



BOK Switch Training “Time - Efficient Strategy”

How you exercise your muscles depends on the results you want to achieve. If maximizing muscle mass is your goal, then you need to exercise all of your major muscle groups at each session. This option requires more effort, but stimulating each group every three to four days will help you maintain your size and strength easier.

You can also choose a schedule that involves working half of your muscle groups harder and longer in a BOK Switch Training style one day and the other half three-to-four days later. I try to stick with free weights and avoid toning machines when using this time-efficient version to minimize the effects of waiting an entire week between exercising each muscle group. This creates a type of build-plateau-atrophy-build cycle and takes some getting used to.

The aerobic exercise portion of your work out day will be easy because it offers so much variety. Since I am already in the gym, I try to run on the treadmill, skip rope or walk after each Switch Training session. The aerobic time spent in the gym may not be as long as an extended day of biking or running, but it yields those other benefits I enjoy—it loosens the muscles and releases lactic acid build-up.

As for your aerobic only days, just do something you enjoy. I average a long run twice a week, but sometimes increase it to as many as four times or I don't run at all, depending on time constraints or how good or bad I am about my eating habits. For optimal results and easier maintenance your rest days should also be dictated by your diet. If your eating habits are good, more than one or two days of rest per week should not be a problem. If you are having a bad quantity and/or quality eating week, then a little extra exercise would help negate some of the extra calories.

For example, Tuesdays and Thursdays are usually shorter days at my clinic, so I take advantage of the time and get my weight training in. I divide my upper body and leg muscle groups in two. Tuesday I work my chest, back, abdominals and half of my normal leg workout. Thursday I finish off with deltoids, biceps, triceps, abdominals, and the other half of my leg exercises. I have tried both of these time-efficient schedules and the total body workout twice a week is better at maintaining muscle mass. But, again, it takes more time and effort. It's definitely a yin and yang situation. The half-body schedule twice a week does not decrease muscle mass significantly as long as you keep at it. You too may discover that it is more time efficient. Just remember that it will require a higher level of intensity to maintain the same results and could be more stressful on certain body structures, so listen to your body.

There are some things you can do to minimize these negative effects. In reality, any type of muscle resistance will help lessen the side effects of working each muscle group once a week (like muscle atrophy and soreness). For example, a few pushups, pull-ups, sit-ups, and deep knee bends just one day over the weekend (between the Thursday and Tuesday work outs) at home or in the office is enough to remind my muscles to retain their shorter-term memory.

When using any abbreviated exercise program it is important to have realistic expectations though; what you want to achieve may take a little longer than what more dedicated exercisers achieve.

Start with one of the standard eating and exercise plans offered in Part 4 and incorporate any of the BOK 123 – ABC Exercise Plans to begin your personal process of trial and error. No matter where you start, something is better than nothing, and always better than doing too much. Take your Body of Knowledge and make your work outs work for you.



Sample Time-Efficient BOK Switch Training Weekly Schedule

BOK Exercise Plan 2-A

- 2 days per week Switch Training
- 2 days per week short Aerobic exercise
- 3 days per week long Aerobic exercise
- 2 days of rest

Day	Exercise	Weight	Sets	Repetitions/Duration
Monday	Total body Switch Training	Moderate	2–3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	*Long aerobic exercise			30–45 minutes
Wednesday	*Long aerobic exercise			30–45 minutes
Thursday	Total body Switch Training	Moderate	2–3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Friday	*Rest			
Saturday	*Long aerobic exercise			30–45 minutes
Sunday	*Rest			

* Any combination of aerobics and rest is possible depending upon time constraints and individual priorities.



A More Intensive BOK Switch Training Strategy

The following weekly cross-training program is a more intensive intermediate level plan. It calls for four days of BOK Switch Training and includes one extra day of a long aerobic workout. It also includes two mandatory rest days. The day slotted for longer aerobic activity can be used as another rest day instead, depending on your time constraints or muscle fatigue. If you are experiencing symptoms of over-training (refer to Part 5 of the book for a complete discussion), exercise caution and take the extra rest days.

If you choose to follow this schedule, you should do 2-to-3 sets of resistance training, depending on your time, the way you feel, and the results you want to achieve. Again, don't overdo it if you are feeling muscle fatigue or soreness. It is a sign that your muscles are still in a recovery state. On the other hand, crank it up a notch if you notice that you are not achieving the results you desire.

Sample Intensive BOK Switch Training Weekly Schedule

BOK Exercise Plan 2-C

- 4 days per week BOK Switch Training
- 4 days per week short Aerobic exercise
- 1 day per week long Aerobic exercise
- 2 days of rest

Day	Exercise	Weight	Sets	Repetitions/Duration
Monday	Upper body Switch Training	Moderate	2-3	8-15 reps
	Short aerobic exercise	—	—	15-20 minutes
Tuesday	Lower body Switch Training	Moderate	2-3	8-15 reps
	Short aerobic exercise	—	—	15-20 minutes
Wednesday	*Long aerobic exercise			30-45 minutes
Thursday	Upper body Switch Training	Moderate	2-3	8-15 reps
	Short aerobic exercise	—	—	15-20 minutes
Friday	Lower body Switch Training	Moderate	2-3	8-15 reps
	Short aerobic exercise	—	—	15-20 minutes
Saturday	*Rest			
Sunday	*Rest			

*These days can incorporate either aerobic exercise or rest, according to your weekly schedule and goals.

Followed to the letter, this schedule allows you to get some type of aerobic workout 4-to-5 days a week. The four days of weight training conclude with a short aerobic workout. Or you can break up the two by doing resistance earlier in the day and a separate aerobic session later on. Again, keep in mind that this is a more extensive, intermediate program. You can modify it to meet your needs or choose another starting point from the BOK 123 – ABC Exercise Plans and build your own Switch Training program.