



Monday | Wednesday | Friday

Minimalist Workout by Rusty Moore

A Quick Intro

My name is Rusty Moore. I run the blog [Fitness Black Book](#)



I'm also the author of these 3 premium fitness courses.

- [Visual Impact Muscle Building](#)
- [Visual Impact for Women](#)
- [Visual Impact Cardio](#)

My blog and 3 products are all geared towards staying slim while getting lean and muscular...allowing men and women to be able to rock stylish clothes and still look great on the beach.

I haven't released a free report in a while...so here's one on how to stay in great shape with minimal time in the gym.

The Goals of this Workout:

- 1) Workout 3 times per week.
- 2) 5 exercises maximum each exercise session.
- 3) Drop body fat with diet alone...no cardio for 3 months

I love cardio for getting ultra-lean, but also like the idea of taking a break from it every so often.

...then add back in [strategic cardio](#) to go from lean to ultra-lean in a matter of 2-4 months.

This is exactly what I'm doing until January and I figure I should share it with you.

I'm going to keep this report short with actionable steps.

I'm going to explain my exact routine, but encourage a bit of tweaking of this routine for each individual.

Enjoy this “minimalist” approach :)

A handwritten signature in blue ink that reads "RUSTY MOORE". The letters are in all caps and have a casual, slightly slanted appearance.

The Minimalist Diet

This routine just takes 45 minutes (or less) Mon, Wed, and Fri. I'm dropping all forms of cardio for 3 months.

Yes...you heard it right no cardio! I love to use cardio as a tool to get ultra-lean, but we are going minimal here. I will drop a bit of body fat at a slow pace with a “dialed in” diet.



Why am I showing you a plate of nachos? **My definition of “dialed in diet”...is all about portion control and calories.** It is fine to eat nachos if you maintain a weekly calorie deficit.

Read more about my dieting approach here: [Hybrid Dieting](#)

Since I'm not using [strategic cardio](#) to burn a bunch of calories throughout the week, I need to reduce the portion size of a lot of meals that I eat.

2–4 months of strategic cardio will be added back in leading up to summer. I will probably do cardio after that as well...as it gives me a little more “wiggle room” with the diet.

For me the biggest differences in diet?

- A 1 drink limit...when coming home from work.
- A smaller plate of food for dinner.
- No late night snacks (except for maybe Fri and Sat night).
- Can't finish my girlfriend's plate when going out to eat.

No hardcore calorie counting or anything like that. Just eat less and measure the results each week.

Since I've trained for years and I'm mainly just maintaining muscle, the scale will give me an accurate idea of whether I'm gaining or losing fat.

For those of you trying to gain muscle, you may want to take skin fold measurements, but that isn't completely necessary.

Here's the actual workout...

The Minimalist Workout

I want to keep this simple and easy to remember. I will explain why I have set it up the way I have...but feel free to tweak for your specific needs.

Monday: Chest, Back, Legs

Wednesday: Shoulders, Biceps, Triceps, Abs

Friday: Chest, Back, Calves

Why only once per week for Shoulders, Biceps, and Triceps?

These muscles are indirectly getting worked hard on on the two Chest and Back days. So in reality they are getting worked 3 times per week. In fact...even on their training day, I'm going to suggest you keep it to one exercise instead of two.

Why only one day per week for abs?

Once you develop good abs, you can maintain off of minimal direct ab work. Routines outlined in my free report, [Abs Blueprint](#)...aren't necessarily meant to be used for a lifetime.

You can back off on abs for part of the year, to save time and energy for muscles that require more attention. Then add back more ab work the 3–4 months before summer.

My approach, and thoughts, about leg training

I'm satisfied with the size of my legs, so I do very little direct leg training throughout the year. I rely on specific types of interval cardio to keep the legs dense and athletic.



...but since I am not including cardio in this routine, I'm going to need to include at least a few sets of direct leg training.

If you want to add leg mass?

Take [quality creatine](#) and do 5–6 sets of squats to failure on both Monday and Friday.

Want to avoid adding size to your legs?

Just work legs on Monday and do 4–5 sets of 5 reps (short of failure). I prefer partial deadlifts done [short of failure](#). I have a post with videos about that [here](#).



Use Pyramid Sets (or Reverse Pyramid) to gain muscle

I'm a 40+ year old guy, so I like to use pyramid sets to give my joints a break. I fatigue my muscles by doing the higher rep sets first and don't need to lift as heavy in the later sets.

When should you use reverse pyramids?

The advantage of using *reverse pyramids* is that you will gain strength at a faster pace. You do heavy low rep strength stuff when you are fresh and the lighter weights after. Use these

when you want to push your strength and muscle size to the next level.

Note: I'll probably switch over to reverse pyramids for the last 4–6 weeks of 2012. Right now I'm working on “cumulative fatigue” with lighter weights per set.

I'm going to lay out the exercises I'm using with sets and reps. Swap out with the exercises that you prefer.

Monday: Chest, Back, Legs

Chest

- Bench Press: 5 sets (12, 10, 8, 6, 10+)
- Incline Dumbbell Press: 4 sets (10, 8, 6, 10+)

Legs

- Partial Deadlifts: 4 sets (5, 5, 5, 5)

Back

- Bent Over Rows: 5 sets (12, 10, 8, 6, 10+)
 - Lat Pulldowns: 4 sets (10, 8, 6, 10+)
-

Tuesday: Shoulders, Biceps, Triceps, Abs

Shoulders

- Seated Dumbbell Press: 5 Sets (12, 10, 8, 6, 10+)

Biceps

- Seated Dumbbell Curls: 5 Sets (12, 10, 8, 6, 10+)

Triceps

- Weighted Dips: 5 Sets (12, 10, 8, 6, 10+)

Abs

- Hanging Leg Raises: 5 Sets (each set close to failure)
-

Friday: Chest, Back, Calves

Chest

- Bench Press: 5 sets (12, 10, 8, 6, 10+)
- Incline Dumbbell Press: 4 sets (10, 8, 6, 10+)

Back

- Cable Rows: 5 sets (12, 10, 8, 6, 10+)
- Lat Pulldowns: 4 sets (10, 8, 6, 10+)

Calves

- Standing Calf Raises: 5 sets (12, 10, 8, 6, 10+)
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For those who don't want to gain muscle?

Just make sure and avoid failure. [Here's a post](#) where I explain a study that shows training failure is likely to build muscle, whether you lift high or low reps.

...In my [Women's course](#), I also recommend avoiding too many

sets and reps. So just do the same amount of sets above, but keep it to 5 reps.

Stop before you reach the point of fatigue in each set if you want to avoid adding additional muscle mass.

For those who want to gain muscle?

Push to failure for most sets. Don't overeat extra calories to gain mass...just add in [creatine](#) from a reputable company.

Note: Don't assume that you are going to lose definition by doing less work. If your diet is dialed in and you are gaining strength week to week, your level of definition should increase.

Have a great one,

Rusty Moore

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