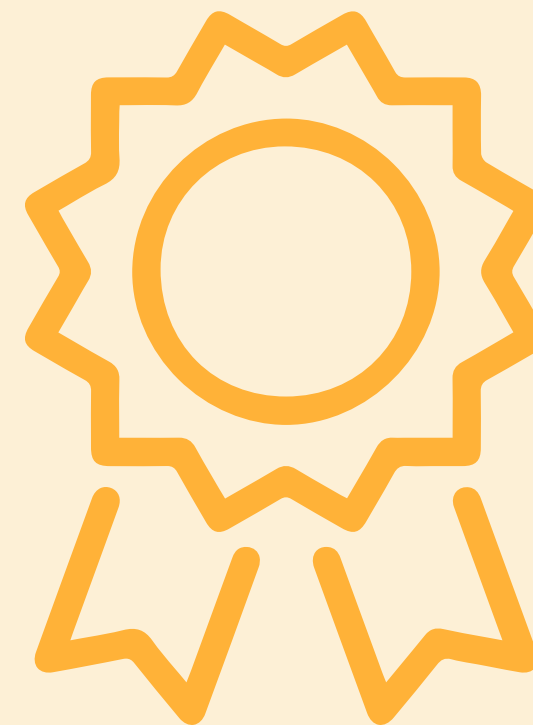


PILLAR 2

INTENSITY

**GIVE YOUR ABSOLUTE 100%, EVERY TIME.
Adaptation only occurs when necessary.**

If you are not giving your full 100%, your body will never get the signal to change or improve. Don't watch TV or scroll on your phone—get your game-face on, rouse up some passion, and visualize your idea of victory.



PILLAR 3

FORM FOCUS

DON'T SACRIFICE YOUR FORM.

Strive for deeper and fuller form with the goal of learning to perform the move better.

Never sacrifice your form for “one more rep”—if you are not focusing on the timing, fluidity and accuracy of the movements, you risk getting sidelined by injuries and stuck on plateaus due to imbalanced strength.



PILLAR 4

THE RIGHT PROGRAM

USE PROGRESSIVE, BALANCED FITNESS.

There are several types of programs that are effective (and just as many that are not). Look to programs that contain a progressive and balanced fitness plan that caters to where you are in your fitness journey that will give dramatic and balanced results within strength, agility and endurance.



THE FACTORS THAT MAKE UP A BALANCED ROUTINE



WHAT MOVES?

9 Foundational Movement Chains Within:

LOWER BODY

UPPER BODY

CORE

WHAT MEASURE?

3 Measures of Athletic Ability:

STRENGTH

AGILITY

ENDURANCE

WHAT MOVES?

9 Foundational Movement Chains Within:

LOWER BODY
UPPER BODY
CORE



WHAT MOVES?
LOWER BODY

SQUAT

Bodyweight Squat

Overhead Squat

Jump Squat

Snatch

Front Squat

Malasana

Volleyball Stance



WHAT MOVES?
LOWER BODY

HINGE

- Warrior 3
- Forward Fold
- Deadlift
- Hyperextension
- Romanian Deadlift
- Roman Chair
- Kettle Bell Swing



WHAT MOVES?
LOWER BODY

LUNGE

High/Low Lunge

Crescent Pose

Track 3-Point Stance

Warrior 1 and 2

Lizard

Martial Arts Stance



WHAT MOVES?
LOWER BODY

GAIT

Walking
Jogging
Running
Sprinting



WHAT MOVES?
UPPER BODY

PUSH

Pushup

Handstand

Overhead Press

Dips

Bench Press



WHAT MOVES?
UPPER BODY

PULL

Pullup

Row Machine

Rows

Lever

Hanging Tuck

Aerial Climbing

Rock Climbing



WHAT MOVES?

CORE

CORE
ROTATION

Throw

Punch

Revolved Yoga Poses

Kick

Pirouette

Sprint



WHAT MOVES?

CORE

**CORE
FLEXION/
EXTENSION**

Wheel

Cat/Cow

Back Bend

Crunch

Tuck

Hollow Body



WHAT MOVES?

CORE

CORE
LATERAL
FLEXION

Side Plank

Half Moon

Human Flag

Side Bend

Cartwheel





WHAT MEASURE?

3 Measures of Athletic Ability:

STRENGTH

AGILITY

ENDURANCE



STRENGTH the ability to apply increased force

POWER the combination of both strength and speed (force + velocity)

WHAT MEASURE?

STRENGTH

SOMETHING DIFFICULT

with ample rest that develops the muscular system

THIS COULD INCLUDE:

Weightlifting

Gymnastics / Aerial Arts

Sprints



SPEED the duration of time it takes to move from point A to point B (velocity)

ACCURACY the likelihood you will end at the determined destination or coordinate

COORDINATION the ability to maneuver multiple joints simultaneously in harmony

BALANCE moving accurately in relation to overall body position against gravity

FLEXIBILITY the range of motion you have the potential to move within

WHAT MEASURE?

AGILITY

SOMETHING MINDFUL

that requires
mobility and flexibility

THIS COULD INCLUDE:

Yoga / Pilates

Dance / Barre

Tai Chi



TIME the time that it takes to perform a specified workload

DISTANCE/WORKLOAD the workload one can perform in a specified time

WHAT MEASURE? ENDURANCE

SOMETHING STEADY

with little to no rest that develops the cardiovascular system

THIS COULD INCLUDE:

Running / Swimming / Biking

Dance Cardio

Lightweight Circuits

BALANCE THE THREE MOVES

LOWER BODY
UPPER BODY
CORE

WITH THE THREE MEASURES

STRENGTH
AGILITY
ENDURANCE

BUILDING YOUR OWN BALANCED PROGRAM



USE THE FIVE PROGRAMMING PRINCIPLES

PERFORM MAJOR MOVEMENTS.

MEASURE YOUR RESULTS.

USE PROGRESSIVE OVERLOAD.

FIND YOUR REST RATIO.

TRAIN YOUR WEAK POINTS.

PRINCIPLE 1**PERFORM
MAJOR
MOVEMENTS.**

Think in terms of major chains—upper body, lower body, and full body, or a common split such as push/pull/legs. Build a rotation through these major chains vs. only isolations.

PRESSES

- Pushup variations
- Overhead press variations
- Arm balances
- Bench press variations
- Dip variations

PULLS

- Pullup variations
- Ring Row variations
- Gymnastics/hanging work
- Dumbbell/barbell row variations

**LEGS
(Squat, Hinge, Lunge)**

- Barbell squat variations
- Deadlift variations
- Sprinting
- High Lunges
- Warrior 3
- Jumping
- Split Squats

**CORE
(Spinal, Flexion/Extension,
Rotation, Midline Stability)**

- Plank variations
- Backbends
- Bridge/Wheel variations
- Hanging Tuck variations
- L-Sit variations
- Twists

PRINCIPLE 2

MEASURE YOUR RESULTS.

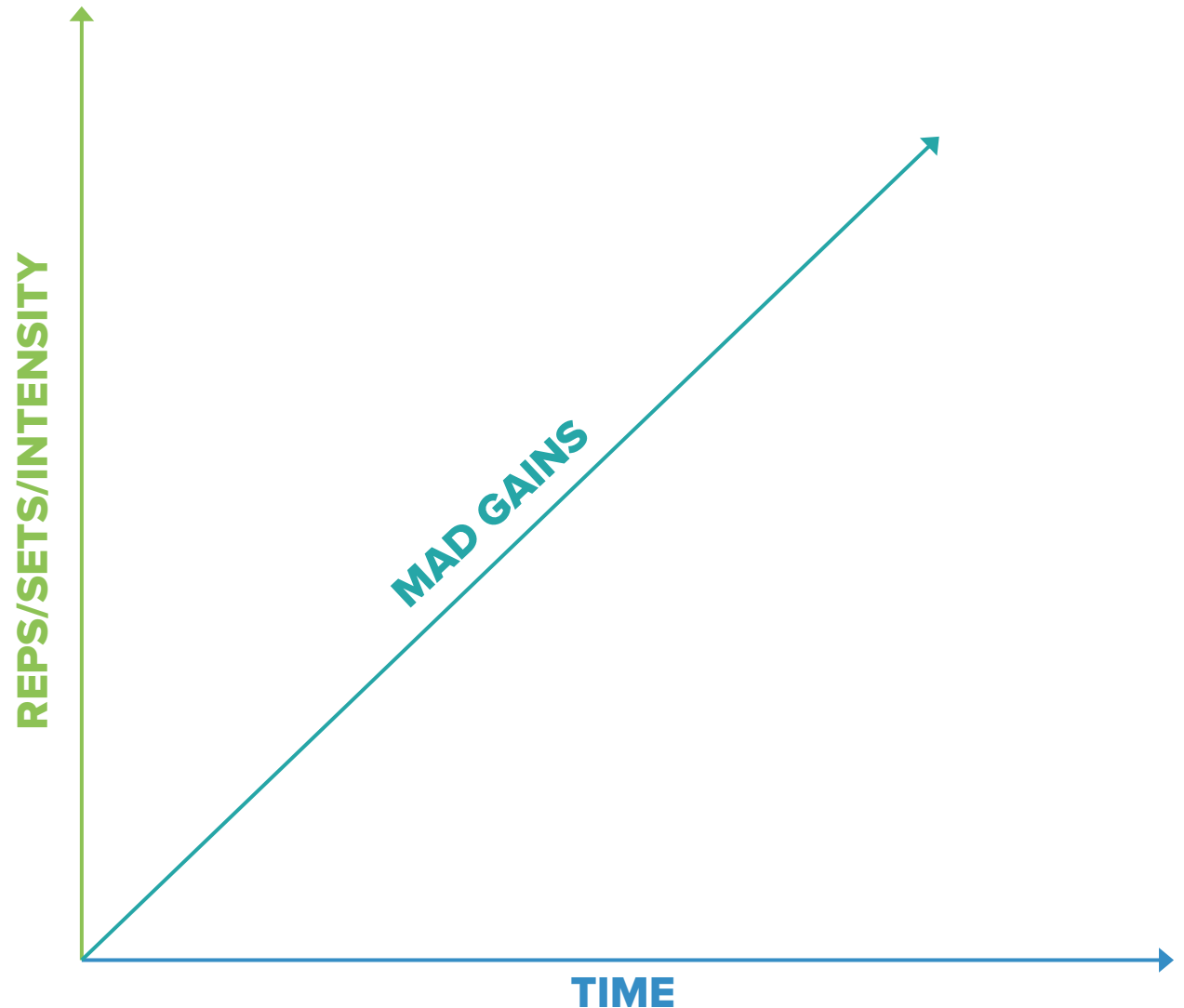
Measure all your fit metrics regularly. Let this be the primary check and affirmation of whether a program works for you or not.

		DATE			
FLOW					
FIGHT					
FLIGHT	100M				
	1 MILE				
	5K				
	10K				
1 REP MAX	BS				
	DEAD				
	OH PRESS				
	PULL UP				
	FS				
	DIP				
	BOX JUMP				
	OH SQUAT				
1 MINUTE MAX	BURPEE				
	BW SQUAT				
	PUSH UP				
	RING ROW				
	PULL UP				
	DIP				
	HSPU				
	RT/DU				

PRINCIPLE 3**USE
PROGRESSIVE
OVERLOAD.**

Be prepared to slowly add reps, sets, and intensity into a pattern that best measures your most steady gains.

Stay humble, and don't compromise form and safety.



PRINCIPLE 4

FIND YOUR REST RATIO.

Find the optimal balance of rest between sets (higher weight = longer rest) and between days of rotating workouts to allow for a full recovery of muscle groups.

LARGE SCALE (Days of rest)**STRENGTH**

1-3 days between muscle groups

AGILITY

Every day is acceptable; rest 1-3 days when fatigue compounds

ENDURANCE

Every day is acceptable; rest 1-3 days when fatigue compounds

SMALL SCALE (Seconds/minutes of rest)**STRENGTH**

1-3 minutes between heavy lifts

MUSCULAR ENDURANCE

Under 1 minute

ENDURANCE

Continuous, steady state

PRINCIPLE 5**TRAIN YOUR
WEAK POINTS.**

Find your weak links and put them into your workout rotation to build them up. Think in terms of moves (upper, lower and core) and measures (strength, agility and endurance).

LOWER BODY
UPPER BODY
CORE

STRENGTH
AGILITY
ENDURANCE

**SO...
WHAT DOES
A BALANCED
PROGRAM
ACTUALLY
LOOK LIKE?**



2 DAYS PER WEEK

2-DAY FULL | BASE MINIMUM

Two days per week can be a first step into fitness or an emergency base maintenance to stop from losing core athletic ability.

MON

TUE

WED

THU

FRI

SAT

SUN

**FULL
BODY**

REST

REST

**FULL
BODY**

REST

REST

REST

3 DAYS PER WEEK

3-DAY FULL

Three days per week can give you steady results in increasing fitness goals. Rotate through full-body workouts for your level, focusing on making steady progress in your key metrics.

MON	TUE	WED	THU	FRI	SAT	SUN
FULL BODY	REST	FULL BODY	REST	FULL BODY	REST	REST

3-DAY SPLIT

Three days per week can give you steady results in increasing fitness goals. In this split, rotate through one full-body workout and two workouts split between upper body and lower body.

MON	TUE	WED	THU	FRI	SAT	SUN
FULL BODY	REST	REST	UPPER BODY	LOWER BODY	REST	REST

4 DAYS PER WEEK

4-DAY SPLIT 1

Four days per week can give you accelerated fitness results and allow a higher level of athletic ability to be unlocked.

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY	UPPER BODY	REST	LOWER BODY	UPPER BODY	REST	REST

4-DAY SPLIT 2

Four days per week can give you accelerated fitness results and allow a higher level of athletic ability to be unlocked.

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY	UPPER BODY	REST	FULL BODY	REST	FULL BODY	REST

5 DAYS PER WEEK

5-DAY SPLIT 1

Five days per week enters you into a professional-level schedule that can support advanced levels of sports and fitness at an accelerated pace. Ensure plenty of rest and proper nutrition for adequate healing.

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY	UPPER BODY	REST	FULL BODY	UPPER BODY	LOWER BODY	REST

5-DAY SPLIT 2

Five days per week enters you into a professional-level schedule that can support advanced levels of sports and fitness at an accelerated pace. Ensure plenty of rest and proper nutrition for adequate healing.

MON	TUE	WED	THU	FRI	SAT	SUN
PUSH	PULL	LOWER BODY	REST	FULL BODY	FULL BODY	REST



ZAC POTTER'S 4-DAY SPLIT

WEEKLY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
	UPPER	LOWER	REST	UPPER	LOWER	REST	REST
ENDURANCE	Long run	Short jog	Long run	Short jog	Long run	Short jog	Walk
AGILITY		Yoga session		Yoga session		Yoga session	
STRENGTH	PRESSES & PULLS: Ring Pushups Pullups Isolations	HINGE & CORE: L-sits Wheel Warrior 3 practice		PRESSES & PULLS: Overhead press Ring rows Isolations	SQUAT & CORE: Back squat Lever Sprints		

**NOW IT'S
YOUR TURN!**

