



**TRYOUT**

**TRAINING**

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*Ultimate Role Model*  
LIVE AN EPIC LIFE

# Hello!

If you received this mini-program that I prepared for the interim period when my clients are waiting for a personalized action plan, then you are probably flirting with radically changing your life.

That's a great idea!

For my clients who choose the Ultimate Role Model program, I want them to live their **EPIC LIFE** through change!

After more than 24 years in the fitness industry as a personal trainer and educator, I know that for a truly fulfilling life, it is important to have 3 things:

1. **LASTING SUCCESS**
2. **PURE STRENGTH**
3. **SUPERB HEALTH**

This ensures an **UNSTOPPABLE MINDSET**, a **SHAPED AND HEALTHY BODY**, and an **EPIC LIFESTYLE** to live life on your terms.

Okay, if you haven't worked out with a structured program before, here's your chance. Use this program, log your workouts, and track your progress.

Before you continue reading, I owe you one more small warning.

This program is not tailored to you. There will probably be some exercises that you don't feel comfortable with at the moment. That's okay, if you're interested in more, you can always join the program and the entire process will be tailored just for you.

Okay, now let's get to work.

See you!



# **THE URM TRAINING PROGRAM**

The program is split into three sections. I've crafted each section so that when you join the **Ultimate Role Model** program, it can be tailored to fit your personal needs. The whole process can be adjusted to align with your lifestyle, goals, and dreams, and we'll be there to support you every step of the way.

The first part is your **morning routine**, the second part is your **training program**, and the third part is your **nutrition strategy**, which should gradually shape your eating habits. For the last one, you might need a bit more help from us.

In the first part, you'll pick what suits you best. It's pretty typical for us to be more productive in both our work and personal lives when we stick to a routine. Your morning routine lays the groundwork for your day and gives you that initial bit of structure you'll need to keep things steady over the next 6 months. Here are my recommendations for your morning **WAKE UP** and physical activity, and you can choose what fits you best.

The second part is thoughtfully designed to help you transform your body. Just to clarify, this program isn't tailored specifically for you. It's included as part of our overall program, along with a lot more. I can assure you that no one else can provide you with something like the Ultimate Role Model Program.

In the program, you get personalized training plans, we work together on your nutrition strategy, build up your Mindset, we provide education, and we connect you with others who share your interests. There are plenty of other perks in the program too. If you want to learn more, just check out our website at **[ultimaterolemodel.com](http://ultimaterolemodel.com)**.



## **YOUR QUESTIONS**

While you're going through the program, you might find yourself with some questions about how to do the exercises, or you could run into the issue of not having all the right equipment on hand.

It's all good. It just happens sometimes.

Feel free to swap out the exercises for ones you know and can do at your training facility. Our clients get all the support they need in the program, which covers way more than just workouts and nutrition.

Do you want to come along?

**Just scan the code on the right and schedule a call.**



## **CHANGES TO THE PROGRAM**

Just like any program, this one has its own “framework,” and if you start tweaking it, that framework might fall apart. But hey, some exercises can definitely be swapped out for ones that work better for you. If you’re unsure what those are and would like our help navigating the challenges in your life, feel free to use the code above to schedule a free call. Together, we’ll figure out the best way to support you.

Getting guidance during the program is really crucial, especially if you experience any pain while doing the exercises. To put it simply, you shouldn’t feel any pain while you’re working out. We’ll figure out a way for you to keep going without any discomfort.

It's reassuring to realize that every part of the program has its own purpose, even if it might not be obvious right away, and each piece works together with the others. If you tweak any part, it affects the whole program. So, I suggest sticking to the program as it is, making only minor adjustments.

Before we dive back into the program, I suggest you get acquainted with some key information. So, keep reading.

# **EXERCISE/FITNESS TERMINOLOGY**

People in the fitness industry are a bit different, and in our line of work, we have specific terms that describe the aspects of training, training programs, and the equipment we use.

It's a good idea to go over some basic fitness terms that you'll encounter in the program. Many of you might already be familiar with these terms, but if not, think of this as a quick refresher.

## **TERMINOLOGY USED HERE**

**A REPETITION or A REP** refers to doing one performance of a specific exercise. So, for instance, one push-up counts as one repetition.

**SET** refers to the number of times you do an exercise without stopping. So, if the program tells you to complete three sets of ten repetitions, you'll do the exercise ten times, take a break for the specified duration, and then repeat that two more times, with a rest in between each set.

**A SUPERSET** is when you do two exercises back-to-back with hardly any rest in between (the switch from one exercise to the next is known as a transition). So, if the program mentions "superset," you'll complete the set number of reps for the first exercise, then jump right into the reps for the second exercise, and finally take a rest as directed.

**A TRISET** is done just like a superset, but instead of two exercises, you do three exercises back-to-back.

You'll discover more expressions on the next page...

## **TERMINOLOGY USED HERE**

**I usually go with these abbreviations to refer to equipment:**

**BB** means Barbell (the weightlifting bar),  
**DB** refers to Dumbbells (the hand weights),  
**KB** is for Kettlebell (the ball-shaped weight with a handle), and  
**SB** stands for stability ball (also known as a balance ball or gymnastic ball).

**I'll also use certain terms in the instructions for doing the exercises:**

**OH** stands for overhead press,  
**SA** refers to Single Arm,  
**SL** means Single Leg,  
**PS** indicates Per Side,  
**FFE** is Front Foot Elevated,  
**RFE** stands for Rear Foot Elevated, and  
**RM** means Repetition Maximum.

I might use different terms later on. If that happens, I'll make sure to explain all the new terms clearly in the program.

## **GYM ETIQUETTE**

When I introduce myself as a businessman and a business owner, I mention that I also co-own a fitness center. The first rule in my gyms has always been, "**FEEL LIKE HOME,**" and the second one is, "**KEEP YOUR HOME CLEAN.**" Not every gym follows the same rules as mine, but each has its own guidelines regarding equipment use ("**put weights back where they belong after using them**") and cleanliness ("**use a towel and clean up after yourself**").

The recent "strange" virus period has likely brought about new guidelines in gyms and fitness centers, so make sure to check them out ahead of time. Generally, most of these rules are pretty straightforward. It's often the unwritten rules that trip up those who aren't familiar with the expected behavior in fitness centers.

# **GYM ETIQUETTE CONTINUED**

You know, there are times when you don't even notice you're bending the rules until you catch someone giving you that bad eye - evil look. And if you're fortunate enough to have that person point out your mistake, chances are they won't do it in the nicest way.

Here are the top five fitness etiquette rules you should be aware of.

## **1. DON'T STAND INFRONT OF THE DUMBBELL RACK**

In many commercial gyms, you'll often find the biggest guys hanging out in front of the weight/dumbbell rack, doing their biceps curls, shrugs, and various arm and shoulder workouts. Unfortunately, this gives everyone else the impression that it's fine to do everything from overhead presses to squats to lunges right in front of the rack, which makes it tough for others to access it.

Don't be that person. It's really not cool to do that. Grab your weights and move back to at least the first row of benches to do your workout there.

You know, while we're on the topic of benches...

## **2. DO NOT OCCUPY EQUIPMENT YOU'RE NOT USING**

You often see this: A newbie will place their phone, towel, and water bottle on a bench, then stand between two benches to do an exercise that doesn't even need a bench.

Benches are meant for working out. Place your belongings on the floor and make sure to step back far enough from any equipment you're not using, so that others can use it without any hassle.

And hey, make sure to put everything back where it belongs. As a gym owner, I can tell you that each piece of equipment has its own designated spot in the gym.

### **3. RESPECT THE PURPOSE OF EVERY AREA OF THE GYM**

Most gyms set aside specific spots for warm-ups and core workouts. You'll notice folks using mats, massage rollers, exercise balls, and various bodyweight gear. Just remember not to bring heavy weights into these zones or do exercises that might make others have to move out of the way.

Also, avoid placing the mat in the middle of the free weight area (unless you're okay with a weight landing on your head).

### **4. THE SQUAT RACK IS FOR SQUATS**

Or other heavy barbell workouts, like deadlifting with the bar raised a few inches off the ground. If the rack has a barbell for doing pull-ups, you can also do these.

A frequent complaint is that folks use a squat rack for biceps curls. Some also use it for stretching or heel raises. If you're unsure, just ask yourself, "Can I do this exercise somewhere else?" If the answer is "yes," then skip the squat rack for that exercise.

### **5. AVOID WALKING IN FRONT OF PEOPLE WHEN THEY LIFT**

It's best not to walk into someone's line of sight while they're in the middle of a set. If they're lying on their back, be mindful of their peripheral vision too. So, either keep your distance or wait until they finish their set before stepping in front of them.

## **COACHING *DISCLAIMER***

The **TRYOUT TRAINING** program is designed for healthy individuals aged 18 and over. Keep in mind that the information provided here isn't a substitute for professional medical advice. Engaging in any kind of physical exercise carries some level of risk, so if you have any health issues (like cardiovascular disease or diabetes), an injury, or if you're on any medications, it's a good idea to check with your physician about this program and any potential risks it might present for you.

Alex A. Potrc and the PTBA/URM team aren't responsible for any injuries, discomfort, or illnesses that might happen during or as a result of training.

## **END OF *BRIEFING***

Wow! You actually read through all the instructions from beginning to end.

With these initial instructions, we've set the stage, and now you can proceed to the training.

Alright, let's get started!



# MORNING ROUTINE

A question I often hear is:

**“Hey, do you think a morning routine is really important?”**

Alright, I'll be straight with you—this isn't a dealbreaker, but it's definitely something that's helped me create structured habits with my clients.

I really liked what **US Admiral McRaven** said about why Navy Seals make their beds every morning:

Making your bed every morning is like kicking off your day with a win. It sets the stage for tackling everything else on your to-do list, and it really shows you how the small things can make a big difference.

- When you make your bed (morning routine) every morning, you'll start the day with a small accomplishment
- It's this little activity that always makes you feel like you'll return, no matter how tough the mission in front of you is.
- If you had a rough day, at least you get home and lay down in a bed that is made.

Every point matters, but I believe the most crucial one is the one that helps us create a routine and begin to value the small things in life.

## THIS SHOULD BE YOUR ROUTINE

**Option 1:** If you're a woman, do 20 push-ups, and if you're a man, do 50 push-ups every morning right after you get out of bed.

**Option 2:** Take a 20-minute walk outside in the fresh air, even if it's raining, because you're not made of "sugar."

**Option 3:** As soon as you wake up, do 50 squats.

**Option 4:** As soon as you wake up, knock out 50 crunches (you know, the classic sit-ups).

Pick one of the options above or mix them as you go along. The choice is up to you!

# **TRAINING AND WARM-UP**

Warming up is quite a fascinating subject. Some folks believe it should take a long time, while others think it should be quick. There are even those who suggest a 30-minute mobility drill. After diving into countless scientific studies and looking at comparisons regarding injury risk, it's become pretty obvious that many people aren't doing their warm-ups the right way.

We discuss this in much greater detail in the **Ultimate Role Model** program and also go over the reasons behind it.

For this training program, we recommend keeping the warm-up to a maximum of 5 minutes. It should include exercises that activate the muscles that will be doing the work during the training.

So, the warm-up really breaks down into two main parts: getting those stabilizing muscles activated and prepping your body for movement, which fits right into the training. Since the warm-up routine will be somewhat personalized, we'll tailor it just for you when you join our program.

## **SPECIFIC WARM-UP**

Your warm-up should really match the workout you're about to do. That old tip of just doing 10-15 minutes of cardio to warm up isn't really cutting it anymore. Cardio alone won't target the specific muscle group that's going to be under the most strain.

I recommend that if you're working on your upper body, you should do a few quick warm-up exercises for that body part. And if it's a lower body day, kick things off with some short warm-up exercises for your legs and glutes.

**For main or complex exercises, I suggest doing 1-2 warm-up sets as well.**

# UPPER BODY WARM UP

## BACK

1. On the Lat Pull Down machine, grab the bar with a wide grip and a moderate weight, keeping your arms extended. Pull your shoulder blades down 12-15 times. This movement is known as scapular depression.
2. With a lighter rubber band in front of you, do 15-20 stretches in front of your body. Make sure to keep the band under tension the entire time.

Repeat 3 times.

## CHEST

1. Bench push ups - place your hands on a bench keeping your arms at roughly a 45-degree angle from your body, making sure your chest touches the bench.
2. On the butterfly or chest fly machine, go for 10-12 reps using a lighter weight.

# LOWER BODY WARM UP

1. Single-Leg Hip Thrust 12-15 reps. A lot of folks know about the “Hip Thrust” exercise, and it’s pretty much the same, just done on one leg.
2. Side lunge 10 reps. Take a longer side lunge and gradually lower yourself as far as your hip flexibility permits, making sure to keep your foot flat on the ground.

Repeat 3 times.

No matter if you kick off your workout with your upper or lower body, make sure to include the “Bird Dog” exercise. Just touch the knee of one leg to the elbow of the opposite arm. Aim for 10 reps on each side, doing three sets.

For complex exercises, start with 1-2 warm-up sets using a weight that's 30-40% and 10-20% lighter than your working weight.

**\*You can learn more about selecting weight on the next page.**

# HOW TO PICK **THE RIGHT LOAD?**

To pick the right weight for the number of reps you want to do, you can refer to a straightforward table that indicates what percentage of your one-rep max you should lift for an exercise.

Repetition Continuum - Load selection	
% of 1 RM	Max Repetitions
100%	1
95%	2
93%	3
90%	4
87%	5
85%	6
83%	7
80%	8
77%	9
75%	10
70%	12
65%	16
60%	20

Adapted from Landers, J. Maximum based on Reps. NSCA J 6(6): 60-61, 1984.

## HOW CAN I DETERMINE MY **1 RM - REPETITION MAXIMUM?**

If you're just getting started, I suggest trying the 10-rep test. If you're more advanced and often train with resistance, you'll see better results with the 6-rep test. In either case, make sure that last rep is close to failure.

Just scan the QR code on the right and fill in the details for how many repetitions you did and the weight you used for those reps.



# TRAINING PROGRAM - *EASIER*

TRAINING 1 - EASIER					
Lower Body Warm-up					
Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Lat Pull Down - wide grip	4	12	3010	30s
A2	Lying Leg Curl	4	15	2010	90s
B1	Leg extension	4	15	2010	30s
B2	Seated Machine Row - neutral grip	4	12	3010	90s
C1	Seated Chest Press	3	12	3010	30s
C2	Face Pull	3	15	2010	60s
D1	Plank	3	45s		45s

TRAINING 2 - EASIER					
Warm-up for Lower + Upper Body					
Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Trap bar Deadlift	4	10	3010	30s
A2	Seated Cable Row - narrow grip	4	12	3010	2 min
B1	Barbell Bent Over Row	4	10	3010	30s
B2	Standing cable fly	4	15	2010	90s
C1	Bulgarian Split Squat	3	10	3010	30s
C2	Machine Rear Delt Fly	3	12	3010	60s
D1	Russian Twist - with kettlebell	3	10 na stran		60s

# TRAINING PROGRAM - **EASIER**

TRAINING 3 - EASIER					
Lower Body Warm-up					
Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Barbell Hip Thrust	4	10	3010	30s
A2	Lat Pull Down - narrow reverse grip	4	12	3010	2 min
B1	Kettlebell Goblet Squat	4	15	3010	60s
B2	Seated Dumbbell Shoulder press	4	12	3010	90s
C1	Seated Machine Row - neutral grip	3	12	3010	30s
C2	Incline Smith Machine Chest Press	3	10	3010	2 min
D1	Cable Kneeling Crunch	3	15	3010	60s

# TRAINING PROGRAM - **HARDER**

TRAINING 1 - HARDER					
Lower Body Warm-up					
Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Leg Extension (3 reps in reserve)	3	15	2010	60s
A2	Lat Pull Down - wide grip (3 reps in reserve)	3	10	3010	90s
B1	Barbell Back Squat - high bar (2 warm-up sets: 70%x6 + 80%x6)	5	6	2010	4 min
C1	Bulgarian Split Squat - dumbbells	3	8	3010	2 min
D1	Standing Calf Raise	3	12	3010	30s
D2	Hanging Leg Raise	3	10	2010	60s

TRAINING 2 - HARDER					
Upper Body Warm-up					
Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Face pull	3	12	2010	60s
A2	Incline Push-Ups	3	12	2010	60s
B1	Barbell Bench Press (2 warm-up sets: 70%x6 + 80%x6)	5	6	3010	4 min
C1	Seated Dumbbell shoulder Press	3	10	3010	2 min
D1	Machine reverse fly	3	12	3010	90s
E1	Barbell Arm Curl	3	10	3010	60s
E2	Dumbbell Skull Crusher	3	10	3010	2 min

# TRAINING PROGRAM - **HARDER**

## TRAINING 3 - HARDER

Warm-up for Lower + Upper Body

Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Straight Arm Pull Down (3 reps in reserve)	3	10	3010	60s
B1	Barbell Deadlift (2 warm-up sets: 70%x6 + 80%x6)	5	6	3010	4 min
C1	Leg Press	3	12	3010	60s
C2	Lying Leg Curl	3	12	3010	2 min
D1	Seated Calf Raise	3	12	3010	90s
E1	Cable Kneeling Crunch	3	15	3010	60s

## TRAINING 4 - HARDER

Upper Body Warm-up

Sequence	Exercise	Sets	Reps	Tempo	Rest
A1	Dumbbell Incline Bench Press	4	8	3010	60s
A2	Seated Cable Row (underhand grip)	4	8	3010	2 min
B1	Dumbbell Flat Bench Fly	4	10	3010	60s
B2	Lat Pull Down (neutral grip)	4	10	3010	2 min
C1	Standing Triceps Overhead Extension	3	10	3010	60s
C2	Incline Bench Dumbbell Arm Curl	3	10	3010	2 min
D1	Cable Shoulder External Rotation	3	10		60s

## FINAL INFO

No matter if you choose the easier or harder version of the training, it's key to keep in mind that this is just a sample of what training can be. A personalized approach that addresses all the specific details someone needs is still the most effective way to go.

If, by some rare chance, you feel our program isn't the right fit for you, I wish you all the best in reaching your goals, whether you choose to work with us or not.

Honestly, the field of fitness and our program have really transformed the lives of so many people. Our clients gain a better understanding of psychology, training, nutrition, and how to live their **EPIC LIFE** through the programs and teachings my team and I put together.

I view our work as a sort of a mission. Assisting others in living a better life goes beyond just a tough training regimen and a heap of sacrifices. Everyone's journey will be unique, customized to their skills and the lifestyle they aspire to have.

I really hope that during our time together, we've been able to demonstrate that the **Ultimate Role Model** program is hands down the best option out there, and if you decide to join, you just can't go wrong.

If you have any questions, feel free to schedule a free call with me anytime, and I'll help you get the answers you need right away.

**Just scan the code on the right to set up your appointment.**

Catch you later!

**Alex A. Potrc**

Expert in Training for high performers





**JOIN US**

**NOW!**

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LIVE AN EPIC LIFE