



# BACK IN ACTION

YOUR GUIDE TO POST QUARANTINE  
TRAINING

Samuel Brown M.Ed  
McGill Method Certified Practitioner





# THANK YOU!



Before we begin, I wanted to give a sincere "Thank You" to you for downloading this training guide. The fact that you have trusted me and downloaded this FREE guide means more to me than you can imagine. As a coach and educator, it is important for me to pass on the knowledge I have learned and experienced throughout my life. I know that it can help you get back into the shape you are looking for and hopefully prevent some common injuries most others might face by going too hard, too fast.

I salute the commitment you have for your health and your fitness. It is an attribute that seems to be few and far between nowadays.

## *A few things to remember before starting this:*

*-Just because this was FREE does not mean it is without value.* I promise that if you incorporate the principles in this guide you will be healthier, stronger, and far less susceptible to common injuries.

*-NO PROGRAM WORKS UNLESS YOU DO!* Consistency and commitment are the leading most drivers of success in anything. Do the work.

*-This is NOT the be all end all of programs. It is a starting point for you to learn and jump off from. If you have questions please reach out to me to my business email. and thank you again!*

*Sam Brown*





# Quarantine Facts



Ok, it is time to cut the crap. We all have been in quarantine and secluded and unable to do the things we did in our normal lives. That is not a question but a stone cold fact.

What did you do with this time?

Did you walk more, eat better, and give yourself time to workout each day?

Or did you feel sorry for yourself, stress eat, and catch up on the entirety of the Netflix library?

I am willing to bet you had the best intentions to keep up with your workouts and your training but it just seemed like "Life" got in the way or there were simply too many obstacles.

Regardless of what may or may not have happened we are here. On the other end of a really crappy situation, full of stress, uncertainty, and guilt. We may not have taken the best care of our body during this time and we are eager to get back into other gym.

This is a worthy and admirable outlook but we need to go over some Quarantine Facts before we begin.

**Fact 1: Your body is used to not moving to the level you were before.**

Your body is out of condition and has adapted to the extra sitting, lack of nutrition, and overall lack of movement that has come from this situation. You need to "unravel" your body back to baseline before you can push your training to where it was.

**Fact 2: If you go back to "business as usual" in the gym you may get hurt.**

You are not ready to train like you used to. If you were to jump into the same program you were doing before the quarantine happened you would not only have a higher chance of getting injured and be down and out of the gym for longer, but you will be frustrated and anxious about where you are. It is a lose/lose situation that you need to avoid.

**Fact 3: You need to give your mind, body, and soul a chance to build and grow.**

Give yourself the space, grace, and respect to rebuild. We all went through an unprecedented time in our lives that we will remember for the rest of our lives. Not going to the gym for a few months is a drop in the bucket in relation to your entire life. Take a deep breath and give yourself a break. Be thankful you have the ability to train, you have your health, and you are exactly where you are. Beating yourself up during this process will not help.





# ***3 Steps to Getting Back in Action***



## **Step 1: Reprogram the Mind**

- Give yourself a break.
- Set a new Goal.
- Commit to the new you.
- Breathe

## **Step 2: Rewire the System**

- Mobilize
- Stabilize
- Strengthen
- Build aerobic base



## **Step 3: Replenish the Body.**



- Hydratio
- Nutrition
- Supplementatio  
n



# **Step 1:** ***Reprogram the Mind***



***"Everything begins with a thought, and thoughts are turned into plans, and plans into reality.***

**-Marshall Sylver**

**Your mind is a powerful ally or a formidable enemy. The thoughts you carry with you will either help guide you and push you to your goals or will sabotage even your best efforts. It is important to take the time necessary after this quarantine and reprogram the thoughts.**

**This situation was difficult for everyone and it is still not a perfect situation. We need to focus on controlling the controllable things in our lives and not putting the effort or energy in worrying about what we cannot control.**

**Do not spend time wishing your situation was different, instead focus on what you can change, and develop a clear gameplan for hitting the new goals you have for yourself.**

***Start slow, breathe deep, accept yourself, and commit to the process ahead.***



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# **Step 2:** **Rewire the System**



*Take care of your body. It's the only place you have to live.*  
-Jim Rohn

In order to get back to where we want to be with our training we need untangle the system that is our body and the habits it has become used to (excess sitting, lack of activity) and rewire it to function the way it should.

We do this by utilizing three major components of training.

**Mobility:** Our bodies are tight, inactive, and frankly have assumed the posture of someone who hasn't done much training in a few months. My releasing, stretching, and mobilizing what is tight, we open up joint ranges of motion that we need to properly move without pain.

**Stability:** This is the act of resisting forces. A portion of training that gets overlooked, stability is one of the biggest cues to determining potential injury. If your joints or core have stability then you will be able to produce and resist forces, as well as have the proper firing patterns of your surrounding musculature. This is done by utilizing single limb exercises, balance drills, and **requiring the joints to resist force utilizing less and less base of support over time.**

**Strengthen:** We need to utilize compound, multi joint exercises using progressive weight in order to build strength throughout the body. This boosts performance, coordination, and injury resilience. It also helps you to look better naked.



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# **Step 3:** ***Replenish the body***



*Let food be thy medicine and medicine be thy food.*  
-Hippocrates

We as a society do not eat as well as we should. We tend to go for the quick convenience foods that taste great, but are packed with empty calories and nasty chemicals that our body does not need.

## **Three Major Areas of Focus for Post Quarantine Performance**

**Hydration:** Simply drinking enough water during the day aids in not only losing weight but adequate hydration ensures many of the bodies processes are running smoothly. How much should you drink? Start with bodyweight in ounces and adjust as you see fit.

**Eat Better Foods:** Are you eating enough whole, quality foods? Are the foods you eat ingredients or do they have ingredients? No matter what "diet" you want to follow, making sure you are eating whole foods, quality protein sources, and plenty of fruits and veggies will make the biggest difference in how you feel as well as your performance in the gym.

**Supplements:** The fact of the matter is no matter how you eat you are most likely not getting adequate amounts of essential vitamins and minerals. Check out [Coach Sam's Top Supplements page](#) to get the most out of training and boost your overall health and wellness.





# Sample Program

Mobilize			Stabilize			Strengthen		
Break a sweat!								
	SETS	REPS		SETS	REPS		SETS	REPS
Crocodile Breaths	2	5 Breaths	Hip Hinge	2	5	Front Plank	3	5 BReaths
Dynamic Frogs	2	5 Reps	Lowering Push	2	5	Side Plank	3	5 Breaths each
Half Kneel Hip Flexor	2	5 Breaths each	Hip Airplane	2	5 each	Bird Dog	3	5 Breaths Each
Pigeon Stretch	2	5 Breaths Each	Tempo Squat 3-	2	5	Deadlift Variation	3	12 Reps
Child Pose	2	5 Breaths				Row Variation	3	12 REps
						Squat Variation	3	12 REps
						Press Variation	3	12 Reps

This is alot of information coming at you at a very quick pace and it can be confusing to try and determine what you need to do anyd when.

I have simplified this process for you.

Above I have laid out an introductory program that you can follow that will help you get you where you are to where you want to be.

To make this even easier I have added video demonstrations of each section in the corresponding videos below. Simply click the video and you will be able to watch me demo each section for you.

Couple points to remember:

- This is one workout. I would suggest doing this same working 2-3 times a week to start.
- It may take a while at first but once you understand the moves it should be about 45 minutes of work.
- Where you see "X Breaths each". Complete the number in belly breaths instead of time.

**Mobility**  
**Click Here!**



**Stability**  
**Click Here!**



**Strength**  
**Click Here!**





# **Coach Sam's Top Supplements**

## **Foundational Health**



**BUY NOW**



## **Anti-Aging Daily Packet**

Top of my personal supplement regiment are my Anti-Aging packets. I consider this my non-negotiable, foundational health supplement. Simply pour one packet into 8 oz of water and you are starting your day with a truly incredible array of vitamins and minerals that your body needs but with the proper dosages and with the proper carriers so your body actually absorbs them. This is how myself and my clients start our day because it has everything we need in a convenient delivery system.

Vitamin D3 with K2 5600 Iu

B Vitamins

Vitamin A, C, E

Folate

Magnesium

Iron

Calcium

CoQ10

Copper

and many many more!

## **Foundational Health**



**BUY NOW**



## **OPC-3 Pycnogenol**

The most powerful antioxidant supplement on the market today! Provides complete antioxidant protection.

- Combats free radicals
- Demonstrates anti-inflammatory activity and promotes joint health
- Helps maintain healthy cholesterol levels
- Helps maintain healthy circulation by strengthening capillaries, arteries and veins
- Promotes/Supports healthy blood vessel dilation
- Helps promote/support cardiovascular health
- Helps maintain joint flexibility
- Helps reduce mild menstrual cramping and abdominal pain
- Helps support visual health/visual acuity
- Potent free radical scavenger



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# **Coach Sam's Top Supplements**

## **Performance Boost/ Foundational Health**

### **Pure Collagen**



Quite a popular supplement nowadays, collagen is more than just a way to make your skin and hair look good. It has also been shown to help athletes build strong joints, tendons and ligaments to support peak performance and help prevent injuries. It has also may help boost muscle building in the body and provides benefits to the lining of the gut and intestines.

\*\*\*I have my Low back clients utilize this supplement to help support disc health during their low back rehab process and beyond\*\*\*\*\*

### **Astxanthin**

## **Performance Boost/ Foundational Health**

### **Worlds most powerful antioxidant**



- Helps maintain normal cholesterol levels by helping to maintain normal serum triglycerides and HDL cholesterol levels

- Promotes healthy blood flow to and from the heart, supporting the body's delivery of nutrients and removal of wastes

- Helps maintain normal blood pressure

- Protects LDL (bad cholesterol) from oxidative stress, which promotes healthy arteries• Promotes healthy vision

- Supports healthy visual focus

- Supports healthy visual accommodation



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# **Contact Me**



*For training, coaching, or low back rehab consultations and assessments  
please contact me:*

*Email: [Sam@SambrownStrength.com](mailto:Sam@SambrownStrength.com)*

*Follow me on Social Media.*

**@SamBrownStrength**

