

THE 5-DAY KICKSTART BLUEPRINT

German Body Comp Training, Nutrition & Recovery
That Actually Gets Results

- 3 TOTAL-BODY GERMAN BODY COMP WORKOUTS**
- TEMPO-CONTROLLED TRAINING FOR MAX RESULTS**
- SIMPLE NUTRITION FRAMEWORK**
- RECOVERY PROTOCOLS**
- BONUS: WHY TEMPO CHANGES EVERYTHING**

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FOREWORD

THE TOP 10 REASONS YOU'RE NOT CHANGING YOUR BODY

Before you start this blueprint, read this. If even three of these sound familiar, you now understand why nothing has worked — and why this program will.

1. YOU DON'T HAVE A PROGRAM. YOU HAVE A ROUTINE.

There's a difference between walking into a gym with a plan and walking in with a habit. Most trainees do the same exercises, in the same order, with the same weight, week after week — then wonder why nothing changes. Your body adapted to that stimulus in week three. Everything after that is just cardio with extra steps. A real program has periodization, tempo prescriptions, progressive overload targets, and a defined end date. If yours doesn't, you don't have a program. You have a comfort zone.

2. YOUR EXECUTION IS COSTING YOU EVERY REP.

Fewer than 5% of trainees control the eccentric on a bench press. Almost none pause at the bottom. The majority bounce the bar off their sternum like they're trying to launch it into orbit. Execution isn't a detail — it's the variable that determines whether a set produces adaptation or just fatigue. A 4-second eccentric on a squat will humble anyone. And humility, in training, is where growth begins.

3. YOU TRAIN WHEN YOU FEEL LIKE IT.

Consistency isn't showing up when motivation strikes. It's showing up on the days you'd rather not — and executing the program anyway. The body doesn't care about your mood. It responds to repeated stimulus applied at appropriate intervals over sufficient duration. Miss a session, and you don't just lose that day. You disrupt the entire adaptive sequence. Most people don't fail because they can't train hard. They fail because they can't train regularly.

4. YOU'RE FUELING A FERRARI WITH GAS STATION COFFEE.

You cannot out-train a bad diet. This is not opinion — this is biochemistry. If your post-workout meal is a protein bar from a gas station, you are actively undermining every set you just performed. Nutrition isn't a supplement to training — it's the other half of the equation. Ignore it, and you're doing 50% of the work expecting 100% of the results. The math doesn't work, and neither will your body composition.

5. YOU'RE DISTRACTED, AND IT'S DESTROYING YOUR TRAINING QUALITY.

Your phone is not a training tool. The group chat can wait. Every time you break focus between sets, you dilute the neurological intensity of the session. The best training sessions — from Olympic medalists to complete beginners — share one trait: total presence. If you can scroll Instagram between sets, you're not training hard enough for the rest periods to matter.

6. YOUR GYM WAS DESIGNED TO TAKE YOUR MONEY — NOT CHANGE YOUR BODY.

This is the one nobody talks about. The commercial gym model is built on one financial reality: they need 10x more members than the facility can handle, and they need most of those members to stop coming. That's not conspiracy — that's the business model. You train in a crowded facility, waiting for equipment, surrounded by people who don't want to be there either, in an environment engineered for volume, not results. The intimidation you feel isn't weakness. It's a rational response to a space that wasn't built for you to succeed. Environment is the most underrated variable in training.

This is why Iron 24 caps enrollment at 8 members per month. The environment IS the program.

7. NOBODY'S WATCHING. AND YOU KNOW IT.

Without accountability, most people default to the path of least resistance. They skip the last two reps. They round the set down from 4 to 3. They "listen to their body" — which, translated honestly, means they quit when it gets uncomfortable. A coach watching your movement changes everything. Not because you need a cheerleader. Because you need someone who will notice when your knee caves on rep 7, when your tempo drifts, when you're sandbagging.

8. YOU'RE DOING THIS ALONE, AND IT SHOWS.

Support isn't about having a partner who spots your bench. It's about having a system — coaching, programming, recovery protocols, nutritional guidance — that removes the guesswork. Most trainees make hundreds of decisions per week about training and nutrition with zero expertise. That's not independence. That's negligence. The most successful clients have one thing in common: they defer to a system that's smarter than their instincts.

9. YOU DON'T TRACK ANYTHING, SO YOU CAN'T IMPROVE ANYTHING.

If I asked you what you squatted three weeks ago — the weight, the sets, the reps, the tempo, the rest period — could you tell me? If not, how do you know what to do next? Progression requires data. Not complicated data. Just a record of what you did so you know what to do next. Most trainees treat every session like day one because they have no memory of what came before. You can't progress what you don't manage.

10. YOU'RE MANIPULATING THE WRONG VARIABLES.

You add weight. That's it. That's your entire progression model — slap another plate on and hope for the best. But load is only one variable. Tempo, rest periods, time under tension, rep ranges, exercise selection, frequency, volume — these are all levers that produce adaptation when manipulated intelligently. Most trainees have never been taught this because most trainers don't know it either. Changing your body isn't about training harder. It's about training smarter.

THE BOTTOM LINE

If you recognized yourself in three or more of these, congratulations — you just diagnosed the problem. The blueprint that follows is the prescription. Every workout, every tempo, every recovery protocol in this guide was designed to eliminate these ten failure points. Stop guessing. Start training.

BEFORE YOU START

This blueprint uses German Body Comp (GBC) training — a method developed by legendary strength coach Charles Poliquin. It's the same system we use at Iron 24 to help clients burn fat and build lean muscle simultaneously.

The secret? Tempo-controlled supersets that alternate upper and lower body movements. This creates a massive metabolic demand while keeping rest periods short. You'll train harder in 40 minutes than most people do in 90.

Every exercise includes a 4-digit tempo prescription. This is not optional — it's the entire point. Tempo is what separates people who get results from people who just move weight around.

HOW TO READ TEMPO: 4 0 1 0

- 1st digit (4) = Eccentric / lowering phase in seconds
- 2nd digit (0) = Pause at the bottom / stretched position
- 3rd digit (1) = Concentric / lifting phase in seconds
- 4th digit (0) = Pause at the top / contracted position

YOUR 5-DAY SCHEDULE

DAY 1 **Total Body A**
GBC Superset Training + Nutrition Baseline

DAY 2 **Active Recovery**
Mobility, foam rolling + sleep optimization

DAY 3 **Total Body B**
GBC Superset Training + Pre/Post Nutrition

DAY 4 **Active Recovery**
Mobility, stretching + weekly nutrition check

DAY 5 **Total Body C**
GBC Superset Training + Weekly Reflection

DAY 1

TOTAL BODY A

GBC superset training — upper/lower alternating pairs with controlled tempo

WARM-UP (5 min) 5 min bike/row + band pull-aparts x 15, goblet squat x 8, hip circles

EXERCISE	SETS	REPS	TEMPO	REST	CUE
SUPERSET A — 4 rounds, 90s rest after A2					
A1 Barbell Back Squat	4	10	4010	10s	Below parallel
A2 Dumbbell Bench Press	4	10	3110	90s	Full ROM
SUPERSET B — 3 rounds, 75s rest after B2					
B1 Romanian Deadlift	3	12	4010	10s	Hinge at hips
B2 Seated Cable Row	3	12	3011	75s	Squeeze 1s hold
SUPERSET C — 3 rounds, 60s rest after C2					
C1 Walking Lunge	3	10/leg	3010	10s	Long stride
C2 Lateral Raise	3	15	3010	60s	No momentum

COOL-DOWN (5 min) Hip flexor stretch 30s/side, pec stretch 30s/side, hamstring 30s/side

NUTRITION: SET YOUR BASELINE

- > Eat protein at every meal today. Aim for a palm-sized portion (30-40g).
- > Drink half your bodyweight in ounces of water. Track it.
- > Write down everything you eat today. No judgment — just awareness.

COACH'S TIP

The tempo is non-negotiable. Count every second of the eccentric out loud if you have to. If you can't maintain the prescribed tempo, the weight is too heavy. Drop it 10-15% and own every rep.

Mobility, foam rolling, and recovery optimization

MOBILITY CIRCUIT (20-30 MIN)

MOVEMENT	DURATION	NOTE
Foam Roll - Quads & IT Band	60s per side	Slow passes, pause on tender spots
Foam Roll - Upper Back	60s total	Arms crossed over chest
90/90 Hip Stretch	45s per side	Breathe into the stretch
Cat-Cow	10 reps	Move with your breath
World's Greatest Stretch	5 per side	Hold each position 3s
Dead Hang	3 x 30s	Relax shoulders completely
Box Breathing	5 minutes	4 in, 4 hold, 4 out, 4 hold

RECOVERY: SLEEP OPTIMIZATION

- > Set a hard bedtime alarm 8 hours before your wake-up time.
- > No screens 30 minutes before bed. Read or stretch instead.
- > Keep your room cold (65-68 degrees) and pitch dark.
- > This is where your muscles actually grow. Treat sleep like a training session.

COACH'S TIP

Your body doesn't get stronger in the gym — it gets stronger recovering from the gym. GBC training creates massive metabolic stress. If you skip recovery, you skip results.

DAY 3

TOTAL BODY B

GBC superset training — different movement patterns, same tempo discipline

WARM-UP (5 min) 5 min bike/row + band dislocates x 10, bodyweight squat x 10, glute bridges x 10

EXERCISE	SETS	REPS	TEMPO	REST	CUE
SUPERSET A — 4 rounds, 90s rest after A2					
A1 Leg Press	4	12	4010	10s	Full depth
A2 Incline DB Press	4	10	3110	90s	30-degree angle
SUPERSET B — 3 rounds, 75s rest after B2					
B1 Lying Leg Curl	3	10	4010	10s	Squeeze hamstrings
B2 Lat Pulldown	3	10	3012	75s	2s hold at bottom
SUPERSET C — 3 rounds, 60s rest after C2					
C1 DB Step-Up	3	10/leg	3010	10s	Drive through heel
C2 Face Pulls	3	15	2012	60s	External rotate

COOL-DOWN (5 min) Lat stretch on rack 30s/side, couch stretch 45s/side, thoracic ext. 60s

NUTRITION: PRE & POST WORKOUT

- > Pre-workout (60-90 min before): protein + carbs, low fat. Example: chicken + rice.
- > Post-workout (within 60 min): 30-40g protein + 40-60g fast carbs.
- > If early AM training: banana + coffee pre, full meal post. Non-negotiable.

COACH'S TIP

Notice the 3012 tempo on lat pulldowns — that 2-second squeeze at the top is where the magic happens. Most people let the weight pull them back up. You control the weight. The weight does not control you.

Mobility, active movement, and nutrition check-in

MOBILITY CIRCUIT (20-30 MIN)

MOVEMENT	DURATION	NOTE
Foam Roll - Glutes & Piriformis	60s per side	Sit on roller, cross ankle
Foam Roll - Lats	45s per side	Side-lying position
Pigeon Pose	60s per side	Keep hips square
Thoracic Rotations	8 per side	Hand behind head
Banded Hip Flexor Stretch	45s per side	Squeeze glute on back leg
Wall Slides	2 x 10 reps	Keep entire arm on wall
Walking (outdoor preferred)	15-20 min	Zone 2, nasal breathing

NUTRITION: MID-WEEK CHECK-IN

- > Review your food log from Day 1. What patterns do you see?
- > Identify your #1 weakness: skipping meals? Low protein? Late-night snacking?
- > Pick ONE thing to fix for the rest of the week. Just one.
- > Consistency beats perfection. Small wins compound into transformations.

COACH'S TIP

Go for a walk today. Not a power walk, not a ruck march — just a walk. Sunlight, fresh air, nasal breathing. It accelerates recovery, improves insulin sensitivity, and clears your head. Poliquin prescribed walking for every client, every program.

DAY 5**TOTAL BODY C**

GBC superset training — heaviest session, earned through 4 days of preparation

WARM-UP (5 min) 5 min bike/row + arm circles, leg swings, scap push-ups x 10, hip circles

EXERCISE	SETS	REPS	TEMPO	REST	CUE
SUPERSET A — 4 rounds, 90s rest after A2					
A1 Front Squat	4	8	4010	10s	Elbows high
A2 Bent-Over Barbell Row	4	10	3011	90s	1s squeeze top
SUPERSET B — 3 rounds, 75s rest after B2					
B1 DB Bulgarian Split Squat	3	10/leg	3110	10s	1s pause bottom
B2 Standing DB Press	3	10	3110	75s	1s pause bottom
SUPERSET C — 3 rounds, 60s rest after C2					
C1 Cable Pull-Through	3	15	3020	10s	2s glute squeeze
C2 EZ-Bar Curl	3	12	3010	60s	No swinging

COOL-DOWN (5 min) Full-body static stretch sequence, 30s per position, deep nasal breathing

NUTRITION: WEEKLY REFLECTION

- > You made it through 5 days. Review everything you logged.
- > What worked? What felt hard? What will you carry into next week?
- > The blueprint gave you structure. A coach gives you accountability.

COACH'S TIP

You just finished 3 total-body GBC sessions in 5 days with controlled tempos on every rep. That puts you ahead of 95% of gym-goers. But here's the truth: the real transformation comes from doing this consistently, week after week, with expert coaching adjusting your program in real time.

BONUS

WHY TEMPO CHANGES EVERYTHING

Most people count reps. Smart trainees control tempo. This single variable is responsible for more body composition changes than any other training technique — and almost nobody in commercial gyms uses it.

1. TIME UNDER TENSION (TUT)

A set of 10 reps with no tempo control takes about 15-20 seconds. The same 10 reps at a 4010 tempo takes 50 seconds. That's 2.5x more mechanical tension on the muscle — the primary driver of hypertrophy and metabolic demand.

10 reps, no tempo:	~15 sec TUT	Minimal stimulus
10 reps @ 4010:	~50 sec TUT	Massive stimulus

2. SUPERIOR FAT LOSS

German Body Comp training with controlled tempos creates a massive growth hormone and lactate response. This hormonal cascade is what drives fat oxidation for hours after your workout. Poliquin's research showed GBC-style training produced significantly greater fat loss than traditional cardio — in less time.

3. BULLETPROOF JOINTS

Controlling the eccentric (lowering) phase strengthens tendons and connective tissue, not just muscle. A 4-second eccentric eliminates momentum and forces your joints through a safe, controlled range of motion. This is why our clients with knee pain, shoulder issues, and back problems get stronger without flare-ups.

4. REAL MIND-MUSCLE CONNECTION

You can't think about your phone when you're counting a 4-second eccentric. Tempo forces you to be present in every rep. This isn't mindfulness nonsense — it's neuromuscular efficiency. When you control the weight, you recruit more motor units, which means more muscle fibers working, which means faster results.

5. MORE RESULTS WITH LESS WEIGHT

A 4010 tempo on a squat means you'll need 20-30% less weight to hit the same level of difficulty. Lighter loads with controlled tempos produce equal or better hypertrophy compared to heavy loads with sloppy form — with a fraction of the joint stress. Your ego takes a hit. Your body takes off.

THE BOTTOM LINE

Tempo is the difference between exercising and training. Stop counting reps. Start controlling them.

NOW IMAGINE THIS EVERY SINGLE WEEK.

You just completed 5 days of structured Poliquin-style training.
Imagine doing this with a coach who programs your tempo,
adjusts your weights, and holds you accountable every session.

That's the Iron 24 Six-Week Kickstart.

EVERYTHING YOU GET IN 6 WEEKS

- ✓ Semi-Private Coaching 3x/Week with a Dedicated Coach
- ✓ Custom Tempo-Based Training Program (Written for You)
- ✓ 24/7 Gym Access — Train on Your Schedule
- ✓ Recovery Suite: Infrared Sauna + Cold Plunge
- ✓ Nutrition Framework + Accountability System
- ✓ The Iron Guarantee (Results or 6 More Weeks Free)

Ready to see what this costs? Less than you think.

BOOK YOUR FREE INTRO

iron24pgh.com/signup

We only accept 8 new members per month.

IRON 24 ON GOOGLE

★★★★★ 5.0

S Sarah M.
2 months ago

[G](#)
Google Review

★★★★★

I lost 14 lbs in 6 weeks and my back pain is completely gone. The tempo training is unlike anything I've done at other gyms. Worth every penny.

J James R.
3 weeks ago

[G](#)
Google Review

★★★★★

I've been to 5 gyms in Pittsburgh. Iron 24 is the only one where I actually changed my body. The coaching and programming here is on another level.

L Linda K.
1 month ago

[G](#)
Google Review

★★★★★

My doctor noticed the difference before I even told him I started training here. The structured approach and recovery suite make all the difference.