



Jane's Jungle Workout

By Paul Chek, HHP, NMT
Founder, [C.H.E.K. Institute](#)

If you ask any woman to describe the goals of her exercise program, she will certainly tell you such things as:

- I want to lose fat!
- I want to tone my butt and thighs
- I want more energy
- I want to feel better
- I want to lose my pooch belly

In almost the same breath she tells you her goals, she will be sure to tell you she **DOESN'T WANT TO GET BIG!**

Tarzan would certainly never want to stop Jane from achieving any of these goals, yet females flock to the gym attempting to accomplish these objectives with a battle plan skewed by misconceptions.

To aid Jane of the modern jungle in achieving her goals, let's look at each issue, the common misconceptions and a logical approach to its achievement. Unless your client has unusually large amounts of testosterone in her blood stream, the fear of getting big is unfounded! Competitive female body builders train approximately three hours a day and perform five to 10 sets per exercise in hopes of getting a fraction of the size their male counterparts achieve. Getting big muscles is no easy task for a female. If it were, it would have been Jane swinging from the vines and swimming with the alligators, not Tarzan!

To assist Jane of the modern jungle in achieving her goals, let us look at them individually:

1. I Want to Lose Fat

Most females feel that they must wear the seat out on an exercise bike or get a gold star for attendance in the aerobics studio to get the fat off, but it obviously doesn't work that way! Initially, most people will have a slight or moderate change in body shape with aerobic exercise. In a relatively short time, their bodies adapt to the specific stress of a given exercise, becoming very efficient. The result is progressively fewer calories consumed per minute exercised. This is exactly why you so commonly see the same people on the same machines and in the same classes month after month and their body shape rarely ever changes.

It is no different with those that run for exercise; at any city park in the morning you can see hundreds of chubby runners pounding the pavement, many wondering why they can still hold a roll of quarters with their gluteal fold! Yes, some are skinny, and for three main reasons:

1. Distance running (aerobic exercise in general) stimulates the production of stress hormones called glucocorticoids. Glucocorticoid hormones are catabolic--tissue destructive hormones.

Their action antagonizes the development of muscle mass and when any aerobic athlete's protein and/or cholesterol (saturated fat) intake is too low for their needs, or by regular aerobic exercise stimulus the body is chronically exposed to glucocorticoids, gluconeogenesis occurs; you begin to breakdown and use your own muscle tissue in an attempt to maintain critical steroid hormone levels and blood sugar levels; your body thinks you are running from a lion!

2. Those running over 30 miles a week may reach the point where their energy expense is greater than their energy intake. This can result in a net loss of energy (via fat or protein as available) from the body, resulting in the typical gaunt look you see in more accomplished distance runners.

3. Properly coached or elite distance runners and aerobic athletes of most types use carefully planned periods of intense short bursts followed by carefully timed rest periods, called interval training. This type of training elevates metabolism in much the same way circuit weight training does. In fact, sprinting is nothing but short interval training and if the distance is short enough for explosive efforts and the rest intervals allow adequate recovery, you will often see athletes gain muscle mass and lose fat!



Figure 1A



Figure 1B

Solution:

Incorporate resistance training into your program. Alternating aerobic exercise sessions with resistance training serves to shock the system, making it hard for the body to adapt. Using compound free-weight exercises such as the "Squat Push Press" (Fig. 1A and 1B) requires the body to not only activate many large muscles, but also to activate the stabilizer system to maintain the center of gravity over the base of support at all times. This means that there will virtually be hundreds of muscles on the job at once, all consuming calories!

Another significant benefit of resistance training is the increased post exercise metabolism; current research suggests high-intensity weight training can elevate metabolism for as long as 48 hours after a single workout. To appreciate that your body will continue to consume calories long after resistance training, consider that some of the leanest athletes in the world are sprinters, who despise even the thought of aerobic exercise!

2. I Want to Tone My Butt and Thighs

Although toning the butt and thighs is a universal desire among females, many equipment manufacturers are quick to mislead females into thinking their machines will strengthen and decrease the size of the butt. A classic example of this emotional hook can be seen in the ads showing a beautiful female with a near-perfect behind standing next to a stepper machine. Such suggestion has been effective for sales, although EMG activation of the gluteus maximus on such machines is minimal at best; I've tested it!

Additionally, the use of abductor, adductor, knee extension and hamstring curl machines provide such isolation that there is minimal caloric expenditure in comparison with more functional compound exercises for the legs. Plus there is an almost nonexistent carry over to function with the use of such machines; this is easily proven by simply asking anyone to attempt to match their Smith machine bench press or squat with an Olympic bar and dumbbells respectively.

Solution:

To effectively re-shape the butt and thighs, the thigh must reach parallel or below parallel to the floor with exercises like squats, box step-ups and lunges (Fig. 2). This is because the gluteus maximus is a phasic muscle; a fast twitch dominant muscle with a very high activation threshold. To accomplish the goal of toning the butt and thighs, the "Multi-Directional Lunge" (Fig. 3A thru 3E) works excellently. This exercise not only requires



Figure 2

activation of all the muscles around the hip joint (adductors, hamstrings, gluteus group, hip flexors and knee extensors) but is also phenomenal for general or sports conditioning.



Figure 3A



Figure 3B



Figure 3C



Figure 3D



Figure 3E

3. I Want More Energy

The human body is one of the few things in the world that gets better with proper use! Although many trainers are aware of the fact that exercise does help improve energy levels, they don't seem to realize that the nervous and hormonal systems not only govern all aspects of one's physiology, but both can be developed with correct exercise methods. When females perform the same exercise routine over and over again for months and even years, their body adapts and even stagnates with regard to progress.

Solution

To keep the body stimulated we must choose exercises that challenge both the nervous and hormonal systems and the muscular system in addition to being interesting and new to the body. The "Dead-Row" (Fig. 4A thru 4D) is an exercise I picked up from BodyPUMP pioneers Emma Barry and Mike McSweeney while working in New Zealand. The exercise combines the dead lift and the bent over row to create a great challenge for the body.



Figure 4A



Figure 4B



Figure 4C



Figure 4D

4. I Want to Feel Better

When you look better, you feel better! As I point out in my "Equal But Not the Same" correspondence course, females often have poor posture as a result of growth and development factors such as breast development and hormonal aspects. An essential step toward feeling better is to improve posture, which not only enhances looks, but also allows more efficient function. Additionally, with improved posture comes improved energy flow and efficiency and with improved strength from training like I suggest here, females commonly develop a greater sense of autonomy.

Solution

The "Supine Lateral Ball Roll" (Fig. 5) is what we refer to as a "Big Bang" exercise at the C.H.E.K Institute. This is because it not only serves as a very effective exercise for conditioning postural muscles, but it also trains the body in all three planes of motion. Another feature of the exercise is that it is safe to do with clients who have back problems and also works well with pregnant clients.



Figure 5

5. I Want to Lose My Pooch

Females all want to get rid of that dreaded pooch belly and will try just about anything to do it. For Jane, it is essential to have functional abdominals because the deep abdominal wall in particular is neurologically connected to the pelvic floor and stabilizer muscles of the low back. Chronic use of the crunch exercise does little, if anything at all, to improve the stability of a woman's internal organs, stabilize her spine or flatten her tummy. To accomplish these objectives, we must be much more scientific about our exercise selection. In addition, use of crunches and sit-ups without adequate counterbalancing exercises for the back and hip extensors commonly results in poor posture and impaired aesthetics!

Solution

The "Forward Ball Roll" is another great "Big Bang" exercise (Fig. 6). Performed correctly, this exercise improves spinal stabilization, increases coordination, and abdominal wall to flatten your tummy!



Figure 6a



Figure 6b

activates the deep

**Putting it All Together
Example Workout**

Exercise	Rest	Intensity	Reps	Tempo	Sets	Total
Squat Push Press	↓ 1:30	- 2 reps	10	Mod	2-4	-
Multi-Directional Lunge	↓	Body Weight	1-3 ea.	Mod	2-4	
Dead Row (2 dead /2 row)	↓	- 1 rep	5x (2/2)	Mod	2-4	
Supine Lateral Ball Roll	↓		6-8 ea.	1 Hold	2-4	
* Forward Ball Roll	↓⇒↑		8-12	333	2-4	

* Those with poor conditioning or any current or past history of low back pain should perform the forward ball roll by itself for 1-3 sets with 1:00 rest after completing the previous four exercises in circuit format.

Jane of the jungle needs to stay active to burn the calories necessary to stay trim and stimulate her post-exercise metabolism. This is why I use a "Smart Circuit," which consists of four to six compound exercises that are sequenced, descending in neurologic demand.

Jane should perform each exercise in the order above, resting for 90 seconds after completing each circuit. As conditioning improves, the rest period can be reduced to 1:00.

Notes

Intensity: Determined by the repetitions that can be performed. Choose a load that allows completion of the suggested reps yet still allows you to feel as though you could do an additional one or two reps after their first set.

Tempo: A moderate tempo is performed on a two-second concentric and two-second eccentric cycle. The 333 tempo indicates that you roll forward to the point at which your stabilizer system is challenged (correct form is possible to maintain, but hard), hold that point for three seconds, then return for the count of three seconds.

Sets: Initially, two sets of each exercise (two circuits) can be performed. If you are in good shape, you may start with three circuits. When four circuits can be successfully completed, you may increase the challenge by reducing the rest period to one minute.

To complete Jane of the jungle's training program, I suggest alternating a smart circuit with an aerobic activity the following day. Using the concepts demonstrated here, develop a second smart circuit and alternate two smart circuits and two (three for highly conditioned females) aerobic conditioning sessions each week. The less conditioned your client, the less frequently they should train and the more rest they will need each week.

For optimal results, I highly recommend completing the nutrition and lifestyle questionnaires in my book "How To Eat, Move and Be Healthy!" and calculate your total load using the graph on page 37. This will allow you to determine how internally fatigued your body is and how much exercise is both safe and effective for restoring your health and vitality. For each category your body shows signs of physiological stress, my book provides Chi-cultivating exercises and example programs to follow.

By using the approach suggested here and referring to the "How To Eat, Move and Be Healthy!" system for nutrition and lifestyle management training, my fellow CHEK Practitioners and I have helped THOUSANDS of females rapidly achieve the look and feel of a modern Jungle Jane!

Picture Captions

Figure 1. Squat Push Press: Holding the dumbbells comfortably in front of you, descend into a squat. As you rise out of the squat position, simultaneously press the dumbbells over your head. The timing of the arms and legs should always be symmetrical so that the motion of arms and legs begins and ends together. When performing this exercise, it is not necessary to do a full squat. Just squat to the depth that you would if you were preparing to jump up two or three stairs at once.

Figure 2.: Thigh parallel to ground or better for optimal butt activation.

Figure 3. Multi-Directional Lunge: The Multi-Directional Lunge is performed to five positions on each leg; straight-ahead, 45° front lateral, 90° lateral, 45° backward and straight backward. The exerciser must always face the front. The trailing leg should be slightly unlocked but the quad muscles should be activated enough to stabilize the knee. When performing the 45° lunges, allow the trailing foot to pivot naturally to prevent excessive strain being placed on the medial (inner) knee. Always maintain good upright posture.

Figure 4 A-B. The Dead-Row: (A) The dead lift is performed by lowering the barbell to the ground or as low as possible without the client losing their lumbar curvature. The chest is held up, antecubital (anterior elbow) space of the elbow turned forward to activate the shoulder girdle stabilizers and the belly button drawn inward toward the spine. Exhale through slightly pursed lips as the client passed through the sticking (hardest) point. After two reps of the dead lift, the bent over row position is assumed (B). Knees are bent to approx. 20°, belly button drawn in, and a neutral lumbar curve is maintained. Complete two repetitions. This process is completed three to five times per set.

Figure 5. Supine Lateral Ball Roll: Rest your head and shoulders on the ball and lift the hips so that the body forms a flat table-top position. Spread the arms out perpendicular with the long axis of the body and turn the palms upward to activate the shoulder girdle stabilizers. Roll laterally shuffling the feet slightly and maintain perfect alignment of the body. The tongue is kept on the roof of the mouth behind the front teeth to allow the neck flexors to aid in stabilizing the neck. When you have moved laterally enough to challenge the stabilizer muscles, hold perfect alignment, not allowing the neck to flex, head to cock, arms to drop or the hips to twist or drop. Repeat on the other side.

Figure 6. Forward Ball Roll: Kneeling with your forearms on the ball, your hips and arms should form a 90° angle with the torso to start. From there, the ball is rolled forward as the arms and legs extend at the same time. Initially, the umbilicus should be drawn inward toward the spine slightly. As the forces generated by the hip flexors and lats increase, proportionately increase the effort used to draw the navel toward the spine. The ball should be rolled as far forward as possible without sensing any compression in the low back. There should be no rounding of the shoulders, drooping of, or hyper extending the head and spinal curvatures should stay neutral. As you fatigue, the range of motion is reduced to match your ability to stabilize; only go as far as you can with perfect form.

Paul Chek, Corrective, Holistic Exercise Kinesiologist and certified Neuromuscular Therapist, is the founder of the C.H.E.K Institute in Vista, California. A sought-after consultant to sporting organizations, his services have benefited numerous professional sports teams and athletes.

Paul has produced over 60 videos, 17 correspondence courses and is the author of several books, audio programs and articles. For more information on Paul's recent book "How To Eat, Move and Be Healthy!" or his popular "Equal But Not The Same" correspondence course, or for any of Paul Chek's other courses, videos and books, call 1-800-552-8789 or 760-477-2620 or visit on-line at www.chekinstitute.com. Feel free to request a catalog of CHEK Institute products.