

90 DAY WORKOUT PROGRAM

KU STRONG 1.0



BECOME STRONGER, BUILD LEAN MASS,
AND IMPROVE PERFORMANCE

DANIEL AIPA, CSCS

INTRODUCTION

“If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”

– Bruce Lee

I’ve seen it many times. Guys walk into a gym with a friend, one friend turns to the other and says, “So what do you want to train today?”

“I don’t know, I could do more chest,” the other friend says.

“Sounds good to me.”

“Where you want to start?”

“Bench Press I guess.”

Looks familiar?

Without a plan you are only setting up yourself for failure, frustration, and no progression. When it comes to being Kū Strong, it comes down to consistency, discipline, and following a plan.

That is why I created the Kū Strong 1.0 Program, and get you started towards achieving a body that not only looks good, but also looks and IS strong.

I’ve gone the route to try different styles of training but I also find myself focusing on my main priority, and that’s getting stronger. Like the saying goes, “The stronger you get, great things start to happen.” Yes, there are many great programs out there for building strength and many of those coaches have had a huge influence on my training.

WHY THIS PROGRAM?

Build 20lbs of Mass in X- Amount of Weeks

Fastest Way to Shredded Abs

The Most Hardcore Training System Ever

Super Hybrid Performance Training

These are all ideas I had for titles. Why? Because it’s the sort of things I’ve seen on many of the training programs that are offered out there.

Just a bunch of promises.

Well here's a promise - if you don't follow a plan in life, don't expect very much results.

There are lifters that hop from one program to the other every week because they felt it wasn't working for them, or they weren't getting sore and it wasn't that hard, or they want to get shredded instead after just deciding to bulk up, and this a that. Excuses after excuses.

You may be asking yourself, "*So why this program again?*" Because it is a thought out plan that is design to give you results. You get what you put in. If you give a half ass effort in anything you do, you'll get half ass results.

Enough said.

WHO IN THE WORLD IS DANIEL AIPA?

First off, everyone calls me Aipa. I was born and raised in Kailua, HI and have been obsessed with strength, fitness, and health since my dad bought a home gym set-up for my two older brothers and me.

Coming from a family of athletes and martial artists, being physically active was just part of my life. It's what I did and I believed that it was something I'd be doing for the rest of my life.

When I attended college in California, I was taken under the wing of the Strength and Conditioning Coach who was also from Hawaii. Yes, Hawaii people stick together. He introduced me to the strength and conditioning field and I became hooked.

I worked my way from Fitness Center Supervisor to Asistant Strength and Conditioning, all the way to Head Strength and Conditioning Coach at a College in California where I programmed for 21 collegiate sports, and coached hundreds of athletes and clients.

I have a strong passion to help others achieve their goals not only physically, but mentally and spiritually through my motto, "Build a Kū Body."

WHY SHOULD YOU LISTEN TO ME?

Well, I no longer coach at a college level anymore. Why? Because something called marriage happened which had me move back to

Hawaii. Universal tip of marriage: *Happy wife leads to a happy life.* I'll leave it there.

Today I am the Founder of The Kū Project and Kū Performance Hawaii, a human and athletic performance business on Oahu. I've competed in martial arts competitions, and bodybuilding and physique shows, and the author of Aloha to You.

Since leaving the college scene and going out on my own, I miss creating program manuals for all the sports I coached. So you can say, I'm filling a void.

I want this program to be simple and straight-forward without any extra fluff or bullshit.

Are we cool?

Cool.

THE PROGRAM FOLLOWS 3 PHASES:

PHASE 1: Focus on improving body composition through building muscle and burning fat.

PHASE 2: Move on over to building muscle size and strength

PHASE 3: Increasing strength with some increase in muscle size. Don't worry you will still gain muscle but you want to get stronger in this phase.

Phases are 4 weeks long with the 4th week being a deload week. The deload weeks are meant to help you recover from busting ass for three weeks and prepare your body for the next phase so you can continue to make progress and get results.



W A R M - U P

WARM-UP

Make your warm-up a workout. I understand that everyone is on the activation, dynamic warm-up, foam rolling bandwagon. Some people spend the majority of their workout doing activation and mobility drills and they are wondering why they are not seeing results.

It's known that all those are important but you also need to break a sweat, get the heart rate up, and your muscles a bit pumped up before going onto the heavy stuff.

I'm not saying you have to go all out and get pumped up as if you were going to start flexing on stage, but your muscles should have blood flowing through them and feeling warm before you move on to the big exercises.

In this section I'm not going to give you mobility or foam rolling exercises, instead I'll share simple exercises you can use for your warm-ups.

UPPER BODY WARM-UP EXERCISES

- Push-ups
- TRX or DB Incline YTWL's
- Plate or Kettlebell Halos
- Scap Pushups
- Shoulder raises in various directions
- Shoulder dislocations
- Band pull aparts
- Various medicine ball throws

LOWER BODY WARM-UP EXERCISES

- Ankle mobility drills
- Hip mobility drills
- Squat to stand
- Leg curls
- Dynamic warm-up drills
- Lunges in various planes
- Glute bridges
- Foam rolling
- PVC Overhead Squats

Prepare your body properly for optimal performance. Too many people don't take their warm-ups serious enough and they wonder why it takes them so long for their body to get in the groove during their workout.

Look at what you have for your training session and pick warm-up movements that will prepare the muscles involved for the workout.

HERE'S A SAMPLE WARM-UP:

- Jump rope x 50 jumps
- Pushups x 15
- Squat to Stand x 100
- Shoulder dislocations x 10
- Lunge and Reach x 6 ea. Side
- YTWs x 5 ea
- Glute Bridge x 10
- Scap Pushups x 10
- Bird dog x 6 ea. Side
- Single Leg Reach x 6 ea. Side

Perform 2 rounds of this warm-up. Don't take your warm-up lightly. Your warm-up will set you up for success.



PHASE 1

PHASE 1

Strength does not come from winning. Your struggles develop your strength. When you go through hardships and decide not to surrender, that is strength.

-Arnold Schwarzenegger

This workout is set up for people who can train 3-4 times a week with weights.

For those who want to get lean, remember the more muscles you stimulate during a workout the more calories you expend. And for those who want to build muscle, by increasing the frequency of training muscles you give your body more of a chance to re-build, which is why you will focus on total body routines for this phase.

So everyday you will be training your whole body but you will emphasize a certain muscle group each workout; Push, Pull, and Legs. This is a Hypertrophy/Fat loss Hybrid program.

This program will incorporate supersets to giant sets and circuits to increase the metabolic disturbance of the workout. Exercises are grouped in a numerical manner. You will perform all the exercises one after the other resting for the prescribed time.

For example in Workout A1 you have DB Incline Press, Goblet Squat, and DB Row all grouped by 1a, 1b, and 1c. This means you will perform Db Incline Press, then with minimum rest, you move on to Goblet Squat, again with minimum rest you move to DB Row. After you finish DB Row, you will rest for the prescribed time before you do 2 more sets of the circuit.

If you train during crazy rush times, which can be a pain in the ass, especially when someone is doing biceps curls in the squat rack and you need it to do some squats, then the main thing is to make sure to do all exercises and pair them together when possible.

SAMPLE WEEK SET UP

4 DAY SET UP

Day	Workout
Monday	A1
Tuesday	B1
Wednesday	OFF
Thursday	C1
Friday	A2

During the weekend, I suggest you get outside and do something active as part of your recovery days. Then when you start back up on Monday you will continue with the cycle and start with Workout B2, which will be more of a pulling emphasis.

3 DAY SET UP

Day	Workout
Monday	A1
Tuesday	OFF
Wednesday	B1
Thursday	OFF
Friday	C1

With 3 days a week, the main focus is to have one day in between workouts (you can train, Tuesday, Thursday, Saturday). You can do workouts back to back, take a day off, and then do the third workout. Just don't do all three workouts in a row. That's a no-no.

PHASE 1: WEEK 1

DAY 1: WORKOUT A1	SETS	REPS	REST
Standing Barbell Press	3	6	60-90
1a) DB Incline Press	3	8	45
1b) Goblet Squat	3	8	45
1c) Single Arm DB Row	3	8 ea	45
2a) Dips	3	8	30
2b) Single Leg Glute Bridge	3	10 ea	30
DAY 2: WORKOUT B1	SETS	REPS	REST
Pull-ups	3	6	60-90
1a) Seated Cable Row	3	8	45
1b) DB or KB Deadlift	3	8	45
1c) DB Shoulder Press	3	8	45
2a) Lat Pulldown	3	8	30
2b) DB Reverse Lunge	3	8	30
DAY 3: WORKOUT C1	SETS	REPS	REST
5/5/5 BW Squats	3	5 ea	60-90
1a) Goblet Squat	3	8	45
1b) DB Flat Bench Press	3	8	45
1c) DB RDL	3	8	45
2a) DB Walking Lunges	3	8 ea.	30
2b) Reverse Grip Pull-up or Pulldown	3	8	30
DAY 4: WORKOUT A2	SETS	REPS	REST
1a) Bench Press	3	10	30
1b) Split Squat Jumps	3	10 ea	30
1c) Single Arm DB Rows	3	10 ea	60
Circuit) Planks/Push-ups/DB Shoulder Press	3	ALAP/10/10	60-90
2a) Face Pulls	3	10	30
2b) DB Flyes	3	10	30

PHASE 1: WEEK 2

DAY 1: WORKOUT B2	SETS	REPS	REST
1a) Neutral Grip Pull-up or Pulldown	3	10	30
1b) Squat Jumps	3	10	30
1c) Standing DB Shoulder Press	3	10	60
Circuit) Supine Rows/Spiderman Pushup/Prone Cobra	3	10/12/30s	60-90
2a) Cable Row	3	10	30
2b) BW Reverse Lunge	3	10 ea	30
DAY 2: WORKOUT C2	SETS	REPS	REST
1a) Deadlift	3	10	30
1b) Plyo Push-ups or Regular	3	10	30
1b) Overhead Sit-ups	3	10	60
Circuit) MB Split Squat Jump/Alt. MB Pushup/Planks	3	10ea/10/30s	60-90
2a) Back and Forward Lunge	3	6 ea	30
2b) Single Arm DB Row	3	10 ea	30
DAY 3: WORKOUT A1	SETS	REPS	REST
Standing Barbell Press	3	6	60-90
1a) DB Incline Press	3	8	45
1b) Goblet Squat	3	8	45
1c) Single Arm DB Row	3	8 ea	45
2a) Dips	3	8	30
2b) Single Leg Glute Bridge	3	10 ea	30
DAY 4: WORKOUT B1	SETS	REPS	REST
Pull-ups	3	6	60-90
1a) Seated Cable Row	3	8	45
1b) DB or KB Deadlift	3	8	45
1c) DB Shoulder Press	3	8	45
2a) Lat Pulldown	3	8	30
2b) DB Reverse Lunge	3	8 ea	30

PHASE 1: WEEK 3

DAY 1: WORKOUT C1	SETS	REPS	REST
5/5/5 BW Squats	3	5 ea	60-90
1a) Goblet Squat	3	8	45
1b) DB Flat Bench Press	3	8	45
1c) DB RDL	3	8	45
2a) DB Walking Lunges	3	8 ea	30
2b) Reverse Grip Pull-up or Pulldown	3	8	30
DAY 2: WORKOUT A2	SETS	REPS	REST
1a) Bench Press	3	10	30
1b) Split Squat Jumps	3	10 ea	30
1c) Single Arm DB Rows	3	10 ea	60
Circuit) Planks/Push-ups/DB Shoulder Press	3	ALAP/10/10	60-90
2a) Face Pulls	3	10	30
2b) DB Flyes	3	10	30
DAY 3: WORKOUT B2	SETS	REPS	REST
1a) Neutral Grip Pull-up or Pulldown	3	10	30
1b) Squat Jumps	3	10	30
1c) Standing DB Shoulder Press	3	10	60
Circuit) Supine Rows/Spiderman Pushup/Prone Cobra	3	10/12/30s	60-90
2a) Cable Row	3	10	30
2b) BW Reverse Lunge	3	10 ea	30
DAY 4: WORKOUT C2	SETS	REPS	REST
1a) Deadlift	3	10	30
1b) Plyo Push-ups or Regular	3	10	30
1b) Overhead Sit-ups	3	10	60
Circuit) MB Split Squat Jump/Alt. MB Pushup/Planks	3	10ea/10/30s	60-90
2a) Back and Forward Lunge	3	6 ea	30
2b) Single Arm DB Row	3	10 ea	30

PHASE 1: WEEK 4 - DELOAD

DAY 1: WORKOUT A1	SETS	REPS	REST
Standing Barbell Press	2	6	60-90
1a) DB Incline Press	2	8	45
1b) Goblet Squat	2	8	45
1c) Single Arm DB Row	2	8 ea	45
2a) Dips	2	8	30
2b) Single Leg Glute Bridge	2	10 ea	30
DAY 2: WORKOUT B1	SETS	REPS	REST
Pull-ups	2	6	60-90
1a) Seated Cable Row	2	8	45
1b) DB or KB Deadlift	2	8	45
1c) DB Shoulder Press	2	8	45
2a) Lat Pulldown	2	8	30
2b) DB Reverse Lunge	2	8 ea	30
DAY 3: WORKOUT C1	SETS	REPS	REST
5/5/5 BW Squats	2	5 ea	60-90
1a) Goblet Squat	2	8	45
1b) DB Flat Bench Press	2	8	45
1c) DB RDL	2	8	45
2a) DB Walking Lunges	2	8 ea	30
2b) Reverse Grip Pull-up or Pulldown	2	8	30

MAHALO

Great job crushing the past 4 weeks. I hope you are already feeling the difference and ready to continue your way towards building a Kū body.

I believe the stronger and healthier your body becomes, the stronger the influence you have not only on yourself but on the people around you as well. It comes down to making strength contagious.

If you enjoyed the program thus far, you can purchase the rest of the program that has 2 more phases for a total of 8-10 more weeks of training.

Here are what people are saying about the program:

"I was looking for something that would challenge me, gives me a solid sweat, made me stronger, and fit my busy lifestyle. Ku Strong 1.0 covers all this and much more."
-Taylor C.

"Since starting your workout I have lost about 12 pounds – from 195 to 183 and my body fat percentage has decreased as well while increasing strength. Last I checked, I am at about 9% body fat, the lowest I have ever been." -Brett R.

"Fast forward to today, where I have now completed Daniel's entire program twice and am currently on my third run through. I have since experienced noticeable results that have far exceeded my initial expectations. Multiple friends and coworkers have approached me asking what the hell am I doing to stay in shape." -Darryl C.

CLICK ON THE LINK TO PURCHASE PROGRAM:

<http://www.thekuproject.com/product/ku-strong-1-0/>

USE COUPON CODE: **KUSTRONG** for 15% OFF